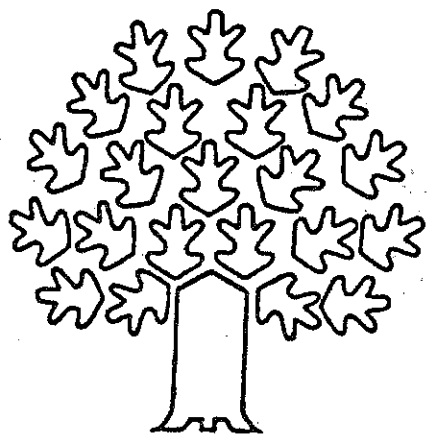




University for Mankind

Community Leisure Learning Opportunities



UFM

1995

Spring Classes

(January-May)

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

OR CURRENT RESIDENT

Dear Friends,

UFM was organized in 1968 as an experiment to provide an atmosphere for discovery with no grades or credits. UFM has evolved as a non-profit community-based education program. A central premise of the UFM philosophy is that within any community there are resources, including community agencies, residents, and facilities, which may be used to integrate education with living in both practice and concept.

Each year UFM brings together hundreds of volunteer teachers with thousands of learners. UFM helps connect the university and the people of the community as they share interests.

The connections that have happened through classes have led UFM to become involved in other concerns and projects. If you would like to learn more about these projects, call UFM and ask for additional information.

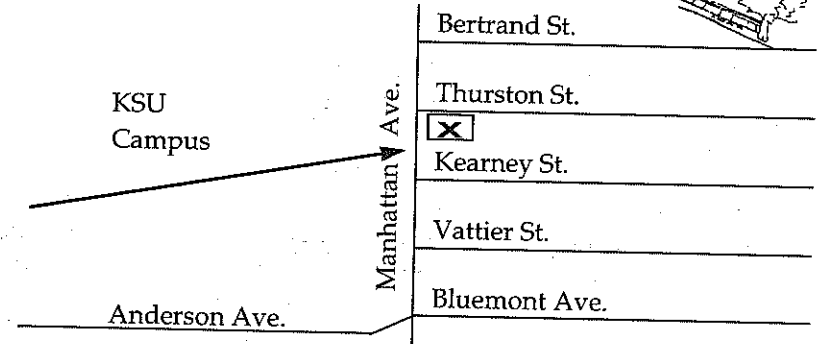
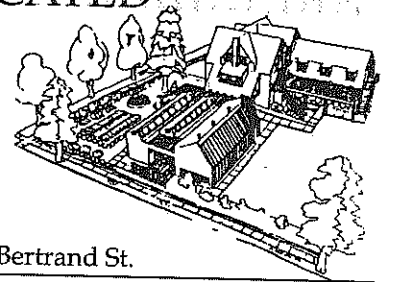
- Executive Director - Linda Inlow Teener
- Educational Coordinator - Tresa Weaver
- Associate Education Coordinator - Tracy Runnion
- State Outreach Coordinator - Anita Madison
- Lou Douglas Lecture Coordinator - Gloria Rumsey
- Family Literacy Coordinator - Michael Cody
- Office Coordinator - Bonnie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

In all these areas UFM helps make connections, bringing university and community resources together. It is the goal of UFM to continue to bring together people to identify other needs in the community and work to meet those needs. With the help of volunteers and student interns, UFM has often become an umbrella organization for new projects. Let us hear your ideas.

We hope you enjoy this catalog of Leisure Learning opportunities!

WHERE WE'RE LOCATED

UFM
1221 Thurston



IN MEMORY OF ALBERT FRANKLIN 1909 - 1994

Albert Franklin was a long-time teacher, a board member, a loyal supporter and a true friend of University For Mankind. He had a profound impact on the institution. Mr. Franklin's dedication to UFM served in numerous ways to insure the success and the growth that UFM has experienced over the past 26 years. Mr. Franklin was also instrumental in the formation of the Lou Douglas Lecture Series, named after one of his colleagues in the Political Science Department. Albert Franklin was a true benefactor in every sense of the word. The members of UFM will always be grateful for his loyalty and devotion.

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BOARD OF DIRECTORS

- | | |
|---|--------------------|
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<i>Vice Chair</i> | Majorie Morse |
| Paula Walawender
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| Sue Maes | Gabrielle Thompson |
| | Tom Fryer |
| | Dean Stramel |
| | Clayton Wheeler |

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

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.

ANSWERING MACHINE

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

HANDICAPPED ACCESSIBLE



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

Q103.5
KQLA

The hottest mix in Kansas

THANK YOU ADVERTISERS for your loyal support



UFM INSTRUCTORS

Guy Almeling
Greg Barron
Michael Bennett
Daniel Berkow
Vicki Turner Bieberly
Leonard Bishop
Helen Bontrager
Dan Brown
Freda Budke
Richard Burnett
Dick Claussen
Michael Cody
Gene Colver
Lowell Coon

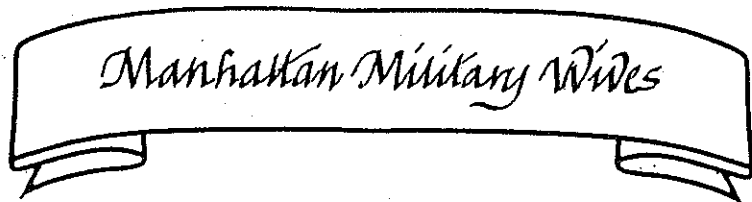
James Craeton
Lea Cyr
Randi Dale
Jerry Dishman
George Eads
Carolyn Elliott
Gene Ernst
Enell Foerster
Sarah Forsyth
Tom Fryer
Karen Garra
Jim Gregory
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Elizabeth Jankord
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Espir Kahatt
June Kempthorne
Marlies Keogh
Irina Khramtsova
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Alan Ladd
Dori Lambert
Dr. F.C. Lanning
Jinna Lee

Howard R. Levy
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Tracy Mahoney
Manhattan
Gymnastics Center
Bernice Martin
Linda Mason
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Dr. Keith Miller
Paul Miller
Ernie Peck
Richard Pitts
Cheryl Poister
Al Potter
Leon Rappoport

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Rosalys Rieger
Leo Schell
Pam Schmid
Scott Schneider
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Sherman Sisco
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Linda Inlow Teener
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Bonnie Uffman
Paula Walawender
Chris Wanner
Melanie Watson
Nelli Weathers
Ping Wei
Harold Wellmeier
Mary B. Williams
Jeff Wilson
Stan Wilson
Joyce Woodford
Wonder Workshop



— 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 kindergarteners 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.

SPECIAL PARENTING CLASS

Our Parent Discussion Group is a six-week class held on Friday mornings in the fall and spring. Childcare for infants and kindergarteners 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 needs of military families with resources available in the civilian and military communities.

For more information, please call Carol Dodderidge - 539-1077

COMMUNITY REGISTRATIONS

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

DATE	TIME	LOCATION
Jan 9, M	10am - 2pm	KSU Union
Jan 11, W	10am - 2pm	KSU Union
Jan 7, S	10am - 2 pm	Wal Mart
Jan 17, Tu	4pm - 6pm	Public Library

Registration continues throughout the semester:

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

MAILING YOUR REGISTRATION?

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

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!

To advertise your business or organization in the next UFM catalog, contact the UFM Office (539-8763) by March 17.

INCLEMENT WEATHER POLICY

UFM courses held on campus follow the inclement weather policy of Kansas State University. Courses will be conducted unless all University courses are canceled. If the instructor informs his/her students personally that he or she will not be present at a given class meeting, the instructor is then responsible for arranging a make-up 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 canceled by UFM. If a student decides to withdraw before the class begins, and gives 48 hours notice before the starting date, we will refund all but a \$2 processing fee. NO REFUND AFTER THE CLASS BEGINS.

REGISTRATION IS REQUIRED

All participants must be registered before attending a UFM class. This allows for adequate handouts and materials. A class may be canceled 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.

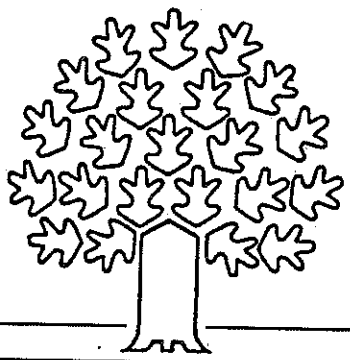
LIABILITY STATEMENT

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.

USE REGISTRATION FORM on the back cover.





Aquatics

1221 THURSTON

539-8763

Learn to Swim Classes

UFM and the Division of Continuing Education are pleased to present the American Red Cross Learn to Swim Level I - VII plus adult swim classes. Small classes allow for carefully guided instruction in stroke technique and water safety.

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

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

Parents Day Dates: February 8, 9 -- April 12, 13 -- March 11

Check to see which date applies to your session.

SAFETY DAY is a special day set aside during the Learn to Swim Program to focus on and teach water safety and awareness.

Safety Day Dates: February 15, 16 -- April 19, 20 -- February 25

Check to see which date applies to your session.

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

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

BEGINNING & ENDING DATES Learn to Swim classes:

Session I:	Mon/Wed	Jan 23 - March 1
	Tues/Thurs	Jan 24 - March 2
Session II:	Mon/Wed	March 27 - May 3
	Tues/Thurs	March 28 - May 4
Session III:	Saturday	Jan 21 - April 29
No Classes:	Saturday,	February 4, March 18, 25

Parent/Infant and Parent/Tot

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

Note: The Parent/Infant & Parent/Tot class sessions are:

Session I	Mon/Wed	Jan 23 - Feb 8
	Tues/Thurs	Jan 24 - Feb 9
Session II	Mon/Wed	March 27 - April 12
	Tues/Thurs	March 28 - April 13
Session III	Saturday	Jan 21 - March 4
No Classes:	February 4, March 18 & 25	

Session I:	(See dates above)
AQ-01	Mon/Wed 6:10 - 6:40 pm
AQ-02	Tues/Thurs 6:10 - 6:40 pm
Session II:	(See dates above)
AQ-29	Mon/Wed 6:10 - 6:40 pm
AQ-30	Tues/Thurs 6:10 - 6:40 pm
Session III:	(See dates above)
AQ-57	Saturday 10:00 - 10:30 am
Fee:	\$15.00 per session

Tot Transition

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

Note: The Tot Transition class sessions are:		
Session I	Mon/Wed	February 13 - March 1
	Tues/Thurs	February 14 - March 2
Session II	Mon/Wed	April 17 - May 3
	Tues/Thurs	April 18 - May 4
Session III	Saturday	March 4 - April 29
No Classes:	March 18 & 25	

Session I:	(See dates above)
AQ-01T	Mon/Wed 6:10 - 6:40 pm
AQ-02T	Tues/Thurs 6:10 - 6:40 pm
Session II:	(See dates above)
AQ-29T	Mon/Wed 6:10 - 6:40 pm
AQ-30T	Tues/Thurs 6:10 - 6:40 pm
Session III:	(See dates above)
AQ-57T	Saturday 10:00 - 10:30 am
Fee:	\$15.00 per session

Level I: Water Exploration

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

Session I:	(See dates above)
AQ-03	Mon/Wed 6:05 - 6:45 pm
AQ-04	Mon/Wed 6:50 - 7:30 pm
AQ-05	Tues/Thurs 6:05 - 6:45 pm
AQ-06	Tues/Thurs 6:50 - 7:30 pm
Session II:	(See dates above)
AQ-31	Mon/Wed 6:05 - 6:45 pm
AQ-32	Mon/Wed 6:50 - 7:30 pm
AQ-33	Tues/Thurs 6:05 - 6:45 pm
AQ-34	Tues/Thurs 6:50 - 7:30 pm
Session III:	(See dates above)
AQ-58	Saturday 9:00 - 9:40 am
AQ-59	Saturday 10:00 - 10:40 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.

Session I:	(See dates above)
AQ-07	Mon/Wed 6:05 - 6:45 pm
AQ-08	Mon/Wed 6:50 - 7:30 pm
AQ-09	Tues/Thurs 6:05 - 6:45 pm
AQ-10	Tues/Thurs 6:50 - 7:30 pm
Session II:	(See dates above)
AQ-35	Mon/Wed 6:05 - 6:45 pm
AQ-36	Mon/Wed 6:50 - 7:30 pm
AQ-37	Tues/Thurs 6:05 - 6:45 pm
AQ-38	Tues/Thurs 6:50 - 7:30 pm
Session III:	(See dates above)
AQ-60	Saturday 9:00 - 9:40 am
AQ-61	Saturday 10:00 - 10:40 am
Fee:	\$35 per session

Level III: Stroke Readiness

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

Session I:	(See dates above)
AQ-11	Mon/Wed 6:05 - 6:45 pm
AQ-12	Mon/Wed 6:50 - 7:30 pm
AQ-13	Tues/Thurs 6:05 - 6:45 pm
AQ-14	Tues/Thurs 6:50 - 7:30 pm
Session II:	(See dates above)
AQ-39	Mon/Wed 6:05 - 6:45 pm
AQ-40	Mon/Wed 6:50 - 7:30 pm
AQ-41	Tues/Thurs 6:05 - 6:45 pm
AQ-42	Tues/Thurs 6:50 - 7:30 pm
Session III:	(See dates above)
AQ-62	Saturday 9:00 - 9:40 am
AQ-63	Saturday 10:00 - 10:40 am
Fee:	\$35 per session

The WELLNESS section of the catalog features COMMUNITY FIRST AID AND SAFETY classes that teach CPR as well as First Responder training.

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

PLEASE REGISTER EARLY!

REGISTRATION INFORMATION on the back cover.





Level IV: Stroke Development

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

- Session I: (See dates above) AQ-15 Mon/Wed 6:05 - 6:45 pm AQ-16 Mon/Wed 6:50 - 7:30 pm AQ-17 Tues/Thurs 6:05 - 6:45 pm AQ-18 Tues/Thurs 6:50 - 7:30 pm Session II: (See dates above) AQ-43 Mon/Wed 6:05 - 6:45 pm AQ-44 Mon/Wed 6:50 - 7:30 pm AQ-45 Tues/Thurs 6:05 - 6:45 pm AQ-46 Tues/Thurs 6:50 - 7:30 pm Session III: (See dates above) AQ-64 Saturday 9:00 - 9:40 am AQ-65 Saturday 10:00 - 10:40 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.

- Session I: (See dates above) AQ-19 Mon/Wed 6:50 - 7:30 pm AQ-20 Tues/Thurs 6:50 - 7:30 pm Session II: (See dates above) AQ-47 Mon/Wed 6:50 - 7:30 pm AQ-48 Tues/Thurs 6:50 - 7:30 pm Session III: (See dates above) AQ-66 Saturday 9:00 - 9:40 am AQ-67 Saturday 10:00 - 10:40 am Fee: \$35 per session

Level VI: Skill Proficiency

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

- Session I: (See dates above) AQ-21 Tues/Thurs 6:50 - 7:30 pm Session II: (See dates above) AQ-49 Tues/Thurs 6:50 - 7:30 pm Session III: (See dates above) AQ-68 Saturday 9:00 - 9:40 am AQ-69 Saturday 10:00 - 10:40 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.

- Session I: (See dates above) AQ-22 Tues/Thurs 6:50 - 7:30 pm Session II: (See dates above) AQ-50 Tues/Thurs 6:50 - 7:30 pm Session III: (See dates above) AQ-70 Saturday 9:00 - 9:40 am AQ-71 Saturday 10:00 - 10:40 am Fee: \$35 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 (See dates above) AQ-27 Mon/Wed 6:00 - 6:55 pm AQ-28 Tues/Thurs 6:00 - 6:55 pm Session II (See dates above) AQ-55 Mon/Wed 6:00 - 6:55 pm AQ-56 Tues/Thurs 6:00 - 6:55 pm Fee: \$18 per session

Swim and Stay Fit Ages 13 plus

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

- Session I: (See dates above) AQ-25 Mon - Thurs 6:05 - 7:30 pm Session II: (See dates above) AQ-53 Mon - Thurs 6:05 - 7:30 pm Session III: (See dates above) AQ-73 Saturday 9:00 - 10:40 am Fee: \$20 per session

Swim and Stay Fit for Parents

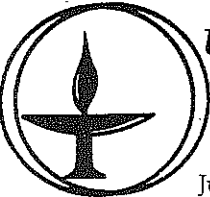
Are you tired of being just an observer at your child's swimming lessons? If so, then take advantage of the time you spend watching and enroll in our SPECIAL Parent's Swim and Stay Fit Class. This class is available to you at a reduced rate of \$15 and will meet every day your child is enrolled in swimming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

- Session I: (See dates above) AQ-26 Mon - Thurs 6:05 - 7:30 pm Session II: (See dates above) AQ-54 Mon - Thurs 6:05 - 7:30 pm Session III: (See dates above) AQ-74 Saturday 9:00 - 10:40 am Fee: \$15 per session

This catalog printed on recycled paper

JOIN US Sundays at 10:45

- Stimulating programs
• Liberal religious education classes for children
• Childcare for those too young for classes
• Refreshments after programs
• Social events



Unitarian-Universalist Fellowship 481 Zeandale Rd. 537-2349 Just 1/2 mile east of viaduct on K-18

Adult Swim Lessons

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

- Session I: (See dates above) AQ-23 Mon/Wed 6:50 - 7:30 pm AQ-24 Tues/Thurs 6:05 - 6:45 pm Session II: (See dates above) AQ-51 Mon/Wed 6:50 - 7:30 pm AQ-52 Tues/Thurs 6:50 - 7:30 pm Fee: \$35

Private Lessons for Special Populations AQ-75

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

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

Private Lessons AQ-76

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

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

Activities for elementary children while they are out of school for Parent-Teacher Conferences on April 6 & 7 are described on page 20.

A Children's Morning Playgroup is available in the YOUTH section of the catalog.

UFM MESSAGE NUMBER For information after business hours call 539-8763

Grandma's Trunk Thrift Shop 1304 Pillsbury Dr. Manhattan, KS 66502 (913) 537-2273 HOURS: 10 a.m. to 6 p.m. Mon.-Sat. 1/4 mile south of viaduct on 177



Climb Aboard the NEW American Red Cross State-of-the-Art Advanced Aquatics Program

The goal of this program is to create a new, effective, and technically advanced approach that emphasizes professionalism, injury prevention, surveillance techniques and communication skills in water safety. Courses included are **Community Water Safety, Lifeguard Training, Head Lifeguard, and Lifeguard Instructor**. Expanded skills instruction includes the addition of equipment-based rescues, deep water skills, spinal injury treatment and post rescue care. Courses are available to update individuals with current existing certifications without taking the complete course. Course fees reflect the increased class time and materials required by the American Red Cross to certify Lifeguards to be the first responders in case of a water emergency.

The **Water Safety Instructor** course trains instructor candidates to teach the Learn Swim and Water Safety courses. The program covers skills and knowledge in a logical progression for aquatic skill development.

To pick up books: the Riley County Chapter of the American Red Cross is located at 1014 Poyntz Ave.

Community Water Safety AQ-72

The water can provide opportunity for a lifetime of fitness and fun especially if you know how to recognize and prevent aquatic emergencies, understand what to do in an aquatic emergency and understand self-help skills for aquatic emergencies. It is appropriate for anyone who has the ability to swim at level IV. If you have completed level VII, this class will challenge your aquatic skills and prepare you for Lifeguard Training. This is a perfect Scout badge opportunity! You will receive American Red Cross Certification.

Date: April 22
Time: 9 am - 1 pm (Saturday)
Fee: \$14

Textbooks must be paid and picked up at American Red Cross for \$12

Location: KSU Natatorium

Lifeguard Training AQ-77

American Red Cross Lifeguard Training teaches lifeguards the skills and knowledge needed to prevent and respond to aquatic emergencies. Participants will learn to understand the value of behaving in a professional manner; how to recognize specific characteristic behaviors of distressed swimmers, and active and passive drowning victims; to recognize an aquatic emergency, and act promptly and appropriately; to perform equipment-based rescue skills and techniques used by professional lifeguards; to recognize and care for a possible spinal injury; and, how to provide first aid and CPR. (This is the new, revised American Red Cross lifeguard certification.)

Prerequisites: minimum age 15; tread water for 2 minutes using legs only; swim 500 yards continuously with combination of crawl, breaststroke, and side stroke; submerge 7 feet, retrieve a 10-pound object and return to the surface.

Certification requirements: successfully complete all critical skills, pass 2 written tests, and pass 2 skills tests. Certification includes Lifeguard Training, First Aid, and CPR for the Professional Rescuer.

Sarah Forsyth

Date: May 11,16,18,20,21,23 & 25
Time: 4 - 8 pm (Tues & Thurs)
9 am - 1 pm & 4 - 8 pm (Sat & Sun)
Fee: \$109

Textbooks & equipment must be paid and picked up at American Red Cross for \$50

Location: KSU Natatorium

Lifeguard Instructor Training AQ-85

Lifeguard Instructor Training prepares instructor candidates to teach Lifeguard Training (including first aid), CPR for the Professional Rescuer, Lifeguarding Instructor Aide, and Community Water Safety by developing understanding of how to use the course materials, methods of conducting training sessions and evaluating participants' progress. **Prerequisites:** minimum age 17, ICT certificate or current Health and Safety instructor authorization; and successfully complete precourse session, consisting of Lifeguard Training, first aid, CPR for the Professional Rescuer skills, and knowledge evaluation. **Certification requirements:** competently perform all critical skills, successfully complete all practice teaching assignments, and pass 2 written tests.

Sarah Forsyth

Date: May 10,11,16,18,20,21,23, & 25
Time: 5 pm - 8 pm
Fee: \$60

Textbooks & equipment must be paid and picked up at American Red Cross for \$50

Location: KSU Natatorium

Lifeguard Training Review AQ-83

This class provides an update from the existing Lifeguard Training to the skills and knowledge competencies in the new American Red Cross Lifeguard Training. The review course includes 8 hours of Lifeguard Training/First Aid and 7 hours of CPR for the Professional Rescuer. **Prerequisite:** current existing lifeguard certificate.

Sarah Forsyth

Date: February 7, 9 & 11
Time: 4 pm - 8 pm (Tues & Thurs)
9 am - 1 pm & 4 pm - 7 pm (Saturday)
Fee: \$52

Textbooks & equipment must be paid and picked up at American Red Cross for \$50

Location: KSU Natatorium

Lifeguard Instructor Training Re-Entry/Cross Over AQ-84

The Re-Entry/Cross Over class allows you to update current existing Lifeguard Training Instructor certification to the new, revised Lifeguard Training Instructor certification. Content includes training in first aid and CPR for the Professional Rescuer, and new lifeguarding skills. **Prerequisite:** current lifeguard training certification.

Sarah Forsyth

Date: February 21, 23 & 25
Time: 4 - 8 pm (Tues & Thurs)
9 am - 1 pm (Saturday)
Fee: \$50

Textbooks & equipment must be paid and picked up at American Red Cross for \$66

Location: KSU Natatorium

Head Lifeguard AQ-86

Head Lifeguard features development of leadership skills, techniques to supervise staff, and opportunity for professional career development. **Prerequisites:** current revised American Red Cross LGT certificate, current ARC LGT certification, or certificate from another organization.

Sarah Forsyth

Date: May 26
Time: 4 - 10 pm (Friday)
Fee: \$20

Textbooks & equipment must be paid and picked up at American Red Cross for \$12

Location: KSU Natatorium

Water Safety Instructor AQ-78

How about a summer job by the pool? Receive WSI certification 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. **Prerequisites:** 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 2,4,5,7,9,11,12,14 & 16
Time: 4 - 8 pm (Tues & Thurs)
9 am - 1 pm & 4 - 8 pm (Sat & Sun)
Fee: \$144

Textbooks & equipment must be paid and picked up at American Red Cross for \$31

Location: KSU Natatorium

Scuba Diving AQ-79

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 19 from 6:00 - 7:30 pm. This session will acquaint participants with the skills and techniques of safe underwater diving. Bring swimsuits and be prepared to enter the water.

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

Date: Jan 21,28, Feb 11,18,25, & March 4
Time: 9 am - 1 pm (Saturday)
Fee: \$198
Location: KSU Natatorium

Scuba Refresher AQ-80

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 24 years and has been instructing scuba for 14 years.

Date: March 12
Time: 3 - 7 pm (Sunday)
Fee: \$52 includes equipment rental
Location: KSU Natatorium

Fundamentals of Kayak AQ-81

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 11 years. He is a past president of the Kansas Canoe Association and the original director of the Kayak Chapter.

Date: February 19, 26, March 5 & 12
Time: 9 am - 1 pm (Sunday)
Fee: \$55
Location: KSU Natatorium

Intermediate Kayak Workshop AQ-82

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.

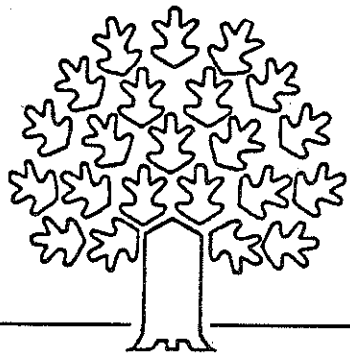
Rex Replogle and TJ Hittle, have been teaching Kayak classes for a number of years. They are certified Red Cross Kayak Instructor/Trainers.

Date: February 12
Time: 9 am - 1 pm (Sunday)
Fee: \$8
Location: KSU Natatorium

Attention KSU Students!!

Need a place to study during Finals Week? UFM will be open 8:30 am-10 pm. Come by and find a quiet corner or call 539-8763 if you would like to reserve a particular location.





Computer

1221 THURSTON

539-8763

WordPerfect Basics

CP-01

Learn how to use this popular word processing program. Create documents, set up margins and other page formatting, print and save documents. Learn features such as copy, move and using two documents at once. Reveal Codes, Spell Check, Repeat and other special features will be included. Hands-on computer time is provided.

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

Date: January 24 & 31
Time: 3 - 5 pm (Tuesday)
Fee: \$26
Location: UFM Computer Lab

WordPerfect Basics

CP-02

Linda Teener

Date: March 2 & 9
Time: 3 - 5 pm (Thursday)
Fee: \$26
Location: UFM Computer Lab

WordPerfect Basics

CP-03

Linda Teener

Date: May 9 & 16
Time: 3 - 5 pm (Tuesday)
Fee: \$26
Location: UFM Computer Lab

Advanced WordPerfect

CP-04

Use WordPerfect to become more productive and improve the appearance of your documents. Try your hand at designing a newsletter. Learn how to create tables, program macros and run mail merge. Create an attractive table of contents. Hands-on computer time is provided.

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

Date: March 28, April 4 & 11
Time: 3 - 5 pm (Tuesday)
Fee: \$44
Location: UFM Computer Lab

WordPerfect 6.0 Update

CP-05

This class covers the new features included in WordPerfect 6.0. Look at the View Mode options, learn about the button bar, new font options and other time savers. Print envelopes, run Grammar Checker and review other improvements in this powerful program.

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
Time: 3 - 5 pm (Thursday)
Fee: \$13
Location: UFM Computer Lab

Introduction to Lotus 1-2-3

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 1-2-3. Hands-on computer time is provided during the course.

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

Date: April 18, 25 & May 2
Time: 6:30 - 8:30 pm (Tuesday)
Fee: \$39
Location: UFM Computer Lab

Keyboarding Basics

CP-07

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. You will have plenty of "hands-on" practice using the computers in our classroom.

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

Date: April 5, 12, 19 & 26
Time: 7 - 8 pm (Wednesday)
Fee: \$21
Location: UFM Computer Lab

Managing your Computer

CP-08

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

Linda Teener

Date: March 1 & 8
Time: 7 - 9 pm (Wednesday)
Fee: \$25
Location: UFM Computer Lab

Survival Windows

CP-09

Microsoft Windows has become a fundamental part of many software applications. Come learn the basics for using this new environment. You will learn how to operate the windows, work with program groups, customize your work area, manage files and other helpful features to let you feel more comfortable with this common software tool.

Linda Teener

Date: February 15 & 22
Time: 7 - 9 pm (Wednesday)
Fee: \$22
Location: Computer Lab, KSU

Individual Computer Help

CP-10

Having trouble figuring out how your computer works? Need help translating those manuals or interpreting the screens? Get some help understanding how to make your computer work for you. Schedule a private tutoring session to answer your personal questions. This service is directed toward users with IBM compatible computers.

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

Date/Time: By appointment
Fee: \$20 per hour
Location: as arranged

Celebrate Earth Day!

Earth Day will celebrate its 25th anniversary on April 22, 1995! Now is the time to renew our commitment to protecting the Earth. Please join us for an Earth Day organizer's meeting on February 11th to begin planning our local Earth Day celebration. Local citizens, students, and campus & community organizations are invited to participate. Bring your ideas and enthusiasm! Refreshments will be served! Sponsored by KSU Students for Sustainability. For more information, please contact Robert Wilson at 532-5961 (leave message).

EARTH DAY ORGANIZER'S MEETING

Saturday, February 11, 1995

12:30-2:30 p.m.

UFM Conference Room

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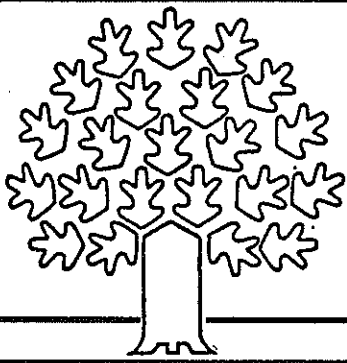
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Creative FreeTime

1221 THURSTON

539-8763

Water Color Painting via Photography

CF-01

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 over a decade.

Date: April 22,25,27, May 2 & 4
Time: 7 - 9 pm (Tues & Thurs)
8:30 - 1:30 pm (Saturday)
Fee: \$18
Location: UFM Banquet Room

Beginning Drawing

CF-02

This class will focus on drawing as expression and play. We will explore unconventional uses of conventional drawing materials. Students can work from the unique still life set-up provided for each class unless they choose to work from their imaginations. Classes will focus on drawings in black and white. Supply kits (over a \$20 value) will be provided and are included in the class fee.

Lea Cyr (537-9094), is an artist with her primary focus in the 2-D areas of painting, drawing, and printmaking.

Date: January 26, February 2, 9 & 16
Time: 7 - 8:30 pm (Thursday)
Fee: \$38 includes supplies
Location: UFM Multipurpose Room

Professional Novel and Story Writing

CF-09

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 entitled *How to Get Published and Write Best Sellers (and lose weight)*, and *Dare To Be a Great Writer*.

Date: February 7, 14 & 21
Time: 7 - 9:30 pm (Tuesday)
Fee: \$20
Location: UFM Conference Room

Safe and Creative Care of Family Photos

CF-03

Are your photos stuffed in shoeboxes, or worse, in albums that are chemically destroying them? The workshop covers organizing your photos, photo safe materials, ideas for creative cropping and photo-journaling. You will receive assistance in helping you create a unique and lasting photo album. Bring a packet of pictures (12) and memorabilia plus a pair of scissors. First session is informative and educational and the second session is a hands on workshop where you will create your own album page. The fee includes 1 acid free album page and the use of photo safe materials and supplies. Additional pages are available for purchase from the instructor.

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

Date: February 9 & 16
Time: 7 - 9 pm (Thursday)
Fee: \$17 includes some supplies
Location: UFM Fireplace Room

Safe and Creative Care of Family Photos

CF-04

Pam Schmid

Date: March 6 & 13
Time: 7 - 9 pm (Monday)
Fee: \$17 includes some supplies
Location: UFM Greenhouse

Handweaving

CF-07

This class is an introduction to handweaving on the 4 harness loom. It will cover weaving terms, types of looms and materials. You will learn how to plan a weaving project, prepare the loom for weaving and weave. Each student will prepare a small table loom and weave several samples and then will be able to weave a project on a floor loom. Interested students will also receive an introduction to computer assisted weaving.

George Eads (537-0634), 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 21 & 28
Time: 9 am - 4 pm (Saturday)
Fee: \$35
Location: Call for location

Handweaving

CF-08

George Eads

Date: February 18 & 25
Time: 9 am - 4 pm (Saturday)
Fee: \$35
Location: Call for location

Beginning Bridge: Learning the Basics

CF-05

This class is designed for absolute beginners and for those with little experience who wish to develop skills adequate for social purposes. It will cover all aspects of bridge, such as bidding, play of the cards, defense and scoring. The class is designed to be user friendly, consisting of brief lectures and demonstrations followed by application and practice. The fun aspect of playing bridge for personal and social satisfaction will be emphasized. Individuals may enroll with or without a partner.

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

Date: January 23,30, February 6,13,20 & 27
Time: 7 - 9 pm (Monday)
Fee: \$25
Location: UFM Fireplace Room

Improving Your Bridge: The Play of the Cards

CF-06

Bridge features bidding, declarer play and defense. The declarer play is perhaps the most exciting since a skillful declarer is able to win tricks with poor cards. For instance, if you had to play the following hand in three no trump, how many tricks would you expect to take and which suit would you play first?

Dummy	Declarer
♠ A Q 2	♥ K 6 5
♥ Q 10 3	♦ J 9 8 4
♦ Q 9 5 2	♣ K 10 3
♣ 7 6 5	♠ A K Q

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

Date: March 6,13,27, April 3,10 & 17
No Class March 20
Time: 7 - 9 pm (Monday)
Fee: \$25
Location: UFM Fireplace Room

Folkstyle Autoharp

CF-18

Pull that autoharp out of the closet and spend an evening learning how to play it. We will look at tuning, chording, strumming and how to find music to play. Bring your autoharp and fingerpicks that fit your thumb and first two or three fingers.

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

Date: February 2
Time: 7 - 8:30 pm (Thursday)
Fee: \$9
Location: UFM Fireplace Room

Let's Play the Autoharp

CF-19

Come hone your autoharp skills, make new friends and share some music in this class. This group will provide an opportunity to learn from each other and gain the motivation to keep playing. We will begin meeting monthly and see what evolves.

Linda Teener, coordinator

Date: February 9, March 9, April 13 & May 11
Time: 7 - 8:30 pm (Thursday)
Fee: \$9
Location: UFM Fireplace Room

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Ukrainian, Czech, and Slovakian Easter Eggs CF-10

Decorating eggs, using Ukrainian, Czech and Slovakian tools and designs is a delightful pastime and the results are strikingly beautiful. Each of the two classes will concentrate on a different technique and you will have at least one decorated egg at the end of each class. Student fee includes tools and supplies for later use in your own home. Class size is limited to 6 and participants must be at least 10 years old.

Gene Colver (532-9194), has been decorating eggs for only two years and his expertise illustrates how easy this art can be learned. Photos of some of the eggs he has decorated are displayed in the UFM office.

Date: February 28 and March 7
Time: 7 pm (Tuesday)
Fee: \$17
Location: UFM Conference Room

Ukrainian, Czech, and Slovakian Easter Eggs CF-11

Gene Colver

Date: March 2 & 9
Time: 9 am (Thursday)
Fee: \$17
Location: UFM Multipurpose Room

Ukrainian, Czech, and Slovakian Easter Eggs CF-12

Gene Colver

Date: March 4 & 11
Time: 1 pm (Saturday)
Fee: \$17
Location: UFM Multipurpose Room

United Nations in our Lives Today CF-38

The United Nations celebrates its fiftieth anniversary in 1995. Why is it important to support and sustain the UN for another fifty years? Find out how the UN touches us every day of our lives—and why it gets brickbats and bouquets for its peacekeeping operations. You'll learn about the operation of the UN and engage in lively discussions. Join us for this organizational meeting.

Rosalys Rieger (539-5293), is past president of the Flint Hills Chapter of the United Nations Association (UNA-USA), a member of the Executive Committee of Chapter Presidents, and she has a Masters in Political Science.

Date: February 7
Time: 7 pm (Tuesday)
Fee: \$8
Location: 1st Christian Church
115 Courthouse Plaza

Black and White Photography for Beginners CF-13

Black and White photography is back. In this class you will get 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, and especially enjoys working in black and white photography.

Date: January 25
Time: 7 pm (Wednesday)
Fee: \$10
Location: UFM Conference Room

Black and White Film Developing for Beginners CF-14

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 15
Time: 7 pm (Wednesday)
Fee: \$13
Location: UFM Darkroom

Hang it Up: Home Decorating with Wallpaper CF-41

Want to spruce up your home with wallpaper? Take this opportunity to see various types and styles of wallpaper. We'll discuss techniques of paperhanging and surface preparation. A wallpaper hanging demonstration will help you learn what you need to know before you choose your paper. This class is geared toward the do-it-yourself enthusiast, but will provide valuable tips for anyone who uses professional paperhangers and wallpaper dealers. Bring your questions, your wallpaper problems, and a notepad. Participants will receive a discount coupon to be applied to their wallpaper purchase.

Claudia Jones (776-6742), graduated from KSU with a degree in Interior Design. She manages the wallpaper and window blinds section at Crown Decorating.

June Kempthorne, has been professionally hanging wallpaper for 15 years.
Date: February 23
Time: 6:30 pm (Thursday)
Fee: \$8
Location: Crown Decorating
501 Ft Riley Blvd

Black and White Film Developing for Beginners CF-15

Harold Wellmeier

Date: March 15
Time: 7 pm (Wednesday)
Fee: \$13
Location: UFM Darkroom

Black and White Printing CF-16

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: February 22
Time: 7 pm (Wednesday)
Fee: \$14
Location: UFM Darkroom

Black and White Printing CF-17

Harold Wellmeier

Date: April 12
Time: 7 pm (Wednesday)
Fee: \$14
Location: UFM Darkroom

Interior Design for You CF-37

Complete a step-by-step project for your home or office. As you learn the basics of color, balance, art, furniture and accessories, you will complete a colorboard with fabrics, wallpaper, art cards, and an elevation drawing of your project. Bring a calculator, notebook, 1/4" graph paper, ruler and manilla folder to class.

Melanie Watson (539-3386), has been decorating since 1984. She was named #6 Decorator in the country amongst 3500 associates in 1986. She believes "most people know what they like, they just need help pulling it all together" and is looking forward to helping you, too.

Date: March 2,9,16,30, April 6,13,20,27
Time: 7 - 9:30 pm (Thursday)
Fee: \$69
Location: UFM Conference Room

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So You Want to Make a Quilt!

CF-39

Have you always wanted to make a quilt? But you didn't know where to begin? From this class you should be able to glean some ideas and know how to take off and soar into the world of quilting. Come with questions and we will work together for solutions to your quilt queries, which will help you enjoy the Wonderful Art of Quilt Making. This class will be a one time meeting, with the possibility of expansion if there is interest.

Carolyn Elliott (539-5795), has been quilting since the mid 1970's. She was involved in organization of three quilt guilds: Konza Prairie Quilt Guild, Kansas Quilters Organization and Prairie Star Quilt Guild. She was the coordinator of the first ever quilt retreat in Kansas (1984) and has done quilt judging in the area. She loves the art of quilting, and to share her knowledge with others.

Date: January 26
Time: 7:15 (Thursday)
Fee: \$13
Location: UFM Conference Room

So You Want to Make a Quilt!

CF-40

Carolyn Elliott

Date: February 23
Time: 7:15 pm (Thursday)
Fee: \$13
Location: UFM Conference Room

A series of Gardening classes are in EARTH AND NATURE, page 13.

A fun Hairbraiding class is on page 21.

A guided tour of THE TUTTLE CREEK SPILLWAY is offered in the EARTH AND NATURE section of this catalog

*GOLF *GOLF *GOLF *GOLF Listed in the RECREATION section of the catalog

Handwork with History

Crewel Embroidery

CF-20

Enjoy the traditional art form of Crewel Embroidery. It has been shared and enjoyed by women through history. During this 3 session workshop we will learn the stitches and make a 6" x 7" floral picture done in crewel wools on quality linen background. **Bring your embroidery hoop to class.**

Cheryl Poister (263-8335), is an experienced needlework teacher and a member of Embroiders Guild of America. Cheryl is interested in teaching the correct technique and use of the finest quality of materials for these needlecrafts to insure the lasting beauty of your projects. She thoroughly enjoys both doing and teaching needlework.

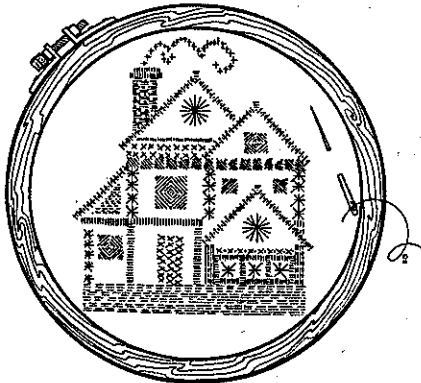
Date: January 23,30 & February 6
Time: 6 - 9 pm (Monday)
Fee: \$34 includes all materials
Location: UFM Multipurpose Room

Needlepoint

CF-21

Needlepoint has been used for centuries to create heirlooms. Enjoy learning the basics of this craft, and techniques of design. We will explore the hundreds of stitches used in needlepoint as well as discuss finishing techniques. Combine texture and color in your own 12" x 12" sampler. Quality swiss cotton canvas and a selection of shaded 100% wool yarn is included in the course fee.

Cheryl Poister
Date: February 13,20,27 & March 6
Time: 6 - 9 pm (Monday)
Fee: \$40 includes all materials
Location: UFM Multipurpose Room



Drawn Thread

CF-22

Drawn Thread work is textured and typically a single color. It appears lacy but is very durable. We will explore the historic technique as we make a pin cushion sampler using finest quality linen canvas and linen yarn. All materials included.

Cheryl Poister
Date: March 27 & April 3
Time: 6 - 9 pm (Monday)
Fee: \$27 includes all materials
Location: UFM Conference Room

Bargello

CF-23

Bargello is a colorful needlepoint style. Legend has it that a Hungarian princess married one of the powerful Medici princes of Florence, Italy. She taught the Bargello needlework to the ladies of her court from where it was popularized throughout Europe, and eventually brought to the New World. Museums such as the famous Bargello of Florence exhibit wonderful needlework dating back to the 1500's. Bargello utilizes a wonderful play of color in it's almost optical designs. We will learn while we work on your own 12" x 12" sampler.

Cheryl Poister
Date: April 10 & 17
Time: 6 - 9 pm (Monday)
Fee: \$30 includes all materials
Location: UFM Conference Room

Blackwork Design

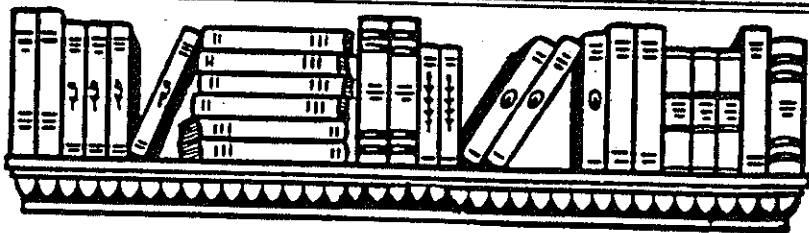
CF-24

Blackwork at it's very finest can be seen in portraits of the Elizabethan Era. It is a fun, lace-like needlework pattern often done in black. It was brought to England by Catherine of Aragon, first wife of Henry VIII, and was known as Spanish work. Sumptuary laws forbidding the lower classes to wear certain types of lace encouraged the development and use of Blackwork. **Bring your embroidery hoop to class.**

Cheryl Poister
Date: April 24 & May 1
Time: 6 - 9 pm (Monday)
Fee: \$26 includes all materials & patterns
Location: UFM Conference Room

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Manhattan Civic Theatre

The Dining Room

February 3-5 & 9-12

Into the Woods

April 21-23 & 27-30

Call 539-6000

Box office at 1520 Poyntz opens 10 days prior to opening night. MCT business office: 776-8591





A Stitch In Time

Have you given up on handmade garments because they take too much time? Here is a series of classes designed with speed in mind. Beginning sewers will learn new skills as well as how to design your own patterns. Experienced seamstresses will find it challenging and fun as they too learn new skill and speed sewing techniques. You must bring a sewing machine to class. A list of supplies for each class is available.

Karen Garra (776-0359), studied Home Economics Education at Bluffton College, in Bluffton Ohio. She has free-lanced from her home. While living in Louisiana Karen served as the In-house Designer for a Fine Fabrics, Bridal and Formalwear Boutique. While in Arizona she taught at the local Community College and at both the local and civilian and military recreation centers. Karen is a sewing enthusiast who enjoys designing and teaching others that sewing can be FAST, EASY and FUN!!!

Sew Shiek Fashion Demonstration CF-25

(No sewing machine needed)
Karen Garra
Date: January 25
Time: 6:30 - 9:30 pm (Wednesday)
Fee: \$11 no supplies necessary
Location: UFM Fireplace Room

U-Shape Fashion Cape CF-26

Karen Garra
Date: February 1
Time: 6:30 - 9:30 pm (Wednesday)
Fee: \$13 and supply list
Location: UFM Fireplace Room

Amazing Circle Cape/Jacket CF-27

Karen Garra
Date: February 8
Time: 6:30 - 9:30 pm (Wednesday)
Fee: \$13 and supply list
Location: UFM Fireplace Room

Straight Skirt CF-28

Karen Garra
Date: February 15
Time: 6:30 - 9:30 pm (Wednesday)
Fee: \$13 and supply list
Location: UFM Fireplace Room

Vests for Everybody CF-29

(Uses a commercial pattern)
Karen Garra
Date: February 22
Time: 6:30 - 9:30 pm (Wednesday)
Fee: \$13 and supply list
Location: UFM Fireplace Room

T-Blouse or Dress CF-30

Karen Garra
Date: March 1 & 8
Time: 6:30 - 9:30 pm (Wednesday)
Fee: \$22 and supply list
Location: UFM Fireplace Room

Simple Pull on Pants CF-31

(Uses a commercial pattern)
Karen Garra
Date: March 15
Time: 6:30 - 9:30 pm (Wednesday)
Fee: \$13 and supply list
Location: UFM Fireplace Room

T-Shape Soft Jacket (unlined) CF-32

Karen Garra
Date: March 22 & 29
Time: 6:30 - 9:30 pm (Wednesday)
Fee: \$22 and supply list
Location: UFM Fireplace Room

Circle Skirt CF-33

Karen Garra
Date: April 5 & 12
Time: 6:30 - 9:30 pm (Wednesday)
Fee: \$22 and supply list
Location: UFM Fireplace Room

Cacoon Jacket CF-34

Karen Garra
Date: April 19
Time: 6:30 - 9:30 pm (Wednesday)
Fee: \$13 and supply list
Location: UFM Fireplace Room

Sleeveless Blouse, Dress or Caftan CF-35

Karen Garra
Date: April 26 & May 3
Time: 6:30 - 9:30 pm (Wednesday)
Fee: \$22 and supply list
Location: UFM Fireplace Room

Beautiful and Bare Summer Wear CF-36

Karen Garra
Date: May 10 & 17
Time: 6:30 - 9:30 pm (Wednesday)
Fee: \$22 and supply list
Location: UFM Fireplace Room

Food for Fun!

Espresso? Cappuccino? Latte? FF-01

A simple cup of coffee? Not anymore! Come learn how to speak "coffe-ese" and find out the mysteries behind the sudden growth of the coffee culture phenomenon. This class will cover coffee history, types of beans, flavoring, decaffeination, care and handling, grinding, brewing and coffee lingo. We'll sample brewed coffee, espresso, cappuccinos, lattes and yogurt/coffee combinations that you'll make yourself.

Vicki Turner Bieberly (537-1616), is a Manhattan native. She and her husband, John, purchased the I Can't Believe It's Yogurt! store in May of '94. They graduated from "Yogurt University" in May and "Coffee College" in August. **Coupons will be provided at the class for your newly acquired tastes.**

Date: February 9
Time: 7 pm (Thursday)
Fee: \$8
Location: I Can't Believe It's Yogurt!
705 N 11th

The Wines of California FF-02

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

Scott Schneider (539-9441), is a Food Science graduate from Kansas State University and was employed by Nespor Wine and Spirits for four years before he and his wife purchased the business last May.

Date: March 6, 13, 27 & April 3
No class March 20
Time: 7 - 8:30 pm (Monday)
Fee: \$37
Location: Howdy's Deli (Inside Harry's)
418 Poyntz

Beginning Cake Decorating FF-03

Learn to add an icing decoration and a pretty border to impress your family and friends. Icing will be provided for practice in class. Bring your own cake to a later class and take home a masterpiece. Supply list 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: April 6, 13, 20 & 27
Time: 7 - 8:30 pm (Thursday)
Fee: \$20
Location: 144 Justin Hall, KSU

Folding and Flying Paper Airplanes is a fun and creative class — see the Youth section of the catalog on page 21.

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MON.-SAT. 9:30 TO 6

537-4571

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Reduce, Reuse, Recycle & Join...

Northern Flint Hills Audubon

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

- Bird Seed Sales (To order, call Mike Rhodes at 539-4863)
- Field Trips to local natural areas
- Programs on topics ranging from natural landscaping to bird banding (programs are always on the 3rd Weds. of each month, 7:30 p.m. in Ackert 221)
- Member actions on environmental issues

Watch for information on all these activities in *The Prairie Falcon*, the chapter's newsletter. 1994-1995 program guides are still available from Chris Cokinos (537-4143).

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NOW OPEN:
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539-4811

811 Colorado • Manhattan
Located 3 Blocks South of Poyntz

Winter Clay Coalition Classes at the Arts Center of Manhattan



Classes sponsored by the Manhattan Arts Council
Register for all classes at UFM 539-8763

WINTER 1995: Session 1: Feb. 5 - Mar. 18 Session 2: Mar. 26 - My. 6

THE JOY OF HAND BUILDING

Adult

Instructor: Bee Dunn

We will work with slabs, coils, and pinch pots. We will build a slab bird house, a coil house, a decorated bowl, and a pressed tray.

Session 1:

CC 301 M Feb. 6, 13, 20, 27 Mar. 6, 13 9 - 12 noon Fee: \$54
CC 302 W Feb. 8, 15, 22 Mar. 1, 8, 15

Session 2:

CC 321 M Mar. 27 Ap. 3, 10, 17, 24 My. 1 9 - 12 noon Fee: \$54
CC 322 W Mar. 29 Ap. 5, 12, 19, 26 My. 3

INTRODUCTION TO CLAY: WHEEL OR HAND BUILT

Adult

Instructor: Gene Sievers

Come and introduce your hands and your mind to the joy of discovery in clay. No experience necessary. Those wanting to hone their skills are welcome to enroll also.

Session 1:

CC 303 T Feb. 7, 14, 21, 28 Mar. 7, 14 9 - 12 noon Fee: \$54
CC 304 Th Feb. 9, 16, 23 Mar. 2, 9, 16

Session 2:

CC 323 T Mar. 28 Ap. 4, 11, 18, 25 My. 2 9 - 12 noon Fee: \$54
CC 324 Th Mar. 30 Ap. 6, 13, 20, 27 My. 4

CLAY FOR SPECIAL NEEDS POPULATIONS

Adult

Instructor: Joyce Furney

Beginning class to introduce the fun and joy of discovery of your hands making clay pots. Class designed to meet the needs of persons with developmental or physical challenges.

Session 1:

CC 305 W Feb. 8, 15, 22 Mar. 1, 8 1 - 2:30 pm Fee: \$32

Session 2:

CC 325 W Mar. 29 Ap. 5, 12, 19, 26 1 - 2:30 pm Fee: \$32

CLAY DISCOVERY FOR CHILDREN

1st - 6th Grade

Instructor: Robin Vanvalkenburgh

Discover the fun and the joy of making clay pots with your hands. Slab construction techniques will be used to build projects from boxes to impressed design vases. Demonstrations of wheel thrown pottery will be given. School age children please. All materials included, no additional tools needed.

Session 1:

CC 306 M Feb. 6, 13, 20, 27 Mar. 6, 13 3:30 - 5:30 pm Fee: \$39
CC 307 W Feb. 8, 15, 22 Mar. 1, 8, 15

Session 2:

CC 326 M Mar. 27 Ap. 3, 10, 17, 24 My. 1 3:30 - 5:30 pm Fee: \$39
CC 327 W Mar. 29 Ap. 5, 12, 19, 26 My. 3

CLAY DISCOVERY - BASIC WHEEL THROWING

4th - 8th Grade

Instructor: Monique Sevenan

Basic wheel throwing techniques will be demonstrated, as well as simple decorating ideas, including Mishima, scraffito and chattering.

Enroll early, as space is limited to eight students.

Session 1:

CC 308 T & Th. Feb. 7/9, 14/16, 21/23, 28 3:30 - 5:30 pm Fee: \$68
Mar. 2, 7/9, 14/16

Session 2:

CC 328 T & Th. Mar. 28/30, Ap. 4/6, 11/13, 18/20, 25/27 My. 2/4 3:30 - 5:30 pm Fee: \$68

INTRO TO CLAY: WHEEL & HAND BUILT

High School-Yg. Adults

Instructor: Dave Randall

This class will focus on students and their choice of creative exploration in clay. Class meets twice a week. Or pay half the fee if you can only come once a week.

Class size limited to (8) eight

Session 1:

CC 309 M & T Feb. 6/7, 13/14, 20/21, 27/28 7 - 9 pm Fee: \$68
Mar. 6/7, 13/14

Session 2:

CC 329 M & T Ap. 3/4, 10/11, 17/18, 24/25 7 - 9 pm Fee: \$68
My. 1/2

RAKU AFTER HOURS:

High Schol - Adults

Instructors: Joyce Furney

Stressed out from too many responsibilities? Take a little time off, and relax while playing with clay.

Session 1:

CC 310 W Feb. 8, 15, 22 Mar. 1, 8, 15 7 - 9 pm Fee: \$45

FAMILY CLAY ADVENTURE

All Ages

Instructor: Ronna Tyson

Discover clay creation with a special family member or mentor. Wheel or hand building. All ages welcome. Fee: \$40 for 1st family member, \$10 for each thereafter.

Session 1:

CC 311 Th. Feb. 9, 16, 23 Mar. 2, 9, 16 6:30 - 8 pm

Session 2:

CC 331 Th. Mar. 30 Ap. 6, 13, 20, 27 Ap. 4 6:30 - 8 pm

SATURDAY CLAY CLASSES: WHEEL & HAND BUILT

H.S. - Yg. Adults

Session 1:

CC 312 Sat. Feb. 11, 18, 25 Mar. 4, 11, 18 9 - 12 noon Fee: \$54
CC 313 Sat. Feb. 11, 18, 25 Mar. 4, 11, 18 1 - 3 pm Fee: \$39

Session 2:

CC 332 Sat. Mar. 25 Ap. 1, 8, 15, 29 My. 6 9 - 12 noon Fee: \$54
CC 333 Sat. Mar. 25 Ap. 1, 8, 15, 29 My. 6 1 - 3 pm Fee: \$39

OPEN STUDIO LAB:

(facility use only, no instruction)

Open Studio Lab (O.S.L.) times are set aside for enrollment by those persons who need no instruction but want a well equipped place to work, access to glazes, and knowledge that their work will be fired with professional care and attention. Open Studio Lab blocks are 3 hours in length, with a cost of \$60 per one 6 week block. Times set aside for O.S.L. are Saturdays from 3 - 6 pm or 6 - 9 pm; and Sundays from 12 - 3 pm, 3 - 6 pm, or 6 - 9 pm.

Each person enrolling in Open Studio Lab is required:

1. to become a Clay Coalition (CC) Member and agrees to abide by CC rules and regulations, (CC membership dues: \$5 student, \$15 adult, \$25 family);
2. to meet with CC Studio manager to arrange schedule and relate business matters. Meetings will be at The Arts Center Annex Pottery Studio, 1508 Poyntz. Session 1 will meet on Sunday, Feb. 5th at 1:00 pm. Session 2 will meet on Sunday, March 26th at 1:00 pm.

Session 1:

CC 314 (1 block = 3 hours per week for 6 weeks) Fee: \$60

Session 2:

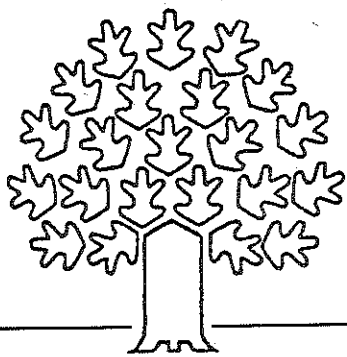
CC 334 (1 block = 3 hours per week for 6 weeks) Fee: \$60

BASIC THINGS TO KNOW ABOUT CLASSES

- ◆ All classes and labs will be conducted at The Arts Center Annex Pottery Studio, 1508 Poyntz, Manhattan, KS 66502
- ◆ A beginning pottery tool kit may be purchased for \$12.95 at class. (Kit includes wire cutter, needle, 2 ribs, 2 trimming tools, molding tool, and sponge.)
- ◆ Please wear old clothes and count on getting dirty.
- ◆ Stoneware clay body will be the primary clay used.
- ◆ Glaze firing will be to Cone 6 in an electric kiln, oxidation atmosphere.

CLASSES AND MATERIALS FEES: Fee structure is based on \$3.25 per contact hour. Class fee includes \$5.00 for the student's first 12 lbs. of clay and firing. Additional clay may be purchased for \$6.50 per 25 lb. bag. Enrollment in a second session of the same instructional course is possible. (A \$5 reduction in the materials fee for second session applies.)

SCHOLARSHIPS: Scholarships up to 100% of fees are available for all Clay Coalition classes. Work Study Scholarships are available for adults. Youth scholarships, grades 1 - 12, are available through the Yes Fund. Please contact UFM at 539-8763 for registration and scholarship information.



Earth, Nature & Environment

1221 THURSTON

539-8763

Landscaping Around the Home

EN-04

Learn the basics of landscaping your home! Different resources, available locally, will be discussed with 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 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 Landscape Architects is the design firm that Tom operates and offers design services to commercial and residential clients in the area.

Date: March 30, April 6 & 13
Time: 7 - 9 pm (Thursday)
Fee: \$15
Location: Pottorf Hall, Cico Park

Gardening for Kids is described in the YOUTH section of the catalog.

See page 14 for Manhattan Community Gardens information.

Rocks of the Tuttle Creek Spillway: A Fieldtrip Through Time

EN-01

Imagine yourself walking an ancient seafloor or an ancient landscape! On a three hour field trip we will explore the spillway together. You will be introduced to some of the methods and principles used by geologists to reconstruct Earth history. We will walk through geologic time and see what events and environments are recorded in the rocks. We will also discuss the processes that eroded the spillway during the flood of '93. **Participants should prepare for moderate walking and climbing.** Children under 3rd grade age discouraged.
Raindate: Saturday, May 20

Keith Miller (532-6724), 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 in a way you can understand.

Date: May 14
Time: 1 pm (Sunday)
Fee: \$8 individuals / \$12 couples
group rates available
Location: Call for location with registration

Tornadic Storm Chasing as a Hobby

EN-02

If you have an interest in severe thunderstorms and tornadoes this class is for you! Join us and receive helpful hints and advice about safely chasing and observing severe thunderstorms. We will discuss storm chasing equipment and watch two videos designed for storm chasers. Severe weather handouts will be available. We will cover everything you wanted to know about storm chasing but were afraid to ask.

John Skare, (776-7942) has been chasing severe thunderstorms for 20 years. He is an original member of the Riley County W.A.R.N. group, formed in 1991 to help watch tornadic conditions in Riley Co.

Date: March 4
Time: 9 am - noon (Saturday)
Fee: \$7
Location: UFM Conference Room

Fishing Northeast Kansas

EN-03

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 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), was born a 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: February 22
Time: 7 - 9:30 pm (Wednesday)
Fee: \$7 individual
\$9 for adult and child
Location: UFM Conference Room

Field Trip: Glacial Area S.E. of Flush

EN-05

How do we know that glaciers visited Kansas? ... by the rocks from Minnesota they left behind! We'll visit Pottawatomie County southeast of Flush to collect glacial material including agate, jasper, quartz, quartzite, petrified wood as well as others, some of which may be of gem quality. **Bring a beverage and a container for your rocks.** Become a rockhound for a day.
Raindate: April 29

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 22
Time: 8:30 - 12 noon (Saturday)
Fee: \$8 individual/\$12 couple
Location: Meet at UFM Parking Lot

Information for an Earth Day Organizer's Meeting is on page 7.

Gardening

Growing Cool-Season Vegetables

EN-06

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 (Tuesday)
Fee: \$8
Location: UFM Fireplace Room

Gardening in Small Places

EN-07

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
Date: March 9
Time: 7 - 9 pm (Thursday)
Fee: \$8
Location: UFM Fireplace Room

Growing Warm-Season Vegetables

EN-08

Be the first on your block to harvest red, ripe tomatoes this summer! Learn about the wants and needs of the common (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 6
Time: 7 - 9 pm (Thursday)
Fee: \$8
Location: UFM Greenhouse

Perennial Flower Gardening

EN-09

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 4
Time: 7 - 9 pm (Tuesday)
Fee: \$8
Location: UFM Fireplace Room

Be a Successful Gardener (even if this is your first try!)

EN-10

Got a purple (or black?) thumb but wish you could have pretty flowers or fresh veggies? We'll take you through the process of planning, preparing, planting, and even harvesting your blooms and produce. We'll offer you some "secrets of the trade" to enable you to get better results from germination through harvest time. This class meets twice to let you begin gardening & then come back to the second class to ask any questions or resolve problems which may have arisen.

Colleen Hampton
Date: March 16 & April 27
Time: 7 - 9 pm (Thursday)
Fee: \$12
Location: UFM Fireplace Room

Perennial Plant Swapping

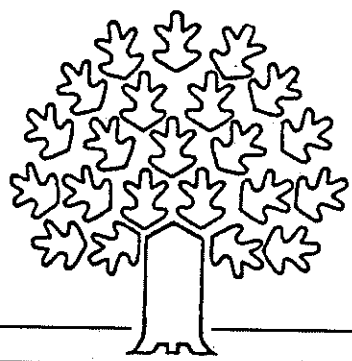
EN-11

As the perennials you have multiply, do you wish you had less of them and more of something else? Rejuvenate your flower gardens, by dividing your perennials and bringing them in to trade for other varieties to enhance your color and variety. The small course fee will provide planting instructions. Call and register to let us know what you will have to swap. Examples: Iris, peony, herbs, vines and columbine, etc. **Note:** Divide bulbs only if they have already bloomed.

Colleen Hampton and Dean Stramel, coordinators
Date: April 29
Time: 10:30 - 11:30 am (Saturday)
Fee: \$3
Location: UFM Greenhouse

Listen to KQLA for UFM calendar update Monday through Thursday.





Languages

1221 THURSTON

539-8763

Basic Korean

LA-05

Learning the Korean language will allow you to find out more about the nation of courtesy, amusement and of the fastest step. During the class, we will watch Korean movies, hear popular Korean songs as we develop conversational skills. Emphasis will be on skills that would make travel to Korea.

Jinna Lee, is a native Korean. She enjoys learning new languages and believes it's the first step in learning other cultures. She loves to share her Korean culture with others.

Date: January 24 - March 14
Time: 7 - 8 pm (Tuesday)
Fee: \$24
Location: 113 Bluemont Hall, KSU

Beginning Conversational Danish

LA-06

If you are planning to go to Denmark or if you simply are interested in the country and culture of Denmark, this class will offer you a basic training in the Danish language and some basic knowledge about the Danish culture like the Danish pastry, which by the way is called "wienerbrød" in Danish! Familiarity with common phrases and vocabulary dealing with traveling, dining and shopping will make traveling in Denmark more enjoyable.

Morten Lundsgaard (532-1635), is a native of Denmark who currently is working on his PhD in physics at KSU, wishes you "velkommen" to Denmark.

Date: January 31 - April 25
Time: 7:30 - 9 pm (Tuesday)
Fee: \$49
Location: UFM Multipurpose Room

English as a Second Language I

LA-03

This conversational English course is for non-native speaking participants who would like to expand their knowledge of "Survival" English. The course will include exercises in conversational skills, pronunciation, spelling, and grammar. Class participation is a must. Certificate of completion will be awarded.

Freda Budke (776-7845), is an English education/ESL major at KSU. She has an interest in foreign languages as well as different cultures. She has tutored foreign speaking students in English.

Date: January 21 - February 25
Time: 9 am - 12 noon (Saturday)
Fee: \$59 includes student books
Location: UFM Conference Room

English as a Second Language II

LA-04

If you are ready to continue English as a Second Language I or are already fluent with English in its every day usage, this class is for you. The emphasis of the class will be reading, writing, vocabulary, grammar, and speaking. The class will also concentrate on the use of idiomatic expressions in the English language.

Freda Budke

Date: March 4 - April 15
No class March 25
Time: 9 am - 12 noon (Saturday)
Fee: \$69 includes all student books
Location: UFM Conference Room

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 7 1/2 years for UFM and Continuing Education, and has been a professional interpreter for 8 years. She grew up with two deaf parents.

Date: February 1, 8, 15, 22, March 1, 8, & 15
Time: 7 - 8 pm (Wednesday)
Fee: \$45 includes book
Location: 149 Justin Hall, KSU

Beginning Russian

LA-02

Forget the old myth that adults are inferior to children in learning a foreign language. You will learn the basics of the language in a relaxed atmosphere, as you enjoy the humor of Russian short stories. This class will be geared toward your learning interests.

Irina Khramitsova (532-5670), graduated from the Department of Philology, Moscow State University. At present, Irina is a doctoral student in Educational Psychology at Kansas State.

Date: January 23, 30, February 6, 13, 20, & 27
Time: 7 - 8:30 pm (Monday)
Fee: \$25
Location: UFM Conference Room

Beginning German

LA-07

This class is designed for individuals who are interested in learning basic German skills. Emphasis will be on useful words and phrases that will enable you to participate in conversations on everyday topics. Make traveling in German speaking countries easier!

Susanne Steinberg, is a graduate student in the Department of Food and Nutrition. She is from Germany and has taught private German lessons. Come and enjoy as she shares her culture.

Date: January 24 - May 2
Time: 6:30 - 7:30 pm (Tuesday)
Fee: \$41
Location: 122 Bluemont Hall, KSU

MANHATTAN COMMUNITY GARDENS

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?

Manhattan Community Gardens 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. A \$10.00 per plot deposit is also required.

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

RETURNING GARDENERS:

Wednesday, February 1 7:30 pm
Saturday, February 18 10:00 am

NEW GARDENERS:

Wednesday, March 1 7:30 pm
Saturday, March 11 10:00 am
Saturday, April 1 10:00 am
Wednesday, April 5 7:30 pm
Thursday, April 20 7:30 pm
Wednesday, May 3 7:30 pm
Saturday, May 20 1:00 pm

If you'd like more information or cannot attend any of the above sessions, call UFM at 539-8763 and leave a message. A Manhattan Community Gardens Board Member will contact you.

In honor of Women's History Month The Riley County Historical Society & The Goodnow House Museum Proudly Present

Sunday, February 26 2:30 p.m.
Hearts and Hands... Examines the important roles of women and their quilts in the nineteenth century's great movements and events: industrialization, the abolition of slavery, the Civil War, the westward expansion and pioneer experience, temperance and the right to vote.

Sunday, March 5 2:30 p.m.
Heartland... A feature length film about a woman homesteading at the turn of the century. Adapted from the letters of Elinor Pruitt Stewart.

Sunday, March 12 2:30 p.m.
Under This Sky... The story of Elizabeth Cady Stanton and Susan B. Anthony as they barnstorm rural Kansas in 1867 promoting voting rights for women.

All programs will be presented at the Riley County Museum. For further information, call 537-2210

Fifteenth Annual National Rural Families Conference The Health and Well-Being of Our Families September 27-29, 1995

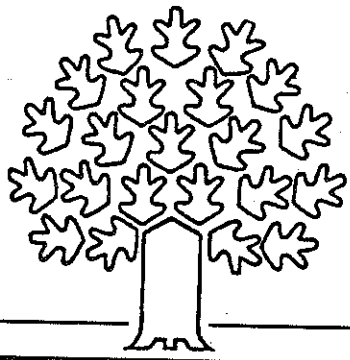
K-State Union
Kansas State University
Manhattan, Kansas

A conference for professionals working with and helping families

University Credit and Continuing Education Units are available.

For more information call the KSU Division of Continuing Education at 1-800-432-8222.





Martial Arts

1221 THURSTON

539-8763

Introduction to Jujitsu

MA-03

Hakko 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. Hakko 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 (537-0732), 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 Hakko 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: February 1 - April 26
No class March 22
Time: 7 - 8 pm (Wednesday)
Fee: \$28
Location: Ahearn Fieldhouse, KSU

Basic Kung Fu, Techniques & Applications

MA-04

This class will be a general introduction to the techniques used in Pai te Lung (White Dragon) Kung Fu. Emphasis will be given to learning basic hand, foot and body movements to generate offensive power, balance while moving and control over an attacker. These movements will be translated into practical applications for dealing with an attacker. Practicality will be the watch word as we study the roots of the ancient Chinese Martial Arts.

Sifu Howard R. Levy (539-7433), has studied a variety of martial arts with the Pai te Lung system in particular for seven years and has reached the rank of Second degree Black. He has been teaching for three years, two of which have been teaching young students at Flint Hills Job Corps Center. He has spent considerable amounts of time developing and teaching applications for what many consider the esoteric side of martial arts, Forms or Kata. His personal philosophy includes: "If you don't know what it means, it is useless"; "a punch is not always a punch...it can be much more or much less."

Date: January 30 - May 1
No class March 20
Time: 7 - 8 (Monday)
Fee: \$28
Location: Ahearn Fieldhouse, KSU

Tae Kwon Do classes designed specifically for children ages 4-5, 6-8, 9-14 are found on page 20.

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

MANHATTAN SHOE REPAIR

EASTSIDE
SHOE
DROP
Dillon's
Super Store
776-9285
Customer
Service
7:00-10:00
Daily



MAIN STORE
315-B Poyntz
3 doors up the alley
from downtown
Burger King
776-1193

WESTSIDE
SHOE
DROP
Wash Palace
in Candlewood
537-9833
Customer
Service
7am-11 pm
Daily

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+

** Friday, January 20, 6:30 - 7:30 pm -- Public Demonstration and formal introduction of instructors in Ahearn 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, 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 23 - May 4
No class March 2, 20 or 23
Time: 6:30 - 7:30 pm (Mon & Thurs)
Fee: \$71
Location: Ahearn Fieldhouse, KSU



Tae Kwon Do Karate II Advanced

MA-02

Grandmaster Chae Sun Yi & Master James Craeton

Date: January 23 - May 4
No class March 2, 20 or 23
Time: 7:30 - 8:30 pm (Mon & Thurs)
Fee: \$71
Location: Ahearn Fieldhouse, KSU

Building your own home?

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- Drain Lines
- Water Lines
- Fixtures

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Ninjutsu Training Group

MA-05

Ninjutsu has been called the Japanese art of espionage. This training group will work on the 9th KYU requirements for the American Bujinkan system: falling, rolling, opening ceremony, basic striking, the earth form, and stretching exercises.

Stan Wilson (537-0732), has been playing with Ninjutsu for 28 years. He has been associated with Steve Hayes Sensei since 1976, and is a member of the American Bajinkan Dojos and Shadows of Iga.

Date: January 31 - May 2
No class March 21
Time: 6:30 - 7:30 pm (Tuesday)
Fee: \$36
Location: Ahearn Fieldhouse, KSU

Nippon Kempo Karate

MA-06

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 (539-3794), 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 30 - May 5
No class March 3, 20, 22 or 24
Time: 6:30 pm (Mon, Wed & Fri)
Fee: \$48
Location: Ahearn Fieldhouse, KSU

Shotokan Karate

MA-07

Shotokan Karate, a forerunner of modern Japanese karate was introduced in Japan from Okinawa in the early 1900's. Learn this self-defense art form through the correct study of body dynamics. Emphasis is on proper balance, posture, and correct breathing. You will learn a combination of kicks and punches.

Chris Wanner (537-4306), has a BA degree in Fine Arts. He is a 1st degree black belt in Shotokan Karate., and has been practicing Shotokan for 6 years in Greeley, Colorado.

Date: January 31 - May 2
No class March 3, 21 & 24
Time: 5:30 - 6:30 (Tues & Fri)
Fee: \$32
Location: Ahearn Fieldhouse, KSU

776-5577



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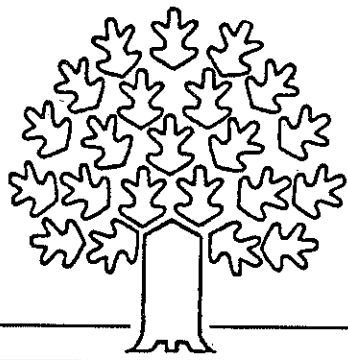
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Money Matters

1221 THURSTON

539-8763

Ethical Investing

BP-01

If you want your ethics to play a role in your investment decisions this is the class for you. Learn how to integrate your social consciousness with your saving, insurance & investments. We will take a common sense approach to investing in common stocks, bonds and mutual funds. It is possible to mix principle and profit!

Greg Barron (776-1066), has a Masters degree in agricultural economics and has been a stock broker for 12 years.

Date: February 1, 8 & 15
Time: 7 - 9 pm (Wednesday)
Fee: \$14 individual/\$20 couple
Location: UFM Conference Room

Retirement Planning

BP-05

Seminars on retirement planning continue to be the best attended financial planning seminars offered. This particular seminar is designed for both pre-retirees as well as individuals already enjoying their retirement years. We will provide an overview of this complex subject. Your perceptions and attitudes will be addressed as well as investment recommendations to meet your various goals and objectives.

Tom Fryer (537-1234), is a Vice President of Commerce Bank, Manhattan. He has been at the Commerce Bank since 1984 and has managed the brokerage department the last four years. Tom has two Master's degrees, including an MBA, and is a Certified Financial Planner (CFP). His licenses include Series 7 and Series 63 securities licenses and a Life Insurance license.

Date: February 7
Time: 7 - 9 pm (Tuesday)
Fee: \$8 individual / \$12 couple
Location: Commerce Bank
727 Poyntz Ave

Financial Strategies for a Successful Retirement

BP-03

Are you comfortable with your financial future? Attend this four session seminar designed to help you prepare financially for your retirement. You will learn how to generate a steady income, protect your assets from erosion, minimize taxes, and provide a secure retirement. Each participant will receive a 155 page workbook. In addition you are entitled to one private counseling session to ask questions about your personal situation. This seminar can confirm that you're on the right track with retirement planning or identify other strategies you should consider.

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

Date: February 21, 23, 28, & March 2
Time: 6:30 - 9 pm (Tues & Thurs)
Fee: \$39 individual
\$49 Couples
Location: 107 Bluemont Hall, KSU

Financial Strategies for a Successful Retirement

BP-04

Guy Almeling

Date: March 21, 23, 28 & 30
Time: 6:30 - 9 pm (Tues & Thurs)
Fee: \$39 individual
\$49 couple
Location: 107 Bluemont Hall, KSU

Living Trust

BP-02

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 11 years of estate planning, trust, and investment experience.

Date: April 24
Time: 7 - 10 pm (Monday)
Fee: \$8 individual/\$12 couple
Location: 701 Poyntz
Enter 1st Bank building through S door

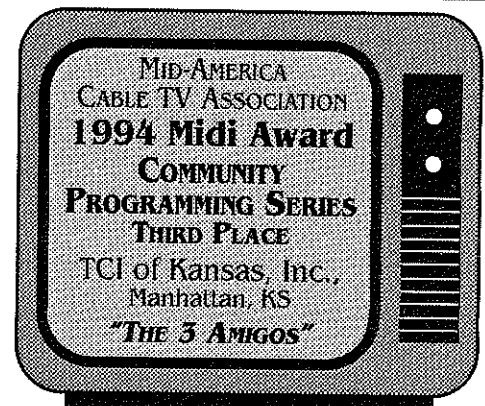
College Planning

BP-06

Are you worried that escalating cost will keep you from being able to afford a college education for your son or daughter? This seminar is designed for both parents and grandparents who want advice on projecting education costs and developing a strategy for a viable financial plan. Time is planned for an ample Q & A session.

Tom Fryer

Date: April 18
Time: 7 - 9 pm (Tuesday)
Fee: \$8 individual / \$12 couple
Location: Commerce Bank
727 Poyntz Ave



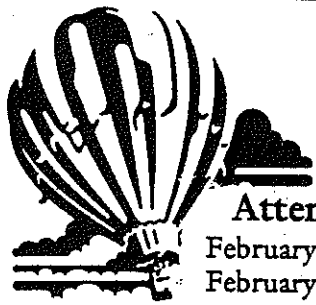
Catherine L. Fung, PhD
hosts

UFM

on Channel 19

5:00 p.m. Tuesdays &
4:30 p.m. Wednesdays

Jan 10, 11	Autoharp
Jan 17, 18	Stitch & Enjoy
Jan 24, 25	Tap Dancing
Jan 31, Feb 1	Basic Korean
Feb 7, 8	Handweaving
Feb 14, 15	St. Valentine's Day
Feb 21, 22	Tae Kwon Do
Feb 28, Mar 1	Interior Design
Mar 7, 8	Landscaping
Mar 14, 15	Coiffeur
Mar 21, 22	Spring Break
Mar 28, 29	College Planning
Apr 4, 5	Sculptures
Apr 11, 12	Mind Matter
Apr 18, 19	Acupuncture
Apr 25, 26	Texture & Color
May 2, 3	Vietnam History
May 9, 10	Writing Your Novel
May 16, 17	Scientific Writing
May 23, 24	Unusual Meditation



Continuing Education

For Helping Professionals and Volunteers

Attention Deficit and Hyperactivity Disorder

February 15	Manhattan	12:45-3:45 p.m.
February 22	Junction City	12:45-3:45 p.m.

Alzheimer's and Other Dementias

March 15	Manhattan	12:45-3:45 p.m.
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(This workshop only at Houston Street Ballroom)

Ending Domestic Violence

April 19	Manhattan	12:45-4:45 p.m.
April 26	Junction City	12:45-4:45 p.m.

Co-sponsored by The Crisis Center, Inc.

Credit

Nurses: Pawnee is an approved provider of contact hours for RN's, LPN's, and LMHT's.

Social Workers: Pawnee is an approved provider of continuing education units for social workers.

Educators, clergy, others: Workshops often meet professional development criteria.

Fee: \$7 per hour

Register early.

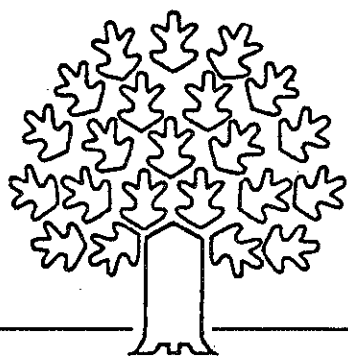
Pre-registration is required.

Call 587-4326 Free brochure.



P A W N E E
Mental Health Services

2001 Clafin, Manhattan, KS 66502



Recreation

1221 THURSTON

539-8763

Introduction to Golf

RH-01

A short course geared for beginning and intermediate players. The fundamentals of the full swing, and the 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 9, 16, 23 & 30
Time: 5:30 pm (Thursday)
Fee: \$31
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

Introduction to Golf

RH-02

Jim Gregory

Date: April 6, 13, 20 & 27
Time: 6 pm (Thursday)
Fee: \$31
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

Introduction to Golf

RH-03

Jim Gregory

Date: May 4, 11, 18 & 25
Time: 6 pm (Thursday)
Fee: \$31
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 1 - April 26
No class March 22
Time: 5:30 - 7:30 pm (Wednesday)
Fee: \$83 non-credit
\$105 credit
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

Golf

RH-05

*One hour optional KSU credit available.

Jim Gregory

Date: March 2 - April 27
No class March 23
Time: 9:30 - 11:30 am (Thursday)
Fee: \$83 non-credit
\$105 credit
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

The **WELLNESS** section of the catalog features **COMMUNITY FIRST AID AND SAFETY** classes that teach **CPR** as well as First Responder training.

Ballroom Dance I

RH-06

Ballroom dancing is back! *Time, Newsweek* and *Smithsonian* report that 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. No Street Shoes**

Michael Bennett (776-7557), has trained in Ballroom Dance at U.C. Berkeley; 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 6 years and has been dancing all of her life. She is from Ireland and learned dance in the British and Irish school systems.

Date: February 10 - April 28
No class March 24 or April 14
Time: 6:30 - 7:30 pm (Friday)
Fee: \$32 individual / \$60 couple
Location: Seven Dolores Grade School Gymnasium
306 S Juliette

Ballroom Dance I

RH-07

Michael Bennett & Nelli Weathers

Date: February 10 - April 28
No class March 24 or April 14
Time: 8:30 - 9:30 pm (Friday)
Fee: \$32 individual / \$60 couple
Location: Seven Dolores Grade School Gymnasium
306 S Juliette

Ballroom Dance II

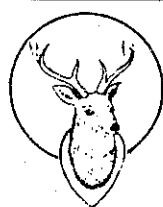
RH-08

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 & Nelli Weathers

Date: February 10 - April 28
No class March 24 or April 14
Time: 7:30 - 8:30 pm (Friday)
Fee: \$32 individual / \$60 couple
Location: Seven Dolores Grade School Gymnasium
306 S Juliette

A complete MARTIAL ARTS section is on page 15.



STAGG HILL GOLF CLUB

K-18 West

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Fully equipped pro shop
Professional golf instruction available
(individual & group)

Club regripping & repair

539-1041

Jim Gregory, PGA Professional



Tennis: Junior Beginners Ages 7 - 16

RH-09

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

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

Date: March 28, April 4, 11, & 18
Time: 6 - 7 pm (Tuesday)
Fee: \$35
Location: LP Washburn Rec Complex, KSU

Tennis: Beginners Ages 17 and Up

RH-10

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

Mark Tessendorf

Date: March 28, April 4, 11, & 18
Time: 7 - 8 pm (Tuesday)
Fee: \$35
Location: LP Washburn Rec Complex, KSU

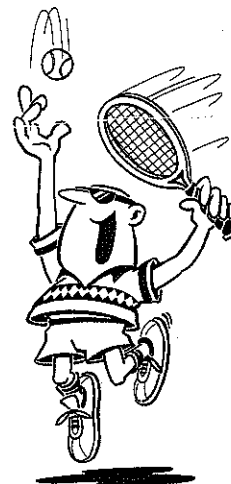
Tennis: Intermediate Ages 17 and Up

RH-11

This class is designed to develop your stroke and strengthen your game. We will work on singles and doubles strategy drills and competition.

Mark Tessendorf

Date: March 28, April 4, 11, & 18
Time: 8 - 9 pm (Tuesday)
Fee: \$40
Location: LP Washburn Rec Complex, KSU



Learn the Fundamentals of Kayaking or refresh your kayaking skills on page 6.

The PATHFINDER

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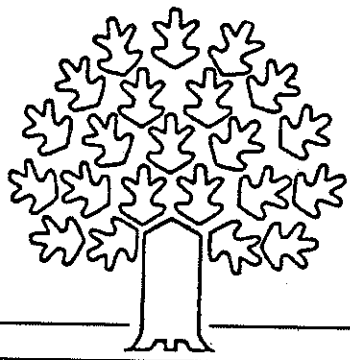
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* Climbing Equipment
* Camping Equipment



304 Poyntz 539-5639
Downtown - Manhattan
Hours: Mon.-Sat. 9-6; Thurs. 9-8

All participants must register in advance.

1035



Personal Development

1221 THURSTON

539-8763

Retraining the Mind for Inner Peace

SP-06

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 (776-4906), has been seeking inner peace for years! (A Course in Miracles is a self-teaching tool for one's own spiritual transformation.)

Date: March 9 & 16
Time: 7 - 9 pm (Thursday)
Fee: \$10
Location: UFM Greenhouse

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 dealing with situations from sexual harassment, date rape through actual attack. This class provides self defense techniques without the use of weapons or extensive Martial Arts. Ages 13 - adult

Diana Tarver (823-5315), 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 defensive tactics, but for this class she takes a very practical and feminine approach.

Date: February 25
Time: 8 am - 12 (Saturday)
Fee: \$17
Location: First Lutheran Church
930 Poyntz Ave

SHARP II

SP-02

Past participants of SHARP self defense have been requesting more! In response to your requests we are offering an extension of the SHARP - Self Defense for Women program. It focuses on areas of prevention and safety precautions as well as more in-depth practice of methods to deal with non-violent harassment. The SHARP II class may be taken before or after the regular SHARP class.

Diana Tarver

Date: March 4
Time: 9 - 11 am (Saturday)
Fee: \$15
Location: First Lutheran Church
930 Poyntz

Coping with Anxiety

SP-20

What if the plane crashes? What if I forget my speech? What if I fail? What if...? Some people become so overwhelmed with anxiety that they are unable to lead normal lives. Learn new self-care strategies that can help someone you know begin to overcome the fears that are holding them down.

Sherman Sisco, is a licensed specialist clinical social worker and an outpatient therapist at Pawnee Mental Health Services. He has special interest and skills in helping people conquer anxiety-related problems.

Date: April 5
Time: 7 - 9 pm (Wednesday)
Fee: \$8
Location: 2001 Claflin Rd.

Retraining the Mind for Inner Peace

SP-07

Mary B Williams

Date: April 19 & 26
Time: 7 - 9 pm (Wednesday)
Fee: \$10
Location: UFM Multipurpose Room

Self Integration Seminar

SP-08

Using guided imagery, we will meet and explore four "aspects" of ourselves - the female self, the male self, the judge self and the high self. There will be time for recording our individual experiences, group sharing and discussion, and a final activity to work on the positive integration of these aspects. Please bring a sack lunch and a drink.

Mary Biedler Williams (776-4906), will serve as facilitator for this workshop so that participants can do their own inner work. The information and materials come from the Center for Human Potential in Phoenix, Arizona.

Date: March 11
Time: 10 am - 3 pm (Saturday)
Fee: \$10
Location: UFM Greenhouse

Self-Integration Seminar

SP-09

Mary Biedler Williams

Date: April 29
Time: 10 am - 3 pm (Saturday)
Fee: \$10
Location: UFM Multipurpose Room

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Manhattan, Kansas

HOW CAN I PROTECT MY KIDS FROM THE RISKS OF USING ALCOHOL AND OTHER DRUGS?



Regional Prevention Center sponsored by Pawnee Mental Health and "Toward A Drug-Free Kansas"

Introduction to Zen Buddhist Philosophy and Practice

SP-03

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 12, 19 & 26
Time: 7:30 - 9 pm (Wednesday)
Fee: \$13
Location: UFM Conference Room

Self-Esteem for Adults

SP-04

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 Coordinator 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: February 2, 9, 16, & 23
Time: 6:55 pm (Thursday)
Fee: \$18
Location: UFM Greenhouse

Chinese Tai Chi

SP-05

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 (539-4147), is a graduate student in the Department of Biochemistry 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. Ping has been teaching Tai Chi for UFM since Fall 1992.

Date: January 23 - May 8
No class January 30 or March 20
Time: 7 - 8 pm (Monday)
Fee: \$42
Location: Seven Dolores Grade School Gymnasium
306 S Juliette

Qabalah: Psychology, Meditation, Metaphysics

SP-10

Qabalah is an ancient system for organizing and explaining spiritual and metaphysical experience. Its roots are in Jewish mysticism. However, its philosophy is applicable for persons with varying religious and spiritual backgrounds. This class will be appropriate for those looking for an introduction to Qabalah as well as those already familiar with it. Subjects covered: The two names for God in Genesis, The Qabalistic Tree of Life, Jesus and the Qabalah, Meditation, Psychology, and the Sephiroth. Class will include discussion and meditation.

Dan Berkow is a counselor at KSU. He has found Qabalah to be a useful guide to understanding human psychology and development, dreams and "inner" experience, as well as meditation in daily life.

Date: January 25 - May 3
No Class March 22
Time: 7:30 - 9 pm (Wednesday)
Fee: \$28
Location: UFM Greenhouse



Philosophy of Gurdjieff & Ouspensky SP-12

Explore the psychological system of the two Russian philosophers and teachers, Gurdjieff and Ouspensky. Their philosophy seeks to join Eastern traditions with Western needs, emphasizing a system of self-development grounded in verification through personal exercises, discussions, and reading aloud from Ouspensky's *A Psychology of Man's Possible Evolution*.

David Seamon (539-4600), has been active with Gurdjieff's work for 18 years. He has studied with J.G. Bennett, a pupil of both Gurdjieff and Ouspensky.

Date: January 25 - March 1
Time: 7:30 - 9 pm (Wednesday)
Fee: \$18
Location: UFM Multipurpose Room

Non-Traditional Students: How Do I Know What I Want to Do? SP-13

Thinking of returning to school? Already back in school and wondering what you want to do? This workshop will help you clarify what is important to you, and how to prioritize the demands in your life when you consider going to college. It will help you identify your personality type and steps in choosing a career for you. Activities will be fun, informative, and supportive!

Dori Lambert and Joyce Woodford (532-6927), are therapists at University Counseling Services, KSU. They enjoy working with non-traditional students (and prospective students!)

Date: March 4
Time: 9 am - 3:30 pm (Saturday)
Fee: \$30 includes career inventories, booklets, snack & beverage
Location: KSU Union 205

"A Job Description for Parents" SP-14

The purpose of this program is to provide parents with a working framework for understanding their job as a parent. Most of the content focuses on setting limits and consequences. In addition to discussing parental responsibilities, we will also explore a job description for children. ...Just where does one end, and the other begin? A free booklet will be given each participant.

Phyllis Grover (587-4372), is a former classroom teacher and is employed by the Northeast Kansas Regional Prevention Center, a program of Pawnee Mental Health Services. She serves as a Community Prevention Consultant, Regional Coordinator of Kansas Family Initiative, and Co-Coordinator of Youth as Resources.

Date: February 22
Time: 6:30 - 8 pm (Wednesday)
Fee: \$7 individual/\$10 couple
Location: N.E. KS Regional Prevention Center 421 Houston

Options for Women Over 60 SP-15

How do you feel about being 60+ in the 90's? As a part of this group you will be provided an opportunity to gain and share new skills for surviving and thriving in the 90's. We will discover new things about ourselves as we share our experiences and wisdom. We will get to know each other as strong, vulnerable women facing challenges and change in the years ahead.

Bonnie Uffman (587-4300), is a psychologist who was in private practice in Oregon before returning to Kansas last summer. She is now an outpatient therapist and older adult specialist at Pawnee Mental Health Services. She wants to share what she's learned about the experience of aging, and to learn from your experiences, too.

Date: February 7, 14, 21, 28, March 7, 14, 21 & 28
Time: 10am - noon (Tuesday)
Fee: \$15
Location: Senior Center 412 Leavenworth

Metaphysics Discussion Group SP-11

This discussion group is meant for those who are just beginning to explore Metaphysics as well as those who are well acquainted with the subject. Member's interests will determine the topics of discussion. The intention of the group is to provide a fellowship and learning experience for those on the path to enlightenment. **Bring a pillow to sit on.** New members may join at any time. Members under the age of 18 must enroll with an adult mentor.

Tracy Mahoney, facilitator
Date: January 24 - May 9
Time: 8 - 9:30 pm (Tuesdays)
Fee: \$10
Location: UFM Greenhouse

Introduction to the New Age SP-16

This class is for those who seek a general explanation of the New Age, whether they be seeking a path of enlightenment or are simply curious. An overview of several New Age topics will be covered. Come as you are with a list of any questions you might have.

Tracy Mahoney (587-0849), has followed the New Age movement since the early 1980's, follows a Christian Mysticism path, and has written several articles on the subject. Tracy facilitates a Metaphysics Discussion Group through UFM.

Date: January 30
Time: 7 pm (Monday)
Fee: \$13
Location: UFM Greenhouse

Befriend Your Angels SP-17

Open your self to the Angelic Kingdom. To know the angels among us is to know the power of the miracles in your life. Do you have a guardian angel? How can you tell if an angel is nearby? Learn the "abc's" of creating your own *Angel team* to work with you in balancing and uplifting you life. The role of spirit mediums and their ability to communicate directly with the spirit world (channeling) will be discussed but not demonstrated. Teens under 18 must enroll with an adult mentor.

Tracy Mahoney (587-0849), has studied the topic extensively and has much personal experience with the spirit realm.

Date: February 20
Time: 7 pm (Monday)
Fee: \$13
Location: UFM Greenhouse

Coping with Adolescence SP-18

Adolescents may be defined as people who contradict themselves during the first 15 minutes of a conversation. Raging hormones as well as the maturing process of beginning to develop individuality and independence from the family contribute to tempestuous relationships. Caregivers need to be prepared to bear the brunt of adolescents' chaos, and reorient parenting skills.

Richard W. Burnett, ACSW, LCSW is a licensed clinical social worker with over 25 years experience working with adolescents and their families in both inpatient and outpatient settings. He has published, lectured, and taught. Mr. Burnett is the Director of Family Care Center, Junction City.

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

When A Man Loves A Woman:Families & Alcohol SP-19

This class is for adults who have questions about addiction and recovery and how it affects all members of a family. Scenes from the movie "When A Man Loves A Woman" will be used as a springboard for discussion. Find out why it is often more difficult for women to seek substance abuse treatment in our society.

Marlies Keogh, helps women and men deal with problems caused by alcohol and other drugs. She is a substance abuse therapist at Pawnee Mental Health Services and a licensed specialist clinical social worker. She also works with people who are affected by the chemical dependence of someone they love.

Date: March 8
Time: 7 - 9 pm (Wednesday)
Fee: \$8
Location: 2001 Claflin Rd.

The YOUTH section, pages 20-21, has a variety of activities fun for all ages.

The United Nations celebrates its 50th anniversary—learn more about how it affects our lives today on page 9.

Want to know all about hands-on healing arts?

A showcase of the "new" health options available today in the hands-on healing arts and sciences is coming to Kansas City. The nationwide High Touch Tour stops in Kansas City (Overland Park) on May 12-13, 1995. Bring this ad and get 1/2 off the regular admission ticket price (\$6.00 value). Come see and experience touch for the health of it.

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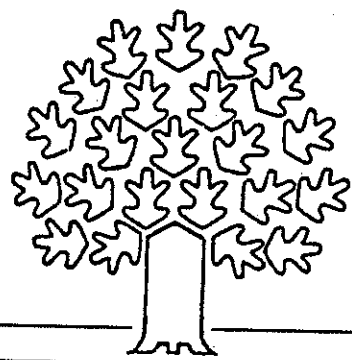
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Youth

1221 THURSTON

539-8763

SHARP-Self Defense 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 (823-5315), has been teaching women's 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 25
Time: 1 - 3 pm (Saturday)
Fee: \$10
Location: First Lutheran Church
930 Poyntz

Beginning Ballet YO-02

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, is 18 years old, and currently she is attending Manhattan High School. She has been dancing for 15 years and she is considering a career in dance.

Date: January 24,26,31, February 2,7 & 9
Time: 6:00 - 6:30 pm (Tues & Thurs)
Fee: \$17
Location: UFM Fireplace Room

Beginning Ballet YO-03

Portia Sisco
Date: January 24,26,31, February 2,7 & 9
Time: 6:30 - 7 pm (Tues & Thurs)
Fee: \$17
Location: UFM Fireplace Room

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 6
Time: 8 am - 5 pm
Fee: \$20
Location: Meet at UFM

Children's Morning Playgroup YO-04

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. This is an ongoing group which can be joined at any time.

Val Hilbun, is interested in getting children together for play as well as giving at-home parents an opportunity to share and interact.

Date: January 26 - May 25
Time: 10 am - 12 noon (Thursday)
Fee: \$7
Location: Coordinator will contact you with location

Tumbling Tots YO-06

Children ages 3 to 5 are in a very active growing stage. In this tumbling class participants will develop strength, flexibility, and coordination in a fun atmosphere. The class meets 45 minutes once a week.

Dan Brown (539-3613), has had 9 years of gymnastics coaching experience, is Safety certified by USA Gymnastics, and is a certified instructor of USA Gymnastics Professional Development Program.

Date: February 1,8,15,22, March 1 & 8
Time: 6 - 6:45 pm (Wednesday)
Fee: \$32
Location: Manhattan Gymnastics Center
2305 SkyVue Lane

Parent Teacher Conference School's Out Activities YO-07

Don't worry - be happy! UFM will provide your children (grades K-3) supervised fun and activity during the two days that school is out for Parent-Teacher Conferences. We have coordinated a full day of mini workshops and guest presenters. For further information call UFM, 539-8763. We'll have a great time! A fun lunch and 2 snacks will be catered.

Tracy Runnion, coordinator
Date: April 6
Time: 8 am - 5 pm (Thursday)
Fee: \$14 half day
\$20 full day
Location: Woodrow Wilson School
Juliette and Osage

Parent Teacher Conference School's Out Activities YO-08

Tracy Runnion, coordinator
Date: April 7
Time: 8 am - 5 pm (Friday)
Fee: \$14 half day
\$20 full day
Location: Woodrow Wilson School
Juliette and Osage

Enrichment Workshop YO-10

A day home alone for a 4th, 5th, or 6th grade student can be long and boring. While school is out for Parent Teacher conferences join UFM and Wonder Workshop for a day of activities that will provide enrichment and fun. For a schedule listing more specific details of activities and outings call UFM, 539-8763. Each child should bring a sack lunch.

Date: April 7
Time: 8 am - 5 pm (Friday)
Fee: \$20
Location: Wonder Workshop
Manhattan Arts Center
1522 Poyntz



Beginning Tae Kwon Do for Youth I Ages 4-5 YO-13

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

Mark House is an instructor for the Kansas State Tae Kwon Do Club and is a 2nd degree black belt. He is an American Tae Kwon Do Association Certified Instructor. He also has experience in Hapkido and Tai Chi. **Lowell Coon**, is an instructor for the Kansas State Tae Kwon Do Club and is a 2nd degree black belt in the American Tae Kwon Do Association. He is also a certified SHARP instructor and is a 1st degree black belt in Hapkido.

Date: January 24,27,31, February 3,7 & 10
Time: 7 - 7:30 pm (Tues & Fri)
Fee: \$28
Location: ECM Student Center
1021 Denison

Beginning Tae Kwon Do for Youth Ages 6-8 YO-14

This class is designed for 6-8 year olds or 5 year olds who have taken Tae Kwon Do before.

Mark House and **Lowell Coon**
Date: March 28,31, April 4,7,11,14,18 & 21
Time: 7 - 7:45 pm (Tues & Fri)
Fee: \$38
Location: ECM Student Center
1021 Denison

Beginning Tae Kwon Do for Youth Ages 9-14 YO-15

This class is designed for children ages 9 - 14 or 8 year olds who have taken Tae Kwon do before.

Mark House and **Lowell Coon**
Date: February 14,17,21,24,28, March 3,7 & 10
Time: 7 - 7:45 pm (Tues & Fri)
Fee: \$38
Location: ECM Student Center
1021 Denison

A complete MARTIAL ARTS section is on page 15.

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

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OAK GROVE SCHOOL

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.

UFM CLASSES make great gifts.



Childrens Gardening YO-05

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

Manhattan Community Gardens
 information on page 14.

HANDICAPPED ACCESSIBLE

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



Introduction to Tap Dancing

YO-11

An introductory class designed to provide exposure to tap for children 5 - 12 years old. Emphasis will be on tap steps performed to popular music. This is a good opportunity to try tap and see if you like it. Formal dance attire is not necessary, wear tennis shoes or tied shoes to class.

Randi Dale (539-5767), has taught dance for 29 years. Her dance choir toured the midwest and Europe in 1968. She is a certified teacher with a Masters degree in Education.

Date: January 28
 Time: 9 - 9:40 am (Saturday)
 Fee: \$7
 Location: 2416 Rogers Blvd.

Folding/Flying Paper Airplanes

YO-12

The dart - made of Big Chief tablet paper - is out. Loopers, curvers, and gliders are in! There are dozens of easy-to-fold planes that perform marvelous stunts, amaze with distance, and delight with endurance. And we'll fold and fly a bunch of 'em as well as learn how to add tails, flaps, and even landing gear. A catalog of patterns will be given to each member at the second meeting. Must be at least 7 years old but 8 is better. Teenagers will also learn and enjoy. Parents welcome.

Leo Schell (539-6540), has a life-long love affair with paper airplanes and has a collection of over 20 books describing hundreds of different planes. He's taught this class twice before and enjoyed it as much as did the students.

Date: April 1 & 8
 Time: 10:30 am - noon (Saturday)
 Fee: \$10
 Location: Marlatt School Cafeteria

Home School Support Group

YO-16

This is a nondenominational group open to all homeschoolers interested in getting their children together for play, activities and field trips. In the monthly meeting, parents are expected to share ideas and information as they benefit the group, and to gain support and encouragement for their task.

Ana Braga-Henebry (776-9315), has a Masters Degree in Humanities. She works as a mother of four children at home. Ana has been homeschooling for one and a half years. Her homeschooled children are in 2nd grade, kindergarten and preschool levels.

Date: January 27, February 24, March 31,
 April 28 & May 26
 Time: 6 pm (Friday)
 Fee: \$15
 Location: UFM Fireplace Room

Fashion Hair Braiding

YO-17

Learn the secrets to unique braided hair styles. In this demonstration and do-it-yourself class, we will practice basic styles that can be worn by all ages as well as more complicated braids and twists. Dress them up or down and learn how to add bows, ribbons and pins for your own personal occasion. Great hair ideas for weddings, proms and special days. **Bring covered elastic hair tie, hair brush and accessories to class with you.**

Linda Mason (776-5801), has been working with hair for 18 years. She has taught braiding classes for a number of years to a wide variety of participants.

Date: March 29
 Time: 7 pm (Wednesday)
 Fee: \$8 individual/ \$12 mother /child couple
 Location: UFM Conference Room

TENNISTENNIS**TENNIS**

Tennis classes for Youth,
 see the RECREATION section.

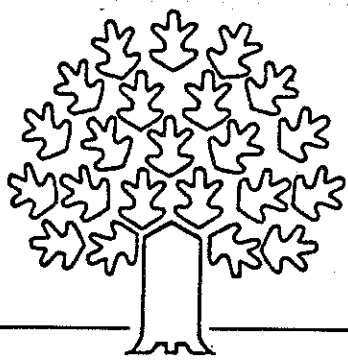


MGC offers gymnastics, dance and martial arts classes for all ages. Mention this ad for a free trial class.

MANHATTAN GYMNASTICS CENTER
 2305 SKY VUE LANE
 MANHATTAN, KANSAS 66502
 (913) 539-3613

The SUMMER UFM CATALOG will be available May 16.





Wellness

1221 THURSTON

539-8763

Overcoming Depression

WE-01

The cause of depression can be as simple as habitual negative thought patterns. By working to change them, depression can often be overcome without medication. Make constructive changes and decisions in your life. Set new goals for yourself.

Helen Bontrager, Ph.D. (537-3877), is a local clinical psychologist in private practice.

Date: January 24
Time: 7 - 9 pm (Tuesday)
Fee: \$7
Location: UFM Multipurpose Room

Fitness Walking

WE-04

Fitness Walking or exercise walking, is growing in popularity as an exercise opportunity for people of all ages. Fitness walking is a healthy, aerobic alternative to jogging and aerobic dance. We will discuss ways to keep workouts safe and enjoyable, advantages of walking, places to walk, proper shoes and apparel, and starting and maintaining a walking program. Be a part of this group and learn how to improve your physical fitness through walking. It's lots of fun!

Teresa Hilliard, has been teaching aerobics fitness and weight training for over 12 years. She is certified through the American Council on Exercise and believes exercise should be efficient and fun.

Date: January 24
Time: 8:30 - 10:30 am (Tuesday)
Fee: \$13
Location: Town Center Mall Food Court

Fitness Walking

WE-05

Teresa Hilliard

Date: January 26
Time: 7 - 9 pm (Thursday)
Fee: \$13
Location: Seven Dolores Grade School Gymnasium
306 S Juliette

Getting More Fun Into Your Life

WE-02

Increase your level of happiness by making a decision to allow yourself more fun. With help from an expert you can learn how to "get-out and play." Life should not be too serious.

Helen Bontrager, Ph.D.

Date: February 28
Time: 7 - 8:30 pm (Tuesday)
Fee: \$7
Location: UFM Multipurpose Room

Gentle Yoga

WE-03

This class will explore subtle movement in the body through yoga postures. Each class will introduce and demonstrate the postures we will be experiencing. Yoga, done respectfully, is not painfully strenuous to the body, it is expansive. Our focus will be on creating space in the body, room for prana, the life force, to flow. Beginners and all levels of practice are welcome. The start and close of each class will include meditation. Please bring a blanket.

Lea Cyr (537-9094), has been practicing yoga for 10 years with her most recent concentration on Kirpalu Yoga most simply described as meditation-in-motion.

Date: January 23, 30, February 6, 13, 20 & 27
Time: 7 - 8:30 pm (Monday)
Fee: \$28
Location: Baptist Campus Center
1801 Anderson

Massage for the Individual

WE-09

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

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

Date: January 24
Time: 7 - 8:30 pm (Tuesday)
Fee: \$15
Location: Seven Dolores Grade School Gymnasium
306 S Juliette

Beginning Tai-Chi is on page 18.

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Community First Aid and Safety

WE-06

Be prepared! Know the fundamental principles and skills of first aid, correct CPR techniques for adult and infant victims of cardiac arrest and other respiratory emergencies. This course will provide participants with information to reduce deaths from adult cardiovascular disease and childhood injury by recognizing a life threatening emergency when it does occur, giving the right care and by preventing the situation that leads to the emergency. 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 8 & 15
Time: 6 - 10 pm (Wednesday)
Fee: \$60 includes books and materials
Location: American Red Cross
1014 Poyntz

Community 1st Aid and Safety Progression

WE-07

Act with confidence in an emergency situation. Learn how to identify and care for life threatening bleeding, sudden illness, and injuries. Prerequisite: Current certification within 1 year Infant, Youth, and Adult CPR.

Enell Foerster (537-2180).

Date: March 15
Time: 6 pm (Wednesday) Infant CPR
8 pm (Wednesday) 1st Aid
Fee: \$30 includes books & materials
Location: American Red Cross
1014 Poyntz

CPR for the Professional Rescuer

WE-08

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: March 8, 15 & 29
Time: 6 - 10 pm (Wednesday)
Fee: \$90 includes books and materials
Location: American Red Cross
1014 Poyntz

Introduction to Massage


WE-10

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

Bernice Martin

Date: February 7
Time: 7 - 9 pm (Tuesday)
Fee: \$26 a couple
Location: Seven Dolores Grade School Gymnasium
306 S Juliette

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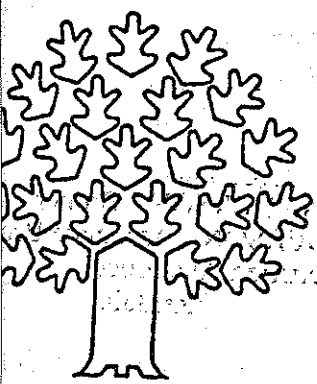
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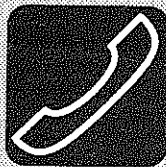
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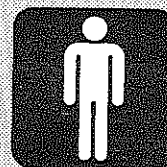
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