

# UFM

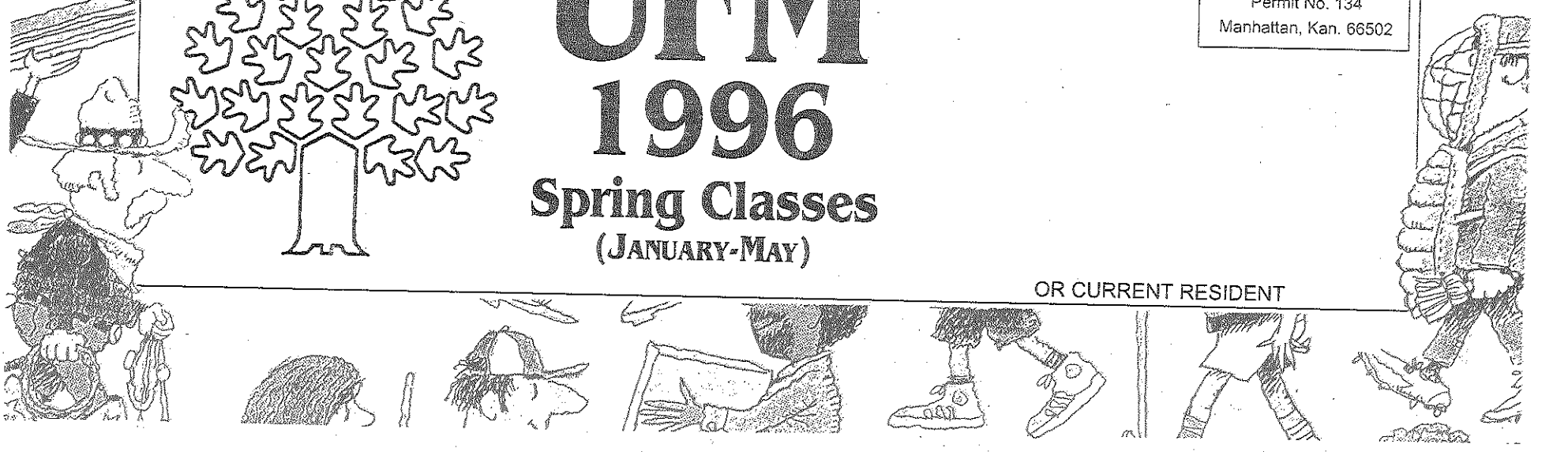
## 1996

### Spring Classes

(JANUARY-MAY)

Nonprofit Organization  
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Permit No. 134  
Manhattan, Kan. 66502

OR CURRENT RESIDENT



# What is UFM?

UFM is a multi-faceted community education and resource program serving K-State, Manhattan and the surrounding area. UFM is dedicated to providing opportunities for life-long learning and self-development in ways that enrich the quality of our lives.

UFM is best known for our leisure learning classes represented in this catalog. Over 200 classes are presented each semester for your review and participation. UFM also sponsors the Lou Douglas Lecture Series, hosts the Manhattan Community Garden and assists other Kansas towns in starting their own community education programs.

The Clay Coalition and Arts Council classes, listed in the center of the catalog, are an example of UFM's commitment to cooperation with other organizations. The Clay Coalition and Arts Council organize the classes and UFM serves as the registrar. UFM works with the Manhattan Emergency Shelter and the Crisis Center to provide life skills and literacy improvement to homeless families. We have partnered with the Flint Hills Breadbasket to create the SHARE youth leadership project. The Wonder Workshop works with us to provide School's-Out activities for elementary school youth.

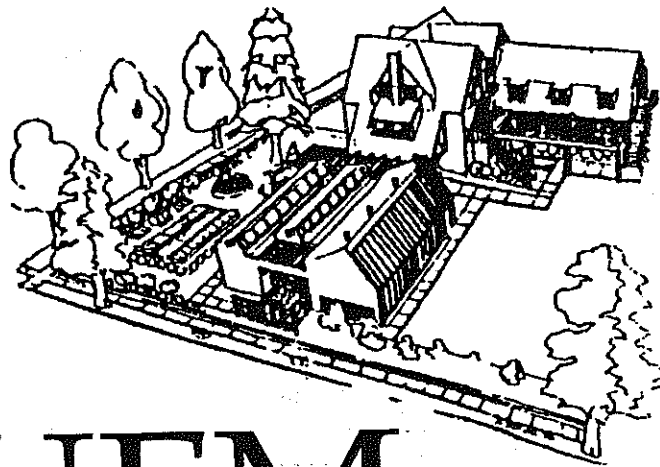
UFM is the concept of lifelong learning in action, making connections among those who want to share ideas and learn together all for the joy of gaining new ideas, making new friends, and improving our community.

### UFM Staff:

- Executive Director - Linda Inlow Teener
- Educational Coordinator - Charlene Brownson
- Associate Education Coordinator - Kathy Chandler
- State Outreach Coordinator - Anita Madison
- Lou Douglas Lecture Coordinator - Victoria Choitz
- Family Literacy Coordinator - Michael Cody
- Office Coordinator - Rhonda Smartt

UFM is always looking for new ideas and new projects. Let us hear from you!

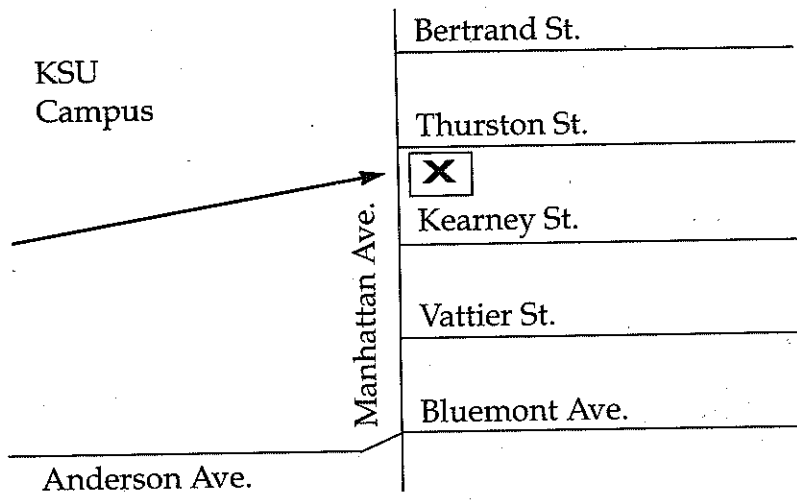
# WHERE WE'RE LOCATED



# UFM

1221 Thurston

KSU  
Campus



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## BOARD OF DIRECTORS

- Kim Morgan  
*Chair*
- Tom Fryer  
*Vice Chair*
- Paula Walawender  
*Secretary/Treasurer*
- Linda Inlow Teener  
*Executive Director UFM*
- Nancy Blaine

- Joleen Hill
- Richard Johnson
- Sue Maes
- Marjorie Morse
- Garry Patterson
- John Potter
- Heather Riley
- Gabrielle Thompson
- Dean Stramel

UFM is committed to a policy of nondiscrimination on the basis of race, sex, national origin, handicap, religion, age, sexual preference, or other non-merit reasons, in relation to admissions, educational programs or activities, and employment, all as required by applicable laws and regulations.

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

### ANSWERING MACHINE

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

*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 their patronage of our advertisers!*

### HANDICAPPED ACCESSIBLE



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

The hottest mix in Kansas

# Q103.5

KQLA

THANK YOU ADVERTISERS for your loyal support





# UFM INSTRUCTORS

Michael Bennett  
Daniel Berkow  
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Dan Brown  
Michael Cody  
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Bob Davis  
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Charles Drees  
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Gene Ernst  
Jennifer Finlayson  
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Paul Gleue  
Jim Gregory  
Colleen Hampton  
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LaShawna Harrison  
Angela Hayes

T.J. Hittle  
Gil Hopson  
Hugh Irvin  
Jayson Kaus  
Duane Kerr  
Alan Ladd  
Sharon Landrith  
Leonard Leeling  
D.C. Lehman  
Howard Levy  
Corey Lewis  
Tim Lindemuth

Jane Magnuson  
Manhattan  
Gymnastics Center  
Bernice Martin  
Richard Mattson  
Marie Odejar  
Ernie Peck  
Karen Perry  
Richard Pitts  
Al Potter  
Leon Rappoport  
Rex Replogle

Sara Sanders  
Pam Schmid  
Phyllis Searles  
Sherman Sisco  
John Skare  
Natalie Smith  
Paul Sodemann  
Carol Stites  
Sun Yi Academy  
Martha  
Surendranath  
Diana Tarver

Linda Teener  
Mark Tessendorf  
Anita Van Nevel  
Paula Walawender  
Chris Wanner  
Ping Wei  
Harold Wellmeier  
Ruth Williams  
Jeff Wilson  
Stan Wilson  
Wonder Workshop



## Manhattan Military Wives



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

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

Meetings are held every Wednesday afternoon from 1-3 p.m. at the First Presbyterian Church, 8th and Leavenworth, Manhattan. Free childcare for infants, toddlers and 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 class held on Monday afternoon in the spring. Childcare is provided for these classes.

### 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 11, Th	4pm - 6pm	Public Library
Jan 18, Th	10am - 2pm	KSU Union
Jan 22, M	10am - 2pm	KSU Union

Registration continues throughout the semester:

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

To advertise your business or organization in the next UFM catalog, contact the UFM Office (539-8763) by March 15.

### MAILING YOUR REGISTRATION?

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

### UFM Wish List

Plain Paper Fax    Printer Stand  
Office Chairs      Folding Chairs  
Typewriter

Volunteers to help with:  
Gardening  
Office Work  
General Building Maintenance

### 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 \$3 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.

### 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.

### SPECIAL POLICIES FOR CREDIT OPTIONAL CLASSES

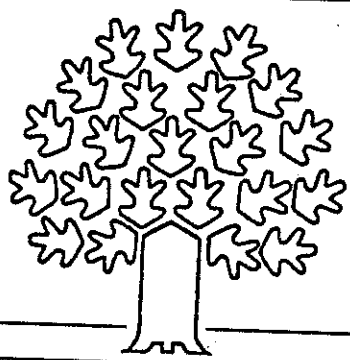
**Credit Registration Refunds:** After the second credit optional class meeting, but before one-third of the scheduled class sessions have met, fifty percent of the fee may be refunded if requested in writing. No refund is issued if it is requested after one-third of the class meetings have ended.

**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.

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

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

**Parents' Day Dates:** Feb 7,8 -- March 20,21 & March 2. 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:

**Session A:** Mon/Wed Jan 22 - Feb 28  
Tues/Thurs Jan 23 - Feb 29

**Session B:** Mon/Wed March 4 - April 17  
Tues/Thurs March 5 - April 18

*No Classes: Mon - Thurs March 25,26,27, & 28*

**Session C:** Saturday January 20 - April 27

*No Classes: Saturday, February 3, March 23 & 30*

## SCHOLARSHIPS for YOUTH

Apply at UFM, 1221 Thurston

539-8763

## 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 A:** Mon/Wed January 22 - February 7  
Tues/Thurs January 23 - February 8

**Session B:** Mon/Wed March 4 - March 20  
Tues/Thurs March 5 - March 21

**Session C:** Saturday January 20 - March 2  
*No Class: Saturday, February 3*

**Session A: (See dates above)**  
AQ-01A Mon/Wed 6:10 - 6:40 pm  
AQ-02A Tues/Thurs 6:10 - 6:40 pm  
**Session B: (See dates above)**  
AQ-01B Mon/Wed 6:10 - 6:40 pm  
AQ-02B Tues/Thurs 6:10 - 6:40 pm  
**Session C: (See dates above)**  
AQ-01C 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 A:** Mon/Wed February 12 - February 28  
Tues/Thurs February 13 - February 29

**Session B:** Mon/Wed April 1 - April 17  
Tues/Thurs April 2 - April 18

**Session C:** Saturday March 9 - April 27  
*No Classes: Saturday, March 23 & 30*

**Session A: (See dates above)**  
AQ-03A Mon/Wed 6:10 - 6:40 pm  
AQ-04A Tues/Thurs 6:10 - 6:40 pm  
**Session B: (See dates above)**  
AQ-03B Mon/Wed 6:10 - 6:40 pm  
AQ-04B Tues/Thurs 6:10 - 6:40 pm  
**Session C: (See dates above)**  
AQ-03C 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 A: (See dates above)**  
AQ-05A Mon/Wed 6:05 - 6:45 pm  
AQ-06A Mon/Wed 6:50 - 7:30 pm  
AQ-07A Tues/Thurs 6:05 - 6:45 pm  
AQ-08A Tues/Thurs 6:50 - 7:30 pm  
**Session B: (See dates above)**  
AQ-05B Mon/Wed 6:05 - 6:45 pm  
AQ-06B Mon/Wed 6:50 - 7:30 pm  
AQ-07B Tues/Thurs 6:05 - 6:45 pm  
AQ-08B Tues/Thurs 6:50 - 7:30 pm  
**Session C: (See dates above)**  
AQ-05C Saturday 9:00 - 9:40 am  
AQ-06C 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 A: (See dates above)**  
AQ-09A Mon/Wed 6:05 - 6:45 pm  
AQ-10A Mon/Wed 6:50 - 7:30 pm  
AQ-11A Tues/Thurs 6:05 - 6:45 pm  
AQ-12A Tues/Thurs 6:50 - 7:30 pm  
**Session B: (See dates above)**  
AQ-09B Mon/Wed 6:05 - 6:45 pm  
AQ-10B Mon/Wed 6:50 - 7:30 pm  
AQ-11B Tues/Thurs 6:05 - 6:45 pm  
AQ-12B Tues/Thurs 6:50 - 7:30 pm  
**Session C: (See dates above)**  
AQ-09C Saturday 9:00 - 9:40 am  
AQ-10C 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 A: (See dates above)**  
AQ-13A Mon/Wed 6:05 - 6:45 pm  
AQ-14A Mon/Wed 6:50 - 7:30 pm  
AQ-15A Tues/Thurs 6:05 - 6:45 pm  
AQ-16A Tues/Thurs 6:50 - 7:30 pm  
**Session B: (See dates above)**  
AQ-13B Mon/Wed 6:05 - 6:45 pm  
AQ-14B Mon/Wed 6:50 - 7:30 pm  
AQ-15B Tues/Thurs 6:05 - 6:45 pm  
AQ-16B Tues/Thurs 6:50 - 7:30 pm  
**Session C: (See dates above)**  
AQ-13C Saturday 9:00 - 9:40 am  
AQ-14C Saturday 10:00 - 10:40 am  
Fee: \$35 per session

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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. For information, call Oak Grove School at 537-2349 or Shawn Bunch at 494-2830.

We now have E mail access: [ufm@ksu.ksu.edu](mailto:ufm@ksu.ksu.edu)

1035

**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 A: (See dates above)**  
 17A Mon/Wed 6:05 - 6:45 pm  
 18A Mon/Wed 6:50 - 7:30 pm  
 19A Tues/Thurs 6:05 - 6:45 pm  
 20A Tues/Thurs 6:50 - 7:30 pm
- Session B: (See dates above)**  
 17B Mon/Wed 6:05 - 6:45 pm  
 18B Mon/Wed 6:50 - 7:30 pm  
 19B Tues/Thurs 6:05 - 6:45 pm  
 20B Tues/Thurs 6:50 - 7:30 pm
- Session C: (See dates above)**  
 17C Saturday 9:00 - 9:40 am  
 18C Saturday 10:00 - 10:40 am  
 \$35 per session

**Level V: Stroke Refinement**

The objective of Level V is coordination and refinement of strokes. Students will be introduced to the butterfly, open turns, the feet-first surface dive and snorkel diving. Participants learn to perform the front crawl and back crawl for increased distances and to form 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 A: (See dates above)**  
 21A Mon/Wed 6:50 - 7:30 pm  
 22A Tues/Thurs 6:50 - 7:30 pm
- Session B: (See dates above)**  
 21B Mon/Wed 6:50 - 7:30 pm  
 22B Tues/Thurs 6:50 - 7:30 pm
- Session C: (See dates above)**  
 21C Saturday 9:00 - 9:40 am  
 22C Saturday 10:00 - 10:40 am  
 \$35 per session

**Level VI: Skill Proficiency**

The objective of Level VI is to polish strokes so students can 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 length 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 A: (See dates above)**  
 23A Tues/Thurs 6:50 - 7:30 pm
- Session B: (See dates above)**  
 23B Tues/Thurs 6:50 - 7:30 pm
- Session C: (See dates above)**  
 23C Saturday 9:00 - 9:40 am  
 24C Saturday 10:00 - 10:40 am  
 \$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 A: (See dates above)**  
 25A Tues/Thurs 6:50 - 7:30 pm
- Session B: (See dates above)**  
 25B Tues/Thurs 6:50 - 7:30 pm
- Session C: (See dates above)**  
 25C Saturday 9:00 - 9:40 am  
 26C Saturday 10:00 - 10:40 am  
 \$35 per session



**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 A: (See dates above)**  
 AQ-27A Mon/Wed 6:50 - 7:30 pm
- Session B: (See dates above)**  
 AQ-28B Tues/Thurs 6:50 - 7:30 pm  
 Fee: \$35

**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 A: (See dates above)**  
 AQ-29A Mon - Thurs 6:05 - 7:30 pm
- Session B: (See dates above)**  
 AQ-29B Mon - Thurs 6:05 - 7:30 pm
- Session C: (See dates above)**  
 AQ-29C 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 A: (See dates above)**  
 AQ-30A Mon - Thurs 6:05 - 7:30 pm
- Session B: (See dates above)**  
 AQ-30B Mon - Thurs 6:05 - 7:30 pm
- Session C: (See dates above)**  
 AQ-30C Saturday 9:00 - 10:40 am  
 Fee: \$15 per session

**How to Get Organized Without Really Trying???**  
 See the Self & Personal Development section.

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**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.

- Session A: (See dates above)**  
 AQ-31A Mon/Wed 6:00 - 6:55 pm  
 AQ-32A Tues/Thurs 6:00 - 6:55 pm
- Session B: (See dates above)**  
 AQ-31B Mon/Wed 6:00 - 6:55 pm  
 AQ-32B Tues/Thurs 6:00 - 6:55 pm  
 Fee: \$18 per session

**Private Lessons for Special Populations** AQ-33

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-34

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

**Scuba Diving** AQ-35

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 Friday, January 26, 6 - 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: February 10 - March 16  
 Time: 9 am - 1 pm (Saturday)  
 Fee: \$195  
 Location: KSU Natatorium

**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!**

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Swimming I

AQ-38

\*One hour optional KSU credit available
This course is designed ONLY for students who have a fear of the water and/or those with little or no water experience.

Carol Stites
Date: January 23 - May 9
Time: No Class March 26 & 28
Fee: \$69 non credit
\$114 credit \*

Fitness Swimming

AQ-39

\* One hour optional KSU credit available
Students interested in this course MUST be able to demonstrate the five basic strokes, using rhythmic breathing.

Carol Stites
Date: January 22 - April 12
Time: No Class: March 25 - 29
Fee: \$69 non credit
\$114 credit \*

Fitness Swimming

AQ-40

\* One hour optional KSU credit available

Carol Stites
Date: January 23 - May 9
Time: No Class March 26 or 28
Fee: \$69 non credit
\$114 credit \*

\* Credit classes require additional charges to cover KSU administrative costs.

Lifeguard Training

AQ-41

American Red Cross Lifeguard Training teaches lifeguards the skills and knowledge needed to prevent and respond to aquatic emergencies.

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.

Sarah Forsyth
Date: May 2,7,9,12,14,16,21, & 23
Time: 4 - 8 pm (Tues & Thurs)
9 am - 1 pm & 2 - 6 pm (Sunday)
Fee: \$109
Textbooks & equipment must be paid and picked up at American Red Cross for \$50

Water Safety Instructor

AQ-42

How about a summer job by the pool? Receive WSI certification to teach the American Red Cross Learn to Swim and Water Safety courses.

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

March 5,7,10,12,14,17,19, & 21
Date:
Time: 4 - 8 pm (Tues & Thurs)
9 am - 1 pm & 4 - 8 pm (Sunday)
Fee: \$144
Textbooks & equipment must be paid and picked up at American Red Cross for \$31

Lifeguard Training Review

AQ-43

This class provides an update from the existing Lifeguard Training to the skills and knowledge competencies in the new American Red Cross Lifeguard Training.

Sarah Forsyth
Date: May 4 & 5
Time: 9 am - 1 pm and 4 pm - 8 pm (Sat & Sun)
Fee: \$52
Textbooks & equipment must be paid and picked up at American Red Cross for \$50

Lifeguard Instructor Training

AQ-44

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.

Sarah Forsyth
Date: May 2,7,12,14,16,21, & 23
Time: 4 pm - 6 pm (Thurs, May 2)
5 pm - 7 pm (all other Tues & Thurs)
9 am - 1 pm & 2 pm - 6 pm (Sunday)
Fee: \$60
Textbooks & equipment must be paid and picked up at American Red Cross for \$66

Fundamentals of Kayak

AQ-36

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

Rex Replogle (537-2643), and TJ Hittle have been teaching for nearly 15 years. They are both certified Red Cross Kayak Instructors.

February 25, March 3, 10, & 17
Date:
Time: 9 am - 1 pm (Sunday)
Fee: \$55
Location: KSU Natatorium

Intermediate Kayak Workshop

AQ-37

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.

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

February 11
Date:
Time: 9 am - 1 pm (Sunday)
Fee: \$7
Location: KSU Natatorium

The WELLNESS section of the catalog features COMMUNITY FIRST AID & SAFETY classes that teach CPR.

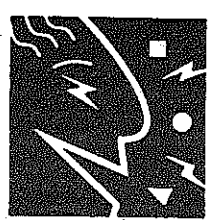
Do you have a skill or interest you would like to share? Become a UFM instructor! Call the UFM office (539-8763).

SCHOOL'S OUT ACTIVITIES

K-3rd graders

Thursday, Feb. 29 & Friday, March 1
Thursday, April 4 & Friday, April 5
For information, call UFM, 539-8763.

Youth scholarships are available.



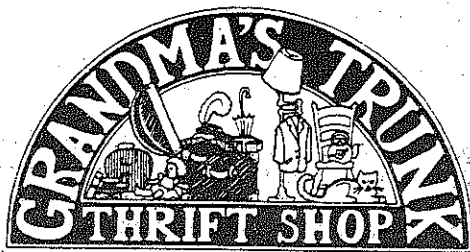
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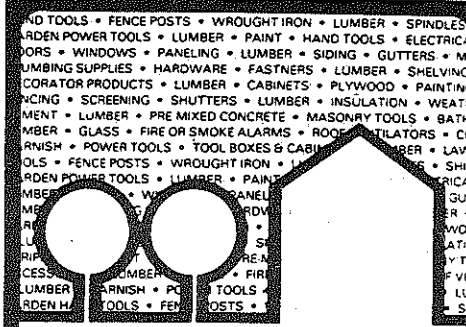
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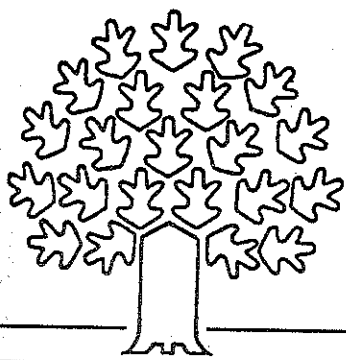


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# Computer

1221 THURSTON

539-8763

## WordPerfect I

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 how to use two documents at once. Reveal Codes, Spell Check, Repeat and other special features will be included. Available for 5.1, DOS 6 and Windows 6 versions. Hands-on computer time is provided. Please indicate which version of WP you are interested in learning when you enroll.

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

Date: February 13 & 20  
Time: 3 - 5 pm (Tuesday)  
Fee: \$26  
Location: UFM Computer Lab

## Advanced WordPerfect

CP-02

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. Available for 5.1, DOS 6 and Windows 6 versions. Hands-on computer time is provided. Please indicate the version of WP you are interested in learning when you enroll.

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

Date: March 5, 12, & 19  
Time: 3 - 5 pm (Tuesday)  
Fee: \$44  
Location: UFM Computer Lab

## Keyboarding Basics

CP-03

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

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

Date: February 21 - March 20  
Time: 7 - 8 pm (Wednesday)  
Fee: \$21  
Location: UFM Computer Lab

## Individual Computer Help

CP-04

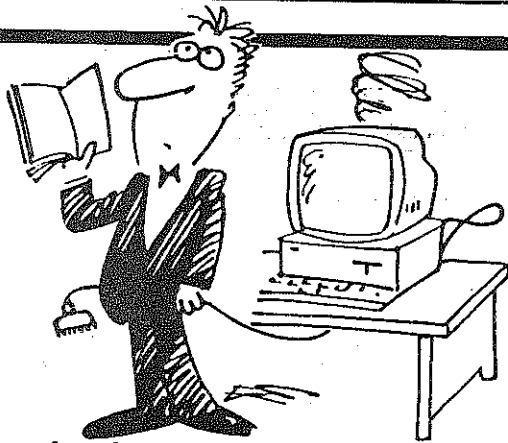
Having trouble figuring out how your computer works? Need help translating those manuals or interpreting the screens? Get some help understanding how to make your computer work for you. Schedule a private tutoring session to answer your personal questions. This service is directed toward users with IBM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

Linda Teener (539-8763), is Executive Director of UFM and likes to help others better understand their computers.

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

On-site small group computer instruction for your employees. Call UFM 539-8763 to schedule.

Corporate Rates



## Introduction to Spreadsheet

CP-06

Learn to take advantage of spreadsheet software. From checkbook balancing to producing finance reports and graphs, a spreadsheet program can make you more efficient. Learn how to set up a spreadsheet with numbers, text and formulas. Explore sorting, linking fields, move, copy and other useful beginner skills. We will use Lotus 1-2-3 in this course, but the principles apply to other similar programs.

Linda Teener

Date: April 10, 17 & 24  
Time: 6 - 8 pm (Wednesday)  
Fee: \$39  
Location: UFM Computer Lab

## Windows 95

CP-05

Take this chance to become familiar with Windows 95 as you decide whether to upgrade or are learning the system on a new computer. See what it does, how it looks and learn about the new features. Bring your questions.

Linda Teener

Date: January 29  
Time: 7 - 8:30 pm (Monday)  
Fee: \$10  
Location: UFM Computer Lab

## Individual Internet Instruction

CP-07


One-on-One or One-on-a-Family. Learn how to surf the net and concentrate on the areas you wish to learn such as E-Mail, World Wide Web, Gopher. Download files, search listserv's for subjects that interest you, or you wish to research. Learn to join listservs, read Usenet News or just surf the net for pleasure. Work at your own speed. Individual instruction using Netscape and Windows 95.

Leonard Leeling has logged many hours surfing the net, and assisted in previous Internet classes.

Date/Time: as arranged  
Fee: \$20 per hour  
Location: will advise location upon registration.

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## Connecting with the Internet

CP-08

Are you interested in learning about the Internet but not sure where to start? This class will help you understand the terms and introduce you to the tools used to access information on the Internet. **Highly recommended, but not required, is a "basic" understanding of computer use.**

Gil Hopson, (gil@hopson.com) is a graduate student in Journalism/Mass Communication. He is an Internet entrepreneur and has been surfing for five years.

Date: February 17  
Time: 10 am - noon (Saturday)  
Fee: \$24  
Location: UFM Computer Lab

## Connecting with the Internet

CP-09

Gil Hopson

Date: February 20  
Time: 7 pm - 9 pm (Tuesday)  
Fee: \$24  
Location: UFM Computer Lab

## Communicating on the Internet

CP-10

Learn how to use electronic mail for personal communications and for networking. This class will cover e-mail basics, how to use listservs, and other topics. **Highly recommended, but not required, is a "basic" understanding of computer use.**

Gil Hopson

Date: February 24  
Time: 10 am - noon (Saturday)  
Fee: \$24  
Location: UFM Computer Lab

## Communicating on the Internet

CP-11

Gil Hopson

Date: February 27  
Time: 7 pm - 9 pm (Tuesday)  
Fee: \$24  
Location: UFM Computer Lab

## The World Wide Web

CP-12

Find out why everyone is talking about the World Wide Web. During class, we will learn how to use the Internet's hottest protocol. **Highly recommended, but not required, is a "basic" understanding of computer use.**

Gil Hopson

Date: March 2  
Time: 10 am - noon (Saturday)  
Fee: \$24  
Location: UFM Computer Lab

## The World Wide Web

CP-13

Gil Hopson

Date: March 5  
Time: 7 pm - 9 pm (Tuesday)  
Fee: \$24  
Location: UFM Computer Lab

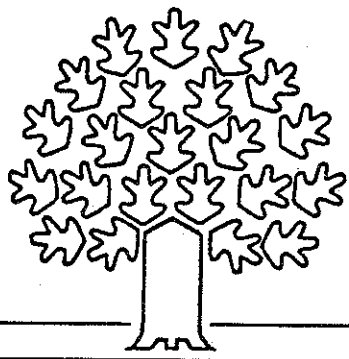
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103.5



# Personal Development

1221 THURSTON

539-8763

## SHARP-Self Defense for Women

SP-01

This course has been designed to offer women quick, easy to learn, and extremely effective techniques to defend themselves against violent physical assault and rape. By empowering women to better protect themselves they gain confidence in social and professional environments. All material is taught from a practical approach with techniques that require little physical strength and therefore are useful to women of all ages and physical condition.

*Diana Tarver* (823-5315), is a black belt in Taekwondo and Hapkido and is a certified instructor with the American Taekwondo Association. She has twelve years experience teaching martial arts, police defensive tactics and Sexual Harassment Assault and Rape Prevention for Women.

Date: February 19  
Time: 6:30 - 10 pm (Monday)  
Fee: \$17  
Location: First Lutheran Church  
930 Poyntz Ave

## SHARP II

SP-02

This is the second of two courses designed to empower women to protect themselves against assault and rape. This course focuses on personal safety and prevention of physical assault by awareness, attitude and actions. It also covers issues of sexual harassment in social and professional environments and offers ways of verbally and physically countering this type of non-violent attack.

*Diana Tarver*

Date: March 4  
Time: 7 - 9 pm (Monday)  
Fee: \$15  
Location: First Lutheran Church  
930 Poyntz

## 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), is Professor of Psychology at KSU and has been a student of Zen Buddhism for approximately 20 years, practicing under the direction of Soto masters Daimin Katagiri and Shohaku Okumura. He is affiliated with the Minneapolis Zen Meditation Center.

Date: April 10, 17, 24  
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: April 4, 11, 18 & 25  
Time: 6:55 pm (Thursday)  
Fee: \$18  
Location: UFM Conference Room

## Meditation and Creativity

SP-05

Meditation is a means to attune oneself to the source of awareness and life. Creativity flows from this same source. The link between meditation and creativity will be explored experientially. Poetry and art will be used to express mediational awareness. Qabala, or Jewish mysticism, will be used to provide a conceptual framework.

*Dan Berkow* is a professional psychotherapist. He has studied various meditational practices including Buddhist, Taoist, Christian, and Jewish. Additionally, Dan has studied art and also enjoys drama, poetry and music. He hopes to assist students' personal explorations of self and universe in this class.

Date: January 25 - May 2  
Time: No Class March 28  
Time: 7:30 - 9 pm (Thursday)  
Fee: \$28  
Location: UFM Greenhouse

## Improve Your Relationship

SP-06

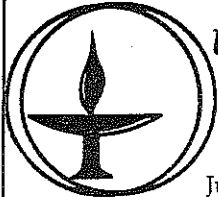
This class is designed to help people improve their relationship with their significant other. It will focus on improving communication and conflict resolution which are essential to a healthy relationship. The class will also explore the influence of our family of origin on our current relationship. In addition, the class will examine the differences between men's and women's styles of interaction, and how these can interfere with effective communication and conflict resolution.

*Charles Drees* (587-4310), is a registered marriage and family therapist in Kansas and a clinical member of the American Association for Marriage and Family Therapy.

Date: January 30 - February 20  
Time: 6 - 7:30 pm (Tuesday)  
Fee: \$16  
Location: UFM Multipurpose Room

## 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



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## Coping with Anxiety

SP-07

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 3  
Time: 7 - 9 pm (Wednesday)  
Fee: \$8  
Location: 2001 Claflin Rd.

## Conflict Resolution 101

SP-08

Develop new skills in dealing with conflicts at work and at home. Communication barriers and other difficulties that lead to conflict will be explored. The class will include practicing conflict resolution strategies to apply to specific situations with coworkers, customers, friends, and family.

*Angela Hayes*, provides training in conflict resolution for businesses and schools. An industrial psychologist, she coordinates the Employee Assistance Program and Business Consultation Services sponsored by Pawnee Mental Health Services.

Date: March 20  
Time: 7 - 9 pm (Wednesday)  
Fee: \$8  
Location: 2001 Claflin Rd.

## Sack Lunch Theology

SP-09

Make your lunchtimes more meaningful or at least more lively. Join this group which will read and discuss *Cease Fire: Searching for Sanity in America's Culture Wars* by *Tomie Sine*. Sine is a Christian professor who addresses issues which he believes are polarizing Americans, including abortion and homosexuality. He proposes a new critique which seeks to avoid the extremism on both ends of the political spectrum. This group seeks to foster a climate of openness and community where personal opinions and experiences are freely shared. Persons with differing views on controversial issues are welcome. Books will be available for purchase (about \$14, hardback) at the first meeting. Bring your own lunch.

*Kathy Donley* (539-3051), is the Baptist Campus Minister at K-State. She is deeply concerned about increasing violence and enmity between peoples in our country and welcomes the opportunity to explore those issues with members of the Manhattan community.

Date: January 29 - April 15  
Time: 11:30 - 1 pm (Monday)  
Fee: \$9  
Location: Baptist Campus Center  
1801 Anderson

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### How to Get Organized without Really Trying?? Just Do It!!

SP-10

Spend a few hours developing proven strategies to help you organize work, family, career, exercise, errands, paperwork and much, much more. We'll develop lists, ideas, and easy skills to help you get organized and stay that way. Participants should bring their personal or family/household calendars with them to classes. Each participant will receive a "50 Timesaving Tips" handout. Bring your biggest project to class with you and we'll start tackling it.

Phyllis Searles (238-5795), is a former public information officer of the Denver Housing Authority. In 1994, she organized her wedding long distance using organizational and time management techniques. She has professional experience organizing special events, household moves and family reunions. Phyllis is currently a military spouse at Fort Riley and working on freelance projects.

Date: February 10  
Time: 9 am - 12 noon (Saturday)  
Fee: \$18  
Location: UFM Multipurpose Room

### Individual Development

SP-11

This seminar is designed to develop leadership skills and to help women achieve success in their goals, personally and professionally. If you want to learn to communicate better, both one-on-one and to a group; learn to network, negotiate, interview and deal with the media more effectively; address the special issues women confront in the workplace; develop leadership skills; develop strategies for change at the local level; and build self-confidence in personal, professional and community settings; then this seminar is for you!

Jane Magnuson, Karen Perry, and Ruth Williams have all completed the seminar. They have been involved as both participants and leaders. Following completion of the seminar in 1993, Ruth competed in a speech competition at the state level of Business and Professional Women. She was chosen as their state representative at the BPW/USA National Conference.

Date: January 25, February 1, 8, 15, 22, & 29  
Time: 7 - 8:30 pm (Thursday)  
Fee: \$25  
Location: Conference Room at Manhattan Parks and Recreation, 1101 Fremont

### The Baha'i Faith: An Introduction

SP-12

Equality of Men and Women... Race Unity... Oneness of Humankind... World Peace... Progressive Revelation... Oneness of Religion... Oneness of God. How are these ideas related? Will they affect you? The Baha'i Faith teaches how these ideas fit together in God's plan for humankind. Come learn more about the beliefs and philosophy of this worldwide religion.

Anita Van Nevel has lived in Manhattan for 7 years. She has been a Baha'i for 10 years. Maureen Conn has been a Baha'i for 21 years and has lived in Manhattan since 1976.

Date: March 12  
Time: 7:30 - 9 pm (Tuesday)  
Fee: \$8  
Location: UFM Fireplace Room

### Intuitive Arts

SP-13

We will learn to access our intuitive connection, opening inner doors for answers to our questions about our life paths, relationships and our spiritual quest. Becoming familiar with the more subtle levels of the senses assists in our self healing and a deeper self knowing. We will explore and discuss healing, intuitive diagnosis, channeling, receiving information about a personal issue or a creative inspiration. During one of our meetings, Sharon will provide an opportunity to ask your life path questions and receive answers from the intuitive perspective.

Sharon Landrith has been intuitive all of her life. She has been a professional intuitive for 9 years working with individuals and as a group facilitator.

Date: February 6, 13, 20  
Time: 7 pm  
Fee: \$13  
Location: UFM Banquet Room

## School's Out

UFM has activities for elementary school children during Inservice & Parent/Teacher Conferences.

Thursday, February 29 & Friday, March 1  
Thursday, April 4 & Friday, April 5

Scholarships Available

For more information call UFM, 539-8763 and see the Youth Section in this catalog

Limited space, register early!

Beginning Sign Language  
Creative Freetime section

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

### Bird Feeding

Earth & Nature section

UFM Catalog on KSU UNICORN system  
Look under service units and support programs, page down to University for Mankind.

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### Support Group Training

January 18 (no credit)

Co-sponsors Memorial Hospital and  
The Saint Mary Hospital

Shelly Ziegler, LBSW, Community Services  
Coordinator, Self-Help Network of Kansas

### Eating Disorders

February 21 (3 Hrs)

Ann Gabrick, LSCSW, Program Manager,  
Eating Disorders Unit, Baptist Medical  
Center

CEU's for social workers and others. Contact  
hours for nurses in cooperation with The  
Saint Mary Hospital. Fee is \$7 per hour.

Workshops begin at 12:45 p.m. All workshops  
at Houston Street Center, 5th and Houston,  
except January 18 at The Saint Mary  
Hospital. Pre-registration requested.

### Post-Traumatic Stress Disorder

March 20 (3 Hrs)

Denise Jones, RMLP, Program Manager,  
Pawnee Mental Health Services

### The Faces of Anxiety

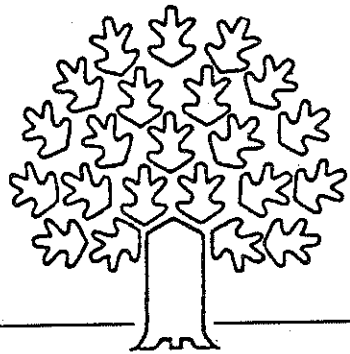
April 17 (3 Hrs)

Sherman Sisco, LSCSW, Outpatient  
Therapist, Pawnee Mental Health Services

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# Earth, Nature & Environment

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## Beginning Fly Tying

EN-01

Learn the basics of tying your own flies for that next fishing trip. We will cover hooks, tying tools, and the materials necessary to create flies to catch fish from trout to bass. Materials will be provided to tie dry flies, wet flies, and nymphs. Keep the flies you tie and give them a try!

**Paul Sodamann** (494-2340) is a seventh grade science teacher who likes to escape to cool running waters from time to time to get away from it all. He has been fly fishing waters from Georgia to Montana, building his own rods and tying his own flies for four years. Paul primarily fishes for trout, but local outings for bass and pan fish help keep his fly fishing skills sharp.

Date: January 23, 24, 25, 30, & 31  
Time: 6:30 - 8:30 pm (Tues, Wed, & Thurs)  
Fee: \$36  
Location: UFM Multipurpose Room

## Bird Feeding: Seed and Plants

EN-02

This class is an opportunity to learn to select birdseed and feeders for winter feeding of birds. In addition, there will be discussion about plantings around your house and yard which will attract and benefit resident and migrating bird populations.

**Duane Kerr** (456-2771), has been an active member of the local Audubon chapter for years and is an expert on bird identification and behavior. He has given presentations on naturalistic landscaping as well as establishing a songbird haven around his own house.

Date: January 20  
Time: 10 am (Saturday)  
Fee: \$8  
Location: UFM Fireplace Room

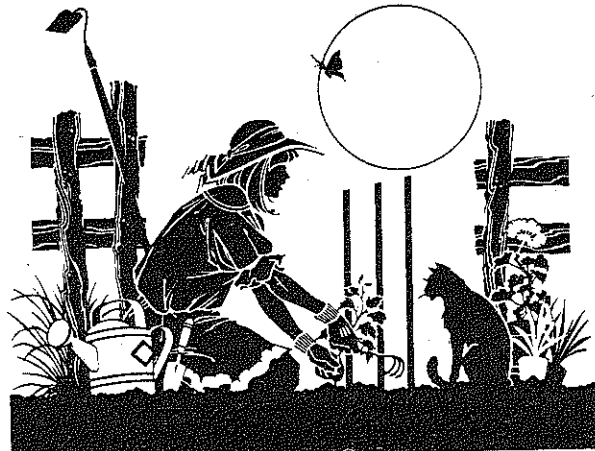
## Your Environmental Community

EN-03

Come and be introduced to your Manhattan and Kansas environmental groups. Information will be available on current conservation issues and field trips for adults and children. For people just arriving in the area or long-time residents, come meet this part of your community.

**Leann Harrell** (494-2556), has been active with environmental groups for over 15 years. Currently she is the president of the local chapter of the National Audubon Society, she also belongs to other Kansas organizations involved in environmental education and legislative activism.

Date: March 2  
Time: 2 pm (Saturday)  
Fee: \$8  
Location: UFM Fireplace Room



## 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 4, 11, & 18  
Time: 7 - 9 pm (Monday)  
Fee: \$15  
Location: Pottorf Hall, Cico Park

## Perennial Flower Gardening

EN-06

Are you tired of buying and planting new flowers year after year? Why not invest in some perennial flowering plants that will return every year? We'll discuss which flowers are perennial and when each blooms, how to get season-long color, and other planting and growing tips. Be the envy of your neighborhood with minimal effort!

**Colleen Hampton**

Date: March 20  
Time: 7 - 9 pm (Wednesday)  
Fee: \$8  
Location: UFM Greenhouse

## Growing Cool-Season Vegetables

EN-05

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

**Colleen Hampton** (539-5934) is a Riley County Extension Master Gardener and a member of the Manhattan Community Garden. She enjoys sharing what she has learned throughout her 20+ years of gardening. You will be supplied with lots of handouts to take home!

Date: March 1  
Time: 7 - 9 pm (Friday)  
Fee: \$8  
Location: UFM Greenhouse

## Growing Warm-Season Vegetables

EN-07

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

**Colleen Hampton**

Date: March 23  
Time: 10 am - noon (Saturday)  
Fee: \$8  
Location: UFM Greenhouse

## Gardening in Small Places

EN-08

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

**Colleen Hampton**

Date: March 26  
Time: 7 - 9 pm (Tuesday)  
Fee: \$8  
Location: UFM Greenhouse

## Be a Successful Gardener

EN-09

Gardening is America's #1 hobby! In the last several years, there has been a renewed interest in growing your own vegetables, flowers and herbs. Would you like to try gardening but feel that you have a purple (or black!) thumb? We'll take you through the process of planning, preparing, planting, and even harvesting your blooms and produce. Learn some "secrets of the trade" from germination to harvest. This class meets twice to let you begin gardening and then come back to the second class to ask any questions or resolve problems which may have arisen.

**Colleen Hampton**

Date: March 18 and May 13  
Time: 6:30 - 9 pm (Monday)  
Fee: \$11  
Location: UFM Greenhouse

## Where the Sun Doesn't Shine (Shade Gardening)

EN-10

Do you have areas in your yard where the sun doesn't shine? Where you haven't been able to grow anything despite your best efforts? Maybe if you knew what to plant, you'd have better luck! We'll discuss the growing requirements of may shade-LOVING and partial shade plants (annuals and perennials) that will give you both foliage and blooms!

**Colleen Hampton**

Date: May 15  
Time: 7 - 9 pm  
Fee: \$8  
Location: UFM Greenhouse

## Reduce, Reuse, Recycle & Join...

### Northern Flint Hills Audubon

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

- Bird Seed Sales (To order, call Mike Rhodes at 539-4863)
- Field Trips to local natural areas
- Programs on topics ranging from anti-environmental radio shows to family camping. Look for details in our newsletter!
- Member actions on environmental issues

Watch for information on all these activities in *The Prairie Falcon*, the chapter's newsletter. For more information, call Chris Cokinos (537-4143).

**WE NEED YOU!**

## CELEBRATE EARTH DAY!

Join us to help plan the annual Little Apple Earth Day Celebration in April. We'll discuss last year's successful event and set strategies and goals for this year's celebration. Learn more about the new Sustainable Manhattan project and how you can make a difference in our community.

Bring your ideas and enthusiasm!

For more information, please contact Robert Wilson at 395-4242 (leave message).

**Earth Day Organizer's Meeting**  
Saturday, February 10, 1996 - 2 pm  
UFM Conference Room

# Manhattan Arts Center 1996 Spring Classes

Sponsored by the Manhattan Arts Council, Manhattan Civic Theatre, and Clay Coalition

January 3rd - May 18th  
at the

## Manhattan Arts Center

1520 Poyntz Ave., Manhattan, KS

and the

## Arts Center Annex Pottery Studio

1508 Poyntz Ave., Manhattan, KS

Children and Youth classes at the  
Manhattan Arts Center are underwritten  
in part by the  
YES! Fund,

a fund of the Robert R. McCormick Tribune Foundation.

All children and youth through the 12th grade will receive  
a 67% reduction in class fees. Those students who  
qualify for the "free or reduced school lunch program" will  
receive a 100% fee deferment.

### FREE BUSING

The Manhattan YES! Fund has provided a grant to  
work in partnership with USD 383 in providing free  
busing. Students requiring busing will be picked up  
after school, transported to the Arts Center for classes  
and returned back to their school. When registering for  
after-school classes at UFM (539-8763) or Civic The-  
atre (539-8028), please indicate the need for transpor-  
tation.

The Manhattan Arts Center, Inc. is a joint project of  
The Arts Council & Manhattan Civic Theatre,  
with funding provided in part by  
The City of Manhattan,  
Private and Business Donors;  
the Kansas Arts Commission, a state agency,  
and the National Endowment for the Arts,  
a federal agency.



YES! Fund,  
a fund of the Robert  
R. McCormick  
Tribune Foundation.



NATIONAL  
ENDOWMENT  
FOR THE  
ARTS

## ACT IT OUT!

Manhattan Civic Theatre Classes

Theatre Classes will be held at the Arts Center Performance Hall

Puppet Theater  
Mime Class  
Reader's Theater

It's My Life  
Exploring Stereotypes Through Drama  
Experimental Theater Workshop

● All youth theatre classes are presented by Manhattan Civic Theatre and co-  
sponsored by the Manhattan Parks and Recreation Department. All classes are held  
at the Manhattan Arts Center. To register for theatre classes, contact Penny Senften  
at 539-8028.

## WRITE IT DOWN AND VISUALIZE!

Literary and Visual Arts Classes

Visual Arts Classes will be held in the Arts Center Main Building

Painting Big and Making Murals

Personal Images

## MAKE IT IN CLAY!

Manhattan Clay Coalition Classes

All Clay Coalition Classes will be held at the Arts Center Annex

Dragons, Myths and Fairy Tales  
After School Clay Discovery  
Intro to Wheel Thrown Pottery  
Monday Night Open Studio  
with Laura Fatemi  
Family Clay Adventure

Intermediate and Advanced  
Wheel Throwing  
Clay for Special Needs Populations  
Introduction to Pottery  
The Joy of Hand Building for "Seniors"

### REGISTRATION INFORMATION:

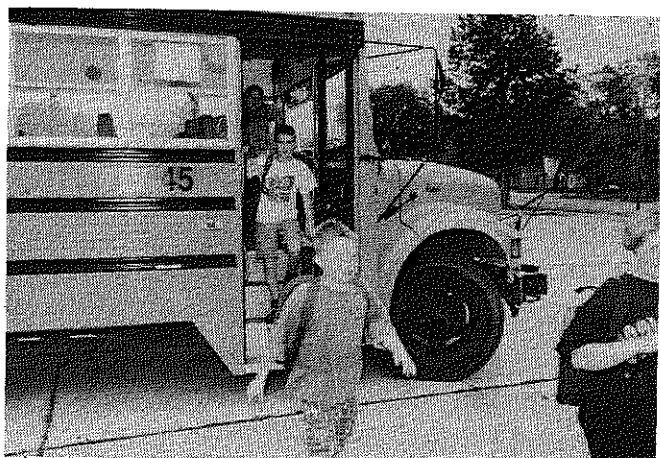
- UFM will handle registration for all classes at 539-8763, except  
theatre classes which will be registered by calling 539-8028.
- Advance registration to reserve your spot is recommended.
- See the back of the UFM catalog for registration information  
and instructions.



# 1996 SPRING

Manhattan Arts Center Literary, Theatre and Visual Arts

\*Scholarships for children & youth classes are available through the YES! Fund, a fund of the Robert R. McCormick Tribune Foundation.



## ACT IT OUT!

### Manhattan Civic Theatre Classes

\*All Civic Theatre Classes will be held in the Arts Center.

#### Elementary Classes

##### PUPPET THEATER (grades 1-6)

FEE: \$24 a YES! Fund Class: you pay \$8 or \$0\*

I've got no strings to hold me down... come and create characters of paper, felt and cloth, and bring them to life with your own magic.

T & Th Jan 30 - Mar 7 (6 weeks) 3:45 - 5:15 p.m.

##### MIME CLASS (Grades 1-6)

FEE: \$24 a YES! Fund Class: you pay \$8 or \$0\*

Learn how to share your thoughts, feelings and ideas without saying a word.

M & W Mar 11 - Apr 17 3:45 - 5:15 pm

##### READERS' THEATER (Grades 3-6)

FEE: \$24 a YES! Fund Class: you pay \$8 or \$0\*

No memorizing lines - what a relief! Learn about the art of reading for an audience.

T & Th Apr 23 - May 23 3:45-5:15 pm

#### Secondary Classes

##### IT'S MY LIFE (Grades 7-12)

FEE: \$30 a YES! Fund Class: you pay \$10 or \$0\*

Learn how to write and perform a dramatic interpretation that is based on your own personal experience.

M & W Jan 29 - Mar 6 (6 weeks) 3:30-5:30 pm

##### EXPLORING STEREOTYPES THROUGH DRAMA

(Grades 7-12)

FEE: \$30 a YES! Fund Class: you pay \$10 or \$0\*

He said, she said, me Tarzan, you Jane. Explore the stereotypes abounding in dramatic literature.

T & Th Mar 12 - Apr 18 3:30-5:30 pm

##### EXPERIMENTAL THEATER WORKSHOP

(for high school students)

FEE: \$25 (scholarships available)

A five-week program of study concentrating on the experimental movements of twentieth century avant-garde theater, with a performance recital June 21 and 22. Applications must be submitted by May 1. Contact instructor for application procedures.

Date: May 18 - Jun 22, days and times to be announced

Instructor: Jim Hamilton, 537-8808

## Write It Down And Visualize!

### Literary and Visual Arts Classes

##### PAINTING BIG AND MAKING MURALS

All ages, including families

Location: Arts Center Building

Instructor: Jane Wegscheider

FEE: \$30 a YES! fund class: you pay \$10 or \$0\*

Students will work individually and in small groups on large scale paper murals. Paper murals will be exhibited in the halls of the Arts Center. A historical survey of mural art will also be part of this class.

AC 532 W Jan 3 - Jan 31 3:45 - 5:15 pm

AC 542 W Feb 7 - Mar 27 3:45 - 5:15 pm

AC 552 W Apr 3 - May 15 3:45 - 5:15 pm

##### PERSONAL IMAGES

Adults/High School Students

Instructor: Jane Wegscheider

FEE: \$30 a YES! Fund class: you pay \$10 or \$0\*

In a series of workshops, students will draw, paint, collage, write and possibly make short performances about themselves, tapping into childhood memories, family history, and their current lives to create "visual journals". The workshops are designed for both artists and "non artists", writers and scribblers, people who like to make things and people who thought they've "never been good at art".

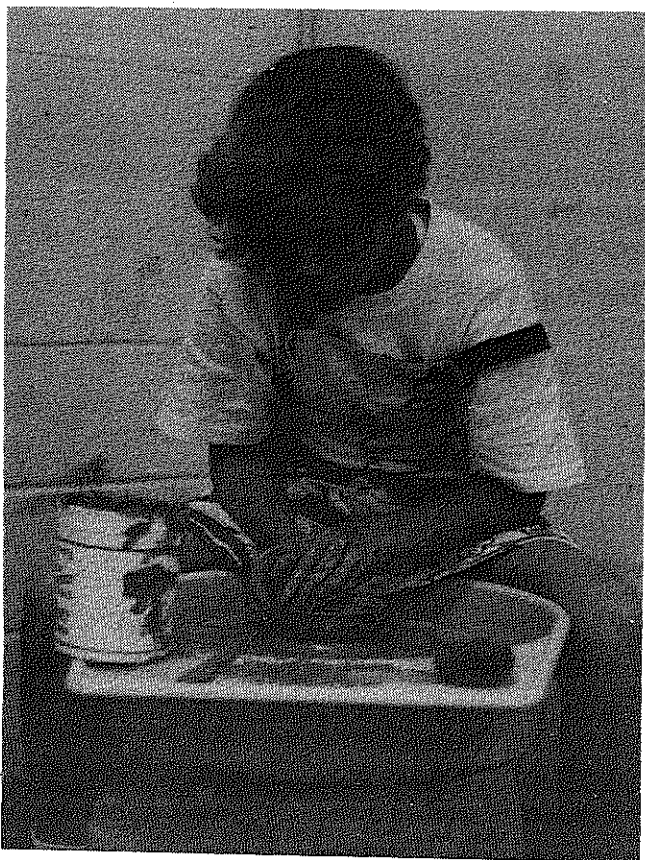
AC 543 W Feb 7 - Mar 20 6:00 - 8:00 pm

AC 553 W Apr 3 - May 15 6:00 - 8:00 pm



# CLASSES

for all ages and all skill levels. Jan. 3 - May 18



## INTRODUCTION TO WHEEL THROWN POTTERY

FEE: \$48 a YES! Fund youth class: youth participants pay \$16 or \$0\*

(limit 8 students, minimum of 6)

This class will focus on teaching the basic skills and techniques of using the potters wheel to create vessels you can use. All skill levels are welcome. (Adults may enroll if space is available)

Instructor: Gary Tyson

CC 308 grade 9 -12 Sat Feb 10 - Mar 23 9:00 - 11:00 am

CC 318 grade 9- 12 Sat Apr 6 - May 18 9:00 - 11:00 am

Instructor: Joyce Furney

CC 309 grade 4 - 8 Sat Feb 17 - Mar 30 1:00 - 3:00 pm

CC 319 grade 4 - 8 Sat Apr 6 - May 18 1:00 - 3:00 pm

## MCC Classes for Pre-School Children

### DRAGONS, MYTHS AND FAIRY TALES

Instructor: Jane Wegscheider

FEE: \$27 a YES! Fund Class: you pay \$9 or \$0\*

(limit 8 students, minimum 4)

In this class the children will listen to a story read to them by the teacher. Each child will be guided in the making of clay objects inspired by the stories they heard.

CC 300 Ages 4 - 5 yrs. T Feb 6 - Mar 19 10:30 - 11:30am

CC 310 Ages 4 - 5 yrs. T Apr 2 - May 14 10:30 - 11:30am

CC 301 Ages 4 - 5 yrs. T Feb 6 - Mar 19 1:00 - 2:00pm

CC 311 Ages 4 - 5 yrs. T Apr 2 - May 14 1:00 - 2:00pm

CC 302 Ages 4 - 5 yrs. T Feb 6 - Mar 19 2:15 - 3:15pm

CC 312 Ages 4 - 5 yrs. T Apr 2 - May 14 2:15 - 3:15pm

## MAKE IT IN CLAY!

### Manhattan Clay Coalition Classes

clay coalition classes held at the Arts Center Annex

## MCC Classes for Children and Youth

### PRE-SCHOOL CLAY DISCOVERY:

#### HAND BUILT

FEE: \$39 a YES! Fund class: you pay \$13 or \$0\*

Learn and discover the fun and the joy of your hands making clay

A special project will be taught to stimulate creativity and

learn the basics of handbuilt clay construction. All materials

provided; no additional tools needed.

(limit 10 students, minimum 5)

Instructor: Laura Fatemi

03 grades 5-8 M Feb 5 - Mar 18 3:45 - 5:15 pm

13 grades 5-8 M Apr 1 - May 13 3:45 - 5:15 pm

Instructor: Jane Wegscheider

04 grades 1-4 T Feb 6 - Mar 19 3:45 - 5:15 pm

14 grades 1-4 T Apr 2 - May 14 3:45 - 5:15 pm

Instructor: Stan Paskiewicz

05 grades 1-4 W Feb 7 - Mar 20 3:45 - 5:15pm

15 grades 1-4 W Apr 3 - May 15 3:45 - 5:15pm

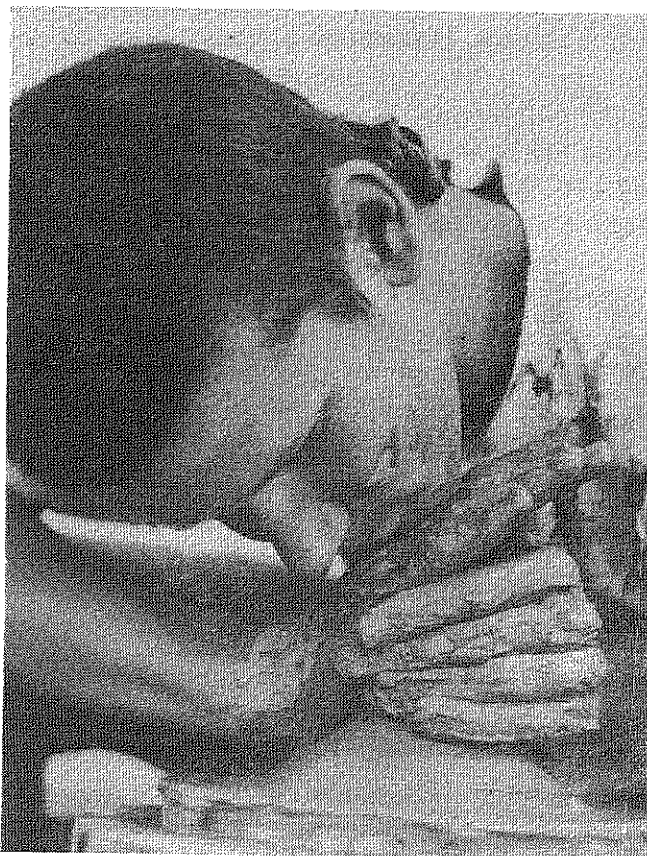
06 grades 5-8 Th Feb 8 - Mar 21 3:45 - 5:15pm

16 grades 5-8 Th Apr 4 - May 16 3:45 - 5:15pm

Instructor: Chris Payne

07 Ogden grade school F Feb 9 - Mar 22 3:45 - 5:15pm

17 Ogden grade school F Apr 5 - May 17 3:45 - 5:15pm





## MCC Evening Classes for Adults and Youth

### MONDAY NIGHT OPEN STUDIO WITH LAURA FATEMI

LAB FEE: \$20

Artist in residence, Laura Fatemi will have the studio open working on her clay art. Open Studio Members who enjoy working with others and want to work on their own projects may join her. **CC 340**

M	Feb 5 - Mar 18	7:00 - 9:00 pm
CC 350	M	Apr 1 - May 13
		7:00 - 9:00pm

### FAMILY CLAY ADVENTURE

Fee: \$48 for 1st adult family member, \$12 for each thereafter a YES! Fund class: youth pay \$4 or \$0\*

(limit 10 students, minimum 6)

Discover the joy of clay creation with a special family member or mentor. Wheel and/or hand building.

Instructor: Ester Ikeda

CC 360	T	Feb 6 - Mar 19	6:30 - 8:30 pm
CC 370	T	Apr 2 - May 14	6:30 - 8:30 pm
CC 361	Th	Feb 8 - Mar 21	6:30 - 8:30 pm
CC 371	Th	Apr 4 - May 16	6:30 - 8:30 pm

### INTERMEDIATE AND ADVANCED WHEEL THROWING

FEE: \$48 a YES! Fund class: youth pay \$16 or \$0\*

You have the basics and now are ready for the really "tough stuff": handles, lids that fit, and the Tea Pot you always thought you would make. Whatever your next point of discovery goal is, come throw with Gary and explore.

(Limit 8 students, minimum 5)

Instructor: Gary Tyson

CC 380	W	Feb 7 - Mar 20	7:00 - 9:00 pm
CC 385	W	Apr 3 - May 15	7:00 - 9:00 pm

## MCC Weekday Classes for Adults

### CLAY FOR SPECIAL NEEDS POPULATIONS

FEE: \$32 scholarships are available

class meets for 6 weeks. Maximum 8 students.

This class is designed to meet the needs of persons with developmental or physical challenges.

Instructor: Joyce Furney

CC 320	W	Feb 21 - March 27	1:00 - 2:30 pm
CC 330	W	Apr 10 - May 15	1:00 - 2:30 pm



### INTRODUCTION TO POTTERY

FEE: \$44 for (MCC member) \$49 (non member)

Have you ever wondered if you could throw a pot worth keeping? Do you have one of the mornings listed below free? Then, perhaps one of these classes is for you! Enroll, and we will help you "find your hands in clay" as you learn the basics of functional pottery. Wheel and hand built projects will be made. No experience necessary. Those wanting to hone their skills are also welcome. Minimum of 5, maximum of 8 students.

Instructor: Gene Sievers

CC 322	Th	Feb 8 - Mar 21	9:30 - 11:30 am
CC 332	Th	Apr 4 - May 16	9:30 - 11:30 am

Instructor: Joyce Furney

CC 323	W	Feb 21 - Mar 6	9:30 - 11:30 am
CC 333	W	Apr 10 - May 22	9:30 - 11:30 am

### THE JOY OF HANDBUILDING FOR "SENIORS"

FEE: \$49 (non-member) or \$44 (MCC member)

Are you retired and have time on your hands? Then come get them dirty with Bee. Explore your wide range of creative whimsy as you design and make diverse things such as a bird house or dishes you can eat off when finished. No prior experience necessary!

Minimum of 5, Maximum of 10 students

Instructor: Bee Dunn

CC 324	M	Feb 5 - Mar 18	1:00 - 3:00 pm
CC 334	M	Apr 1 - May 13	1:00 - 3:00 pm
CC 325	Th	Feb 8 - Mar 21	1:00 - 3:00 pm
CC 335	Th	Apr 4 - May 16	1:00 - 3:00 pm

### OPEN STUDIO

(Facility use only, no instruction)

Open Studio enrollment is available for people who need no instruction but wish to have use of a well-equipped studio, access to glazes and knowledge that their work will be fired with professional care and attention. Individuals enrolling in Open Studio may sign up for specified times and/or work whenever the studio is not being used by classes.

Times reserved for Open Studio are: Sat. 3-9 pm. & Sun. 12-9 pm.

CC 390 Registration Fee: \$10.00, paid at time of enrollment

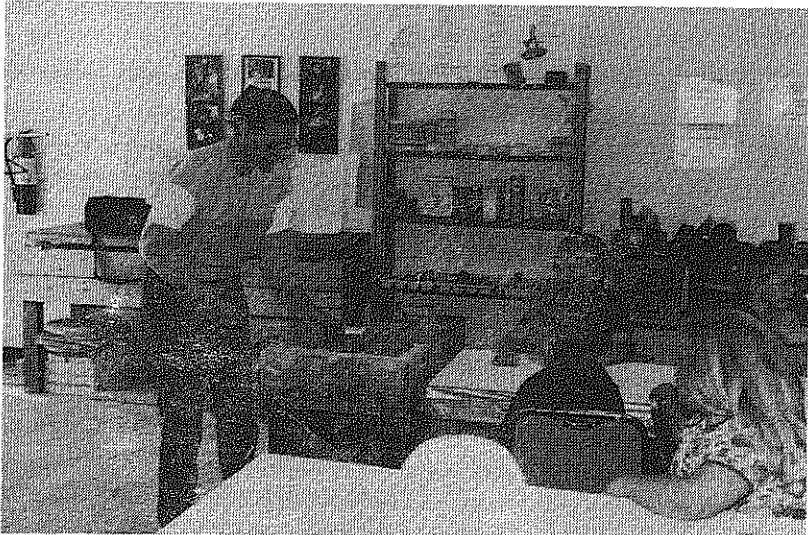
Studio Use Fee: \$2.75 / use hour, billed monthly

Clay Fee: \$6.25 / 25 lbs. clay used, billed monthly

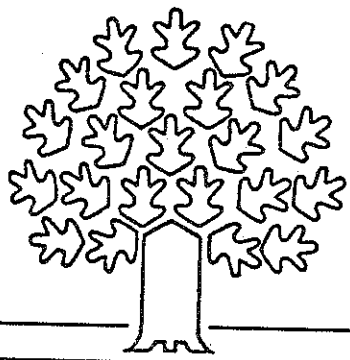
To be eligible for Open Studio Use one must:

1. Be a current member of the Clay Coalition, (Annual membership: \$15 for an individual; \$25 for a family; \$5 for students)
2. Agree to adhere to all studio policies & procedures,
3. Enroll in Open Studio and agree to pay relevant fees
4. Arrange to meet with the Studio Manager, (see below)
5. Keep "Open Studio Monthly Use Card" and turn it in on time.

Hourly fee includes: use of the wheels, slab roller, tools, shelf area, glazes and kiln space. Each person who enrolls in Open Studio is responsible to call the studio manager, Ronna Tyson at 539-0187, to arrange an initial meeting time. This required meeting is designed to go over appropriate use and safety policies and procedures and to answer any questions you may have.







# Martial Arts

1221 THURSTON

539-8763

## Tae Kwon Do Karate I

MA-01

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

\*\* Friday, January 19, 6:30 - 7:30 pm -- Public Demonstration and formal introduction of instructors in Ahearn Gymnasium, KSU

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. Corey Lewis is a 3rd degree black belt with over 12 years experience in Tae Kwon Do.

Date: January 23 - May 9  
No class March 26 & 28  
Time: 6:30 - 7:30 pm (Tues & Thurs)  
Fee: \$71  
Location: Ahearn Fieldhouse, KSU



## Tae Kwon Do Karate II Advanced

MA-02

Grandmaster Chae Sun Yi

Date: January 23 - May 9  
No class March 26 & 28  
Time: 7:30 - 8:30 pm (Tues & Thurs)  
Fee: \$71  
Location: Ahearn Fieldhouse, KSU

## Combat Grappling

MA-03

Combat Grappling is one method of training in the White Phoenix system. The teachings are adapted from judo, wrestling, and other martial arts forms. We will start by working on falls and escapes from the mount position.

Stan Wilson (537-0732), is the founder of the White Phoenix System. He has participated in martial arts for 26 years. He has black belts in 2 styles of Kung Fu and Jujitsu.

Date: January 24 - March 13  
Time: 6:30 - 7:30 pm (Wednesday)  
Fee: \$55  
Location: Ahearn Fieldhouse, KSU



## The Fighting Art of White Dragon Kung Fu

MA-04

This class will be taught as an introduction to Pai Te Lung Kung Fu or White Dragon Kung Fu. Techniques and applications will emphasize the martial aspect of the art i.e. Kicking, punching, grappling. The course will cover solo and two person drills, self defense and an introduction to forms (kata).

Sifu Howard Levy (539-7433) has studied a variety of martial arts with 8 years experience in the Pai Te Lung System in particular. His emphasis on technique and application makes for an intellectually stimulating experience as well as a physical one. His mottoes, "a punch is not always a punch" and "If you don't know what it means, it's useless" mirror much of his classroom experience and attitude.

Date: January 29 - May 6  
Time: 7:30 pm (Mondays)  
No class March 25  
Fee: \$23  
Location: Ahearn Fieldhouse, KSU

## Shotokan Karate

MA-05

Shotokan Karate is a classical martial art introduced to Japan from Okinawa in the early 1900's. It is a linear style of karate characterized by low stances, correct posture, and the ability to deliver powerful blows. Students will learn basic stances, punches, kicks, blocks, katas, and sparring techniques. Shotokan promotes muscle control, balance and aesthetic presentation.

Chris Wanner (537-4306), has studied Shotokan for 8 years. He is a 1st degree black belt in Shotokan karate and is currently a graduate student in drawing at KSU.

Date: February 5 - May 1  
No class March 25 & 27  
Time: 5:30 - 6:30 (Mon & Wed)  
Fee: \$34  
Location: Ahearn Fieldhouse, KSU

## Beginning Aikido

MA-06

Aikido is a martial art in which one trains to be calm and lead a conflict to a peaceful resolution. This is a beginning class intended to introduce Aikido. We will learn Aikido techniques of defense, and develop the movement qualities to perform them. The techniques can also be easily combined into a short performance program called "Taigi" which we will learn. Instruction will also consider the spontaneous interests and needs of the participants. This class is for men and women, young and old.

Paul Gleue (539-3868), began practicing Aikido in 1988 at Cloud County Community College. He assisted the instructor and worked with beginners before leaving the area in 1992. His training is Ki Society Aikido. He has passed testing for three levels of Aikido and Ki development with Kashiwaya Sensei, chief instructor in the United States for Ki Society Aikido.

Date: February 5 - May 9  
No class March 25 & 28, or April 4  
Time: 7 - 8:30 pm (Mon & Thurs)  
Fee: \$44  
Location: Ahearn Fieldhouse, KSU

## Beginning Tae Kwon Do for Adults

MA-07

Have you always wanted to try martial arts but aren't sure that it's for you? Do you need to work on your flexibility and coordination? This class is designed for people who 1) want to learn Tae Kwon Do in a non-threatening environment, 2) are not sure they're physically capable of being a martial artist, 3) want to work on flexibility and basic self-defense, or 4) just want a great way to get in shape. Are you up to the challenge?

DC Lehman (532-6340), is a first degree black belt in the American Tae Kwon Do Association and is an instructor with the K-State/Manhattan Tae Kwon Do Club. She also has extensive experience in weight training, stretching, and adaptive stretching (for those with physical limitations).

Date: February 7, 9, 14, 16, 21, & 23  
Time: 8 - 8:45 pm (Wed & Fri)  
Fee: \$32  
Location: ECM Student Center  
1021 Denison

## Beginning Tae Kwon Do for Adults

MA-08

DC Lehman

Date: February 28, March 1, 6, 8, 13, & 15  
Time: 8 - 8:45 pm (Wed & Fri)  
Fee: \$32  
Location: ECM Student Center  
1021 Denison

## Beginning Tae Kwon Do for Adults

MA-09

DC Lehman

Date: April 3, 10, 12, 17, 19 & 24  
Time: 7:30 - 8:15 pm (Wed & Fri)  
Fee: \$32  
Location: ECM Student Center  
1021 Denison

Learn to Fly  
Creative Freetime section

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

Tae Kwon Do classes for children ages 4-5, 6-8, 9-14 are found on page 22.



SECONDHAND BOOKSELLERS  
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BOOKS BOUGHT, SOLD & EXCHANGED  
700 NORTH MANHATTAN AVENUE  
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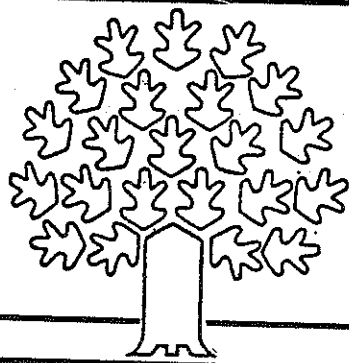
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776-4834

UFM CLASSES make great gifts!





# Creative FreeTime

1221 THURSTON

539-8763

## Safe and Creative Care of Family Photos

CF-01

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 6  
Time: 7 - 9:30 pm (Tuesday)  
Fee: \$14 includes some supplies  
Location: UFM Fireplace Room

## Safe and Creative Care of Family Photos

CF-02

**Pam Schmid**

Date: March 14  
Time: 7 - 9:30 pm (Thursday)  
Fee: \$14 includes some supplies  
Location: UFM Fireplace Room

## Nail Art

CF-13

Nail Art has been a popular trend in the world of Cosmetology for nearly 10 years. In this class you will learn how easy and inexpensive it is to do nail art for yourself! Come to class with your nails polished in your favorite color. The instructor will demonstrate the finger nail art on each student. Be prepared to take notes. No other supplies needed.

**Karen Garra** (776-0359), studied Nail Technology at the DeVoe College of Beauty in Sierra Vista, Arizona.

Date: May 7  
Time: noon - 2 pm (Tuesday)  
Fee: \$14  
Location: UFM Fireplace Room

## Nail Art

CF-14

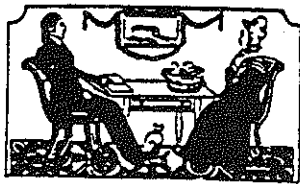
**Karen Garra**

Date: May 7  
Time: 7 - 9 pm (Tuesday)  
Fee: \$14  
Location: UFM Fireplace Room

E mail address:

ufm@ksu.ksu.edu

## Tuttle's Antique Market



Featuring  
a variety of antiques  
and collectibles!  
Furniture Refinishing  
Antique Appraisals

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## Professional Novel and Story Writing

CF-05

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 14, 21 & 28  
Time: 7 - 9:30 pm (Tuesday)  
Fee: \$20  
Location: UFM Conference Room

## Learn to Fly

CF-09

Explore the idea of becoming a private airplane pilot! Learn about the requirements to obtain a private pilot certificate including eligibility requirements, aeronautical knowledge, flight proficiency, aeronautical experience, private pilot privileges and limitations. Time will be allowed for your questions and to provide miscellaneous information. We will also discuss the options for ground school and flight training available in Manhattan.

**Hugh Irvin** (539-3128), has been a pilot and K-State Flying Club member since 1976. He has been a flight instructor since 1983 and teaches single-engine, multi-engine, instrument, commercial, ATP, and private pilot students. He has 5,300 hours and an Airline Transport Pilot (ATP) certificate.

Date: February 10  
Time: 10 - 11:30 am (Saturday)  
Fee: \$8  
Location: UFM Conference Room

## Bird Feeding

Earth & Nature section

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## Handweaving

CF-03

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 Manhattan Area Weaver's and Spinners Guild. He owns a variety of looms and demonstrates the craft throughout the area at parks, schools, and historical events, etc.

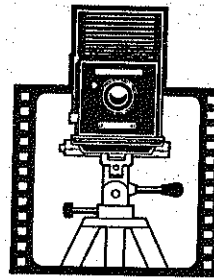
Date: February 3 & 10  
Time: 9 am - 4 pm (Saturday)  
Fee: \$35  
Location: Call for location

## Handweaving

CF-04

**George Eads**

Date: February 17 & 24  
Time: 9 am - 4 pm (Saturday)  
Fee: \$35  
Location: Call for location



## Black and White Film

CF-06

### Developing for Beginners

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 18  
Time: 6 pm (Sunday)  
Fee: \$13  
Location: UFM Darkroom

## Black and White Printing

CF-07

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

**Harold Wellmeier**

Date: March 10  
Time: 6 pm (Sunday)  
Fee: \$14  
Location: UFM Darkroom

## Black and White Printing

CF-08

**Harold Wellmeier**

Date: March 17  
Time: 6 pm (Sunday)  
Fee: \$14  
Location: UFM Darkroom

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



# Sewing

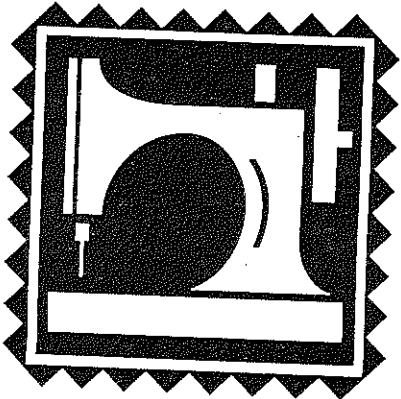
## Sewing or Crafts Instruction for Individuals

CF-10

Are you stuck in the middle of a sewing or craft project, and can't finish it because you can't solve the problem? Well, Karen can assist you in solving those SNAFU's with a private lesson. She can help with SEWING and fitting, as well as a variety of beginner needle arts or crafts like: knitting, crochet, cross-stitch, embroidery, yo-yo quilting, clothing decoration and costuming.

**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 civilian and military recreation centers. Karen is a sewing enthusiast who enjoys designing and teaching others that sewing can be Fast, Easy and Fun!

Date/Time: *by appointment*  
Instructor will contact you after you register  
Fee: \$15 per hour  
Location: Student's home



## Caring for your Sewing Machine

CF-11

Is your sewing machine driving you crazy? Does your thread jam or come out of the needle every time you start a seam? Does setting the tension give you a headache? Does your machine spend more time in the repair shop than at home? If so, then this class is for you. Learn how to solve problems before they start. Learn how to trouble shoot your own machine. See how easy it is to do your own cleaning, maintenance and adjustments at home. We will also have a short discussion on how to buy a new or used machine.

**Karen Garra**  
Date: January 23  
Time: noon - 2:30 pm (Tuesday)  
Fee: \$13  
Location: UFM Fireplace Room

## Caring for Your Sewing Machine

CF-12

**Karen Garra**  
Date: February 20  
Time: 7 - 9:30 pm (Tuesday)  
Fee: \$13  
Location: UFM Fireplace Room

## Conquering the Fear of Sewing (Part 1)

CF-15

This intensive seminar is for anyone who has been intimidated by the challenge of learning to SEW or for anyone who may have become bored with more traditional sewing techniques. You will learn: wardrobe co-ordination, basic and speed sewing techniques, simple pattern design and garment decoration. The 6 garments you will COMPLETE in class are: Cap sleeved blouse; straight skirt; wedge shaped jacket; unlined vest; jacuzzi-suit and U-shaped cape. On the first day of class please bring the following supplies: calculator, pen, notebook and tapemeasure. In addition, on the second day of class you will need to bring a cardboard cutting board, yardstick, ruler, tapemeasure, long straight pins with plastic heads, fine line magic markers, Scotch brand Magic tape and pattern paper. Several days into the session, we will visit the local fabric stores to purchase fabric, notions and additional supplies for our projects.

**Karen Garra**  
Date: January 29, 30, February 1, 2, 5, 6, 8 & 9  
Time: 10 am - 3 pm (Mon, Tues, Thurs & Fri)  
Fee: \$75  
Location: UFM Multipurpose Room

## Conquering the Fear of Sewing (Part 1)

CF-16

**Karen Garra**  
Date: March 25, 26, 28, 29, April 1, 2, 4 & 5  
Time: 10 am - 3 pm (Mon, Tues, Thurs, & Fri)  
Fee: \$75  
Location: UFM Multipurpose Room

## Conquering the Fear of Sewing (Part 2)

CF-17

You will enjoy this class if you have completed Part 1 of this series or if you have been sewing for years and are bored with the more traditional sewing techniques. You will learn: wardrobe coordination, speed sewing techniques, simple pattern design and garment decoration. The 5 garments you will COMPLETE in class are: short sleeve blouse, cap sleeve dress; soft, unlined jacket; elastic waist pants, and caccoon cover-up. Supplies for the first few days of the class will be the same as for Part 1.

**Karen Garra**  
Date: February 26, 27, 29, March 1, 4, 5, 7 & 8  
Time: 10 am - 3 pm (Mon, Tues, Thurs & Fri)  
Fee: \$75  
Location: UFM Multipurpose Room

## Conquering the Fear of Sewing (Part 2)

CF-18

**Karen Garra**  
Date: April 22, 23, 25, 26, 29, 30, May 2 & 3  
Time: 10 am - 3 pm (Mon, Tues, Thurs, & Fri)  
Fee: \$75  
Location: UFM Multipurpose Room

## 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? Do you want to provide your family with fresh produce?

The Manhattan Community Garden has over 150 plots (average size 20 ft x 20 ft.) and provides water, compost, and some basic tools. Besides tending your garden plot(s), you provide your enthusiasm and involvement on one of the garden committees that helps the Garden operate smoothly.

A plot rental fee is charged based on income and ranges from 2 1/2 cents to 5 cents per square foot. A \$10.00 plot deposit is also required.

To apply for a plot, please attend one orientation and application session listed below. All meetings are held in the Greenhouse at UFM, 1221 Thurston.

### RETURNING GARDENERS:

Saturday, February 3 - 10:00 am  
Wednesday, February 7 - 7:30 pm

### NEW GARDENERS:

Saturday, March 2 - 10:00 am  
Wednesday, March 6 - 7:30 pm  
Saturday, March 16 - 10:00 am  
Wednesday, April 3 - 7:30 pm  
Saturday, April 13 - 10:00 am  
Saturday, May 4 - 10:00 am

If you would like more information or cannot attend any of the above sessions, call UFM at 539-8763 and leave a message. A Manhattan Garden Board member will contact you.



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Special THANKS TO THE UFM INSTRUCTORS who volunteer their time.



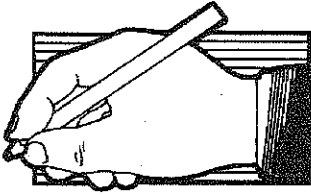


**Introduction to Freehand Drawing** CF-19

Pencil sketching is, for many of us, the best way to record ideas and images. Developing concepts can evolve, ideas can be shown to others through a sketch, and "thumbnail" sketches often are forerunners to finished paintings. Sometimes our crude sketches have little resemblance to the object being represented... herein lies the challenge of this course... **TO LEARN AND PRACTICE DRAWING**, and to do sketches well and quickly. Our media will be **soft pencils (#2 or HB or softer) and a 9" x 12" drawing pad** (such as Grumbacher's 7192-3). We'll start with simple geometric solids in perspective with shading and cast shadows. Progress will be made toward objects found around the home, simple buildings, trees and other familiar subjects. Our primary goals are to draw accurately and quickly; in proportion to the real object; to make your sketches believable; and to start to develop line quality and an artistic skill.

Ernie Peck and Gene Ernst have taught this UFM course numerous times. Previous students and advanced sketchers are urged to enroll to re-sharpen skills and learn some new techniques.

Date: April 30, May 2, 7, 9, & 11  
Time: 7 - 9 pm (Tues & Thurs)  
8:30 - Noon (Saturday)  
Fee: \$18  
Location: UFM Banquet Room



The Chinese Tai Chi class is in the WELLNESS section of the catalog on page 21.

Learn about investing in our Principles of Investing class found in the Creative FreeTime section.

**Don't Dream It - Be It: The Rocky Horror Picture Show** CF-20

This class is an audience participation training session, for people who have never seen the *Rocky Horror Picture Show* movie. We will discuss the theater prop list of equipment and learn how to do the time warp dance. Song lists will be available to sing-a-long to the movie. We will be showing the video version of the movie (running time is 95 minutes.) **Because the movie is Rated R no one under age 18 will be allowed to register.** Also a special note: If you are of a sensitive nature and easily offended by adult language, this experience may not be to your taste. Feel free to dress in the costume of your favorite character. Those who have seen the movie may come for a refresher course. All unconventional conventionists should bring with them to class the following items: A pair of pink rubber gloves, one flashlight, a bell and a deck of playing cards.

John Skare is a contradiction wrapped in an enigma covered by a paradox, known curator of the bizarre and strange, but all around fun guy. John is a very big 50's science fiction film fan. *The Rocky Horror Picture Show* is a parody of all 1950's science fiction films. A comedy horror rock musical, What more could you want from life. John has been a fan of the *Rocky Horror Picture Show* since 1975.

Date: March 1  
Time: 7 pm (Friday)  
Fee: \$10  
Location: UFM Conference Room

**Make a Crib or Lap Quilt** CF-21

This will be a 3-session class in which you will plan your quilt, construct your quilt and, quilt your project. You will provide your own materials and choose the pattern you wish to construct. Bring your sewing machine to the second class session. You will have the opportunity to construct a quilt for a special person in your life.

Carolyn Elliott (539-5795), has an extensive background in quilting, including involvement in the Konza Prairie Quilt Guild, the Kansas Quilters organization and the Prairie Star Quilt Guild. She coordinated the first ever quilt retreat in Kansas and has judged for county fairs and Wal-Mart. She has made quilts for 2 decades, and enjoys sharing her love of quilting with others.

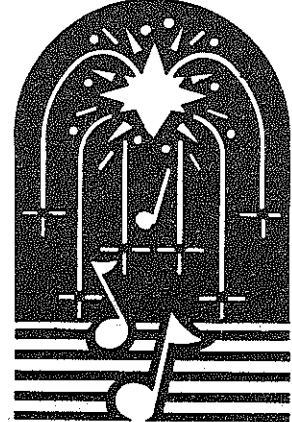
Date: March 2, March 9 & 23  
Time: 9 - 10:30 am (Saturday)  
Fee: \$52 plus supplies  
Location: UFM Multipurpose Room

**Folk Instrument Jam Session** CF-22

This class is an opportunity for autoharp, dulcimer, banjo and other players of folk-type instruments to share some music together. Bring your instruments and music you would like to share with the group.

Jeannie Braddy and Linda Teener have been playing autoharp with others and want to expand the sound to include other instruments.

Date: Jan 23, Feb 20, Mar 19 and Apr 23  
Time: 7 pm (Tuesday)  
Fee: \$10  
Location: UFM Fireplace Room



**For the Love of Music** CF-23

This class is ideal for parents or teachers with children from the womb to early school age. We will explore why music is instrumental in our lives and how to cultivate a life long love of it in your child. You will be provided with songs and games to share with your children and hands on practice in making your own instruments. We will also discuss different instrument methodologies, such as suzuki.

Jennifer Finlayson (776-1592), is a recent graduate of Ithaca College in Ithaca, NY where she studied music education with a voice emphasis. She has taught Pre-kindergarten through 12th grade general music classes and choirs. She has also worked with groups of young women, grades 1 - 6, through Girl Scouting for 6 years. In the past year she has begun to compile information for a book with the same topic as this class.

Date: January 30 - March 19  
Time: 7:30 - 8:30 pm (Tuesday)  
Fee: \$28 includes materials  
Location: UFM Conference Room

Cartooning and Drawing also see Youth section

Check the Earth & Nature section for classes on Gardening

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Lend Me a Tenor Mar. 8-10 and 14-17  
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**Basics of Stamp Collecting** CF-24

A three lesson introduction to the hobby of stamp collecting. Through slide shows and hands-on exercises, learn the proper way to handle and mount your collection; use of stamp catalogs; buying, selling, and trading. Class is geared to all ages from children to senior citizens.

Tim Lindemuth is a past president of the Flint Hills Stamp Club and he exhibits his collection at national and international stamp shows.

Date: Feb 8, Mar 14, and Apr 11  
Time: 7:30 - 9 pm (Thursday)  
Fee: \$14  
Location: UFM Banquet Room

**Language**

**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 8 1/2 years for UFM and Continuing Education, and has been a professional interpreter for 9 years. She grew up with two deaf parents.

Date: February 7 - March 20  
Time: 7 - 8 pm (Wednesday)  
Fee: \$45 includes book  
Location: 149 Justin Hall, KSU

**Quick and Easy Spanish Conversation** LA-02

This class will be useful to everyone who wants to attain a speaking knowledge of Spanish with the focus more on communication and comprehension than on grammatical depth. It will be useful to tourists, business people who travel to Hispanic countries, people who deal with Hispanic people in the United States, and those who want the enrichment and enjoyment of learning a foreign language.

Martha Surendranath  
Date: March 7 - May 2 (Tues/Thur)  
Time: 7 - 8:15 pm  
Fee: \$27  
Location: UFM Multi-Purpose Room

To advertise your business or organization in the next UFM catalog, contact the UFM office, 539-8763, by March 15.

UFM has activities for elementary children while school is out for Inservice and Parent/Teacher Conferences. See the Youth Section.

Teaching a class at UFM can enhance your business, be an instructional opportunity to network with those who share your interest or a nice way to make friends.

Call the UFM office, 539-8763, by March 15 to offer a class in the summer catalog.

**Money Matters**

**Principles of Investing** BP-01

This class begins with the very basics of finance, including examining some of the most common reasons people fail to meet their investment goals, money management tips that can help make sure you don't fall into those traps and rules every investor should know and follow. We will discuss many of the investments available today, including certificates of deposit, bonds, mutual funds, annuities, and more.

Jayson Kaus (539-6777), is a Manhattan native, a Creighton University graduate, and has been an Investment Representative with Edward D Jones & Co. for 3 1/2 years.

Date: January 23, 30, and February 6  
Time: 7 - 9 pm (Tuesday)  
Fee: \$14 individual  
\$20 couple  
Location: UFM Greenhouse

**Principles of Investing** BP-02

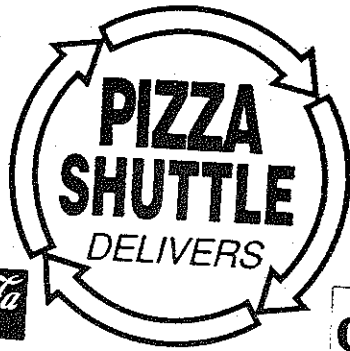
Jayson Kaus  
Date: February 20, 27, & March 5  
Time: 7 - 9 pm (Tuesday)  
Fee: \$14 individual  
\$20 couple  
Location: UFM Greenhouse

**UFM Wish List**

Plain Paper Fax Printer Stand  
Office Chairs Folding Chairs  
Typewriter

Volunteers to help with:  
Gardening  
Office Work  
General Building Maintenance

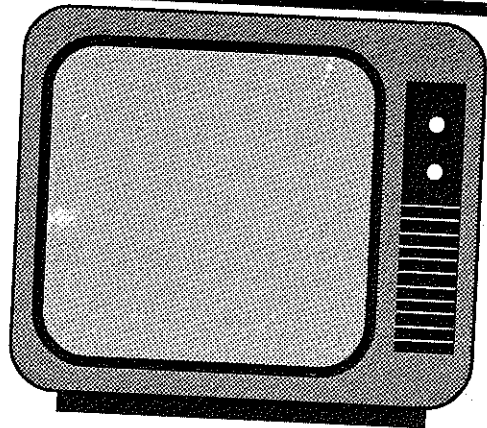
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on Channel 19  
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- |            |                          |
|------------|--------------------------|
| Jan 2, 3   | Friendship               |
| Jan 8, 9   | Meeting of Charlie       |
| Jan 15, 16 | Fly Tying                |
| Jan 22, 23 | Bird Feeding             |
| Jan 29, 30 | Kung Fu Philosophy       |
| Feb 6, 7   | Sewing Machine           |
| Feb 13, 14 | Beautiful Poland         |
| Feb 20, 21 | Environmental Community  |
| Feb 27, 28 | Around the Home          |
| Mar 5, 6   | Wild Flowers             |
| Mar 12, 13 | Wild Flowers 2           |
| Mar 19, 20 | People's Grocery         |
| Mar 26, 27 | People's Grocery (rerun) |
| Apr 2, 3   | Occupational Therapy     |

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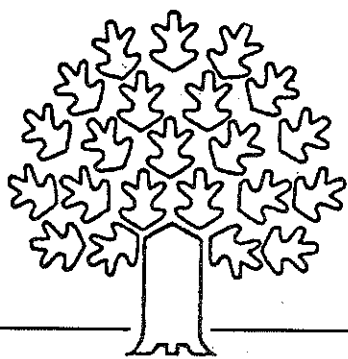
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# Recreation

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 techniques of short game pitching, chipping, and putting will be covered. Get some fresh air and find out if golf is the sport for you. Some class time will be devoted to equipment used to play golf, rules, etiquette, courtesy, conduct on the course, registering to play, use of scorecard and handicaps.

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

Date: April 4, 11, 18 & 25  
Time: 6 pm (Thursday)  
Fee: \$31  
Location: Stagg Hill Golf Club  
4441 Ft. Riley Blvd.

## Introduction to Golf

RH-02

Jim Gregory

Date: May 2, 9, 16 & 23  
Time: 6:30 pm (Thursday)  
Fee: \$31  
Location: Stagg Hill Golf Club  
4441 Ft. Riley Blvd.

## Golf

RH-03

**\*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 5 - April 30  
Time: 5:30 - 7:30 pm (Tuesday)  
Fee: \$89 non-credit  
\$119 credit  
Location: Stagg Hill Golf Club  
4441 Ft. Riley Blvd

## Golf

RH-04

**\*One hour optional KSU credit available.**

Jim Gregory

Date: March 7 - May 2  
Time: 9:30 - 11:30 am (Thursday)  
Fee: \$89 non-credit  
\$119 credit  
Location: Stagg Hill Golf Club  
4441 Ft. Riley Blvd

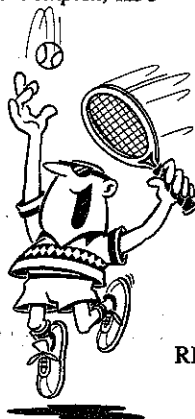
## Tennis: Junior Beginners Ages 7 - 16

RH-08

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

Mark Tessendorf, M.S. Kinesiology, has played tennis for 20 years, including collegiate tennis at Coe College, Cedar Rapids, Iowa. He recently taught at Manitou-Wabing Sports and Arts Center in Ontario Canada.

Date: April 2, 9, 16 & 23  
Time: 6 - 7 pm (Tuesday)  
Fee: \$35  
Location: LP Washburn Rec Complex, KSU



## Tennis: Beginners Ages 17 and Up

RH-09

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

Mark Tessendorf

Date: April 2, 9, 16, & 23  
Time: 7 - 8 pm (Tuesday)  
Fee: \$35  
Location: LP Washburn Rec Complex, KSU

## Tennis: Intermediate Ages 17 and Up

RH-10

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

Mark Tessendorf

Date: April 2, 9, 16 & 23  
Time: 8 - 9 pm (Tuesday)  
Fee: \$40  
Location: LP Washburn Rec Complex, KSU

## Ballroom Dance I

RH-05

Ballroom dancing is back! *Time*, *Newsweek* and *Smithsonian* report the ballroom dancing is popular throughout the U.S. Manhattan is no exception. Join the hundreds of people who have learned to dance through UFM. You will learn to Foxtrot, Waltz, Swing and more. You will be dancing around the expansive floor. So, sign up with a friend, or two, and learn how to dance with someone in your arms. **Classes fill rapidly. It is advisable to register early. 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. Sara Sanders is a dance student at Kansas State University. She has danced Ballet nearly all her life and recently attended the Arthur Murray School of Dance.

Date: February 2 - May 3  
No class March 15, 29 and April 5  
Make-up date Monday, April 1  
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-06

Michael Bennett & Sara Sanders

Date: February 2 - May 3  
No Class March 15, 29 & April 5  
Make-up date Monday, April 1  
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-07

This course is for those who would like to attempt more challenging ballroom dancing 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 & Sara Sanders

Date: February 2 - May 3  
No class March 15, 29 and April 5  
Make-up date Monday, April 1  
Time: 7:30 - 8:30 pm (Friday)  
Fee: \$32 individual / \$60 couple  
Location: Seven Dolores Grade School Gymnasium  
306 S Juliette

## Hawaiian Dance

RH-11

The mix in Hawaiian culture is reflected in their dance. Learn the Hawaiian way of dancing from the mellow Hula dance to the vibrant Tahitian dance. This is an excellent form of exercise for children, teenagers and adults.

Marie Odejar is a KSU graduate student. She started dancing Hawaiian folk dance when she was 4 years old. She danced with the Filipiniana Dance Troupe during the time she was in high school until college.

Date: January 27 - March 9  
Time: 10 - 11 am (Saturday)  
Fee: \$25  
Location: UFM Fireplace Room

Swimming classes for all ages  
are listed in the Aquatics Section.



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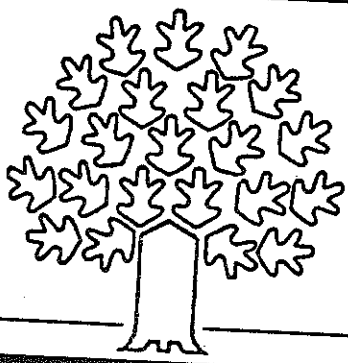
## ATTENTION!

The following is a list of frequently requested classes that UFM would like to include in the next catalog.

Yoga  
Beginning Photography  
Calligraphy  
Bike Repair  
Chinese  
Stained glass

Please help us find instructors—  
Call UFM, 539-8763.





# Wellness

1221 THURSTON

539-8763

## Chinese Tai Chi- Beginners WE-01

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 7  
Time: 5:30 - 6:30 pm (Tuesday)  
No class March 26  
Fee: \$42  
Location: Seven Dolores Grade School Gymnasium  
306 S Juliette

## Community First Aid and Safety WE-03

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: February 13 & 20  
Time: 6 - 10 pm (Tuesday)  
Fee: \$60 includes books and materials  
Location: American Red Cross  
1014 Poyntz

## CPR for the Professional Rescuer WE-05

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

*Enell Foerster*  
Date: February 13, 20, & 27  
Time: 6 - 10 pm (Tuesday)  
Fee: \$90 includes books and materials  
Location: American Red Cross  
1014 Poyntz

## Massage for the Individual WE-06

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 is a registered massage therapist in the state of Maine. Her work is primarily Swedish Massage but incorporates aspects of deep tissue work and energy healing.

Date: January 30  
Time: 7 - 9 pm (Tuesday)  
Fee: \$15  
Location: UFM Banquet Room

## Community 1st Aid and Safety Progression WE-04

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: February 20  
Time: 6 pm (Tuesday) Infant CPR  
8 pm (Tuesday) 1st Aid  
Fee: \$30 includes books & materials  
Location: American Red Cross  
1014 Poyntz

## Introduction to Massage WE-07

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: March 19 & 26  
Time: 7 - 9 pm (Tuesday)  
Fee: \$26 a couple  
Location: UFM Banquet Room

## Chinese Tai Chi-Advanced WE-02

This class is for those who have participated in the beginning level Tai Chi and want to continue to practice and improve Tai Chi skills. In this level we will work to achieve smooth movements and increase the number of Tai Chi movements you have learned.

*Ping Wei*  
Date: January 25 - May 9  
No Class March 28  
Time: 5:30 - 6:30 pm (Thursday)  
Fee: \$59  
Location: Seven Dolores Grade School Gymnasium  
306 S Juliette

The Manhattan Community Garden  
Orientation sessions & Plot Rental  
announcement - see page 17.

UFM has activities for elementary school  
children during Inservice & Parent/  
Teacher Conferences. See the Youth Section.

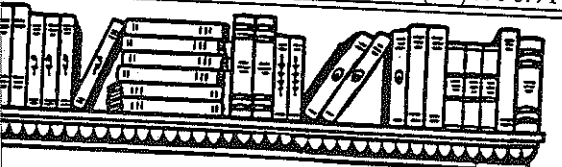
UFM Catalog on KSU UNICORN system  
Look under service units and support  
programs, page down to University for  
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Adult Self Esteem  
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Swimming classes for all ages  
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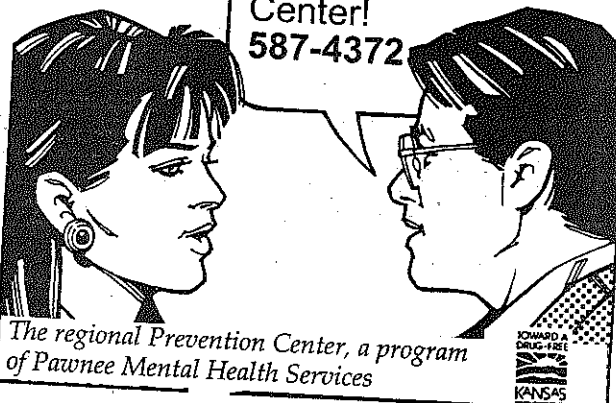


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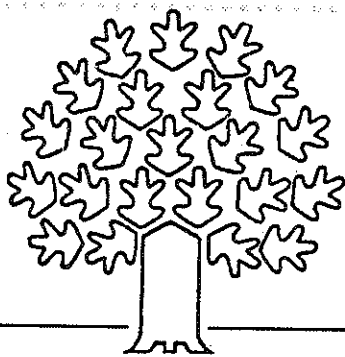
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# Youth

1221 THURSTON

539-8763

## Parent Teacher Conference School's Out Activities

YO-01

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

UFM Staff

Date: April 4  
Time: 8 am - 5 pm (Thursday)  
Fee: \$15 half day  
\$25 full day  
(inquire about family discounts)  
Location: Woodrow Wilson School  
Juliette and Osage

## Parent Teacher Conference School's Out Activities

YO-02

UFM Staff

Date: April 5  
Time: 8 am - 5 pm (Friday)  
Fee: \$15 half day  
\$25 full day  
(inquire about family discounts)  
Location: Woodrow Wilson School  
Juliette and Osage

## School's Out

YO-12

Join the fun as UFM and Wonder Workshop partner for In-Service Days activities. Children grades K-6 are invited to join us for fun, learning, and discovery. Activities will include field trips, organized recreation, Wonder Workshop activities, Learning about Kansas History and more. **Please bring a sack lunch.** Space limited. Advance Registration required. Scholarships available.

UFM and Wonder Workshop

Date: February 29  
Time: 8 am - 5 pm (Thursday)  
Fee: \$15 half day  
\$25 full day  
(inquire about family discounts)  
Location: Wonder Workshop 409 Poyntz

## School's Out

YO-13

UFM and Wonder Workshop

Date: March 1  
Time: 8 am - 5 pm (Friday)  
Fee: \$15 half day  
\$25 full day  
(inquire about family discounts)  
Location: Wonder Workshop 409 Poyntz

## Hawaiian Dance

YO-16

Learn the Hawaiian way of dancing, from the mellow Hula dance to the vibrant Tahitian dance. See how the Hawaiian culture is reflected in their dance.

Marie Odejar is a KSU graduate student. She started dancing Hawaiian folk dance when she was 4 years old. She danced with the Filipiniana Dance Troupe during the time she was in high school until college.

Date: Jan. 25 - Mar 7  
Time: 6 pm  
Fee: \$25  
Location: UFM Fireplace Room

## Hawaiian Dance

RH-11

Marie Odejar

Date: Jan 27 - Mar 9  
Time: 10 am  
Fee: \$25  
Location: UFM Fireplace Room

## Kids on Campus

YO-03

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. Limited enrollment. Scholarships available.

UFM Staff

Date: April 4  
Time: 8 am - 5 pm (Thursday)  
Fee: \$25  
(inquire about family discounts)  
Location: Meet at UFM

## Enrichment Activities

YO-04

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.** Scholarships available.

UFM Staff and Wonder Workshop

Date: April 5  
Time: 8 am - 5 pm (Friday)  
Fee: \$15 half day  
\$25 full day  
(inquire about family discounts)  
Location: Wonder Workshop, 409 Poyntz

## Tumbling Tots

YO-05

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 10 years of gymnastics coaching experience, is Safety certified by USA Gymnastics, and is a certified instructor of USA Gymnastics Professional Development Program.

Date: February 7,14,21,28, March 6 & 13  
Time: 6 pm (Wednesday)  
Fee: \$32  
Location: Manhattan Gymnastics Center  
2305 SkyVue Lane

## Preschool Dance

YO-06

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

LaShawna Harrison (539-3613), has been involved in dance for 15 years. She has three years experience as a teaching assistant and three years as a dance instructor.

Date: February 5,12,19,26, March 4 & 11  
Time: 6 pm (Monday)  
Fee: \$32  
Location: Manhattan Gymnastics Center  
2305 SkyVue Lane

## Beginning Dance

YO-07

Beginning dancers will learn a combination of ballet and jazz dance while they improve their coordination and balance. In this class the child must be 6 years old or must have the instructor's permission. The class will meet for 45 minutes once a week.

LaShawna Harrison

Date: February 7,14,21,28, March 6 & 13  
Time: 6 pm (Wednesday)  
Fee: \$32  
Location: Manhattan Gymnastics Center  
2305 SkyVue Lane

## Beginning Tae Kwon Do for Youth Ages 4-5

YO-08

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.

DC Lehman (532-6340) is a first degree black belt in the American Tae Kwon Do Association and is an instructor with the K-State/Manhattan Tae Kwon Do Club. She also has extensive experience in weight training, stretching, and adaptive stretching (for those with physical limitations).

Date: February 7,9,14,16,21, & 23  
Time: 7 - 7:30 pm (Wed & Fri)  
Fee: \$28  
Location: ECM Student Center  
1021 Denison

## Beginning Tae Kwon Do for Youth Ages 6-8

YO-09

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

DC Lehman

Date: February 28, March 1,6,8,13,15,20, & 22  
Time: 7 - 7:45 pm (Wed & Fri)  
Fee: \$38  
Location: ECM Student Center  
1021 Denison

## Beginning Tae Kwon Do for Youth Ages 9-14

YO-10

This class is designed for youth who are 9 - 14 years old and wanting to develop their martial arts skills. Younger children must have instructor's permission to join this class.

DC Lehman

Date: April 3,10,12,17,19,24,26 & May 1  
Time: 7 - 7:45 pm (Wed & Fri)  
Fee: \$38  
Location: ECM Student Center  
1021 Denison

## Children's Gardening

YO-11

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) 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 Children's Garden  
8th and Riley Lane

## Cartoon Illustration

YO-14

This class will introduce students to the basics of cartoon style illustration. The instructor specializes in cartooning animals and people. Special emphasis is placed on humor and expression. Ages 7 - 12. **Students will need a sketchbook (approx 9" x 12" spiral) and a #2 pencil and an eraser.**

Bob Davis has been a graphic designer/illustrator for fourteen years. He recently relocated here from Colorado where he spent the last three years teaching elementary school art.

Date: January 27, February 3 & 10  
Time: 3 - 5 pm (Saturday)  
Fee: \$35  
Location: UFM Fireplace Room

## Drawing Better Now!

YO-15

This class will help each student increase his/her drawing skills. A variety of drawing styles and techniques will be covered. Students will draw fun objects to teach seeing lights and darks as well as drawing color objects in black and white. Ages 8 - 14. **Students will need sketch pad (approximately 9" x 12" spiral), a #2 pencil and an eraser.**

Bob Davis

Date: March 2, 6 & 9  
Time: 6 - 8 pm (Saturday & Wednesday)  
Fee: \$35  
Location: UFM Fireplace Room

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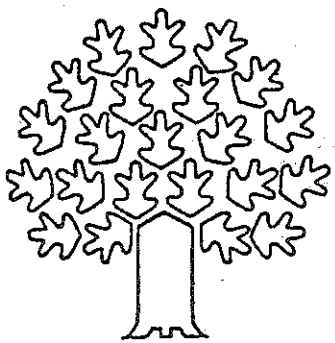
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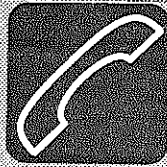
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Complete the registration form and mail the form with your check, money order, or credit card number to:

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

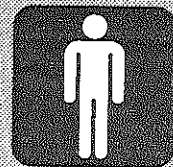
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FOR YOU...



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With your VISA, Discover or MasterCard number and expiration date ready, call (913) 539-8763 during regular business hours.



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Stop by the UFM House, 1221 Thurston

**HOURS:** 8:30 am - 12 Noon  
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 Address \_\_\_\_\_ Day Phone \_\_\_\_\_  
 City \_\_\_\_\_ State Kansas Zip \_\_\_\_\_  
 Social Security No. \_\_\_\_\_ Credit \_\_\_\_\_ Non Credit \_\_\_\_\_  
 Age: Under 18 exact age \_\_\_\_\_ 19-24  25-59  60+

Parent's Name if Student is Under Age 18 \_\_\_\_\_

CLASS #	Session	TITLE	FEE	LOCATION	DATE	TIME

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 Age: Under 18 exact age \_\_\_\_\_ 19-24  25-59  60+

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