



# REGISTRATION INFORMATION

## WHERE WE'RE LOCATED

### Welcome to UFM...

UFM is an unusual organization, sometimes hard to define, but important to the quality of life at KSU and in Manhattan. For 29 years, UFM has made it possible for diverse people to come together to learn from each other and to organize projects that improve our lives.

This catalog of classes is UFM's best known activity. Enjoy looking at the wide array of classes made possible by the persons who spend their time to teach for us.

A lesser known role has been in initiating community projects. Through the years, UFM has helped launch nineteen different community activities from the nationally award winning community garden, Women's Resource Center, Fone Crisis Center and Lou Douglas Lecture Series to the Downtown Farmer's Market, People's Grocery Cooperative, Home Owner's Maintenance and Energy Program and others as well.

If you've not experienced UFM first hand, give it a try. Take a class, teach a class, or stop by and learn about UFM's special campus and community projects.

- UFM Staff:
- Executive Director - Linda Inlow Teener
  - Education Coordinator - Charlene Brownson
  - Swim Coordinator - Andrea Parr
  - State Outreach Coordinator - Anita Madison
  - Lou Douglas Lecture Coordinator - Victoria Choitz
  - Office Coordinator - Rhonda Smartt



**UFM**  
1221 Thurston

KSU  
Campus

Bertrand St.

Thurston St.

Kearney St.

Vattier St.

Bluemont Ave.

Manhattan Ave.

Anderson Ave.

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### Classes

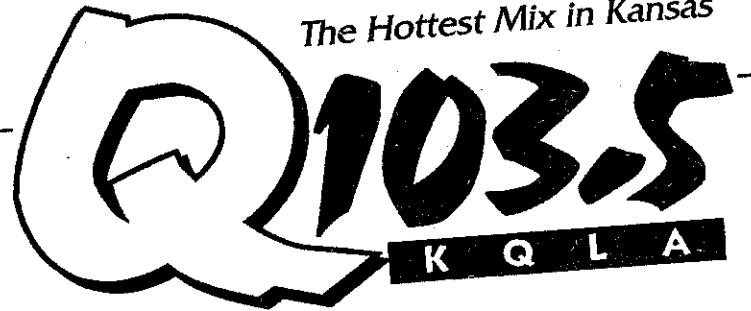
<b>Aquatics . . . . .</b>	<b>4-7</b>	<b>Creative FreeTime . . . . .</b>	<b>18-19</b>
*Red Cross Learn to Swim *Scuba		*Seed Bird Mosaic * Crafts *Cooking	
*Fitness Swimming *Lifeguard Training		*Downtown Walking Tour * Ft. Riley Tour	
<b>Business &amp; Professional . . . . .</b>	<b>8-9</b>	*Introduction to Skydiving and more	
*Consumers Beware *Investment Club		<b>Personal Development . . . . .</b>	<b>20-21</b>
*Individual Development *Computer		*Self Defense for Women *Personal Growth	
<b>Earth &amp; Nature . . . . .</b>	<b>10-11</b>	*Downshifting *Death Investigation	
*Gardening * Oregon Trail Field Trip		*Public Speaking and more	
*Fly Tying *Archaeology of NE Kansas		<b>Wellness . . . . .</b>	<b>22-23</b>
<b>Martial Arts . . . . .</b>	<b>12</b>	*Tai Chi *Massage *Acupressure and more	
*Wide variety of classes		<b>Youth . . . . .</b>	<b>24-25</b>
<b>Arts Center Classes . . . . .</b>	<b>13-16</b>	*Dance *Martial Arts *Kids on Campus	
*Theatre *Clay *Visual Arts		*Chess *Self Defense for Preteens and more	
<b>Recreation . . . . .</b>	<b>17</b>	<b>Language . . . . .</b>	<b>26</b>
*Golf *Tennis *Ballroom Dance		*Czech * Sign Language * Chinese * ESL	

### BOARD OF DIRECTORS

Kim Morgan  
Chair  
Steve Scheneman  
Vice Chair  
Paula Walawender  
Treasurer  
Heather Lansdowne  
Secretary  
Linda Inlow Teener  
Executive Director UFM

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Elaine Johannes  
Dean Stamel  
Gabrielle Thompson  
Aubrey Abbott  
Tom Fryer

The Hottest Mix in Kansas



MANHATTAN/K-STATE  
**587-0103**

JUNCTION CITY/FT. RILEY  
**238-1035**

STUDIO LINE  
**776-1035**

CONCERT INFO  
**587-0000**

Current Hits ~ Classic Favorites

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.

THANK YOU ADVERTISERS for your loyal support



# UFM INSTRUCTORS

Kris Barnard  
Michael Bennett  
Daniel Berkow  
Blue Chip  
Investment Club  
Lynn Bohnenblust  
Michael Bonella  
Jean Bramwell  
Joyce Brite  
Petr Burian  
Michael Cody  
Cheryl Collins

Larry Dall  
Kim Davis  
Fred Freeby  
Paul Gleue  
Jim Gregory  
Jason Hampl  
Colleen Hampton  
Dennis  
Hemmendinger  
Tom Hittle  
Lisa Hunter  
Hugh Irvin

Jayson Kaus  
Duane Kerr  
Alan Ladd  
D.C. Lehman  
Howard Levy  
Corey Lewis  
Donald Longbottom  
Manhattan Chapter  
of Toastmasters  
Jocelyn Marinescu  
Bernice Martin  
Garrett Martin

Richard Mattson  
Bill McKale  
Paul Miller  
Dwight Nesmith  
Amelia Newsense  
Marie Odejar  
Vern and Carol  
Osborne  
Andrea Parr  
Charles Perkins  
Liuba Ramm  
Leon Rappoport

Rex Replogle  
Sharon Rice  
Rosalys Rieger  
Donna Roper  
Sara Saunders  
Leo Schell  
Marilyn Schreiner  
Pam Schmid  
Tammy Sinn  
Glenn Sixbury  
John Skare  
Josh Stimpfle

Carol Stites  
Sun Yi Academy  
Diana Tarver  
Linda Teener  
Mark Tessendorf  
Paula Walawender  
Monica Ward  
Harold Wellmeier  
Georganne White  
Jeff Wilson  
Stan Wilson

UFM is able to offer a wide variety of both interesting and worthwhile classes because of so many talented instructors who are willing to share their time and talents with others. I appreciate their interest and cooperation and would like to say thank you.

*Charlene Brownson*

## Grass Roots Education Award

Don Cukjati is the recipient of UFM's 17th annual Grass Roots Education Award. The purpose of the award is to recognize someone who has made an outstanding contribution to the growth of grass roots community education and community development. For 13 years, Cukjati was the coordinator for Arts in the Park, the Little Apple Festival and other arts related activities sponsored by the City of Manhattan.

## Community Garden Awarded Peace Pole

The Manhattan Community Garden, a UFM sponsored project, has been presented the International Peace Pole Award. At a ceremony, July 10, 1996, a Peace Pole was erected at the Garden. This award, given jointly by the International Peace Pole Society and the America the Beautiful Fund, recognized this program as the oldest community garden in Kansas and the second oldest in the United States. Visit the Garden and see the Peace Pole at 9th and Riley Lane.

## COMMUNITY REGISTRATIONS

The following dates and locations have been scheduled to make registering for a UFM class even easier.

DATE	TIME	LOCATION
Jan 11, Sat	10am-5pm	Manhattan Town Center
Jan 16, Th	4pm - 6pm	Manhattan Public Library
Jan 21, Tues	10am - 2pm	KSU Union
Jan 22, W	10am - 2pm	KSU Union

Registration continues throughout the semester:

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

Visit the UFM information table

at the KSU Union Fair

Jan 15, Wed 11am-2pm

Jan 16, Thur 9am-3pm

Jan 17, Fri 9 am-3pm

### 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.

## About UFM Classes

UFM adheres to the philosophy that anyone can teach and anyone can learn. We rely on the credentials provided by instructors, class observation and participant feedback as tools for evaluating a class and an instructor's abilities.

UFM classes are not a forum for selling a product or service from which the instructor might benefit. Materials specifically oriented to an instructor's financial interests are not to be distributed in class. Participants who wish to pursue a relationship with an instructor outside class time do so on their own responsibility. Please share any concerns you may have about class material or an instructor by calling Charlene at 539-8763.

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

## UFM Wish List

Office Chairs Meeting Room  
Card Tables Chairs  
Volunteers to help with:  
Gardening  
Rebuilding the cold frame

Thanks to those who responded to our wish list and donated a typewriter, couch and chair, a fax machine and a printer stand last semester!

## 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.

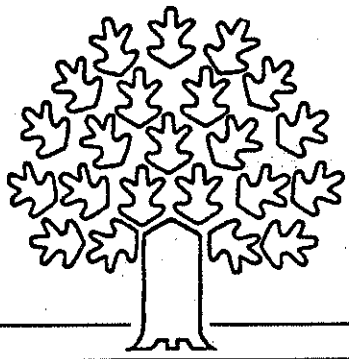
## SPECIAL POLICIES FOR CREDIT OPTIONAL CLASSES

**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:** Wednesday, Feb. 12; Thursday, Feb. 13; Wednesday, Apr. 2; Thursday, Apr. 3; Saturday, Mar. 1. Check to see which date applies to your session.

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

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

### BEGINNING & ENDING DATES

#### Learn to Swim classes

<b>Session A:</b>	Mon. Wed	Jan 27 - March 5
	Tue. Thur	Jan 28 - March 6
<b>Session B:</b>	Mon. Wed	March 10 - April 23
	Tue. Thur	March 11 - April 24
	No classes Mar. 24, 25, 26, and 27	
<b>Session C:</b>	Saturday	Feb 1 - May 3
	No classes March 29 and Feb 8	

## 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:

<b>Session A:</b>	Mon/Wed	January 27 - February 12
<b>AQ-02A</b>	6:10 - 6:40 pm	
<b>Session B:</b>	Tues/Thurs	March 11 - April 3
<b>AQ-02B</b>	6:10 - 6:40 pm	
	<b>No Class: March 25 and 27</b>	
<b>Session C:</b>	Saturday	February 1 - March 15
<b>AQ-02C</b>	9:30 - 10 am	
	<b>No Class: Saturday, February 8</b>	

Fee: \$16.00 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:

<b>Session A:</b>	Tues/Thurs	January 28 - February 13
<b>AQ-03A</b>	6:10 - 6:40 pm	
<b>Session B:</b>	Mon/Wed	March 10 - April 2
<b>AQ-03B</b>	6:10 - 6:40 pm	
	<b>No Class: March 24 and 26</b>	
<b>Session C:</b>	Saturday	March 22 - May 3
<b>AQ-03C</b>	9:30 - 10 am	
	<b>No Class: March 29</b>	

Fee: \$16.00 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.

<b>Session A:</b>	(See dates above)	
<b>AQ-05A</b>	Mon/Wed	6:00 - 6:40 pm
<b>AQ-06A</b>	Mon/Wed	6:50 - 7:30 pm
<b>AQ-07A</b>	Tues/Thurs	6:00 - 6:40 pm
<b>AQ-08A</b>	Tues/Thurs	6:50 - 7:30 pm
<b>Session B:</b>	(See dates above)	
<b>AQ-05B</b>	Mon/Wed	6:00 - 6:40 pm
<b>AQ-06B</b>	Mon/Wed	6:50 - 7:30 pm
<b>AQ-07B</b>	Tues/Thurs	6:00 - 6:40 pm
<b>AQ-08B</b>	Tues/Thurs	6:50 - 7:30 pm
<b>Session C:</b>	(See dates above)	
<b>AQ-05C</b>	Saturday	9:30 - 10:10 am
<b>AQ-06C</b>	Saturday	10:20 - 11:00 am
Fee:	\$38 per session	

## Level II: Primary Skills

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

<b>Session A:</b>	(See dates above)	
<b>AQ-09A</b>	Mon/Wed	6:00 - 6:40 pm
<b>AQ-10A</b>	Mon/Wed	6:50 - 7:30 pm
<b>AQ-11A</b>	Tues/Thurs	6:00 - 6:40 pm
<b>AQ-12A</b>	Tues/Thurs	6:50 - 7:30 pm
<b>Session B:</b>	(See dates above)	
<b>AQ-09B</b>	Mon/Wed	6:00 - 6:40 pm
<b>AQ-10B</b>	Mon/Wed	6:50 - 7:30 pm
<b>AQ-11B</b>	Tues/Thurs	6:00 - 6:40 pm
<b>AQ-12B</b>	Tues/Thurs	6:50 - 7:30 pm
<b>Session C:</b>	(See dates above)	
<b>AQ-09C</b>	Saturday	9:30 - 10:10 am
<b>AQ-10C</b>	Saturday	10:20 - 11:00 am
Fee:	\$38 per session	

Youth Scholarships are available through the YES! fund.

## Level III: Stroke Readiness

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

<b>Session A:</b>	(See dates above)	
<b>AQ-13A</b>	Mon/Wed	6:00 - 6:40 pm
<b>AQ-14A</b>	Mon/Wed	6:50 - 7:30 pm
<b>AQ-15A</b>	Tues/Thurs	6:00 - 6:40 pm
<b>AQ-16A</b>	Tues/Thurs	6:50 - 7:30 pm
<b>Session B:</b>	(See dates above)	
<b>AQ-13B</b>	Mon/Wed	6:00 - 6:40 pm
<b>AQ-14B</b>	Mon/Wed	6:50 - 7:30 pm
<b>AQ-15B</b>	Tues/Thurs	6:00 - 6:40 pm
<b>AQ-16B</b>	Tues/Thurs	6:50 - 7:30 pm
<b>Session C:</b>	(See dates above)	
<b>AQ-13C</b>	Saturday	9:30 - 10:10 am
<b>AQ-14C</b>	Saturday	10:20 - 11:00 am
Fee:	\$38 per session	

## Level IV: Stroke Development

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

<b>Session A:</b>	(See dates above)	
<b>AQ-17A</b>	Mon/Wed	6:00 - 6:40 pm
<b>AQ-18A</b>	Mon/Wed	6:50 - 7:30 pm
<b>AQ-19A</b>	Tues/Thurs	6:00 - 6:40 pm
<b>AQ-20A</b>	Tues/Thurs	6:50 - 7:30 pm
<b>Session B:</b>	(See dates above)	
<b>AQ-17B</b>	Mon/Wed	6:00 - 6:40 pm
<b>AQ-18B</b>	Mon/Wed	6:50 - 7:30 pm
<b>AQ-19B</b>	Tues/Thurs	6:00 - 6:40 pm
<b>AQ-20B</b>	Tues/Thurs	6:50 - 7:30 pm
<b>Session C:</b>	(See dates above)	
<b>AQ-17C</b>	Saturday	9:30 - 10:10 am
<b>AQ-18C</b>	Saturday	10:20 - 11:00 am
Fee:	\$38 per session	

## Level V: Stroke Refinement

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

<b>Session A:</b>	(See dates above)	
<b>AQ-21A</b>	Mon/Wed	6:50 - 7:30 pm
<b>AQ-22A</b>	Tues/Thurs	6:50 - 7:30 pm
<b>Session B:</b>	(See dates above)	
<b>AQ-21B</b>	Mon/Wed	6:50 - 7:30 pm
<b>AQ-22B</b>	Tues/Thurs	6:50 - 7:30 pm
<b>Session C:</b>	(See dates above)	
<b>AQ-21C</b>	Saturday	9:30 - 10:10 am
<b>AQ-22C</b>	Saturday	10:20 - 11:00 am
Fee:	\$38 per session	

### HOW TO WATCH A GOOD PROGRAM DIE

Nothing kills a UFM class faster than participants who wait until the last minute to enroll. Classes will be cancelled if there is a low enrollment.

### PLEASE REGISTER EARLY!





### Level VI: Skill Proficiency

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

- Session A: (See dates above)
- AQ-23A Tues/Thurs 6:50 - 7:30 pm
- Session B: (See dates above)
- AQ-23B Tues/Thurs 6:50 - 7:30 pm
- Session C: (See dates above)
- AQ-23C Saturday 9:30 - 10:10 am
- AQ-24C Saturday 10:20 - 11:00 am
- Fee: \$38 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)
- AQ-25A Tues/Thurs 6:50 - 7:30 pm
- Session B: (See dates above)
- AQ-25B Tues/Thurs 6:50 - 7:30 pm
- Session C: (See dates above)
- AQ-25C Saturday 9:30 - 10:10 am
- AQ-26C Saturday 10:20 - 11:00 am
- Fee: \$38 per session

### Lap Swimming Ages 13 plus

Lap swimming 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 6:00 - 7:30 pm
- Session B: (See dates above)
- AQ-29B Mon - Thurs 6:00 - 7:30 pm
- Session C: (See dates above)
- AQ-29C Saturday 9:30 - 11:00 am
- Fee: \$21 per session

### Lap Swimming 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 Lap Swimming at a special price. This class 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 6:00 - 7:30 pm
- Session B: (See dates above)
- AQ-30B Mon - Thurs 6:00 - 7:30 pm
- Session C: (See dates above)
- AQ-30C Saturday 9:30 - 11:00 am
- Fee: \$16 per session

### 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: \$42 per session



### Hydroaerobics Ages 16 plus

This is a 45 minute water exercise class that uses water resistance to give participants a great workout. This class is designed to use water exercises for the development of physical fitness, muscle tone, flexibility and cardiovascular endurance. Exercises are done in a vertical position with head and shoulders out of the water. Both the swimmer and the non-swimmer will benefit from this class.

- Session A: (See dates above)
- AQ-31A Mon/Wed 6:00 - 6:45 pm
- AQ-32A Tues/Thurs 6:45 - 7:30 pm
- Session B: (See dates above)
- AQ-31B Mon/Wed 6:00 - 6:45 pm
- AQ-32B Tues/Thurs 6:45 - 7:30 pm
- Session C: (See dates above)
- AQ-31C Saturday 9:30 - 10:15 am
- AQ-32C Saturday 10:15 - 11:00 am
- Fee: \$16 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
- AQ-28A Tues/Thurs 6:05 - 6:45 pm
- Session B: (See dates above)
- AQ-27B Mon/Wed 6:50 - 7:30 pm
- AQ-28B Tues/Thurs 6:50 - 7:30 pm
- Fee: \$38

### 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: \$42 per session of 6 lessons

**Recharge  
your RV or boat  
batteries quietly, with no  
fumes, messy fuels or  
moving parts**

**SunwrightS PV**

539-1956

### Kids Night Out Swim Program

AQ-45

UFM has reserved Friday evenings in April as Open Youth Swim for ages 10 and up. Practice what you have learned in lessons or just have fun. UFM will provide lifeguards. You must register in advance so we can plan adequate lifeguards.

- Date: April 4, 11, 18, and 25
- Time: 6 - 7:30 pm (Friday)
- Fee: \$10
- Location: KSU Natatorium

### Family Swim Nights

AQ-46

The summer outdoor pools are not open yet, so take advantage of the indoor pool at K-State. Bring the family out for a refreshing evening of swimming. Friday evenings in April are Open Family swim times. UFM will provide lifeguards. Practice what you have learned in lessons or just relax for a while. You must register in advance so we can plan for adequate lifeguards.

- Date: April 6, 13, 20, and 27
- Time: 5 - 7 pm (Sunday)
- Fee: \$10 individual/\$16 couple  
\$20 family
- Location: KSU Natatorium

### Open Swim Appreciation

AQ-60

\*For UFM swim participants and their parents Parents are invited to join their children in the water and practice swimming together. There is no charge for this activity, however, registration with the number of participants planning on attending is requested so that we can provide adequate lifeguards.

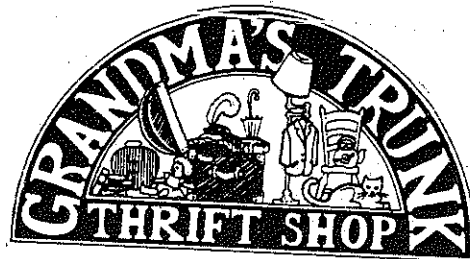
- Date: March 2 (Sunday)
- Time: 5 - 7 pm
- Fee: \$N/C
- Location: KSU Natatorium

### Open Swim Appreciation

AQ-70

- Date: April 20 (Sunday)
- Time: 5 - 7 pm
- Fee: \$N/C
- Location: KSU Natatorium

**Tae Kwon Do classes  
for children ages 4-5, 6-8, 9-14  
are found on page 25.**



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**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. Emphasis will be on analyzing and refining stroke technique and additional competitive skills; improving/maintaining physical fitness and endurance through a progressive, conditioning swimming program; learning the components of well-balanced training; and designing a workout for conditioning swimming. **Textbook required: Swim for the Health of It**

Carol Stites

Date: January 27 - April 11  
No Class: March 24 - 29  
Time: 8:30 am (Mon, Wed & Fri)  
Fee: \$71 non credit  
\$120 credit \*

Location: KSU Natatorium

**Fitness Swimming**

AQ-40

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

Carol Stites

Date: January 28 - May 1  
No Class: March 25 or 27  
Time: 2:30 pm (Tues & Thurs)  
Fee: \$71 non credit  
\$120 credit \*

Location: KSU Natatorium

★ Credit classes require additional charges to cover KSU administrative costs. Students enrolled in less than 12 hours, will also be assessed for student activity and health fees.

**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. It will address the needs of the truly beginning swimmer. Emphasis will be on acquiring skills, knowledge and attitudes necessary to become safe in or near the water; learning basic stroke technique and survival skills; and being able to assist others in an aquatic emergency by performing elementary forms of rescue. **Textbook required: Swimming and Diving**

Carol Stites

Date: January 28 - May 1  
No Class: March 25 & 27  
Time: 8:30 am (Tues & Thurs)  
Fee: \$69 noncredit  
\$118 credit \*

Location: KSU Natatorium

**Fundamentals of Kayak**

AQ-49

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.

Date: February 2, 9, 16, and 23  
Time: 9 am - Noon (Sunday)  
Fee: \$65  
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. Boats are available for rent at a nominal fee at the pool, or you can bring your own.

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

Date: March 9  
Time: 9 am - 1 pm (Sunday)  
Fee: \$10  
Location: KSU Natatorium

**Scuba Diving**

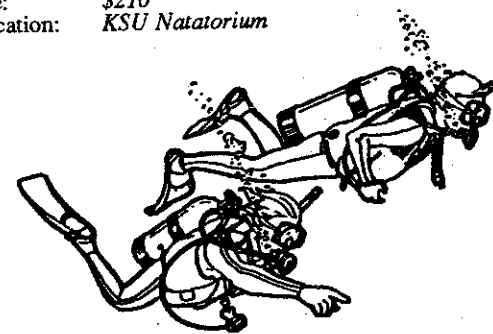
AQ-35

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 24, 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: January 25 - March 8  
No class: February 8  
Time: 9 am - 1 pm (Saturday)  
Fee: \$210  
Location: KSU Natatorium



**Scuba Refresher**

AQ-36

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

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

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

Date: March 16 (Sunday)  
Time: 3 - 7 pm  
Fee: \$57 includes equipment rental  
Location: KSU Natatorium



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**Youth Self-Defense & Safety classes** are found on Page 24

**WIN \$1 off any UFM Class...** by finding the "FAKE CLASS" included in this catalog!!! Identify it when you register and receive \$1.00 off your registration for one class.

**ATTENTION: WATER FITNESS INSTRUCTORS**  
UFM will be hosting a United States Water Fitness Association National Certification Course for Water Fitness Instructors this Spring. For more information contact Charlene at UFM 539-8763.





# AQUATICS (Continued)

## 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. This course includes the screening and Instructor Candidate Training required by American Red Cross. **Prerequisites:** Participants must be 17 years of age by the first day of class and must successfully complete a pretest on their knowledge of aquatics and safety skills, as well as stroke proficiency and rescue skills.

Carol Stites

Date: March 3,4,5,6,7,8,10,11,12,13, & 14  
Time: 4 - 7:30 pm (Mon - Fri)  
9 am - 1 pm (Saturday)  
Fee: \$144  
Textbooks & equipment must be paid and picked up at American Red Cross for \$31  
Location: KSU Natatorium

## 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. **Prerequisites:** minimum age 17, ICT certificate or current Health and Safety instructor authorization; and successfully complete precourse session, consisting of Lifeguard Training, first aid, CPR for the Professional Rescuer skills, and knowledge evaluation. **Certification requirements:** competently perform all critical skills, successfully complete all practice teaching assignments, and pass 2 written tests.

Carol Stites

Date: April 19,21,22,23,24,25, & 26  
Time: 9 am - 1 pm (Sat, April 19)  
4:30 pm - 7:30 pm (Mon - Fri)  
9 am - 11 am (Sat, April 26)  
Fee: \$60  
Textbooks & equipment must be paid and picked up at American Red Cross for \$66  
Location: KSU Natatorium

## Lifeguard Training

AQ-41

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

**Prerequisites:** minimum age 15; tread water for 2 minutes using legs only; swim 500 yards continuously with combination of crawl, breaststroke, and side stroke; submerge 7 feet, retrieve a 10-pound object and return to the surface. **Certification requirements:** successfully complete all critical skills, pass 2 written tests, and pass 2 skills tests. Certification includes Lifeguard Training, First Aid, and CPR for the Professional Rescuer.

Carol Stites

Date: April 21,22,23,24,25,28,29,30 May 1,2  
Time: 4 - 7:30 pm (Mon - Fri)  
Fee: \$109  
Textbooks & equipment must be paid and picked up at American Red Cross for \$50  
Location: KSU Natatorium

## Lifeguard Training

AQ-48

Jason Hampl

Date: March 31, April 1, 2, 3, 5, 7, 8, 9, and 10  
Time: 4 - 8 pm (Monday - Thursday)  
9am - 1 pm (Saturday)  
Fee: \$109  
Textbooks and equipment must be paid and picked up at American Red Cross for \$50  
Location: KSU Natatorium

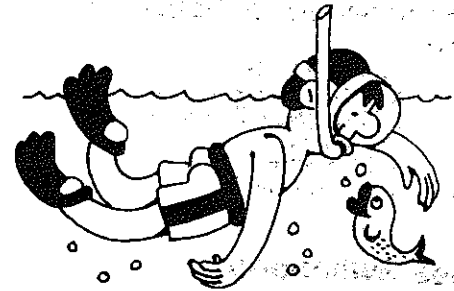
## Lifeguard Training Review

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. The review course includes 8 hours of Lifeguard Training/First Aid and 7 hours of CPR for the Professional Rescuer. **Prerequisite:** current existing lifeguard certificate.

Jason Hampl

Date: May 17 & 18  
Time: 9 am - 1 pm and 2 - 5 pm (Saturday)  
8 am - noon and 1 - 5 pm (Sunday)  
Fee: \$52  
Textbooks & equipment must be paid and picked up at American Red Cross for \$50  
Location: KSU Natatorium - Sunday  
Red Cross Office - Saturday  
1014 Poyntz Avenue



## Head Lifeguard

AQ-47

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

Carol Stites

Date: May 5 and 6 (Mon and Tues)  
Time: 4 - 7 pm  
Fee: \$23  
Textbooks and equipment must be paid and picked up at American Red Cross for \$12  
Location: Ahearn Fieldhouse Rm 2

### 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!**

### Manhattan Community Garden

#### Orientation Dates:

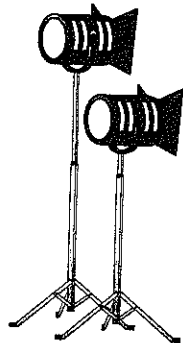
#### Returning Gardeners:

Wed. Feb 5, 7:30 pm UFM Greenhouse  
Sat. Feb 8, 10 am UFM Greenhouse

#### New Gardeners:

Wed. March 5, 7:30 pm, UFM Greenhouse  
Sat. March 15, 10 am UFM Greenhouse  
Sat. April 12, 10 am Community Garden, 9th & Riley Lane

For more information, see page 10 in this catalog.



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May 9-11, & 15, 17-18

For more information, call 539-4420  
<http://www.flinthills.com/~arts/>

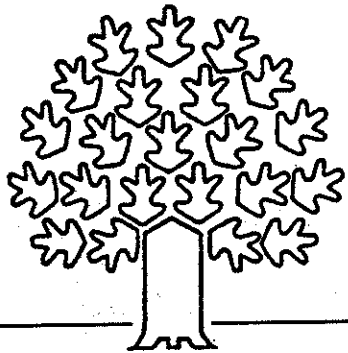


This program is supported in part by the Kansas Arts Commission, a state agency, the National Endowment for the Arts, a federal agency. Additional funding comes from the City of Manhattan.



All participants must register in advance.

103.5



# Business & Professional

1221 THURSTON

539-8763

## How To Start an Investment Club

BP-08

A few members of the Blue Chip Investment Club will discuss how to start and run an investment club. Some members have been in the club for over ten years and will share their experiences.

Blue Chip Investment Club members.

Date: February 17 (Monday)  
Time: 7 - 9 pm  
Fee: \$8  
Location: UFM Conference Room



## Successful Money Management

BP-01

Learn how to manage your money, reduce your taxes, save and invest. Look at new ways to allocate your investments, reduce insurance costs, and a personal financial plan will be provided to achieve your objectives.

Fred Freeby (537-4505), has been a district manager, a division manager and is now a senior account executive with Waddell and Reed Inc. Fred has 21 years experience in helping families with their financial needs.

Date: February 11 (Tuesday)  
Time: 7 - 9:30 pm  
Fee: \$9 individual/\$14 couple  
Location: Waddell and Reed  
555 Poyntz Avenue, Suite 280

## Transition from College to Workplace

BP-09

This class focuses on starting your first job after college. We will concentrate on common workplace protocols and overcoming first-job problems. Recommendations and advice from industry managers and small business owners will also be presented.

Joyce Brité (537-7027), has worked for over 25 years in a variety of settings. She was a finalist for the 1996 KSU Classified Employee of the Year.

Date: April 15 (Tuesday)  
Time: 7 pm  
Fee: \$8  
Location: UFM Conference Room

## Consumers Beware: Learn How To Make Your Money Work For You

BP-05

Learn how money works. Your money can work for the middle man or it can work for you. This class will cover "bad" debt versus "good" debt, credit cards (cash advance and %, and over the limit fees), home mortgages, equine loans, PMI, escrow, APR versus %. Learn how life insurance really works. What your agent might not have told you. This class will educate the consumer.

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

Date: January 27 (Monday)  
Time: 7 - 9 pm  
Fee: \$8 individual/\$12 couple  
Location: UFM Conference Room

## Consumer Beware: Learn How To Make Your Money Work For You

BP-06

Lynn Bohnenblust

Date: March 4 (Tuesday)  
Time: 7 - 9 pm  
Fee: \$8 individual/\$12 couple  
Location: UFM Conference Room

## Consumer Beware: Learn How To Make Your Money Work For You

BP-07

Lynn Bohnenblust

Date: May 6 (Tuesday)  
Time: 7 - 9 pm  
Fee: \$8 individual/\$12 couple  
Location: UFM Conference Room

## Successful Money Management

BP-02

Fred Freeby

Date: March 4 (Tuesday)  
Time: 7 - 9:30 pm  
Fee: \$9 individual/\$14 couple  
Location: Waddell and Reed  
555 Poyntz Avenue, Suite 280

## Successful Money Management

BP-03

Fred Freeby

Date: April 8 (Tuesday)  
Time: 7 - 9:30 pm  
Fee: \$9 individual/\$14 couple  
Location: Waddell and Reed  
555 Poyntz Avenue, Suite 280

## How To Whine Your Way To Success

BP-12

This class will teach participants a variety of whining techniques that are designed to annoy and irritate. Participants will learn how to accomplish any goal by using these techniques. The key to a successful career and career advancement is to learn the art of whining. Guest speakers will include Doug and Wendy Whiner, authors of "How To Be A Nuisance Rather Than A Help".

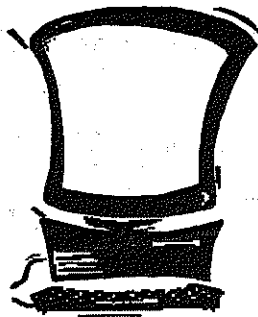
Amelia Newsense, as an infant, learned how to whine to get whatever she wanted from her parents. After having a successful childhood of whining, Amelia further developed this technique to include career whining.

Date: April 1 (Tuesday)  
Time: 11:30 pm  
Fee: \$8 (this fee may be reduced if you can whine enough!)  
Location: UFM Whimper Room

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# BUSINESS & PROFESSIONAL (Continued)

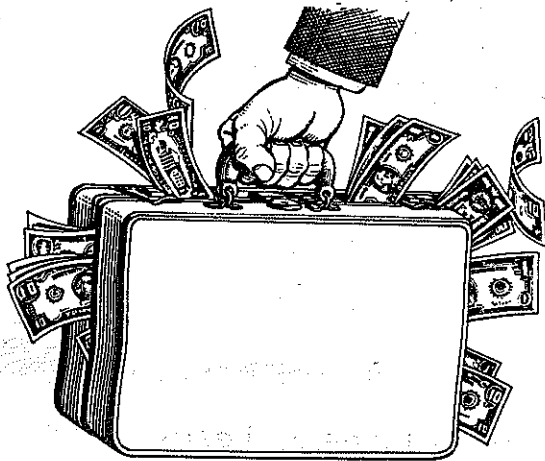
## Individual Development

BP-04

This seminar is designed to develop skills that will assist you in achieving personal and professional success. If you want to learn to communicate better, both one-on-one and in a group; learn to network, practice public speaking, lead meetings more effectively, build self-confidence in personal, professional and community settings; then this seminar is for you! Other interesting topics to be covered include dealing with the media more effectively and "How to create your own Personal Annual Report."

Marilyn Schreiner and Jean Bramwell (587-4326), have both completed this seminar. Marilyn and Jean have competed in speech competition at the state level of Business and Professional Women. Marilyn was chosen as the state champion in 1996 and went on to represent Kansas at the BPW/USA National Conference in Washington, D.C.

Date: January 21, 28, February 4, 11, 18, 25  
Time: 7 - 8:30 pm (Tuesday)  
Fee: \$25  
Location: Conference Room at Manhattan Parks and Recreation, 1101 Fremont



## Principles of Investing

BP-10

This class begins with the very basics of finances 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 Jones for 4 years.

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

## Principles of Investing

BP-11

Jayson Kaus

Date: February 20, 27, and March 6  
Time: 7 - 9 pm (Thursday)  
Fee: \$14 individual/\$20 couple

Interested in becoming an Aerobic Instructor? See page 17.

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

# Computer



## Keyboarding Basics

CP-01

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

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

Date: April 2 - April 30  
Time: 7 - 8 pm (Wednesday)  
Fee: \$21  
Location: UFM Computer Lab

## Beginning WordPerfect

CP-02

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 multiple 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 5, 12, and 19  
Time: 3 - 5 pm (Wednesday)  
Fee: \$32  
Location: UFM Computer Lab

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

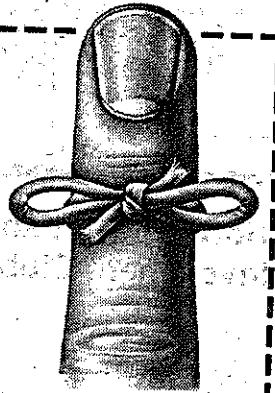
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# Earth, Nature & Environment

1221 THURSTON      539-8763

### Growing Cool-Season Vegetables

EN-01

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 and April sown vegetables (and the common problems associated with them) so you can enjoy a bountiful harvest beginning in April!

Colleen Hampton has gardened both indoors and outdoors for 25+ years and looks forward to sharing her practical knowledge in her gardening classes.

Date: *March 1 (Saturday)*  
Time: *10 am - Noon*  
Fee: *\$8*  
Location: *UFM Greenhouse*

### The Basics of Gardening

EN-08

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 planting, 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 15 and April 26*  
Time: *1 - 3 pm (Saturday)*  
Fee: *\$11*  
Location: *UFM Conference Room and Greenhouse*

### Growing Warm-Season Vegetables

EN-02

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: *April 5 (Saturday)*  
Time: *10 am - Noon*  
Fee: *\$8*  
Location: *UFM Greenhouse*

### Perennial Flower Gardening

EN-09

Are you tired of buying and planting new flowers year after year? Why not invest in some perennial flowering plants that will return 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 15 (Saturday)*  
Time: *10 am - Noon*  
Fee: *\$8*  
Location: *UFM Greenhouse*

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

EN-18

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 many shade-LOVING and partial shade plants (annuals and perennials) that will give you both foliage and blooms!

Colleen Hampton

Date: *April 26 (Saturday)*  
Time: *10 am - Noon*  
Fee: *\$8*  
Location: *UFM Greenhouse*

### Herbs: Everything You've Wanted To Know About Growing & Using Herbs

EN-15

Herbs have many benefits: most are easy to grow, they smell great in the garden, they add spark to everyday dishes, and some can be used as medicinal aides. We'll discuss all these points in this 4-hour class. We'll also make plans to attend a Kansas City area annual herb sale.

Colleen Hampton and Angie Pfeifer gardens at the Manhattan Community Garden. She has been an herb enthusiast for many years and uses herbs for medicinal and cooking purposes.

Date: *April 5 (Saturday)*  
Time: *1 - 5 pm*  
Fee: *\$8*  
Location: *UFM Greenhouse*

### Birdscaping Your Yard

EN-06

By selecting certain plant materials and design features for your home's landscape, you can add a whole new element to your environment - birds. We'll talk about trees, shrubs, vines, perennials and annuals that are attractive to both people and birds. We'll also discuss sources for information and for the plants themselves. After our discussion we will tour the instructor's yard to observe many of the plants up close.

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. Duane says he likes plants that birds like.

Date: *April 19 (Saturday)*  
Time: *2 pm*  
Fee: *\$8 individual/\$12 couple*  
Location: *15110 6th Street Road, Wamego*  
*Instructor will contact participants with directions or they may call him.*

### Attracting Butterflies and Hummers

EN-17

Have you wondered how some gardens seem to have lots of butterflies or hummingbirds? The secret is to provide for their needs! We'll discuss what types of plants attract these little wonders and the other amenities they need so they'll return to your garden time and again.

Colleen Hampton

Date: *April 19 (Saturday)*  
Time: *1 - 3 pm*  
Fee: *\$8*  
Location: *UFM Greenhouse*

### Gardening In Small Places

EN-16

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 included.

Colleen Hampton

Date: *April 19 (Saturday)*  
Time: *10 am - Noon*  
Fee: *\$8*  
Location: *UFM Greenhouse*

### Starting Plants from Seed

EN-19

Grow those unusual or heirloom plants this summer that you can't find at your local bedding plant outlet by starting them from seed yourself! We'll guide you through the process step-by-step and you'll see how easy it is when you supply the seedlings with their basic needs.

Colleen Hampton

Date: *February 8 (Saturday)*  
Time: *10 am - Noon*  
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 Hittie has used his degrees in Horticulture and Landscape Architecture to help design award winning landscape plans for over ten years. Hittie Landscape Architects is the design firm that Tom operates and offers design services to commercial and residential clients in the area.

Date: *March 3, 10, and 17*  
Time: *7 - 9 pm (Monday)*  
Fee: *\$22*  
Location: *Pottorf Hall, Cico Park*

## The Manhattan Community Garden

The Manhattan Community Garden is a cooperative gardening project located in the south part of Manhattan. Land is provided by the City and supervised by UFM. Over 150 plots are available on an annual basis. A small plot fee is charged to cover costs of operating the program. Rent is charged on a sliding fee scale to allow all income groups to participate. Water, mulch, tools, seeds and advice are available.

Orientation and plot rental occurs each year beginning in February and continues until all plots are rented. 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.

For more information, call UFM at 539-8763. You will be put in touch with the Garden Coordinator.

The spring orientation and sign-up schedule is as follows. Orientation meetings will start promptly at the time listed.

#### RETURNING GARDENERS:

February 5 Wednesday 7:30 pm UFM Greenhouse  
February 8 Saturday 10:00 am UFM Greenhouse

#### NEW GARDENERS:

March 5 Wednesday 7:30 pm UFM Greenhouse  
March 15 Saturday 10:00 am UFM Greenhouse  
April 12 Saturday 10:00 am Manhattan  
Community Garden, 9th St. & Riley Lane

Late gardeners, call UFM at 539-8763 for an appointment for the orientation.





### Archaeology of Northeast Kansas

EN-05

This class will introduce participants to the people who lived in our state during the last 12,000 years. It is designed to introduce participants to the types of evidence left by earlier populations. Particular attention will be directed to studying stone tools, including seeing how they were made. Other types of artifacts and physical remains will also be discussed, and we will talk about past lifeways as we understand them from studying these remains. Information will be provided on how to learn more and how to become involved in studying the past, while also joining our effort to preserve the past for the future. Participants who have artifact collections and would like to learn more about them are encouraged to bring them to the class.

**Donna C. Roper** (716-3772), has been involved in archaeological investigations in the Central Plains and Midwest for over 25 years. She currently works as a researcher and consultant in the Kansas-Nebraska area. She has taught archaeology at K-State and holds an adjunct faculty appointment at the University.

Date: *March 5, 12, and 19*  
Time: *7 - 9 pm (Wednesday)*  
Fee: *\$14 individual/\$20 couple*  
Location: *Justin Hall 341, KSU*



### Fishing Area Waters

EN-07

This class will cover fishing around the local area and which lake or stream might be best for a special species of fish. We will talk about the type of fish you are interested in. We will also touch on what lakes have the best populations of what kind of fish. This class will be taught at the level of the participant. If you like to catch fish, you'll like this program.

**Paul Miller** (539-7941), is a life long resident of Kansas and for the past 25 years has lived in the Manhattan area. He was a Conservation Officer for 20 years and now manages Tuttle Creek State Park. He has spent numerous hours fishing the waters around the Manhattan area.

Date: *March 19 (Wednesday)*  
Time: *7 pm*  
Fee: *\$8*  
Location: *UFM Multipurpose Room*

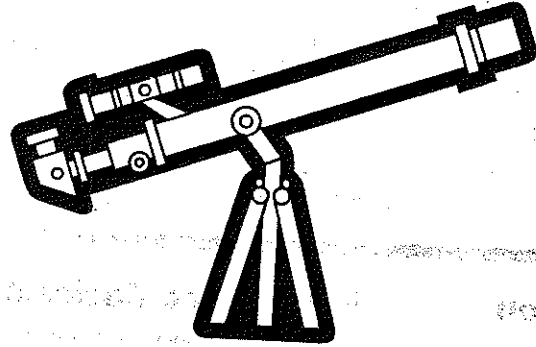
### Beginning Fly Tying

EN-10

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 the owner of Sodie's Fly Shop and 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: *February 12, 13, 19, and 20*  
Time: *6:30 - 8:30 pm (Wed & Thurs)*  
Fee: *\$20*  
Location: *Sodie's Fly Shop  
6390 Rockenham Road, St. George  
Call UFM for directions*



### The Summer Sky

EN-11

The summer sky isn't as spectacular as the winter sky, but is more familiar to most people. (Fair-weather stargazers!) In this class we'll teach you to find your way among the swan, the eagle, the scorpion, and the teapot. We'll point you to the center of our galaxy, and explore the summer triangle. (Again, you get a FREE lesson on the dippers and the North Star!) Maps will be available; take them on vacation, on camping trips, or plan your own star-gazing sessions. This is also an indoor program.

**Dean Stramel** (539-1931), teaches Earth Science classes at Manhattan H.S. He has been sharing his knowledge of the sky for years, and loves to meet people who share his interest in the night sky.

Date: *May 12 (Monday)*  
Time: *7 pm*  
Fee: *\$8 individual class/\$12 family  
\$16 individual series/\$24 family*  
Location: *Manhattan High School Little Theater  
2100 Poyntz Avenue*

### Dark-Sky Telescope Observing Session

EN-12

We'll set up at least one mid-sized telescope, (a C-8, for those who know what that is!), and "scope out" whatever we can find in the sky. We'll see Saturn and its rings, a crescent moon, the Orion nebula, and whatever else we can catch. We'll also share the information you need to view comet Hale-Bopp, which is going to be visible through May. It's winter, folks, so dress WARMLY!! Wear warm boots, lots of clothes, and a HAT! Bring a thermos of coffee or cocoa. Remember, you'll be out in the open, and standing still on very cold ground. Star maps will be available, and you'll get a pretty good tour of the sky. We'll stay out as long as interest holds, or as long as blood circulates to our toes. If you're unsure about the weather conditions on class night, call Dean to be sure. If we're stormed or clouded out, we'll use Monday the 17th as a backup, or call everyone enrolled to set up a time.

*Dean Stramel*

Date: *March 14 (Friday)*  
Time: *6:30 pm*  
Fee: *\$8 individual class/\$12 family  
\$16 individual series/\$24 family*  
Location: *Manhattan High School Little Theater*

### Comet Hale-Bopp

EN-13

Touted by some as a candidate for "the comet of the century", and certainly one of the brightest of our lifetime, comet Hale-Bopp will put on quite a show this spring. This class will be an indoor, warm-feet discussion of comets in general, and Hale-Bopp in particular. We'll share what is known about the comet and its motions, so anyone with any expertise is welcome. During the class we'll give you maps and information to plan your own comet-watch. (That will be when COLD feet come into play!) We'll also organize an excursion to a dark site for a group watch, where at least one telescope will be available. We'll wait until the class to announce a time, since by then we'll have better information of Hale-Bopp's position, and a better idea of weather conditions. Anyone who enrolls in the class is entitled to attend this observing session.

*Dean Stramel*

Date: *March 13 (Thursday)*  
Time: *7 pm*  
Fee: *\$8 individual class/\$12 family  
\$16 individual series/\$24 family*  
Location: *Manhattan High School Little Theater*

### The Winter Sky

EN-14

Join us to learn the spectacular winter sky, where Orion rules! Learn some of the brightest stars in the sky, including the red giant Betelgeuse, super-hot Rigel, and the dog-star, Sirius. We'll show you the highlights of the winter sky, and lots of information about the sky in general. (All Dean's star shows include a FREE lesson on the dippers and the North Star!) There will also be lots of good hints on observing, and plenty of opportunities for anyone to share their own tidbits of sky facts and lore. This will be an INDOOR program, but maps will be provided so you can find your own way around the sky whenever you can get out.

*Dean Stramel*

Date: *February 10 (Monday)*  
Time: *7 pm*  
Fee: *\$8 individual class/\$12 family  
& \$16 individual series/\$24 family*  
Location: *Manhattan High School Little Theater*

### The Oregon-California Trail

EN-03

Learn information and history about the Oregon Trail. Two class sessions will prepare participants for a field trip on the Oregon Trail. Areas of discussion will be: why go, equipment, supplies, route and timing, destination, and dangers along the way.

**Vern and Carol Osborne** both have a fascination for history, the trails west in particular. Vern is a civil engineer and Carol is a homemaker.

Date: *April 1, 8, and 12*  
Time: *7 pm (Tuesdays), 9 am (Saturday)*  
Fee: *\$16 individual/\$21 family*  
Location: *UFM Conference Room*

### Children's Gardening Youth section

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

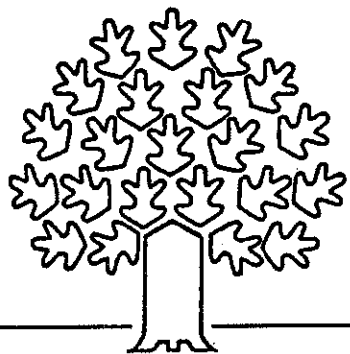
### Northern Flint Hills Audubon

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!**



# Martial Arts

1221 THURSTON

539-8763

## Beginning Taekwondo for Adults

MA-09

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 Taekwondo 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 Taekwondo Association and is an instructor with the K-State/Manhattan Taekwondo Club. She also has extensive experience in weight training, stretching, and adaptive stretching (for those with physical limitations).

Date: January 28, 31, Feb 4, 7, 11, & 18  
No class February 14  
Time: 7 - 7:45 pm (Tues & Fri)  
Fee: \$33  
Location: First Lutheran Church (Parish Basement)  
930 Poyntz Avenue

## Beginning Taekwondo for Adults

MA-10

DC Lehman

Date: February 25, 28, March 4, 7, 11, and 14  
Time: 7 - 7:45 pm (Tues & Fri)  
Fee: \$33  
Location: First Lutheran Church (Parish Basement)  
930 Poyntz Avenue



## Taekwondo Karate I

MA-01

Taekwondo is a traditional martial art designed to provide the ultimate in unarmed self-defense. Blocking, punching, and kicking develop balance, flexibility, and agility while improving cardiovascular fitness and self-confidence. Teaching methods include class 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 Taekwondo degree ranking is held in Topeka. The cost is not included in the class fee and a uniform is required for testing. Age 7+

\*\* Thursday, January 23, 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 Taekwondo. Former Captain and Chief instructor of Taekwondo 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 Taekwondo.

Date: January 23 - May 15  
No class March 25 & 27  
Time: 6:30 - 7:30 pm (Tues & Thurs)  
Fee: \$72  
Location: Ahearn Fieldhouse, KSU

## Taekwondo Karate II Advanced

MA-02

Grandmaster Chae Sun Yi and Corey Lewis

Date: January 23 - May 15  
No class March 25 & 27  
Time: 7:30 - 8:30 pm (Tues & Thurs)  
Fee: \$72  
Location: Ahearn Fieldhouse, KSU



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## Beginning Aikido

MA-03

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 3 - May 14  
No class March 24 & 26, or April 28  
Time: 7 - 8:30 pm (Mon & Wed)  
Fee: \$46  
Location: Ahearn Fieldhouse, KSU

## The Fighting Art of White Dragon Kung Fu

MA-04

This class will be taught as an introduction to 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 27 - May 15  
Time: 7:30 pm (Mon/Thurs)  
Fee: \$41  
Location: Ahearn Fieldhouse, KSU

## White Phoenix Basics

MA-05

The White Phoenix System is composed of basic techniques from Kung Fu, Karate, Kempo, Taekwondo, and Jujitsu self defense; as well as mental training from Ninjitsu. This class will cover the basics of the White Phoenix System, both grappling and striking. Class fee includes 3 manuals.

Stan Wilson is the founder of the White Phoenix System. He has black belts in Jujitsu and two styles of Kung Fu and has studied martial arts for 28 years.

Date: April 6 - May 11  
Time: 3 - 4 pm (Sunday)  
Fee: \$39  
Location: Ahearn Fieldhouse

Youth Self-Defense & Safety classes are found on Page 24

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 25.

# 776-5577

## PIZZA SHUTTLE DELIVERS



Fast...Anywhere in Manhattan

"NO COUPON" SPECIAL  
EVERYDAY TWO-FERS \$9.75  
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"We Deliver During Lunch"

Hours: Mon.-Thur. 11 am-2 am  
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1800 Claflin Rd. • Manhattan • First Bank Center

Please register for all Civic Theatre classes at 539-8028.

1035

# Manhattan Arts Center



# 1997 Spring Classes

Sponsored by the Manhattan Center for the Arts

January 27 - May 30

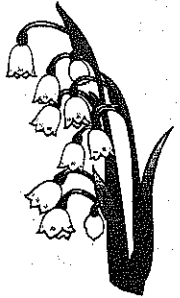
## Manhattan Center for the Arts

1520 Poyntz Ave., Manhattan KS

and the

## Annex Pottery Studio

1508 Poyntz Ave., Manhattan KS



Children and Youth classes at the  
Manhattan Center for the Arts  
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

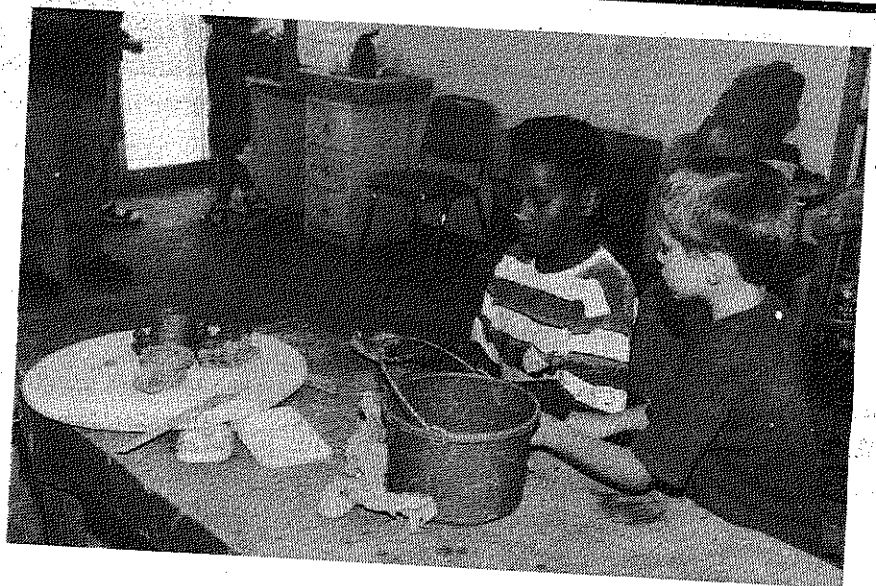
The Manhattan YES! Fund has provided a grant to  
work in partnership with USD 383 in providing free  
busing. Students requiring busing will be picked up  
at home or their area school, transported to the  
Center for the Arts for classes and returned back to  
their pick-up point. Depending upon final  
registration for each class, busing may or may not be  
available. When registering for classes at 537-4420,  
please indicate the need for transportation.

Funding provided in part by  
The City of Manhattan;  
Private and Business Donors;  
the Kansas Arts Commission, a stage 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**



## Featuring classes in:

### Clay:

Hand Built Pottery  
Wheel Thrown Pottery

### Visual Arts:

2D Mixed Media  
Painting

### Theatre:

Drama Workshops

### REGISTRATION INFORMATION:

- The Manhattan Center for the Arts will handle registration for ALL its classes (clay, visual arts & theatre) at 537-4420.
- Advance registration to reserve your spot is recommended.
- Please indicate the need for busing when registering for classes.



# 1997 SPRING

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

## MAKE IT IN CLAY!

### Manhattan Clay Coalition Classes

All Clay Coalition classes held at the Manhattan Center for the Arts Annex unless specified elsewhere. Please call 537-4420 to register.

### Classes for Preschool Children

#### STORY TELLING IN CLAY

Fee: \$33 a YES! Fund Class: youth pay \$11 or \$0\* (limit 8 students, minimum 4)



In this class children will listen to a story, draw a picture and be guided in making a clay object inspired by the stories they hear.

Instructors: Susan Denson-Guy, Suzanne Hale & Fran Bellucci-Johnson (w/ interns from KSU Child Development)

**Ages 3-6 Children must be the minimum age at the time of enrollment!**

CC 119	M	9:00 - 10:15 am	Jan 27 - March 10
CC 219	M	9:00 - 10:15 am	March 31 - May 12
CC 110	M	10:30 - 11:45 am	Jan 27 - March 10
CC 210	M	10:30 - 11:45 am	March 31 - May 12

CC 129	T	9:00 - 10:15 am	Jan 28 - March 11
CC 229	T	9:00 - 10:15 am	April 1 - May 13
CC 120	T	10:30 - 11:45 am	Jan 28 - March 11
CC 220	T	10:30 - 11:45 am	April 1 - May 13

CC 139	W	9:00 - 10:15 am	Jan 29 - March 12
CC 239	W	9:00 - 10:15 am	April 2 - May 14
CC 130	W	10:30 - 11:45 am	Jan 29 - March 12
CC 230	W	10:30 - 11:45 am	April 2 - May 14

CC 149	Th	9:00 - 10:15 am	Jan 30 - March 13
CC 249	Th	9:00 - 10:15 am	April 3 - May 14
CC 140	Th	10:30 - 11:45 am	Jan 30 - March 13
CC 240	Th	10:30 - 11:45 am	April 3 - May 14

CC 159	F	9:00 - 10:15 am	Jan 31 - March 14
CC 259	F	9:00 - 10:15 am	April 4 - May 15
CC 150	F	10:30 - 11:45 am	Jan 31 - March 14
CC 250	F	10:30 - 11:45 am	April 4 - May 15



## After School Clay Discovery Series for Children and Youth

Discover the fun and the joy of making clay pots. Special projects will be taught to stimulate creativity and teach the basics of hand and wheel built clay construction. All materials included; no additional tools needed. (A small tool deposit may be required for some classes.)

Fee: \$39 a YES! Fund Class: youth pay \$13 or \$0\* (limit 8 students/class, minimum 4)

#### CRITTERS IN CLAY

Instructor: Stan Paskewicz

CC 113	Grades 4-8	M	3:45 - 5:15 pm	Jan 27 - March 10
CC 213	Grades 4-8	M	3:45 - 5:15 pm	March 31 - May 12



#### HAND BUILT CREATIONS

Instructor: Susan Denson-Guy

CC 123	Grades 1-6	T	3:45 - 5:15 pm	Jan 28 - March 11
CC 223	Grades 1-6	T	3:45 - 5:15 pm	April 1 - May 13

#### HAND BUILT CREATIONS

Instructor: Georgia Hebert

CC 134	Ogden Elem.	W	4:00 - 5:30 pm	Jan 29 - March 12
CC 234	Ogden Elem.	W	4:00 - 5:30 pm	April 2 - May 14

#### WHEEL THROWN POTTERY

Instructor: Susan Denson-Guy

CC 143	Grades 7-12	Th	3:45 - 5:15 pm	Jan 30 - March 13
CC 243	Grades 7-12	Th	3:45 - 5:15 pm	April 3 - May 15

#### CLAY DISCOVERY FOR SPECIAL NEEDS

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

Instructor: Aaron Hinrichs (w/ interns from KSU Special Education Dept.)

CC 153	F	3:45 - 5:15 pm	Jan 31 - March 14
CC 253	F	3:45 - 5:15 pm	April 4 - May 16

### Daytime classes for adults

#### THE JOY OF HAND BUILDING

Fee: \$44 (MCC member) \$49 (non member) (limit 10 students/class, minimum 4)

If you have time on your hands then come and get them "dirty." Explore your wide range of creativity! Create things such as a bird house, chimes, or dishes that you can eat from when finished. No prior experience necessary!

Instructor: Fran Bellucci-Johnson

CC 111	M	1:00 - 3:00 pm	Jan 27 - March 10
CC 211	M	1:00 - 3:00 pm	March 31 - May 12

# CLASSES

## **SURFACE DECORATION**

Fee: \$44 (MCC member) \$49 (non member)  
(limit 10 students/class, minimum 4)



Want to try a different way of decorating your pots? Explore different methods of surface treatment including sgraffito, and mishima, carving and others. No prior experience necessary!

Instructor: Fran Bellucci-Johnson  
CC 121 T 1:00 - 3:00 pm Jan 28 - March 11  
CC 221 T 1:00 - 3:00 pm April 1 - May 13

## **CLAY FOR SPECIAL NEEDS POPULATIONS**

Fee: \$32 (scholarships are available)  
(limit 8 students)

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

Instructor: Aaron Hinrichs  
CC 131 W 1:00 - 3:00 pm Jan 29 - March 12  
CC 231 W 1:00 - 3:00 pm April 2 - May 14

## **INTRODUCTION TO POTTERY: WHEEL THROWN**

Fee: \$44 (MCC member) \$49 (non member)  
(limit 8 students/class, minimum 4)

Yes, you can make a pot on the wheel! Enroll and we will help you "find your hands in clay" as you learn the basics of functional wheel thrown pottery. No experience necessary. Those wanting to hone their skills are also welcome.

Instructor: Fran Bellucci-Johnson  
CC 141 Th 1:00 - 3:00 pm Jan 30 - March 13  
CC 241 Th 1:00 - 3:00 pm April 3 - May 15

## **COMBINING FORMS: "HAND BUILDING & WHEEL THROWN"**

Fee: \$44 (MCC member) \$49 (non member)  
(limit 8 students/class, minimum 4)

Work at improving your skills, make lidded pots, spouts that pour without dribbling, and combined forms. This is a great opportunity to improve your skills while learning new techniques.

Instructor: Fran Bellucci-Johnson  
CC 151 F 1:00 - 3:00 pm Jan 31 - March 14  
CC 251 F 1:00 - 3:00 pm April 4 - May 16

## **Evening Classes for Adults and Children**

### **INTERMEDIATE & ADVANCED WHEEL THROWING**

Fee: \$60 a YES! Fund class: youth pay \$28 or \$0\*  
Adult Fee: \$55 (MCC member) \$60 (non member)

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 and explore.

Instructor: Ester Ikeda  
CC 117 M 7:00 - 9:30 pm Jan 27 - March 10  
CC 217 M 7:00 - 9:30 pm March 31 - May 12

## **OUTDOOR SCULPTURE - "YARD ART"**

Fee: \$44 (MCC member) \$49 (non member)

Create the focal point for your garden or patio in this unique sculpture class. In this class you will have the opportunity to create a single large form that you will work on for the entire class. Create the bird bath or "bust" that you have dreamed of.

Instructor: Vickey Grochowski  
CC 127 T 7:00 - 9:00 pm Jan 28 - March 11  
CC 227 T 7:00 - 9:00 pm April 1 - May 13

## **JEWELRY MAKING WITH CLAY**

Fee: \$44 (MCC member) \$49 (non member)

Discover the diversity of clay jewelry forms. Create your own earrings, pendants, beads, pins, or barrettes. You will use stoneware & porcelain clay bodies to make your own wearable art! There will be a small additional charge for jewelry findings depending upon what you create.

Instructor: Lori Kovash  
CC 136 W 6:00 - 7:45 pm Jan 29 - March 12  
CC 236 W 6:00 - 7:45 pm April 2 - May 14

## **OPEN STUDIO NIGHT**

Fee: \$30 Lab Fee



Open studio night provides studio time for experienced potters to work on their own projects. This is the ideal time to develop new ideas and obtain feed back from others. (Open studio members must enroll in this lab time separate from their other studio enrollment, this provides a small break in lab fees!)

Facilitator: Bee Dunn  
CC 138 W 8:00 - 10:00 pm Jan 29 - March 12  
CC 238 W 8:00 - 10:00 pm April 2 - May 14

## **FAMILY CLAY ADVENTURE**

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

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

Instructor: Ester Ikeda  
CC 146 Th 6:30 - 8:30 pm Jan 30 - March 13  
CC 246 Th 6:30 - 8:30 pm April 3 - May 15

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

## Weekend Classes for Adults and Youth

### INTRODUCTION TO WHEEL THROWN POTTERY

Fee: \$48 a YES! Fund class: youth pay \$16 or \$0\*  
(limit 8 students, minimum of 4)

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

Instructor: Gary Tyson

CC 160 Grades 9 & up S 10:00 - noon Feb 1 - March 15

CC 260 Grades 9 & up S 10:00 - noon April 5 - May 17

Instructor: Lori Kovash

CC 161 Grades 6 & up S 1:00 - 3:00 pm Feb 1 - March 15

CC 261 Grades 6 & up S 1:00 - 3:00 pm April 5 - May 17



### 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 3:00-9:00 pm & Sun noon-9:00 pm CC 390

Registration Fee: \$10, paid at the time of enrollment

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

Clay Fee: \$6.25/25 lbs. clay, billed monthly (subject to change)

To be eligible for Open Studio Use one must:

1. Be a current member of the Clay Coalition, (Annual membership: \$15 individual; \$25 family; \$5 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 Use Card" and turn it in on time.

Hourly fee includes: use of the wheels, slab roller, tools, glazes and kiln space. Each person who enrolls in Open Studio is required to call Vickey Grochowski, Studio Manager at 537-4984 or 776-3334, 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. You may be required to bring several clay pieces that you have made to determine open studio eligibility. Open Studio privileges may be revoked if studio policies are not followed.



### COMMUNITY OUTREACH CLAY CLASSES

The Manhattan Clay Coalition would like to bring a clay class to you! If your group (any age) would like to experience a hand building clay class taught by a professional and enthusiastic instructor please contact Susan Denson-Guy, MCC Education Coordinator at 776-8356 or 776-3334 to discuss your group's needs. Fees and dates will be set on an individual basis. Enjoy the clay experience - while everything is brought to you!

## Theatre Classes for Youth

### DRAMA WORKSHOPS (Grades 1-6)

ONCE UPON A TIME ...

FEE: \$24; a YES! Fund class, you pay \$8 or \$0\*

Come and join in the fun. Let your imagination take the lead, as you learn the art of story-telling.

M & W 3:45 - 5:15 p.m. Jan 27 - Feb 26

CREATIVE DRAMATICS

FEE: \$24; a YES! Fund class, you pay \$8 or \$0\*

"All the world loves a clown"! In this class you will learn the art of clowning around. So sign up, and be a clown.

T & Th 3:45 - 5:15 p.m. Mar 4 - Apr 17 (6 weeks)

AM I YOU OR AM I ME?

FEE: \$24; a YES! Fund class, you pay \$8 or \$0\*

Do you like to do impressions of other people? Join us and see how much fun it can be to pretend you're someone else for a while!

M & W 3:45 - 5:15 p.m. Apr 21 - May 21

### DRAMA WORKSHOPS (Grades 7-12)

B&B - BECKETT & BRECHT

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

T & Th 3:30 - 5:30 p.m. Jan 28 - Feb 27

STAGECRAFT

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

M & W 3:30 - 5:30 p.m. Mar 3 - Apr 16 (6 weeks)

EXPERIMENTAL THEATER FOR HIGH SCHOOL STUDENTS

FEE: \$30 (scholarships available)

Days and times to be announced; Jul 6 - Aug 9

## Visual Arts Classes for Youth

### PASTEL, WATERCOLOR AND COLLAGE (Grades 4-6)

Fee: \$27; a YES! Fund class, you pay \$9 or \$0\*

In a series of five sessions, students will explore a variety of 20 media. Art history and artists' biographies will be incorporated into each lesson for inspiration.

Sat 9:00 - 10:30 a.m. Feb 8 - Mar 15

Th 3:45 - 5:15 p.m. Apr 3 - May 1

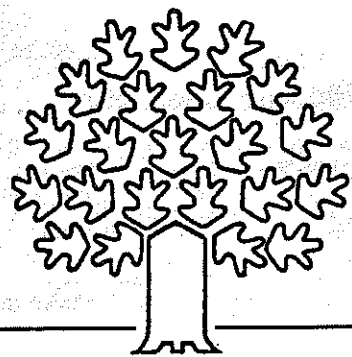
Location: Gallery A, Manhattan Arts Center

### REGISTRATION INFORMATION:

- The Manhattan Center for the Arts will handle registration for ALL its classes (clay, visual arts and theatre) at 537-4420.
- Advance registration to reserve your spot is recommended.
- Please indicate the need for transportation when registering for classes.







# Recreation

1221 THURSTON

539-8763

## 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.

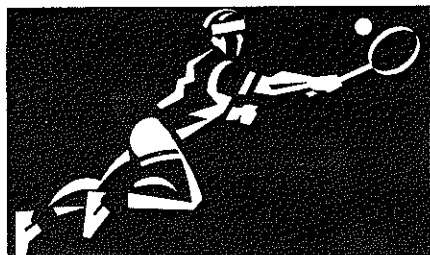
Date: February 20 - April 10  
No class March 27  
Time: 6:30 - 7:30 pm (Thursday)  
Fee: \$25  
Location: UFM Fireplace Room

## Hawaiian Dance

RH-12

Marie Odejar

Date: February 22 - April 12  
No class March 29  
Time: 10 - 11 am (Saturday)  
Fee: \$25  
Location: UFM Fireplace Room



## Tennis: Junior Beginners Ages 7 - 16

RH-09

Join us for fun and skill development in this great sport! This class is designed for beginning players and will provide instruction in fundamentals of strokes, 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 7, 14, 21 & 28  
Time: 6:30 - 7:30 pm (Monday)  
Fee: \$36  
Location: LP Washburn Rec Complex, KSU

## Tennis: Beginners Ages 17 and Up

RH-10

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

Mark Tessendorf

Date: April 7, 14, 21, & 28  
Time: 7:30 - 8:30 pm (Monday)  
Fee: \$36  
Location: LP Washburn Rec Complex, KSU

## Ballroom Dance I

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. Berkley; Mandola Ballroom, San Francisco; AliBaba Ballroom, Oakland CA; Chicago Dance Studio, Chicago, IL; and Avenue Ballroom, San Francisco. He was the 1986 San Francisco Avenue Ballroom Jitterbug Champion. Sara Saunders is a dance student at Kansas State University. She has danced Ballet nearly all her life and has taught at the Arthur Murray School of Dance.

Date: January 31 - April 25  
No class March 28  
Time: 6:30 - 7:30 pm (Friday)  
Fee: \$33 individual / \$60 couple  
Location: ECM Student Center  
1021 Denison Avenue

## Ballroom Dance I

RH-07

Michael Bennett & Sara Saunders

Date: January 31 - April 25  
No Class March 28  
Time: 7:30 - 8:30 pm (Friday)  
Fee: \$33 individual / \$60 couple  
Location: ECM Student Center  
1021 Denison Avenue

## Aerobic Instructor Training Course

RH-17

Information will be provided and classes will be presented to prepare the participants for Aerobic Certification through AFAA, ACE, or ACSM. The essentials of aerobic exercise such as Anatomy and Physiology, Body Composition, General Nutritional Needs, Class Design and more will be covered. Fee includes training booklet.

Kim Davis (532-0704), has a B.A. in Exercise Science from Texas Lutheran College. She has been certified with AFAA since 1992. She is a second year GTA at KSU Department of Kinesiology. She is currently working on her Masters of Science in Exercise Physiology.

Date: January 28 - March 18  
Time: 7 - 8:30 pm (Tuesday)  
Fee: \$57  
Location: Ahearn Fieldhouse Room 4, KSU



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

## 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.

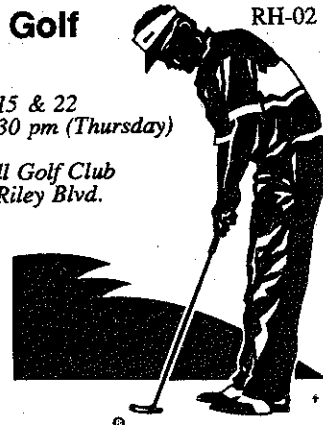
Date: April 3, 10, 17 & 24  
Time: 6 - 7 pm (Thursday)  
Fee: \$34  
Location: Stagg Hill Golf Club  
4441 Ft. Riley Blvd.

## Introduction to Golf

RH-02

Jim Gregory

Date: May 1, 8, 15 & 22  
Time: 6:30 - 7:30 pm (Thursday)  
Fee: \$34  
Location: Stagg Hill Golf Club  
4441 Ft. Riley Blvd.



## Golf

\*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 6 - May 1  
Time: 9:30 - 11:30 am (Thursday)  
Fee: \$93 non-credit  
\$128 credit  
Location: Stagg Hill Golf Club  
4441 Ft. Riley Blvd

## Golf

RH-03

\*One hour optional KSU credit available

Jim Gregory

Date: April 29  
Time: 11:30 am (Thursday)  
Fee: \$93 non-credit  
\$128 credit  
Location: Stagg Hill Golf Club  
4441 Ft. Riley Blvd

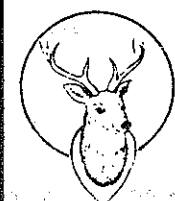
## Golf

RH-05

\*One hour optional KSU credit available

Jim Gregory

Date: April 30  
Time: 11:30 pm (Wednesday)  
Fee: \$93 non-credit  
\$128 credit  
Location: Stagg Hill Golf Club  
4441 Ft. Riley Blvd



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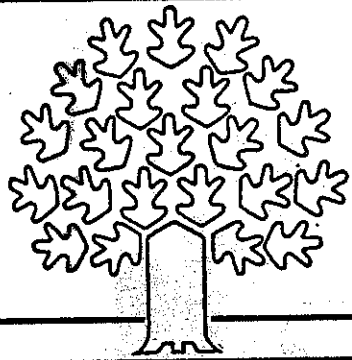


539-1041

Jim Gregory, PGA Professional

Special THANKS TO THE UFM INSTRUCTORS who volunteer their time.

© 1992



# 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 photojournaling. You will receive assistance in helping create a unique and lasting photo album. **Bring a packet of pictures (12) and memorabilia plus a pair of scissors.** 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 (Thursday)  
Time: 7 - 9:30 pm  
Fee: \$15  
Location: UFM Fireplace Room

## Safe and Creative Care of Family Photos

CF-02

*Pam Schmid*

Date: March 10 (Monday)  
Time: 7 - 9:30 pm  
Fee: \$15  
Location: UFM Fireplace Room

## Safe and Creative Care of Family Photos

CF-03

*Pam Schmid*

Date: April 17 (Thursday)  
Time: 7 - 9:30 pm  
Fee: \$15  
Location: UFM Fireplace Room

## Beginning Sewing

CF-04

Beginning sewing is designed for the non-sewer, the adult sewer who hasn't picked up a needle in years or the beginning sewer who dares him or herself to try a more complex pattern or an extra special fabric. Participants are encouraged to wait until after the first class to choose patterns and fabrics. Measurements will be made and supply lists provided then. Some topics to be covered include color coordination, fitting, garment construction, finishing and accessorizing with notions. Please bring your own machine in good working order.

*Georganne White* (776-3658), has thirty years experience in sewing. She has done alterations for retail establishments, for others and for her home. She has done custom sewing and "dressed" wedding parties. She creates her own patterns and design. She makes the majority of her own "special occasion" clothes as well as those for her children.

Date: January 28 - April 8  
No class March 25  
Time: 6 - 7:30 pm (Tuesday)  
Fee: \$31  
Location: UFM Multipurpose Room

## Downtown Manhattan Walking Tour

CF-05

Join us for a walking tour of downtown Manhattan. You will learn some history about the buildings, the people, and the development of downtown Manhattan.

*Cheryl Collins* is the director of the Riley County Historical Museum. Her interest and knowledge of history is evident in her tours.

Date: May 7 (Wednesday)  
Time: 6:30 pm  
Fee: \$8 individual/\$12 family  
Location: Meet at Courthouse Plaza

## Parent/Infant Play Group

CF-06

A time for mothers and their infants to get together and share concerns, joys, accomplishments, etc. Guest speakers will be invited to share information on topics determined by group interest.

*Andi Parr* (539-8763), is the swim coordinator at UFM, a K-State student, and new mother. She enjoys sharing and learning mothering techniques with others.

Date: February 27 - April 24  
Time: 11 am - Noon (Thursday)  
No meeting March 27  
Fee: \$8  
Location: UFM Multipurpose Room

## Creation of a Three Dimensional Mosaic Seed Bird

CF-14

The instructor will demonstrate and assist you in creating a three dimensional seed mosaic bird, a craft invented and developed by him. Use Elmer's glue to fasten seeds, pods and other plant materials to a simple wooden armature (provided) to make one of a variety of small bird species. (Examples can be seen at the Country Gift Shop in the Holidome.) **Materials for creating your seed-bird, glass dome and wooden base are included in class fees.**

*Dwight Nesmith* (776-5051), retired Engineering Professor, has been making the "Seed-Birds" for about 25 years - an original hobby which turned out to be quite successful. He was an invited craftsman at the Fall National Crafts Festival at Silver Dollar City for 15 years, and after a 6 year hiatus, returned again in fall 96.

Date: January 28 - February 25  
Time: 7 - 9 pm (Tuesday)  
Fee: \$31  
Location: UFM Conference Room

## Learning to Write and Sell Speculative Fiction

CF-15

A workshop where students learn through participation, this class will introduce the fundamentals of writing and selling novels, stories, and teleplays, especially those in the genres of science fiction, fantasy, and horror. General topics will be covered, such as what to write, how to write, and where to sell the finished product. Please bring a sample of a work in progress or begin a project after the first class session. Work will be critiqued by the instructor and by other members of the class.

*Glenn Sixbury* has been writing and selling science fiction and fantasy for nine years. His credits include science fiction, fantasy, and horror stories published in magazines and in national hard-cover and paperback anthologies. Over 100,000 copies of his stories exist in print, including international versions in both French and German. He is currently working on a science fiction novel and a Star Trek Voyager script.

Date: April 1, 8, and 15  
Time: 7:30 - 9:30 pm (Tuesday)  
Fee: \$14  
Location: UFM Fireplace Room

## Historic Fort Riley

CF-17

This one night session will acquaint you with the rich history of this famous frontier and modern-day Army post. From its founding in 1852 to the present, participants will learn about the role Fort Riley has played in the history and development of our country; some of the famous soldiers and units who have served here; and its current historical activities. During the class, students will be able to visit the U.S. Cavalry Museum and other points of interest on Main Post.

*Bill McKale* (239-2737), is the Museum Specialist in the Museum Division on Fort Riley.

Date: March 27 (Thursday)  
Time: 7 pm  
Fee: \$8  
Location: meet at Patton Hall  
Fort Riley, Main Post

### 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!**

## Ben Franklin Craft Store & Frame Shop

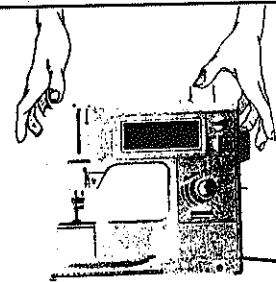
Your Creative Outlet

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# Food for Fun!

## Cake Decorating

FF-01

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

*Tammy Sinn* began decorating cakes several years ago as a hobby. Her first lessons were at a UFM cake decorating class. She currently decorates cakes for Dillons.

Date: April 3, 10, 17, and 24  
Time: 7 - 8:30 pm (Thursday)  
Fee: \$24  
Location: UFM Kichen

## How To Make Russian Blintzes

FF-02

Learn how to prepare Russian Blintzes. Blintzes are thin rolled pancakes which are often stuffed with meat, rice, vegetables, honey and jam or cottage cheese. Everyone gets a taste!

*Liuba Ramm* graduated from the Department of Modern Languages at Izkoutsk University. She has taught foreign language in Russia. Liuba has taught UFM Russian Language and she now invites you to learn some Russian cooking.

Date: January 27 (Monday)  
Time: 7 - 9 pm  
Fee: \$10  
Location: UFM Kichen

## Vegetarian Cooking For The Beginner

FF-03

Vegetarian cuisine can be more creative than cheese pizza and grilled cheese sandwiches. This course will expose students to basic vegetarian cooking with soy products, beans and lentils and other nutritious foods. Students will learn how to create their own recipes that are sure to please. Make sure to come to class hungry. Dinner will be provided!

*Mike Bonella* (539-4811), is the current manager at the People's Grocery, a natural food store in Manhattan. He is an experienced vegetarian cook and enjoys cooking healthy meals for his friends.

Date: February 5, 12, 19, and 26  
Time: 6 pm (Wednesday)  
Fee: \$27  
Location: UFM Kichen

## A "Wok" on the Light Side

FF-04

Low fat, nutritious meals that taste great are easily prepared using stir-fry techniques. This a "learn by doing" class that starts with the preparations of foods for stir-frying and concludes with a feast of nutritious, colorful and flavorful dishes! You will also learn which oils are best for stir-frying, how to use fresh ginger, experiment with different sauces for stir-fry dishes, and try some foods which may be new to you. *If you have an electric wok, please bring it to class along with a sharp knife, a cutting board, and 3 - 4 quart size (approximate size) containers.*

*Sharon Flaming* (537-6350), is a Riley County Extension Agent. She has taught many wok cookery workshops.

Date: March 13 (Thursday)  
Time: 7 - 9 pm  
Fee: \$14  
Location: Pottorf Hall, Cico Park

## Black and White Film Developing for Beginners

CF-07

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: Students need to bring an exposed roll of Tri-400 ISO film to class.** All other materials are included in the fee. Class size limited.

*Harold Wellmeier* has a degree in Commercial and Industrial Photography. He enjoys black and white photography, and enjoys processing his own film.

Date: February 12 (Wednesday)  
Time: 7 pm  
Fee: \$14  
Location: UFM Darkroom  
Registration deadline Feb. 10

## Black and White Film Developing for Beginners

CF-08

*Harold Wellmeier*

Date: March 12 (Wednesday)  
Time: 7 pm  
Fee: \$14  
Location: UFM Darkroom  
Registration deadline March 10

## Black and White Film Developing for Beginners

CF-09

*Harold Wellmeier*

Date: April 9 (Wednesday)  
Time: 7 pm  
Fee: \$14  
Location: UFM Darkroom  
Registration deadline April 7

## Introduction to Skydiving: Why Would I Want To Jump Out of a Perfectly Good Airplane?

CF-16

This class will cover basic information on the sport of skydiving, including types of training, equipment used, and explanation of the experience and activities of skydiving. The class is designed for those considering skydiving training or those who would simply like to learn more about the sport.

*Tonja Nansel* (776-1154), made her first skydive 8 1/2 years ago as part of a joint birthday gift with her husband. She now has approximately 200 jumps under her belt. When not jumping out of planes, she works at K-State Research and Extension Office Of Community Health.

Date: February 6 (Thursday)  
Time: 7 pm  
Fee: \$8  
Location: UFM Multipurpose Room

## HANSEN NUTRITION CENTER

"DIET CURES WHAT DIET CAUSES"

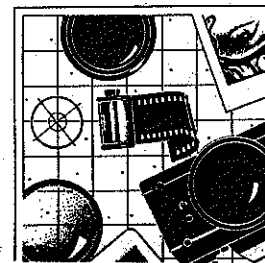
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MON.-SAT. 9:30 TO 6

537-4571

3112 ANDERSON AVE. (ACROSS FROM PLAZA WEST)



## Black and White Printing

CF-10

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 and White negatives of your choice to process and print in class.** Processing and printing materials included in class fees. Class size is limited.

*Harold Wellmeier*

Date: February 26 (Wednesday)  
Time: 7 pm  
Fee: \$15  
Location: UFM Darkroom  
Registration deadline Feb. 24

## Black and White Printing

CF-11

*Harold Wellmeier*

Date: March 19 (Wednesday)  
Time: 7 pm  
Fee: \$15  
Location: UFM Darkroom  
Registration deadline March 17

## Black and White Printing

CF-12

*Harold Wellmeier*

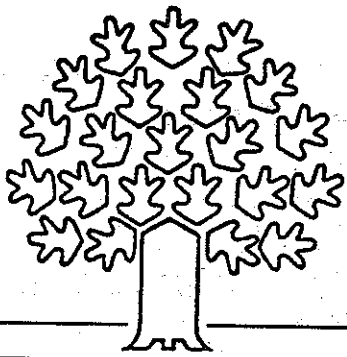
Date: April 23 (Wednesday)  
Time: 7 pm  
Fee: \$15  
Location: UFM Darkroom  
Registration deadline April 21

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# 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* (827-7302), 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 24  
Time: 6:30 - 10 pm (Monday)  
Fee: \$18  
Location: First Lutheran Church  
930 Poyntz Avenue

## "Children at Risk: The UN Convention on the Rights of the Child"

SP-06

Discussion of this UN Convention (treaty), the first legally binding international document to recognize the civil, political, economic, social, and cultural rights of children. It was approved by the UN in 1989 and applies to children everywhere. Further discussion will occur on the implications of "Parental Rights" legislation proposed in some state legislatures.

*Rosalys Rieger* (539-5293), has long studied and supported the work of the United Nations which the United States was instrumental in founding. She feels we should all be knowledgeable about this UN Convention, (which has the support of nearly 180 nations) and the hope it holds for the millions of the world's children who suffer abuse.

Date: March 6 (Thursday)  
Time: 7 - 9 pm  
Fee: \$10  
Location: Presbyterian Church-Fisher Hall  
801 Leavenworth

## 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 9, 16, 23  
Time: 7:30 - 9 pm (Wednesday)  
Fee: \$16  
Location: UFM Conference Room

## Introduction to Toastmasters: Public Speaking Made Easy

SP-19

Toastmasters is an International Organization which gives people the opportunity and the forum to speak in front of others. Fear of public speaking is one of most people's greatest fears. To master this one skill is to master one of the true keys to success. Picture yourself pitching a new idea to your bosses or presenting your views to a large civic organization. The only difference between you and the person on the podium is practice. Manhattan Toastmasters offers the place for that practice in a safe, friendly and relaxed environment. This introduction will go through a typical Toastmasters meeting. Those enrolled will have the option to participate or not, as they choose. Information about joining the Manhattan Toastmasters as a regular member will be discussed.

*The Manhattan Chapter of Toastmasters International* has been in operation for over 30 years. It's members have given many speeches to crowds large and small. Many of it's past members have gone on to live normal lives.

Date: February 3 (Monday)  
Time: 7:30 - 9 pm  
Fee: \$8  
Location: Crum's Beauty College  
512 Poyntz Avenue (side entrance)

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## Spiritual Psychology

SP-02

Spiritual psychology includes the enhancement and development of awareness as a primary aspect of human growth. This class will use an open discussion format to explore the development of spiritual awareness in the life path of each student. Concepts presented in this class will be derived from Buddhism, Jungian psychology, self psychology, and Judeo-Christian mysticism. Meditation will be included as part of each class.

*Dan Berkow* (532-6927), is a practicing psychologist and meditator. He has pursued various avenues of exploration on the path of spiritual development including the work of C.G. Jung, Zen and Tibetan Buddhism, Taoism, Jewish and Christian mystics. His approach to this class is eclectic, flexible, relaxed, but focused.

Date: January 27 - May 12  
Time: 7:30 - 9 pm (Monday)  
Fee: \$28  
Location: UFM Greenhouse

## 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 21 - May 12  
Time: 7:00 pm (Monday)  
Fee: \$18  
Location: UFM Conference Room

## Justice Through Nonviolence

SP-05

The methods of Gandhi, Martin Luther King Jr. and others will be described, videos of the civil rights movement and the movie *Gandhi* will be shown and discussed. Diverse, exertive nonviolent movements will be described and analyzed. The relative effectiveness of violent and nonviolent protests under diverse conditions and for different sorts of goals will be considered.

*Charles Perkins* (537-7699), is an experimental psychologist who has been a long-time peace activist.

Date: January 28 - April 8  
No class March 25  
Time: 7 - 8:30 pm (Tuesday)  
Fee: \$10  
Location: UFM Fireplace Room

## Meet Your Guardian Angels

SP-07

Do angels exist? Do you have a guardian angel? Have you ever wanted to make close personal contact with your angels? Angels are here to inspire and guide us with divine and loving wisdom. In this workshop, we will share angel stories and lore, and learn a process for opening to this unlimited guidance. Allow yourself to explore your heart and open your wings...and meet your angels.

*Monica Ward* is a certified massage therapist and owner of Manhattan Bodyworks Therapeutic Massage. She brings her light to Manhattan with the intention of helping hearts and bodies heal by recognizing their innate perfection.

Date: February 5 (Wednesday)  
Time: 7 - 9 pm  
Fee: \$18  
Location: Manhattan Bodyworks  
823 Bertrand Street



**The Kerygma: Discovering The Bible** SP-08

Kerygma: Discovering the Bible is a basic comprehensive introduction to the Bible as a whole. The phrase "The Bible as a Whole" is used to convey a concern for more than learning about each book and its contents. It seeks to underscore an interest in seeing the interconnections among the many parts of the entire Bible, as it speaks to us of God and faith and people. Through a process of reading, reflection, discussion and creative expression you will discover people, events and places and encounter a variety of biblical ideas. This session will take a survey of the New Testament.

Rev. Donald Longbottom (537-7006), is a graduate of Arizona State University and Golden Gate Seminary where he received a Masters of Divinity degree. In addition, he has done doctoral studies in social ethics at the Graduate Theological Union and the University of California at Berkeley.  
**\*\*Child care provided, \$1 per session. Book included in fee.**

Date: February 2 - May 18  
Time: 7 pm (Sunday)  
Fee: \$35  
Location: First Congregational Church  
700 Poyntz Avenue

**The Kerygma: Discovering The Bible** SP-09

Rev. Donald Longbottom

Date: February 4 - May 20  
Time: 10 am (Tuesday)  
Fee: \$35  
Location: First Congregational Church  
700 Poyntz Avenue

**Parents Together** SP-20

Are you being pushed to the limit by your teen? Do you think you are alone? Is your teen behaving in a disruptive way? Talk with other parents who have been in your shoes. Parents Together is a free group for parent's who may have teens experiencing problems with truancy, alcohol and/or drugs, pregnancy and legal issues. If your teen is having a problem with any of these issues, you may want to attend. Meetings are held the 2nd and 4th Tuesday of each month. The first meeting of the month is a supportive talking circle. The second is an educational program that deals with important issues you and your teen face.

Sponsored by NorthEast Kansas Regional Prevention Center. For questions about the group, call Jayme at 587-4372.

Date: January 14 (First Meeting)  
2nd and 4th Tuesday of each month  
Time: 7:30 - 9 pm (Tuesday)  
Fee: N/C  
Location: UFM House

**Down-Shifting: A New American Trend** SP-14

Learn the secrets of how to have a more fulfilling, enjoyable, and simpler lifestyle. Down-shifting (voluntary simplicity) is a rediscovered American movement that surfaced on the west coast a few years ago and is making its way rapidly across the nation. It is estimated that by the year 2000 around 15% of the baby boom population will be down-shifting as a way of life. Come join the "new global renaissance" and start planning for a better future.

Sharon Rice (539-0308), has been tracking the Voluntary Simplicity Movement since the early 1990's. Initially, her interest in the movement was personal, but after seeing the beneficial impact down-shifting can have on a person's life, emotionally and physically, she would like to help others employ down-shifting in order to improve their own lifestyles.

Date: February 25 (Tuesday)  
Time: 7 - 9 pm  
Fee: \$8  
Location: UFM Banquet Room

**Down-Shifting: A New American Trend** SP-15

Sharon Rice

Date: April 15 (Tuesday)  
Time: 7 - 9 pm  
Fee: \$8  
Location: Multipurpose Room

**Divorce: How Parents Can Help Their Children** SP-16

How should parents expect children to react to divorce? What can Mom and Dad do to promote successful adjustment to the divorce? Topics for discussion will include how children may feel responsible, divorce as it impacts self esteem and the child's view of the stigma of divorce.

Dennis Hemmendinger is a Licensed Psychologist who has worked at Pawnee Mental Health Services for the last 5 years. As a member of the Child and Family staff, he works with many child survivors of their parents' divorce.

Date: March 13 (Thursday)  
Time: 6:30 - 9 pm  
Fee: \$8  
Location: UFM Conference Room

**SEXUAL HARASSMENT ASSAULT RAPE PREVENTION**  
SHARP self-defense workshops are available for organization, groups or schools. Contact UFM, 539-8763, to coordinate a workshop.

**Death: The Final Frontier**  
A LECTURE SERIES ON THE DEATH EXPERIENCE

John Skare has been a UFM instructor on an array of different topics. He thought it would be interesting to demystify the subject of death. He has assembled four experts in their respected fields to help take the mystery out of a daily occurrence in America. On an average day 5,000 people in America die.

**Death Investigation** SP-10

Police Detective Al Riniker of the Riley County Police Department will cover the topics of murder, suicide and accidental death.

Date: March 5 (Wednesday)  
Time: 7 - 8 pm  
Fee: \$8 one class/\$20 for series  
Location: UFM Conference Room

**Autopsy** SP-11

Dr. Eric Berg a pathologist at Irwin Army Hospital will cover clinical and biological death and the autopsy procedure. **Precautionary warning: a slide presentation of the autopsy procedure will be shown. If you are of a sensitive nature and are easily distressed by viewing the dissection of the human body, you may leave the presentation at any time during the class.**

Date: March 12 (Wednesday)  
Time: 7 - 8 pm  
Fee: \$8 one class/\$20 series  
Location: UFM Conference Room

**The Funeral Home** SP-12

Yorgensen-Meloan Funeral Director at Edwards-Yorgensen-Meloan Funeral Home in Manhattan will cover the embalming procedure, the death scene, the role of Funeral Director, Kansas state laws and service options. He will also show a video on the funeral service.

Date: March 19 (Wednesday)  
Time: 7 - 8 pm  
Fee: \$8 one class/\$20 for series  
Location: UFM Conference Room

**Coping with Death** SP-13

Jennifer Boyda a social worker at Hospice in Manhattan will cover the stages of grief and how to deal with grief.

Date: March 26 (Wednesday)  
Time: 7 - 8 pm  
Fee: \$8 for class/\$20 for series  
Location: UFM Conference Room



Oak Grove School is a secular, nonprofit school for children between the ages of 3-10 years. We offer an innovative option to traditional education.

Oak Grove School encourages and assists children in their quest for knowledge. Subjects are taught the way children learn best - by doing.

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Summer program available



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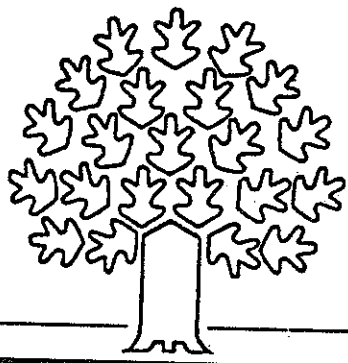
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- \* Couples \* Weddings

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**539-1550**



# Wellness

1221 THURSTON

539-8763

## Healing Workshop

WE-15

With openness and trust, the body can be encouraged to be its own powerful healer. In this workshop we will examine different modes of healing used throughout the ages and encourage our own growth and healing through various physical and energy exercises. Ancient Hawaiian kahuna healing, aromatherapy, massage, spiritual healing and meditation will be explored. We will learn to cooperate with the healer within and assist others in their healing of mind, body and emotions.

Monica Ward is a certified massage therapist and owner of Manhattan Bodyworks Therapeutic Massage. She brings her light to Manhattan with the intention of helping hearts and bodies heal by recognizing their innate perfection.

Date: February 26 (Wednesday)  
Time: 7 - 9 pm  
Fee: \$18  
Location: Manhattan Bodyworks  
823 Bertrand Street

## Opening to Channel

WE-16

Some call it telepathy, some call it a connection, some call it intuition, some call it impossible, but we are all capable of being "channels" of information that is available beyond the five senses. In this two-part workshop, we will explore collections of ancient and modern channeled writings and learn to open ourselves more fully to the wise and loving multidimensional guidance that is available to us all.

Monica Ward

Date: February 12 and 19  
Time: 7 - 8 pm (Wednesday)  
Fee: \$18  
Location: Manhattan Bodyworks  
823 Bertrand Street

## Hatha Yoga for Health and Longevity

WE-20

Yoga means union of mind, body and spirit, through practicing meditation, postures and complete breathing, resulting in a state of total relaxation with alertness and overall well being. This course will focus on developing this state within each one of us. We will begin with some insights into the principle and philosophy of yoga and some simple stretching exercises. More advanced postures, breathing exercises and meditation will follow. The course is self contained and the only requirement is regularity and devotion. All instructor fees for this course will be used to help improve the lives of the poor and less privileged in and around the instructor's native village.

Bharath Narayanan (537-8968), is from South India. He is a graduate student in math and physics at K-State. He has been practicing Hatha Yoga for several years and enjoys teaching it.

Date: February 5, 12, 19, and 26  
Time: 7:15 pm (Wednesday)  
Fee: \$30  
Location: UFM Conference Room

\*Free introductory session will be offered on Wednesday, January 29 at 7:15 pm

## Hatha Yoga for Health and Longevity

WE-21

Bharath Narayanan

Date: February 1, 8, 15, and 22  
Time: 9:15 am (Saturday)  
Fee: \$30  
Location: UFM Conference Room

\*Free introductory session will be offered on Saturday, January 25 at 9:15 am

## Self Treatment with Acupressure

WE-04

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

Dr. Larry Dall has practiced chiropractic care in Manhattan for the last 12 years. He believes in assisting the body with the healing process, which is why he has expanded his treatment techniques to include acupuncture/acupressure. He is a Fellow in the Acupuncture Society of America.

Date: January 27 - March 3  
Time: 7 - 9 pm (Monday)  
Fee: \$27.50  
Location: 1130 Westport Drive, Suite 5 Manhattan

## Basic Yoga and Chi Exercises

WE-19

This is a class for adults and senior citizens to learn basic yoga exercises for flexibility and breath control. Participants will learn movements to exercise the Chi (energy) throughout their body. Chi exercises can be done standing or sitting in a chair.

Enell Foerster has taught yoga, first aid and CPR, swimming, and aerobic classes for UFM. She likes to share her knowledge of staying healthy through exercise, diet and wellness with others.

Date: February 4 - April 1  
Time: 7 - 8 am (Tuesday)  
Fee: \$15  
Location: Riley County Senior Center  
412 Leavenworth Street

## Feng Shui

WE-17

Feng Shui is the Chinese system of design and placement as applied to ones home and workplace. The objective being to promote a harmonious living environment and a feeling of well-being. We will discuss ways to enhance your career, family life, health, prosperity, and the mysticisms of this ancient tradition. Feng Shui will appeal to all those who wish to live in harmony with nature and achieve their fullest potential.

Don L. Terhune (539-4277), is a Feng Shui practitioner with Feng Shui Design Studio of Manhattan, Kansas. He is schooled in Tantric Black Sect Feng Shui as taught by professor Lin Yun, Grand Master of Feng Shui in Berkeley, California. Mr. Terhune received in-depth training at a professional level from the nationally-known Feng Shui consultants, writers, and video producers, Helen and James Jay at the Feng Shui Designs Learning Center in Nevada City, California.

Date: February 6 (Thursday)  
Time: 7 pm  
Fee: \$8  
Location: UFM Greenhouse

## Feng Shui

WE-18

Don L. Terhune

Date: March 6 (Thursday)  
Time: 7 pm  
Fee: \$8  
Location: UFM Greenhouse

## Tuttle's Antique Market



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# TAKE A PEEK AT THE PAST

(All visits - including peeks, looks & stares - are free.)

### Riley County Historical Museum

2309 Claflin

- Exhibits of Riley County History—pioneer days to the present
- Research library by appointment
- Educational programs
- Speakers' bureau

8:30-5:00 Tuesday-Friday  
2:00-5:00 Saturday-Sunday

### Goodnow House Museum

2301 Claflin

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

### Wolf House Museum

630 Fremont

- 1868 stone house served as a boarding house and private home
- Furnished with period antiques
- Special exhibits

1:00-5:00 Saturday  
2:00-5:00 Sunday  
and by appointment

### Pioneer Log Cabin

Manhattan City Park

- Walnut log cabin built in 1916
  - Pioneer home and tool exhibit
- Open April-October  
Sunday 2:00-5:00  
and by appointment

For more information, call 565-6490



HEALTH, HEALING AND HARMONY SERIES

Introduction to Therapeutic Touch

Therapeutic Touch is the subtle balancing of the human energy field used to promote wound healing, reduce stress and decrease pain.

Kris Barnard has been a Licensed Practical Nurse for 20 years. She has practiced and used Meditation and Therapeutic Touch for many years.

Date: April 10 (Thursday)
Time: 6:30 - 7:30 pm
Fee: \$9 one class/\$20 for series
Location: UFM Conference Room

WE-10

Introduction to Therapeutic Touch

Kris Barnard

Date: May 1 (Thursday)
Time: 6:30 - 7:30 pm
Fee: \$9 one class/\$20 for series
Location: UFM Conference Room

Introduction to Aromatherapy

Aromatherapy is the art of using essential oils for healing. The olfactory membrane is the only place in the human body where the central nervous system is directly exposed to the environment.

Kris Barnard

Date: April 3 (Thursday)
Time: 6:30 - 7:30 pm
Fee: \$9 one class/\$20 for series
Location: UFM Conference Room

WE-11

Introduction to Meditation

Meditation does not have to be difficult, painful or stressful. Learning to quiet our minds helps to instill a feeling of calm and inner peace.

Kris Barnard

Date: April 17 (Thursday)
Time: 6:30 - 7:30 pm
Fee: \$9 one class/\$20 for series
Location: UFM Conference Room

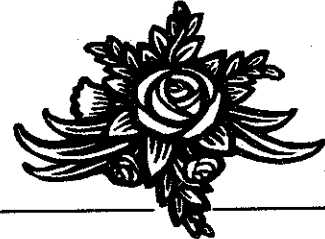
WE-13

Introduction to Meditation

Kris Barnard

Date: May 8 (Thursday)
Time: 6:30 - 7:30 pm
Fee: \$9 one class/\$20 for series
Location: UFM Conference Room

WE-14



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.

Bernice Martin (587-9382), is a graduate of the Downeast School of Massage and is a registered massage therapist in the state of Maine.

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

Introduction to Massage for Couples

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.

Bernice Martin

Date: April 22 & 29
Time: 7 - 9 pm (Tuesday)
Fee: \$26 a couple
Location: UFM Banquet Room

Foot and Face Massage

WE-08

Participants will learn to do a relaxing facial massage while enjoying a warm herbal foot bath. Students will then learn foot massage techniques to revitalize tired, aching feet.

Bernice Martin

Date: May 6 (Tuesday)
Time: 7 - 8:30 pm
Fee: \$15
Location: UFM Banquet Room



Spring 1997 Continuing Education

For Health & Helping Professionals & Volunteers

- Loss as a Part of Living (3 Hrs.)
Feb. 12 Manhattan
Feb. 19 Junction City
The Challenge of Change (2 Hrs.)
March 19 Manhattan
The Process of Intimacy (3 Hrs.)
April 16 Manhattan
Meeting the Challenge: Dealing with Difficult Clients (3 Hrs.)
June 11 Junction City
June 18 Manhattan

All workshops begin at 12:45
Check-in starts at 12:15

Manhattan at Houston Street Center
5th & Houston
Junction City at Pawnee Office
814 Caroline Ave.

Contact hours for nurses are offered by Mercy Health Center of Manhattan. CEUs are approved for social workers. The fee is \$7 per hour.

Registration

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Prof. License No. \_\_\_\_\_

Amount enclosed: \$ \_\_\_\_\_

Mail to: Dept. J, Pawnee Mental Health Services,
2001 Claffin Road, Manhattan, KS 66502

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

Don't miss the MARTIAL ARTS for adults section on page 12.

Ben Franklin Crafts AND Frame Shop

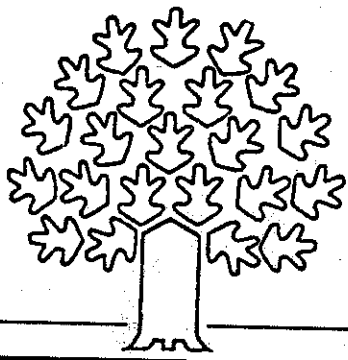
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# Youth

1221 THURSTON

539-8763

## Folding/Flying Paper Airplanes

YO-03

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

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

Date: April 5 and 12  
Time: 10 am - Noon (Saturday)  
Fee: \$10  
Location: Marlatt School Multipurpose Room  
2715 Hobbs Drive

## SHARP-Self Defense for Preteens

YO-01

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

Diana Tarver (823-5315), has been teaching women's self defense classes for 9 years. She has adapted the program for teens and young girls. She is a 4th degree Black Belt in Taekwondo and has taught police defense tactics, but for this class she takes a very practical approach.

Date: March 24 (Monday)  
Time: 6:30 - 8:30 pm  
Fee: \$12 child/\$17 parent & child  
Location: First Lutheran Church  
930 Poyntz Avenue



## Keeping Kids Safe Workshop

YO-04

This safety workshop is designed for children to learn a wide variety of safety skills. Children will learn how to identify danger and how to stay safe. Topics include how to be safe on a bicycle, in cars, around water, how and when to call 911, poison prevention, drug education, personal safety and much more. (Bike helmets will be available for purchase \$5 to \$8.50) Children will receive a book of safety that will reinforce what they learn at the workshop.

The sessions will be presented by the local fire and police department, EMS, the Safe Kids Coalition, Pawnee Mental Health, Diana Tarver, SHARP and SASSY instructor and others.

Date: April 5, 12, and 19  
Time: 9am - Noon (Saturday)  
Fee: \$22  
Location:

## SASSY/Safety Awareness and Street Smart Youth

YO-02

This program teaches children personal safety in an increasingly dangerous society. The program helps build self confidence, increases awareness and teaches effective defense techniques as well as reinforcing safety precautions taught at home and school. This is a fun, safe program for children that teaches very important self protection skills. This class will help young people and their parents feel safer by discussing and practicing topics such as staying home alone, stranger danger, using 911, how to escape from an abductor, how to get help in an emergency. Parents are encouraged to sign up with their child and learn how children can stay safe. Boys and Girls ages 5 - 9.

Diana Tarver teaches the SHARP self defense classes for UFM.

Date: March 8 (Saturday)  
Time: 9:30 - 11:30 am  
Fee: \$12 child/\$17 parent & child  
Location: First Lutheran Church  
930 Poyntz Avenue

## Kids Crafts

YO-05

This class is designed to develop fine motor skills and skills of listening and following directions, all the while making things and having fun! We will be painting aprons and other painting projects. A new project every week to add to your collection of keepsakes. This class is geared toward 4 - 7 year olds. All supplies are included in class fees.

Lisa Hunter (762-4505), is a K-State student. She has enjoyed working with her own daughter with arts and crafts. She is looking forward to sharing art projects with other children.

Date: January 27 - February 17  
Time: 6 - 7 pm (Monday)  
Fee: \$22  
Location: UFM

## Kids Crafts

YO-06

Lisa Hunter

Date: February 24 - March 17  
Time: 6 - 7 pm (Monday)  
Fee: \$22  
Location: UFM

## Kids Crafts

YO-07

Lisa Hunter

Date: March 31 - April 28  
Time: 6 - 7 pm (Monday)  
Fee: \$22  
Location: UFM

## Kids Night Out Swim Program

AQ-45

UFM has reserved Friday evenings in April as Open Youth Swim for ages 10 and up. Practice what you have learned in lessons or just have fun. UFM will provide lifeguards. You must register in advance so we can plan adequate lifeguards.

Date: April 4, 11, 18, and 25  
Time: 6 - 7:30 pm (Friday)  
Fee: \$10  
Location: KSU Natatorium

## Kids On Campus

YO-13

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. Fee includes lunch and a game of bowling at the K-State Union.

UFM Staff

Date: April 3 (Thursday)  
Time: 8 am - 5 pm  
Fee: \$25  
Location: Meet at UFM House

## Beginning Sign Language Language section

### Win \$1 off any UFM Class...

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



## VIDEO GAMES!

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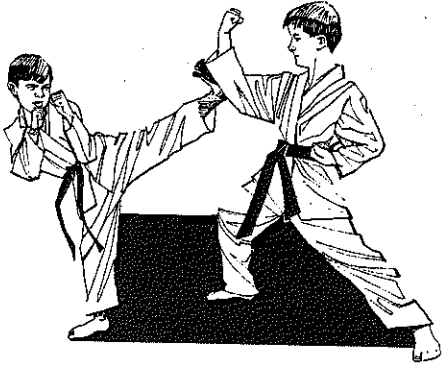


**Beginning Taekwondo for Youth Ages 4-5** YO-09

Taekwondo 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 Taekwondo self defense techniques will be taught in a safe, fun, and age appropriate atmosphere by experienced instructors. \*Before investing a lot of money and time in Taekwondo, try this beginning class.

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

Date: January 28 - February 18  
Time: 6 - 6:30 pm (Tues/Fri)  
No class February 14  
Fee: \$31  
Location: First Lutheran Church (Parish Basement)  
930 Poyntz Avenue



**Beginning Taekwondo for Youth Ages 6-8** YO-10

This class is designed for 6-8 years olds or 5 years olds who have taken Taekwondo before.

DC Lehman

Date: February 25 - March 21  
Time: 6 - 6:45 pm (Tues/Fri)  
Fee: \$39  
Location: First Lutheran Church (Parish Basement)  
930 Poyntz Avenue

**Beginning Taekwondo for Youth Ages 9-14** YO-11

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 1 - April 25  
Time: 6 - 6:45 pm (Tues/Fri)  
Fee: \$39  
Location: First Lutheran Church (Parish Basement)  
930 Poyntz Avenue

**Safe and Fun Dating** YO-21

It is so confusing - trying to know what that other person is really feeling, expecting or not wanting. What can or should I be doing or saying to be safe and OK in dating relationships? These 3 videos show dating situations and relationships where sexual harassment, date rape and physical and sexual abuse take place. Heads up - it can happen to you. We will look at how to handle and avoid these situations. Dating is supposed to be fun! Ages 13 and older.

I. Out of Bounds - hosted by Steffon. What is sexual harassment? What's cool and what isn't? This video will show us what attitudes and behaviors are out of bounds.

II. No Means No - How and when to say "No" and mean it. If I say no will I lose him? Is it always the girl's fault? What is he/she really telling me?

III. Heart On A Chain - As we observe 3 young men in their relationships, we will see how 2 of them use physical or emotional abuse to control their girlfriends. The third will show us how respect and mutual input into the relationship makes it great for both partners.

Michael Cody is the Family Literacy Coordinator at UFM. Although her formal training is in Elementary Education and Education Media, she has spent the last 11 years working with adults and youth teaching Self-Esteem, Life Skills, and Literacy. In working with families and youth she has seen a great need for education that empowers young people to know they can make choices to protect themselves.

Date: March 31, April 7, and 14  
Time: 6:30 - 7:30 pm (Monday)  
Fee: \$13  
Location: UFM Conference Room

**Safe and Fun Dating** YO-22

The three videos listed above will be shown in this class with discussion on how to handle and avoid these situation.

Michael Cody

Date: March 22 (Saturday)  
Time: 10 am - Noon  
Fee: \$13  
Location: UFM Conference Room

**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 a 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: February 20 - April 10  
No class March 27  
Time: 6:30 - 7:30 pm (Thursday)  
Fee: \$25  
Location: UFM Fireplace Room

**Hawaiian Dance** RH-12

Marie Odejar

Date: February 22 - April 12  
Time: 10:00 - 11 am (Saturday)  
Fee: \$25  
Location: UFM Fireplace Room



**Children's Gardening** YO-08

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

**Teenagers and Auto Insurance** YO-12

This class is designed to help teenagers understand the responsibilities and cost that goes along with their drivers' licenses. Participants will learn what they can do to keep their auto insurance payments low and what will make payments increase. Responsibilities and liabilities will also be discussed.

Steve Baxter has been an insurance agent with Kansas Farm Bureau Insurance for 12 years.

Date: March 11 (Tuesday)  
Time: 7 - 8 pm  
Fee: \$7  
Location: UFM Conference Room

Have a hard time finding the right art supplies?

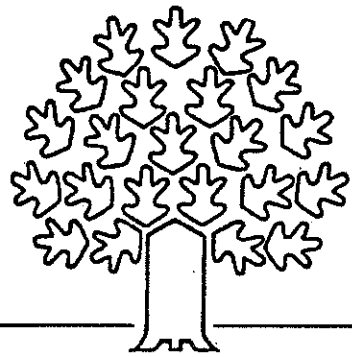
whether you like acrylics, watercolor or drawing we have all the supplies you'll need to create your own masterpieces.

**K-State Student Union Bookstore 532-6583**

Parent/Infant Play Group  
See page 18.

THE OREGON TRAIL  
See Earth & Nature section

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



# Language

1221 THURSTON

539-8763

## Beginning Sign Language LA-01

This course is for anyone interested in Sign Language, the class is intended to introduce a basic understanding of Sign Language and the deaf community. Students will develop a signed vocabulary of approximately 300 signs. Fee includes book Gallandet's Survival Guide to Signing.

*Colette Hernandez* has studied deafness and sign language for 16 years. She has an Associate degree from Johnson County Community College in Sign Language Interpreting and a bachelor degree in psychology. Collette lived and worked at Kansas School for the Deaf during those two years. She has been a professional interpreter for 6 years. Her parents in-law are deaf and she has a deaf family members. Collette is inspired to work to bridge the gap between hearing and deaf people.

Date: January 29 - March 19  
Time: 7 - 8 pm (Wednesday)  
Fee: \$48  
Location: Justin Hall 149, KSU

## Survival Skills in Czech LA-05

This practical class is intended especially for those who are going to travel to Czech Republic. The participants will learn the Czech alphabet, basic vocabulary and phrases. Special emphasis will be placed on correct pronunciation and on the ability to ask, understand and reply to simple questions. Information will also be provided on the culture, lifestyle and living expenses in the Czech Republic and other topics necessary for basic "survival".

*Petr Burian* (395-6088), is an exchange student from Charles University and Czech Technical University in Prague. He can also be reached by e-mail: PBU4961@KSU.EDU

Date: January 27 - May 12  
No class March 24  
Time: 6:30 - 7:30 pm (Monday)  
Fee: \$62.50  
Location: Eisenhower Hall 16, KSU

## Continuing with Beginning Conversational Chinese LA-06

Do you want to learn the language of 1/4 of the world's population and the language which is a source of East Asia's rich cultural tradition? Then try this course. This class will cover the second half of the text and tape Chinese: A Complete Course for Beginners.

*Jocelyn M.N. Marinescu* (537-1079), holds an M.A. in Asian Studies from U.C. Berkeley, has studied in Taiwan and Mainland China and presently is a Ph.D. student in the Department of History at Kansas State University.

Date: January 28 - April 22  
Time: 7 - 8:30 pm (Tuesday)  
Fee: \$62.50  
Location: Eisenhower Hall 12, KSU

## English as a Second Language LA-07

This conversational English course is for non-native speaking participants who would like to expand their knowledge of "survival" English. This class will start at a beginning level, including exercises in conversation skills. The class will continue toward an advanced level. The emphasis of the class will be reading, writing, vocabulary, grammar, and speaking. The class will also concentrate on the use of idiomatic expressions in the English language. **Book is included in class fee.**

*Garrett Martin* has tutored Arabic and Chinese-speaking students in English. His degree is in History and he enjoys teaching English to foreign students.

Date: January 27 - May 12  
No class March 24  
Time: 7 - 8:30 pm (Monday)  
Fee: \$52  
Location: Justin Hall 341, KSU

## Beginning Japanese LA-02

Learn the basics of the Japanese language. We will cover basic conversation, correct pronunciation, and common expressions including greetings, requests, questions, answers and other survival Japanese language skills. You will also learn some of the Japanese culture.

*Noriko Fukuhara* and *Seisuo Imaoka* are visiting instructors of Japanese at KSU.

Date: Jan 22 - Apr 30 (Wednesday)  
No class March 26  
Time: 7:00 - 8:30 pm  
Fee: \$62.50  
Location: To be announced

## UFM Halloween Ball

Thanks to these sponsors for making the UFM Halloween Ball a Big Success!!

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## Watch for details on Next Year's Event...

Thanks for your support of the Union Pacific Depot Project. Fundraising continues.

Prints of the Depot Watercolor are still available for sale from the Preservation Alliance. For more information stop by the Riley County Historical Museum, 2309 Claflin Rd., or call UFM at 539-8763.



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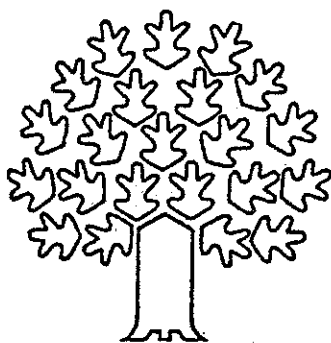
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