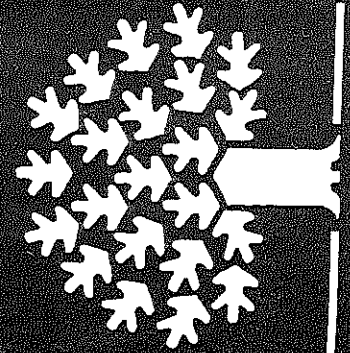
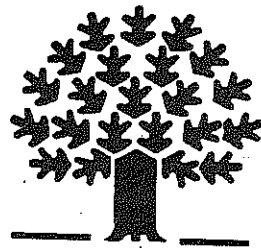




**UFM Community
Learning Center
1998
Spring Classes**
(January-May)



Teaching • Learning • Growing



**UFM Community
Learning Center**

**1998
Spring Classes**

(January-May)

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OR CURRENT RESIDENT

Welcome to UFM Community Learning Center...

Look at us! It's hard to believe UFM is turning thirty. Our look today, with 230 classes in this catalog, is much different than the nine classes found in the original brochure. Changing times have brought different projects, different emphases and different looks. Our new name is meant to keep the comfortable UFM initials while better defining for those new in the community what we do. Yet, through all the years and changes, the philosophy "anyone can teach—anyone can learn" has remained strong. Teachers have ranged in age from 11 to 94. In the last 30 years, 4,674 people have taught at least one class for UFM. The variety of volunteers that teach classes, serve on project boards and assist with special projects is testimony to the community's support for UFM activities. As we begin our 30th year, we wish to thank the community for its ongoing support. We also wish to rededicate our programs to continuing to serve as a catalyst for new ideas and dialogue through our classes and community service projects. We will be hosting several anniversary activities during the year. Watch the catalog for details. We look forward to seeing you there!

UFM Staff:

Executive Director - Linda Inlow Teener
 Education Coordinator - Charlene Brownson
 Swim Coordinator - Andrea Parr
 State Outreach Coordinator - Anita Madison
 Lou Douglas Lecture Coordinator - Beverly Earles-Law
 Office Coordinator - Rhonda Smartt

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

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

ANSWERING MACHINE

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

If you have ideas or requests for classes that are not being offered, call Charlene at UFM 539-8763.

HANDICAPPED ACCESSIBLE



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

HAPPY ANNIVERSARY

30 Years

Help celebrate

UFM's 30th Anniversary
 at Manhattan Town Center

February 28, 10 a.m. - 5 p.m.

UFM participants, instructors and supporters: Stop at the UFM Table near the Main Fountain to get a button that will entitle you to special offers at participating Mall businesses during that day.

Special demonstrations and activities happening all day.

BOARD OF DIRECTORS

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Vice Chair
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 Linda Inlow Teener
President and Executive Director, UFM

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e-mail - kqla@kansas.net	
web site - www.kqla.com	
Current Hits ~ Classic Favorites	



UFM INSTRUCTORS

Pam Alger
Troy Auman
Carolyn Baugh
Liz Beikmann
Scott Benjamin
Michael Bennett
Daniel Berkow
Lynn Bohnenblust
Mike Bonella
Vicki Buening
Erin Carter
C.S. Castelo
Cheryl Collins
Maureen Conn

Mike Christian
Duane Daily
Randi Dale
Larry Dall
Helen Davis
Jerry Dishman
Bill Dorsett
Charles Drees
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Jeff Endacott
Patricia Fettes
Paul Gleue
Jim Gregory
Jason Hampl
Colleen Hampton

Collette Hernandez
Roger Hernandez
June Hunzeker
Claudia Jones
Jayson Kaus
Mark Knackendoffel
John Kyle
Alan Ladd
Sharon Landrith
D.C. Lehman
Corey Lewis
Chad Lohman
Kathy Lyman
Deirdre McLoughlin
Jan McWilliams

Pat McWilliams
Bernice Martin
Paul Miller
Bharath Narayanan
Dwight Nesmith
Vera Orlock
Vern Osborne
Carol Osborne
Angie Pfeifer
Tom Phillips
Leon Rappoport
Lowell Regehr
Brian Root
Laura Sales
Sara Saunders

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David Seamon
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Paul Sodamann
Carol Stites
Edith Stunkel
Sun Yi Academy
Diana Tarver
Douglas Teener
Linda Teener
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Mei Hwa Terhune
Mark Tessendorf
Anita Van Nevel
Christa Vizner
Isaac Wakabayashi
Christy Wagner
Paula Walawender
Doug Walter
Harold Wellmeier
Georganne White
Tonya Wilkerson
Jeff Wilson
Stan Wilson
Jack Windhorst

For 30 years UFM has offered opportunities for teaching, learning, and growing. I would like to recognize and thank the UFM Instructors who continue to make this possible.

Charlene Brownson

COMMUNITY REGISTRATIONS

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

DATE	TIME	LOCATION
Jan 20, Tu	10am - 2pm	KSU Union
Jan 21, Wed	10am - 2pm	KSU Union

Registration continues throughout the semester:

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

MAILING YOUR REGISTRATION?

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

Instructors Wanted to teach the following:

Beginning Italian Belly Dancing
Interior Decorating Upholstery

Please share any concerns you may have about class material, an instructor, or any other problems by calling Charlene at UFM 539-8763.

Got an idea for a UFM class? UFM is always looking for new ideas and new projects. Let us hear from you! Call us at 539-8763 or e-mail ufm@ksu.ksu.edu to share your ideas!

To advertise your business or organization in the next UFM catalog, contact the UFM Office (539-8763) by March 2.

Come take a look at the UFM Fireplace Room! Thanks to United Way of Riley County for their Flex Funding contribution to the UFM Fireplace Room redecorating.

UFM accepts donations of money and usable office items. Private monetary donations help underwrite the costs of maintaining the UFM building, coordinating the catalog of classes and special projects such as scholarships, youth projects, literacy improvement or gardening.

Tax deductible contributions may be sent to UFM at 1221 Thurston, Manhattan, KS 66502.

UFM can also accept donations of office and household items. Our current wish list includes items listed below.

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.

UFM Wish List

String Weed Trimmer Lawn Mower
Window Air Conditioners Carpeting
Folding Chairs

Volunteers to help with:

Gardening
Office Work
Rebuilding the cold frame
General Building Maintenance

Thanks to those who responded to our wish list 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 cancelled. If the instructor informs his/her students personally that he or she will not be present at a given class meeting, the instructor is then responsible for arranging a make-up lesson. Weather sensitive courses will use the scheduled rain date. If a rain date is not scheduled, instructor will be responsible for rescheduling. During electrical storms, swim classes will be asked to leave the water.

UFM CANCELLATION POLICY

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

REFUND POLICY

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

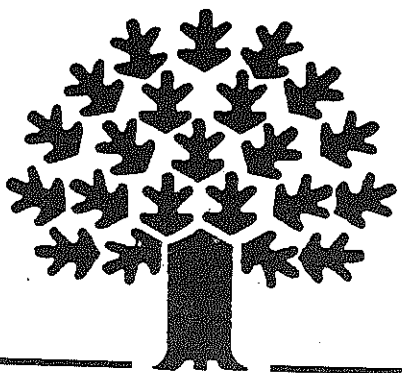
PRE-REGISTRATION IS REQUIRED

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

LIABILITY STATEMENT

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

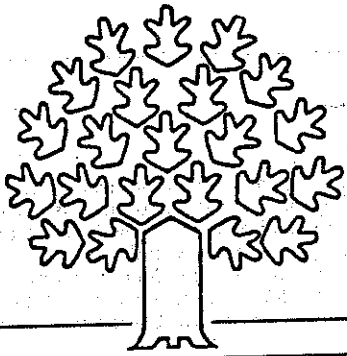
KSU Continuing Education/UFM assumes no responsibility for costs involved with individual injury or property loss incurred in connection with the use of University or UFM facilities. Individuals are reminded that they should review their own personal circumstances to determine if they have adequate insurance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



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USE REGISTRATION FORM on the back cover.

©1035



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: Session A: Monday, March 16 and Wednesday, March 18; Session B: Tuesday, March 3; Session C: Saturday, March 21; and Session D: Tuesday, April 14

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

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

BEGINNING & ENDING DATES:

Session A:	Monday	Feb 16 - Apr 27
	Wednesday	Feb 18 - Apr 29
	No class March 23 and 25	
Session B:	Tues/Thurs	Feb 17 - March 19
Session C:	Saturday	Feb 28 - May 9
	No class March 28	
Session D:	Tues/Thurs	March 31 - April 30

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 5 meetings the parents will receive instruction and have opportunity to practice water techniques with their children. **Parent must accompany child.**

Session A: February 17 - March 3
AQ-01A Tues/Thurs 6:10 - 6:45 pm

Session B: February 16 - March 16
AQ-01B Monday 6:10 - 6:45 pm

Session C: February 28 - April 4
AQ-01C Saturday 9:30 - 10:05 am
No class March 28

Fee: \$16 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.

Session A: February 18 - March 18
AQ-02A Wednesday 6:10 - 6:45 pm

Session B: March 31 - April 14
AQ-02B Tues/Thurs 6:10 - 6:45 pm

Session C: April 11 - May 9
AQ-02C Saturday 9:30 - 10:05 am
No class March 28

Fee: \$16 per session

Level I: Water Exploration

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

Session A:	(See dates above)	
AQ-03A	Monday	6 - 6:40 pm
AQ-04A	Monday	6:50 - 7:30 pm
AQ-05A	Wednesday	6 - 6:40 pm
AQ-06A	Wednesday	6:50 - 7:30 pm
Session B:	(See dates above)	
AQ-07B	Tues/Thurs	6 - 6:40 pm
AQ-08B	Tues/Thurs	6:50 - 7:30 pm
Session C:	(See dates above)	
AQ-09C	Saturday	9:30 - 10:10 am
AQ-10C	Saturday	10:20 - 11:00 am
Session D:	(See dates above)	
AQ-11D	Tues/Thurs	6 - 6:40 pm
AQ-12D	Tues/Thurs	6:50 - 7:30 pm
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.

Session A:	(See dates above)	
AQ-13A	Monday	6 - 6:40 pm
AQ-14A	Monday	6:50 - 7:30 pm
AQ-15A	Wednesday	6 - 6:40 pm
AQ-16A	Wednesday	6:50 - 7:30 pm
Session B:	(See dates above)	
AQ-17B	Tues/Thurs	6 - 6:40 pm
AQ-18B	Tues/Thurs	6:50 - 7:30 pm
Session C:	(See dates above)	
AQ-19C	Saturday	9:30 - 10:10 am
AQ-20C	Saturday	10:20 - 11:00 am
Session D:	(See dates above)	
AQ-21D	Tues/Thurs	6 - 6:40 pm
AQ-22D	Tues/Thurs	6:50 - 7:30 pm
Fee:	\$38 per session	

Level III: Stroke Readiness

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

Session A:	(See dates above)	
AQ-23A	Monday	6 - 6:40 pm
AQ-24A	Monday	6:50 - 7:30 pm
AQ-25A	Wednesday	6 - 6:40 pm
AQ-26A	Wednesday	6:50 - 7:30 pm
Session B:	(See dates above)	
AQ-27B	Tues/Thurs	6 - 6:40 pm
AQ-28B	Tues/Thurs	6:50 - 7:30 pm
Session C:	(See dates above)	
AQ-29C	Saturday	9:30 - 10:10 am
AQ-30C	Saturday	10:20 - 11:40 am
Session D:	(See dates above)	
AQ-31D	Tues/Thurs	6 - 6:40 pm
AQ-32D	Tues/Thurs	6:50 - 7:30 pm
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 canceled if there is a low enrollment.

PLEASE REGISTER EARLY!



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Win \$1 off any UFM Class...

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



Level IV: Stroke Development

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

- Session A: (See dates above)
- AQ-33A Monday 6 - 6:40 pm
- AQ-34A Monday 6:50 - 7:30 pm
- AQ-35A Wednesday 6 - 6:40 pm
- AQ-36A Wednesday 6:50 - 7:30 pm
- Session B: (See dates above)
- AQ-37B Tues/Thurs 6 - 6:40 pm
- AQ-38B Tues/Thurs 6:50 - 7:30 pm
- Session C: (See dates above)
- AQ-39C Saturday 9:30 - 10:10 am
- AQ-40C Saturday 10:20 - 11:00 am
- Session D: (See dates above)
- AQ-41D Tues/Thurs 6 - 6:40 pm
- AQ-42D Tues/Thurs 6:50 - 7:30 pm
- 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.

- Session A: (See dates above)
- AQ-43A Monday 6:50 - 7:30 pm
- Session B: (See dates above)
- AQ-44B Tues/Thurs 6 - 6:40 pm
- Session C: (See dates above)
- AQ-45C Saturday 10:20 - 11:00 am
- Session D: (See dates above)
- AQ-46D Tues/Thurs 6 - 6:40 pm
- Fee: \$38 per session

Level VI: Skill Proficiency

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

- Session A: (See dates above)
- AQ-53A Monday 6:50 - 7:30 pm
- Session B: (See dates above)
- AQ-54B Tues/Thurs 6 - 6:40 pm
- Session C: (See dates above)
- AQ-55C Saturday 10:20 - 11:00 am
- Session D: (See dates above)
- AQ-56D Tues/Thurs 6 - 6:40 pm
- Fee: \$38 per session

Self-Defense for Preteens
is offered in the Youth section

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



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-57A Monday 6:50 - 7:30 pm
- Session B: (See dates above)
- AQ-58B Tues/Thurs 6 - 6:40 pm
- Session C: (See dates above)
- AQ-59C Saturday 10:20 - 11:00 am
- Session D: (See dates above)
- AQ-60 Tues/Thurs 6 - 6:40 pm
- Fee: \$38 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-75A Monday 6:50 - 7:30 pm
- Session B: (See dates above)
- AQ-76B Tues/Thurs 6:50 - 7:30 pm
- Fee: \$38

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-79A Mon/Wed 6:05 - 7:30 pm
- Session B: (See dates above)
- AQ-80B Tues/Thurs 6:05 - 7:30 pm
- Session C: (See dates above)
- AQ-81C Saturday 9:30 - 11:00 am
- Session D: (See dates above)
- AQ-82D Tues/Thurs 6:05 - 7:30 pm
- Fee: \$19 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-83A Mon/Wed 6:05 - 7:30 pm
- Session B: (See dates above)
- AQ-84B Tues/Thurs 6:05 - 7:30 pm
- Session C: (See dates above)
- AQ-85C Saturday 9:30 - 11:00 am
- Session D: (See dates above)
- AQ-86D Tues/Thurs 6:05 - 7:30 pm
- Fee: \$16 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 canceled if there is a low enrollment.
PLEASE REGISTER EARLY!

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-1: January 13 - February 12
- AQ-46 Tues/Thurs 6 - 6:45 pm
- Session A: February 16 - March 19
- AQ-61A Mon/Wed 6 - 6:45 pm
- AQ-62A Mon/Wed 6:45 - 7:30 pm
- AQ-63A Tues/Thurs 6 - 6:45 pm
- AQ-64A Tues/Thurs 6:45 - 7:30 pm
- AQ-65A Mon - Thurs 6 - 6:45 pm
- AQ-66A Mon - Thurs 6:45 - 7:30 pm
- Session B: March 30 - April 30
- AQ-67B Mon/Wed 6 - 6:45 pm
- AQ-68B Mon/Wed 6:45 - 7:30 pm
- AQ-69B Tues/Thurs 6 - 6:45 pm
- AQ-70B Tues/Thurs 6:45 - 7:30 pm
- AQ-71B Mon - Thurs 6 - 6:45 pm
- AQ-72B Mon - Thurs 6:45 - 7:30 pm
- Session C: February 28 - May 9
- AQ-73C Saturday 9:30 - 10:15 am
- AQ-74C Saturday 10:15 - 11:00 am
- Fee: \$19 twice a week
- \$28 Mon - Thurs session

Private Lessons for Special Populations AQ-77

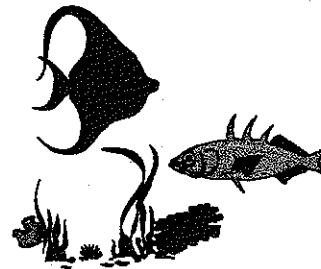
For people with special physical or mental needs. Arrangements will be considered for private swimming lessons. Soon after registration an instructor will contact the student to arrange 6 classes of 30 minutes each. The facility is equipped with a lift and a set of stairs leading into the pool.

- Date/Time: By appointment
- Fee: \$42 per session of 6 lessons

Private Lessons AQ-78

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



WANTED:

Volunteers for Teen Mentoring Program

Provide friendship and support to a local teen. Group and individual activities. Give about three hours of your time per week.

Make a difference in a teen's life!!

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



Open Swim Appreciation

AQ-87

*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 to attend is requested so that we can provide adequate lifeguards.

Date: April 4
Time: 11 am - 1 pm (Saturday)
Fee: \$N/C
Location: KSU Natatorium

Open Swim Appreciation

AQ-88

Date: April 18
Time: 11 am - 1 pm (Saturday)
Fee: \$N/C
Location: KSU Natatorium

Family Swim

AQ-89

The summer outdoor pools are closed, so take advantage of the indoor pool at K-State. Bring the family out for a refreshing morning of swimming. Saturdays 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 4, 11, 18, and 25
Time: 11 am - 1 pm (Saturday)
Fee: \$10 individual/\$16 couple \$20 family
Location: KSU Natatorium

Water Safety Instructor

AQ-93

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: April 20,21,22,23,24,25,27,28,29,30, May 1 and 2
Time: Pretest Friday, April 17, 4:30 - 7:30 pm 4 - 7:30 pm (Mon - Fri) 9 am - 1 pm (Saturday)
Fee: \$144
Location: Textbooks & equipment must be paid and picked up at American Red Cross for \$31 KSU Natatorium.



Lifeguard Training

AQ-90

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: March 2,3,4,5,6,9,10,11,12, and 13
Time: Pretest Friday, February 27, 6 - 7:30 pm 4 - 7:30 pm (Mon - Fri)
Fee: \$109
Location: Textbooks & equipment must be paid and picked up at American Red Cross for \$50 KSU Natatorium

Lifeguard Training

AQ-95

Date: March 30,31, April 1,2,3,6,7,8,9,and 10
Time: 4 - 7:30 pm (Mon - Fri)
Fee: \$109
Location: Textbooks and equipment must be paid and picked up at American Red Cross for \$50 KSU Natatorium

Lifeguard Training Review

AQ-92

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 2 & 3
Time: 9 am - 1 pm and 2 pm - 5 pm (Saturday) 8 am - noon and 1 pm - 5 pm (Sunday)
Fee: \$52
Location: Textbooks & equipment must be paid and picked up at American Red Cross for \$50 KSU Natatorium - Sunday Red Cross Office - Saturday 1410 Poyntz Avenue

Head Lifeguard

AQ-94

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: March 16 and 17
Time: 4 - 7 pm (Mon and Tues)
Fee: \$23
Location: Textbooks and equipment must be paid and picked up at American Red Cross for \$12 Ahearn Fieldhouse, Room 2

Lifeguard Instructor Training

AQ-91

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.

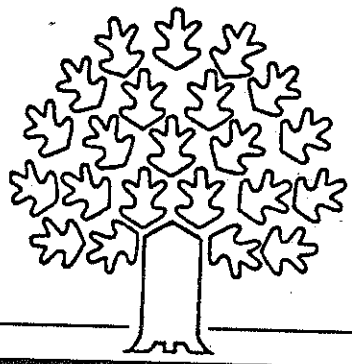
Carol Stites

Date: February 23,24,25,26,27, March 2,3,4,5,6,9,10,11,12,13
Time: Registration deadline February 16 4 - 7:30 pm (Mon - Fri)
Fee: \$60
Location: Textbooks & equipment must be paid and picked up at American Red Cross for \$66 KSU Natatorium

Anderson Realty advertisement for Bette Anderson and Milton Anderson, listing services like Residential, Appraising, Commercial, Auctioneering, Rentals, Farms, and Member MLS & Board of Realtors.

The Madhatter's Chimney Sweep advertisement, featuring a cartoon character and contact information for Bob & Tina Bartholic.

Advertisement for teaching a class, featuring an illustration of a woman presenting to a group of people and contact information at 539-8763.



Language

1221 THURSTON

539-8763

English as a Second Language (ESL) Seminar

LA-05

This ESL seminar has been designed primarily to help non-English speakers with their composition and grammar problems. Good writing forms a complementary relationship with good speaking. The seminar will be adapted to address the most prevalent problems found among class participants. This class is for individuals who have a firm basic knowledge of English.

Helen Davis received a B.A. in English Literature, cum laude, from Washburn University and a minor in Art History. She was an ESL volunteer tutor at the International House at Washburn University and an ESL instructor at UFM in the 1997 Fall semester.

Date: January 31 - February 14
Time: 9:30 - 11:30 am (Saturday)
Fee: \$16
Location: UFM Multipurpose Room

Conversational Spanish For Beginners

LA-01

The beginner's Spanish class will be geared toward students who possess a minimal vocabulary and knowledge of the Spanish language (min 6 mo - 1 yr of study recommended). Class will focus on "survival" Spanish using core vocabulary and frequently used phrases for traveling. Excellent for students who are planning a spring break vacation to Mexico or other Spanish-speaking country. Course book will be provided by instructor that includes vocabulary, phrases and exercises.

Laurine Speights (532-6705) has been a fluent speaker of the Spanish language for more than 20 years. She studied in Santa Cruz, Bolivia, and has lived and traveled extensively throughout Central and South America. She also gives lectures on Latin American culture. She graduated from the University of Colorado with a B.A. in Communication and a minor in Spanish. Currently, Laurine works for BioServe Space Technologies (a K-State program under the Division of Biology), as a Marketing Coordinator.

Date: January 20 - February 26
Time: 6:30 - 7:30 pm (Tues/Thurs)
Fee: \$58 includes book
Location: 149 Justin Hall, KSU

Conversational Spanish for Beginners

LA-02

Laurine Speights

Date: March 31 - May 7
Time: 7:30 - 8:30 pm (Tues/Thurs)
Fee: \$58 includes book
Location: Justin Hall 149, KSU

Intermediate Conversational Spanish

LA-03

Intermediate Conversational Spanish class will be geared toward students with a working knowledge of the Spanish language (2 yrs of course work or experience living/traveling in a Spanish-speaking country suggested). Class will focus on new vocabulary, improving pronunciation and grammar and developing conversational speaking skills. Course book will be provided by instructor which includes class exercises, topic discussions, role-playing, poems, etc. Students are encouraged to contact instructor before enrollment to ensure proper placement - intermediate or beginners.

Laurine Speights (532-6705)

Date: January 20 - February 26
Time: 7:30 - 8:30 pm (Tues/Thurs)
Fee: \$58 includes workbook
Location: Justin Hall 149, KSU

Intermediate Conversational Spanish

LA-04

Laurine Speights

Date: March 31 - May 7
Time: 6:30 - 7:30 pm (Tues/Thurs)
Fee: \$58 includes workbook
Location: Justin Hall 149, KSU

UFM is on the Web!
Our address is
www.ksu.edu/ufm

Beginning Sign Language

LA-06

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. The textbook *Stories from Gina and American Sign Language Concise Dictionary* is available at Varney's Bookstore.

Roger Hernandez (539-4913), has signed for 25 years. He grew up in a deaf family and has many deaf friends and relatives throughout the United States. Roger enjoys teaching Sign Language and would like participants to have a better understanding of the deaf culture.

Date: January 27 - March 19
Time: 6 pm (Tues/Thur)
Fee: \$59
Location: Justin Hall 256, KSU

Sign Language II

LA-07

This class will be a continuation of Beginning Sign Language. It will be geared toward developing conversational sign language skills. Lessons include chapters 7 through 13 from *Stories from Gina* textbook.

Collette 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 for two years. She has been a professional interpreter for 6 years. Her parents-in-law are deaf and she has a deaf family member. Collette is inspired to work to bridge the gap between hearing and deaf people.

Date: January 26 - March 18
Time: 7 pm (Mon/Wed)
Fee: \$59
Location: Justin Hall 149, KSU

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!

TAKE A PEEK AT THE PAST

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

Riley County Historical Museum

2309 Claflin

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

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- Special exhibits

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

Pioneer Log Cabin

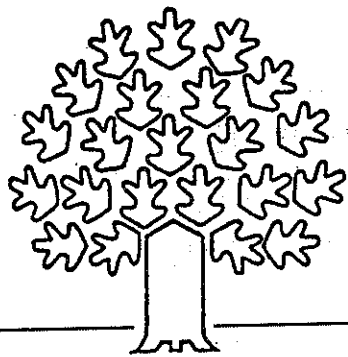
Manhattan City Park

- 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

All participants must register in advance.





Business & Professional

1221 THURSTON

539-8763

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

BP-01

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.

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

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

BP-02

Lynn Bohnenblust

Date: March 10 (Tuesday)
Time: 7 - 9 pm
Fee: \$8 individual/\$12 couple
Location: UFM Conference Room

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

BP-03

Lynn Bohnenblust

Date: May 5 (Tuesday)
Time: 7 - 9 pm
Fee: \$8 individual/\$12 couple
Location: UFM Conference Room

Investing In YOUR Future

BP-09

Individuals who are in the accumulation phase of their lives - at the beginning or middle of their careers and typically 25 to 55 years of age, or those who need to save for a home or future college tuition will benefit from this course. Discussion will cover important money management concepts with practical, easy-to-understand language, using examples you can put into practice. Topics include investment basics, types of products, and developing a personal financial gameplan that will help you plan a secure future for you and your family. No matter how much or how little money you have, these principles apply to you. Invest an evening of your time to learn how you can accumulate more wealth and have a better quality of life! Every one attending this seminar will have the option of receiving a complimentary Financial Needs Analysis to help establish their roadmap for the various goals and dreams.

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 21
Time: 7 - 8 pm (Wednesday)
Fee: \$8 individual/\$12 couple
*\$12 individual/\$16 couple
*taken with the New Tax Laws class
Location: UFM Conference Room

Investing In YOUR Future

BP-10

Lynn Bohnenblust

Date: February 2
Time: 7 - 8 pm (Monday)
Fee: \$8 individual/\$12 couple
*\$12 individual/\$16 couple
*taken with the New Tax Laws class
Location: UFM Conference Room

Investing In YOUR Future

BP-11

Lynn Bohnenblust

Date: March 30
Time: 7 - 8 pm (Monday)
Fee: \$8 individual/\$12 couple
*\$12 individual/\$16 couple
*taken with the New Tax Laws class
Location: UFM Conference

The New Tax Laws: How They Can Benefit You!

BP-07

Take advantage of the new tax laws. The new laws can benefit you only if you know about them and use them! In this class, participants will receive the latest information about the changes in the new tax laws: New Roth IRA, New Education IRA, and Estate and Gift Tax Relief, Increased Deduction for Self-Employed Health Insurance, Home Office Deduction, New Child Tax Credit and more.

Tonya K. Wilkerson is a graduate of the University of Kansas with a B.S. in Accounting and Business Administration. She is a certified public accountant licensed by the State of Kansas and has worked in the profession for approximately 10 years. Her concentrations are in the areas of taxation and financial and retirement planning.

Date: January 26
Time: 7 - 8 pm (Monday)
Fee: \$8
Location: UFM Conference Room

Direct Mail Fundraising

BP-06

With the deluge of fundraising solicitations received by the public these days, it is important that the mailing your organization sends is noticed, opened and gets a response. Learn how to organize a direct mail campaign, write an appeal letter, handle mailing issues and other related topics. Bring a letter you have written for feedback.

Linda Teener (539-8763), Executive Director at UFM, has been involved in fundraising activities for many years.

Date: April 9
Time: 1:30 - 4:30 pm (Thursday)
Fee: \$28
Location: UFM Conference Room

Understanding Long-Term Care

BP-08

Long-Term Care - What is it? How much does it cost? Do you need insurance? What does Medicare cover? Would you like the answers to these questions and others? Learn about different kinds of policies. How they work; what's covered; what's not; and tax qualified/non qualified policies.

Vicki Buening is the Consumer Education Coordinator for Kansas Insurance Department. She has helped publish shopper guides for Medicare supplement insurance, long-term care, auto and homeowner insurance.

Date: March 10
Time: 7 - 9 pm (Tuesday)
Fee: \$8
Location: Senior Service Center
412 Leavenworth Street



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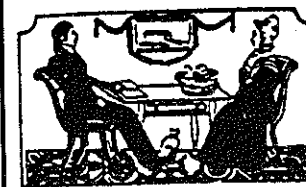
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1035



Debt-Free and Prosperous Living BP-12

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

Lynn Bohnenblust

Date: February 16
Time: 7 - 8 pm (Monday)
Fee: \$8
Location: UFM Conference Room

Debt-Free and Prosperous Living BP-13

Lynn Bohnenblust

Date: April 13
Time: 7 - 8 pm (Monday)
Fee: \$8
Location: UFM Conference Room

Debt-Free and Prosperous Living BP-14

Lynn Bohnenblust

Date: April 28
Time: 7 - 8 pm (Tuesday)
Fee: \$8
Location: UFM Conference Room

Basics of Investing BP-04

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.

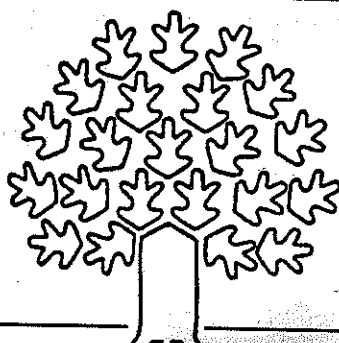
Jayson Kaus (539-6777), is a Manhattan native, a Creighton University graduate, and has been an investment representative with Edward Jones for 5 years.

Date: February 3, 10, & 17
Time: 7 - 9 pm (Tuesday)
Fee: \$22 individual/\$28 couple
Location: UFM Conference Room

Basics of Investing BP-05

Jayson Kaus

Date: March 3, 10 & 17
Time: 7 - 9 pm (Tuesday)
Fee: \$22 individual/\$28 couple
Location: UFM Greenhouse



Computer

1221 THURSTON 539-8763

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 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 1 - April 29
Time: 7 - 8 pm (Wednesday)
Fee: \$21
Location: UFM Computer Lab

Computer Shopping CP-02

Buying a computer just right for you is not an easy task. What do I need? What software should I have? Do I need all those extras? This class will focus on the most critical factors in making a smart purchase decision.

Linda Teener

Date: January 27
Time: 7 - 8:30 pm (Tuesday)
Fee: \$10
Location: UFM Fireplace Room

Computer Shopping CP-03

Linda Teener

Date: March 11
Time: 7 - 8:30 pm (Wednesday)
Fee: \$10
Location: UFM Fireplace Room

Windows 95 CP-04

Take the mystery out of this operating system. Learn the language, symbols and new approaches it takes. Learn file management, program shortcuts and other tasks. Bring your questions.

Linda Teener enjoys sharing practical computer information.

Date: February 11
Time: 7 - 8:30 pm (Wednesday)
Fee: \$12
Location: UFM Computer Lab

Windows 95 CP-05

Linda Teener

Date: April 23
Time: 7 - 8:30 pm (Thursday)
Fee: \$12
Location: UFM Computer Lab

Personalized Computer Help CP-06

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

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

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

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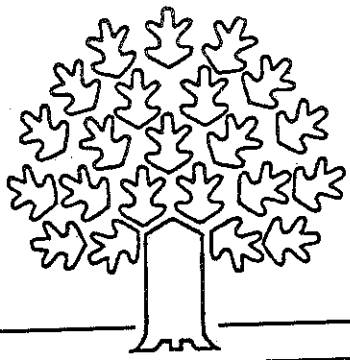
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Creative Free Time

1221 THURSTON

539-8763

Black and White Film Developing for Beginners

CF-03

This class will cover the basics of black and white film processing and darkroom procedures. We will limit the class size to provide hands-on experience. Each student will develop their own roll of black and white film. **Note: Student needs to bring an unexposed roll of Tri-X 400 ISO film to class.** All other materials are included in the fee. Class size is 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 2
Deadline for registration: January 30
Time: 7 pm (Monday)
Fee: \$15
*No refunds on class; instructor must buy chemicals that can't be used if students drop out or don't come.
Location: UFM Darkroom

Black and White Film Developing For Beginners

CF-04

Harold Wellmeier

Date: April 6
Deadline for registration: April 3
Time: 7 pm (Monday)
Fee: \$15
*No refunds on class; instructor must buy chemicals that can't be used if students drop out or don't come.
Location: UFM Darkroom

Black and White Printing

CF-01

Feel the satisfaction of turning your own black and white negatives into prints. Each student will gain hands-on darkroom experience in print procedures. **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 has a degree in Commercial and Industrial Photography. He enjoys black and white photography and enjoys processing his own film.

Date: February 9
Deadline for registration: February 6
Time: 7 pm (Monday)
Fee: \$15
*No refunds on class; instructor must buy chemicals that can't be used if students drop out or don't come.
Location: UFM Darkroom

Black and White Printing

CF-02

Harold Wellmeier

Date: April 13
Deadline for registration: April 10
Time: 7 pm (Monday)
Fee: \$15
*No refunds on class; instructor must buy chemicals that can't be used if students drop out or don't come.
Location: UFM Darkroom

Beginning Photography

CF-14

Learn to do more than point and shoot with your camera. This beginner photography class will cover the basic camera parts, how photography works, camera handling and care, film types, composition, lighting, exposure, and attachments. Participants will have fun creating photographs in the darkroom. Participants should bring camera, camera manual, and film. This course will be geared to 35mm cameras.

Liz Beikmann is a retired teacher who taught for 32 years at Manhattan Jr. High/Middle School. She has been a volunteer 4-H photography leader for 14 years.

Date: February 5, 12, 19, and 26
Time: 7 - 8:30 pm (Thursday)
Fee: \$16
Location: UFM Conference Room

Safe and Creative Care of Family Photos

CF-05

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

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

Date: February 12
Time: 7 - 9:30 pm (Thursday)
Fee: \$15 includes some supplies
Location: UFM Fireplace Room

Safe and Creative Care of Family Photos

CF-06

Pam Schmid

Date: March 16
Time: 7 - 9:30 pm (Monday)
Fee: \$15 includes some supplies
Location: UFM Fireplace Room

Safe and Creative Care of Family Photos

CF-07

Pam Schmid

Date: April 16
Time: 7 - 9:30 pm (Thursday)
Fee: \$15 includes some supplies
Location: UFM Fireplace Room

Beginning Sewing

CF-10

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/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 sewing 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 20 - March 31
Time: 6 - 7:30 pm (Tuesday)
(no class March 24)
Fee: \$31
Location: UFM Multipurpose Room

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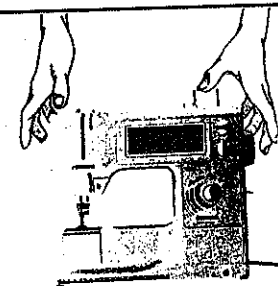
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The Wood Lathe for Beginners

CF-08

The wood lathe is the most interesting and creative woodworking power tool. It is the oldest of woodworking machines and the only one in which the work rather than the cutting tool is power driven. Students will learn basic spindle and bowl turning and complete a small project.

Lowell Regehr (776-1660), is a cabinet maker in Manhattan. He has three wood lathes.

Date: January 19, 26, & February 2
Time: 7 - 10 pm (Monday)
Fee: \$18
Location: 1001 Colorado Street, Manhattan

Downtown Manhattan Walking Tour

CF-09

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: April 28
Time: 6:30 pm (Tuesday)
Fee: \$8 individual/\$12 family
Location: Meet at Courthouse Plaza

Beginning Chess

CF-12

Chess is an entertaining game that stimulates analytical and spatial thinking. This class is designed for those who want to learn the basics of the game. We will cover the rules, movement of the pieces and some basic strategies and tactics for play.

Doug Teener (537-0508), has been playing chess for over 25 years, and wants to see as many people as possible learning this ancient and exciting (yes) game.

Date: January 29, February 12 and 26
Time: 7 pm (Thursday)
Fee: \$15
Location: UFM Multipurpose Room

Learning to Write and Sell Speculative Fiction

CF-13

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 ten 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.

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

Creation of a Three-Dimensional Mosaic Seed-Bird

CF-11

The instructor will demonstrate and assist you in creating a three-dimensional mosaic seed-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. The result is an amazing lifelike bird model. (See an example at the Country Gift Shop in the Holidome.) Materials for creating your seed-bird, glass dome and wooden base are included in the class fee.

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 '96 and '97.

Date: February 3 - February 24
Time: 7 - 9 pm (Tuesday)
Fee: \$31
Location: 2121 Meadowlark Road, Apt 209
Manhattan, KS

Stained Glass

CF-15

Would you like to become a stained glass artist? In this class students will learn the basics of stained glass using the copper foil technique. Please bring an old window glass and glass cutters to class the first night for practicing methods of cutting glass - straight lines and curves. Students are required to purchase their own supplies and glass (initial supply costs could be \$40-\$60, stained glass costs \$5-\$10 per square foot). After students have developed their design and colors, they will complete a small project.

Duane Daily has worked with glass for over 15 years. He is a retired high school teacher. His other interest include raising horses and cattle, competing in competitive trail riding and traveling in the Middle East.

Date: February 17, 19, 24, 26, March 3, and 5
Time: 7 - 8 pm (Tues/Thurs)
Fee: \$40
Location: UFM Banquet Room

Personalize Your Home with Wallpaper!

CF-24

Do you envy your friends' home that is all decorated with wallpaper and coordinating borders and paint? Take the fear out of decorating with wallpaper by attending this class. See how easy it is to find wallcoverings that will jazz up your home and help reflect your interests and personality as well as making your home a "quiet refuge" or a "perky palace."

Claudia Jones (776-4442), has a degree in Interior Design from Kansas State University. She has been working with customers for 10 years at Crown Decorating and is a certified Wallpaper Consultant.

Date: February 26
Time: 7 pm (Thursday)
Fee: \$10
Location: Crown Decorating
501 Fort Riley Blvd

Destination Good Mental Health

Professional development for health and helping professionals and volunteers.

◆ Building Bridges with Adolescents

Feb. 18—M Feb. 25—JC

◆ Overcoming Anxiety and Worry Mar. 18—M

◆ Appreciating Differences: Cultural Diversity

Apr. 22—M Apr. 29—JC

◆ Depression in the Older Adult Jun. 17—M

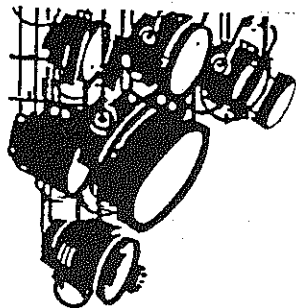
M—Manhattan JC—Junction City

All classes are 12:45 to 3:45 p.m.

For information

call 587-4326

PAWNEE
Mental Health Services



The Manhattan Center for the Arts Theatre Company

presents its Spring 1998 shows:

"ALL IN THE TIMING" - six zany one-act comedies by David Ives

Feb 6-8, 12-15

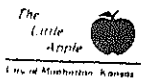
"HMS PINAFORE" - musical comedy by Gilbert & Sullivan

Apr 24-26, 30, May 1-3, 8-9

Watch for information on our "Theatrical Potpourri" in March - fun for the whole family.

And don't miss **HEAR & NOW** our one-hour staged readings of works by local and nationally known playwrights. Presented informally at 7 p.m. on intermittent Sundays. Readers also welcomed.

For more information on all theatre activities, call 539-4420
or visit our Web page at <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.





"Kathy's Woodcuts"

These monthly woodcuts will provide years of enjoyment month after month while hanging on your front door or in the entryway greeting guests! They are made out of 1" thick pine wood that is already cut and sanded. We will paint, antique, and decorate each monthly woodcut to fit your decor. Just come to relax, create, and enjoy. Class projects will be displayed at "The Farmer's Daughter" at 423 Poyntz Avenue to preview. There is no experience necessary and all supplies and materials are furnished.

Kathy Lyman (539-2002), has been involved in the craft business for over twelve years. She has taught in elementary schools but has been teaching craft classes full time for the past 6 years. She owns and operates her own business called "The Farmer's Daughter". She enjoys helping people create their own craft keepsake that they can say, "I made it myself!"

"Valentine Hearts"

CF-16

Date: February 5
Time: 9 - 11 am (Thursday)
Fee: \$14
Location: The Farmer's Daughter
423 Poyntz Avenue



"Valentine Hearts"

CF-17

Date: February 5
Time: 6:30 - 8:30 pm (Thursday)
Fee: \$14
Location: The Farmer's Daughter
423 Poyntz Avenue

"St. Pat's Shamrock"

CF-18

Date: March 5
Time: 9 - 11 am (Thursday)
Fee: \$14
Location: The Farmer's Daughter
423 Poyntz Avenue



"St. Pat's Shamrock"

CF-19

Date: March 5
Time: 6:30 - 8:30 pm (Thursday)
Fee: \$14
Location: The Farmer's Daughter
423 Poyntz Avenue

"Easter Bunny"

CF-20

Date: April 2
Time: 9 - 11 am (Thursday)
Fee: \$14
Location: The Farmer's Daughter
423 Poyntz Avenue



"Easter Bunny"

CF-21

Date: April 2
Time: 6:30 - 8:30 pm (Thursday)
Fee: \$14
Location: The Farmer's Daughter
423 Poyntz Avenue

"Spring Tulip"

CF-22

Date: May 7
Time: 9 - 11 am (Thursday)
Fee: \$14
Location: The Farmer's Daughter
423 Poyntz Avenue



"Spring Tulip"

CF-23

Date: May 7
Time: 6:30 - 8:30 pm (Thursday)
Fee: \$14
Location: The Farmer's Daughter
423 Poyntz Avenue

Food for Fun!

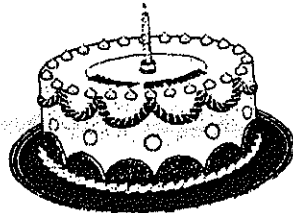
Fun with Breads

FF-01

Everyone will enjoy this program featuring demonstrations and information about bread baking. The instructor will demonstrate her gooey pecan twists which were featured in *Midwest Living Magazine*. She will also discuss bread machines, including various features and troubleshooting. Learn about the ingredients that go into making a great loaf of bread or rolls and how they affect your end product. Many shaping ideas will be demonstrated and displayed. Whether you're a traditional baker or a bread machine baker, you will gain much information from this presentation as well as some recipes and handouts to enjoy. Come be a part and sample some of Christy's creations.

Christy Wagner is a spokesperson with the Kansas Wheat Commission and has many years of bread baking experience. She was also featured with one of her recipes in *Midwest Living Magazine* in 1994. Christy enjoys speaking and demonstrating to groups while sharing knowledge and skills in this area.

Date: April 20
Time: 7 - 8:30 pm (Monday)
Fee: \$5
Location: Kansas Wheat Commission
2630 Claflin Road



Cake Decorating

FF-03

Turn your plain cakes into festive treats. 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 at Dillons.

Date: April 9 - April 30
Time: 7 - 8:30 pm (Thursday)
Fee: \$24
Location: UFM Kitchen

Vegetarian Cooking for the Beginner

FF-02

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. Make sure to bring your appetite to class. 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 cook and enjoys preparing vegetarian dishes for his friends.

Date: February 4 and 11
Time: 7 - 8:30 pm (Wednesday)
Fee: \$32
Location: UFM Kitchen

Wines of the World

FF-04

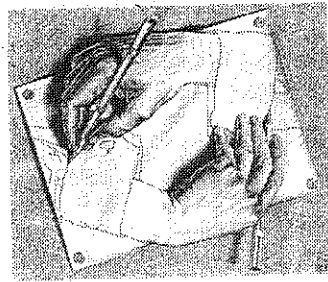
Taste for yourself and gain an overview of wines of the world. Learn the basics of selecting the right wine to complement most foods and occasions. We will demonstrate and provide tips so that you will serve and drink wine with confidence and pleasure.

Chad Lohman (539-9441), is a graduate of KSU and co-proprietor of Nespore Wines and Spirits. Scott Benjamin is a wine salesperson for Standard Beverage Corporation.

Date: January 26 - March 9
No class February 16
Time: 7 - 8:30 pm (Monday)
Fee: \$55
Location: UFM Fireplace Room



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



706 N. 11th
539-6411

DECORATE YOUR WALLS

"Drawing Hands" by M.C. Escher



You watched "the comet of the century" all spring, why not keep the memory?

Comet Hale-Bopp
11"x14" double-matted photograph (photographed by Dean Stramel)

This breath taking photo can be purchased at UFM for \$29 (part of the proceeds will be donated to UFM)

Manhattan Center for the Arts



1520 Poyntz Ave., Manhattan, KS 66502

(785) 537-4420

www.flinthills.com/~arts

Spring 1998 Classes January 12-May 21



Classes for children and adults in:

Clay
Visual Arts
Theater

Registration

- Fee payment reserves class places.
- Advance registration is highly recommended.
- Registration can be done by mail or call 537-4420.
- Please indicate the need for busing or scholarships when enrolling.

Scholarships

Children and youth classes at the Manhattan Center for the Arts are underwritten in part by a grant from the YES! Fund, a fund of the Robert R. McCormick Tribune Foundation. All children and youth through the 12th grade will receive a reduction in class fees. Students who qualify for the "free and reduced lunch program" will receive up to a 95-percent fee deferment. The minimum charge is \$5.00 per family.

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 from their area school, transported to the Center for the Arts for classes and returned to their home. Depending on final registration in each class, busing may or may not be available. When registering for classes, please indicate the need for transportation.



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



National
Endowment
for the Arts



The City of
Manhattan
The Little Apple

Funding provided in part by the City of Manhattan, private business donors, the Kansas Arts Commission—a state agency—and the National Endowment for the Arts—a federal agency.

Manhattan Center for the Arts Enrollment Form

Student name: _____
 Address: _____
 City: _____ Zip Code: _____
 School Year/Age: _____
 School: _____
 Class Numbers: _____
 My payment of \$ _____ is enclosed.
 (Checks payable to Manhattan Center for the Arts)
 OR
 Please bill my VISA/MC \$ _____
 Account Number: _____
 Expiration: _____/_____
 Signature: _____

Parent Name: _____
 Telephone (daytime): _____
 Telephone (evening): _____
 I am interested in busing to the Center _____
 home from the Center _____
 I am interested in scholarships: _____
 I am eligible for free lunch _____
 or reduced lunch _____
 (If eligible, please call for scholarship rates.)

Cut out and mail to:
Manhattan Center for the Arts
Spring Classes
 1520 Poyntz Ave.
 Manhattan, KS 66502

Make it in Clay

Classes for Preschool Ages

Story Telling in Clay

Fee: \$33 (limit 8, minimum 5)

In this class children will listen to a story, draw a picture and be guided in the making of a clay object inspired by the stories they hear. This class changes every time it is offered.

CC 329 T	9:00 - 10:15 am	Jan 20 - Feb 24
CC 320 T	10:30 - 11:45 am	Jan 20 - Feb 24
CC 339 W	9:00 - 10:15 am	Jan 21 - Feb 25
CC 330 W	10:30 - 11:45 am	Jan 21 - Feb 25
CC 321 W	1:00 - 2:15 pm	Jan 21 - Feb 25
CC 429 T	9:00 - 10:15 am	March 31 - May 5
CC 420 T	10:30 - 11:45 am	March 31 - May 5
CC 439 W	9:00 - 10:15 am	April 1 - May 6
CC 430 W	10:30 - 11:45 am	April 1 - May 6
CC 421 W	1:00 - 2:15 pm	April 1 - May 6

Instructors: Susan Denson-Guy and Jan Neal

After School Clay Discovery Series for Children and Youth

Discover the fun of making clay pots. Special projects will teach the basics of hand-built and wheel-thrown pottery.

Clay Creations

(limit 10, minimum 6)

Grades 4 - 8

Fee: \$39 A YES! Fund class you pay \$24, \$12 or \$5.

CC 313 M	3:45 - 5:15 pm	Jan 19 - Feb 23
CC 413 M	3:45 - 5:15 pm	March 30 - May 4

Instructor: Stan Paskiewicz

Hand Built Creations

(limit 10, minimum 6)

Fee: \$39 A YES! Fund class, you pay \$24, \$12 or \$5.

Ogden Elementary Students

CC 333 W	4:00 - 5:30 pm	Jan 21 - Feb 25
CC 433 W	4:00 - 5:30 pm	April 1 - May 6

Instructor: Staff

Grades 1-4

CC 353 F	3:45 - 5:15 pm	Jan 23 - Feb 27
CC 453 F	3:45 - 5:15 pm	April 3 - May 8

Instructor: Jan Neal

Wheel-thrown Pottery

(limit 8, minimum 6)

Fee: \$39 A YES! Fund class, you pay \$24, \$12 or \$5.

Grades 5 - 8

CC 323 T	3:45 - 5:15 pm	Jan 20 - Feb 24
CC 423 T	3:45 - 5:15 pm	March 31 - May 5

Instructor: Staff

Grades 5 - 12

CC 343 Th	3:45 - 5:15 pm	Jan 22 - Feb 26
CC 443 Th	3:45 - 5:15 pm	April 2 - May 7

Instructor: Jan Neal

Adult Daytime Classes

The Joy of Hand Building and Surface Decoration

Fee: \$56 (limit 10, minimum 4)

Create unique hand-built stoneware pottery items from birdhouses to dishes that you can eat from when finished. Along with creating pots you will learn different methods of surface decoration including sgraffito, mishima, carving, and others. No prior experience necessary. However, all skill levels are welcome in these classes.

CC 119 M	9:00 - 11:00 am	Jan 19 - Feb 23
CC 219 M	9:00 - 11:00 am	March 30 - May 4

Instructor: Ester Ikeda

Hand Built and Wheel Thrown Pottery

Fee: \$56 (limit 8, minimum 4)

Yes, you can make a pot on the wheel or just with your hands! Enroll and we will help you "find your hands in clay" as you learn the basics of functional wheel thrown and hand built pottery. No experience necessary. Those of you wanting to hone your skills are also welcome. All tools and materials are included in the class fee.

CC 341 Th	1:00 - 3:00 pm	Jan 22 - Feb 26
CC 441 Th	1:00 - 3:00 pm	April 2 - May 7
CC 350 F	10:00 - noon	Jan 23 - Feb 27
CC 450 F	10:00 - noon	April 3 - May 8

Instructor: Fran Bellucci-Johnson

Clay for Special Needs Populations

Fee: \$56 (scholarships available) (limit 8)

During this class you will create unique hand built stoneware pottery that is functional and fun to build. This class is designed to meet the needs of adults with developmental or physical challenges. One on one assistance will be provided as needed.

CC 351 F	1:00 - 3:00 pm	Jan 23 - Feb 27
CC 451 F	1:00 - 3:00 pm	April 3 - May 8

Instructor: Aaron Hinrichs

Evening/Weekend Classes for All

Intermediate and Advanced Wheel Throwing

Fee: \$79 two nights, \$56 one night (limit 8, minimum 5)

This class is designed to meet the needs of everyone interested in creating wheel-thrown pottery. Whatever your next point of discovery goal is, come throw and explore. Depending on your individual preferences you may enroll in this class for one or two nights a week.

CC 316M/W	7:00 - 9:00	Jan 19 - Feb 25
CC 416M/W	7:00 - 9:00	March 30 - May 6
CC 317M only	7:00 - 9:00	Jan 19 - Feb 23
CC 417M only	7:00 - 9:00	March 30 - May 4

Instructor: Ester Ikeda

Hand-Built Ceramic Sculpture and Surface Design

Fee: \$56 (limit 10, minimum 4)

Create a focal point for your home or garden in this unique sculpture class. Begin with the basics of hand building and advance to sophisticated surface design techniques such as sgraffito, mishima, and carving. In this class you will have the opportunity to create a single large form or several smaller pieces. No prior experience necessary!

CC 327 T	7:00 - 9:00 pm	Jan 20 - Feb 24
CC 428 T	7:00 - 9:00 pm	March 31 - May 5

Instructor: Ester Ikeda

Family Clay Adventure

Fee: \$40 plus \$5 per family member (limit 10, minimum 4)

Discover the fun of clay creation with a special family member or mentor. Everyone over the age of four is welcome to participate with an adult. Wheel and/or Hand building.

CC 346 Th	6:00 - 7:30 pm	Jan 22 - Feb 26
CC 347 Th	7:30 - 9:00 pm	Jan 22 - Feb 26
CC 446 Th	6:00 - 7:30 pm	April 2 - May 7
CC 447 Th	7:30 - 9:00 pm	April 2 - May 7

Instructor: Staff

Design Your Own Pottery

Fee: \$15 - \$30/finished piece

You don't have to be an artist to design or glaze your own set of dishes. Create your own personal set that is microwave and dishwasher safe. We offer ready-made stoneware cups, plates, and bowls that you can decorate for your everyday dishes or special occasions. Preserve those special memories by capturing the hand, foot, or paw print of your favorite little one. These items will make great gifts! For this class you pay by the piece - so you can come only one week or as many as you would like. This is great fun for the entire family. Please call the center to let us know when you plan to attend.

CC 726 T	7:00 - 9:00 pm	Jan 20 - May 5
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Instructors: Studio Staff

SPECIAL SEMINARS AND CLAY OPPORTUNITIES

Primitive Firing Workshop

Fee: \$15 (limit 10, minimum 5)

Location: Wild Cat Village Pottery, 329 Lower McDowell Creek Road. Call 539-0187 for more information.

This class will present a Kansas version of the southwest Native American tradition. You will learn to fire your own bisque vessels (closed forms preferred, 1 large or 3 small) using dried cow manure as the fuel. Please bring your own bisque vessels, lunch, drinks and garden gloves. Be prepared to collect the fuel.

CC 701 S	8:00 am - 2:00 pm	April 18
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Instructors: Ronna and Gary Tyson

Raku Glazing and Firing Workshop (minimum 6)

Fee: \$15 plus, \$5/piece (except miniatures)

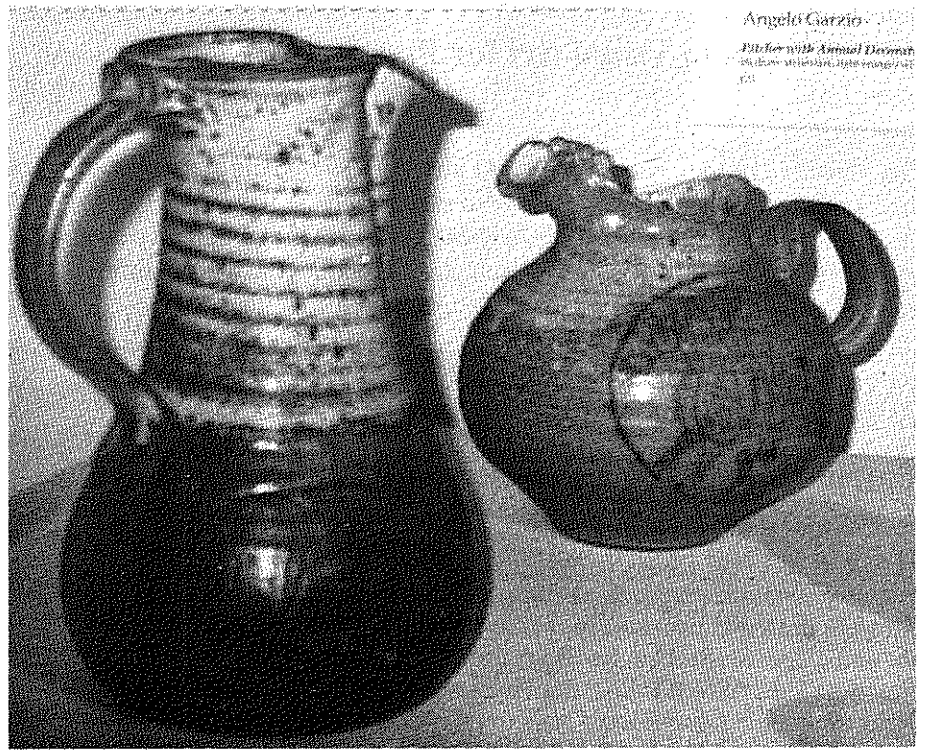
Location: Clay Cellar Studio, 415 Lincoln, Wamego, KS.

Call (785) 456-2114

Bring your bisque pots to glaze and Raku fire. Glazing from 9:00 a.m. to noon. Firing 1:00 pm until finished!

CC 702 S	9:00 am - until?	March 14, 1998
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Instructor: Joyce Furney



The Garzio class will cover advanced methods in clay.

Fresh Approach to Pot Making (limit 10, minimum 4)

Fee: \$105

Intermediate to advanced wheel potters will enjoy this intensive seminar focusing on pouring vessels, handles, bowl shapes and feet plus unique surface decorating techniques using englobes and stains. Local master potter Angelo Garzio will lead this class which will also include a discussion and slide presentation about the history and development of clay.

CC 703 T/Th	6:30 p.m.-9:30 p.m.	March 3-March 26
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Instructor: Angelo Garzio

Open Studio (Facility use only, no instruction)

Fee: \$20/month plus clay

For more information contact the studio at (785) 776-3334 or call the Arts Center to leave a message (785) 537-4420.

Open studio enrollment is available for people who need no instruction, but wish to have the use of a well-equipped studio, access to glazes and knowledge that their work will be fired with professional care and attention.

Community Outreach Clay Classes

The Manhattan Clay Coalition would like to bring a clay class or special seminar to you! If your group (any age) would like to experience a hand building class taught by a professional or schedule a team building workshop utilizing pottery design to improve office relations, please contact Karen Lauseng, Program Director, at 537-4420 to discuss your group's needs. Fees and dates will be set on an individual basis. Enjoy the clay experience. Everything is brought to you.

Visual Arts Classes

Instructor for all classes: Jan Neal

Adult Painting, Drawing and Design

Fee: \$50.00 (Minimum 6)

This six-week course will include techniques in design. Students will learn about composition, color theory, and design vocabulary. Behind every good painting is a well thought out drawing. Classes will cover black and white value studies to include methods of hatching with a pencil, charcoal drawings, etc. Painting techniques in acrylic, watercolor and oils will be demonstrated. Each student will be asked to do research on at least five of the old masters.

VA 112	T	9:00-noon	Jan 13-Feb 17
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Advanced Adult Watercolor Class (Minimum 6)

Fee: \$50

Anyone feeling comfortable with watercolors but desiring to advance and improve techniques should join our group of advanced students. Paintings will be done during the six class sessions and individual consultations, critiques, and advice will be ongoing.

VA 113	W	9-noon	Jan 13-Feb 17
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Introduction to Visual Art for Preschoolers (Minimum 6)

(Ages 3-6)

Fee: \$28

The objective of the class would be to introduce the young student to different media of the fine art. They will be read stories and shown pictures about famous artists. After the readings, a demonstration will be given on how to accomplish a certain art project. Each class session will stress a different media such as drawing, painting, sculpture, jewelry making, etc.

VA 112	T	1:30-2:45 pm	Jan 20-Feb 24
VA 212	T	1:30-2:45 pm	March 3-April 7
VA 312	T	1:30-2:45 pm	April 14-May 19

Hatches, Scratches and Other Fun Things (Limit 10)

(Grades 1-6)

Fee: \$34 A YES! Fund class, you pay \$18, \$9 or \$5.

The objective of this six week class will be to instruct the students in the use of different drawing instruments including pencil, pen, brush and ink, conte crayon, and charcoal. Students will practice techniques leading toward a final drawing. The "Old Masters" drawings will be viewed and discussed with a focus on drawing and design principles and design vocabulary.

VA 102	T	3:45-5:15	Jan 20-Feb 24
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Cartoons and Caricatures

(Grades 1-6)

Fee: \$28 A YES! Fund class, you pay \$16, \$8 or \$5.

In a series of five sessions, students will explore cartoon and caricature drawing. Students will develop individual comic strips based on events from their lives.

VA 202	T	3:45-5:15	March 3-April 7
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Landscape Painting in Water Color

(Grades 1-6)

Fee: \$34 A YES! Fund class, you pay \$18, \$9 or \$5.

The objective of this six-week class is to instruct the student in basic watercolor techniques which will lead to a completed landscape painting done outdoors. Design principles, and vocabulary of design will be stressed plus composition, drawing, and water color techniques.

VA 302	T	3:45-5:15	April 14-May 19
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Drawing

(Grades 7-12)

Fee: \$34 A YES! Fund class, you pay \$18, \$9 or \$5.

In a series of six sessions, students will learn the basics of drawing. After developing confidence in drawing contour shapes, students will learn to use volume and shading. Projects will be geared toward each student's starting level and interests.

VA 222	F	3:45-5:15 pm	March 6-April 17
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Instructor: Colleen Ialacci

Theater Classes

Preschool Fairy Tale Theater (minimum 6)

(ages 3-6)

Fee: \$28

Preschool children will be able to get a taste of theater by acting out their favorite fairy tales. A fun, educational environment that helps kids overcome shyness.

TC 112	M	9:30-10:45 am	Jan 20-Feb 24
TC 212	M	9:30-10:45 am	March 3-April 7
TC 312	M	9:30-10:45 am	April 14-May 19

Creative Dramatics

(Grades 1-6)

Fee: \$60 A YES! Fund class, you pay \$26, \$13 or \$5.

Students will experiment with a variety of theatrical activities emphasizing learning and singing songs for presentation purposes.

TC 101/3	M/W	3:45-5:15	Jan 26-Feb 25
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Stories In Action

(Grades 1-6)

Fee: \$72 A YES! Fund class, you pay \$30, \$15 or \$5.

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

TC 201/3	M/W	3:45-5:15	March 2-April 15
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Just Imagine

(Grades 1-6)

Fee: \$60 A YES! Fund class, you pay only \$26, \$13 or \$5.

Do you like to do impressions of other people? See how much fun it can be to pretend you're someone else for awhile.

TC 301/3	M/W	3:45-5:15	April 20-May 20
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Barrier-Free Theater

(Limit 10 students)

(Special needs populations)

Fee: \$25

Theater experience for special needs teens and adults. Students will put on a play and learn basic performance and backstage skills. This class is jointly sponsored by the Manhattan Parks & Recreation Department.

TC 114	Th	4:30-6 pm	Jan 16-April 30
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Instructor: Kathryn Foss Pittman

Experimental Theater for High School Students 10th Anniversary Class

Fee: \$35 (Scholarships available)

May 16-June 20 Days and times to be announced.

Call 537-4420 for information about theater workshops for grades 7-12.

Workshops

Mask-making Workshop

(Limit 20)

(Ages 15 and up)

Fee: \$55 A YES! Fund class, you pay \$24, \$12 or \$5.

This four-week course introduces the student to the art of mask making. Students study the history of masks and create a variety of masks including a traditional commedia mask, a half mask, a freestyle mask and a hand-held flat mask.

MM301/4	M/Th	6 pm-8 pm	May 4-28
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Sensual Knitting Workshop

(Minimum 6)

(Ages 15 and up)

Fee: \$25

Forget traditional patterns. Saturate your senses with the glorious colors, textures and tactile sensations of yarn by experimenting with knitted swatches. These sensual swatches, plus your imagination and simple techniques (cast-on, knit, purl, increase, decrease, and bind-off) become the basis of knitted garments, accessories, and toys. Learn how to design a simple project, develop yarn swatches and use them to devise a stitch and row knitting guide for your design. Please bring a sack lunch. Materials are included

KN 261	Sat	10 am-2:30 pm	March 7
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Instructor: Gail Selfridge

Drawing Techniques Workshop

(Minimum 7)

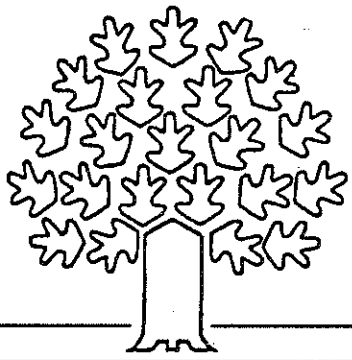
(Ages 15 and up)

Fee: \$20

Learn how to experiment with drawing materials to produce exciting graphic effects. Whether you are interested in drawing for personal enjoyment or to create accurate, aesthetically pleasing illustrations, these techniques will help you to improve your work. Media includes pencils, pen and ink, and colored pencils and stampings. After a demonstration period there will be an individual work and practice session. Please bring a sack lunch. Materials are included

DT 262	Sat	10 am-2:30 pm	Feb 21
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Instructor: Gail Selfridge



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 conditions.

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 2
Time: 6:30 - 10 pm (Monday)
Fee: \$18
Location: First Lutheran Church
930 Poyntz Avenue

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 26 - May 11
No class on March 23
Time: 7:30 - 9 pm (Monday)
Fee: \$23
Location: UFM Greenhouse

Communication for Lovers

SP-06

Poor communication is one of the most common relationship problems. It affects all facets of a relationship and contributes to dissatisfaction that can eventually lead to break-up. This seminar will explore the ways men and women communicate and teach techniques that can improve communication between lovers and enhance the relationship.

Charles Drees, LSCSW, LMFT (587-4326), a licensed clinical social worker and licensed marriage and family therapist, is a therapist at Pawnee Mental Health Services. He has many years of experience in helping couples work at improving their relationships.

Date: January 20
Time: 6:30 - 9 pm (Tuesday)
Fee: \$8 individual/\$10 couple
Location: Houston Street Ballroom
5th and Houston

Philosophy of Gurdjieff and Ouspensky

SP-03

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

David Seamon (539-0391), has been active with Gurdjieff's work for 21 years. He has studied with J.G. Bennett, a pupil of both Gurdjieff and Ouspensky.

Date: February 4 - March 4
Time: 7:30 - 9 pm (Wednesday)
Fee: \$18
Location: UFM Greenhouse

Introduction to Zen Buddhist Philosophy and Practice

SP-04

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 a Professor of Psychology at KSU and has been a student of Zen Buddhism for approximately 21 years, practicing under the direction of Soto masters Dainin Katagiri and Shohaku Okumura. He is affiliated with the Minneapolis Zen Meditation Center.

Date: April 8, 15, & 22
Time: 7:30 - 9 pm (Wednesday)
Fee: \$16
Location: 121A South 4th Street, Room 211

Remarital Quality

SP-07

In this class participants will learn the latest research study on remarital satisfaction, understand more about step-families, learn the processes to remarital satisfaction, and how to simplify the many complex issues in remarriage. Computerized slide presentation of the latest video on step-families will be shown and more.

C.S. Castelo is a graduate student in Family Studies and Human Service at Kansas State University. He has a B.A. in Psychology from California State University, San Bernardino. This workshop is based on his Master's Thesis and the early stages of program development.

Date: January 15, 22, and 29
Time: 7 - 8:30 pm (Thursday)
Fee: \$14 individual or family
Location: UFM Greenhouse



For Couples Only

Marriage Checkup

February 9-13

For free appointment call 587-4300

A community service of
PAWNEE Mental Health Services

The Baha'i Faith: An Introduction

SP-05

What is the second most widely-spread religion in the world? You may be surprised to learn that it is the Baha'i Faith, according to the Encyclopedia Britannica 1995 yearbook. Now well-established in more countries than any other religion except Christianity, this emerging global religion has an international reputation for humanitarian work, including education for world peace and the elimination of racial, gender and religious prejudice. This course will provide information about the history, beliefs and practices of the Baha'i Faith.

Anita Van Nevel has lived in Manhattan for 9 years. She has been a Baha'i for 12 years. *Maureen Conn* has been a Baha'i for 23 years and has lived in Manhattan since 1976.

Date: February 4
Time: 7 - 8:30 pm (Wednesday)
Fee: \$8
Location: UFM Conference Room

Parents Together

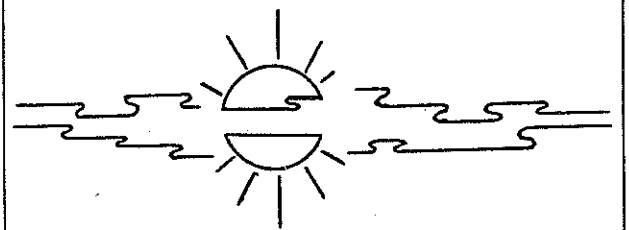
SP-08

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 parents 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 Thursday 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.

Funded by the City of Manhattan. For questions about the group, call Linda at 539-8763.

Date: January 15 (First Meeting)
2nd and 4th Thursday of each month
Time: 7 - 8:30 pm (Thursday)
Fee: \$N/C
Location: UFM House

A balanced approach . . .



. . . to breaking through

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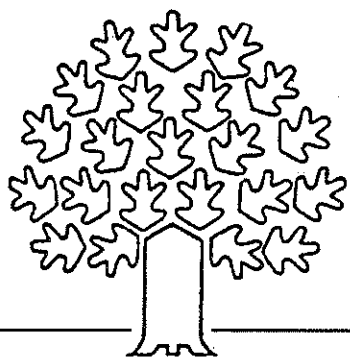
for appointment, call during day:

913-776-5858

all types of insurance accepted

Special THANKS TO THE UFM INSTRUCTORS who volunteer their time.





Earth, Nature & Environment

1221 THURSTON

539-8763

The Oregon Trail in Pottawatomie County

EN-01

Learn information and the history of 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: May 5 and 9
Time: 7:30 pm (Tuesday) 9 am (Saturday)
Fee: \$12 individual/\$16 family
Location: UFM Greenhouse

Ag 101

EN-02

This class is designed to expose participants to the crops and livestock that are raised in the area. We will cover general information about each of these areas. We will also look at various cost associated with these common duties. This would be an excellent program for landlords, or small scale landowners.

Mike Christian (537-6350), is the Riley County K-State Research and Extension Agriculture Agent. He has been working with farmers and ranchers in Riley County for 18 years.

Date: March 5, 12, and 19
Time: 7 pm - 9:30 pm (Thursday)
Fee: \$19
Location: Riley County Office Building
110 Courthouse Plaza, Manhattan

Beginning Fly Tying

EN-08

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. Material 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), a seventh grade science teacher and owner of Sodie's Fly Shop, 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 many years. Paul primarily fishes for trout, but local outings for bass and panfish help keep his fly fishing skills sharp.

Date: January 28 and 29
Time: 6 - 9 pm (Wed/Thurs)
Fee: \$39
Location: Sodie's Fly Shop
6390 Rockenham Road, St. George

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 lifelong resident of Kansas and for the past 25 years has lived in the Manhattan area. He was a Conservation Officer for 20 years and managed Tuttle Creek State Park. He has spent numerous hours fishing the waters around the Manhattan area. Jerry Dishman is also a lifelong resident of Kansas and truly an outdoorsman. He works for the City of Manhattan, Parks and Recreation Department and spends many hours pursuing his love of the outdoors, i.e.: hunting and fishing. Jerry has many skills and is always willing to share them with someone who wants to learn.

Date: March 11
Time: 7 - 9:30 pm (Wednesday)
Fee: \$8
Location: UFM Conference Room

Sustainable Manhattan Round Table Series

Sustainable Manhattan is hosting a series of round tables to inform Manhattan citizens on how sustainability relates to current, pressing issues facing our community. These round tables are an excellent way to not only learn a new way of looking at our community, but to discuss new, innovative ways of thinking with other interested citizens and people with experience in these areas. These sessions are offered at no cost and you may sign up for any that interest you, from one or two to all four.

What Does It Take to Build a Sustainable Community

EN-03

What does it mean to be sustainable? Why should we strive to be more sustainable? Come join Sustainable Manhattan in an enlightening discussion around these questions. Discover the link between a sustainable community and a prosperous, clean, healthy community with a high quality of life for generations to come. Discuss ways to improve your quality of life and make Manhattan more sustainable at the same time.

Bruce Sneed (532-6868), is an engineering extension specialist at K-State with a focus on household energy issues and radon gas. He is also a Manhattan city commissioner and is currently mayor of Manhattan. Bruce has provided much leadership and energy in the founding of Sustainable Manhattan.

Date: January 29
Time: 7:30 pm (Thursday)
Fee: \$N/C
Location: UFM Conference Room



Can Saving Energy Also Save You \$\$\$?

EN-04

Energy is a necessary ingredient in our everyday lives. We use energy in almost every activity we pursue. Our relationship with energy is changing, though. As energy prices rise and power plants pollute our air and water, it is no longer desirable to use more energy than necessary. Discover how easy it is to save money on your energy bills. Learn simple, inexpensive techniques to save energy and also more advanced investments in alternative energy sources that provide cleaner, renewable, and therefore more sustainable sources of energy. Also learn what the deregulation of the power industry will mean to you and your pocketbook and the attractiveness of using the sun as an energy source.

Bill Dorsett (532-6868), has been teaching and working with photovoltaics since the early 1980's. He has taken advanced PV's in Colorado, worked with pumping, radio and power systems and is particularly interested in renewable energy for developing countries.

Date: February 12 (Thursday)
Time: 7:30 pm
Fee: \$N/C
Location: UFM Banquet Room



Should We Plan Our Community Around Cars or for People?

EN-05

For years, communities have been built around the automobile at the expense of pedestrians and other modes of transport. This has made taking your car everywhere you go a virtual necessity in our modern society, complete with all the costs of owning a car and maintaining its streets. Come learn about exciting and cheaper ways to get around and how we can plan our community for its citizens, not our machines, and discuss how these ideas might be used to make a more sustainable Manhattan.

Edith Stunkel (532-6868), has conducted extensive research on rural public transportation through her work at the KSU Center for Aging. She served two terms as a city commissioner, serving as mayor during her second term from 1995 to 1996. Prior to that, Edith chaired the Riley County Transportation Task Force and city's Social Services Advisory Board. She was the primary author of the Community Summit transportation section and the city's 1997 Community Development Grant proposal that would have expanded public transportation in our community.

Date: February 26
Time: 7:30 pm (Thursday)
Fee: \$N/C
Location: UFM Fireplace Room



How Can Our Community Provide Attractive, Affordable Housing for All?

EN-06

A sustainable community provides a safe, comfortable place for its citizens to live. It is a community's ethical responsibility to provide adequate housing for all, but how can it be done? Where should our housing be located? Do we have enough housing for people of all incomes? Come join other Manhattan citizens in a lively discussion around these questions. Discover how other communities have dealt with these questions and have maintained their neighborhoods' character. Discuss ways that Manhattan can address these difficult questions.

Tom Phillips (532-6868), is a private community planning consultant working in the Manhattan area, specializing in housing issues. He has also been a guest lecturer at K-State in the college of Architecture, Planning, and Design. Tom is the former Director of Planning for the community of Lenexa, KS. He currently serves as the chair of the Manhattan Urban Area Planning Board and is well-versed in local planning issues.

Date: March 12
Time: 7:30 pm (Thursday)
Fee: \$N/C
Location: UFM Conference Room



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

EN-16

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.

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 4
Time: 9 am - Noon (Saturday)
Fee: \$8
Location: UFM Greenhouse

Spring Plant Swapping

EN-19

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

Colleen Hampton is our feature instructor this semester.

Date: April 18
Rain date: April 25
Time: 10 - Noon (Saturday)
Fee: \$N/C
Location: UFM Greenhouse



Featured UFM Instructor
Colleen Hampton

Colleen Hampton has been a UFM Instructor since the spring of 1993, teaching a wide variety of gardening classes. Her background includes Bachelor's and Master's degrees in Biology and Secondary Education and memberships in Riley County Master Gardener (1994), Prairie Roots Garden Club and the Flint Hills Hemerocallis (Daylily) Club.

Colleen's gardening experience began when she was a child. Working in her parents' large vegetable garden, she helped with both planting and picking. After unsuccessfully trying to grow cotton plants while in elementary school, she started growing houseplants. Eventually she had 30 houseplants flourishing in her bedroom.

Colleen's great aunt got her started growing African violets and she has attended the Wichita African Violet Show for over 20 years.

Her favorite indoor plants include ferns, orchids, and any flowering house plant.

Colleen has had a vegetable garden of her own since 1979. Currently, her outdoor interests include shade garden species, daylilies, and small ornamental trees. She hopes to eventually get her yard landscaped—once she settles on a design long enough to see it to completion.

"Gardening Ideas" EN-17

Join us for a tour of Lee Creek Gardens to get new gardening ideas for home landscape. Emphasis will be on various design and planting techniques, as well as on interesting and unusual woody ornamental and perennial plant material that is suitable for this area -- both for sun and shade situations. This is designed for group discussion and interaction throughout the tour, so come prepared with lots of questions, comments, and ideas to share. Refreshments will be served.

Ann Scott (537-8262), is a librarian at KSU, a self-proclaimed "crazed gardener" and co-owner of Lee Creek Gardens retail nursery. It all started with a trip to Great Britain.....

Date: April 29
Time: 7 pm (Wednesday)
Fee: \$8
Location: Lee Creek Gardens
3400 S. 24th Street, Manhattan



The Surgeon General has determined that lack of physical activity is detrimental to your health.

Try Hydroaerobics!
(water exercise)
See page 5

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 rental fee is charged to cover costs of operating the program. Rent is charged on a sliding 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 continuing until all plots are rented. A plot rental fee is 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.

The spring orientation and sign-up schedule is as follows.

RETURNING GARDENERS:
February 4, Wednesday, 7:30 pm, UFM Greenhouse
February 7, Saturday, 10:00 am, UFM Greenhouse

NEW GARDENERS:
March 4, Wednesday, 7:30 pm, UFM Greenhouse
March 14, Saturday, 10:00 am, UFM Greenhouse
April 4, Saturday, 10:00 am, Community Garden,
9th & Riley Lane

The Basics of Gardening EN-09

Gardening is America's #1 hobby! In the last several years, there has been a renewed interest in growing your own vegetables, flowers and herbs. Would you like to try gardening but feel that you have a purple (or black!) thumb? We'll take you through the process of planning, preparing, planting, and even harvesting your blooms and produce. Learn some "secrets of the trade" from germination to harvest.

Colleen Hampton is the UFM featured Instructor in this issue.

Date: March 14
Time: 10 am - Noon (Saturday)
Fee: \$8
Location: UFM Greenhouse

Growing Cool-Season Vegetables EN-10

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

Date: March 14
Time: 1 - 3 pm (Saturday)
Fee: \$8
Location: UFM Greenhouse

Where the Sun Doesn't Shine (Shade Gardening) EN-14

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

Colleen Hampton

Date: April 18
Time: 1 - 3 pm (Saturday)
Fee: \$8
Location: UFM Greenhouse

Growing Warm-Season Vegetables EN-15

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 11
Time: 1 - 3 pm (Saturday)
Fee: \$8
Location: UFM Greenhouse

"That Special Touch" EN-11

What makes a garden special? Its design, statuary, plant types, the wildlife it attracts? We'll discuss the various aspects of designing your garden with the seven principles of landscape design in mind so that your garden will not only reflect your interests, but will also gain the positive comments of friends and passersby!

Colleen Hampton

Date: March 21
Time: 10 am - Noon (Saturday)
Fee: \$8
Location: UFM Greenhouse

Gardening in Small Places EN-12

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: March 21
Time: 1 - 3 pm (Saturday)
Fee: \$8
Location: UFM Greenhouse

Perennial Flower Gardening EN-13

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: April 11
Time: 10 am - Noon (Saturday)
Fee: \$8
Location: UFM Greenhouse

Reduce, Reuse, Recycle & Join...

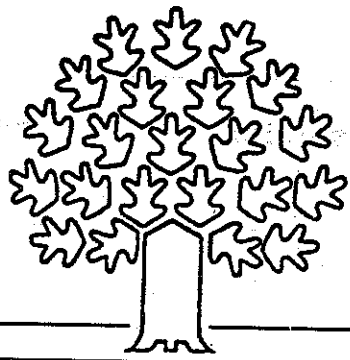
Northern Flint Hills Audubon

Your local Audubon chapter invites you 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; children welcome. (For more information, call Patricia Yeager 776-9593.)
- Programs on topics ranging from environmental preservation shows to local wildlife. Look for details in our newsletter!
- Action on environmental issues

Watch for information on all these activities in *The Prairie Falcon*, the chapter's newsletter. For more information, call Dolly Guelder (537-4102).

WE NEED YOU!



Wellness

1221 THURSTON

539-8763

Introduction to Reiki

WE-12

In this class we will discuss the concepts of holistic health, Universal Life Energy, subtle body physiology, and Reiki — a holistic health practice. Handouts included in fee.

June Hunzeker has worked with holistic health practices many years. She is a Second Degree Reiki practitioner in the Usui System of Natural Healing. She has completed Gemisphere Energy Medicine I, toward certification, being among the first class of 25 students from around the world to do so. She started her own business, Flint Hills Peacemakers, in 1993. "My heart sings everytime a different holistic practice is presented for my study/work. They are the peacemakers," she says; "I'm simply the happy assistant."

Date: February 12
Time: 7 - 9 pm (Thursday)
Fee: \$9 individual/\$27 for series
Location: UFM Greenhouse

Introduction to Reiki

WE-13

June Hunzeker

Date: April 16
Time: 7 - 9 pm (Thursday)
Fee: \$9 individual/\$27 for series
Location: UFM Greenhouse

Introduction to Gemisphere Energy Medicine

WE-14

This class will introduce the concepts of holistic health Universal Life Energy, subtle body physiology, and Gemisphere Energy Medicine — a holistic health practice. Handouts included in fee.

June Hunzeker

Date: February 19
Time: 7 - 9 pm (Thursday)
Fee: \$12 individual/\$27 for series
Location: UFM Greenhouse

Introduction to Gemisphere Energy Medicine

WE-15

June Hunzeker

Date: April 23
Time: 7 - 9 pm (Thursday)
Fee: \$12 individual/\$27 for series
Location: UFM Greenhouse

Introduction to the Essential 7

WE-16

This class will introduce the concepts of holistic health, Universal Life Energy, subtle body physiology and holistic health practices using 7 essential oils. Handouts included in fee.

June Hunzeker

Date: February 26
Time: 7 - 9 pm (Thursday)
Fee: \$9 individual/\$27 for series
Location: UFM Greenhouse

Introduction to the Essential 7

WE-17

June Hunzeker

Date: April 30
Time: 7 - 9 pm (Thursday)
Fee: \$9 individual/\$27 for the series
Location: UFM Greenhouse

Self-Treatment with Acupressure

WE-01

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 (539-9113), has practiced chiropractic care in Manhattan for the last 13 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 26 - March 2
Time: 7 - 9 pm (Monday)
Fee: \$27.50
Location: 1130 Westport Drive, Suite 5
Manhattan

A Good Night's Sleep: What You Can Do About Insomnia

WE-05

Trouble sleeping? Insomnia is a common, but nonetheless frustrating experience. This class will explore insomnia and its many causes, both physical and psychological. You will learn a variety of methods to help improve your sleep.

Patricia Fettes, Ph.D., is a licensed psychologist at Pawnee Mental Health Services. She completed postdoctoral training in behavioral medicine at the Mayo Clinic.

Date: February 23
Time: 7 - 8:30 pm (Monday)
Fee: \$8
Location: Pawnee Mental Health Services
2001 Claflin Road

Stress Busters

WE-02

This course will introduce various approaches for balancing body and mind. Through exercises involving body awareness, simple movement, partnering and self-massage techniques, participants will explore ways to cope with stress by relaxing and energizing both body and mind. Participants can use these skills for themselves, family members, or friends. Lists of related readings and resources will be provided for those who want to further pursue material presented in class. Wear loose, comfortable clothing.

Jack Windhorst is a certified Rolfer® and massage therapist with a long-term interest in bodywork and psychology. Vera Orlock (532-6887), is an Assistant Professor of Dance at KSU. She is a certified Movement Therapist, specializing in Structural Intergration and Body-Mind Centering®. Vera teaches workshops in movement and somatic integration throughout the USA and Europe.

Date: February 2 & 9
Time: 7 - 9 pm (Monday)
Fee: \$17
Location: Ahearn Gymnasium Room 301

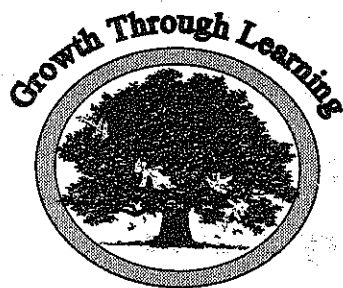
Introduction to Feng Shui

WE-03

Feng Shui is the Chinese system of design and placement as applied to one's home and workplace. The objective is to promote a harmonious living environment and a feeling of well-being. We will discuss ways to enhance your career, family, life, health, prosperity, and the 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 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 Berkley, 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: April 15
Time: 7 - 9 pm (Wednesday)
Fee: \$16
Location: UFM Greenhouse



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- enhance emotional health, physical performance and physiological efficiency
- reduce stress, tension, aches and pains

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Manhattan Kansas

Please stop by and see the Manhattan Arts Center.





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 yourself. Participants will learn a self-massage routine that they can adapt to their personal needs. **Participants should bring a blanket and/or pillow and wear loose clothes or shorts and t-shirt.**

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

Date: *January 20*
Time: *7 - 9 pm (Tuesday)*
Fee: *\$15*
Location: *UFM Banquet Room*

Hatha Yoga for Health and Longevity WE-09

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 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 2, 9, 16, and 23*
Time: *7:15 pm (Monday)*
Fee: *\$32*
Location: *ECM Student Center 1021 Denison Avenue*

Tai Chi Ch'aun for Beginners WE-04

Tai Chi Ch'aun is an Ancient Chinese exercise to increase the balance and harmony of the body, mind, and spirit. The practice of Tai Chi Ch'aun will improve health and provide a positive social outlet. It is a system of physical exercise based on the principle of effortless breathing, rhythmic movement and weight distribution. In this class we will learn the basic movement and techniques of Tai Chi Ch'aun Yang style, the most popular form of Tai Chi Ch'aun inside and outside of China today, and can be practiced by young and old, any time, any place.

Mei Hwa Terhune (539-4277), is a native of China where she acquired her knowledge of Tai Chi Ch'aun while attending Ming Chuang College, Taipei, Taiwan. Her interest in Tai Chi Ch'aun has been ongoing and she has studied with several of today's prominent Chinese practitioners of the art.

Date: *March 16 - May 11*
No class March 23
Time: *6 - 7 pm (Monday)*
Fee: *\$59*
Location: *ECM Student Center 1021 Denison Avenue*

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. Emphasis will be on the neck and back. Participants should wear bathing suits under loose fitting clothes. We will be working in pairs. **Each pair will need a sleeping bag/thick blanket or comforter and 2 flat sheets.**

Bernice Martin

Date: *February 3 & 10*
Time: *7 - 9 pm (Tuesday)*
Fee: *\$26 a couple*
Location: *UFM Banquet Room*

Hatha Yoga for Health and Longevity WE-10

Bharath Narayanan

Date: *March 2, 9, 16, and 30*
Time: *7:15 pm (Monday)*
Fee: *\$32*
Location: *ECM Student Center 1021 Denison Avenue*

Hatha Yoga for Health and Longevity WE-11

Bharath Narayanan

Date: *April 6, 13, 20, and 27*
Time: *7:15 pm (Monday)*
Fee: *\$32*
Location: *ECM Student Center 1021 Denison Avenue*

Parent/Infant Massage WE-08

Infant Massage is an ancient tradition in many cultures which has been rediscovered in the West. Clinical evidence shows that loving, touching, nurturing contact between caregiver and infant has a positive impact upon subsequent development. Many studies reveal the benefits of positive interactive contact as an integral part of a baby's early life, and the unfortunate results when this early attention is lacking. Infant Massage is one of the easiest and most pleasant methods of providing this early positive interaction. Many newborn nurseries are now adopting Infant Massage as a regular part of their parent education programs, to help promote well-being and the loving bonds between parents and their babies. **Bring a pad or mat to lay your child on and either or both parents.**

Sandy Snyder (537-3607), is a licensed Massage Therapist with 25 years experience. She is the owner of Lifecenter Bodywork and is experienced with Deep Tissue Massage, Sports Massage, Reflexology and Infant and Pet Massage.

Date: *April 20*
Time: *7 pm (Monday)*
Fee: *\$13*
Location: *UFM Multipurpose Room*

Self-Defense for Preteens
is offered in the Youth section

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

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



Clafin Books and Copies

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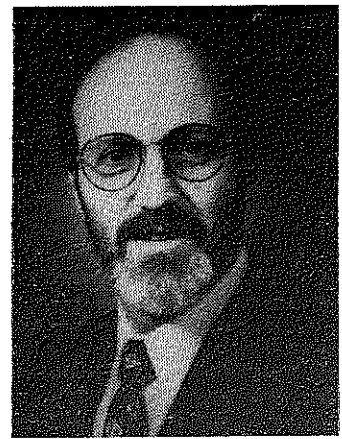
Dr. Timothy E. Quill

Date: Monday, February 2, 1998

Time: 7:30 p.m.

Where: McCain Auditorium

Dr. Quill's speech for the evening is entitled "Physician-Assisted Death: Progress or Peril?"
Dr. Quill is the Associate Chief of Medicine at the Genesee Hospital and Professor of Medicine and Psychiatry at the University of Rochester School of Medicine and Dentistry.



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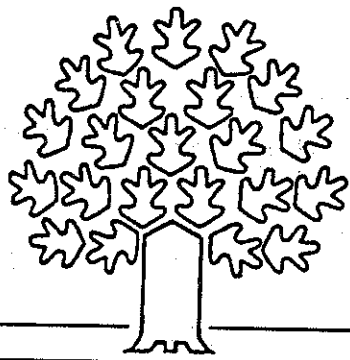
May 6, 1998

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Youth

1221 THURSTON

539-8763

Mom 'n Dad's Future Stars!!

YO-02

Here's a chance for you to introduce your young person to a wide variety of **lifetime** sports activities. **IN THIS PARENT PARTICIPATION CLASS**, a teacher helps you guide your 3 to 5 year old child through introductory skills in the lifetime activities of: Soccer, Miniature Golf, Basketball, Paddle Sports, Gymnastics & Trampoline, and Obstacle Course & Playground. Everything needed to participate is provided, and the entire 8000 square foot area is foam padded for safety. **Once again, THIS IS A PARENT PARTICIPATION CLASS.**

Pat and Jan McWilliams (539-3613), are the owners of Manhattan Gymnastics Center. Between them, Pat and Jan have 47 years of experience performing and teaching Movement Education through the vehicle of gymnastics.

Date: January 22 - February 26
Time: 10 - 10:45 am (Thursday)
Fee: \$36 parent and child
Location: Manhattan Gymnastics Center
2305 SkyVue Lane

Mom 'n Dad's Future Stars!!

YO-03

Pat and Jan McWilliams

Date: March 5 - April 16
(no class March 26)
Time: 10 - 10:45 am (Thursday)
Fee: \$36 parent and child
Location: Manhattan Gymnastics Center
2305 SkyVue Lane

Mom 'n Dad's Future Stars!!

YO-04

Pat and Jan McWilliams

Date: January 22 - February 26
Time: 2 - 2:45 pm (Thursday)
Fee: \$36 parent and child
Location: Manhattan Gymnastics Center
2305 SkyVue Lane

Mom 'n Dad's Future Stars!!

YO-05

Pat and Jan McWilliams

Date: March 5 - April 16
(no class March 26)
Time: 2 - 2:45 pm (Thursday)
Fee: \$36 parent and child
Location: Manhattan Gymnastics Center
2305 SkyVue Lane

Mom 'n Dad's Future Stars!!

YO-06

Pat and Jan McWilliams

Date: January 24 - February 28
Time: 10 - 10:45 am (Saturday)
Fee: \$36 parent and child
Location: Manhattan Gymnastics Center
2305 SkyVue Lane

Mom 'n Dad's Future Stars!!

YO-07

Pat and Jan McWilliams

Date: March 7 - April 18
(No class March 28)
Time: 10 - 10:45 am (Saturday)
Fee: \$36 parent and child
Location: Manhattan Gymnastics Center
2305 SkyVue Lane

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

SASSY/Safety Awareness and Street Smart Youth

YO-01

This program teaches children personal safety in an increasingly dangerous society. The program helps build self-confidence, increases awareness and teaches effective defense techniques such as stranger danger, use of 911, defense against abduction, using parent codes and home alone skills. This is a fun, safe program for children that teaches very important skills. Parents may take this class with their child for a fun family activity. Ages 10 and under.

Diana Tarver teaches the SHARP self-defense classes for UFM.

Date: February 23
Time: 6:30 - 8:30 pm (Monday)
Fee: \$12 child/\$17 parent & child
Location: First Lutheran Church
930 Poyntz Avenue

Beginning Taekwondo for Youth Ages 4-5

YO-12

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.

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

Date: January 19 - February 6
Time: 6 - 6:30 pm (Mon/Fri)
Fee: \$31
Location: First Lutheran Church (Parish House)
930 Poyntz Avenue

Kids On Campus

YO-09

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

UFM Staff

Date: April 2
Time: 8 am - 5 pm (Thursday)
Fee: \$25
Location: Meet at UFM House

Beginning Taekwondo for Youth Ages 6-8

YO-13

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

Troy Auman

Date: February 16 - March 13
Time: 6 - 6:45 pm (Mon & Fri)
Fee: \$39
Location: First Lutheran Church (Parish House)
930 Poyntz Avenue

Beginning Taekwondo for Youth Ages 9-14

YO-14

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.

Troy Auman

Date: March 30 - April 22
Time: 6 - 6:45 pm (Mon & Wed)
Fee: \$39
Location: First Lutheran Church (Parish House)
930 Poyntz Avenue



Oak Grove School is a private arts and science magnet school for children ages 3-8. Parent-run, non-profit, non-religious, state licensed, certified teachers, SRS provider, reasonable rates, nice people. Oak Grove School values diversity and doesn't discriminate on any basis. For more information, call 537-2349 or Shawn Bunch at 494-2830.

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All participants must register in advance.

1035



Basic Drawing

YO-08

This class is for children ages 8 through 11, who would like to increase their drawing skills. They will learn the basic tricks of drawing objects, and human and animal figures. Supply list at Varney's Bookstore and at UFM office.

Erin Carter (539-2809), enjoys teaching children and would love for them to improve on their drawing skills. She has training, and has been drawing, for ten years.

Date: February 6 - March 13
Time: 7 - 7:45 pm (Friday)
Fee: \$17
Location: UFM Fireplace Room

Beginning Irish Step Dancing for Children

YO-10

This class will teach the basic steps in traditional Irish step dancing. This dancing has been seen in "Riverdance" and "Lord of the Dance." We will begin with the reel and progress into the jig and slip jig. This class is appropriate for children 5 years of age and older. Students can wear socks or soft ballet shoes.

Deirdre McLoughlin has been an Irish Step Dancer for 21 years. She has competed regionally, nationally and at the World Championships earning a national title. She has also performed several times in Radio City Music Hall, New York. After completing her competitive years, she is a certified Irish Dancing Teacher by the Irish Dancing Commission in Dublin, Ireland.

Date: January 28 - March 4
Time: 6 - 7 pm (Wednesday)
Fee: \$60
Location: ECM Auditorium

Building Assertiveness

YO-15

Are you shy? Do you want to be more of a leader? Learn how to increase your chances of winning cooperation with classmates, friends or adults. In this class girls ages 8 to 14 will learn assertiveness techniques that build self-confidence.

Laura Sales, LMSW, is an in-home family therapist, and Pam Alger, BSW, is a child and family case manager, at Pawnee Mental Health Services.

Date: March 7
Time: 10 am - Noon (Saturday)
Fee: \$8 individual/\$10 with friend or family
Location: Pawnee Mental Health 2001 Claflin Road

UFM Catalog Trivia

Answer the questions by exploring this catalog. When you think you know all the answers, return it to UFM for a chance to win a \$20 gift certificate to UFM classes. Winning entries will be entered in a drawing to be held Feb. 28.

- 1. The largest catalog section
2. The optometrist advertiser
3. Photography starts in
4. Stories from Gina is used in
5. Perk up your palace with
6. A stained glass technique
7. The February Lou Douglas Speaker
8. A good water exercise
9. The featured instructor
10. Divide bulbs after they
11. UFM's web address
12. Tai chi ch'uan comes from
13. The Union Bookstore has books on
14. No. of credit classes this semester
15. Safety Training for Coaches Teacher
16. UFM celebrates its 30th anniversary
17. The People's Grocery Co-op carries this produce
18. A free marriage checkup is offered by
19. Find an investment class in this section
20. First day for Community Garden sign up is a

Name:
Address:
City: St: Zip:
Home Phone: Work Phone:

Beginning Irish Step Dancing for Children

YO-11

Deirdre McLoughlin

Date: March 11 - April 22 (No class March 25)
Time: 6 - 7 pm (Wednesday)
Fee: \$60
Location: ECM Auditorium

Propagating Odoriferous Fungi

EN-18

Did you know that there are more germs and bacteria growing in your refrigerator than any other place in the home? In this class participants will learn how to cultivate fungi from spills and forgotten food containers. There will be discussion on refinement of odor producing ice cubes, and how to cultivate spore reproducing species.

Dr. Penny Cillin is the director of Spore Studies at the Fungi State Reserves Laboratory in Medicine Lodge, KS.

Date: March 24
Time: 9 am - 11 pm
Fee: \$2.50
Location: UFM Kitchen

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An Introduction to Spiritual Healing

Ron Ballard, a national lecturer and Christian Science Practitioner from San Francisco, will speak and answer questions about the healing power of prayer for all kinds of problems - physical and mental illness, relationship conflicts, career challenges, and addictions.

April 6, 7:30 - 9:00 pm
Manhattan Arts Center
1520 Poyntz Ave.
Free Admission

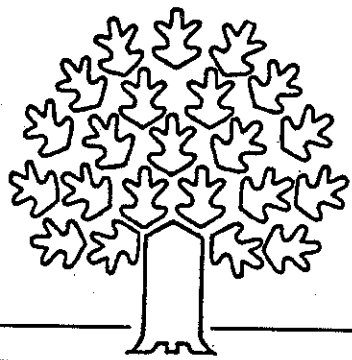
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Recreation & Dance

1221 THURSTON

539-8763

Ballroom Dance I

RH-05

Come dance with us! If you want to learn to dance with a partner, plan to attend a wedding, or you just want to brush up your steps, this class is for you. The Swing, Foxtrot, Waltz, and Latin dancing are just a few of the steps you will learn. Come experience the elegant world of Ballroom Dance. Partners are not required and single people are encouraged to attend. Classes fill rapidly. It is advisable to register early. *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 Sanders 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. She has taught for UFM for three years.

Date: January 23 - April 17
No class March 27
Time: 8:30 - 9:30 pm (Friday)
Fee: \$33 individual/\$60 couple
Location: ECM Student Center
1021 Denison Avenue



Ballroom Dance I

RH-06

Michael Bennett & Sara Sanders

Date: January 24 - April 18
No class March 28
Time: 8:30 - 9:30 pm (Saturday)
Fee: \$33 individual/\$60 couple
Location: ECM Student Center
1021 Denison Avenue

Intermediate Ballroom Dance

RH-07

This class will emphasize dancing with your partner and learning the routines. Foxtrot, Waltz, Rumba, and Tango are tentatively scheduled. However, specific dances will depend upon the interests of the class; these dances may change. Three weeks will be spent on each step and participants will be provided with a choreographed dance routine. **Prior dance lessons are required. Students who have taken classes from Mike and Sara are encouraged to enroll.**

Michael Bennett & Sara Sanders

Date: January 23 - April 17
No class March 27
Time: 7:30 - 8:30 pm (Friday)
Fee: \$33 individual/\$60 couple
Location: ECM Student Center
1021 Denison Avenue

Irish Ceili Dancing

RH-08

This class will focus on the traditional "ceili" dances performed in Ireland. These dances bear some resemblance to square dancing and require 4 to 16 dancers depending on the dance. The dances are all taken from the official handbook from the Irish Step Dancing Commission in Dublin, Ireland, and are still performed today both in competition and at lively socials with plenty of Irish singing and music.

Deirdre McLoughlin (537-2206), has been an Irish Step Dancer for 21 years. She has competed regionally, nationally and at the World Championships in earning a national title. She has also performed several times at Radio City Music Hall, New York. After completing her competitive years, she became a certified Irish Dancing Teacher by the Irish Dancing Commission in Dublin, Ireland.

Date: January 28 - March 4
Time: 7:15 - 8:15 pm (Wednesday)
Fee: \$60
Location: ECM Auditorium
1021 Denison Avenue

Irish Ceili Dancing

RH-09

Deirdre McLoughlin

Date: March 11 - April 22
No class March 25
Time: 7:15 - 8:15 pm (Wednesday)
Fee: \$60
Location: ECM Auditorium
1021 Denison Avenue

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 2, 9, 16 & 23
Time: 6 pm (Thursday)
Fee: \$35
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

Introduction to Golf

RH-02

Jim Gregory

Date: April 30, May 7, 14, & 21
Time: 6:30 pm (Thursday)
Fee: \$35
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

Tennis: Junior Beginners

RH-03

Ages 7 - 16

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 6, 13, 20 & 27
Time: 6:30 - 7:30 pm (Monday)
Fee: \$36
Location: LP Washburn Rec Complex, KSU

Tennis: Beginners

RH-04

Ages 17 and Up

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

Mark Tessendorf

Date: April 6, 13, 20 & 27
Time: 7:30 - 8:30 pm (Monday)
Fee: \$36
Location: LP Washburn Rec Complex, KSU

"Calling All Coaches" Safety Training for Coaches

RH-10

This course provides participants with knowledge and skills necessary to provide a safe environment for athletes while they are participating in sports. In an emergency the trainer will gain knowledge needed to help sustain life and minimize the consequences of injury or sudden illness until medical help arrives. This class includes First Aid and CPR certification with additional information on sprains and sport emergencies. Participants will also receive an American Red Cross Sport Safety Training card.

Christa Vizner is the Sports Trainer for Manhattan High School Teams and an American Red Cross Instructor in First Aid and CPR.

Date: March 3 and 10
Time: 6:30 - 10 pm (Tuesday)
Fee: \$42 includes book and material use
Location: Red Cross Office
1410 Poyntz Avenue

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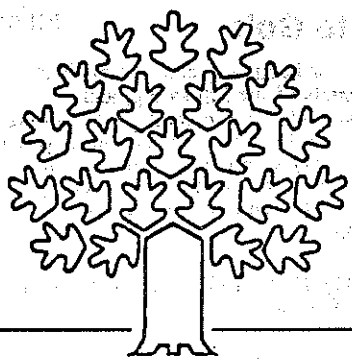
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539-1041
Jim Gregory, PGA Professional





Martial Arts

1221 THURSTON

539-8763

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+

**** Tuesday, January 20, 6:30 pm, Public Demonstration and formal introduction of instructors in Ahearn Fieldhouse, KSU**

Grandmaster Chae Sun Yi (539-4716), 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 13 years experience in Taekwondo.

Date: January 20 - May 7
No class March 24 & 26
Time: 6:30 - 7:30 pm (Tues & Thurs)
Fee: \$72
Location: Ahearn Fieldhouse, KSU

Taekwondo Karate II Advanced

MA-02

Grandmaster Chae Sun Yi

Date: January 20 - May 7
No class March 24 & 26
Time: 7:30 - 8:30 pm (Tues & Thurs)
Fee: \$72
Location: Ahearn Fieldhouse, KSU



White Phoenix Kung Fu

MA-03

This class (previously called White Dragon or Pai Lum Kung Fu) will teach the basic bows, stances, punches, kicks, and strikes of the style, plus one-step sparring and some basic self-defense. This style has both hard and soft elements in it. It combines Chinese Kung Fu and Okinawan Kempo.

Stan Wilson (539-7723), has done martial arts for 28 years and this style for 16 years. He has a Third Degree Black Sash in Pai Lum Kung Fu and a First Black Sash in Mew Hing 18 Taoist Palms Kung Fu plus a Black Belt in Jujutsu. He is the founder of The White Phoenix System, a combination of nine different methods of martial arts. *Jeff Endacott* has studied martial arts for six years. He has a First Degree Black Sash in Pai Lum Kung Fu.

Date: February 4 - April 1
(no class March 25)
Time: 7 - 8:30 pm (Wednesday)
Fee: \$42 includes 2 manuals
Location: Ahearn Fieldhouse, KSU

White Phoenix System Basics

MA-04

The White Phoenix System was founded by Stan Wilson. It is a synthesis of traditional and modern martial arts methods. This basic class teaches the fundamental skills necessary for this robust and diverse system of martial arts. Three manuals are included in this class.

Brian W. Root (776-7644), started studying Kung Fu with White Phoenix System founder Stan Wilson in 1986. He has been authorized by Stan Wilson to teach this basics class.

Date: February 4 - April 29
No class March 25
Time: 8 - 9 pm (Wednesday)
Fee: \$46
Location: Ahearn Fieldhouse, KSU

Beginning Aikido

MA-05

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 (565-0554), began practicing Aikido in 1988 at Cloud County Community College. He assisted the instructor and worked with beginners before leaving the area in 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 2 - May 6
No class March 23 & 25
Time: 7 - 8:30 pm (Mon & Wed)
Fee: \$56
Location: Ahearn Fieldhouse, KSU

Beginning Taekwondo for Adults

MA-06

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

Troy Auman (537-4861), is a first degree black belt in the American Taekwondo Association and is an instructor with the K-State/Manhattan Taekwondo Club. He also has extensive experience in weight training, stretching, and adaptive stretching (for those with physical limitations).

Date: January 19 - February 6
Time: 6:45 - 7:30 pm (Mon & Fri)
Fee: \$33
Location: First Lutheran Church
930 Poyntz Avenue

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

**SHARP—SELF DEFENSE FOR
WOMEN** is offered in the PERSONAL
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SEXUAL HARASSMENT ASSAULT RAPE PREVENTION
SHARP self-defense workshops are available
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UFM, 539-8763, to coordinate a workshop.

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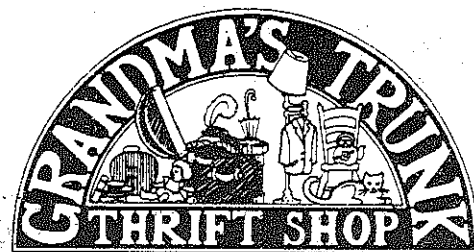
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Special thanks to all UFM INSTRUCTORS who volunteer their time!

103.5

The courses on this page are offered for credit through DCE with the cooperation of various KSU departments. Register for these at 131 College Court. Fees for these classes differ depending on special instructor and equipment needs.

Enrollment, withdrawal and refunds are determined by University policy and handled at the Division of Continuing Education Registration office. Call 532-5566 for questions or information.

Swimming I

KIN 104

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**

Instructor: Carol Stites

Date: January 27 - April 16
Time: 8:30 - 9:30 am (Tues/Thurs)
Fee: \$121
Location: KSU Natatorium

Fitness Swimming

KIN 107A

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 components of well-balanced training; and designing a workout for conditioning swimming. **Textbook required: Swim for the Health of It**

Instructor: Carol Stites

Date: January 27 - April 16
Time: 2:30 - 3:30 pm (Tues/Thurs)
Fee: \$123
Location: KSU Natatorium

Fitness Swimming

KIN 107B

Instructor: Carol Stites

Date: January 26 - March 13
Time: 8:30 - 9:30 am (M/W/F)
Fee: \$123
Location: KSU Natatorium

Fitness Swimming

KIN 107C

Instructor: Carol Stites

Date: March 16 - May 8
Time: 8:30 - 9:30 pm (M/W/F)
Fee: \$123
Location: KSU Natatorium

Scuba Diving

RRES 200

This class will prepare students for Open Water One certification. Areas to be covered include: introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of dive tables, diving environment, and general information. The date for certification will be determined at a later date. 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. Students must provide their own mask, fins, and snorkel.

Instructor: Jeff Wilson

Date: January 31 - March 14
Time: 9 am - 1 pm (Saturday)
Fee: \$233
Location: KSU Natatorium

Judo I

KIN 144

Judo I is intended not for gaining proficiency, but to gain understanding of how principle dynamics (force, accelerations, momentum, work, rotation, moment of inertia, etc.) are used to gain physical advantage (subduing the opponent). Techniques are selected for safety of participants and for demonstrating fundamental principles.

Instructor: Isaac Wakabayashi

Date: January 15 - May 7
Time: 7:30 - 8:30 pm (Tues/Thurs)
Fee: \$98
Location: Ahearn Fieldhouse

Judo II

KIN 145

In Judo II participants continue to gain understanding of how principle of dynamics are used to gain physical advantage. New and advanced skills are taught along with safety techniques. In preparation for competitive effectiveness, techniques will be tailored to fit the individual physique.

Instructor: Isaac Wakabayashi

Date: January 15 - May 7
Time: 8:45 - 10 pm (Tues/Thurs)
Fee: \$108
Location: 111 Moro Street

Fly Fishing

RRES 200

This course will cover the proper techniques for performing four basic fly casting techniques: roll casting, pick up and put down, false casting and shooting a line. We will also cover tying flies and fly fishing equipment. The class will be broken into two sections. The first section will cover casting, fly rods, reels, lines, tippets, and leaders. The second section will cover fly tying equipment and techniques to tie dry flies, wet flies, and nymphs. All equipment needed will be provided by the instructor.

Instructor: Paul Sodemann

Date: February 4 - February 26
Time: 6:30 - 8:30 pm (Wed/Thurs)
Fee: \$142
Location: Eisenhower Middle School
800 Walters Drive

Beginning Bowling

RRES 200

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

Instructor: Terri Eddy

Date: January 21 - May 6
Time: 10:30 am - 11:20 am (Wednesday)
Fee: \$108
Location: KSU Student Union

Beginning Bowling

RRES 200

Instructor: Terri Eddy

Date: January 22 - May 7
Time: 11:30 am - 12:20 pm (Thursday)
Fee: \$108
Location: KSU Student Union

Golf

KIN 140A

This course will emphasize the fundamentals of the full golf swing and the short game techniques of chopping, pitching, and sand shots. Rules of play, course etiquette, selection and use of equipment.

Instructor: Jim Gregory

Date: March 3 - April 28
Time: 2:30 - 4:30 pm (Tuesday)
Fee: \$148
Location: Stagg Hill Golf Club
4441 Fort Riley Blvd

Golf

KIN 140B

Instructor: Jim Gregory

Date: March 5 - April 30
Time: 9:30 - 11:30 am (Thursday)
Fee: \$148
Location: Stagg Hill Golf Club
4441 Fort Riley Golf Club

Golf

KIN 140C

Instructor: Jim Gregory

Date: March 4 - April 29
Time: 5:30 - 7:30 pm (Wednesday)
Fee: \$148
Location: Stagg Hill Golf Club
4441 Fort Riley Blvd

Golf

KIN 140 D

Instructor: Jim Gregory

Date: March 3 - April 28
Time: 5:30 - 7:30 pm (Tuesday)
Fee: \$148
Location: Stagg Hill Golf Club
4441 Fort Riley Blvd

Ballroom Dance I

DANCE 599C

Introduction to the principles of ballroom dancing. Includes dance terminology, dance positions, correct body alignment and positions, and partnering. Technique such as open and closed positions, leading and following, and a variety of steps will be emphasized. The jitterbug, American waltz, foxtrot, and Latin steps will be taught.

Instructor: Michael Bennett

Date: January 23 - May 15
Time: 6:30 - 7:30 pm (Friday)
Fee: \$125
Location: ECM Auditorium
1021 Denison Avenue

Ballroom Dance I

DANCE 599D

Instructor: Michael Bennett

Date: January 24 - May 16
Time: 7:30 - 8:30 pm (Saturday)
Fee: \$125
Location: ECM Auditorium
1021 Denison Avenue

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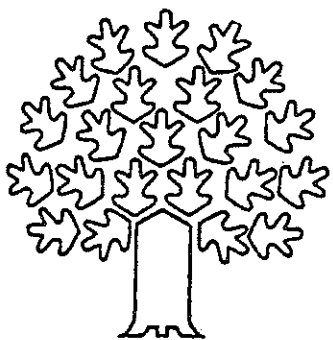
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UFM Class Registrations
1221 Thurston
Manhattan, Kansas 66502-5299

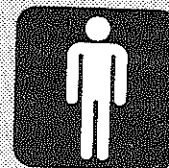
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FOR YOU... One participant per form, please



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With your VISA, Discover or MasterCard number and expiration date ready, call (785) 539-8763 during regular business hours.




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Student Name _____ Day Phone _____
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City _____ State Kansas Zip _____
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Age: Under 18 exact age _____ 19-24 25-59 60+

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