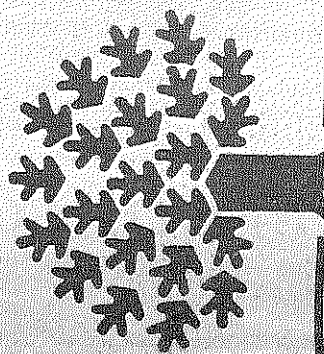


UFM COMMUNITY  
LEARNING CENTER

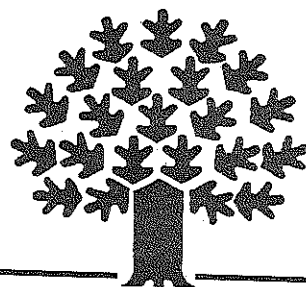
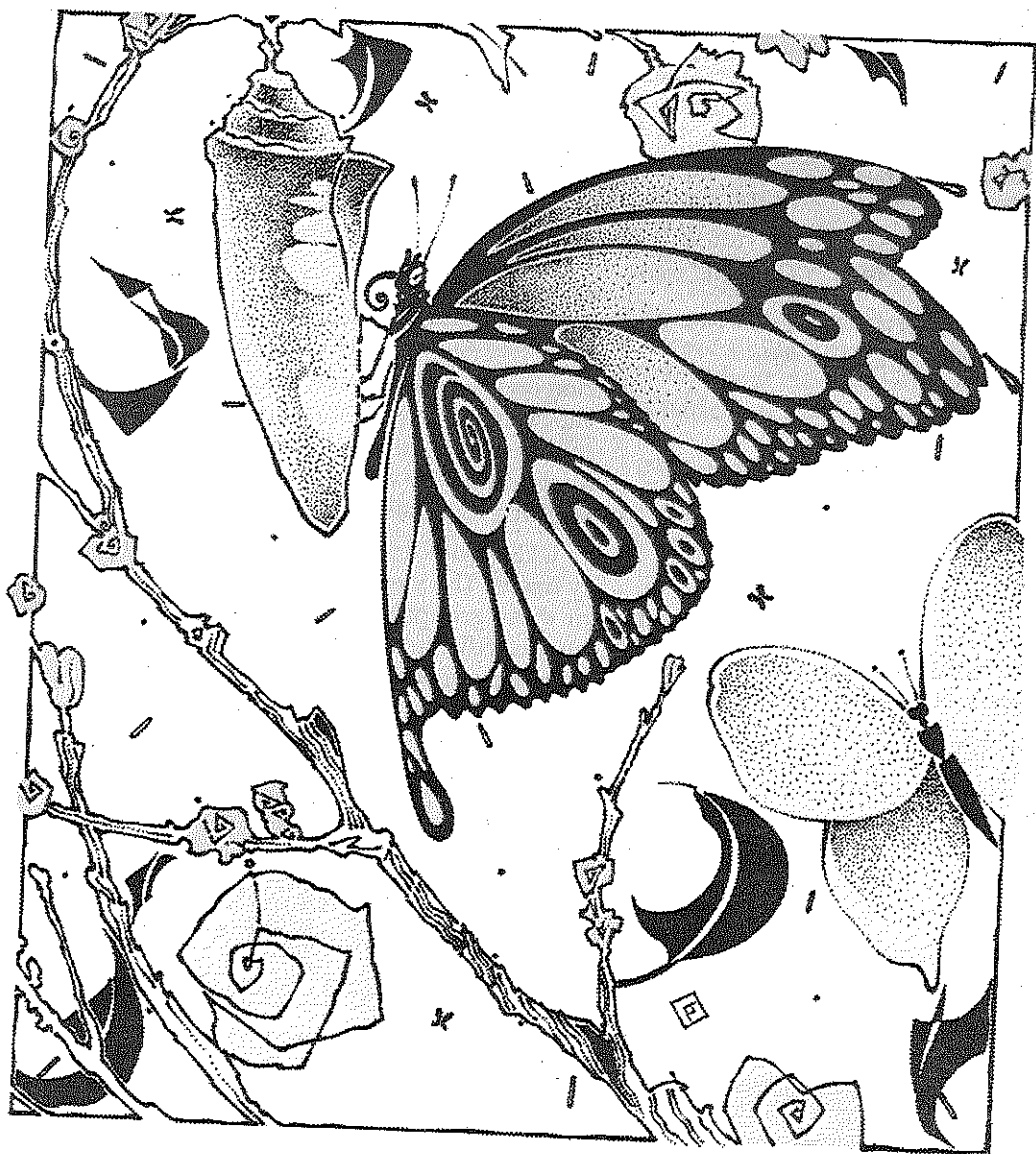
1999

Spring Classes

(January-May)



Teaching • Learning • Growing



Teaching • Learning • Growing

UFM  
Community  
Learning  
Center

1999  
Spring Classes

BULK RATE  
U.S. POSTAGE PAID  
Permit No. 134  
Manhattan, Kan. 66502

OR CURRENT RESIDENT

# Welcome to UFM Community Learning Center...

UFM believes that anyone can teach and anyone can learn. In the last 30 years, over 5000 persons have taken time to share something they know with others. Our instructors have ranged in age from 11 to 94. Many of our instructors volunteer their time to share their skills with others. Some receive a stipend for their efforts. Instructor reimbursement, learning tools, facility costs and UFM overhead expenses determine the fee charged for a class. Since 1991, UFM has been totally self-supporting and class fees make up over 2/3 of our budget.

Classes have run the A to Z of topics. Some of our most popular classes include ballroom dance, golf, taekwondo, cake decorating, and swimming. Our language and gardening classes are also popular. Wellness and personal development are areas that have been growing in recent semesters. We often offer classes you won't find anywhere else.

We rely very much on the interests and involvement of the community to make our

programs work. Without the class ideas and willingness of the community to volunteer to teach our classes, UFM could not exist. We are a unique program where our "faculty" is the entire community. UFM is a unique program that truly puts the community in education.

#### UFM STAFF:

Executive Director - Linda Inlow Teener  
Education Coordinator - Charlene Brownson  
Swim Coordinator - Andi Parr  
State Outreach Coordinator - Anita Madison  
Lou Douglas Lecture Coordinator - Beverly Earles-Law  
Office Coordinator - Tabitha Wehl  
Plus all the teachers who share their talents!!

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

The UFM office is at 1221 Thurston, Manhattan, KS 66502; (785) 539-8763. Visit our Web Site at [ksu.edu/ufm](http://ksu.edu/ufm) or email us at [ufm@ksu.edu](mailto:ufm@ksu.edu).

## GRASSROOTS COMMUNITY EDUCATION AWARD 1998

Dwight Nesmith, a retired professor of Mechanical Engineering at K-State University, was the 1998 recipient of the UFM Community Learning Center Grassroots Community Education Award. This 19th annual award was presented at the Lou Douglas Lecture held October 6 in Manhattan.

Dwight taught his first UFM class, "Generation Gap?", in the fall of 1968. In the Spring of 1969, he was the first lecturer in the series entitled, Last Lecture of Your Life. More recently, he has shared a craft he developed, creating three dimensional mosaic seed birds. He invented this craft 25 years ago while helping one of his children with a school project. He has since become known as the Bird Man, and has received national attention after his hobby was published in a craft magazine. Dwight has been an invited craftsman at the Silver Dollar City National Crafts Festival for 18 years, and locally his birds are on display and for sale at the gift shop at the Manhattan Holidome.

Dwight was presented with a windmill sculpture, the symbol of UFM Community Learning Center's grassroots award program. He was also the Featured Instructor in the Fall 1997 issue of the UFM catalog.

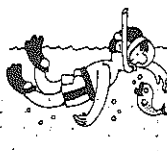
Dwight is a great teacher and has been a UFM supporter for thirty years now, and we take great pleasure in honoring him as a life-long educator.

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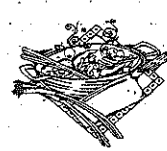
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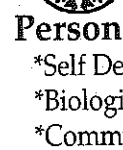
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## BOARD OF DIRECTORS

Tom Fryer <i>Chair</i>	Dick Hayter
Bill Richter <i>Vice Chair</i>	Elaine Johannes
Sandra Flores <i>Treasurer</i>	Migette Kaup
Aubrey Abbott <i>Secretary</i>	Heather Landsdowne
Linda Inlow Teener <i>President &amp; Executive Director, UFM</i>	Sue Maes
	Kim Morgan
	Lynda Spire
	Dean Stramel
	Candace White
	Robert Wilson

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.

### ...Clip and Save...

We got lost in the telephone book this year. Save this for future reference.

**UFM Community Learning Center**  
1221 Thurston St.  
Manhattan, KS 66502  
**(785) 539-8763**

#### ANSWERING MACHINE

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



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

# UFM INSTRUCTORS

Roger Adams  
 Ferdoos Afani  
 Michael Bennett  
 Marilyn Bode  
 Lynn Bohnenblust  
 Jean Bramwell  
 Cheryl Collins  
 Don Combs  
 Ranae Cushing  
 Nahid Dadger  
 Randi Dale  
 Larry Dall  
 Janice Dinkel  
 Bill Dorsett  
 Eunice Dorst  
 Charles Drees  
 Jeff Ebert

Troy Lynn Eckart  
 Terry Eddy  
 Enell Foerster  
 Ana Franklin  
 Diane Freeby  
 Pat Freeman  
 Jerri Garretson  
 Paul Gleue  
 Jeff Gregory  
 Colleen Hampton  
 Tom Hittle  
 Paul Houston  
 Hai Tao Huang  
 June Hunzeker  
 Bradie Jones  
 David Jones  
 Ray Keen

Alan Ladd  
 Sharon Landrith  
 Chad Lohman  
 Tom Mahoney  
 Chuck Marr  
 Bernice Martin  
 Richard Mattson  
 Paul Miller  
 David Moore  
 Dwight Nesmith  
 Chuck Otte  
 Andi Parr  
 Carol Peak  
 Shannon Perz  
 Michelle Rae  
 Leon Rappoport  
 Leo Schell

Pam Schmid  
 Marilyn Schreiner  
 Christy Scott  
 Steve Sin  
 Tammy Sinn  
 John Skare  
 Andrianna Smith  
 Robert Smith  
 Karma Smith  
 Pam Smith  
 Bruce Snead  
 Sandy Snyder  
 Paul Sodamann  
 Deb Spenser  
 Madonna Stallmann  
 Carol Stites  
 Stan Stitz

Jamie Stutzman  
 John Sullivan  
 Diane Tarver  
 Don Terhune  
 Mark Tessendorf  
 Isaac Wakabayashi  
 Harold Wellmeier  
 Keith Westervelt  
 Cathy Williams  
 Ruth Williams  
 Stan Wilson  
 Jeff Wilson  
 Robert Wilson  
 Chae Sun Yi

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

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

DATE	TIME	LOCATION
Jan 19 Tu	10 am - 2 pm	K-State Union
Jan 20 Wed	10 am - 2 pm	K-State Union
Jan 15 Fri	5 - 6:30 pm	Manhattan Public Library

Registration continues throughout the semester:

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

### MAILING YOUR REGISTRATION?

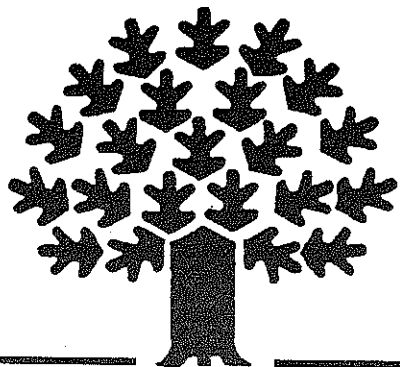
Class confirmations will not be sent unless requested. Consider yourself registered unless you hear from us that the class is full. Feel free to call us to inquire about our receipt of your registration.

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.edu](mailto:ufm@ksu.edu) to share your ideas!

### SPECIAL THANKS

The UFM staff would like to thank Anita Van Nevel for proof reading the UFM catalog. We appreciate the time donated by Anita to help us. Thank you, Anita!



• Teaching • Learning • Growing •

To advertise your business or organization in the next UFM catalog, contact the UFM office 539-8763 by March 12.

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.

### Instructors Wanted to Teach the Following:

Interior Design  
 Upholstery  
 Beginning Italian  
 Floral Arranging  
 Swing Dancing  
 Cajun Cooking

### UFM Wish List

String Weed Trimmer      Card Tables  
 Folding Chairs

Volunteers to help with:  
 Lawn and Garden Care  
 Creating Signage for UFM

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 canceled. If the instructor informs his/her students personally that he or she will not be present at a given class meeting, the instructor is then responsible for arranging a make-up lesson. Weather sensitive courses will use the scheduled rain date. If a rain date is not scheduled, instructor will be responsible for rescheduling. 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

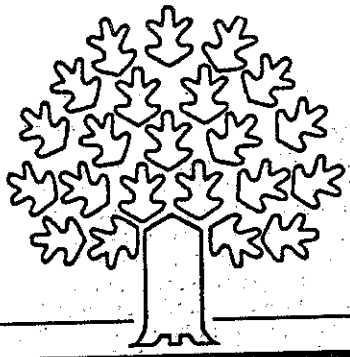
All participants must pay registration fees before attending a UFM class. This allows for adequate handouts and materials. You are not registered until we receive your registration fee. A class may be canceled due to insufficient pre-registration.

### 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.

USE REGISTRATION FORM on the back cover.



# Aquatics

1221 THURSTON

539-8763

## Learn to Swim Classes

UFM and the Division of Continuing Education are pleased to present the American Red Cross Learn to Swim Program Levels I-VII plus adult swim classes. Small classes allow for carefully guided instruction in stroke technique and water safety. Water safety is reinforced with tips and practice each day. The first day of class each student is evaluated to assure that 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.

PARENT'S 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.

### Parent's Day Dates:

Session A: Monday, March 15  
 Session B: Wednesday, March 17  
 Session C: Saturday, April 10  
 Session D: Tuesday, March 2  
 Session E: Tuesday, April 13

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 cancelled.

### BEGINNING & ENDING DATES:

Session A: Mondays, February 15 - April 26  
 Session B: Wednesdays, February 17 - April 28  
 Session C: Saturdays, February 27 - May 8  
 Session D: Tues/Thurs, February 16 - March 18  
 Session E: Tues/Thurs, March 30 - April 29

No lessons on March 22 - 27

### 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!



- 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, nice people.
- SRS provider, reasonable rates, van transportation available.
- Oak Grove School values diversity and doesn't discriminate on any basis.
- For more information, call LaRhonda Williams, Executive Director, 537-2349 (days) or 636-5189 (evenings).

## 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. This 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 and be 6 months old. During the 6 meetings the parents will receive instruction and have opportunity to practice water techniques with their children. Parent must accompany child.

Session A: AQ-01A Tues/Thurs February 16 - March 4 6 - 6:30 pm

Session B: AQ-01B Monday February 15 - March 29 6 - 6:30 pm  
 No Class March 27

Session C: AQ-01C Saturday February 27 - April 10 9:30 - 10 am  
 No Class March 22

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: AQ-02A Wednesday February 17 - March 31 6 - 6:30 pm  
 No Class March 24

Session B: AQ-02B Tues/Thurs March 9 - April 1 6 - 6:30 pm  
 No Class March 23 & 25

Session C: AQ-02C Saturday February 27 - April 10 10:15-10:45 am  
 No Class March 27

Fee: \$16 per session

## Level I: Water Exploration

The object 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 a parent.

Session A: (See dates above)

AQ-03A Monday 6 - 6:40 pm

AQ-04A Monday 6:50 - 7:30 pm

Session B: (See dates above)

AQ-03B Wednesday 6 - 6:40 pm

AQ-04B Wednesday 6:50 - 7:30 pm

Session C: (See dates above)

AQ-03C Saturday 9:30 - 10:10 am

AQ-04C Saturday 10:20 - 11:00 am

Session D: (See dates above)

AQ-03D Tues/Thurs 6 - 6:40 pm

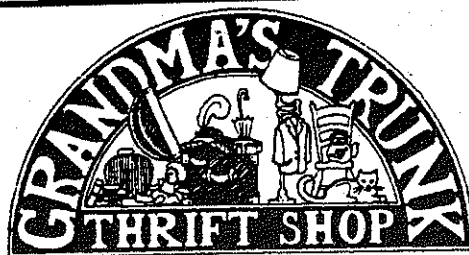
AQ-04D Tues/Thurs 6:50 - 7:30 pm

Session E: (See dates above)

AQ-03E Tues/Thurs 6 - 6:40 pm

AQ-04E Tues/Thurs 6:50 - 7:30 pm

Fee: \$38 per session



1304 Pillsbury Dr. Manhattan, KS 66502

(785) 537-2273

HOURS: 10 a.m. to 6 p.m. Mon.-Sat.

1/4 mile south of viaduct on 177

## 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 of Level I.

Session A: (See dates above)

AQ-05A Monday 6 - 6:40 pm

AQ-06A Monday 6:50 - 7:30 pm

Session B: (See dates above)

AQ-05B Wednesday 6 - 6:40 pm

AQ-06B Wednesday 6:50 - 7:30 pm

Session C: (See dates above)

AQ-05C Saturday 9:30 - 10:10 am

AQ-06C Saturday 10:20 - 11:00 am

Session D: (See dates above)

AQ-05D Tues/Thurs 6 - 6:40 pm

AQ-06D Tues/Thurs 6:50 - 7:30 pm

Session E: (See dates above)

AQ-05E Tues/Thurs 6 - 6:40 pm

AQ-06E 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-07A Monday 6 - 6:40 pm

AQ-08A Monday 6:50 - 7:30 pm

Session B: (See dates above)

AQ-07B Wednesday 6 - 6:40 pm

AQ-08B Wednesday 6:50 - 7:30 pm

Session C: (See dates above)

AQ-07C Saturday 9:30 - 10:10 am

AQ-08C Saturday 10:20 - 11:00 am

Session D: (See dates above)

AQ-07D Tues/Thurs 6 - 6:40 pm

AQ-08D Tues/Thurs 6:50 - 7:30 pm

Session E: (See dates above)

AQ-07E Tues/Thurs 6 - 6:40 pm

AQ-08E Tues/Thurs 6:50 - 7:30 pm

Fee: \$38 per session

## Level IV: Stroke Development

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

Session A: (See dates above)

AQ-09A Monday 6 - 6:40 pm

AQ-10A Monday 6:50 - 7:30 pm

Session B: (See dates above)

AQ-09B Wednesday 6 - 6:40 pm

AQ-10B Wednesday 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-09D Tues/Thurs 6 - 6:40 pm

AQ-10D Tues/Thurs 6:50 - 7:30 pm

Session E: (See dates above)

AQ-09E Tues/Thurs 6 - 6:40 pm

AQ-10E Tues/Thurs 6:50 - 7:30 pm

Fee: \$38 per session

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



# AQUATICS (Continued)

## 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 of Level IV.

- Session A: (See dates above)
- AQ-11A Monday 6:50 - 7:30 pm
- Session C: (See dates above)
- AQ-11C Saturday 10:20 - 11:00 am
- Session D: (See dates above)
- AQ-11D Tues/Thurs 6 - 6:40 pm
- Session E: (See dates above)
- AQ-11E 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 be able to demonstrate the skills required to complete Level V.

- Session A: (See dates above)
- AQ-12A Monday 6:50 - 7:30 pm
- Session C: (See dates above)
- AQ-12C Saturday 10:20 - 11:00 am
- Session D: (See dates above)
- AQ-12D Tues/Thurs 6 - 6:40 pm
- Session E: (See dates above)
- AQ-12E Tues/Thurs 6 - 6:40 pm
- Fee: \$38 per session

## Level VII: Advanced Skills

The objective of Level VII is to perfect strokes and to develop good fitness habits. Participants are urged to use aquatic activities throughout life. Participants are urged to use aquatic activities throughout life. Participants are urged to use aquatic activities throughout life. Participants are urged to use aquatic activities throughout life.

- Session A: (See dates above)
- AQ-13A Monday 6:50 - 7:30 pm
- Session C: (See dates above)
- AQ-13C Saturday 10:20 - 11:00 am
- Session D: (See dates above)
- AQ-13D Tues/Thurs 6 - 6:40 pm
- Session E: (See dates above)
- AQ-13E 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-14A Monday 6:50 - 7:30 pm
- Session D: (See dates above)
- AQ-14D Tues/Thurs 6:50 - 7:30 pm
- Fee: \$38 per session

## Lap Swimming Ages 13 plus

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

- Session A: (See dates above)
- AQ-15A Mon/Wed 6:00 - 7:30 pm
- Session C: (See dates above)
- AQ-15C Saturday 9:30 - 11:00 am
- Session D: (See dates above)
- AQ-15D Tues/Thurs 6:00 - 7:30 pm
- Session E: (See dates above)
- AQ-15E Tues/Thurs 6:00 - 7:30 pm
- Fee: \$19 per session

## Lap Swimming for Parents

Are you tired of being just an observer at your child's swimming lesson? 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-16A Mon/Wed 6:00 - 7:30 pm
- Session C: (See dates above)
- AQ-16C Saturday 9:30 - 11:00 am
- Session D: (See dates above)
- AQ-16D Tues/Thurs 6:00 - 7:30 pm
- Session E: (See dates above)
- AQ-16E Tues/Thurs 6:00 - 7:30 pm
- Fee: \$16 per session

## Hydroaerobics: Water Exercise

This is a 55 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: February 15 - March 18
- AQ-17A Mon/Wed or Tues/Thurs 6:35 - 7:30 pm
- AQ-17B Mon-Thurs 6:35 - 7:30 pm
- Session B: March 29 - April 29
- AQ-17B Mon/Wed or Tues/Thurs 6:35 - 7:30 pm
- AQ-18B Mon-Thurs 6:35 - 7:30 pm
- Session C: February 27 - May 8
- AQ-19 Saturday 10:05 - 11:00 am
- No Class March 27
- Fee: \$15 per session for Mon/Wed or Tues/Thurs
- \$19 per session Mon-Thurs
- \$19 per session Saturday

## Sunday Evening Family Swim

The summer outdoor pools are closed, so take advantage of the indoor pool at K-State. Bring the family out for a refreshing evening of swimming. Sunday evenings, February 21 thru May 2, 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: February 21 - May 2 (Sunday)
- Time: 5 - 7 pm
- Fee: \$14 individual/\$34 family
- \*UFM participants discount \$9 individual/\$23 family
- Location: KSU Natatorium
- No Class March 21 & 28

## Water Safety Instructor

How about a 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 the 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 (539-1991) & Andi Parr
- Date: March 8 - 19 (Monday-Friday)
- March 13 & 20 (Saturday)
- Pretest March 5 (Friday) 4 - 7:30 pm
- Time: 4 - 7:30 pm (Monday - Friday)
- 9 am - 1 pm (Saturday)
- Fee: \$144 (Textbooks & equipment must be paid for and picked up at the American Red Cross for \$31)
- Location: KSU Natatorium

## Private Lessons for Special Populations

For people with special physical or mental needs. Arrangements will be considered for private swimming lessons. A few days after group lessons begin, an instructor will contact the student to arrange 6 classes of 30 minutes each. The facility is equipped with a lift to the lower deck and leading into the pool.

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

## Private Lessons

These lessons provide one-on-one instruction for any level of swimmer. A few days after group lessons begin an instructor will contact the student to schedule 6 classes of 30 minutes each.

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

## Lifeguard Training

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 drowning 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.

Jason Lantz & Elizabeth Smith

- Date: April 9 - May 1 (Friday & Saturday)
- Time: 6-8 pm (Friday) 9 am - 5 pm (Saturday)
- Fee: \$109
- Textbooks and equipment must be paid and picked up at The American Red Cross for \$50.
- Location: KSU Natatorium

## Open Swim Appreciation

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 we can provide adequate lifeguards.

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

## Open Swim Appreciation

For UFM swim participants and their parents.

- Date: April 11 (Sunday)
- Time: 5 - 7 pm
- Fee: N/C
- Location: KSU Natatorium

## Scuba Diving

This class will prepare students for Open Water 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 of certification will be determined later. The certificate is included in the class fee. However, neither, UFM nor KSU, is responsible for this certification. Travel and lodging are at the students expense. Students must provide their own mask, fins, and snorkel.

Jeff Wilson has been diving for 25 years and instructing scuba for 15 years.

- Date: January 23 - March 13 (Saturday)
- Time: 9 am - 1 pm
- Fee: \$210
- Location: A210 Natatorium
- No Class Feb 6 & 20



### VIDEO GAMES!

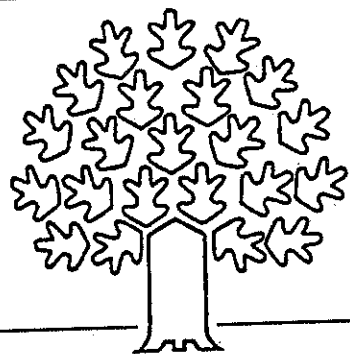
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# Business & Professional

1221 THURSTON

539-8763

## Public Speaking—You Can Do It BP-05

Making a presentation to your boss, selling a product, getting your point across at a public forum or becoming the dictator of a small country. All these situations require the basic skills of a good public speaker. Teaching these skills is the goal of the Manhattan Toastmasters. If you break out in a cold sweat at the thought of public speaking or if you like public speaking, but just need somewhere to hone your skill, this could be for you. At this event you will witness a typical Toastmasters meeting and have the option (if you choose to accept it) to participate in the meeting. Don't let your fear of public speaking keep you from achieving your goals and dreams. Every great speaker gets nervous. Overcoming our fears and harnessing our nervous energy is the path to greatness.

Manhattan Toastmasters has been meeting in Manhattan since football helmets were made of leather. Many graduates of Manhattan Toastmasters have gone on to live normal productive lives. For more information call Tom Mahoney (537-0989) or Charles Clack (537-0088).

Date: February 1 (Monday)  
Time: 7:30 pm  
Fee: \$8  
Location: KKSU Studio  
Basement of McCain Auditorium  
East side, rear of building

## Family Budgeting Basics and Financial Planning BP-06

You don't need to win the lottery or to be a millionaire to reach your financial goals. Incorporating a few sound financial principles can help you get the most out of your money. Learn about good debt, bad debt, emergency funds and tax reduction by attending this class.

Jeff Ebert (494-2436) is a financial advisor with Waddell & Reed. He has an accounting degree from Kansas State University.

Date: February 3 (Wednesday)  
Time: 7:00 pm  
Fee: \$8  
Location: Waddell & Reed Conference Room  
555 Poyntz Ave., Suite 280

## Family Budgeting Basics and Financial Planning BP-07

Jeff Ebert (494-2436)  
Date: March 15 (Monday)  
Time: 7:00 pm  
Fee: \$8  
Location: Waddell & Reed Conference Room  
555 Poyntz Ave., Suite 280

"If a window of opportunity appears, don't pull down the shade."  
— Tom Peters



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## Retirement Planning For Women BP-08

Because of higher divorce rates, longer life expectancies, and lower average salaries and benefits, women need to be particularly self-sufficient in retirement. Women can begin to close the retirement savings gap by taking responsibility for their financial futures. With some disciplined saving and a smart investment strategy you can achieve options to help fulfill your retirement goals. Other financial planning will be discussed as well.

Diane Freeby (537-4505) is a financial advisor with Waddell & Reed. She is a graduate of Kansas State University and Brown Mackie College. She holds degrees in education and business management.

Date: February 22 (Monday)  
Time: 7 - 8:30 pm  
Fee: \$8  
Location: Waddell & Reed, Conference Room  
555 Poyntz Ave., Suite 280

## Retirement Planning For Women BP-09

Diane Freeby (537-4505)  
Date: April 19 (Monday)  
Time: 7 - 8:30 pm  
Fee: \$8  
Location: Waddell & Reed, Conference Room  
555 Poyntz Ave., Suite 280

## Personal /Professional Development BP-10

Develop skills that will make you more promotable! Learn to network, represent your company or organization well at all times, and lead meetings more effectively. Develop your communication skills for small group discussion and public speaking. Begin showing off these skills at work and you will be more noticeable when the next promotion comes along.

Marilyn Schreiner, Jean Bramwell, and Ruth Williams (587-4326) will be joined by other leaders to take you through this exciting course. All have taken the course in previous years and have also taught it numerous times.

Date: January 30 (Saturday)  
Time: 8:30 - 4 pm  
Fee: \$25 ( Fee includes lunch & workbook)  
Location: Pawnee Mental Health Services  
2001 Claffin Rd

## LSAT Preparation Course BP-11

This is a comprehensive 28 hour review, presented over a 6-week period of meetings on Tuesday and Thursday evenings. A practice test is scheduled on a Saturday morning. This course precedes the June exam. The course features:

- In-class and Home Study Materials
- Low Course Fee (Comparable to course costing \$795)
- Pre-test Exam
- Analytical Lectures
- Experienced Instructor
- Test taking Strategies
- Sample Writing Assignments With Instructor Critique
- Convenient KSU Campus Location

Cathy Williams (537-8125), took the LSAT in December 1997 and will be entering Law School in the Fall of 1999. She graduates from K-State in December 1998 in Political Science. This will be her second semester teaching the LAST Preparation Course for UFM.

Date: April 27 - June 3 (Tues/Thurs)  
Time: 7 - 9:30 pm  
Fee: \$210 (Fee includes in-class & home study materials)  
Location: Durland Hall, Room 161, KSU  
\* Practice test Sat., May 29, 8 am-noon

"Teaching kids to count is fine, but teaching them what counts is best."  
— Bob Talbert

## Investing in YOUR Future BP-01

Individuals who are in the accumulation phase of their lives, at 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 game plan 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! Everyone attending this seminar will have the option of receiving a complimentary Financial Needs Analysis to help establish their road map for their 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 26 (Tuesday)  
Time: 7-9 pm  
Fee: \$8 individual/\$12 couple  
Both Investing and Debt-Free classes:  
\$12 individual/\$14 couple  
Location: UFM Conference Room



## Investing in YOUR Future BP-02

Lynn Bohnenblust (776-3666)

Date: March 30 (Tuesday)  
Time: 7-9 pm  
Fee: \$8 individual/\$12 couple  
Both Investing and Debt-Free Classes:  
\$12 individual/\$14 couple  
Location: UFM Conference Room

## Debt-Free Prosperous Living BP-03

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 of 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.

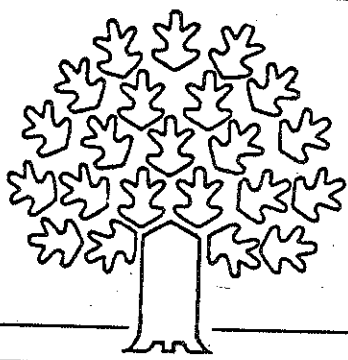
Lynn Bohnenblust (776-3666)

Date: February 16 (Tuesday)  
Time: 7-9 pm  
Fee: \$8 individual/\$12 couple  
Both Investing and Debt-Free Classes:  
\$12 individual/\$14 couple  
Location: UFM Conference Room

## Debt-Free Prosperous Living BP-04

Lynn Bohnenblust (776-3666)

Date: April 20 (Tuesday)  
Time: 7 - 9 pm  
Fee: \$8 individual/\$12 couple  
Both Investing and Debt-Free Classes:  
\$12 individual/\$14 couple  
Location: UFM Conference Room



# Recreation & Dance

1221 THURSTON

539-8763

## Middle Eastern Dance (Belly Dancing)

RH-03

Middle Eastern Dance is a very basic introduction to Arabic dancing. Its focus is fun and fitness. Students will learn the most basic moves of the dance and then learn to combine these moves. Arabic dancing allows the dancer a considerable amount of freedom and creativity. During the course of the class students will also be introduced to Middle Eastern culture and learn how dancing has been integrated into the culture. This class is appropriate for women and children of all ages.

*Ferdoos Afani* (395-2720) is half Palestinian and has lived in Saudi Arabia for 16 years where she attended an Arabic school. She is familiar with the Middle Eastern culture and dance. She speaks Arabic fluently and is very active with Arab students at KSU.

Date: February 1 - March 29 (Monday)  
Time: 7 - 8:30 pm  
Fee: \$37  
Location: UFM Banquet Room  
No Class March 22

## Middle Eastern Dance (Belly Dancing)

RH-04

*Ferdoos Afani* (395-2720)

Date: February 3 - March 31 (Wednesday)  
Time: 7 - 8:30 pm  
Fee: \$37  
Location: UFM Banquet Room  
No Class March 24

## Middle Eastern Dance (Belly Dancing)

RH-05

*Ferdoos Afani* (395-2720)

Date: January 28 - March 18 (Thursday)  
Time: 7 - 8:30 pm  
Fee: \$37  
Location: UFM Banquet Room

## Ballroom Dance

RH-06

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 on 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.

*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.

Date: February 5 - April 30 (Friday)  
Time: 8:30 pm  
Fee: \$33 individual/\$60 couple  
Location: ECM Auditorium  
1021 Denison Ave.

## 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 on 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 are encouraged to enroll.

*Michael Bennett & Nahid Dadger* (776-7557)

Date: January 15 - May 7 (Friday)  
Time: 7:30 - 8:30 pm  
Fee: \$40 individual/\$75 couple  
Location: ECM Auditorium  
1021 Denison Ave.

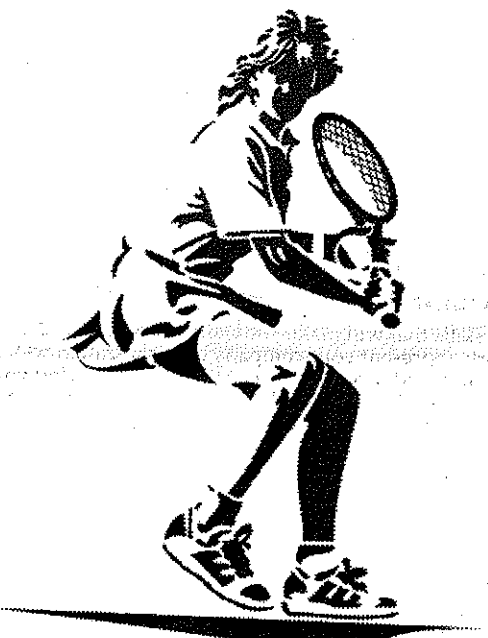
## Tennis: Junior Beginners Ages 7-16

RH-08

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

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

Date: April 6 - 27 (Tuesday)  
Time: 6:30 - 7:30 pm  
Fee: \$36  
Location: LP Washburn Rec Complex, KSU



## Tennis: Beginners Ages 17 and Up

RH-09

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

*Mark Tessendorf*

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

"The nice thing about egotists is that they don't talk about other people."

—Lucille S. Harper

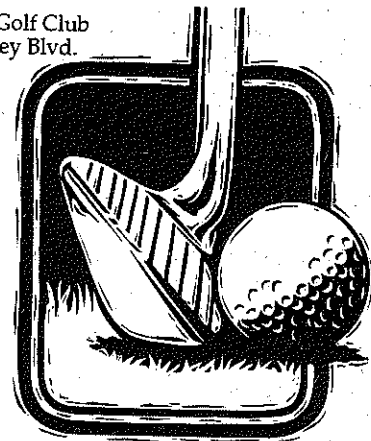
## Introduction to Golf

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) a PGA professional, is the golf pro at Stagg Hill Golf Course.

Date: April 1-22 (Thursday)  
Time: 6 - 7 pm  
Fee: \$35  
Location: Stagg Hill Golf Club  
4441 Ft. Riley Blvd.



## Introduction to Golf

RH-02

*Jim Gregory* (539-1041)

Date: April 29, May 6, 13, 20 (Thursday)  
Time: 6 - 7 pm  
Fee: \$35  
Location: Stagg Hill Golf Club  
4441 Ft. Riley Blvd.

## Fencing

RH-10

Fencing is the ancient art of sword play. D'Artagnan, soldiers, and noblemen were all once required to know the way of the sword. Now a modern Olympic sport, fencing builds lightning fast reaction, speed, and agility. Classes will include introduction to the foil, for recreation and competition. Minimum age 12.

*Steve Sin* (539-5068) is a level one certified instructor with the U.S. Fencing Coaches College, and he has 18 years experience. He practiced at the University of Texas and was assistant coach for the University of Texas Women's Team. He studied under Vincent Bradford, Personal Director of Fencing Coaches College, and a three time Gold Medalist of the Pan-American Games.

Date: January 25 - May 3 (Monday)  
Time: 7 - 8:30 pm  
Fee: \$58  
Location: Ahearn Fieldhouse Gym, KSU  
No Class March 22

"I'd rather be a failure at something I enjoy than be a success at something I hate."

—George Burns



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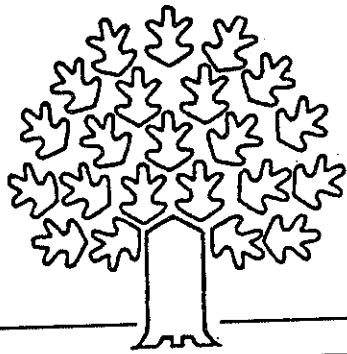
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Downtown - Manhattan

All participants must register in advance.



# Creative Free Time

1221 THURSTON

539-8763

## Universal Design - Accessible Kitchen & Bathroom Equipment

CF-01

The Universal Design facility in Justin Hall has kitchen and bathroom equipment that has been designed to meet the needs of people with many kinds of abilities and disabilities. This class offers participants the opportunity to try out this equipment. Some examples of the types of equipment are motorized sinks that raise or lower to the best height for the user, a bathtub with a door to allow access for people who have difficulty getting in and out of the tub, and pull-down shelves in a kitchen cupboard.

Marilyn Bode (537-9006), is the extension housing specialist with K-State Research and Extension. She conducts workshops on housing accessibility for many audiences.

Date: February 9 (Tuesday)  
Time: 7 - 9 pm  
Fee: \$8  
Location: Justin Hall, Room 327, KSU

## Writers Group

CF-02

This class is intended for the person who is enthusiastic about creative writing. Those who have published work and those who still aspire to have their work published are welcome. Class participants will be given the opportunity to read their work and learn from the constructive criticism of others in class. Both prose and poetry are welcome. The class is intended to help the writer refine a short story, poem, or part of a large work for publication. In the process we intend to have some fun along the way.

Pam Smith (293-5573) is active in writer organizations and is working on a book which highlights her experiences as a woman in the corporate world. She has published various feature articles in The Hutchinson News. Robert Smith is recently retired after 30 years in education. His inspiration for creative writing began many years ago as a student at KSU in a writing class taught by Professor Russell Laman.

Date: January - May (the 2nd Sunday of every month)  
Time: 7 - 9 pm  
Fee: \$12  
Location: University Park 7202 Hi-View Dr.

## Writing and Marketing Children's Books

CF-12

If you're interested in writing for children but don't know how to begin or how to market your work, this class will get you started. You'll learn about resources that will answer your questions, how the publishing market works, and problems to avoid. The class is not primarily a writing technique or critique session, but there will be an opportunity at each class for participants to share manuscripts if they wish.

Jerri Garretson (776-0556) is owner/publisher of Ravenstone Press, which has published two books since its creation in 1997. Her articles for children has been published in Highlights for Children, Children's Digest, The Friend and other national children's magazines. She has participated in many workshops for children's writers. She also brings a strong knowledge of and love for children's literature from her position of children's librarian at Manhattan Public Library.

Date: February 13 & 20 (Saturday)  
Time: 2 - 5 pm  
Fee: \$42  
Location: UFM Fireplace Room

## Self-Publishing Your Book

CF-13

Whether you have a family history, children's story, guidebook, poetry or how-to book, you can publish it yourself. Jerri Garretson, who established Ravenstone Press in 1997, will show you the basics from budget to binding, whether your goal is personal or a business project.

Jerri Garretson (776-0556) created Ravenstone Press in 1997 to publish Johnny Kaw-The Pioneer Spirit of Kansas, about the statue in the Manhattan City Park. In 1998, Ravenstone published Izzie - Growing Up on the Plains in the 1880's. In her first year of business in her "spare time," she sold over 1700 copies. She has done all phases of the writing, design, illustration, and contracting process, as well as marketing.

Date: January 23 (Saturday)  
Time: 2 - 5 pm  
Fee: \$23  
Location: UFM Conference Room

## The Manhattan Depot—History & Future

CF-14

Would you like to learn about both the history of the Manhattan Depot and it's future? Did you know that Theodore Roosevelt stopped in Manhattan at our depot during his Whistle Stop Campaign? What is going to happen to our depot? Attend this class and find answers to these questions and more.

Cheryl Collins (565-6490), is the director of the Riley County Historical Museum. Her interest and knowledge is evident in her lectures. Karen Davis (587-2425), is the director of community development for the city of Manhattan.

Date: March 1 (Monday)  
Time: 7 - 9 pm  
Fee: \$8  
Location: UFM Fireplace Room

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## Juggling for All

CF-05

Would you like to learn to juggle? Or just improve your juggling skills? This class will give you beginning instructions in the basic techniques of juggling. Shared tricks and instructions for moderate to advanced jugglers include, but are not limited to, passing balls and/or clubs (no fire or chainsaws, please). Students must bring their own equipment—beginners only need tennis balls (3) or other type balls.

Paul Houston is the vice-president of KSU Juggling Club. He has 15 years juggling experience. Paul has experience at juggling for Children's Miracle Network, birthday parties, festivals and private organizations. His goal is to teach juggling to every willing body that he possibly can.

Date: January 21 - May 6 (Thursday)  
Time: 7 pm  
Fee: \$29  
Location: UFM Greenhouse  
No Class March 25

## Moving Into Flow

CF-06

"Movement into Flow" unlocks the mind and body tensions that limit or block creative expression. We use warm ups and improvisational scenarios developed by Ruth Zaporah, Eugenio Barba, and Augusto Boal to remodel the body image and build self-esteem through the free experience of "in-the-moment" physical movement. These physical actions integrate thought and feelings, increase stamina and general levels of energy and well-being, and heighten awareness of how humans interact and connect. We end each session with a period of reflective solo or partner work to clarify and absorb our experiences. All participants are encouraged to share and/or journal their ideas, emotional responses, and inner imagery throughout the course of these sessions.

John Sullivan & Michelle Rae (539-7207) directed Theater Degree Zero, a bi-lingual, alternative company which performed throughout the United States and Northern Mexico. They have used Movement into Flow routines in performances and therapeutic theater workshops as Arts-In-Education providers in Arizona, Montana and Pennsylvania. They are currently graduate students in Drama Therapy at Kansas State University under the direction of Dr. Norman Fedder. They are experienced practitioners of Augusto Boal's Forum Theater techniques and have trained with Mr. Boal at California State University at Long Beach and at the International Open Air Theater Festival in Seoul, Korea. John Sullivan is also an instructor in K-State's English Department.

Date: January 16, 23, 30, Feb 6, 13 (Saturday)  
Time: 10:30 am - 12:30 pm  
Fee: \$35  
Location: Ahearn Dance Studio, Room 304

## Moving Into Flow

CF-15

John Sullivan & Michelle Rae

Date: April 3 - May 1 (Saturday)  
Time: 10:30 am - 12:30 pm  
Fee: \$35  
Location: Ahearn Dance Studio, Room 304

## Creation of a Three-Dimensional Mosaic Seed Bird

CF-08

The instructor will demonstrate and assist you in creating a three-dimensional mosaic seed-bird, a craft invented and developed by him. Use white 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) is a retired Engineering Professor and 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. After a 6-year hiatus, he has returned each fall since 1996. Dwight was the recipient of the 1998 Grassroots Education Award.

Date: February 16 - March 9  
Time: 7-9 pm (Tuesday)  
Fee: \$36  
Location: 2121 Meadowlark Road, Apt. 209  
Manhattan, KS

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**Safe and Creative Care of Family Photos**

CF-03

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. You will receive assistance in helping you create a unique and lasting photo album. Bring a packet of pictures (12) and memorabilia plus a pair of scissors. 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 8 (Monday)  
Time: 7 - 9:30 pm  
Fee: \$15 includes some supplies  
Location: UFM Fireplace Room

**Safe and Creative Care of Family Photos**

CF-04

*Pam Schmid* (1-800-347-2625)

Date: March 11 (Thursday)  
Time: 7 - 9:30 pm  
Fee: \$15 includes some supplies  
Location: UFM Fireplace Room

**Preserving Family Treasures: Books, Papers, Photographs & Textiles**

CF-07

We've all heard about the destructive acids in paper. But, did you realize that other factors, (light, heat, humidity, "critters", and household cleaning products) are also harmful for books, papers, photographs, textiles, and other family heirlooms? This course will give a variety of simple preservation and conservation methods which can be performed cheaply and effectively in your own home. The instructor will have many examples of materials on hand and discuss each in depth.

*Roger Adams* (532-7455) has been Rare Books Librarian at Hale Library since September 1998. Before moving to Manhattan, he was curator of special collection & archives at Steely Library, Northern Kentucky University, from 1994-1998. He has served as a preservation/conservation consultant for several museums and historical groups including: The Dinsmore Homestead in Burlington, KY, The Cincinnati Fire Museum, and the Behringer-Crawford Museum in Covington, KY.

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

**Black and White Film Developing For Beginners**

CF-09

This class will cover the basics of black and white film processing and darkroom procedures. We will limit the class size to provide hands-on experience. Each student will develop their own roll of black and white film. Note: Student needs to bring an exposed roll of Tri-X 400 ISO film to class. All other materials are included in the fee. Class size is limited.

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

Date: February 1 (Monday)  
Deadline for registration: January 25  
Time: 7 pm  
Fee: \$15 No refunds on class; instructor must buy chemicals that can't be used if students don't attend.  
Location: UFM Darkroom

**Black and White Film Developing For Beginners**

CF-10

*Harold Wellmeier*

Date: April 5 (Monday)  
Deadline for registration: March 29  
Time: 7 pm  
Fee: \$15 No refunds on class; instructor must buy chemicals that can't be used if students don't attend.  
Location: UFM Darkroom

**Black & White Printing**

CF-11

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.

*Harold Wellmeier*

Date: By appointment  
Time: As arranged  
Fee: \$15 No refunds on class; instructor must buy chemicals that can't be used if students don't attend.  
Location: UFM Darkroom

*"Slumps are like a soft bed. They're easy to get into and hard to get out of."* — Johnny Bench

# Computers

**Personalized Computer Help**

CP-01

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* (539-87630, is Executive Director of UFM and likes to help other better understand their computers.

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

**Understanding Windows 95**

CP-02

Back by popular request. Learn how to be more efficient at using Windows 95. This class will cover the look, language and basics everyone should know about this operating system. This will be a demo class, with limited hands on opportunities. Bring your questions and problems.

*Linda Teener* (539-8763) is the Executive Director at UFM and enjoys sharing computer skill with others.

Date: Feb. 9 (Tuesday)  
Time: 7:00 - 8:30 pm  
Fee: \$10  
Location: UFM Office

### IN MEMORY OF A.C. JOHNSON

"This is the beginning of a new day. God has given me this day to use as I will. I can waste it or use it for good. What I do today is important because I'm exchanging a day of my life for it. When tomorrow comes, this day will be gone forever, leaving in its place something that I have traded for it. I want it to be gain, not loss; good, not evil; success, not failure—in order that I shall not regret the price I paid for it"

—Heartsill Wilson

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**539-9222**

**Manhattan Arts Center**  
1520 Poyntz Ave.  
Manhattan, KS. 66502  
785-539-4420

**Birdhouse Productions**  
Chuck Pyle  
Friday, January 8th  
Mollie O'Brien  
Saturday, January 23rd  
Dana Cooper  
Saturday, February 20th (tentative)  
Patty Larkin  
Friday, March 19th  
Sunrush  
Saturday, April 10th

**Community Theatre Spring Season**  
"Meet Me In St. Louis"  
Feb. 26-28, March 4-7, 12-13  
"Butterflies Are Free"  
April 30, May 1, 2, & 6-9

**Visual Arts Gallery Exhibits**  
January/February: Margo & George Kren  
March: KSU Graduate Student Exhibit  
April: Photographic Exhibit  
May: Marko Fields & Clive Fullager  
June/July: Photographs of Manhattan by Gordon Parks




The Manhattan Arts Center is supported in part by the Kansas Arts Commission, a state agency, and the National Endowment for the Arts, a federal agency. Additional funding is provided by the City of Manhattan.

THANK YOU ADVERTISERS for your loyal support.



# Food for Fun!

## Herbs in the Kitchen II FF-01

Herbs - what goes with what? What flavors do they have? How can they enhance cooking? These are some of the lessons we will cover. Participants will get to explore more varieties of herbs and foods. There will be new recipes and food to sample.

*Ranae Cushing* (776-2350) is a Health Educator with a Masters Degree in Clinical Holistic Health Education. She has over 10 years teaching experience, and her goal is to help people help themselves with informed choices.

Date: February 20 (Saturday)  
Time: 1:30 - 3 pm  
Fee: \$20  
Location: UFM Kitchen

## Herbs from A to Z FF-02

Find out the research on the healing properties of several herbs. Participants will learn the best ways to use herbs, and how to make your own extracts, tinctures and more. Examples of herbs and handouts will be provided.

*Ranae Cushing* (776-2350)

Date: March 20, April 10, 24 and May 1 (Saturday)  
Time: 1:30 pm  
Fee: \$64  
Location: UFM Kitchen

## Bread Baking for Beginners FF-03

Doubts about your ability to bake with yeast? This class will help eliminate these doubts and help you develop "dough competence." Participants will make a variety of yeast breads from "scratch" during class and will be encouraged to practice between sessions. Beware - you may completely lose your taste for store-bought bread after taking this class.

*Janice Dinkel* is a social worker/college professor by day and bread baking enthusiast at night and on weekends. She has baked breads and made desserts for various community functions for the past 15 years. She also tutors informally on the skills of bread making and has an extensive cooking library in her home.

Date: February 15, 22 (Monday)  
Time: 7 - 9 pm  
Fee: \$12  
Location: To be announced

## The Great Wines of the U.S. FF-07

This class will give participants an in-depth study into how to best enjoy and understand the wines of our great land. There will be an analysis of the same types of wines produced at different locations in the US and differing production techniques. You will have an opportunity to taste and analyze almost fifty wines during the course. Expect to have fun and learn a great deal.

*Chad Lohman* (539-9441) is a graduate of K-State and is the owner of Nespor's Wine and Spirits. Scott Benjamin is a wine salesperson with Standard Beverage Vintage Marketing.

Date: February 2, 9, 23, March 2 (Tuesday)  
Time: 7 - 9 pm  
Fee: \$48  
Location: UFM Fireplace Room

## The Secret Language of Flowers LA-05

Have you ever wondered what flowers really say to each other? Have you ever wondered why some gardens are always full of life and color and yours isn't? Join Dr. Mary Gold, foremost expert on floral languages as she demystifies the secret language of flowers. You will learn the language spoken by most flowers across the U.S. Learn how you, too, can have a colorful flower garden simply by knowing how to talk to your flowers and finding out what they need.

*Mary Gold, Ph.D.*, graduate of Bloomingbush College, has studied flower languages for over twenty years. She is fluent in the common American languages of Rose, Pelargonium and Lilium as well as several others.

Date: May 1 (Saturday)  
Time: 7:00 am  
Fee: \$19.99  
Location: UFM Rose Garden



Featured UFM Instructor  
**Tammy Sinn**

Once the student and now the instructor, Tammy Sinn passes her skill to others in UFM's Cake Decorating Classes. Tammy, a Manhattan native, started cake decorating at age 16 as a hobby. Years later, she took a UFM cake decorating class and is now the course instructor. Tammy has been a professional cake decorator for ten years and currently is employed by Dillons. Before becoming a professional, she practiced her skills by decorating cakes for friends and family.

Tammy has taught cake decorating at UFM for five years. Her class is very popular. She helps her students build skill, confidence and enthusiasm in her hobby turned profession. In addition to cake decorating, Tammy enjoys crafts and bowling. Congratulations and thank you to Tammy Sinn, UFM's Spring 1999 Featured Instructor.

## Cake Decorating FF-06

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 for Dillons.

Date: April 8, 15, 22, 29 (Thursday)  
Time: 7 pm  
Fee: \$26  
Location: UFM Kitchen

## Chinese Cooking FF-04

Chinese cooking is fun, flavorful and simpler than it looks. This course will introduce you to the slicing and cooking techniques, and unique sauces that make Chinese food one of the most popular cuisines in the U.S. Both meat and vegetable dishes will be on the menu as well as mild and spicy dishes. Classic dishes such as Kung Pao Chicken, Wonton Soup, and Mushu Pork will be among the recipes taught. Generous samples will be part of each class.

*Hai Tao Huang* is a native of southwest China. He cooks all eight of China's regional dishes, but prefers Sichuan and Cantonese. He has lived in Manhattan for three years and enjoys cooking for friends, many of whom have encouraged him to offer a cooking course.

Date: March 2, 9, 16 (Tuesday)  
Time: 7 - 8:30 pm  
Fee: \$38  
Location: UFM Kitchen

## Chinese Cooking FF-05

*Hai Tao Huang*

Date: April 7, 14, 21 (Wednesday)  
Time: 7 - 8:30 pm  
Fee: \$38  
Location: UFM Kitchen

# Language

## Beginning Sign Language I LA-01

This class will give the student a knowledge of Pidgin Sign Language fundamentals and a brief overview of Sign Language and Deaf culture.

*Jamie Stutzman* (539-8005) is a candidate for May 1999 graduation at Manhattan Christian College. She has taken both semesters of Sign Language offered at KSU and plans to get her interpreter's certification in the future. She has experience in both music and conversational signing.

Date: January 19 - February 23 (Tuesday)  
Time: 7 - 8 pm  
Fee: \$43  
Location: 256 Justin Hall, KSU

## Sign Language II LA-02

This class is a continuation of the first session and will give the student a more extensive knowledge of Pidgin Sign Language and Deaf culture. The first session must be taken (or have equivalent signing background) to take this session.

*Jamie Stutzman* (539-8005)

Date: March 9 - April 20 (Tuesday)  
Time: 7 - 8 pm  
Fee: \$43  
Location: 256 Justin Hall, KSU

## ESL English Language as A Second Language LA-04

This conversational English course is for non-native speaking participants who would like to expand their knowledge of Survival English. Audio and Video cassettes will be used to practice basic conversations.

*Andi Smith* (776-0969)

Date: February 2 - 25 (Tues & Thurs)  
Time: 7 - 8 pm  
Fee: \$36  
Location: UFM

## ESL English Language as A Second Language LA-06

*Andi Smith*

Date: March 2 - April 1 (Tues & Thurs)  
Time: 7 - 8 pm  
Fee: \$36  
Location: UFM

## ESL English Language as A Second Language LA-07

*Andi Smith*

Date: April 6 - 29 (Tues & Thurs)  
Time: 7 - 8 pm  
Fee: \$36  
Location: UFM

## Intro to Czech LA-03

This practical class is intended especially for those who are going to travel to the Czech Republic. The participants will learn the Czech alphabet, basic vocabulary and phrases. Special emphasis will be placed on correct pronunciation and on the ability to ask, understand and reply to simple questions. Information will also be provided on the culture, lifestyle and living expenses in the Czech Republic and other topics necessary for basic "survival." The book and tape Teach Yourself Czech is available in the trade section at the Union Bookstore. This class is intended for those who have never taken a Czech language class before.

A exchange student from the Czech Republic will be the instructor for the class.

Date: January 25 (Monday first meeting)  
Time: 7 pm  
Fee: \$68  
Location: UFM Fireplace Room

"Seeing is deceiving. It's eating that's believing."  
— James Thurber



# UFM's Holistic Health Directory

## The Goal of This Directory

To provide information about alternative and complimentary health options that are available in the Manhattan Area. Each participant in this directory has a written description of what they offer and services they provide. We hope you will be able to make a connection that will help improve your whole health: mind, spirit and body.

## What is Holistic Health?

The whole person is one's physical, mental, emotional, and spiritual being. Each affects the others. Holistic Health focuses on the whole being and can be complimentary to conventional health practices.

## Liability Statement

The Holistic Health Directory provides advertising services. Participants choose to assume all risk of loss, damage, or injury that may be sustained. UFM assumes no responsibility for costs involved with individual injury or property loss incurred. It is recommended that all participants consult a medical physician and have a complete physical before engaging in any physical recreation program or seeking alternative health care. The information in this directory does not constitute medical advice.

Look for the UFM Catalog on the web at [www.ksu.edu/ufm](http://www.ksu.edu/ufm)

# UFM's Holistic Health Directory

## PRACTITIONERS

### Flint Hills Peacemakers

4531 McDowell Creek Rd.  
Manhattan, KS 66502  
(785) 539-0370

Universal Life Energy therapies that promote holistic self-healing naturally:

- Reiki
- Gemisphere Energy Medicine
- Aromatherapy
- Numerology
- Color & Sound

Evening & weekend appointments available.  
For appointment call June Hunzeker 539-0370.

### Integrative Bodywork

(785) 776-9804

Jack Windhorst

- Rolfing®
- Massage Therapy

Vera Orlock

- Body - Mind Centering®
- Structural Integration
- Cranial - Sacral Therapy



### Chiropractic Natural Health Care

1130 Westport Dr.  
Manhattan, KS 66502  
(785) 539-9113

Dr. Larry Dall

- Kinesiology
- Total Body Modification
- Neuro Emotional Technique
- Bio-Energetic Synchronization Technique
- Acupuncture
- Nutrition

### Reflexology

1925 Vermont St  
Manhattan, KS 66502  
(785) 539-8638

Stacie Blubaugh

By properly stimulating reflexes found in the feet and hands, which correspond with each and every organ and all parts of the body, many health problems can be helped in a natural way. Reflexology is a serious advance in the health field and should not be confused with massage. Nutritional Health Assessment Services are also available.

### Manhattan Bodyworks

823 Bertrand St.  
Manhattan, KS 66502  
(785) 539-5992

Monica Ward

- Certified Massage Therapists
- Relieves Stress
- Reduces Neck, Shoulder and Back Pain
- Eases Discomfort from Arthritis, Injury, Carpal Tunnel Syndrome, Fibromyalgia, Headaches and Sports Overuse.
- Calming Herbal Massage Oils

### Enell Foerster

920 Ratone  
Manhattan, KS 66502  
(785) 537-0977

- Body Recall
- Chi Lei
- The Heart Meditation
- Sunrider Herbal foods and Kandesn skin care products available.

### The Yoga Connection

1428 Beechwood Terr. #12  
Manhattan, KS 66502  
(785) 537-8224

Ana Franklin

- Open (come when you can) yoga classes & private lessons by appointment
- Herbal Products for health and consultations also available
- For more information call Ana Franklin at 537-8224.

### Jane Klimek

520 N. Juliette Apt. #1  
Manhattan, KS 66502  
(785) 565-9223

- Reiki
- Angelic Bodyworks
- Chakra Balancing

**manhattan bodyworks** certified therapists serving Manhattan since 1996

*the living art of massage*

"Massage is not only a powerful therapy for recovery from tension and fatigue, it's also a powerful tool of preventative medicine."

stress relief    health  
vitality    balance    well being  
healing touch  
calming herbal massage oils  
soothing atmosphere

*Gift certificates available*

**539-5992** *by appointment*

## HEALTH



### A MATTER OF BALANCE

"Therapies" are only successful if they "Remove The Blocks" to allow the body's own healing wisdom to express itself.

Chiropractic Natural Health Care  
539-9113  
Dr. Larry Dall 1130 Westport Dr., Ste. 5



## EVERYONE

### CLASSES

Step To It    Motivator  
Hard Bodies    Basic Step  
Combo Class    Aqua Aerobics

### FACILITIES

Two Weight Rooms  
Cardiovascular Equipment Area  
Swimming Pool  
Basketball Courts  
Indoor Track

### SERVICES

Nutrition & Diet Analysis  
Weight Management  
Consultation  
Fitness Training & Prescription  
Exercise Instruction

Semester Rates: \$34 (individual), \$55 (family)

Stop by Ahearn Natatorium, Room 3 (LIFE office)  
532-0704 or 532-0705

## CERTIFIED ORGANIC

### 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

# UFM's Holistic Health Directory

## PRACTITIONERS

### Therapeutic Bodyworks

319 Sugarbush Ln  
Manhattan, KS 66502  
(785) 537-2051

Dahris Weingartner

- Practitioner is a registered nurse and a certified massage therapist
- Therapeutic Massage
- Cooperate Chair Massage
- Cranio Sacral Therapy
- Lymphatic Drainage
- Reflexology
- Trigger Point Therapy
- Body Wraps
- Myofascial Release

### Lifecenter Bodywork

(785) 537-3607

Sandra Snyder

- Reiki
- Deep Tissue Massage
- Sports Massage
- Reflexology
- Infant Massage
- Pets Massage

### Four Winds Therapeutic Massage

1114 Laramie St.  
Manhattan, KS 66502  
(785) 539-8763

Bernice Martin

- Licensed Massage Therapist
- Therapeutic Massage
- Seated Massage
- Hot Tub
- Sauna
- Meditation Area
- Self-Help Library
- Creative Play Area

## WELLNESS/EXERCISE PROGRAMS

### UFM Hydroaerobics: Water Exercise

KSU Ahearn Natatorium  
K-State Campus  
(785) 539-8763

This is a 55-minute water exercise 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 the class. Classes will be held Mon/Wed, Tues/Thurs or Mon-Thurs at 6:35 - 7:30 pm. To register, please call UFM at 539-8763.

### Life Programs

KSU Ahearn Natatorium  
K-State Campus  
(785) 532-0704

- Affordable prices
- Personal assistance available as requested
- Fitness assessments and consultations
- Two weight rooms
- Cardiovascular equipment
- Aerobics classes
- Swimming pools
- Water aerobics
- Running/walking track
- Basketball courts

For more information call 532-0704.



## HEALTH PRODUCTS

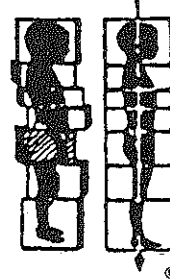
### People's Grocery Co-op

811 Colorado  
Manhattan, KS 66502  
(785) 539-4811

- Community-Owned—Open to Everyone!
- Quality Natural Foods at Co-op Prices.
- A Variety of Natural Foods, Health & Beauty Products and Supplements
- Organic Produce and Dairy Products
- Domestic and Imported Cheeses
- Fresh Ground Peanut Butter
- Organic Grains and Flours
- Food Allergies? Come See Us!

### Advertising Information

Please call Charlene at UFM, 539-8763, for information about placing an Ad in the Holistic Health Directory.

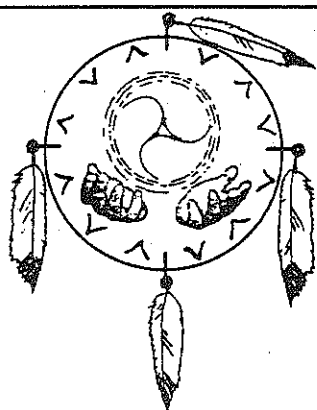


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**JACK WINDHORST**  
Certified Rolfer®  
Certified Massage Practitioner  
National Therapeutic Massage  
and Bodywork Board Certified

AN APPROACH TOWARD THE WHOLE HUMAN BEING

- improve posture, alignment and flexibility
- enhance emotional health, physical performance and physiological efficiency
- reduce stress, tension, aches and pain

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Manhattan, Kansas



## Four Winds Therapeutic Massage

**Bernice Martin**  
Licensed Massage Therapist  
AMTA Professional Member

**Therapeutic Massage**  
**Seated Massage**  
**Business Wellness Programs**  
**Meditation Area**  
**Stress Free Activity Center**

539-5919

1114 Laramie St., Manhattan

UFM classes make great gifts.

# UFM's Spring Holistic Health & Bodywork Fair

Saturday, May 8, 1999 Pottorf Hall, Cico Park, Manhattan 10 am - 4 pm

\$3 admission fee will enter everyone in the door prize drawings.

*Learn about the Alternative/Complementary health options that are available in the Manhattan area.*

## **Reflexology** by Stacie Blubaugh

Reflexology is a science which deals with the principle that there are reflexes in the foot relative to each internal organ and all parts of the body. Stimulating this reflex property can help many health problems in a natural way, a type of preventative maintenance.

## **Nutritional Muscle Testing**

by Dr. Larry Dall

Dr. Dall will offer nutritional muscle testing using Acupuncture and Total Body Modification.

## **Chi Lei** by Enell Foerster

A slow exercise of healing Chi Gong. When practicing Chi Lei, we use the inner Chi of our bodies and the outer Chi surrounding the space around our bodies. We amplify the natural exchange process as we practice.

## **Body Recall** by Enell Foerster

A proven, tested method of easy exercise for all adults. Isolated exercises for each part of the body, program designed by Dorothy Chrisnas of Berea, Kentucky.

## **Yoga** by Ana Franklin

Yoga is an ancient system, which is still very useful to us today, for bringing peace and harmony to the body/mind and ultimately to bring total physical, mental and emotional well-being. This class will focus on the body and breath, with some information on various other practices.

## **Intuitive Arts** by Sharon Landrith

Learn to access your intuitive connection, opening inner doors for answers to your questions about life paths, relationships, and your spiritual quest.

## **Zen Therapy** by Erika Morgan

Combining the best of several proven therapies into a unique form of deep Bodywork, Zen Therapy promotes greater health, more vitality, better physical performance, and enhanced mental and emotional attributes.

## **Jin Shin Jyutsu** by Karma Smith

Jin Shin Jyutsu is an art that involves the application of hands for gently balancing the life flow energy of the body, giving ourselves renewed vitality, deep relaxation, pain relief, easier breathing, and decreased stress. More generally it is the art of reawakening awareness and self-understanding.

## **Massage and Relaxation Techniques for Pain** by Sandra Snyder

Participants will learn relaxation techniques and stretching instructions to relieve daily tension and pain due to stress. An on-sight massage chair will be used; the concentration will be on neck and shoulder relief.

## **Massage Therapy** by Monica Ward

Experience the healing touch of therapeutic massage! Massage is one of the best-known antidotes for stress. Massage can relieve many types of muscle tightness and soreness; sprains or strains; and relieve pain from arthritis or injury, headaches, shoulders and back. Massage can help you recharge and restore the energy and creativity you need to live life with joy. Monica Ward uses an integrative method of therapeutic massage with energy therapy.

## **Benefits of Massage** by Douglas Sellers

A chair massage will be used along with a 15-minute presentation of the benefits of massage.

## **Cranio Sacral Therapy**

The CranioSacral System consists of the membranes and cerebral spinal fluid (CSF) that surround and protect the brain and spinal cord. Since this vital system influences the development and performance of the brain and spinal cord, an imbalance or restriction in it could potentially cause any number of sensory, motor or neurological disabilities. CranioSacral Therapy is a gentle method of detection and correction that encourages your own natural healing mechanisms to dissipate these negative effects of stress on your central nervous system. You also benefit from better overall health and resistance to disease. The client is fully clothed for his therapy and the amount of pressure used is equal to the weight of a nickel. CranioSacral therapy strengthens your body's ability to help alleviate a range of illness, pain and dysfunctions:

- Traumatic brain and spinal cord injuries
- Migrail headaches
- Chronic fatigue
- Motor-coordination impairments
- Chronic neck and back pain
- Scoliosis
- Central nervous system disorders
- Emotional difficulties
- Temporomandibular joint syndrome (TMJ)
- Learning disabilities
- Stress and tension related problems
- Post-traumatic stress disorders
- Orthopedic problems

## **Rolfing** by Jack Windhorst

This session of Rolfing will include a video followed by a discussion with questions and answers.

## **Cranio Sacral Therapy & Lymphatic Drainage** by Dahris Weingartner

Lymphatic drainage works to activate fluid circulation and stimulate the functionings of the immune system and parasympathetic nervous system. Learn about these therapies and their benefits.

## **Reiki** by Jane Kilmek

Reiki is an ancient Japanese healing technique that promotes the well-being of mind, body, and spirit. This healing method is natural, gentle, safe and nurturing. It works well with all other medical/therapeutic techniques to relieve medical side effects and promote recovery. In addition, Reiki helps to bring about a sense of peace, relaxation, and inner balance.

• The People's Grocery will be providing food samples.

• KSU's L.I.F.E. Program will be giving free blood pressure checks and information about the program.

## **Lectures**

**The Art of Jin Shin Jyutsu**  
by Karma Smith

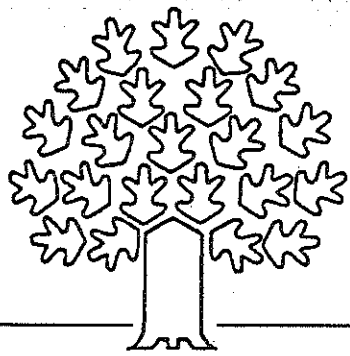
**Yoga for the Stress of Life**  
by Ana Franklin

**The Triangle of Health**  
by Dr. Larry Dall

The Human body can be compared to a triangle. Each side of the triangle directly influences the other two sides. We are healthy when our structural, biochemical, and emotional aspects are harmoniously balanced. Learn how to achieve this balance in your life, the Natural Way.

These and other lectures will be offered at no cost.

Space is still available for practitioners and related health products and programs. For more information, please call Charlene at UFM 539-8763.



# Martial Arts

1221 THURSTON

539-8763

## Taekwondo I MA-01

Tae Kwon Do is a traditional Korean 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 demonstrations 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 9+



\*\*Tuesday, January 19, at 6:30 pm, a Public Demonstration and formal introduction of instructors will be conducted in Ahearn Field House, KSU.

Grandmaster Chae Sun Yi (266-8662) is an 8th degree black belt with over 38 years experience in Tae Kwon Do. He is a former Captain and Chief Instructor of Tae Kwon Do for the ROK Army National Team, and he has held classes at KSU since 1975. Instructor David Moore (539-6786) is a 3rd degree black belt with over 9 years experience in Tae Kwon Do. He has been assisting/teaching for over 4 years.

Date: January 19 - May 6 (Tuesday & Thursday)  
Time: 6:30 - 7:30 pm  
Fee: \$72  
Location: Ahearn Field House, KSU  
No class March 23 & 25

## Taekwondo Karate II MA-02 Advanced

Grandmaster Chae Sun Yi (266-8662), Instructor David Moore (539-6786)

Date: January 19 - May 6 (Tuesday & Thursday)  
Time: 7:30 - 8:30 pm  
Fee: \$72  
Location: Ahearn Field House, KSU  
No class March 23 & 25



## Combat Grappling

MA-03

This class will cover 50% ground grappling and 50% standing self-defense. We will go over breakfalls, the mount, how to escape from it, the guard, how to pass it, and finishing holds.

Stan Wilson (539-7723) is the founder of the White Phoenix system, a modern adaptation of classical martial arts. He has black belts in three systems of martial arts, and knowledge of dozens more. He has been doing martial arts for 29 years.

Date: January 20 - March 10 (Wednesday)  
Time: 8 - 9 pm  
Fee: \$47 (Fee includes 3 manuals)  
Location: Ahearn Fieldhouse

## Beginning Aikido

MA-08

Aikido is a martial art in which one trains to be calm and lead a conflict to a peaceful resolution. In this beginning class, 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 1-May 5 (Monday & Wednesday)  
Time: 7-8:30 pm  
Fee: \$56  
Location: Ahearn Fieldhouse, KSU  
(No class March 22 & 24)

"Children have more need of models than critics."

— Carolyn Coats

## Charlson and Wilson Insurance Agency

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Fax 785/537-1657

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P.O. Box 1989 Manhattan, Kansas 66505  
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## 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.

## An Important Program for All Parents

For information about program  
dates and times in your area, call  
**(785) 587-1999**

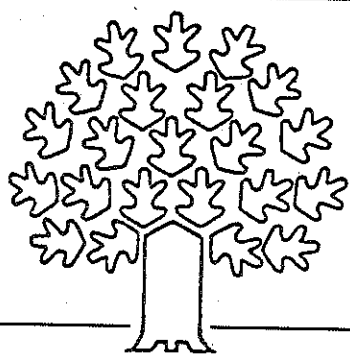
A free program to help you talk with your child  
about the risks children face in today's world.  
Information will be provided on the following  
topics:

- ◆ AIDS
- ◆ STD's
- ◆ Sexual Assault
- ◆ Guns/Violence
- ◆ Body Piercing
- ◆ Drugs & alcohol
- ◆ Gang Membership
- ◆ Depression/Suicide

A Program sponsored by The Regional AIDS Project in cooperation with the Riley County Health Dept. and funded by the Kansas Blood Services Fund with the Topeka Community Foundation

Let's Talk About It!

Look for the UFM Catalog on the web at [www.ksu.edu/ufm](http://www.ksu.edu/ufm)



# Earth, Nature & Environment

1221 THURSTON

539-8763

## Butterfly Gardens—"If You Build It They Will Come"

EN-01

Butterflies are beautiful creatures! You can attract them to your yard and garden by growing plants that provide nectar for adults, foliage for larvae, and cover for pupae and other overwintering stages of the butterfly's life cycle. We will talk about these plants and the species of butterflies they will attract. What better way is there to pull you out of the winter blues?

Madonna Stallmann (539-4805) is the caregiver to the Audubon Society's butterfly garden at Sojourner Truth Park in Manhattan, KS. She's passionate about gardening and is thrilled that her hobby provides habitat for wildlife.

Date: February 10 (Wednesday)  
Time: 7 - 9 pm  
Fee: \$8  
Location: UFM Conference Room

## Landscaping Around the Home

EN-02

Learn the basics of landscaping your home! Different resources, available locally, will be discussed with limited discussion on advantages and disadvantages of plant material. This course will be a must for new residents to the Manhattan community or those of us with "brown thumbs."

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

Date: March 29, 16 (Tuesday)  
Time: 7 - 9 pm  
Fee: \$22  
Location: Pottorf Hall - Cico Park

## Ferret Care 101

EN-04

Would you like to own a ferret? This class will prepare you for what you need to know about ferrets. Ferret Care 101 offers basic information about domestic ferret behavior, proper care including handling, socializing, nutrition, caging, medical issues, and discussion of ways to avoid or alleviate bad habits.

Troy Lynn Eckart (456-8337) has been involved with domestic ferrets since 1985 and founded Ferret Family Services in 1987. She's worked in many different areas with ferrets, including litigation, legislation, rescue, welfare, behavior modification and nursing sick ferrets.

Date: January 24, February 14 & 28, March 14 (Sunday)  
Time: 1:30 - 3 pm  
Fee: \$16  
Location: UFM Conference Room

## The Military Trail

EN-05

Learn about the historical military road that went through Manhattan. This road connected eastern Kansas to Denver in 1854. The class will start at UFM with a slide presentation and history about the trail. After this presentation participants are welcome to join a field trip of the trail that runs through Warner Park.

Don Combs (539-4329) a local resident, is working to preserve the military trail. He has used his own money and labor to clear the over-grown section in Warner Park. Ray Keen (539-2973), a long time resident of Manhattan will be sharing his knowledge of the history of the trail at this class.

Date: April 24  
Time: 10:30 - 11:30 am \*Field trip noon to 1 pm  
Fee: \$8  
Location: UFM Fireplace Room

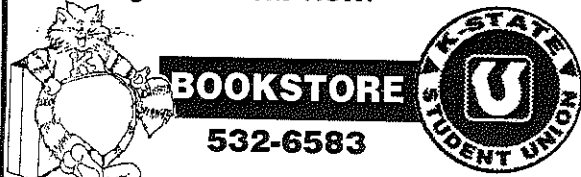
"Spring is nature's way of saying, let's party!"

—Robin Williams

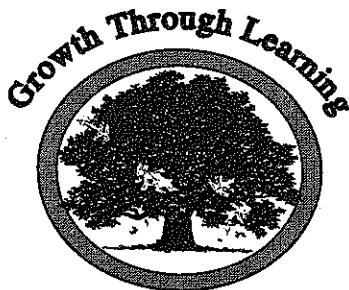
## Looking for a Whole New World to Explore?

- Crafts
- Poetry
- Nature
- Gardening
- Photography & Art
- Book Club

Stop by the Book Desk in the store to sign up for your free membership. After you've purchased 10 general books, we will average the prices & apply that amount to your next purchase...Start Earning Free Books NOW!



<http://union.ksun.ksu.edu/bookstor/main.htm>



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Call for Information

234 Summit Ave, Manhattan, KS 66502  
785-776-0597

## Sustainable Manhattan Roundtable Series

EN-06

The Sustainable Manhattan Roundtable Series returns this Spring, with panels and discussions focusing on current critical issues. Topics that are expected to be covered include living wages, transportation planning, affordable housing, and growth/land use issues. Watch the local new briefs in the Manhattan Mercury for full details.



The goal of these discussions is to get community involvement and input into projects and processes that help Manhattan move toward a sustainable future. These sessions are offered at no cost and you may sign up for any that interest you.

Carol Peak (532-6868) and various speakers.

## National Town Meeting for A Sustainable America—Local Organizers' Meeting

EN-07

Momentum is building for the notion that communities like Manhattan can prosper economically without sacrificing the environment or our quality of life. The President's Council on Sustainable Development will sponsor the first-ever National Town Meeting for a Sustainable America on May 2-5, 1999 to highlight the work of communities, business and individuals across the country who are finding new ways to balance economic, environmental and social goals.



You can contribute to an improved quality of life in Manhattan by helping to organize events that promote the long-term economic, environmental and social sustainability of our community. Individuals, businesses, governmental agencies, and community organizations are invited to help plan Manhattan's participation in the National Town Meeting.

Robert Wilson (532-7823) is a community planner with the Office of Local Government at K-State Extension. He has been active in environmental and sustainability issues in Manhattan for several years and is a founding member of Sustainable Manhattan and founder of the Flint Hills Sierra Club. He is also a member of the UFM Board of Directors.

Date: January 23 (Saturday)  
Time: 2 pm  
Fee: N/C  
Location: UFM Fireplace Room

## Tour of Ft. Riley Recycling Facility

EN-08

Ft. Riley has a national award-winning recycling program and facility just a few miles away. Let's learn the why's and how's of our neighbor's program and talk about Manhattan recycling initiatives and what we can do to increase recycling. This class will tour that facility in March on a date to be determined.



Bruce Sneed (532-4992), a city commissioner, wants to find ways to make recycling more convenient for more people.

Date: To Be Decided  
Call in your reservation to UFM, 539-8763, and you will be contacted with details.  
Fee: N/C  
Location: Meet at UFM



REGIONAL AIDS PROJECT

1021 Denison, Manhattan, Ks 66502  
and  
1038 W. 8th, Junction City, Ks 66441

(785) 587-1999 (785) 238-5338

Helping people infected and affected with HIV/AIDS and providing education to groups and individuals





**Gardening 101: The Basics** EN-09

Welcome to American #1 hobby! As a new gardener, you may be wondering about site selection, soil types, when to plant cool-season vs. warm-season vegetable crops, pest control, and dealing with Kansas weather extremes. We will discuss all of these questions and more! Your specific questions are welcome.

Colleen Hampton has been a UFM instructor since the spring of 1993, teaching a wide variety of gardening classes. She was UFM's featured instructor in the Spring of 1998. Her background includes a Bachelor's and Master's degree in Biology and Secondary Education and memberships in Riley County Master Gardener (1994), Prairie Roots Garden Club and The Flint Hills Hemerocallis Club.

Date: March 6 (Saturday)  
Time: 9 am - 12 noon  
Fee: \$8  
Location: UFM Greenhouse

**Maximizing Vegetable Production** EN-10

Do you seem to expend a lot of time and money on your vegetable garden but have little to show for your efforts? Maybe some different strategies are in order! We will discuss everything from raised beds, planting blocks, space-saving varieties, minimizing pest damage, watering, better pollination and more!

Colleen Hampton

Date: March 6 (Saturday)  
Time: 1 - 3 pm  
Fee: \$8  
Location: UFM Greenhouse

**Perennial Flowers** EN-11

Are you tired of buying and planting new flowers year after year? Why not invest in some perennial flowering plants that will return every year? We will discuss which flowers are perennial and when each blooms, how to get the envy of your neighborhood with minimal effort!

Colleen Hampton

Date: April 3 (Saturday)  
Time: 10 am - 12 noon  
Fee: \$8  
Location: UFM Greenhouse

**The Best Plants for Shady Sites** EN-12

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 would have better luck! We will 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

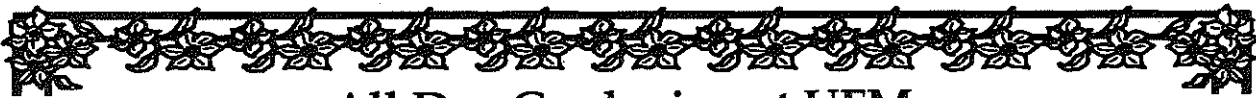
Date: April 3 (Saturday)  
Time: 1 - 3 pm  
Fee: \$8  
Location: UFM Greenhouse

**Interested in learning about and protecting the environment?**



**Join the Northern Flint Hills Audubon Society**

- Monthly educational programs on a variety of local, state, national and international environmental topics
- Field trips and bird watching to local natural areas (children welcome); call Hoogy Hoogheem 539-7080
- Informative monthly newsletter, *The Prairie Falcon*, in your mailbox or on the web at <http://www.ksu.edu/audubon/falcon.html>
- Active involvement in a variety of local, state, national and global conservation issues (we need your help)
- Birdseed sales (Mike Rhodes 539-4863)
- For more information call Dolly Gudder 537-4102



**All Day Gardening at UFM**

Saturday, March 13, 9 am - 4 pm

Experts in the area of horticulture, master gardeners, business owners, and others will be sharing their expertise.

**Color for All Seasons** 9:00 am

Learn what to plant so that you will always have color in your yard. Keith Westervelt from Blueville Nursery will be sharing his expertise on this topic.

**Water Gardening I** 9:00 am

Learn everything you need to know about water gardening. Session I will cover design and construction. Deb Spencer from Water's Edge in Lawrence, Kansas, professionally helps individuals with all their needs when planting and constructing their water gardens.

**Water Gardening II** 10:30 am

Learn everything you need to know about water gardening. Session II will cover planting, stocking and maintenance. The instructor for this class will be Deb Spencer, from the Water's Edge in Lawrence, Kansas.

**Gardening for the Birds** 10:30 am

How you landscape your yard and what you plant in your gardens can influence what birds and other wildlife visit you. Learn how to arrange your planting and what plant material you can utilize that will attract birds and other wildlife to your yard. Chuck Otte is an Extension Agent with Geary County Extension Office. He will be sharing his years of experience with us in this class.

**Solar Greenhouses** 1:00 pm

Everyone enjoys the fresh smells of greenhouse life. Attached to your home and properly designed, they can help warm your home, contribute moisture and fresh winter greens. In this class we will discuss possibilities we've learned in 20 years of passive solar experience. Bill Dorsett has been working for 20 years to put solar energy to use in Manhattan.

**Gardening with Herbs** 1:30 pm

Learn the basics of growing herbs from Ranae Cushing who is a Health Educator with a Masters Degree in Clinical Health Education.

**Tomatoes** 2:30 pm

Learn the how-to's of growing tomatoes and the advantages of growing the new varieties. The instructor Chuck Marr, is a professor at KSU in Horticulture, Forestry & Recreation Resources. He will be sharing his knowledge and experience with others at this class.

**Butterfly Gardening** 2:30 pm

Find out how to attract butterflies to your yard and the best plants for continuous bloom. Learn what plants caterpillars like. Slides and handouts on butterflies of Kansas will be given. Pat Freeman will share her enjoyment of butterflies.

Call UFM at 539-8763 to enroll in the classes of your choice. The cost is \$20 for an individual or \$30 for a couple for all day or \$8 per class.

**MANHATTAN COMMUNITY GARDEN**

The Manhattan Community Garden is a cooperative gardening project 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 3, Wednesday, 7:30 pm, UFM Greenhouse  
February 20, Saturday, 10:00 am, UFM Greenhouse

**NEW GARDENERS:**

March 3, Wednesday, 7:30 pm UFM Greenhouse  
March 20, Saturday, 10:00 am, UFM Greenhouse  
April 10, Saturday, 10:00 am, Community Garden  
9th & Riley Lane

*Take a Peek at the Past*

(All visits including peeks, looks & stares - are free.) That's right free!

Riley County Historical Museum

2309 Claflin

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

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

Goodnow House Museum

2309 Claflin

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

Call 565-6490 for Hours



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

Wolf House Museum

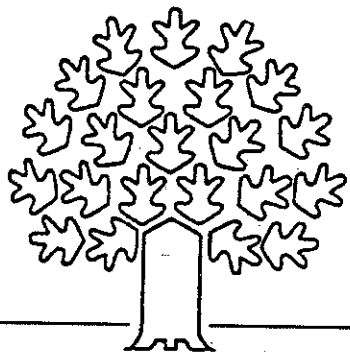
630 Fremont

- 1863 stone home also served as a boarding house
- Furnished with period antiques
- Special exhibits

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

**For more information, call 565-6490**

**USE REGISTRATION FORM on the back cover.**



# 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 for defending themselves against violent physical assault and rape. By empowering women to better protect themselves, they gain confidence in social and professional environments. All material is taught from a practical approach with techniques that require little physical strength and therefore are useful to women of all ages and physical condition.

Diana Tarver (827-7302) is a black belt in Taekwondo and Hapkido and is a certified instructor with the American Taekwondo Association. She has 14 years experience teaching martial arts, police defensive tactics and Sexual Harassment Assault and Rape Prevention for Women.

Date: February 12 (Friday)  
Time: 6:30 - 10 pm  
Fee: \$18  
Location: First Lutheran Church (Basement)  
930 Poyntz

## Communication for Lovers SP-08

Poor communication is one of the most common and troublesome relationship problems. It affects all facets of the relationship and contributes to dissatisfaction that can eventually lead to break-up. At this seminar you will gain insight into the different ways men and women naturally think and express themselves and learn techniques to improve communication between you and the one you love.

Charles Drees (587-4327, is a licensed clinical social worker and licensed marriage and family therapist specifically interested in gender communication. He recently became the coordinator of the Employee Assistance Program offered by Pawnee Mental Health Services where he has been a therapist since 1991.

Date: January 28 (Thursday)  
Time: 6:30 - 8:30 pm  
Fee: \$8 individual/\$10 couple  
Location: Pawnee Mental Health Services  
2001 Claflin Rd., Community Room

## Let's Talk About It SP-02

A program for parents to help them talk with their children about the risks that face them in today's world. Giving your child the facts is not enough. If a child is to listen, respect, and take your words seriously, you must choose the right time, the right words, know the facts yourself, know how to listen, and be able to explain your expectations and values. This class will help you to learn these communication skills and provide information about a wide variety of topics, such as sexual responsibility/abstinence, STD's, violence, gang membership, sexual assault, and drugs and alcohol.

Eunice Dorst (587-1999) is Executive Director of the Regional AIDS Project. She has four adult children, and believes that if we keep our children safe, we must talk with them about the issues they face today, even if it makes us uncomfortable.

Date: January 26 (Tuesday)  
Time: 7 - 8:30 pm  
Fee: N/C  
Location: UFM Fireplace Room

## Let's Talk About It SP-03

Eunice Dorst (587-1999)

Date: April 14 (Wednesday)  
Time: 7 - 8:30 pm  
Fee: N/C  
Location: UFM Fireplace Room

## Demystifying Meditation SP-07

This class can best be described as a necessary prerequisite to understanding meditation practices. It is aimed at those who are either interested in knowing more about the art of meditation or those wanting to take up a meditation practice and are looking for "the how" to start on their correct path. It is 70% lecture and discussion, and 30% experimental. Although there can be other objectives, meditation is basically a tool that helps a person reach the higher states of consciousness. There are as many reasons to achieve these states as there are people. Consequently, there are also hundreds of different methods of meditation. How does one choose which is the correct practice for him or herself? This class will touch on some of the more successful methods and attempt to assist the participants in identifying the method that is best for them. Please bring a cushion or blanket and wear loose clothing.

Stan Stitz is an author and editor of books on meditative spirituality and a long time practitioner/student of a variety of Eastern and Western spiritual meditative practices. Traveling throughout Asia and the Orient he has trained and practiced with many noted meditation and spiritual teachers.

Date: February 23, 26, 27 (Tues/Fri/Sat)  
Time: 7 - 9 pm (Tues/Fri), 9 am - 12 noon (Sat)  
Fee: \$12  
Location: Industrial Park next to the Animal Shelter  
631 Levee

"It's what you learn after you know it all that counts."  
— John Wooden

## For Couples Only Marriage Check-up '99

Make it your Valentine's gift to each other. Explore insights to making your partnership grow and glow. Take a short survey, then go over it together with a marriage specialist to reveal your special strengths. For all couples in committed relationships. Free appointments February 8-13. Call for information, 587-4326. A community service of PAWNEE Mental Health

## Biological Terrorism SP-04

This presentation will cover the threat of terrorism to the United States. A video entitled "Killer Virus" will also present the biological threat to the United States. The video running time is 46 minutes. There will be a discussion on biological protection and decontamination with a display of a gas-mask and alert bag.

John Skare (776-7942) is a former Air Force member with knowledge of law enforcement and security operations. He also is a freelance security and survival consultant. He is a licensed amateur radio operator and has been trained as an emergency medical technician. When he is not jumping out of perfectly good aircraft and liberating the oppressed, he is a mild mannered manager of a local print shop.

Date: April 3 (Saturday)  
Time: 10 am - noon  
Fee: \$8  
Location: UFM Conference Room

## Who is My Neighbor? Economics as if Values Matter SP-05

Originally, economics described the activity involved in caring for the home. Now, systems of economics affect whether we and our neighbors have enough to eat, have a home to live in, and have means to education and employment. Our economic questions are, therefore, political and moral, and they are, at heart, questions about values, vision, and community. This class will encourage participants to think about the relationship between economics and ethics, and to act upon their reflections.

Rev. David Jones (539-4281) is the campus pastor at the Ecumenical Campus Ministry at K- State. An experienced local church pastor and seminary instructor, he holds a Ph.D. in religion from Vanderbilt University.

Date: January 28 - April 8 (Thursday)  
Time: 8 - 9 pm  
Fee: \$18 (Fee includes a study guide)  
Location: ECM Campus Center  
1021 Denison Ave.  
No Class March 25

## Who is My Neighbor? Economics as if Values Matter SP-06

Rev. David Jones (539-4281)

Date: January 27 - April 7 (Wednesday)  
Time: 8 - 9 pm  
Fee: \$18 (Fee includes a study guide)  
Location: ECM Campus Center  
1021 Denison Ave.  
No Class March 24

## Intuitive Arts SP-09

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

Sharon Landrith (468-3531) has been intuitive all of her life. She has been a professional intuitive for 11 years working with individuals and as a group facilitator.

Date: February 3 & 10 (Wednesday)  
Time: 7 - 9:30 pm  
Fee: \$14  
Location: UFM Conference Room, UFM Greenhouse

## Intro to Zen Buddhist Philosophy & Practice SP-10

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 K-State and has been a student of Zen Buddhism for approximately 21 years, practicing under the direction of Soto masters Dainin Katagiri and Shonhaku Okumura. He is affiliated with the Minneapolis Zen Meditation Center.

Date: April 7 & 14 (Wednesday)  
Time: 7:30 - 9 pm  
Fee: \$14  
Location: Industrial Park next to the Animal Shelter  
631 Levee Rd.

### CONTINUING EDUCATION For Helping Professionals & Volunteers

#### New Developments in

#### ➤ Psychotropic Medications

February 10 Manhattan

#### ➤ Healing Through Doing Play, Plant, Draw

March 10 Manhattan

#### ➤ Substance Abuse Risk Through the Life Span

April 21 Manhattan


April 28 Junction City

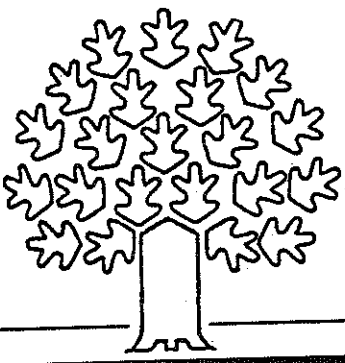
#### ➤ Grief and Grieving

June 16 Manhattan

All workshops 12:45 to 3:45 p.m., three hours, in Manhattan at Houston Street Center, 5th & Houston; in Junction City, at 814 Caroline Avenue. The fee is \$21 each. Credit for nurses, social workers, others. Enrollment is open to everyone. Please pre-register.

Call today for information and brochure.

Call 587-4326  PAWNEE  
Mental Health Services  
Make Every Day Count...for good mental health



# Youth

1221 THURSTON

539-8763

## Folding/Flying Paper Airplanes YO-01

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

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

Date: April 7 and 14 (Wednesday)  
Time: 7 - 9 pm  
Fee: \$10  
Location: Marlatt School, Multi-Purpose Room  
2715 Hobbs Dr

## Fishing Kansas - Ages 8 to 80 YO-02

Excellent fishing of all kinds abounds in our area. Bass, crappie, catfish, blue gill, walleye, even trout! This class will cover both basics and fine points of when, where, and how (you already know who and why), from equipment to lures to times of day, from "bankstamping" to trolling. The first session will be a general overview. The second session will be on crappie and will include more information about crappie than you ever imagined existed. Especially for beginning anglers. Get a stack of free or inexpensive materials plus door prizes.

Paul Miller (539-7154) is a lifetime resident of the State of Kansas. He has fished most waters of the state and found most all species of fish. Paul has recently retired from the State Wildlife and Parks Department. He is now a licensed guide on the local waters around Manhattan. He is willing to share lots of fishing information with students of this most worthwhile class. Leo Schell is an avid crappie fisherman and former elementary school teacher who has taught the crappie class before and has written a handbook on the topic "Kids and Crappie in Kansas-A Primer for Beginning Bankstomper".

Date: March 3, 10 (Wednesday)  
Time: 6:30 - 9 pm  
Fee: \$12  
Location: Manhattan Public Library Auditorium

## Kids On Campus YO-03

Join us for a fun-filled, educational field trip of the KSU campus. We will visit several departments with interesting activities, take time out for bowling, eat lunch at the Student Union & 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.

Date: March 18 (Thursday)  
Time: 8 am - 5 pm  
Fee: \$25  
Location: Meet at UFM

## Introduction to the Nutcracker Ballet YO-04

This is an introductory class designed to provide exposure to ballet, jazz, and tap steps, plus other dance styles, for children ages 4-12. No dance experience or formal dance attire is needed. Rock and Roll and popular music will make learning jazz and tap techniques fun.

Randi Dale (539-5767) has taught dance for 36 years. Her dance choir toured the Midwest and Europe in 1968. She is a certified teacher with a Masters degree in Education.

Date: January 16 (Saturday)  
Time: 9 - 10 am  
Fee: \$8  
Location: 2416 Rogers Blvd.

Youth Scholarships are available through the YES! Fund.

## Children's Gardening YO-07

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

Dr. Richard Mattson

Date: April - October (Saturday)  
Time: 10 am - noon  
Fee: N/C  
Location: Manhattan Children's Garden  
8th and Riley Lane

## Acting Basics for Youth Ages 9-12 YO-05

Acting basics will give young actors a chance to learn improvisation techniques, script analysis, character development, and stage movement. All actors will participate in a "work in progress" presentation at the end of four weeks.

Christy Scott (532-6850) is a doctoral candidate in Social Psychology at K-State. She received her undergraduate degree in Psychology and Theater from Occidental College in California and continues to pursue her love of acting and directing through teaching and community productions.

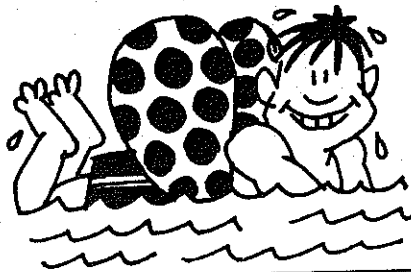
Date: January 23, 30, February 6, 13 (Saturdays)  
Time: 10 am - noon  
Fee: \$22  
Location: 1st Lutheran Church basement  
930 Poyntz Ave.  
Performance Date: February 13, 1-2 pm

## Acting Basics for Youth Ages 10-15 YO-06

Acting basics will give young actors a chance to learn improvisation techniques, script analysis, character development, and stage movement. All actors will participate in a "work in progress" presentation at the end of four weeks.

Christy Scott (532-6850)

Date: February 20, 27, March 6, 13 (Saturdays)  
Time: 10 am - noon  
Fee: \$22  
Location: Denison 113A, KSU  
Performance Date: March 13, 1-2 pm



American Red Cross Learn to Swim classes are found on pages 4-5.



Do you have any BRIGHT ideas for classes? Call Charlene at UFM, 539-8763

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.

## Storytelling for Children YO-08

We invite you to bring your kids from Kindergarten to 3rd grade to a new and exciting program at UFM. Take the night off while we entertain your children with storytelling. There will be arts and crafts to do after each story. Relax for an hour and let us do the reading. Many volunteers from the K-State Education Program will be guest readers. Fun and educational books will be read and a craft for each story will follow.

Shannon Perz (565-9188) is a K-State student studying elementary education. She has worked with children for many years in camps and classrooms. She is currently working with the UFM mentoring program. All guest speakers will be K-State students with experience in literature and children.

Date: February 1 - 22 (Monday)  
Time: 6 - 7 pm  
Fee: \$18  
Location: UFM Fireplace Room

## Storytelling for Children YO-09

Shannon Perz (565-9188)

Date: March 1 - 29 (Monday)  
Time: 6 - 7 pm  
Fee: \$18  
Location: UFM  
No Class March 22

## Storytelling for Children YO-10

Shannon Perz (565-9188)

Date: April 5 - 26 (Monday)  
Time: 6 - 7 pm  
Fee: \$18  
Location: UFM

"To love and be loved is to feel the sun from both sides."  
—David Viscott, M.D.

# 776-5577



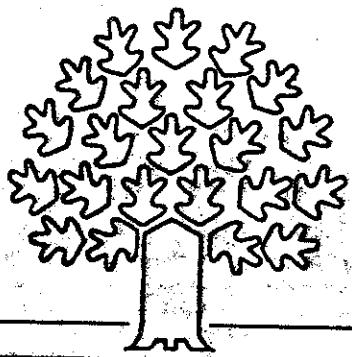
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# Wellness

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## Introducing Jin Shin Jyutsu: A Self-Help Class

WE-01

Jin Shin Jyutsu translates as the "Art of the Creator through knowing and compassionate person." It is an ancient art of releasing the tensions which are the causes of various symptoms of discomfort. In Jin Shin Jyutsu philosophy, our bodies contain energy pathways which become blocked through daily physical, mental, emotional or spiritual stresses, resulting in pain and discomfort. We can unblock these pathways through non-forceful application of the hands to various locations on the body, giving ourselves renewed vitality, deep relaxation, pain relief, easier breathing and decreased stress. This course will introduce you to hands-on techniques for self and others, and to the history, philosophy, and theory of Jin Shin Jyutsu. Jin Shin Jyutsu self-help books will be available for purchase (optional). Please bring a blanket with you to class.

Karma Smith (539-3733) is a Licensed Practical Nurse, a graduate of the McKinnon Institute of Professional Massage and Body Work in Oakland, CA, and is a skilled touch practitioner whose avocation during the last twenty years has been to study and practice a variety of bodywork modalities: Alexander Technique, Tai Chi, Swedish and Esalen Massage, Shiatsu, Chi Gong, Geriatric Massage, Therapeutic Touch, and Skilled Touch for the Dying. Since her retirement from home health and hospice nursing in 1995, she has been studying and practicing Jin Shin Jyutsu intensively and is certified as a practitioner and a self-help instructor.

Date: March 1, 8, 15 (Monday)  
Time: 7-9 pm  
Fee: \$14  
Location: Industrial Park next to the Animal Shelter  
631 Levee Rd

"Happiness makes up in height for what it lacks in length."

— Robert Frost

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\* Mothers-in-law

## Nutrition for Menopause

WE-04

Discover what foods can help your transition thru this time of your life with more comfort and ease. Recipes and a guide to super foods will be provided.

Ranae Cushing (776-2350) is a Health Educator with a Masters Degree in Clinical Holistic Health Education. She has over 10 years experience, and her goal is to help people help themselves with informed choices.

Date: February 6 (Saturday)  
Time: 1:30 pm  
Fee: \$20  
Location: UFM Kitchen

## Herbal First Aid

WE-05

Would you like to learn how to make healing salve? Participants will familiarize themselves with the most useful herbs for first aid. Everyone will get to take home their own healing salve.

Ranae Cushing (776-2350)  
Date: March 6 (Saturday)  
Time: 1:30 pm  
Fee: \$20  
Location: UFM Kitchen

## Herbs from Head to Toe

WE-06

Learn how to create your own personalized cosmetics and beauty products. Create your own personal blend as well as receive recipes for many more. Everyone will get to make and take home their own body splash.

Ranae Cushing (776-2350)  
Date: January 23 (Saturday)  
Time: 1:30 pm  
Fee: \$20  
Location: UFM Kitchen

## Introduction to Massage for Couples

WE-19

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 (539-5919) is a graduate of the Downeast School of Massage and is a licensed massage therapist. Her work is primarily Swedish Massage but incorporates aspects of deep tissue work and energy healing. She has been in practice 6 years and is an active member of the American Massage Therapy Association.

Date: February 9, 16 (Tuesday)  
Time: 7-9 pm  
Fee: \$26 per couple  
Location: UFM Banquet Room

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## Massage for the Individual

WE-20

Regular self-massage can promote relaxation and relieve muscular aches, pains, tension, and stiffness. Participants will learn the basic principles of therapeutic massage and a self-massage routine that can be adapted to meet their personal needs. Participants should bring a blanket and/or pillow and wear loose clothing or shorts and t-shirt.

Bernice Martin (539-5919)

Date: February 2 (Tuesday)  
Time: 7-9 pm  
Fee: \$15  
Location: Four Winds, 1114 Laramie

## Massage, Meditation and More

WE-21

During this class participants will learn three ways they can minimize stress on a daily basis. The activities are designed to fit easily into busy schedules. In the first class we will discuss basic principles of massage and learn a simple face massage that can be used anytime. In the second class we will discuss and practice a simple meditation that can be used throughout the day. In the third class we will discuss that role of creative play in stress reduction. Participants will have a variety of activities available to experiment with and individual projects they can work on.

Bernice Martin (539-5919)

Date: March 2, 9, 16 (Tuesday)  
Time: 7-8 pm  
Fee: \$24  
Location: Four Winds, 1114 Laramie

## Massage & Relaxation Techniques for Pain Relief

WE-24

In this class participants will learn relaxation techniques and stretching instruction to relieve daily tension and pain due to stress. An on-site massage chair will be used for a five-minute demonstration that concentrates on neck and shoulder relief.

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 Baby and Pet Massage.

Date: April 21 (Wednesday)  
Time: 7 pm  
Fee: \$13  
Location: UFM Fireplace Room

## Self-Treatment with Acupressure

WE-22

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 20 - February 24 (Wednesday)  
Time: 7-8:30 pm  
Fee: \$27  
Location: 1130 Westport Dr. Suite 5

## Parents Together

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 support system for parents who have teens experiencing problems with truancy, drugs, alcohol, pregnancy or legal problems. If you need someone to talk to, call Linda at 539

This group is funded as part of a grant from the City of Manhattan. For questions, call Linda at 539-8763.

Special THANKS TO THE UFM INSTRUCTORS who volunteer their time.



**Yoga for Everyone** WE-02

Yoga is a useful tool to help anyone with the physical, mental and emotional challenges we all encounter in our lives. We will focus on the practice of asana (postures) and pranayam (breathing exercises) as well as developing a personal practice which meets each individual's needs. This class is for men, women, couples and teens. Please bring a mat or towel and wear comfortable clothes that do not restrict movement. For your safety and comfort, please do not eat for at least three hours before class (a piece of fruit is ok).

Ana Franklin (537-8224) has been practicing yoga for more than 25 years. She teaches in the Tradition of T. Krishnamacharya who was teacher to BKS Iyengar, Patabi Jois and other eminent yoga teachers, including her father Albert Franklin, who taught yoga through UFM in the 1970's. Ana is a student of Gary Kraftsow, who studies under TKV Desikachar, Sri Krishnamacharya's son.

Date: January 19 - February 23 (Tuesday)  
Time: 5:30 pm  
Fee: \$68  
Location: Industrial Park next to the Animal Shelter  
631 Levee Rd

**Yoga for Everyone** WE-03

Ana Franklin (537-8224)

Date: March 2 - April 13 (Tuesday)  
Time: 5:30 pm  
Fee: \$68  
Location: Industrial Park next to the Animal Shelter  
631 Levee Rd  
No class March 23

**Introduction to Reiki** WE-07

Reiki, pronounced "raykey," is an ancient holistic health practice in which Universal Life Energy supports the body's natural ability to heal itself. We will discuss the concepts of holistic health, Universal Life Energy, subtle body physiology, and Reiki. Please bring a mat or towel and pillow. Two handouts included in fee.

June Hunzeker has been working with holistic health therapies for many years. She is a Third Degree Reiki practitioner in the Usui System of Natural Healing. She is among the first class of 25 students from around the world to complete Gemisphere Energy Medicine I. Aromatherapy and Numerology are additional services she offers. Her studies and work with energy therapies continue to expand. June maintains a private practice, Flint Hills Peacemakers. "My heart sings every time a different holistic health practice is presented for my study/work. They are the peacemakers," she says; "I'm simply the happy assistant."

Date: February 3 (Wednesday)  
Time: 7 - 9 pm  
Fee: \$11  
Location: UFM Greenhouse

**Introduction to Reiki** WE-08

June Hunzeker

Date: February 24 (Wednesday)  
Time: 7 - 9 pm  
Fee: \$11  
Location: UFM Greenhouse

**Introduction to Reiki** WE-09

June Hunzeker

Date: March 11 (Thursday)  
Time: 7 - 9 pm  
Fee: \$11  
Location: UFM Greenhouse

**Introduction to Reiki** WE-10

June Hunzeker

Date: April 7 (Wednesday)  
Time: 7 - 9 pm  
Fee: \$11  
Location: UFM Greenhouse

**Introduction to Reiki** WE-11

June Hunzeker

Date: April 28 (Wednesday)  
Time: 7 - 9 pm  
Fee: \$11  
Location: UFM Greenhouse

**Introduction to Gemisphere Energy Medicine** WE-12

Gemisphere Energy Medicine (G.E.M.) is a holistic health practice involving the use of therapeutic quality gemstones. The use of gemstones for this purpose dates to ancient cultures on Earth. We are now ready for new practices with gemstone energy medicine. We will discuss the concepts of holistic health, Universal Life Energy, subtle body physiology, and Gemisphere Energy Medicine. Four handouts included in fee. NOTE: This class is a prerequisite for enrollment in G.E.M. and the 7 Color Rays.

June Hunzeker

Date: February 11 (Thursday)  
Time: 7 - 9 pm  
Fee: \$18/\$39 both Intro to Gemisphere and 7 Color Rays  
Location: UFM Greenhouse

**Introduction to Gemisphere Energy Medicine** WE-13

June Hunzeker

Date: March 3 (Wednesday)  
Time: 7 - 9 pm  
Fee: \$18/\$39 both Intro to Gemisphere and 7 Color Rays  
Location: UFM Greenhouse

**Introduction to Gemisphere Energy Medicine** WE-14

June Hunzeker

Date: April 22 (Thursday)  
Time: 7 - 9 pm  
Fee: \$18/\$39 both Intro to Gemisphere and 7 Color Rays  
Location: UFM Greenhouse

**G.E.M. and the 7 Color Rays** WE-15

This class provides information about the 7 color rays, which are necessary for life and health. We will discuss the 7 gemstones that "carry" the color rays, your main color ray and how it defines your greatest strength, and the effects of the color rays on strengths and weaknesses. Book included in fee. Prerequisite: Introduction to Gemisphere Energy Medicine Class.

June Hunzeker

Date: February 18 (Thursday)  
Time: 7 - 9 pm  
Fee: \$25/\$39 for both Intro to Gemisphere and 7 Color Rays  
Location: UFM Greenhouse

**G.E.M. and the 7 Color Rays** WE-16

June Hunzeker

Date: March 10 (Wednesday)  
Time: 7 - 9 pm  
Fee: \$25/\$39 for both Intro to Gemisphere and 7 Color Rays  
Location: UFM Greenhouse

**G.E.M. and the 7 Color Rays** WE-17

June Hunzeker

Date: April 29 (Thursday)  
Time: 7 - 9 pm  
Fee: \$25/\$39 for both Intro to Gemisphere and 7 Color Rays  
Location: UFM Greenhouse

**Introduction to Feng Shui** WE-18

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, KS. He is schooled in Tantric Black Sect Feng Shui as taught by professor Lin Yun, Grand Master of Feng Shui in Barkely, CA. He received in-depth training at a professional level from the nationally-known Feng Shui consultants, writers and video producers, Helen and James Jay at Feng Shui Designs Learning Center in Nevada City, CA.

Date: April 1 (Thursday)  
Time: 7 - 9 pm  
Fee: \$18  
Location: UFM Greenhouse

**Chi Lei: Chi Gong** WE-23

Chi Lei is a self-healing method prescribed by the world's largest medicineless hospital in Qiu Huangdao, China. Chi Lei is a slow exercise that gathers and concentrates the Chi (vital life energy) and moves it through the body. As we work with this healing energy it helps to balance our inner energies, to improve our health responses and the mind becomes tranquil. The exercises are done standing, but can be practiced while seated.

Enell Foerster (537-0977) has studied under Luke Chan, the only Chi Lei master teacher outside of China. She has taught Jackie Sorensen's Aerobic Dancing, aquatic exercises and is currently a certified Body Recall exercise instructor. She has taught Red Cross CPR and First Aid, Yoga and other classes for UFM.

Date: January 28- March 18 (Thursday)  
Time: 5:30 - 6 pm  
Fee: \$46  
Location: UFM Conference Room

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The courses on this page are offered for credit through The Division of Continuing Education 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.

### Scuba Diving

RRES-200

This course will prepare students for Open Water certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving tables, diving environment, and general information. The date for certification will be determined at a later date. The certification is included in the class fee, however, neither UFM, nor KSU is responsible for it. Travel and lodging are at the student's expense. Students must provide their own mask, fins, and snorkel.

Instructor: Jeff Wilson

Date: January 23 - March 13 (Saturday)  
Time: 9:00 am - 1:00 pm  
Fee: \$235  
Location: KSU Natatorium  
No Class Feb 6 & 20

### Golf

KIN 140 A, B, C, D

This course will emphasize the fundamentals of the full golf swing; 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 2 - 8 (Tuesday)  
Time: 5:30 - 7:30 pm

Date: March 9 - 15 (Tuesday)  
Time: 2:30 - 4:30 pm

Date: March 16 - 22 (Thursday)  
Time: 9:30 - 11:30 am

Date: March 23 - 29 (Wednesday)  
Time: 5:30 - 7:30 pm

Fee: \$150  
Location: Stagg Hill Golf Club  
4441 Ft. Riley Blvd.



### Ballroom Dance

DANCE - 599 C

Introduction to the principles of ballroom dancing. Includes dance terminology, dance position, correct body alignment and positions, and partnering. Techniques such as open and close 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 15 - May 7 (Friday)  
Time: 6:30 - 7:30 pm  
Fee: \$127  
Location: ECM Auditorium  
1021 Denison Ave.

### Intermediate Ballroom Dance

DANCE - 599 D

This class will emphasize dancing with your partner and learning the routines: Foxtrot, Waltz, Rumba and Tango. Prior dance lessons are required.

Instructor: Michael Bennett

Date: January 15 - May 7 (Friday)  
Time: 7:30 - 8:30 pm  
Fee: \$127  
Location: ECM Auditorium  
1021 Denison Ave.

### Judo I

KIN 144

Judo I is intended not for gaining proficiency, but to gain understanding of how principles of dynamics (force, acceleration, 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 14 - May 6 (Tuesday/Thursday)  
Time: 7:30 - 8:30 pm  
Fee: \$100  
Location: Ahearn Fieldhouse

### Judo II

KIN - 145

In Judo II participants continue to gain understanding of how principles 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's physique.

Instructor: Isaac Wakabayashi

Date: January 14 - May 6 (Tuesday/Thursday)  
Time: 8:45 - 10:00 pm  
Fee: \$110  
Location: Ahearn Fieldhouse

### 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, tournament play, rules and tips will also be taught.

Instructor: Terri Eddy

Session I  
Date: January 20 - May 5 (Wednesday)  
Time: 10:30 - 11:20 am

Session II  
Date: January 21 - May 6 (Thursday)  
Time: 10:30 - 11:20 am  
Fee: \$110  
Location: Student Union Bowling Alley

### Fly Fishing

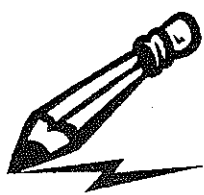
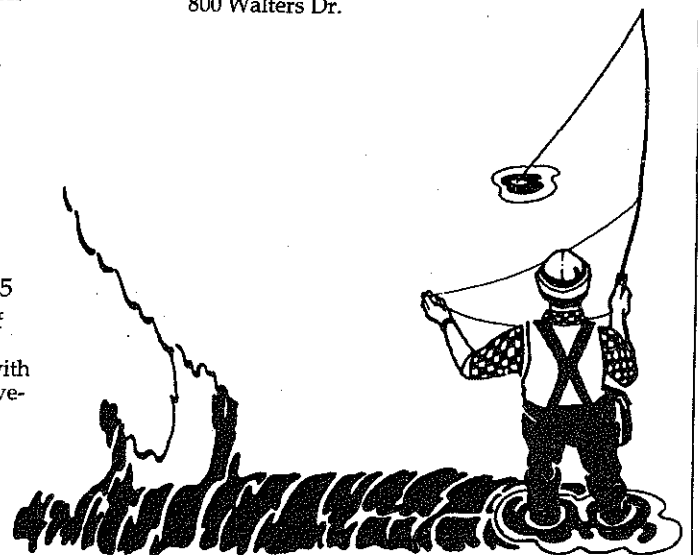
RRES-200

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 Sodamann

Session I  
Date: February 17 - March 11 (Wednesday/Thursday)  
Time: 6:00 - 8:00 pm

Session II  
Date: March 31 - April 22 (Wednesday/Thursday)  
Time: 6:00 - 8:00 pm  
Fee: \$144  
Location: Eisenhower Middle School  
800 Walters Dr.

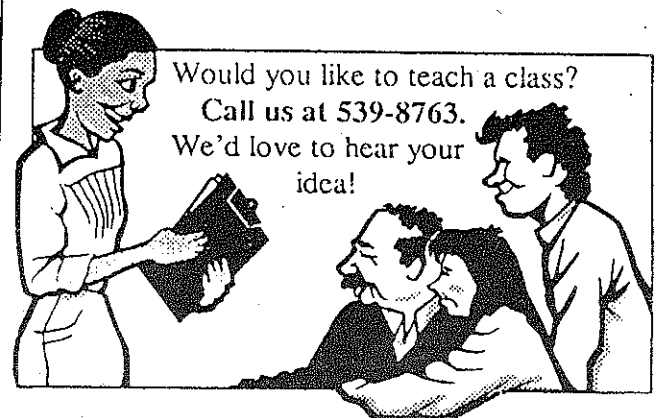


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Barbara and Ernie Peck  
Jerry and Betty Phares  
Ann and Fritz Pyle  
Karen and Leon Rappaport  
Leo and Joy Schell  
Steve and Marianne Scheneman  
Harold Schneider  
Dick and Martha Seaton  
Bruce and Leslie Snead  
Marion and Sholto Spears  
Edith and Jay Stunkel  
Daniel and Katherine Swenson  
Linda Teener  
Anita Van Nevel  
Merton and Ina Zeisset

## FRIEND

Loren and Donna Alexander  
Milton and Bette Anderson  
Allen and Lori Archer  
Bill and Shirley Arck  
Dean and Donna Bark  
Lois and Dan Beatty  
Eloise Bourque  
Ashley Brown  
Michael Dixon  
Nelda J Elder  
Tom and Christine Herald  
Frank Hwang  
Berl and Tina Koch  
Virginia Langford  
Caleb Lucas  
Joleen Macek  
Marvin and Doris Marsh  
Chris Morrison  
Michael and Kathleen Oldfather  
Jerry and Berry Phares  
Leo and Joy Schell  
Harold Schneider  
David and Bernice Schoneweis  
Marcia Schuley  
John and Luise White  
Ray and Muriel Woods

### UFM Can Accept Donations in Many Forms

We will be glad to find a way to make a UFM donation fit your budget and convenience.

- **Teach a Class**—Donating your time to teach a UFM class can be deducted from your taxes at a dollar value.
- **Stocks and Securities**—UFM has a brokerage account that can accept donations of appreciated stock and other securities.
- **Put Us in Your Will** for future assistance.
- **Equipment, Supplies or Services**—UFM often has need for carpentry, yard care, miscellaneous equipment and specialty supplies. A donation in this area is also tax deductible.
- **Cash**—One-time payments, monthly or quarterly installments, credit card, billed or direct deposit.

Call Linda at 539-8763 for details.

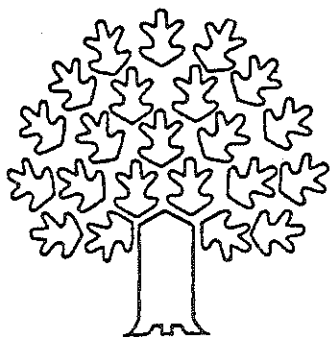
### What will a donation buy?

Gifts to UFM may be designated in several ways.

- **General Operations**—Keeps the catalog coming with a wide array of class choices and supports service projects.
- **General Endowment**—Supports long term program success.
- **Scholarship Fund**—Provides scholarships to adults and children with financial challenges.
- **Program/Series Endowment**—A gift of \$5,000 or more can ensure a regular series of classes/lectures around a topic of your interest.

Call Linda at 539-8763 to discuss these options.

*It's not too late to become a UFM Sponsor. Just return the coupon below with your deductible contribution.*



1221 Thurston, Manhattan, KS 66502  
(785) 539-8763

**YES!**  
**I WANT TO**  
**SUPPORT**  
**UFM!**

I wish to donate: \_\_\_\_\_ \$10 \_\_\_\_\_ \$25 \_\_\_\_\_ \$50 \_\_\_\_\_ \$100 \_\_\_\_\_ Other

\_\_\_\_\_ I would like to be billed in \_\_\_\_\_ installments.

\_\_\_\_\_ Call me regarding a gift to UFM.

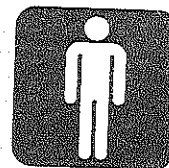
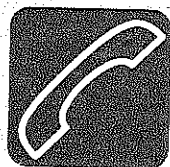
Name: \_\_\_\_\_ Home Phone \_\_\_\_\_

Address: \_\_\_\_\_ Work Phone \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E mail ideas to: [ufm@ksu.edu](mailto:ufm@ksu.edu)

# REGISTRATION INFORMATION 3 WAYS TO REGISTER



## Registration by Mail

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

**UFM Class Registrations**  
1221 Thurston

Manhattan, Kansas 66502-5299

You will be notified if the class is full. All registration is on a first-come, first-served basis. No other class confirmations will be sent out unless requested.

## Registration by Phone

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



## Registration in Person

Stop by the UFM House, 1221 Thurston  
HOURS: 8:30 am - 12 Noon  
1:00 pm - 5:00 pm  
Monday through Friday

Youth Scholarships are available.

FOR YOU... One participant per form, please

FOR A FRIEND... One participant per form, please

**UFM** 1221 THURSTON  
Manhattan, KS 66502 **539-8763**

**UFM** 1221 THURSTON  
Manhattan, KS 66502 **539-8763**

### UFM Community Learning Center

### UFM Community Learning Center

Registration Form  
1221 Thurston Manhattan, KS 66502 539-8763

Registration Form  
1221 Thurston Manhattan, KS 66502 539-8763

Student Name \_\_\_\_\_ Day Phone \_\_\_\_\_  
Address \_\_\_\_\_ Evening Phone \_\_\_\_\_  
City \_\_\_\_\_ State Kansas Zip \_\_\_\_\_  
Age: Under 18 exact age \_\_\_\_\_ 19-24  25-59  60+   
Parent's Name if Student is Under Age 18 \_\_\_\_\_

Student Name \_\_\_\_\_ Day Phone \_\_\_\_\_  
Address \_\_\_\_\_ Evening Phone \_\_\_\_\_  
City \_\_\_\_\_ State Kansas Zip \_\_\_\_\_  
Age: Under 18 exact age \_\_\_\_\_ 19-24  25-59  60+   
Parent's Name if Student is Under Age 18 \_\_\_\_\_

CLASS #	Session	TITLE	FEE	LOCATION	DATE	TIME

CLASS #	Session	TITLE	FEE	LOCATION	DATE	TIME

Tax Deductible Donation  
Total \_\_\_\_\_

Tax Deductible Donation  
Total \_\_\_\_\_

I hereby authorize the use of my Visa  MasterCard  Discover

I hereby authorize the use of my Visa  MasterCard  Discover

Card Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

Card Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

Card Cardholder's Name (Please Print) \_\_\_\_\_

Card Cardholder's Name (Please Print) \_\_\_\_\_

Cardholder's Signature \_\_\_\_\_

Cardholder's Signature \_\_\_\_\_

Participant Statistics: KSU Student  KSU Faculty/Staff  Ft Riley  Other

Participant Statistics: KSU Student  KSU Faculty/Staff  Ft Riley  Other

Where did you obtain your catalog? \_\_\_\_\_

Where did you obtain your catalog? \_\_\_\_\_

A class I would like offered \_\_\_\_\_

A class I would like offered \_\_\_\_\_

I am participating upon my own initiative and upon my own assumption of risk in a UFM Community Learning Center program. I hereby agree, for myself and all who may hereafter claim through or for me, to assume all risk of personal harm or injury relating to or resulting from my participation in any or all classes for which I have registered and to hold UFM Community Learning Center harmless as to liability for such injury.

I am participating upon my own initiative and upon my own assumption of risk in a UFM Community Learning Center program. I hereby agree, for myself and all who may hereafter claim through or for me, to assume all risk of personal harm or injury relating to or resulting from my participation in any or all classes for which I have registered and to hold UFM Community Learning Center harmless as to liability for such injury.

Signature\*\* \_\_\_\_\_ Date \_\_\_\_\_

Signature\*\* \_\_\_\_\_ Date \_\_\_\_\_

\*\*Signature of Parent or Guardian required for minors.

\*\*Signature of Parent or Guardian required for minors.

Office Use Only		Amount	Total Paid
Date Received	Date Staff	Check _____	<input type="text"/> Date _____
Entered		Cash _____	
Computer		Visa _____	
		M/C _____	
		Discover _____	

Office Use Only		Amount	Total Paid
Date Received	Date Staff	Check _____	<input type="text"/> Date _____
Entered		Cash _____	
Computer		Visa _____	
		M/C _____	
		Discover _____	