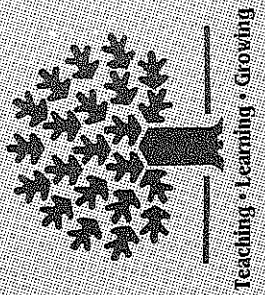


UFM Community Learning Center

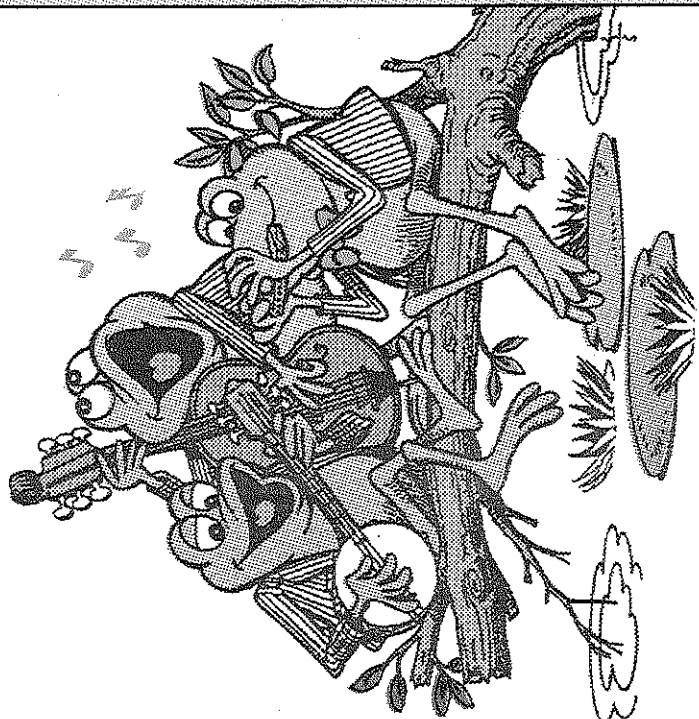


Spring Classes Jan.-May 2000

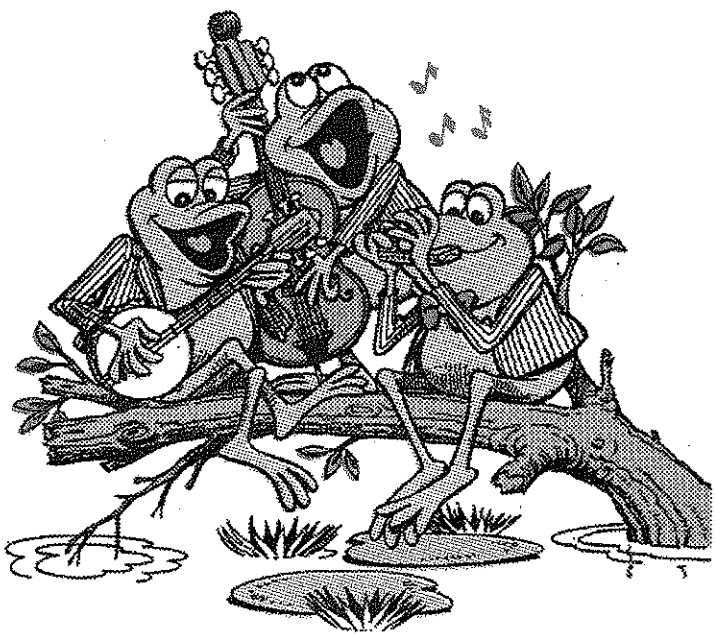
*Something for
Everyone...*

- Beginning Calligraphy . . .
- Preserving Family Treasures . . .
- Yoga for Everybody . . .
- Wines of France . . .
- Understanding Your Finances . . .
- Spring Plant Swap . . .
- Middle Eastern Dance . . .
- and much more...

**Leap into the
New Year with a
UFM spring class!**

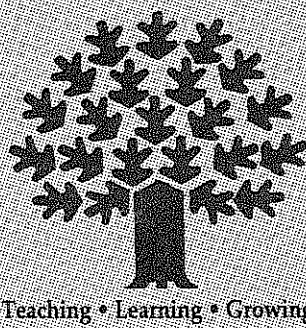


**Leap into the
New Year with a
UFM spring class!**



Classes for Everyone...

- Basics of Keyboard
- Fishing Kansas, Ages 8 to 80
- Intro to the Internet
- Cake Decorating
- Personal Strengths In & Out of Conflict
- Archery for Adults
- and much more...



**UFM
Community
Learning
Center**

**2000
Spring Classes**

BULK RATE
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Permit No. 134
Manhattan, Kan. 66502

OR CURRENT RESIDENT

Welcome to UFM Community Learning Center...

UFM Community Learning Center is a creative educational program serving Kansas State University, the Manhattan area and the state of Kansas. Based on the philosophy that everyone can learn and everyone can teach, UFM provides opportunities for lifelong learning and personal development. UFM serves as a forum for the exchange of ideas and as a catalyst for new programs and services that enhance the quality of life for all.

UFM is a unique program where the "faculty" is the entire community. We rely very much on the interests and involvement of the community to make our programs work. In the past 31 years, over 5000 persons have taken the time to share something they know with others. Our instructors have ranged in age from 11 to 94. Many volunteer their time. Others receive a small 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 two thirds of our budget.

Classes have run the A to Z of topics. Some of our most popular classes include ballroom dance, golf, Tae Kwon Do, cake decorating and swimming. We are also known for offering unique classes you won't find elsewhere. Look through the catalog for what's new this semester.

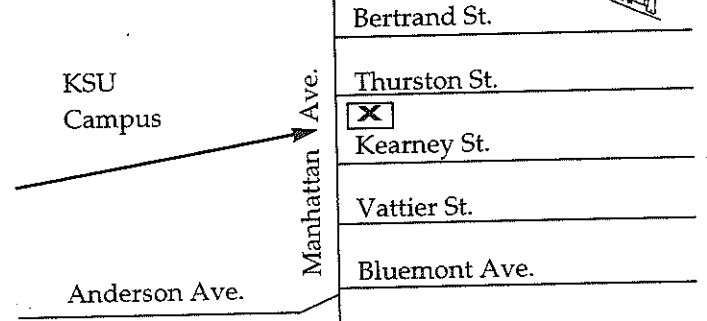
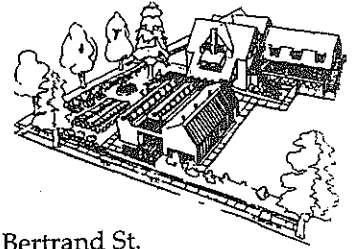
UFM Staff:

Executive Director—Linda Inlow Teener
Education Coordinator—Charlene Brownson
Swim Coordinator—Adrienne Kirkendall
State Outreach Coordinator—Anita Madison
Lou Douglas Lecture Series Coordinator—
Beverley Earles-Law
Office Coordinator—Tabitha Smith
Plus all the teachers who share their talents!!

WHERE WE'RE LOCATED

UFM

1221 Thurston



GRASSROOTS COMMUNITY EDUCATION AWARD 1999

James D Braden, a life insurance and investment broker in Clay Center, KS was the 1999 UFM Grassroots Community Education Award recipient. The 20th annual presentation of this award was made at the Lou Douglas Lecture held September 20 on the Kansas State University campus.

Braden was recognized for his efforts in creating the now 20 year old Community Resource Act Program (CRA) that has helped 86 Kansas communities create their own community education programs using the volunteer model created by UFM Community Learning Center.

Braden served in the Kansas Legislature for 8 terms or 16 years as State Representative from the 64th Legislative District representing Clay, Dickinson, Geary and Riley Counties. During his tenure in the legislature, Jim served as Speaker of the House, House Majority Leader and Chair of several state, regional and national committees.

In 1975, UFM Community Learning Center, then known as University for Man, was awarded a grant to start community education in small rural towns in Kansas. An ACTION grant provided for 12 VISTA volunteers to coordinate program development in these small towns. Using UFM's model of utilizing community volunteers as teachers to share what they know with others, UFM selected 6 communities to begin programs. The next year another 6 communities were selected.

By 1978, more towns wanted to begin programs than UFM could assist. With the help of Jim Braden, legislation was written and introduced in the House of Representatives Education Committee. Members of several rural community education programs as well as UFM staff testified. In only 10 weeks, the legislation passed both the house and the senate and the governor signed the bill into law in 1979. This effort has fueled community education and community development in 86 Kansas towns to date.

Braden was presented a windmill sculpture, the symbol of UFM's grassroots award program. The purpose of the award is to recognize someone who has made an outstanding contribution to grassroots community education and learning.

BOARD OF DIRECTORS

Bill Richter, <i>Chair</i>	Dick Hayter
Elaine Johannes, <i>Vice Chair</i>	Robert Wilson
Migette Kaup, <i>Treasurer</i>	Candace White
Aubrey Abbott, <i>Secretary</i>	Dean Stramel
Linda Inlow Teener,	Jake Worchester
<i>President & CEO</i>	Sharon Brookshire
Sandra Flores	Larry Fry
Sue Maes	Tom Fryer





The UFM office is open Monday-Friday
8:30 am - 5 pm (closed 12 Noon - 1 pm). Call if you
need to visit the office at lunchtime and we will make
arrangements to be open for you.

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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 handi-
capped accessible room. Please let us
know at the time of registration.



THANK YOU ADVERTISERS for your loyal support

UFM INSTRUCTORS

Roger Adams
 Ferdoos Afani Ruzik
 Barbara Anderson
 Doyle Barnes
 Scott Benjamin
 Michael Bennett
 Lynn Bohnenblust
 Joyce Brite
 Deb Canter
 Agnes Chikan
 Shelly Coleman
 Randi Dale
 Dr. Larry Dall
 Kathy Detamore
 Bill Dorsett

Nicole Dusin
 Jeff Ebert
 Enell Foerster
 Ana Franklin
 Diane Freeby
 Jerri Garretson
 Paul Gleue
 Jim Gregory
 Colleen Hampton
 Angela Hayes
 Tom Hittle
 Hai Tao Huang
 June Hunzeker
 Sharolyn Fleming
 Jackson

Rhonda Janke
 Rev. David Jones
 Jayson Kaus
 Ann Kosch
 Tom Korte
 Sibylle Kuder
 John Kyle
 Alan Ladd
 Dr. F. C. Lanning
 D.C. Lehman
 Chad Lohman
 Lucie Lukesova
 Terrie R. McCants
 Bernice Martin
 Bill Meyer

Paul Miller
 David Moore
 Carmen Ross Murray
 Barbara Ouellette
 Chuck Otte
 Emilie Rabbat
 Deb Rosproy
 Pam Schmidt
 Micaela Simmons
 Tammy Sinn
 Robin Sipp
 Glenn R. Sixbury
 Karma Smith
 Bruce Snead
 Sandy Snyder

Paul Sodaman
 Diana Tarver
 Linda Teener
 Don Terhune
 Mark Tessoroff
 Doug Tippin
 Isaac Wakabayashi
 Harold Wellmeier
 Jeff Wilson
 Robert Wilson
 Stan Wilson
 Anne Woodmansee
 Dana Wrampe
 Chae Sun Yi

We are fortunate to have so many talented and knowledgeable individuals who are willing to share with others through a UFM class. I would like to acknowledge and applaud the UFM instructors.

Charlene Brownson

COMMUNITY REGISTRATIONS

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

DATE	TIME	LOCATION
Jan 18 Tues	10 am - 2 pm	KSU Union
Jan 19 Wed	10 am - 2 pm	KSU Union
Jan 14 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.

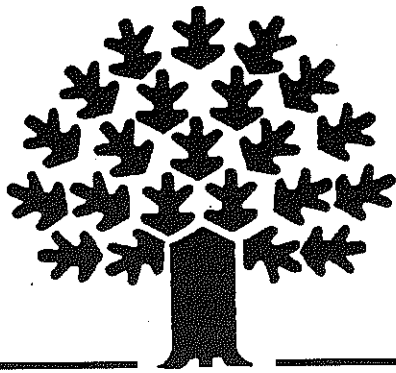
Please share any concerns you may have about class material, an instructor, or any other problems by calling Charlene at UFM 539-8763.

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 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.

To advertise your business or organization in the next UFM catalog, contact the UFM office 539-8763 by March 13th.



• Teaching • Learning • Growing •

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.

UFM Wish List

- String Weed trimmer
- Card Tables
- Folding Chairs
- Couch and Chair
- New Signage

- Volunteers to Help with Lawn and Garden Care
- Volunteers to Paint the Building

Thanks to those who responded to our wish list last semester!

About UFM Classes

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

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

UFM 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.

INCLEMENT WEATHER POLICY

UFM courses held on campus follow the inclement weather policy of Kansas State University. Courses will be conducted unless all University courses are canceled. If the instructor informs his/her students personally that he or she will not be present at a given class meeting, the instructor is then responsible for arranging a make-up lesson. Weather sensitive courses will use the scheduled rain date. If a rain date is not scheduled, instructor will be responsible for rescheduling.

UFM CANCELLATION POLICY

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

REFUND POLICY

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

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

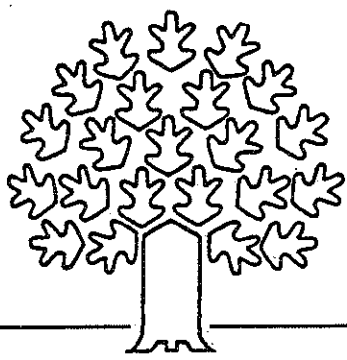
Individual participants should be aware of the risks and hazards involved in recreational sports and fitness activities. They should voluntarily elect to utilize KSU and UFM facilities and participate in programs recognizing present conditions and further agree to voluntarily assume all risks of loss,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

!Wanted! Instructors to Teach:

- Beginning Italian
- Interior Decorating
- Upholstery
- How to Buy a Used Car
- Basic Home Repair
- Photography

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 13
- Session B: Wednesday, March 15
- Session C: Saturday, March 25
- Session D: Tuesday/Thursday, February 29
- Session E: Tuesday/Thursday, April 11

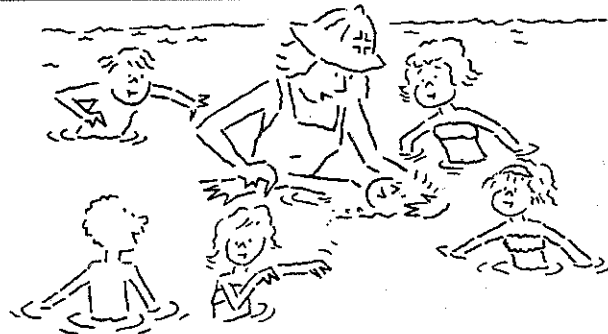
LOCATION: KSU Natatorium - Ahearn Complex
Lockers are available for use during class.
Participants must supply towels and swimsuits.
Showers are required before entering the water.

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: Mon., Feb. 14 - Apr. 24
- Session B: Wed., Feb. 16 - Apr. 26
- Session C: Sat., Feb. 26 - May 6
- Session D: Tues./Thurs. Feb. 15 - Mar. 16
- Session E: Tues./Thurs. Mar. 28 - Apr. 27

No lessons on March 20 - 25



Parent/Infant and Parent/Tot

This water orientation program is designed to teach you how to work safely and effectively with your child and to teach basic water safety and self-help skills. 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.

- AQ-01P Tues/Thurs Feb. 15 - Mar. 2 6:10 - 6:40 pm
- AQ-02P Mon Feb. 14 - Mar. 27 6:10 - 6:40 pm
(No class March 20)
- AQ-03P Sat Feb. 26 - Apr. 8 9:30 - 10:00 pm
(No class March 25)

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 preparatory activities for swimming. Some parent participation may be allowed.

- AQ-01T Wed Feb. 16 - Mar. 29 6:10 - 6:40 pm
(No class March 22)
- AQ-02T Sat Feb. 26 - Apr. 8 10:15 - 10:45 am
(No class March 25)
- AQ-03T Tues/Thurs Mar. 28 - Apr. 13 6:10 - 6:40 pm

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 their parent.

- Session A: (See dates above)
- AQ-01A Monday 6:10 - 6:50 pm
- Session B: (See dates above)
- AQ-01B Wednesday 6:10 - 6:50 pm
- Session C: (See dates above)
- AQ-01C Saturday 9:30 - 10:10 am
- AQ-02C Saturday 10:20 - 11:00 am
- Session D: (See dates above)
- AQ-01D Tues/Thurs 6 - 6:40 pm
- AQ-02D Tues/Thurs 6:45 - 7:25 pm
- Session E: (See dates above)
- AQ-01E Tues/Thurs 6 - 6:40 pm
- AQ-02E Tues/Thurs 6:45 - 7:25 pm

Fee: \$38 per session

Win \$1 off any UFM Class...

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

Level 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-04A Monday 6:10 - 6:50 pm
- Session B: (See dates above)
- AQ-04B Wednesday 6:10 - 6:50 pm
- Session C: (See dates above)
- AQ-04C Saturday 9:30 - 10:10 am
- AQ-05C Saturday 10:20 - 11:00 am
- Session D: (See dates above)
- AQ-04D Tues/Thurs 6 - 6:40 pm
- AQ-05D Tues/Thurs 6:45 - 7:25 pm
- Session E: (See dates above)
- AQ-04E Tues/Thurs 6 - 6:40 pm
- AQ-05E Tues/Thurs 6:45 - 7:25 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 6:10 - 6:50 pm
- Session B: (See dates above)
- AQ-07B Wednesday 6:10 - 6:50 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 6:45 - 7:25 pm
- Session E: (See dates above)
- AQ-07E Tues/Thurs 6 - 6:40 pm
- AQ-08E Tues/Thurs 6:45 - 7:25 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-10A Monday 6:10 - 6:50 pm
- Session B: (See dates above)
- AQ-10B Wednesday 6:10 - 6:50 pm
- Session C: (See dates above)
- AQ-10C Saturday 9:30 - 10:10 am
- AQ-11C Saturday 10:20 - 11:00 am
- Session D: (See dates above)
- AQ-10D Tues/Thurs 6 - 6:40 pm
- AQ-11D Tues/Thurs 6:45 - 7:25 pm
- Session E: (See dates above)
- AQ-10E Tues/Thurs 6 - 6:40 pm
- AQ-11E Tues/Thurs 6:45 - 7:25 pm

Fee: \$38 per session



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

Youth Scholarships are available through the YES! fund. Call UFM at 539-8763 for details.

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

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(785) 537-0989

We now have E mail access: ufm@ksu.edu



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-13A Monday 6:10 - 6:50 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

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-16A Monday 6:10 - 6:50 pm
- Session C: (See dates above)
- AQ-16C Saturday 10:20 - 11:00 am
- Session D: (See dates above)
- AQ-16D Tues/Thurs 6 - 6:40 pm
- Session E: (See dates above)
- AQ-16E 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 to maintain their physical condition. They will be taught springboard diving and advanced rescue skills. They may be introduced to other aquatic activities such as water polo, synchronized swimming, skin diving and competition. Participants entering this course must have a Level VI certificate or must be able to demonstrate all the completion requirements in Level VI.

- Session A: (See dates above)
- AQ-19A Monday 6:10 - 6:50 pm
- Session C: (See dates above)
- AQ-19C Saturday 10:20 - 11:00 am
- Session D: (See dates above)
- AQ-19D Tues/Thurs 6 - 6:40 pm
- Session E: (See dates above)
- AQ-19E 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-22A Monday 6:50 - 7:30 pm
- Session D: (See dates above)
- AQ-23D 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-24A Mon/Wed 6 - 7:30 pm
- Session C: (See dates above)
- AQ-24C Saturday 9:30 - 11:00 am
- Session D: (See dates above)
- AQ-24D Tues/Thurs 6 - 7:30 pm
- Session E: (See dates above)
- AQ-24E Tues/Thurs 6 - 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-25A Mon/Wed 6 - 7:30 pm
- Session C: (See dates above)
- AQ-25C Saturday 9:30 - 11:00 am
- Session D: (See dates above)
- AQ-25D Tues/Thurs 6 - 7:30 pm
- Session E: (See dates above)
- AQ-25E Tues/Thurs 6 - 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: January 17 - Feb. 10
- AQ-26A Mon/Wed or Tues/Thurs 6:35 - 7:30 pm
- AQ-27A Mon-Thurs 6:35 - 7:30 pm
- Fee: \$10 Mon/Wed or Tues/Thurs \$19 Mon-Thurs
- Session B: Feb. 14 - March 16
- AQ-26B Mon/Wed or Tues/Thurs 6:35 - 7:30 pm
- AQ-27B Mon-Thurs 6:35 - 7:30 pm
- Session C: March 27 - April 27
- AQ-26C Mon/Wed or Tues/Thurs 6:35 - 7:30 pm
- AQ-27C Mon-Thurs 6:35 - 7:30 pm
- Session D: Feb. 26 - May 6
- AQ-26D Saturday 10:05 - 11:00 am
- No Class March 25
- Fee: \$13 per session for Mon/Wed or Tues/Thurs \$24 per session Mon-Thurs \$13 per session Saturday

Private Lessons for Special Populations

AQ-29

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

AQ-30

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

Open Swim Appreciation

AQ-31a

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

- Date: April 9 (Sunday)
- Time: 5 - 7 pm
- Fee: N/C
- Location: KSU Natatorium

"The only place you find success before work is in the dictionary."

— May Smith

Scuba Diving

AQ-33a

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 student's expense. Students must provide their own mask, fins, and snorkel.

Jeff Wilson (776-2763) has been diving for 25 years and instructing scuba for 15 years.

- Date: January 22 - March 11 (Sat)
- Time: 9 am - 1 pm
- Fee: \$251 credit/\$210 non-credit
- Location: YMCA, 1703 McFarland Junction City, KS

Scuba Diving

AQ-33b

Jeff Wilson

- Date: Feb. 6 - March 12 (Sunday)
- Time: 9 am - 1 pm
- Fee: \$251 credit/\$210 non-credit
- Location: YMCA, 1703 McFarland Junction City, KS

Water Safety Instructor

AQ-34

How about a job by the pool? Receive a 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)

- Date: May 15 - 26 (Mon - Fri) May 20 & 27 (Saturday)
- Time: 4 - 7:30 pm Mon - Fri, 9 - 5 pm Saturday
- Fee: \$144 (Textbooks & equipment must be paid for and picked up at the American Red Cross for \$46)
- Location: KSU Natatorium


Lifeguard Training

AQ-35

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.

Chris Branton (537-3904)

- Date: May 22 - 26 (Mon-Fri) 20 & 27 (Sat)
- Time: 9 am - 5 pm (Saturday) 4 pm - 9 pm (Mon-Fri)
- Fee: \$109 (Textbooks and equipment must be paid for and picked up at the American Red Cross for \$50)
- Location: KSU Natatorium

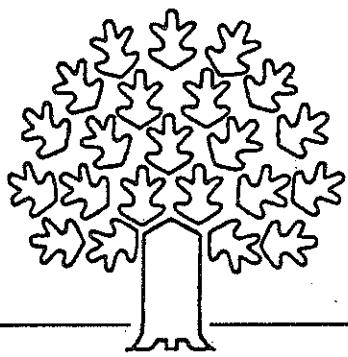


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Career & Finance

1221 THURSTON

539-8763

Time Management

FC-20

Get yourself organized for a new start in the new millennium! We will talk about time management issues from both personal and business perspectives. Such topics will include planning, identifying time wasters, and how to make changes. We will also review some of the current products on the market to help you manage your time such as paper or electronic organizers. Remember, we can't "save time" or "make time" all we can do is manage what we have!

Deb Canter (532-2216) is a professor in the Department of Hotel, Restaurant, and Institution Management, and Dietetics, where she has been on the faculty since 1977. She has been recognized nationally for her teaching ability, and is a frequent speaker on time and stress management to a variety of audiences.

Date: January 13 (Thursday)
Time: 7 - 8:30 pm
Fee: \$18
Location: UFM Conference Room

Building Wealth for Your Future

FC-14

This class is structured to educate participants on the benefits of investing from their early years through retirement. We will learn how to establish a financial plan to build and maintain wealth. Topics discussed will be stocks, bonds, mutual funds, annuities, life insurance and others. This class will be of interest to individuals and businesses.

Jayson Kaus (537-2300), a Manhattan native, is a Creighton University graduate in accounting and is a financial consultant with A. G. Edwards. He has 8 years experience in the securities industry.

Date: February 16 - March 1 (Wednesday)
Time: 7 - 9 pm
Fee: \$22 individual/\$29 couple
Location: UFM Conference Room

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539-9222



Gain Control of YOUR Money

FC-01a

Is there too much month at the end of your paycheck? Do you have a plan to control the money that you make, spend and save? Are you spending too much on insurance and debt? This class will help you identify problem areas in your finances, so that you can start to take control of your money. Learn how to buy wisely and reach your financial dreams.

Lynn Bohnenblust (776-3666) is a recognized leader in the area of financial services. He is Regional Vice President with Primerica Financial Services. He received a B.S. degree from Ft. Hays State University in secondary education. He has been with Primerica Financial Services for 9 years, teaching families how money works and how it can work for you.

Date: April 4 (Tuesday)
Time: 7 - 8:30 pm
Fee: \$8 individual/\$12 couple
Series: Gain Control, Debt-Free, & Investing
\$14 individual/\$18 couple
Location: UFM Conference Room

Debt-Free Prosperous Living

FC-02a

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.

Shelly Coleman (776-3666) is Primerica's Debt Specialist for this area. She is a graduate of KSU School of Business Administration with a bachelor's degree in Finance. She has 8 years experience in the financial services industry. She enjoys teaching others how to get out of debt sooner and free up money.

Date: April 11 (Tuesday)
Time: 7 - 8:30 pm
Fee: \$8 individual/\$12 couple
Series: Gain Control, Debt-Free, & Investing
\$14 individual/\$18 couple
Location: UFM Conference Room

Investing in YOUR Future

FC-03a

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)
Date: April 18 (Tuesday)
Time: 7 - 8:30 pm
Fee: \$8 individual/\$12 couple
Series: Gain Control, Debt-Free, & Investing
\$14 individual/\$18 couple
Location: UFM Conference Room

Financial Planning For Women

FC-06a

Ninety percent of women become wholly responsible for their own financial welfare sometime during their lifetimes. It's critical for women to take an active role in managing their money and preparing for the future. This class will cover basic information to provide structure in planning and managing your finances. Information on investing will be included.

Diane Freeby (537-4505) is a graduate of Kansas State University. She holds a degree in education and business management. She is a financial advisor with Waddell & Reed Financial, Inc.

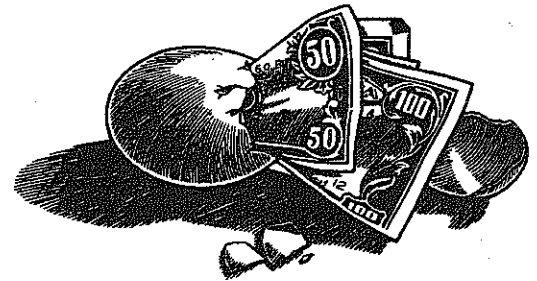
Date: January 10 (Monday)
Time: 7 - 8:30 pm
Fee: \$8
Location: Waddell & Reed, Suite 280
555 Poyntz Ave.

Financial Planning For Women

FC-06b

Diane Freeby

Date: March 13 (Monday)
Time: 7 - 8:30 pm
Fee: \$8
Location: Waddell & Reed, Suite 280
555 Poyntz Ave



Kids & Money

FC-09

As parents we often tell our children "Money doesn't grow on trees," but do we explain how money does grow? The goal of this class is to help young people understand the value of money and how it works. Basic money concepts will be covered, including needs verses wants, compound interest, setting short-term and long-term goals, inflation and understanding credit cards. Helping your child establish good money habits at a young age can have a powerful impact on their financial future. **For children 13 years & up and their parents/guardians.**

Robin Sipp (776-3666) is a SPFA with Primerica. She has 20 years experience teaching elementary school and 6 years of teaching middle school. One area that is left out in the education system is teaching about money skills. She is excited to be able to show kids how investing small amounts of money can create wealth over a long period of time

Date: April 25 (Tuesday)
Time: 7 - 8:30 pm
Fee: \$10 child/parent
Location: UFM Conference Room

Investing in Retirement

FC-12a

Designed around the needs of retirees and those who are approaching retirement, class topics include income generation, estate planning, tax-free investments, investment planning and diversification. Participants will evaluate their specific needs and work toward a plan to live comfortably throughout retirement.

D.C. Lehman (776-5902) is an Investment Representative with Edward Jones. She received her Master's degree from KSU in Economics and taught in the Economics and Finance departments at KSU for nearly 6 years. She enjoys teaching and helping people reach their goals.

Date: January 17, 19, & 21 (M/W/F)
Time: 10 - 11 am
Fee: \$22
Location: Colony Square, 2nd floor conference room
555 Poyntz Ave.

Investing in Retirement

FC-12b

D.C. Lehman

Date: February 13 (Sunday)
Time: 2 - 5 pm
Fee: \$22
Location: Colony Square, 2nd floor conference room
555 Poyntz Ave.



Residential Real Estate Buyer FC-18a

Are you considering buying a home? Participants in this class will learn the process of home buying, financing (both VA and Conventional), and avoiding pit falls.

Kathy Detamore, Realtor, is a licensed real estate salesperson in Kansas. She is a member of Manhattan Association of Realtors, Kansas Association of Realtors, and National Association of Realtors. She specializes in residential realty with personal experiences as a real estate investor.

Date: January 27 (Thursday)
Time: 7 - 8 pm
Fee: \$8 individual/\$10 per couple
Location: UFM Conference Room

Residential Real Estate Buyer FC-18b

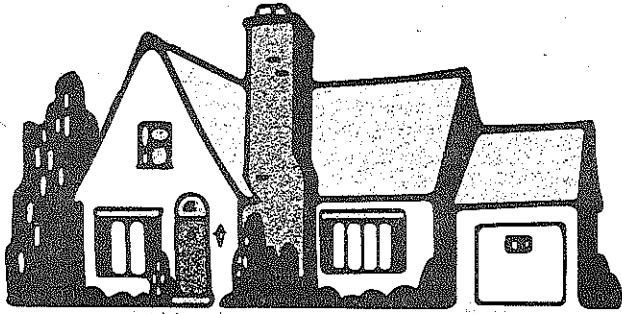
Kathy Detamore

Date: February 24 (Thursday)
Time: 7 - 8 pm
Fee: \$8 individual/\$10 couple
Location: UFM Conference Room

Residential Real Estate Buyer FC-18c

Kathy Detamore

Date: April 6 (Thursday)
Time: 7 - 8 pm
Fee: \$8 individual/\$10 couple
Location: UFM Fireplace Room



Residential Real Estate Seller FC-19a

Are you considering selling your home? Learn about the process of selling a home, how the selling price is determined, and some common problems that can be avoided or minimized.

Kathy Detamore

Date: February 10 (Thursday)
Time: 7 - 8 pm
Fee: \$8 individual/\$10 couple
Location: UFM Greenhouse

Residential Real Estate Seller FC-19b

Kathy Detamore

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

Residential Real Estate Seller FC-19c

Kathy Detamore

Date: April 20 (Thursday)
Time: 7 - 8 pm
Fee: \$8 individual/\$10 couple
Location: UFM Conference Room

Understanding Your Finances FC-08

This class will help you understand and organize your finances. Many times people do not really understand their own finances. They own mutual funds, life insurance, savings bonds, CDs or other investments because it seemed like a good idea when they bought them. We will determine what investments are appropriate and inappropriate for you.

Jeff Ebert (494-2436) has been a financial advisor with Waddell & Reed for 11 years. He has an accounting degree from K-State.

Date: March 14 (Tuesday)
Time: 7 pm
Fee: \$8
Location: Waddell & Reed, Conference Room
555 Poyntz Ave.

Financial Needs of Small Business Owners FC-13a

Designed to meet the needs of busy small business owners and those who are planning to start a new business, class topics include cash management tools, financing, retirement plans available to small business owners and tax considerations. Participants will evaluate their current and expected future needs and explore possible methods of achieving long-term business goals.

D.C. Lehman (776-5902)

Date: January 22 (Saturday)
Time: 8 am - 11 am
Fee: \$24
Location: Colony Square, 2nd floor conference room
555 Poyntz Ave.

Financial Needs of Small Business Owners FC-13b

D.C. Lehman

Date: February 27 (Sunday)
Time: 1 - 4 pm
Fee: \$24
Location: Colony Square, 2nd floor conference room
555 Poyntz Ave.

A New Look at Business Management: Activity Based Costing FC-17

This is a fast growing system used by government, international and private sectors. This method goes beyond or replaces the traditional book-keeping. Activity based costing is a new way of looking at how you run your business. The focus is on the activities and ask questions of why and how.

Anne Woodmansee (239-0425) is the current manager of the Activity Based Costing program for the Director of Environment and Safety at Ft. Riley. She worked as accountant/auditor to pay college and post-graduate studies. She has experience as business manager of Music & Theater Divisions, youth activities, recreation centers, arts and craft shops, and a travel bureau. She is also an executive and management/budget training professional.

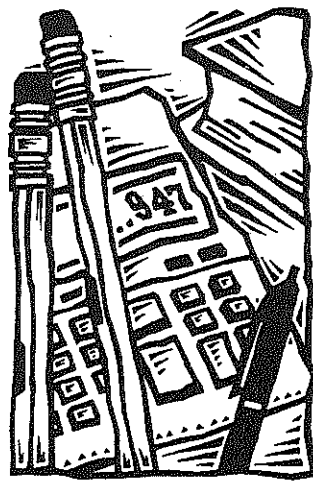
Date: April 10 - May 1 (Monday)
Time: 7 - 9 pm
Fee: \$19
Location: UFM Fireplace Room

Personal Strengths In & Out of Conflict FC-16

Learn ways to manage conflict more effectively. Objectives of this session include: To increase your understanding of kinds of conflict and different ways conflict is managed; To identify sources of conflict; To become aware of personal strengths in relating to others under two conditions: when everything is going well and when they are faced with conflict; To provide effective mechanisms for resolving personal conflict.

Terrie R. McCants (532-5958) a summa cum laude, Phi Beta Kappa graduate of the University of Colorado, is known statewide for her organizing efforts in leadership development and training. She is a 17-year Kansas resident who has served in leadership capacities as the co-organizer and first chair of the Kansas State Leadership Forum, serving as its first president. She was also a member of the 1988 class, board member, and 1992 program chair of Leadership Kansas. Professionally certified in mediation, she is a 1994 graduate of the Center for Dispute Resolution (CDR Associates) of Boulder, Colorado. She has received advanced training in Divorce and Child Custody mediation, Case Management of Domestic Case Disputes, Public Policy Mediation, and Cross-Cultural Mediation. Prior to her returning as a graduate student in Psychology at K-State, she was also a partner in Consensus Mediation.

Date: February 10 (Thursday)
Time: 7 - 9:30 pm
Fee: \$19 fee includes inventory with score information
Location: UFM Conference Room



Long-Term Care FC-15a

What exactly is it? Should you be covered by long-term care insurance? Can you afford the out-of-pocket expenses that an extended stay in a nursing home can cost? The average cost for a one year stay in a nursing home is \$38,000 nationally. Skilled nursing care in your home with a nurse seeing you three times a week for two hours at a time will cost approximately \$12,300 a year. Medicare supplemental insurance does not cover long-term care expenses. Come to the class to learn more about this.

Diane Freeby (537-4505) is a graduate of K-State. She holds a degree in business and Business Management. She is a financial advisor with Waddell & Reed Financial, Inc.

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

Long-Term Care FC-15b

Diane Freeby

Date: April 10 (Monday)
Time: 7 - 8:30 pm
Fee: \$8
Location: Waddell & Reed, Suite 280
555 Poyntz Ave.

Project Censored 1999 FC-21

As media giants merge, values such as freedom of information and journalistic responsibilities are adjusted to maximize the advertising bottom-line. Project Censored identifies 25 dramatic examples of under-reported stories (from mercenary armies, secret trade agreements to radioactive spoons) to demonstrate how top media corporations create a shallow slick pro-business orientation to the news. Project Censored video & discussion.

Bill Dorsett with the Manhattan Alliance for Peace and Justice

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

*"The word impossible is not in my dictionary."
— Napoleon Bonaparte*

Continuing Education

For Helping Professionals & Volunteers

February 16

Professional Ethics For:

Psychologists

8:30-11:30, 3 CEU's, \$49

Social Workers

12:45-3:45, 3 CEU's, \$49

March 15

Helping Kids Cope

with trauma, loss, grief

May 10

Lighting Your Candle,

Fanning It's Flame

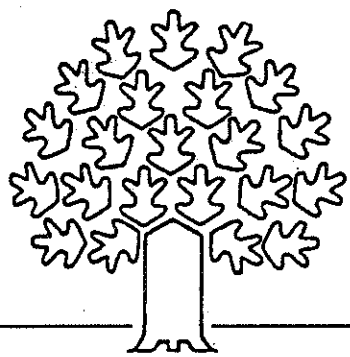
June 7

Gender Differences

Location: Houston Street Center, 5th & Houston.
Time: 12:45—3:45 p.m. Fee: \$24 per workshop.
(Three CE credits for nurses, social workers, others.)
Call for information and brochure.

Call 587-4326

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Landscaping Around the House 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 lifelong 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 10 years. Hittle Landscape Architects is the design firm that Tom operates and offers design services to commercial and residential clients in the area. *Gregg Eyestone* has used his horticulture degree from KSU as a County Extension Agent for 9 years. He has presented many landscaping classes and is looking forward to working with individuals with landscaping challenges.

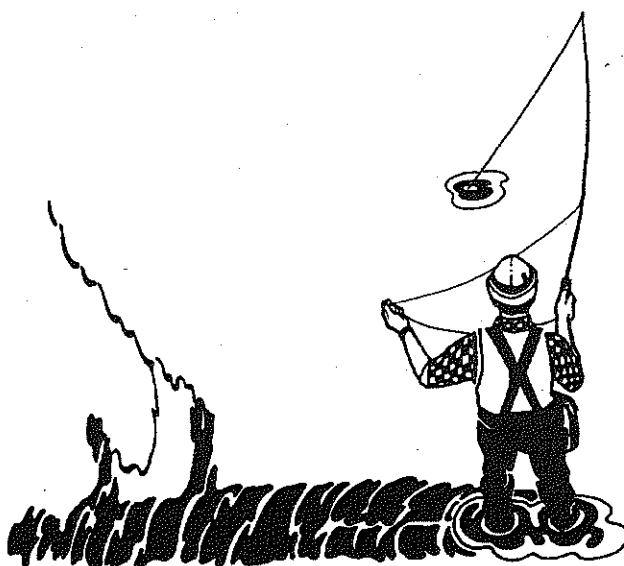
Date: February 15, 22 & 29 (Tuesday)
Time: 7 - 9 pm
Fee: \$22
Location: Riley County Extension Office
110 Courthouse Plaza

Fishing Kansas: Ages 8 to 80 EN-06

Excellent fishing of all kinds abounds in our area: bass, crappie, walleye, catfish, saugeye, and even trout. This class will cover both basics and fine points of when, where, and how. (You already know who and why.) It will cover equipment, lures, times of day, local locations, "bankstomping," and trolling. Especially for novice anglers but all levels of experience can benefit. A stack of free material will be given to each class member.

Paul Miller (539-7154) is a lifetime resident of Kansas who has fished most waters of the state and caught all species of fish. He recently retired from the State Wildlife and Parks Department and is now a licensed guide on waters around Manhattan. He is willing to share lots of fishing information with students in this class. *Leo Schell* is an avid crappie fisherman and former elementary school teacher who previously taught a UFM class titled "Kids and Crappie in Kansas" and wrote a handbook for the class. Paul and Leo taught "Fishing Kansas - Ages 8 to 80" last spring also.

Date: March 15 & 29 (Wednesday)
Time: 6:30 - 9 pm
Fee: \$8 individual/\$12 child and parent/guardian
Location: Manhattan Public Library Auditorium



Fly Fishing EN-01a

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.

Paul Sodamann (494-2340)

Date: January 19 - February 10 (Wed/Thurs)
Time: 6 - 8 pm
Fee: \$144 credit/\$85 non-credit
Location: To Be Announced

Fly Fishing EN-01b

Paul Sodamann (494-2340)

Date: February 16 - March 9 (Wed/Thurs)
Time: 6 - 8 pm
Fee: \$144 credit/\$85 non-credit
Location: To Be Announced

Sustainable Manhattan Community Roundtable Series

Sustainability is the new way of thinking about an age-old concern — ensuring that our children and grandchildren inherit a tomorrow that is at least as good as today, and preferably better. We want to make sure that the way we live our lives is sustainable — that it can continue and keep improving for a long, long time. Sustainability is about finding new ways of doing things that can both solve problems and improve our quality of life, both now and in the future.



These sessions are offered at NO COST and you may sign up for any that interest you. Join Sustainable Manhattan as we explore the issues that will shape the future of our community.

What Does it Take to Build a Sustainable Community? EN-13

What does it mean to be sustainable? Why should we strive to be a sustainable community? What other communities are working toward this goal? What does Manhattan have that we can point to as examples? What principles should guide our decisions today to preserve options for future generations? Join Sustainable Manhattan for a discussion of these and other questions that are at the core of our community's present and future quality of life.



Bruce Snead (532-4992) is a City Commissioner and former member of the Manhattan Urban Area Planning Board. He is co-director of Sustainable Manhattan, a project guided by citizens with mutual interest in creating a sustainable community.

Date: February 16 (Wednesday)
Time: 7 pm
Fee: N/C
Location: Manhattan Public Library Auditorium
Juliette & Poyntz

Northeast Community Park— How to Turn a Dream into Reality EN-14

Presenters will give us a closer look at the grass-roots effort that is bringing a new community park to Manhattan. Unique aspects of this park include a natural area, hiking/birding trail, woodland, prairie, and educational nature trails. Find out how northeast community residents successfully obtained grants, support from the local Audubon Chapter, and negotiated the political process to turn the dream of a park into reality. Also, find out how you can get involved as construction of the park begins later this year.



Presenters will include: *Steve and Marge Pfister, Leann Harrell, Wayne Corn, Doug Benson*, and other area residents. A discussion will follow, that we hope will provide ideas and incentive for others. For more information, contact *Rhonda Janke* at 532-0409.

Date: March 2 (Thursday)
Time: 7 pm
Fee: N/C
Location: UFM Fireplace Room

What Does Organically Grown Really Mean? EN-15

This discussion is for consumers, gardeners, and curious farmers. What does the word "organic" really mean? Is it the same thing as "natural"? Is "certified" organic different from just organic? How do you know if something really is organic? Is it pesticide free? For the latest scoop on these and other issues, come and find out what is happening internationally, nationally, and on local Kansas farms. Join us to learn more about how you can become a savvy organic consumer!



Rhonda Janke (532-0409) is the Sustainable Cropping Systems Extension Specialist at KSU. She has conducted research at the Rodale Institute in Pennsylvania and on organic farms in Kansas for over 14 years. She also grows organic vegetables, poultry, and herbs on her farm outside Wamego. *Mike Bonella* (539-4811) is manager of People's Grocery and an organic gardener.

Date: March 16 (Thursday)
Time: 7 pm
Fee: N/C
Location: UFM Fireplace Room

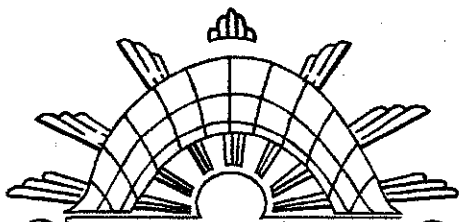
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- Field trips and bird watching to local natural areas (children welcome); call Gerald Wiens 565-9282 or Patricia Yeager 776-9593
- Informative monthly newsletter, *The Prairie Falcon*, in your mailbox or on the web at <http://www.ksu.edu/audubon/falcon.html>
- 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

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.



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Spring Plant Swapping

EN-17

As the perennials you have multiply, do you wish you had less of them and more of something else? Rejuvenate your flower garden by dividing your perennials and bringing them in to trade for other varieties to enhance your color and variety. Call and register to let us know what you will have to swap. Examples: Iris, peony, herbs, vines and columbine etc. Note: Divide bulbs only if they have already bloomed. You may drop off your plants to UFM on April 20 and 21.

Colleen Hampton & other gardeners

Date: April 22 (Saturday)
Time: 10am - 1 pm
Fee: N/C
Location: UFM Greenhouse

The Best Plants for Shady Sites

EN-22

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

Colleen Hampton (539-5934)

Date: April 15 (Saturday)
Time: 10 am - 12
Fee: \$8
Location: UFM Greenhouse

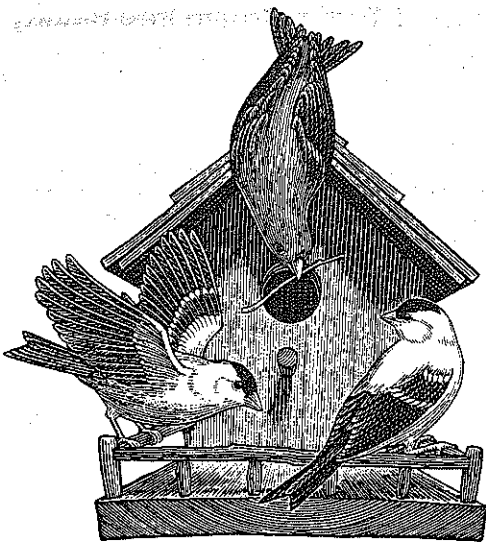
Perennial Flowers

EN-20

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 season-long color, and other planting and growing tips. Be the envy of your neighborhood with minimal effort!

Colleen Hampton

Date: April 1 (Saturday)
Time: 10 am - 12 pm
Fee: \$8
Location: UFM Greenhouse



Birds in Your Backyard

EN-16

Many homeowners enjoy viewing wildlife, especially birds, in their backyards. The types and the number of birds can be greatly influenced by the landscaping in your yard, the types of feeders you have and the types of feed you are offering. This class will discuss the feeds and feeders you can use and which species they will attract. We will also discuss how to create a wildlife friendly backyard with landscaping. Numerous handouts will be available free of charge.

Chuck Otte grew up in Nebraska and has lived in the Flint Hills region of Kansas for 18 years. Chuck serves as the Geary County Extension Agent. He has been a bird watcher most of his life and serves as the newsletter editor for the Kansas Ornithological Society.

Date: January 20 (Thursday)
Time: 7 - 8:30 pm
Fee: \$8
Location: UFM Fireplace Room



Gardening 101 the Basics

EN-19a

Welcome to American's #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

Date: March 11 (Saturday)
Time: 10 am - 12 pm
Fee: \$8
Location: UFM Greenhouse

Gardening 101 the Basics

EN-19b

Colleen Hampton

Date: March 28 (Tuesday)
Time: 7 pm - 10 pm
Fee: \$8
Location: UFM Greenhouse

Growing Cool-Season Vegetables

EN-18

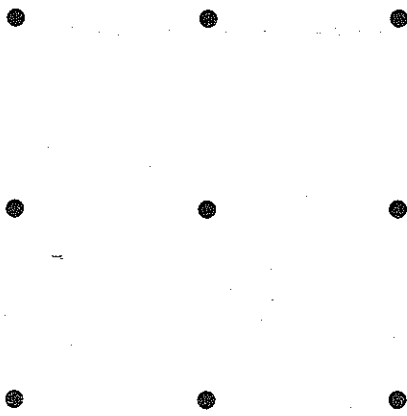
Don't plant your green beans in March! Plant peas instead! When it is too late to plant your cabbage? We'll discuss when and how to plant the March and April sown vegetables (and the common problems associated with them) so you can enjoy a bountiful harvest beginning in April!

Colleen Hampton has 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 7 (Tuesday)
Time: 7 - 9 pm
Fee: \$8
Location: UFM Greenhouse

A Brain Teaser for You

Connect the dots with four straight lines. The catch—you may not pick up the pencil as you make the lines.



Think you got it?! Check the solution on page 24.

Growing Warm-Season Vegetables

EN-21

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

Colleen Hampton

Date: April 4 (Tuesday)
Time: 7 - 9 pm
Fee: \$8
Location: UFM Greenhouse

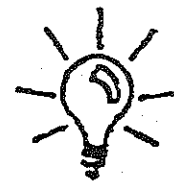
Important Rocks & Fossils in N.E. Kansas

EN-23

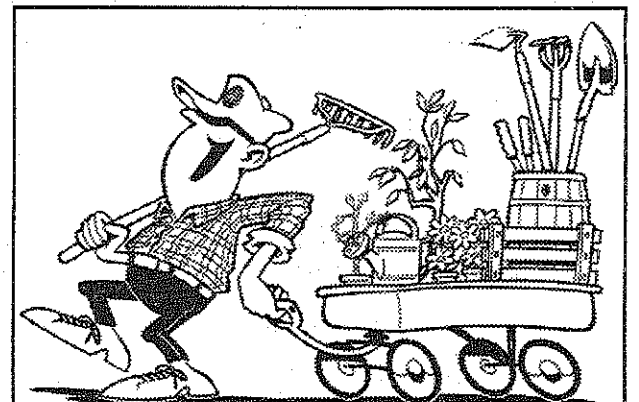
There are wide varieties of stones and fossils as they came from Permian times, Pennsylvanian times, and ones brought down by the Kansas Glacier form as far away as the Lake Superior regions. After a brief discussion of the geological periods, actual specimens will be shown and their importance considered. Locations where they can be found will be given. This class is suitable for adults and children. Free samples will be available.

Dr. F.C. Lanning (537-7599) Professor Emeritus of Chemistry at K-State, is a long-time member of the Manhattan Mineral, Gem and Fossil Club.

Date: February 22 (Tuesday)
Time: 7 - 8:30 pm
Fee: \$8 individual/\$12 family
Location: UFM Fireplace Room



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



Manhattan Community Garden

Plot Sign-up

The Manhattan Community Garden is a UFM-sponsored cooperative project located on 2 1/2 acres in the south part of Manhattan. Over 160 plots are available on an annual basis. Rent per plot is charged on a sliding scale basis. Water, tools, mulch and advice are provided. Plot rental fees range from 2.5 to 5 cents per square foot. Plots are available in various sizes. A \$10 plot deposit is also required.

Spring 2000 sign-up dates

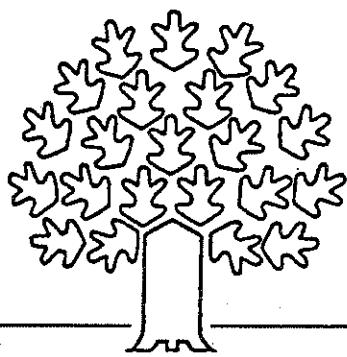
Returning Gardeners

Feb. 2, Wednesday, 7:30 pm at UFM
Feb. 12, Saturday, 10 am at UFM

New Gardeners

March 1, Wednesday, 7:30 pm at UFM
March 11, Saturday, 10 am at UFM
April 8, Saturday, 10 am at the garden, 9th and Riley Lane

Call 539-8763 for more information



Self & Personal Development

1221 THURSTON

539-8763

Exploring Varieties of Christian Spirituality

SP-11

Participants will learn about and experience a variety of Christian spiritual traditions. Some of the traditions we may explore include those of the early church fathers, monastics, mendicants, Calvinists, Lutherans, Ignatians, Anglicans, Wesleyans, Afro-Americans, Marians, and feminists. Class time will be divided evenly between lecture and practicum.

Rev. David Jones (539-4281) is the campus pastor at the Ecumenical Campus Ministry at K-State. He received a Ph.D. in Church History from Vanderbilt University.

Date: January 31 - April 10 (Monday)
Time: 8 - 9 pm
Fee: \$8
Location: ECM Campus Center
1021 Denison Ave.

Balancing the Four Corners of Your Life

SP-02

Take time to revisit your best self—the self that thrives at work, with family, in relationships. This workshop takes an introspective approach to acknowledging and balancing the four aspects of your self—intellectual, physical, emotional and spiritual.

Angela Hayes (776-2070) has a bachelor's degree in Psychology and a master's degree in Industrial/Organization Psychology. She has been training and consulting with individuals and groups since 1987 in areas such as conflict management, communication skills and goal setting. She has done work on the national and international level. *Carmin Ross-Murray* is a recovering attorney who believes her true calling is to help others learn how to manage and resolve their personal, interpersonal, and organizational conflicts in ways that make the journey simple and fulfilling.

Date: January 19, 26 & February 2 (Wednesday)
Time: 7 - 9 pm
Fee: \$34
Location: UFM Conference Room



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) has 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: January 31 (Monday)
Time: 6:30 - 10 pm
Fee: \$18 individual/\$30 mother-daughter
Location: First Lutheran Church (Basement, Enter at North Door), 930 Poyntz

The Art of Evasiveness

SP-13

Have you ever been in a situation where you really wanted to avoid answering questions, but had to say something? Then this class is for you. Participants will learn a variety of techniques to confuse and divert the other person while dominating the conversation. The art of writing about a topic without saying anything will also be covered. You will be surprised how useful these techniques will be in many situations.

Dr. A. Void is a professor at Diversion University with a speciality in sidetracking. He has a B.S. in Communication.

Date: April 1 (Saturday)
Time: 6 am - 8 am
Fee: \$19.95
Location: Diversionary Hall, Room 11

Personal Strengths In & Out of Conflict

FC-16

Learn ways to manage conflict more effectively. Objectives of this session include: To increase your of kinds of conflict and different ways conflict is managed; To identify sources of conflict; To become aware of personal strengths in relating to others under two conditions: when everything is going well and when they are faced with conflict; To provide effective mechanisms for resolving personal conflict.

Terrie R. McCants (532-5958) a summa cum laude, Phi Beta Kappa graduate of the University of Colorado, is known statewide for her organizational efforts in leadership development and training. She is a 17-year Kansas resident who has served in leadership capacities as the co-organizer and first chair of the Kansas State Leadership Forum, serving as its first president. She was also a member of the 1988 class, board member, and 1992 program chair of Leadership Kansas. Professionally certified in meditation, she is a 1994 graduate of the Center for Dispute Resolution (CDR Associates) of Boulder, Colorado. She has received advanced training in Divorce and Child Custody mediation, Case Management of Domestic Case Disputes, Public Policy Mediation, and Cross-Cultural Mediation. Prior to her returning as a graduate student in Psychology at K-State, she was also a partner in Consensus Mediation.

Date: February 10 (Thursday)
Time: 7 - 9:30 pm
Fee: \$19 fee includes inventory with score information
Location: UFM Conference Room

Manhattan Arts Center Community Theatre



PRIVATE LIVES

by Noel Coward Feb 25-27, Mar 2-5
Noel Coward's classic comedy about two couples honeymooning in adjoining suites who discover (too late?) that they have married the wrong people.

COMPANY Apr 28-30, May 4-7
Music & lyrics: Stephen Sondheim, Book: G Furth
A landmark musical, winner of three Tony Awards! A contemporary look at the ups and downs of courtship and marriage by the brilliant creator of *Into the Woods* and *Sweeney Todd*.

Call 539-6000 / email boxoffice@ManhattanArts.org for information and tickets.

ALSO AT THE MANHATTAN ARTS CENTER:

Hear & Now staged readings

Brass acoustic music concerts

Film Society—a series of high quality films

Educational programs—visual & performing arts for all ages

Galleries—featuring local, regional and national artists

Check www.ManhattanArts.org for details of all activities.

Manhattan Arts Center
1520 Poyntz, Manhattan KS 66502 * Tel. (785) 537-4420
Smoke-free * Wheelchair accessible * www.ManhattanArts.org



Community Technology Center

A collaborative project of

Manhattan Public Library

<<http://www.manhattan.lib.ks.us>>

and the

Community Online Resource Exchange (CORE)

<<http://www.core.manhattan.ks.us>>

Free Internet Classes

Sign up at Manhattan Public Library Information Desk, 629 Poyntz Ave., or call 776-4741 ext. 173.

Internet Basics

Learn about the World Wide Web, computer terminology, and how to use a mouse. This hands-on session is specifically for people who have little or no computer experience.

Eager for E-Mail

Set up a free account on the World Wide Web, send electronic messages. Prerequisite: Internet Basics or comparable computer experience.

Manhattan on the Web

Explore Manhattan through the CORE home page; become familiar with web sites created and maintained by a variety of community organizations.

Using the Library from Home

Using Manhattan Public Library's website: search for materials, place holds, renew, find out when materials are due; connect to dozens of recommended online information resources.

Internet for Parents and Kids

Learn about opportunities and support available for family use of the internet: issues of safety and validity, great sites for fun and information, filtering.



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.

Advertising Information

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

UFM's Holistic Health Directory

PRACTITIONERS

Integrative Bodywork

2750 Brittany Terr. #10
Manhattan, KS 66502
(785) 776-9804

Jack Windhorst

- Rolfing®
- Massage Therapy

Vera Orlock

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

Flint Hills Peacemakers

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

June Hunzeker

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

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

Evening & weekend appointments available.

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.

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

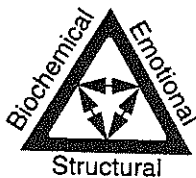
Lifecenter Bodywork

(785) 537-3607

Sandra Snyder

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

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

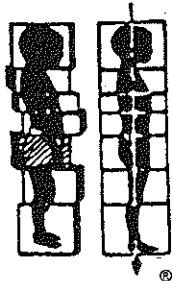
The Yoga Connection



- Open classes
- Private Instruction
- Herbal Products
- Consultation
- Lower Stress
- Higher Energy

Ana Franklin

537-8224



ROLFING®
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 pains

785 • 776 • 9804
Manhattan, Kansas

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

Resco Chiropractic

3230 Kimball Ave.
Manhattan, KS 66502
(785) 537-7500

Dr. Resco

Resco Chiropractic "for kids and their families" features computerized spinal analysis, allowing you to see how your nerve system is functioning. Children's Chiropractic Information Center™ a free resource library on a drug-free approach to health care. Resco Chiropractic is located in the Candlewood Shopping Center.

Body First

2316 Anderson Ave.
Manhattan, KS 66502
(785) 587-8300

Doug Sellers/Laura Ebert

- Swedish Massage
 - Reflexology
 - Neuro-Muscular
 - Acupressure
 - Hydrotherapy
- Hours: Mon-Fri 8 am - 7 pm; Sat 9 am - 6 pm
• Gift Certificates
www.bodyfirst.com

Dot Tucker

2810 Johnson Valley Dr.
Manhattan, KS 66503
(785) 776-6776

- Specializing in massage for women
- Graduate of Central California School of Body Therapy

For more info call or e-mail loedott@webtv.net

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!

UFM's Holistic Health Directory

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 to 7:30 pm. To register, please call UFM at 539-8763.

L.I.F.E.

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.

Advertising Information

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



L.I.F.E.
Kansas State University



Department of Kinesiology

EVERYONE WELCOME!

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

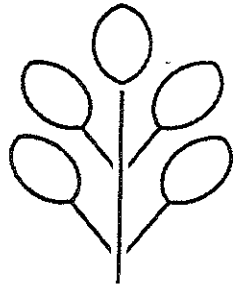
Semester Rates: \$34 (individual), \$55 (family)

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

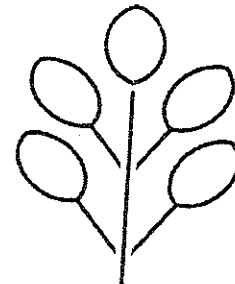
UFM's Holistic Health & Body Works Fair

Saturday, April 8, 10 am to 3 pm

Free Admission



Learn about the alternative/complementary health options that are available in the Manhattan area.



*Ann Zimmerman's musical performance at 1pm,
 Ann's compact disc & cassettes available

*The Art of Jin Shin Jyutsu lecture by Karma Smith at 2pm

*Naturopathy - Natural Medicines with focus on herbs by Mark Miller at 11am

*Massage Sessions *Chiropractic Practitioners

*Alternative Therapies *Health Products

*Wellness Topics *Lectures

*Products *Crafts *Music *Fun *Food*Door Prizes

Massage Therapy by Sandy Snyder

Chiropractic Spinal/Nerve System Screening by Dr. Royce Resco

Chi Lel, Body Recall, & Essential Oils by Enell Foerster to schedule, call 537-0977

Gemisphere Energy Medicine by June Hunzeker to schedule, call 539-0370

Space is available for practitioners and related health products and programs.

For more information, call Charlene at UFM, (785) 539-8763

UFM classes make great gifts.

UFM Wellness Classes

UFM continues to offer a variety of wellness and personal development classes. These classes give individuals opportunities to learn about holistic health and other alternative/complementary health options. The classes also create networking opportunities, where people can meet and share similar interests. Many of the instructors have studied extensively to learn ancient healing arts from different countries and cultures. Classes offered this spring include the following:

Introducing Jin Shin Jyutsu: A Self-Help Class

An ancient art of releasing the tensions which are the causes of various symptoms of discomfort. Our bodies contain energy pathways which become blocked through daily physical, mental, emotional or spiritual stresses, resulting in pain and discomfort. 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.

Continuing Jin Shin Jyutsu: Self-Help

In this class we will focus on developing a deeper understanding and experience of the Safety Energy Locks and the Depths in order to be better able to release our tensions and support the body/mind's natural healing and harmonizing capacities.

Yoga for Everyone

Yoga is a useful tool to help anyone with the physical, mental and emotional challenges we all encounter in our lives. The focus will be on the practice of asana (postures) and pranayam (breathing exercises) as well as developing a personal practice for each individual.

Introduction to Reiki

An ancient holistic health practice in which Universal Life Energy supports the body's natural ability to heal itself. These techniques promote the well-being of mind, body and spirit and a sense of peace and relaxation. Reiki involves light hand placement on the body. It can ease pain and relieve stress and tension.

Massage for the Individual

Learn the basic principles of the therapeutic massage and a self-massage routine that can be adapted to meet your personal needs.

Massage for Couples

Basic principles of therapeutic massage and the role of massage in maintaining health will be covered in the class. (Swedish Style)

Massage, Relaxation Techniques for Pain Relief

Learn relaxation techniques and stretching instructions 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.

Tai Chi for Ages 55+

This class is designed for individuals 55 and older. Participants will learn nine movements, which are simplified. This ancient Chinese exercise is slow moving exercise that increases the balance and harmony of the body, mind and spirit.

Introduction to Feng Shui

An ancient 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.

Pre-Natal Partners Massage

Couples will learn basic massage techniques to use throughout pregnancy and help the expectant mother to relax. This class will focus on ways of easing tension and tech specific points to relieve the discomforts of pregnancy.

Infant Massage

New parents will learn how to create an amazing bond with their child through massage. You will learn basic massage techniques to help circulation, promote relaxation, and give both parent and child a positive, healthy attitude.

Chi Lei: Chi Gong

A slow exercise that gathers and concentrates the Chi (vital life energy) and moves it through the body. This healing energy 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.

Children and Prescription Drugs:

Effects and Alternatives

In this four-part series, Dr. Dall examines the effects of prescription drugs have on your child's life from birth to adolescence. You will learn a safe and natural approach to dealing with childhood asthma, allergies, ear infections, and even attention deficit disorder.

Why Essential Oils?

From Egyptian hieroglyphics and Chinese manuscripts, we know that priests and physicians have been using essential oils for thousands of years. There are 188 references to oils in the Bible. This class will teach you about these oils and there many uses.

Weight Control

Would you like to lose weight, but are confused with all the different diet plans? This class will focus on fad diets, balanced, planned snacks and meals, theories of weight loss, body types and realistic expectation.

Healing Herbs for Women

This beginning class will cover herbal healing for women. Information will be given about herbs that help with PMS and menopause. A hair rinse and bath salt recipe will be given to participants.

Vegetarian Cooking

Basic vegetarian cooking with soy products, beans, lentils, and other nutritious foods. Dinner will be provided.

For Information contact:

Karma Smith	785-539-3733
Ana Franklin	785-537-8224
Leon Rappoport	785-532-0616
Bob and Kay Sinnett	785-539-5748
Christine Van Swaay	785-539-5439
Stan Stitz	voice mail 800-204-4851

or email: dragon@networksplus.net



The Pure Mind Center has been organized and is being developed through the cooperative efforts of several practitioners and teachers of the meditative arts in Manhattan.

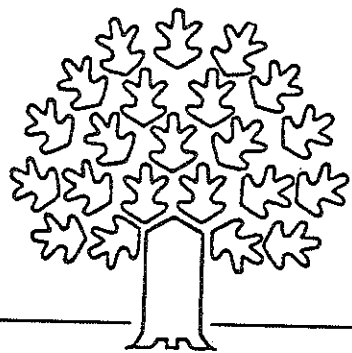
"The Dome" has been donated for this use by the Pure Mind Foundation, 1228 Westloop, Manhattan, KS 66502

Pure Mind Center

for the
Meditative Arts

- ◆ Its purpose is to provide facilities for the study and practice of a variety of spiritual, meditative, and holistic health practices. The Pure Mind Center welcomes practitioners and teachers from different traditions who are seeking space for their practices or would like to offer teachings or workshops.
- ◆ Presently we have scheduled the Manhattan Zen Group; The Yoga Connection with Ana Franklin; Introductory, Beginning and Advanced Meditation Classes; Jin Shin Jyutsu Self-help Classes and Individual Sessions with Karma Smith; Silent Sitting Practice; Tai Chi Practice; Advanced Pure Mind Practice with Stan Stitz.
- ◆ We also host several UFM classes. See the UFM catalogue for information.

631 Levee Drive
next to the Animal Shelter



Language

1221 THURSTON

539-8763

ESL English Language as a Second Language

LA-01a

This conversational English course is for those who would like to expand their knowledge of "Survival English. The class will start at an elementary level and progress toward higher levels of English. The course will include exercises in speaking, reading, and listening.

Agnes Chikan has a degree in teaching ESL. She has taught English on different levels. She enjoys helping students develop their English skills from stammering sentences to fluency. She is an enthusiastic language learner herself. Her native tongue is Hungarian. She had studied English, Russian and French languages.

Date: January 13 - March 2 (Tuesday/Thursday)
Time: 7 - 8:30 pm
Fee: \$48
Location: UFM Multi-Purpose Room

ESL English Language as a Second Language

LA-01b

Agnes Chikan

Date: March 7 - May 4 (Tuesday/Thursday)
Time: 7 - 8:30 pm
Fee: \$48
Location: UFM Multi-Purpose Room

Survival Skills in Czech

LA-07

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

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

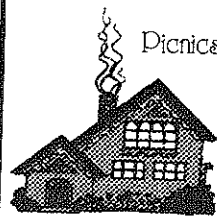
Date: January 19 (Wednesday) - dates will be determined at the 1st meeting
Time: 7:00 pm
Fee: \$68
Location: UFM Conference Room

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.

Reserve Goodnow Park's Limestone Cabin

(NE of 5th and Bertrand 1/4 block up the slope of Bluemont Hill)



Picnics, Meetings, Rustic Atmosphere
Bluemont Trail Head

For More information
call UFM at 539-8763

French

LA-02a

Are you planning a trip to France or would you like to learn the language? This class is an introduction to French. The emphasis will be on conversation, grammar, proper pronunciation, and everyday vocabulary, including greetings, telling time, weather, family, travel, food and restaurant words.

Emilie Rabbat (587-9036), a naturalized citizen, was originally from Tanta, Egypt. Her training course, "Stage de Formation Pedagogic," was from the Catholic University of West-Angers, France. She received a French Diploma from the Egyptian Government and the Embassy of France in Cairo, Egypt. Her learning experience includes working with adult Egyptian teachers, primary level students and teaching French for 20 years at a Jesuit French School in Cairo.

Date: January 19 - February 16 (Monday/Wednesday)
Time: 1 - 2 pm
Fee: \$37
Location: UFM Greenhouse

French

LA-02b

Emilie Rabbat

Date: February 21 - March 15 (Monday/Wednesday)
Time: 1 - 2 pm
Fee: \$37
Location: UFM Greenhouse

French

LA-02c

Emilie Rabbat

Date: March 27 - April 19 (Monday/Wednesday)
Time: 1 - 2 pm
Fee: \$37
Location: UFM Greenhouse

Beginning Sign Language

LA-03

This class is designed for individuals who are interested in learning the basic skills of American Sign Language. Students will be instructed in the Manual Alphabet & a vocabulary of about 200 functional signs. Gallaudet's Survival Guide to Signing is available at Walden Books.

Dana Wrampe will begin working toward a Master's Degree in Speech-Language Pathology this Spring. She first started studying Sign Language when she became interested in being a speech pathologist. Since then, she has taken four semesters of sign language. She enjoys it very much and is looking forward to teaching and sharing with the class participants.

Date: January 18 - February 22 (Tuesdays)
Time: 6 - 7 pm
Fee: \$43
Location: 341 Justin Hall, KSU

Linguistics

LA-09

Linguistics is the scientific study of human language and languages. This course will be an introduction to the fundamentals of linguistics and linguistic thinking. We will see how linguists study the world's languages by looking at the various sounds (phonetics, phonology), work and sentence structure (morphology, syntax), how languages are classified (typology), language history and reconstruction of older forms of language (historical linguistics). Other topics could include attitudes toward language in light of English-only policies and Ebonics. It is not necessary to know other languages to take this course.

John Kyle (537-0970) has lived in Manhattan for much of his life and is currently working on a Ph.D. in Linguistics at the University of Kansas. He has done work on Native American languages in the areas of phonology and also language revitalization.

Date: February 2, 9, 16 & 23 (Wednesday)
Time: 7 - 8:30 pm
Fee: \$14
Location: UFM Multi-Purpose Room

"Things work out best for those who make the best of the way things work out."

— Anonymous

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

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



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

Wolf House Museum

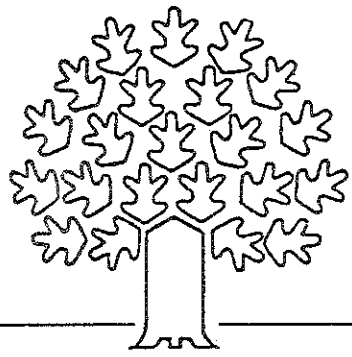
630 Fremont

- 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

Look for the UFM Catalog on the web at www.ksu.edu/ufm



Creative Free Time

1221 THURSTON

539-8763

Safe and Creative Care of Family Photos

CF-02a

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

Safe and Creative Care of Family Photos

CF-02b

Pam Schmid (1-800-347-2625)

Date: March 13 (Monday)
Time: 7 - 9:30 pm
Fee: \$15 includes some supplies
Location: UFM Fireplace Room

Safe and Creative Care of Family Photos

CF-02c

Pam Schmid (1-800-347-2625)

Date: April 13 (Thursday)
Time: 7 - 9:30 pm
Fee: \$15 includes some supplies
Location: UFM Fireplace Room

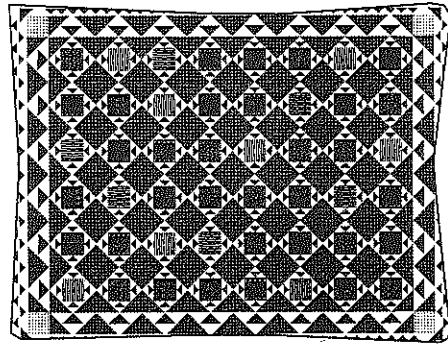
A Local Antique Roadshow

CF-04

Is it real or is it a reproduction? Antique glass, pottery, crystal and furniture will be examined during this class. Participants will learn about marks and other items of identification as well as resources to use. Have the garage sale finds dried up? Find out about speciality shops in the area. There will also be a discussion about what to do with grandma's stuff.

Doyle Barnes (776-7738) is a retired principal and community member of 32 years. He is an antique collector and dealer, and the manager of One More Time Antiques.

Date: February 10 (Thursday)
Time: 7:30 pm
Fee: \$8
Location: One More Time Antiques
1561 Pillsbury Dr.



Pillow/Lap Quilt (Quillo)

CF-22

These pillow/lap quilts are a great project for using on your couch, taking in your car, or just any place you need something to keep off the chill but would like something decorative to hide its purpose. They look just like a pillow until they are unfolded, and then they provide cuddly warmth! Although we won't be able to sew them all together in class, I'll show you the basics and we will baste most of the things so you can complete the project once you get home to your sewing machine. You'll need to bring approximately 2-1/2 yards of 45" wide material of a design of your choice, plus a backing material of the same size. The padding will be furnished. Instructions will be provided at sign-up so you know what actual size to purchase.

Deb Rosproy is a craft-oriented person who learned how to do calligraphy in Denver in 1980, and currently letters cards and posters for personal and business use. Deb took her first candy and sugar egg classes in 1982 and has made gifts for family and bazaars ever since. She has been a member of the International Cake Decorator's Club since 1982 and has attended shows throughout the U.S. to learn more about these areas. She also attended classes on pinecone art in Denver in 1982, and has made wreaths, Christmas trees, etc., using the techniques learned. She took classes when Ben Franklin opened in 1986 in Manhattan on padded baskets and covered albums and has done all varieties since then. She took their class on creative twist dolls in October 1989 and has enjoyed giving these as gifts. She also enjoys sharing what she has learned with all interested members of the community, and finds that many times her students teach her with their ideas as well.

Date: February 12 (Saturday)
Time: 9 am - 12 noon
Fee: \$9.50
Location: UFM Multi-Purpose Room

"Champions keep playing until they get it right."
— *Joey Adams*

"Be the change you want to see in the world."
— *Ghandi*

Creating Padded Baskets

CF-25

Have you seen padded baskets at craft fairs but thought the price was too high? Make a beautiful padded basket for a fraction of the cost! These unique baskets can be personalized and are ideal for gifts for the holiday season or anytime throughout the year. Bring the basket of your choice and enough material and trim to loosely cover it — you can do just the inside, just the outside, or both, as you prefer. If you have a hot glue gun, please bring it to class to expedite the project.

Deb Rosproy

Date: April 15 (Saturday)
Time: 10 am - Noon
Fee: \$11.50
Location: UFM Multi-Purpose Room

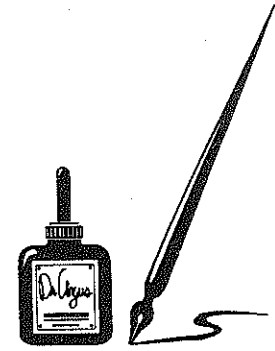
Making Covered Books/Albums

CF-26

Covered albums are one of the easiest and most practical gifts to make for your family and friends. They can be used for weddings, birthdays, baby or Christmas gifts, and personalized to suit any style. Bring 3/4 yard of material and 3 yards of trim. The notebooks are provided. Bring a hot glue gun to class, if you have one, to expedite the projects.

Deb Rosproy

Date: April 15 (Saturday)
Time: 1 - 3 pm
Fee: \$11
Location: UFM Multi-Purpose Room



Beginning Calligraphy (for Right-Handers)

CF-23

Do you enjoy seeing the elegant script of calligraphy, but can't imagine creating anything so lovely? Learn the basics in a variety of styles. With a little practice, beautiful letters and words will flow from your pen. Soon, with only a little effort, you will be able to progress to the most difficult styles.

Deb Rosproy

Date: March 2 (Thursday)
Time: 6:30 - 9 pm
Fee: \$12
Location: UFM Banquet Room



Creative Twist Easter Baskets

CF-24

Would you like to have a very distinctive basket for your Easter goodies this year? If so, all you need to bring are two 6-yr packages of creative twist paper, one in a primary color and the other in a secondary or contrasting color. Any two colors you like together will fit the bill. We'll cut down a paper bag to braid these on. To expedite the process, if you have a hot glue gun, please bring it along.

Deb Rosproy

Date: April 6 (Thursday)
Time: 6:30 - 9 pm
Fee: \$9
Location: UFM Multi-Purpose Room

One More Time Antiques, Collectibles & Vintage Furniture

10 am till 6 pm—7 days a week



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Manhattan, KS 66502
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PUBLIC HOURS
Tue-Fri 11-6 • Sat 10-5



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, explain 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 have 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 former position as children's librarian at Manhattan Public Library.

Date: February 19 & 26 (Saturday)
Time: 2 - 5 pm
Fee: \$42
Location: UFM Fireplace Room

Self-Publishing Your Book

CF-13

Have you ever wanted to publish your own book? 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: April 29 (Saturday)
Time: 2 - 5 pm
Fee: \$23
Location: UFM Conference Room

Learning to Write and Sell Fiction

CF-20

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

Glenn Sixbury has been writing and selling science fiction and fantasy for 11 years. His credits include science fiction, fantasy, and horror stories published in magazines and in national hardcover and paperback anthologies. Over 100,000 copies of his stories exist in print, including international versions in both French and German.

Date: February 28, March 6, & 13 (Monday)
Time: 7:30 - 9:30 pm
Fee: \$14
Location: UFM Multi-Purpose Room

Who gets Grandma's Yellow Pie Plate?

CF-15

Personal property transfer is an issue frequently ignored until a crisis occurs or immediate decisions need to be made. The issue of transferring non-titled property is often assumed to be unimportant or just something that takes care of itself. Experiences of family members and attorneys working with families suggest otherwise. Through participating in this program, you will receive tools that enable you to make informed decisions about transferring non-titled property, like Grandma's yellow pie plate, the oak table, Dad's cuff links or the family photo album. Six key factors are addressed, including strategies for managing conflict. Making decisions about the transfer of personal items is best done when you're not under pressure or in the middle of a crisis. If you are ready to get started on this process, join us on January 20.

Sharolyn Fleming Jackson, CFCS - Riley County Extension Agent, Family and Consumer Service.

Date: January 20 (Thursday)
Time: 7 - 9 pm
Fee: \$8 individual/\$12 couple
Location: UFM Conference Room

The Story of Manhattan's Limestone Cabin in Goodnow Park

CF-17a

If you enjoy local history or native architecture, this class has something to offer you. Manhattan's 1938 limestone building — a 1,200 square foot, 2-story "Cabin" and complex of stone walls and steps — in the city's Goodnow Park was built in cooperation with the National Youth Association to train area boys in building skills. It is one of several historical depression-era treasures throughout the city built as a part of the New Deal program of President Roosevelt. Goodnow Park Cabin Coalition, Inc., a grassroots group was incorporated as a not-for-profit organization in 1990 to prevent this community treasure from being demolished. They have a 20-year, agreement with the city of Manhattan. Their goal is to conserve the site and return it to active use. The site's past and recent history will be covered as well as its potential future as GPCC works to prevent its destruction. Currently, the cabin is suitable for use as a primitive park shelter and can be reserved for private gatherings by contacting UFM. It is the trail head for a new City trail up Bluemont Hill; the trail will be completed in 2000. This class will end with a tour of the facility. (The Cabin is sometimes called the "boy scout house.")

Ann Kosch (539-4863) has worked since 1989 to prevent the demolition of Goodnow Park's 1938 limestone architecture. As president of GPCC she has been involved in all aspects of the effort. She will share personal observations about local history and this depression-era treasure.

Date: April 1 (Saturday)
Time: 1:30 - 3:30 pm
Fee: \$4 individual/\$6 family
Location: Goodnow Park Cabin
NE of 5th and Bertrand

The Story of Manhattan's Limestone Cabin in Goodnow Park

CF-17b

Ann Kosch

Date: April 8 (Saturday)
Time: 1:30 - 3:30 pm
Fee: \$4 individual/\$6 family
Location: Goodnow Park Cabin
NE of 5th and Bertrand

Black & White Film Developing for Beginners

CF-09a

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 class fee. Class size is limited, so enroll early.

Harold Wellmeier (539-8298) has a degree in Commercial and Industrial Photography. He enjoys black and white photography and enjoys processing his own film.

Date: February 21 (Monday)
Time: 7 pm
Fee: \$15 No refunds; instructor must buy chemicals that can't be used if students don't attend.
Location: UFM Darkroom
Deadline to enroll in this class is February 14.

Black & White Film Developing for Beginners

CF-09b

Harold Wellmeier

Date: April 24 (Monday)
Time: 7 pm
Fee: \$15 No refunds; instructor must buy chemicals that can't be used if students don't attend.
Location: UFM Darkroom
Deadline to enroll in this class is April 17.

Black & White Printing

CF-10

Feel the satisfaction of turning your own black and white negatives into prints. Each student will gain hands-on darkroom experience in print 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; instructor must buy chemicals that can't be used if students don't attend.
Location: UFM Darkroom

Preserving Family Treasures: Books, Papers, Photographs & Textiles

CF-21

You've heard about the destructive acids in paper. But did you realize that other factors such as light, heat, humidity, "critters," and household cleaning products are harmful to 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 the Curator of Special Collections & Archives at Northern Kentucky University, from 1994 to 1998, and served as President of the Kentucky Council on Archives. He has also served as a preservation/conservation consultant for several museums and libraries, including: the Dinsmore Homestead in Burlington, KY, the Cincinnati Fire Museum, the Cincinnati Mortuary Science Academy Library, and the Behringer-Crawford Museum in Covington, KY.

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

Native Americans of Kansas: Kansas History/Arts & Crafts of the Southwest Pueblos

CF-06

Would you like to learn about the Native Americans of Kansas? Participants in the class will view slides and artifacts to learn about the history and get information about the present day Native Americans of Kansas. Slides of the arts & crafts of the southwest Pueblos, along with actual work of sand painting, fetishes, pottery & jewelry will be exhibited.

Doug Tippin a social studies teacher who has visited the reservations in Kansas, has attended pow-wows, and collected artifacts for many years. He will be sharing his knowledge of Native Americans both past in present.

Date: February 23 & March 29 (Wednesday)
Time: 7 pm
Fee: \$10 individual/\$14 couple
Location: UFM Banquet Room

Repainting Exterior Trim on an Older Home

CF-18

Preservation of older homes involves continual maintenance. Exterior trim exposed to the elements is particularly vulnerable and must be maintained to protect an owner's investment and the historical aesthetics of a home. This class will be enjoyed by anyone who loves to live in older homes due to their warmth, charm and history. No one can afford to repair their exterior trim any more than necessary so the key is to do it correctly. Topics covered will include: the process to follow to restore and repair exterior trim, tips about hiring someone to do all or part of the work; safety, equipment and paint choices; and color selection. This class will be held at the limestone cabin in Goodnow Park where the restoration work on the exterior trim will be used to illustrate before and after results of the process used by volunteers of the Goodnow Park Cabin Coalition, Inc. Interested class members will have the additional opportunity of working with a group to restore the trim on one window of the cabin to practice their new skills before tackling their own homes.

Barbara Anderson (539-4863), historical preservation professional, has recently been the consultant on the restoration of the governor's mansion in Topeka, KS. She worked for 8 years at the Kansas State Historical Society. She has taught courses in design and historic preservation at K-State for 8 years and has been a freelance consultant since 1993. Michael Rhodes of McDowell Creek Builders, has been self-employed as a remodeler and general contractor for over 25 years in Manhattan. He has worked on many older homes and is a certified home inspector. Other instructors will be invited to cover related topics.

Date: April 29 & May 6 (Saturday)
Time: 1:30 - 3:00 pm
Fee: \$4 individual/\$6 family
Location: Goodnow Park Cabin
NE of 5th and Bertrand



USE REGISTRATION FORM on the back cover.



The Magic of Reading Music CF-31
Learn the basics of turning sound and rhythm into symbols on a page. Get acquainted with the staves, and the keyboard. After the class, you will be able to pick you simple melodies and harmonies on a keyboard. Unlock the wonderful mysteries of musical notation - sing and play from the printed page. Students need a three ring binder pencils, and a cardboard keyboard (optional). Instructor will provide sheets of manuscript paper.

Anne Woodmansee
Date: January 13, 18, 20 & 25 (Tuesday/Thursday)
Time: 7 - 8:30 pm
Fee: \$22
Location: 1st Lutheran Church
930 Poyntz Ave

Basics of the Keyboard
See it—Play it! CF-33

With a cardboard printout, an electric or an acoustical keyboard, you will learn the basics of piano notation technique and types of beginning musical pieces. Explore the possibilities of moving into piano lessons. It is recommended to have taken a music reading class before taking this class. Students need a three ring binder, pencil and a cardboard keyboard, which is available at Glenn's Music.



Anne Woodmansee
Date: March 7- 16, 28, 30, April 4 & 6
(Tuesday/Thursday)
Time: 7 - 8:30 pm
Fee: \$28
Location: 1st Lutheran Church
930 Poyntz Ave.

Piano I CF-35

This is a group keyboard class designed for the adult beginner with no previous keyboard experience. This popular class teaches basic concepts which include note reading, rhythm reading, sight reading, and group and solo playing. Outside practice is essential for progress in this class.

Sibylle Kuder (776-2098) is an adjunct instructor at K-State and owner of a private piano studio. Her graduate work was in piano pedagogy. She is a member of KMTA, MAMTA, and MTNA. In March of 1996, she had performance broadcast on public radio.

Date: January 12 - May 3 (Mon/Wed)
Time: 11:30am - 12:20 pm
Fee: \$110
Location: McCain, Room 127, KSU

Piano II CF-36

This group keyboard class is designed for adults with limited previous keyboard experience, ideal follow-up to Piano I. The focus will be on theory and practical skills, group and solo performance. A skills assessment will be conducted the first class. If you are unsure if your level of experience is appropriate for this class, please contact the instructor.

Sibylle Kuder
Date: January 13 - May 4 (Tues/Thurs)
Time: 11:30 am - 12:20 pm
Fee: \$110
Location: McCain, Room 127, KSU

Listen! Classical Music for People Who Don't Know Classical Music CF-29

Participants in this class will be introduced to classical (as opposed to popular) music, with a brief history, descriptions of types of compositions and performing groups. Learn the parallels between folk, jazz, etc. and classical venue. Listen to some of the greats (pieces and performers), basics of structure, and programmatic examples. This class will be a painless way to break the ice and immerse yourself in the area of the classics.

Anne Woodmansee
Date: April 12 - May 3 (Wednesday)
Time: 7 - 9 pm
Fee: \$14
Location: UFM Greenhouse

Act Up! Act it Out! Live it Up! CF-28

Participants will learn the basics of acting. Participants will learn about stage directions, auditioning, exercises, memorizing techniques, solo and group work. The scenes will be chosen by class participants.

Anne Woodmansee (239-0425) is a graduate of Oberlin, Ohio Conservatory of Music. She studied and did professional work in Ohio, the East Coast and Germany. She was the Music and Theater Director with the U.S. Army Morale Support Activities in Wiesbaden, West Germany. She has taken piano lessons for 22 years, and voice lessons for 26 years. She has done professional work in opera, oratorio, recital, musicals, as a performer, producer and director. Locally she has worked with the Manhattan Civic Theater.

Date: April 11 - 27 (Tuesday & Thursday)
Time: 7 - 9 pm
Fee: \$18
Location: UFM Fireplace Room

Sing Out! Voice Technique, Presentation, and Interpretation CF-32

Participants will learn the basics of technique, vocalization, enunciation and interpretation. There will be group and individual work. Basics of vocal repertoire will be covered. Auditioning techniques, memorization techniques will be taught. Students will work on music in their choice and sing for each other. The instructor can coach in German, French and Italian. If possible it is recommended to have taken The Magic of Reading Music class or be able to read music. Students need a three ring binder, pencils and music of their choice.

Anne Woodmansee
Date: February 8 - March 2 (Tuesday/Thursday)
Time: 7 - 8:30 pm
Fee: \$28
Location: 1st Lutheran Church
930 Poyntz Ave.



Intro to the World CF-27

Are you tired of turning on the news and not knowing where these places are? Intro to the World is made for you! As our world gets "smaller" through warp-speed communication technology, knowing about far-off places becomes vital even for the average citizen. In this 5 session "crash course" we will learn where places are and why they are important to us. Please bring a 3-ring binder and loose-leaf paper to make your own "guide to the world." You will also need a small, but current, world atlas.

Micaela Simmons is a sophomore at K-State. She is majoring in History and International Studies and minoring in Political Science. She decided to teach this course after discovering many of her friends didn't know the capital of Kosovo. Do you?

Date: January 24, 31, February 7, 21, & 28 (Mondays)
Time: 7 - 8:30 pm
Fee: \$14
Location: UFM Conference Room

Done My Work... & Sewed Some: A Pioneer Women's Diaries CF-30

Women pioneers in Kansas turned to their diaries for company, consolation, and continuity. Each writer's voice is unique, weary, joyful, matter-of-fact and depicts the rhythms of daily life as well as her place in frontier society. This program is co-sponsored with K-State Women's Center as part of the 2000 Women's History Month Celebration. Admission is free.

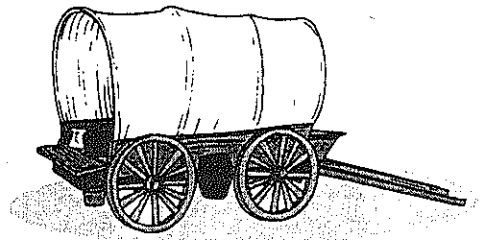
KANSAS



Humanities Council

Ann Liston chairs the History Department at Ft. Hays State University. She is a member of the Kansas Humanities Council Speaker's Bureau.

Date: March 7 (Tuesday)
Time: 7 - 9 pm
Fee: N/C
Location: Big 12 Room, K-State Union



Women & Madness on the Kansas Frontier CF-34

Hysteria and other forms of madness were reportedly epidemic among women in the 19th century, including Kansas' early settlers. What kinds of behaviors defined female lunacy? What treatments and cures were available for women in Kansas? This program is co-sponsored with K-State Women's Center as part of the 2000 Women's History Month Celebration. Admission is free.

KANSAS



Humanities Council

Susan Carlson's literary research explores madness and depression among 19th century Americans and British writers. She is a member of the Kansas Humanities Council Speaker's Bureau and teaches in the Department of English at Pittsburgh State University.

Date: March 28 (Tuesday)
Time: 7 - 9 pm
Fee: N/C
Location: Flintheills Room, K-State Union

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

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

Introduction to the Internet CP-03

Does the Internet confuse you? Do you have difficulty finding information? Then this is the class for you. Internet basics will be discussed in the introductory class, along with tips for conducting searches. The class includes hands-on experience at the KSU Computer Lab. Class meets twice so that you can practice for a week and then return to class with questions and challenges.

Joyce Brite is webmaster for three web sites and uses the Internet daily.

Date: April 19 & 26 (Wednesday)
Time: 7 - 8:30 pm
Fee: \$12
Location: Fairchild Room 202, KSU

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Vegetarian Food
Bulk Foods & Herbs
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Food for Fun!

More Chinese Cooking

FF-04a

Hai Tao will cook several dishes not taught in previous classes as he continues to introduce the variety that exists in Chinese cuisine. Walnut chicken and Hongshao tofu will be on the menu and recipes will be provided. Half of the dishes will be vegetarian. Please bring a dish and utensils for eating and a container for taking food home! If you wish to request certain Chinese dishes for the class, please contact Hai Tao at 539-5429.

Hai Tao Huang (539-5429) 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: February 26 (Saturday)
Time: 10 am - 2 pm
Fee: \$32
Location: UFM Kitchen

More Chinese Cooking

FF-04b

Hai Tao Huang (539-5429)
Date: April 15 (Saturday)
Time: 10 am - 2 pm
Fee: \$32
Location: UFM Kitchen



Wines of France

FF-03

Come along and join us for a detailed study of the Wines of France. We will be comparing wines from Alsace, Loire, Bordeaux, Burgundy, Champagne, Rhone and Provence. Additionally, we will enjoy and learn about the finest spirits from the country including Armagnac, Cognac, Calvados and Marc. We will focus on the French idea of "Terroir" by comparing numerous wines from a single region. If you have ever asked yourself why a First Growth Bordeaux costs three hundred dollars, then this class can provide the answer. During the class we will sample over sixty wines from all across the country. This is the ultimate for the wine lover! Classes will be detailed so we are forced to limit class size to 10, so sign up quickly!

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

Date: March 7, 14, April 4 & 11 (Tuesday)
Time: 7 - 9 pm
Fee: \$130
Location: UFM Fireplace Room

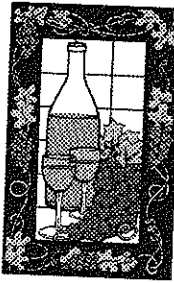
Cake Decorating

FF-01

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 6 - 27 (Thursday)
Time: 7 pm
Fee: \$26
Location: UFM Kitchen



Vegetarian Cooking

FF-05a

Besides tasting great, a vegetarian diet is healthy and economical. This class is designed to inspire your imagination and your palate. We will learn how to prepare a variety of grains, vegetables, fruits, nuts and seeds. Recipes will come from various cultures. Bring your appetite, we'll enjoy a meal at each class.

Ana Franklin (537-8224) has been preparing and enjoying vegetarian meals more than 20 years. Having lived in many foreign countries, she has a special appreciation for international cuisine.

Date: January 13, 20 & 27 (Thursday)
Time: 7 pm
Fee: \$44
Location: UFM Kitchen

Vegetarian Cooking

FF-05b

Ana Franklin
Date: February 10, 17 & 24 (Thursday)
Time: 7 pm
Fee: \$44
Location: UFM Kitchen

Vegetarian Cooking

FF-05c

Ana Franklin
Date: March 9, 16 & 30 (Thursday)
Time: 7 pm
Fee: \$44
Location: UFM Kitchen

Dinner for 71¢?

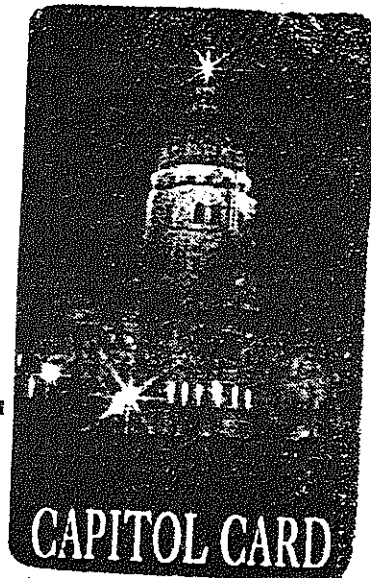


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- Mrs. Clyde's Kansas Steak House
- Pat's Blue Rib'n BBQ
- Rusty's Last Chance
- Sub's-N-Such
- TCBY
- 12th St. Pub

Manhattan Retailers

- Sun Connection
- Sun Essentials
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Topeka Restaurants

- Annie's Santa Fe
- Billard Airport Cafe
- Champions' BBQ
- Don's Steak House
- The Downtowner
- Chesapeake Bagel
- Ci Ci's Pizza
- Margie's Java Cafe
- PT's Cafe
- Quizno's Subs
- Randall P's Steakhouse

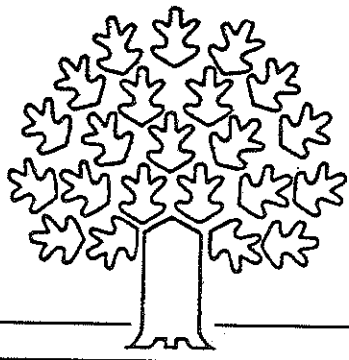
Topeka Retailers

- Village Cleaners
- 10th & Wanamaker
- Kelly Gas Station
- 10th & Wanamaker
- Magic Forest-Bonus Entry

Lawrence Restaurants

- Brown Bear Brewery
- Coco Loco
- Lawrence Pizza Co.
- Mr. Gatti's Pizza
- Pat's Blue Rib'n BBQ
- G. Willikers

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Recreation & Dance

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539-8763

Beginning Fencing

RH-08

Fencing is the ancient art of sword play. Soldiers and noblemen were all once required to know the way of the sword. Now a modern Olympic sport, fencing builds lightening fast reaction, speed, and agility. Classes will include introduction to the foil for recreation and competition. Teens to grandmas welcome. Equipment provided. Course may be repeated.

Bill Meyer (587-9990) began fencing as a child in Germany in the now illegal practice of mensur fencing. Not to worry! He has been retrained in modern foil, epee, and saber at Washington State University and the University of Idaho. He is a semi-retired tournament fencer having taught at UFM and at the University of Missouri.

Date: January 31 - May 1 (Monday)
Time: 7 - 8:30 pm
Fee: \$32 if you have your own equipment/\$62 to use instructor's equipment
Location: Ahearn Fieldhouse, KSU
No Class March 20

Intermediate Fencing

RH-09

This class will focus on bouting. Emphasis is on technique refinement, theory of attack, second intention, fleché, coupé, glides, flanconade, right of way issues, infighting, attack into preparation, blade tuning and wiring. Prerequisites: at least a beginning course in foil-only fencing. Course may be repeated.

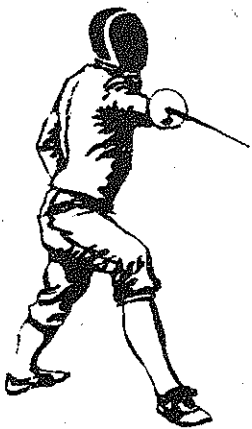
Bill Meyer (587-9990)

Date: February 1 - May 2 (Tuesday)
Time: 7 - 9 pm
Fee: \$32 if you have your own equipment/\$62 to use instructor's equipment
Location: Ahearn Fieldhouse, KSU
No Class March 21

"The will to win is not nearly as important as the will to prepare to win."

—Anonymous

UFM's Fencing Program Needs Your Help



UFM has started fencing classes and the program is growing! However, the program is in desperate need of electronic scoring equipment. Currently, the program must use the pre-World War II method of "dry" fencing, somewhat like playing tennis without a net. This severely limits the ability of our fencers to compete with Salina or Kansas City groups, not to mention any national aspirations. Electronic scoring devises start at around \$1,600.

If you are interested in helping develop the UFM Fencing Program, please send a tax deductible contribution to UFM, 1221 Thurston St. Manhattan, KS 66502. If you know of such equipment for sale, please contact Linda or Charlene at UFM, (785) 539-8763.



Introduction to Golf

RH-01a

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.

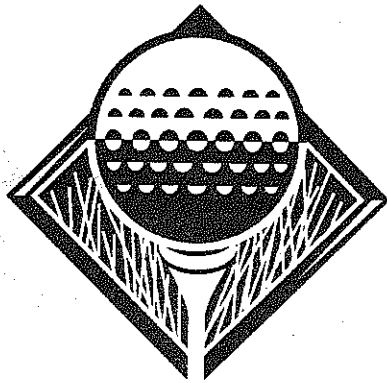
Date: April 6, 13, 20, & 27 (Thursday)
Time: 6 - 7 pm
Fee: \$35
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

Introduction to Golf

RH-01b

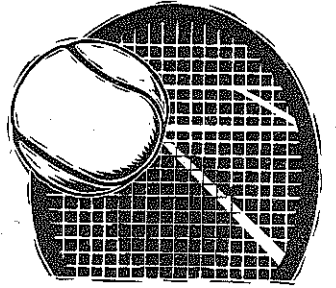
Jim Gregory (539-1041)

Date: May 4, 11, 18 & 25 (Thursday)
Time: 6:30 - 7:30 pm
Fee: \$35
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.



Tennis: Junior Beginners Ages 7-16 RH-05

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. Parking may be a challenge so plan accordingly and come early.



Mark Tessendorf has an M.S. degree in Kinesiology and has played tennis for over 20 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 4 - 25 (Tuesday)
Time: 6:30 - 7:30 pm
Fee: \$36
Location: LP Washburn Rec Complex, KSU

Tennis: Beginners Ages 17 and Up RH-06

This class will focus on fundamentals of strokes, basic rules of play and beginning competition. Parking may be a challenge so plan accordingly and come early.

Mark Tessendorf

Date: April 4 - 25 (Tuesday)
Time: 7:30 - 8:30 pm
Fee: \$36
Location: LP Washburn Rec Complex, KSU

Archery for Adults

RH-10

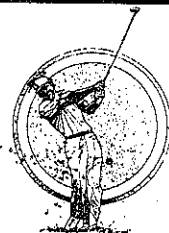
This course provides men and women with instruction in target style archery. Emphasis is on the archery form currently used in Olympics sports. Participants will learn safety rules, scoring, stance, release of arrow, and execution of follow through. Information on basic equipment selection and set-up will also be taught and all equipment will be provided by the instructor. Techniques will be tailored to fit individual levels of advancement.

Tom Korte is a certified national archery instructor NAA level 4. He has many years of coaching experience including Archery Instructor for 4H, Shooting Sports Director for Boy Scout Camp, and Assistant Coach for Junior Olympic Archery Development. He is presently coaching JOAD club, Manhattan Royal Archers.

Date: March 2 - April 13 (Thursday)
Time: 8 - 9:30 pm
Fee: \$32 includes range and equipment use.
Location: 1125 Laramie Plaza (upstairs)

"Life is like riding a bicycle; you don't fall off unless you stop pedaling."

—Ben J. Wattenberg



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Jim Gregory, PGA Professional





Swing and Salsa Dancing

RH-02

Have some fun learning classic big band swing dance and salsa. Learn swing, salsa and lindy basics, lifts, spins, and jumps. You will learn to move around the dance floor to lively music and add some special moves as well. Learn closed and open positions, pretzels, drape and yoke, Roman handshakes and other hot steps. Class emphasis will be on learning the steps cleanly and precisely. No prior dance experience is required! Wear comfortable clothing and non-stick shoes. Having fun is the only requirement.

Michael Bennett (776-7557)

Date: February 12 - May 6 (Saturday)
No Class March 25
Time: 7:30 - 8:30 pm
Fee: \$33 individual/\$60 couple
Location: ECM Auditorium
1021 Denison Ave

Ballroom Dance

RH-03

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 11 - May 5 (Friday)
No class March 24
Time: 8:30 - 9:30 pm
Fee: \$33 individual/\$60 couple
Location: ECM Auditorium
1021 Denison Ave.



Intermediate Ballroom Dance

RH-04

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 (776-7557)

Date: January 14 - May 5 (Friday)
No class March 24
Time: 7:30 - 8:30 pm
Fee: \$40 individual/\$75 couple
Location: ECM Auditorium
1021 Denison Ave.

Middle Eastern Dance (Belly Dancing)

RH-11a

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: January 26 - March 15 (Wednesday)
Time: 7 - 8 pm
Fee: \$37
Location: UFM

Advanced Middle Eastern Dance (Belly Dancing)

RH-11b

This class is a continuation of the beginning belly dancing class.

Ferdoos Afani

Date: January 26 - March 15 (Wednesday)
Time: 8 - 9 pm
Fee: \$37
Location: UFM

"Shoot for the moon, even if you miss you'll be among the stars."

—Anonymous

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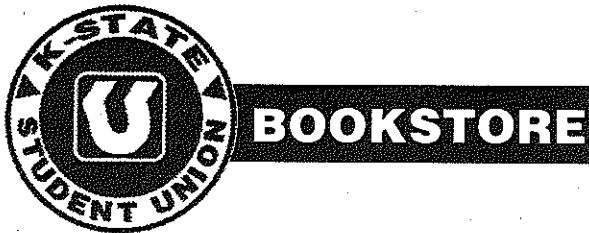
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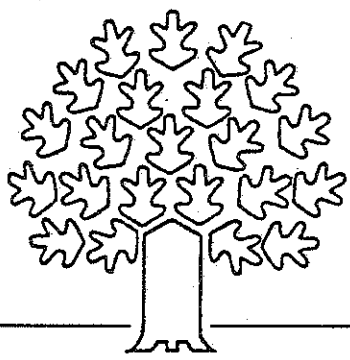
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Wellness

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Yoga for Body and Mind

WE-03

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 17 - February 21 (Monday)
Time: 5:30 pm
Fee: \$62
Location: 631 Levee Rd.
Industrial Park next to the Animal Shelter

Chi Lei: Chi Gong

WE-17

Chi Lei is a self-healing method prescribed by the world's largest medicineless hospital in Quihuangdao, 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: February 3 - March 9 (Thursday)
Time: 5:30 - 6:15 pm
Fee: \$36
Location: UFM Conference Room

Children and Prescription Drugs: Effects & Alternatives

WE-18

Protect your most prized possession! In this four part series, Dr. Dall examines the effects prescription drugs have on your child's life from birth through adolescence. You'll learn a safe and natural approach to dealing with childhood asthma, allergies, ear infections, and even attention deficit disorder. Your child can grow up happy and healthy without the use of debilitating drugs. Remove the road blocks and allow the wisdom that created the body to heal the body.

Dr. Dall (539-9113)

Date: February 1 - 22 (Tuesday)
Time: 7 pm
Fee: \$12
Location: 1130 Westport, Manhattan

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Manhattan 539-5919

Introduction to Feng Shui

WE-13

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 Berkeley, CA. He received in-depth training at a professional level from the nationally known Feng Shui consultants, writers and video producers, Helen and James Hay at Feng Shui Designs Learning Center in Nevada City, CA.

Date: April 11 (Tuesday)
Time: 7 - 9 pm
Fee: \$18
Location: UFM Greenhouse

Introduction to Reiki

WE-04a

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 Reiki Master Teacher 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 5 (Saturday)
Time: 10 am - noon
Fee: \$8
Location: UFM Greenhouse

Introduction to Reiki

WE-04b

June Hunzeker

Date: March 4 (Saturday)
Time: 10 am - noon
Fee: \$8
Location: UFM Greenhouse

Weight Control

WE-20a

Would you like to lose weight, but are confused with all the different diet plans? Then this class is for you. Discussion will be based on fad diets, balanced and planned snacks and meals, theories of weight loss (i.e. water, calorie reduction, and exercise), body types and realistic expectation. The goal is to fuel your body and maximize your activity.

Kathy Detamore (537-6164) is a registered dietitian with a BS degree in dietetics. She is a graduate of the University of Akron in Akron, Ohio. She completed a U.S. Army Dietetic Internship at Brooks Army Medical Center in San Antonio, Texas. Hospital, nursing home, and community wellness have been her focus.

Date: February 1 (Tuesday)
Time: 7 - 9 pm
Fee: \$13
Location: UFM Conference Room

Weight Control

WE-20b

Kathy Detamore

Date: March 8 (Wednesday)
Time: 7 - 9 pm
Fee: \$13
Location: UFM Conference Room

Tai Chi For Ages 55+

WE-12

This Tai Chi class is designed for individuals 55 and older. Participants will learn 9 movements, which are simplified. This ancient Chinese exercise is a slow moving exercise that increases the balance and harmony of the body, mind, and spirit.

Don Terhune (539-4277) has taught Tai Chi for the senior population. He is also a Feng Shui practitioner with Feng Shui Design Studio of Manhattan, KS.

Date: March 29, April 5, 12, & 19 (Wednesday)
Time: 6 - 7 pm
Fee: \$38
Location: ECM Auditorium
1021 Denison Ave.

Healing Herbs for Women

WE-21

This beginning class will cover herbal healing for women. Information will be given about herbs that help with PMS and menopause. A hair rinse and bath salt recipe will be given to participants.

Barbara Ouellette (7764396) works at People's Grocery and has been interested in herbs for about 5 years. She has a background as a dental assistant.

Date: April 3 (Monday)
Time: 7 - 8:30 pm
Fee: \$18
Location: UFM Multi-purpose Room

Why Essential Oils?

WE-19

From Egyptian hieroglyphics and Chinese manuscripts, we know that priests and physicians have been using essential oils for thousands of years. There are 188 references to essential oils in the Bible. The use of oils must be based on pure (grade A) essential oils. The instructor would like to share what she has learned about these oils. They are powerful and wonderful to use. Be prepared to work on each other's feet. A packet of information and pamphlets will be included in the class fee.

Enell Foerster

Date: March 13 (Monday)
Time: 7 - 9 pm
Fee: \$12
Location: UFM Conference Room

Pre-Natal Partners Massage

WE-14a

How can pregnancy and childbirth become an enjoyable experience? Couples can learn basic massage techniques to use throughout pregnancy and help the expectant mother to relax. This class will focus on ways of easing tension and teach specific ways to relieve the discomforts of pregnancy. It's a wonderful way for couples to bond and relax during this precious time. Couples should bring 2-3 pillows and wear loose clothing.

Nicole Dusin (776-6060) is a graduate of the Institute of Natural Healing Sciences and is a registered massage therapist. She has been doing massage in Manhattan for three years and is an active member of Associated Bodywork and massage professionals. She uses Swedish massage techniques but specializes in Pre-Natal and Infant Massage.

Date: February 8 & 15 (Tuesday)
Time: 6:30 - 7:30 pm
Fee: \$24
Location: UFM Fireplace Room

Pre-Natal Partners Massage

WE-14b

Nicole Dusin

Date: April 5 & 12 (Wednesday)
Time: 6:30 - 7:30 pm
Fee: \$24
Location: UFM Fireplace Room

Infant Massage

WE-15a

New parents will learn how to create an amazing bond with their child through massage. Childhood is a precious time in life, take advantage of the time when they're still little enough to develop a special relationship! Participants will learn basic massage techniques to help circulation, promote relaxation and give both parent and child a positive, health attitude.

Nicole Dusin

Date: March 8 (Wednesday)
Time: 6:30 - 7:30 pm
Fee: \$15
Location: UFM Multi-Purpose Room

Infant Massage

WE-15b

Nicole Dusin

Date: May 3 (Wednesday)
Time: 6:30 - 7:30 pm
Fee: \$15
Location: UFM Fireplace Room



Massage for the Individual WE-07

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) 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: January 25 (Tuesday)
Time: 7-9 pm
Fee: \$15
Location: Four Winds, 1114 Laramie

Intro. to Massage for Couples WE-08

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)
Date: February 1 & 8 (Tuesday)
Time: 7-9 pm
Fee: \$26 per couple
Location: UFM Banquet Room

Massage & Relaxation Techniques for Pair Relief WE-11

In this class, participants will learn relaxation and stretching techniques 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 (Thursday)
Time: 8 pm
Fee: \$13
Location: 1004 Colorado, Manhattan

Balancing the Four Corners of Your Life SP-02

Take time to revisit your best self—the self that thrives at work, with family, in relationships. This workshop takes an introspective approach to acknowledging and balancing the four aspects of your self—intellectual, physical, emotional and spiritual.

Angela Hayes (776-2070) has a bachelor's degree in Psychology and a master's degree in Industrial/Organization Psychology. She has been training and consulting with individuals and groups since 1987 in areas such as conflict management, communication skills and goal setting. She has done work on the national and international level. *Carmin Ross-Murray* is a recovering attorney who believes her true calling is to help others learn how to manage and resolve their personal, interpersonal, and organizational conflicts in ways that make the journey simple and fulfilling.

Date: January 19, 26 & February 2 (Wednesday)
Time: 7-9 pm
Fee: \$34
Location: UFM Conference Room

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, and Certified Massage Therapist whose avocation during the last twenty years has been to study and practice a variety of bodywork modalities: Swedish/Esalen Massage, Therapeutic Touch, and Shiatsu. Since 1995 she has focused on Jin Shin Jyutsu and is a certified Jin Shin Jyutsu practitioner and self-help instructor.

Date: January 24 - February 7 (Monday)
Time: 7-9 pm
Fee: \$14
Location: 631 Levee Rd. Industrial Park next to the Animal Shelter

Continuing Jin Shin Jyutsu Self-Help WE-02

(Prerequisite: Introducing Jin Shin Jyutsu) In this class we will focus on developing a deeper understanding and experience of the Safety Energy Locks and the Depths in order to be better able to release our tensions and support the body/mind's natural healing and harmonizing capacities.

Karma Smith (539-3733)
Date: February 28 - March 13 (Monday)
Time: 7-9 pm
Fee: \$14
Location: 631 Levee Rd. Industrial Park next to the Animal Shelter

Featured UFM Instructor

Karma Smith



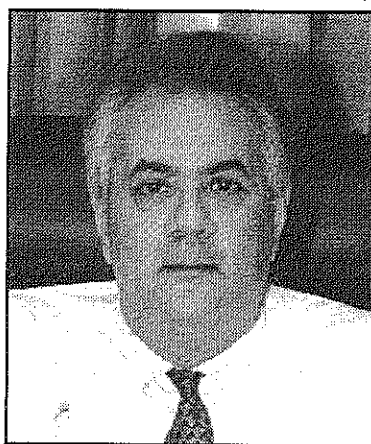
Karma Smith comes from a professional background in English/ESL teaching (11 years at K-State) and nursing/massage therapy (retired from Homecare and Hospice, Inc. in 1995). For three decades her avocation has been mind/body studies. She took her first two courses in Therapeutic Touch at UFM. Later, at a geriatric massage symposium she was introduced to another modality of energy work—Jin Shin Jyutsu, a form of acupressure—and fell in love with it. Since her retirement she has enjoyed dedicating time, energy, and travel to the study and practice of this art and enjoys sharing her knowledge with UFM students. A long-time meditator, she has also been an active participant in the development of the Pure Mind Center for the Meditative Arts. She volunteers her massage therapy skills at a local nursing home and in the last few years has given presentations to local groups on the spirituality of touch, on massage for stress reduction, and, to future nursing home administrators on the importance of compassionate touch in the care of the frail elderly. In the future she may offer UFM classes on two of her other longtime passionate interests: "Discovering the Enneagram" and "Befriending Our Dying".

The Lou Douglas Lecture Series Presents:

Barney Frank

New Deal vs. Trickle Down: The International Context

(Barney Frank's take on the WTO Struggle)



Democratic Congressman,
Massachusetts 4th District Member,
Judiciary Committee,
outspoken voice for liberalism
and hard-nosed pragmatism.

Monday, Feb. 7, 2000
7:30 p.m.

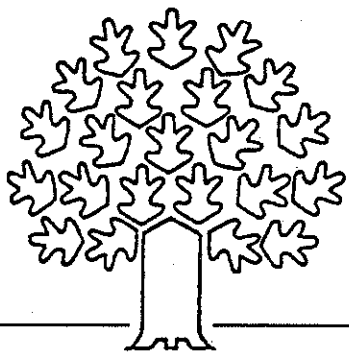
Forum Hall, K-State Student Union

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Martial Arts

1221 THURSTON

539-8763

Beginning Aikido

MA-05

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, adults and teens ages 12+.

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. Paul has taught at UFM since 1995.

Date: February 2 - May 3 (Mon/Wed)
Time: 7 - 8:30 pm
Fee: \$56
Location: Ahearn



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.

White Phoenix Kung Fu Basics

MA-04

Participants will work on solo techniques (salutations, stances, hard and soft style blocks, punches, strikes, and kicks), one step sparring, and two person drills. Kung Fu basics are somewhat like Karate or Tae Kwon Do, with more soft style techniques. White Phoenix Kung Fu is part of the White Phoenix System, which is a self-defense oriented system.

Stan Wilson has been practicing marital arts for 30 years, Jujutsu for 28 years and Kung Fu for 17 years. He has a third degree black sash in White Dragon Kung Fu, a second degree black belt in Hakko Ryu (aiki) Jujutsu and a first degree black sash in Mew Hing's 19 Taoist Palms Kung Fu. He is the founder of the White Phoenix System.

Date: January 24 - March 6 (Monday)
Time: 8 - 9 pm
Fee: \$40 fee includes 3 manuals
Location: Ahearn Fieldhouse, KSU

Modern Aikijujutsu Basics

MA-06

This class will focus on Aikijujutsu basic techniques, Jujutsu self-defense techniques, breakfalls, and walking exercises. Aikijujutsu is a self-defense oriented style of martial arts. It is related to Aikido and Jujutsu. Modern Aikijujutsu is a part of the White Phoenix system.

Stan Wilson

Date: March 13 - April 24 (Mondays)
Time: 8 - 9 pm
Fee: \$40 fee includes 3 manuals
Location: Ahearn Fieldhouse, KSU

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

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For all your insurance needs

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Tae Kwon Do 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 Tae Kwon Do degree ranking is held in Topeka. The cost is not included in the class fee and a uniform is required for testing. Age 9+

**Tuesday, January 13, 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 13 - May 4 (Tuesday & Thursday)
Time: 6:30 - 7:30 pm
Fee: \$72
Location: Ahearn Field House, KSU
No class March 21 & 23



Tae Kwon Do II Advanced

MA-02

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

Date: January 13 - May 4 (Tuesday & Thursday)
Time: 7:30 - 8:30 pm
Fee: \$72
Location: Ahearn Field House, KSU
No class March 21 & 23

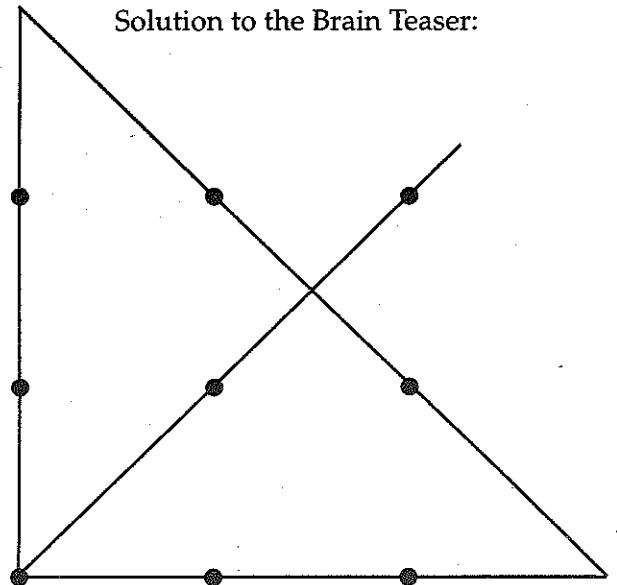


The Surgeon General has determined that lack of physical activity is detrimental to your health.

Try Hydroaerobics!

(water exercise)
See page 5

Solution to the Brain Teaser:

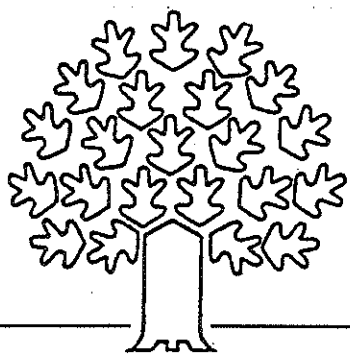


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Youth

1221 THURSTON

539-8763

Kids & Money

FC-09

As a parent we often tell our children, "Money doesn't grow on trees," but do we explain how money does grow? The goal of this class is to help young people understand the value of money and how it works. Basic money concepts will be covered including: needs versus wants, compound interest, setting short-term and long-term goals, inflation and understanding credit cards. Helping your child establish good money habits at a young age can have a powerful impact on their financial future. For children 13 years & up and their parents/guardians.

Robin Sipp (776-3666)

Date: April 25 (Tuesday)
Time: 7 - 8:30 pm
Fee: \$10 child/parent
Location: UFM Conference Room

Children and Prescription Drugs: Effects & Alternatives

WE-18

Protect your most prized possession! In this four part series, Dr. Dall examines the effects prescription drugs have on your child's life from birth through adolescence. You'll learn a safe and natural approach to dealing with childhood asthma, allergies, ear infections, and even attention deficit disorder. Your child can grow up happy and healthy without the use of debilitating drugs. Remove the road blocks and allow the wisdom that created the body to heal the body.

Dr. Dall (539-9113)

Date: February 1 - 22 (Tuesday)
Time: 7 pm
Fee: \$12
Location: 1130 Westport, Manhattan



Kids On Campus

YO-01

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 and return to UFM. This program is geared for children 3rd - 6th grade. Call UFM, 539-8763 for a complete list of activities. Fee includes lunch and a game of bowling at the K-State Union.

Date: March 16 (Thursday)
Time: 8 am - 5 pm
Fee: \$25
Location: Meet at UFM

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!

**** TENNIS ** FENCING ****

Tennis and Fencing classes for Youth...
See the RECREATION section.

Introduction to the Dance: Ballet, Tap & Jazz

YO-02

This is an introductory class designed to provide exposure to ballet, jazz, and tap steps for children ages 4-12. Students will learn the basic steps to ballet. No dance experience or formal dance attire is needed. Rock and Roll will make learning jazz and tap steps fun.

Randi Dale (539-5767) has taught dance for 38 years. Her dance choir toured the Midwest and Europe in 1968. She is a certified teacher with a master's degree in Education.

Date: January 14 (Friday)
Time: 5:30 - 6:30 pm
Fee: \$8
Location: 2416 Rogers Blvd.

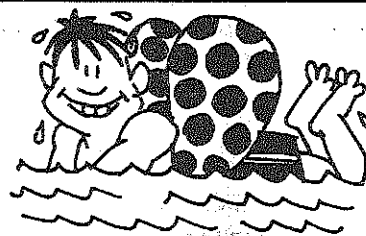
Fishing Kansas: Ages 8 to 80

EN-06

Excellent fishing of all kinds abounds in our area: bass, crappie, walleye, catfish, saugeye, and even trout. This class will cover both basics and fine points of when, where, and how. (You already know who and why.) It will cover equipment, lures, times of day, local locations, "bankstomping," and trolling. Especially for novice anglers but all levels of experience can benefit. A stack of free material will be given to each class member.

Paul Miller (539-7154) is a lifetime resident of Kansas who has fished most waters of the state and caught all species of fish. He recently retired from the State Wildlife and Parks Department and is now a licensed guide on waters around Manhattan. He is willing to share lots of fishing information with students in this class. Leo Schell is an avid crappie fisherman and former elementary school teacher who previously taught a UFM class titled "Kids and Crappie in Kansas" and wrote a handbook for the class. Paul and Leo taught "Fishing Kansas - Ages 8 to 80" last spring also.

Date: March 15 & 29 (Wednesday)
Time: 6:30 - 9 pm
Fee: \$8 individual/\$12 couple or parent and child
Location: Manhattan Public Library



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

Youth Scholarships are available through the YES! fund.

Call UFM at 539-8763 for details.

Winter Science Activities for Kids and Families

Try one of these on a cold winter day!!

Make a Wave Bottle

Stuff you need:

A clear bottle with a tight lid—a 16-20 oz. water or soda bottle works fine.

Vegetable oil

Water

Mineral spirits, turpentine or paint thinner

Food coloring

Wash out the bottle and remove the label. Fill half full with water. Add food coloring until you like the color. Fill about 2/3 of the remaining space in the bottle with vegetable oil. Then add turpentine to fill the rest of the bottle. Put the cap on tightly. Turn the bottle on its side and allow to settle for a few minutes. The water should sink to the bottom and you should be able to see a clear line between the water and the oil/turpentine mixture. Tip the bottle back and forth to make waves.

Goop

Stuff you need:

Newspapers spread on a table

A cereal-size bowl half filled with cornstarch

A measuring cup of water (about half a cup)

Pour the water into the bowl of cornstarch. Stir with your hands or a spoon.

Pick up a fistful of goop. Squeeze it. Open your hand and hold the goop in your palm.

Roll a ball of it into a snake. Hold the snake by its tail and see what happens.

Pick some up and rub it together until it crumbles, then let it sit on your palm for a few seconds.

See what else you can do with this goop.

All participants must register in advance.

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 han-

dled at the Division of Continuing Education Registration office. Call 532-5566 for questions or information.

*Special and health fees and non-resident fees may also be assessed—contact the Division of Continuing Education, 532-5566 for addition 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* has been diving for 25 years and instructing scuba for 15 years.

Session I

Date: January 22 - March 11 (Saturday)
Time: 9 am - 1 pm

Session II

Date: February 6 - March 12 (Sunday)
Time: 9 am - 1 pm
Fee: \$251
Location: YMCA
1703 McFarland, Junction City, KS

Golf

KIN-140 A, B, C, D or RRES-200

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*

Session I

Date: March 7 - May 2 (Tuesday)
Time: 2:50 - 4:30 pm

Session II

Date: March 8 - May 3 (Wednesday)
Time: 5:30 - 7:30 pm

Session III

Date: March 8 - May 3 (Wednesday)
Time: 1:30 - 3:30 pm

Session IV

Date: March 9 - May 4 (Thursday)
Time: 9:30 - 11:30 am
Fee: \$154
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.



Ballroom Dance

DANCE - 599 C, D

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*

Beginning

Date: January 14 - May 5 (Friday)
Time: 6:30 - 7:30 pm

Intermediate

Date: January 14 - May 5 (Friday)
Time: 7:30 - 8:30 pm
Fee: \$131
Location: ECM Auditorium
1021 Denison Ave.

Judo I

KIN 144 or RRES-200

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 13 - May 4 (Tuesday/Thursday)
Time: 8:45 - 10:00 pm
Fee: \$114
Location: 1111 Moro, Manhattan, KS

Judo II

KIN-145 or RRES-200

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 13 - May 4 (Tuesday/Thursday)
Time: 8:45 - 10:00 pm
Fee: \$114
Location: 1111 Moro
Manhattan, KS

Fly Fishing

RRES-200

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

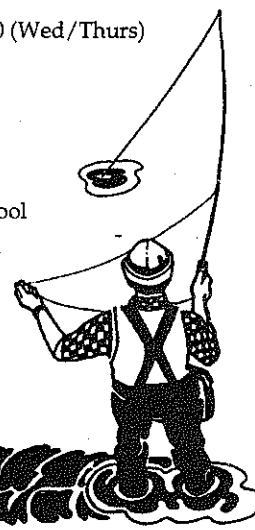
Instructor: *Paul Sodemann*

Session I

Date: January 19 - February 10 (Wed/Thurs)
Time: 6:00 - 8:00 pm

Session II

Date: February 16 - March 9 (Wed/Thurs)
Time: 6:00 - 8:00 pm
Fee: \$148
Location: Eisenhower Middle School
800 Walters Dr.



Manhattan Community Foundation

UFM Establishes Endowment Fund!

UFM now has a permanent endowment fund set up by the Manhattan Community Foundation!

About the Community Foundation

The Manhattan Community Foundation serves as an umbrella to pool charitable funds for our community.

Donations to the Manhattan Community Foundation stay in Manhattan to improve the quality of life right here at home.

Funds may be designated for a specific purpose or given for the general good of the community. The Manhattan Community Foundation can endow community priorities for decades to come.

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Gifts may be made in many forms:

- * Cash
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We can discuss how best to support UFM's programs regardless of the size or nature of the gift.

For more information, contact Linda Teener at (785) 539-8763.

Thanks for Your Support!

We wish to thank the following contributors for their financial assistance during 1999. These donations help underwrite the general operating costs and scholarships that make other program services possible.

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

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- **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.

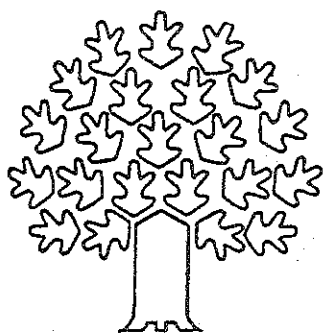
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- **General Operations**—Keeps the catalog coming with a wide array of class choices and supports service projects.
- **General Endowment**—Supports long term program success.
- **Scholarship Fund**—Provides scholarships to adults and children with 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.

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

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Special THANKS TO THE UFM INSTRUCTORS who volunteer their time.

REGISTRATION INFORMATION 3 WAYS TO REGISTER



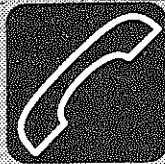
Registration by Mail

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

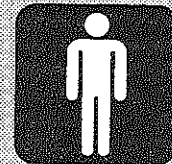
You will be notified if the class is full. All registration is on a first-come, first-served basis. No other class confirmations will be sent out unless requested.

FOR YOU... One participant per form, please



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 A FRIEND... One participant per form, please

UFM 1221 THURSTON 539-8763
Manhattan, KS 66502

UFM Community Learning Center

Registration Form

1221 Thurston Manhattan, KS 66502 539-8763

Student Name _____ Day Phone _____
Address _____ Evening Phone _____
City _____ State KS Zip _____ Email _____
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

Tax Deductible Donation
Total _____

I hereby authorize the use of my Visa MasterCard Discover

Card Number _____ Expiration Date _____
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Signature** Date _____

**Signature of Parent or Guardian required for minors.

Office Use Only		Amount	Total Paid
Date Received	Date _____ Staff _____	Check _____	<input style="width: 50px; height: 20px;" type="text"/>
Entered	_____	Cash _____	
Computer	_____	Visa _____ Date _____	
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		Discover _____	

UFM 1221 THURSTON 539-8763
Manhattan, KS 66502

UFM Community Learning Center

Registration Form

1221 Thurston Manhattan, KS 66502 539-8763

Student Name _____ Day Phone _____
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Total _____

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Cardholder's Signature _____

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

Where did you obtain your catalog? _____
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Entered	_____	Cash _____	
Computer	_____	Visa _____ Date _____	
		M/C _____	
		Discover _____	