

UFM

Community Learning Center

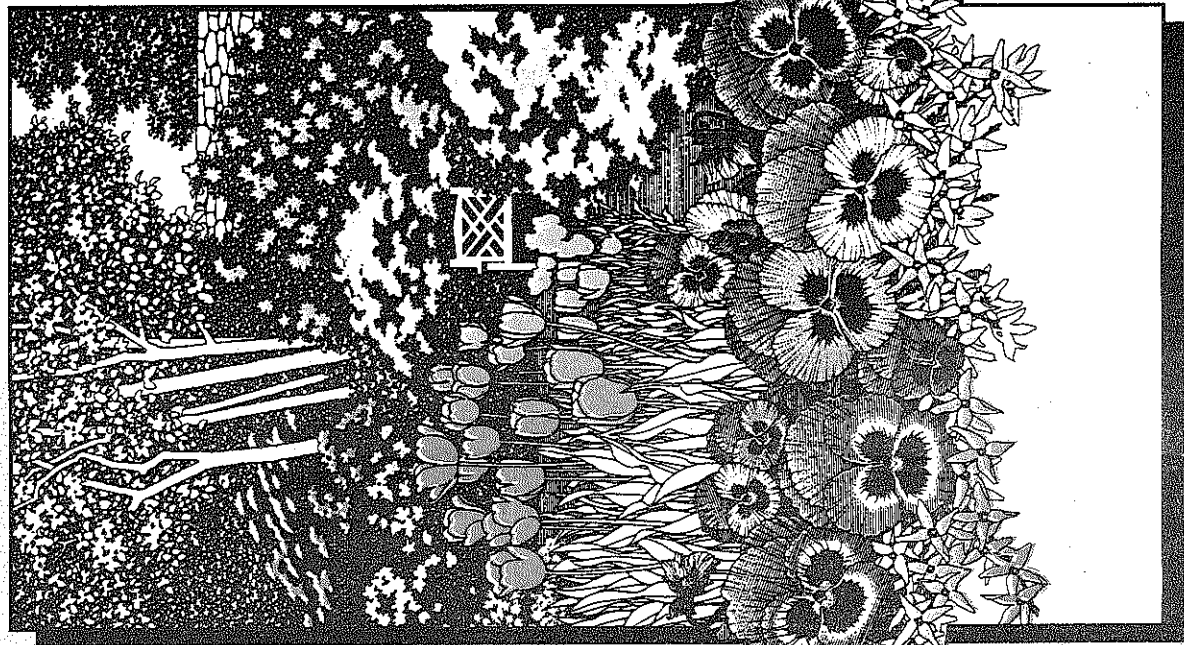
Teaching • Learning • Growing
VOL.33 • EDITION I

2001 Spring Classes



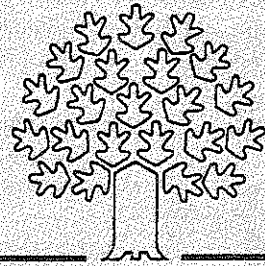
Spring Classes Jan-May. 2001

- Baby Massage*
- • •
- Why Save the Past?*
- • •
- Learn to Write & Sell Fiction*
- • •
- Aquarium Basics*
- • •
- WSJ - Water Safety Instructor*
- • •
- Lifeguard Training*
- • •
- Chess Workshops*
- • •
- and much more...*



Spring Classes Jan-May. 2001

- Learn to Write & Sell Fiction*
- • •
- Quilting*
- • •
- Successful Ponds*
- • •
- Yoga for Everybody*
- • •
- Wines of Italy*
- • •
- You Be the Judge: The United States Supreme Court in Review*
- • •
- Spring Plant Swap*
- • •
- Growing & Using Herbs*
- • •
- and much more...*



Teaching • Learning • Growing

UFM Community Learning Center

2001 Spring Classes

NON-PROFIT ORG
U.S. POSTAGE PAID
Manhattan, Kan. 66502
Permit No. 134

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 to learn a new skill or share something that you know with others. UFM serves as a forum for the exchange of ideas and as a catalyst for new programs and services.

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. Last year 313 people taught classes for UFM. 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.

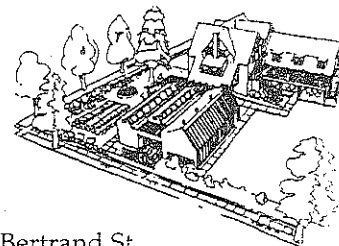
Classes have run the A to Z of topics. Some of our most popular classes include ballroom dance, golf, tae kwon do, yoga and swimming. We are also known for offering unique classes you won't find elsewhere. Look through the catalog to see what's new this semester.

UFM Staff:

Executive Director - Linda Inlow Teener
Education Coordinator - Charlene Brownson
Swim Coordinator - Chris Branton
State Outreach Coordinator - Anita Madison
Lou Douglas Lecture Series Coordinator - Olivia Collins
Teen Mentoring Program Coordinator - Brent Yeager
Office Coordinator - Tabitha Smith
Plus all the teachers who share their talents!

WHERE WE'RE LOCATED

UFM
1221 Thurston



KSU
Campus

Manhattan Ave.
Anderson Ave.

Bertrand St.
Thurston St.
Kearney St.
Vattier St.
Bluemont Ave.


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Classes

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*Hydroaerobics *Scuba Diving	
*Lifeguard Training *WSI	

Martial Arts

- *Tae Kwon Do I & II
- *Hakko Ryu Jujutsu
- *Enshin Karate



Career & Finance

- *Home Buying *Estate Planning
- *GMAT, PPST Prep Courses

Creative Free Time

- *You Be the Judge: The United States Supreme Court in Review
- *Quilting *Tatting Lace
- *Antique Roadshow *Chess

Recreation and Dance

- *Ballroom Dance *Belly Dancing *Line Dancing
- *Swing Dance *Country Dancing *Archery

Wellness

- *Intro to Reiki *Intro to Massage for Couples
- *Aromatherapy *Chi Lei

Youth

- *Kids on Campus
- *Ballet Basics Ages 6-9

Language

- *French *Beginning Sign Language
- *ESL *Czech

Personal Development

- *Self Defense for Women
- *Intuitive Arts

Computer

- *Computer Seminars & Workshops

Earth, Nature & Environment

- *Gardening
- *Building A Fish Pond
- *Growing Cacti & Succulents
- *Butterfly Gardening *Bird Watching



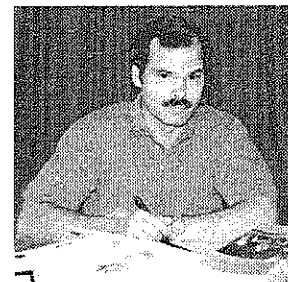
Food for Fun

- *Indian Cooking *Italian Wines *Risotto

Credit Option Classes

- *Ballroom Dance *Fly Fishing *Scuba Diving
- *Swimming I *Fitness Swimming

Featured UFM Instructor



Glenn R. Sixbury's first connection with UFM came in 1988 when he attended a class on writing taught by Leonard Bishop. Glenn later joined Leonard Bishop's local writing group and remained a member for four years. During that time, he finished his first novel and numerous short stories. In 1995, Glenn taught his first UFM class "Learning to Write and Sell Speculative Fiction," which he has continued to teach each spring (with the exception of 1999). The class is modeled after the one taught by Leonard Bishop, but with a greater emphasis on genre fiction. At least one student from this class has gone on to sell professionally and credits his success, in part to what he learned in Glenn's class. During the past twelve years, Glenn has sold six short stories, three of which have been reprinted in Europe and continues to sell extensively. He has also written three novels. His latest effort, a media tie-in novel for the Earth: Final Conflict television series, sold last summer. His second novel, an original work that blends mythology with science fiction, is currently under consideration by the chief editor at Tor, the world's largest publisher of speculative fiction. The class that Glenn teaches at UFM "Learning to Write and Sell Fiction" focuses on helping students learn to write their own stories and novels, and provides resources to help sell their completed work. It also emphasizes class participation and supplies professional feedback, all meant to improve the students' writing skills while teaching them how to properly critique the work of others. This class is listed on page 11 of the catalog.

BOARD OF DIRECTORS

Bill Richter - Chair	Dick Hayter
Larry Fry - Vice Chair	Robert Wilson
Migette Kaup - Treasurer	Candace White
Sharon Brookshire - Secretary	Craig Comas
Linda Inlow Teener - President and CEO	Travis Lenkner
Mary Kidd	Sharon Brookshire
Sue Maes	Aubrey Abbott
	Brandy McKenna

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.

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

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



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

UFM INSTRUCTORS

Roger Adams
Cathy Ambler
Doyle Barnes
Michael Bennett
Mark Bergner
Chris Branton
Marie Burgett
Reita Currie
Randi Dale
Dr. Larry Dall
Jeanie DeArmond
Enell Foerster
Ana Franklin

Jerri Garretson
Tammy Goodson
Jim Gregory
Karma Smith-Grindell
Colleen Hampton
Barbra Hilpman
Ty Holborn
Erik Holeman
June Hunzeker
Vickie Hurt
Sharolyn Jackson
Jayson Kaus
Wendy Kaus

Duane Kerr
Tom Korte
Toni Kroll
Sibylle Kuder
Alan Ladd
Sharon Landrith
Lindsay Linger
Don Lonnberg
Bernice Martin
Dr. Richard Mattson
Bill Meyer
Jan & Gene Meyer
Keith Miller

Jayanthi Mohan
Barbara Ouelette
Raymond Paul
Joan Phelps
Joseph Pierron
Steve Prockish
Emilie Rabbat
Dave Rintoul
Ronna Robertson
Jane Saxer
Gordon Schmid
Pam Schmid
Stacey Shaffer

Robin Sipp
Glenn Sixbury
Sandy Snyder
Paul Sodamann
Jody Somers
Lucy Soukemikova
Carol Stites
Chae Sun Yi
Diana Tarver
K Taylor
Don Terhune
Mark Tessendorf
Kennita Tully

Isaac Wakabayashi
Ralph Wasmer
Harold Wellmeier
Pam Westmeyer
Jeff Wilson
Stan Wilson
Patricia Yeager
Helen Yetter

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 16, Tues	10 am - 2 pm	KSU Union
Jan 17, Wed	10 am - 2 pm	KSU Union
Jan 12, Fri	4 - 6 pm	Manhattan Public Library

Registration continues throughout the semester:

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

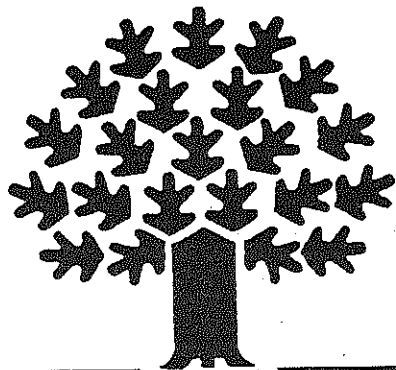
MAILING YOUR REGISTRATION?

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!

To learn about sponsorship opportunities, contact the UFM office, 539-8763.



• 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, 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

- Card Tables
- Folding Chairs
- 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

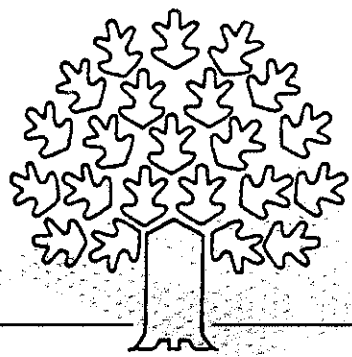
Individual participants should be aware of the risks and hazards involved in recreational sports and fitness activities. They should voluntarily elect to utilize KSU and UFM facilities and participate in programs recognizing present conditions and further agree to voluntarily assume all risks of loss,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

- Bonsai Gardening
- 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 12
- Session B: Wednesday, March 14
- Session C: Saturday, April 14
- Session D: Tuesday, February 27
- Session E: Tuesday, April 10

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

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

BEGINNING & ENDING DATES:

- Session A: Mondays, February 12 - April 23
- Session B: Wednesday, February 14 - April 25
- Session C: Saturday, March 31 - May 5 *Because of swim meets conflicting with Saturday lessons, there will be 6 lessons of 50 minutes on Saturdays, the fee will be \$27.
- Session D: Tues/Thurs, February 13 - March 15
- Session E: Tues/Thurs, March 27 - April 26

No lessons March 19 - 22

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 appropriate swim diapers. To participate, infants must have the ability to voluntarily raise their heads 90 degrees when lying flat on their stomachs and be 6 months old. During the 6 meetings the parents will receive instruction and have opportunity to practice water techniques with their children. Parent must accompany child.

- Session A: Monday February 5 - March 12
 - AQ-01P 6 - 6:30 pm
 - Session C: Saturday March 31 - May 5
 - AQ-02P 9:30 - 10 am
 - Session D: Tues/Thurs February 6 - 22
 - AQ-03P 6 - 6:30 pm
 - Session E: Tues/Thurs, March 27 - April 12
 - AQ-04P 6 - 6:30 pm
- Fee: \$19 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 1, this short class is for them. Emphasis will be on basic water safety and preparation activities for swimming. Some parent participation may be allowed.

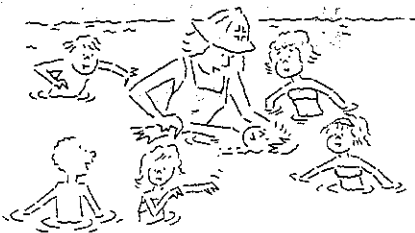
- Session B: Wed. February 7 - March 14
- AQ-01T 6 - 6:30 pm
- Session C: Saturday March 31 - May 5
- AQ-02T 9:30 - 10 am
- Session D: Tues/Thurs February 27 - March 15
- AQ-03T 6 - 6:30 pm
- Session E: Tues/Thurs April 17 - May 3
- AQ-04T 6 - 6:30 pm

Fee: \$19 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 - 6:40 pm
 - AQ-02A Monday 6:50 - 7:30 pm
 - Session B: (See dates above)
 - AQ-01B Wednesday 6:40 - 7:20 pm
 - Session D: (See dates above)
 - AQ-01D Tues/Thurs 6:40 - 7:20 pm
 - Session E: (See dates above)
 - AQ-01E Tues/Thurs 6:40 - 7:20 pm
- Fee: \$38 per session
- Session C: (See dates above)
 - AQ-01C Saturday 10:10 - 11:00 am
- Fee for Saturday: \$27 per session



Level II: Primary Skills

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

- Session A: (See dates above)
- AQ-04A Monday 6 - 6:40 pm
- AQ-05A Monday 6:50 - 7:30 pm
- Session B: (See dates above)
- AQ-04B Wednesday 6:40 - 7:20 pm
- Session D: (See dates above)
- AQ-04D Tues/Thurs 6:40 - 7:20 pm
- Session E: (See dates above)
- AQ-04E Tues/Thurs 6:40 - 7:20 pm

Fee: \$38 per session

- Session C: (See dates above)
- AQ-04C Saturday 10:10 - 11:00 am

Fee for Saturday: \$27 per session

Level III: Stroke Readiness

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

- Session A: (See dates above)
- AQ-07A Monday 6 - 6:40 pm
- AQ-08A Monday 6:50 - 7:30 pm
- Session B: (See dates above)
- AQ-07B Wednesday 6:40 - 7:20 pm
- Session D: (See dates above)
- AQ-07D Tues/Thurs 6:40 - 7:20 pm
- Session E: (See dates above)
- AQ-07E Tues/Thurs 6:40 - 7:20 pm

Fee: \$38 per session

- Session C: (See dates above)
- AQ-07C Saturday 10:10 - 11:00 am

Fee for Saturday: \$27 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 - 6:40 pm
- Session E: (See dates above)
- AQ-10E Tues/Thurs 6:40 - 7:20 pm

Fee: \$38 per session

- Session C: (See dates above)
 - AQ-10C Saturday 10:10 - 11:00 am
- Fee for Saturday: \$27 per session



Level V: Stroke Refinement

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

Session C: (See dates above)
AQ-13C Saturday 10:10 - 11:00 am

Fee for Saturday: \$27 per session

Session E: (See dates above)
AQ-13E Tues/Thurs 6:40 - 7:20 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 C: (See dates above)
AQ-16C Saturday 10:10 - 11:00 am

Fee for Saturday: \$27 per session

Session E: (See dates above)
AQ-16E Tues/Thurs 6:40 - 7:20 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. Participants entering this course must have a Level VI certificate or must be able to demonstrate all the completion requirements in Level VI.

Session C: (See dates above)
AQ-19C Saturday 10:10 - 11:00 am
Fee for Saturday: \$27 per session

Session E: (See dates above)
AQ-19E Tues/Thurs 6:40 - 7:20 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

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 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

Session C: (See dates above)
AQ-24C Saturday 10:10 - 11:00 am

Fee for Saturday: \$15 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 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

Session C: (See dates above)
AQ-25C Saturday 10:10 - 11:00 am

Fee for Saturday: \$10 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 8 - February 8
AQ-26A Mon/Wed or Tues/Thurs 6:35 - 7:30 pm
AQ-27A Mon-Thurs 6:35 - 7:30 pm
No Class January 15

Session B: February 12 - March 15
AQ-26B Mon/Wed or Tues/Thurs 6:35 - 7:30 pm
AQ-27B Mon-Thurs 6:35 - 7:30 pm

Session C: March 31 - May 5
AQ-26C Saturday 10:05 - 11:00 am

Session D: March 26 - April 26
AQ-26D Mon/Wed or Tues/Thurs 6:35 - 7:30 pm
AQ-27D Mon - Thurs 6:35 - 7:30 pm

Session E: April 30 - May 31
AQ-26E Mon/Wed or Tue/Thurs 6:35 - 7:30 pm
AQ-27E Mon - Thurs 6:35 - 7:30 pm

Fee: \$17 per session for Mon/Wed or Tues/Thurs
\$21 per session Mon - Thurs
\$12 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: Tues/Wed/Thurs 6 - 6:30 pm
Saturday 9:30 - 10 am

Fee: \$47 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: T,W,Th, 6 - 6:30
Sat. 9:30 - 10am or as space permits

Fee: \$47 per session of 6 lessons

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

Open Swim Appreciation

AQ-31b

For UFM swim participants and their parents.

Date: May 6 (Sunday)
Time: 5 - 7 pm
Fee: N/C
Location: KSU Natatorium

Sunday Family Swim

AQ-32

Bring the family out for a refreshing evening of swimming. Take advantage of the indoor pool at K-State on Sunday evenings. You must register in advance so we can plan adequate lifeguards.

Date: April 1 - May 6 (Sunday)
Time: 5 - 7 pm
Fee: \$10 individual/\$25 family
Location: KSU Natatorium
Will not meet April 15.

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.



Scuba Diving

AQ-103

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

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

Date: January 22 - February 26 (Monday)
Time: 5:30 - 9:30 pm
Fee: \$253 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 14 - 25 (Mon - Fri) May 26 (Saturday)
Time: 4 - 7:30 pm Mon - Fri, 8 am - 12 pm & 1 - 5 pm Saturday

Fee: \$144
(Textbooks & equipment must be paid for and picked up at the American Red Cross for \$51. * Includes new \$5 Fundamentals of Instruction Book)
Location: KSU Natatorium

Lifeguard Training

AQ - 35a

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.

Carol Stites (539-1991)

Date: March 26 - 30 (M-F), March 31 & April 1 (Sat & Sun), April 2 - 6 (M-F)
Time: 9 am - 12 pm & 1 - 5 pm (Sat) 1 - 5 pm (Sun), 4 pm - 7:30 pm (Mon-Fri)

Fee: \$109
(Textbooks and equipment must be paid for and picked up at the American Red Cross for \$39, * Must get pocket mask \$13.50)
Location: KSU Natatorium

Lifeguard Training

AQ - 35b

Chris Branton (537-3904)

Date: May 26 (Sat), May 28 - June 1 (M - F) & June 2 (Sat)
Time: 8 am - 2 pm (Sat), 3 - 9 pm (Mon - Fri)
Fee: \$109

(Textbooks and equipment must be paid for and picked up at the American Red Cross for \$39, * Must get pocket mask \$13.50)
Location: KSU Natatorium

Lifeguard Training Review

AQ-36a

This class provides an update and recertification for someone who is currently a certified Lifeguard. The review course includes 8 hours of Lifeguard Training/First Aid and 7 hours of CPR for the Professional Rescuer.

Prerequisite: current lifeguard certificate

Chris Branton

Date: May 12 & 13 (Sat & Sun)
Time: 8 am - 5 pm
Fee: \$52

(Textbooks & equipment may be purchased at the American Red Cross. * Participants must have a pocket mask \$13.50)

Location: UFM on Saturday
Ahearn Natatorium on Sunday

CPR Review Only

AQ-36b

Chris Branton

Date: May 12 (Saturday)
Time: 8 am - 5 pm

Fee: \$29 (Must have a pocket mask available at the American Red Cross for \$13.50)

Location: UFM

Lifeguard Instructor Training

AQ - 91

Lifeguard Instructor Training prepares instructor candidates to teach Lifeguard Training (including first aid), CPR for the Professional Rescuer, Lifeguarding Instructor Aide, and Community Water Safety by developing understanding of how to use the course materials, methods of conducting training sessions and evaluating participants' progress.

Prerequisites: minimum age 17, ICT certificate or current Health and Safety instructor authorization; and successfully complete precourse session, consisting of Lifeguard Training, first aid, CPR for the Professional Rescuer skills, and knowledge evaluation.

Certification requirements: competently perform all critical skills, successfully complete all practice teaching assignments, and pass 2 written tests.

Carol Stites - (539-1991)

Date: March 12, 13, 14, March 26 - 31 & April 1 - 5 (Mon - Fri, Sat & Sun)
Time: 4 pm - 7:30 pm (Mon - Fri), 8 am - 12 pm & 1 - 5 pm (Sat), 1 - 5 pm (Sun)
Fee: \$60

(Textbooks & equipment must be paid for & picked up at The American Red Cross for \$29.50)
Location: Ahearn Natatorium, KSU

Water Fitness Instructor Preparation Course

AQ - 104

This course is for individuals who would like to learn the skills needed to teach water exercise classes. It is also an excellent opportunity for current instructors to expand their education and get new ideas for their classes. Participants will receive the information needed to prepare for the National Water Fitness Certification Course, which is offered on April 14. For those planning on enrolling in the certification course, it would be helpful for you to enroll early and bring your materials to this course.

Carol Stites is a certified instructor with USWFA and an aquatics instructor at K-State.

Date: April 14 (Saturday)
Time: 9 am - 12 pm
Fee: \$20
Location: Ahearn Natatorium, KSU

Fitness Swimming

AQ-106

Students interested in this course MUST be able to demonstrate the five basic strokes, using rhythmic breathing. Emphasis will be on analyzing and refining stroke technique and additional competitive skills improving/maintaining physical fitness and endurance through a progressive conditioning swimming program. Students will learn the components of well-balanced training and how to design a workout for conditioning swimming.

Carol Stites

Date: January 23 - March 8 (Tuesday/Thursday)
Time: 3:00 - 4:30 pm
Fee: \$72 noncredit/ \$123 Credit
Location: Fort Riley Pool

Swim I

AQ-105

This course is designed ONLY for students who have a fear of the water and/or those with little or no water experience. It will address the needs of the truly beginning swimmer. Emphasis will be on acquiring the skills, knowledge and attitudes necessary to become safe in or near the water. Students will learn basic stroke technique, survival skills, and how to assist others in an aquatic emergency by performing elementary forms of rescue. Textbook required: Swimming and Diving.

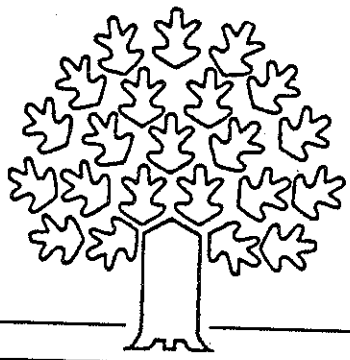
Carol Stites

Date: January 22 - March 7 (Monday/Wednesday)
Time: 4 - 5 pm
Fee: \$72 noncredit/ \$123 credit
Location: Fort Riley Pool

National Water Fitness Instructor Certification Course Test Day

A National Certification Course for Water Fitness Instructors will be held at the K-State University Natatorium on Saturday, April 14. The course is open to any person 16 years or older who has an interest in becoming a water fitness instructor. Those currently teaching but without credentials are encouraged to attend.

For more information, contact Charlene at UFM (785) 539-8763. Or contact the United States Water Fitness Association National Headquarters at P.O. Box 3279, Boynton Beach, FL 33424. Phone (561) 732-9908.



Martial Arts

1221 THURSTON

539-8763

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 16, 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 16 - May 3 (Tuesday/Thursday)
Time: 6:30 - 7:30 pm
Fee: \$72
Location: Ahearn Fieldhouse, KSU
No class March 20 & 22

Tae Kwon Do II Advanced

MA-02

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

Date: January 16 - May 3 (Tuesday/Thursday)
Time: 7:30 - 8:30 pm
Fee: \$72
Location: Ahearn Fieldhouse, KSU
No class March 20 & 22

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 System Basics

MA-07

The White Phoenix System is a type of martial art that is made up of nine different methods of martial arts. In this class we will work on Kung Fu basics and the 20 Jujutsu self-defense techniques that together form the foundation of the White Phoenix System. If time allows, we will work on Sanchin Kata, which is the first form taught in the White Phoenix System.

Stan Wilson (539-2322) has practiced martial arts for 31 years. He has a second degree black belt in Hakko Ryu Jujutsu and black sashes in Pai Lung Kung Fu and Mew Hing's Taoist 18 Palms Kung Fu. He is the founder of the White Phoenix System of martial arts.

Date: March 12 - April 30 (Monday)
Time: 8 - 9 pm
Fee: \$39 fee includes 3 manuals
Location: Ahearn Fieldhouse, KSU

Enshin Karate

MA-09

Enshin Karate is based on the fighting system Sabaki. Sabaki uses circular movements that takes one out of the line of attack and into a position from which you can counter attack. Sparring, Katas, street self-defense, meditation and demonstrations will all be focused on during each class.

Mark Bergner, Sensei (776-3601) has been studying Enshin Karate for the past eight years. He trained in Denver under the guidance of Kancho Joko Ninomiya, Grand Master of Enshin Karate. In an effort to continue his martial arts training, Sensei Bergner sought his teaching degree. Now as an International Certified Instructor, he is the youngest instructor in Enshin Karate. In 1998 Sensei Bergner was featured in a martial arts book called the Sabaki Method. Mark is presently teaching karate in Manhattan, KS.

Date: January 17 - May 2 (Mon/Wed)
Time: 6 - 7:30 pm
Fee: \$72
Location: Ahearn Fieldhouse, KSU

Earth Week Activities April 17-22

- Speakers
- Music
- Outdoor Activities
- Recycling Displays

Watch for details in the Spring.

Organized by Students for Environmental Action, UFM, and others.

Hakko Ryu Jujutsu

MA-10

In this class we will work on falls, Hakko Ryu basic waza (techniques), White Phoenix self-defense/Jujutsu techniques and Hakkosen walking exercises. Hakko Ryu's founder studied Daito Ryu, as did the founder of Aikido, before he founded the art. Hakko Ryu is a self-defense-oriented martial art.

Stan Wilson

Date: January 22 - March 5 (Mondays)
Time: 8 - 9 pm
Fee: \$39 fee includes 3 manuals
Location: Ahearn Fieldhouse, KSU



mental health matters

continuing education
for health and helping professionals


Feb. 21 ♦ Help for SED Children

Mar. 28 ♦ Co-existing Conditions
Mental Illness & substance abuse

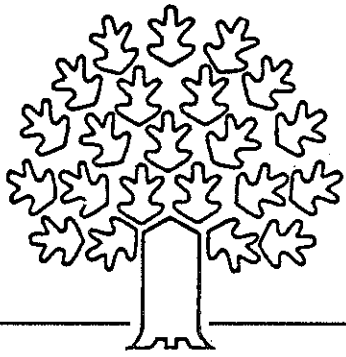
May 16 ♦ Love, Sex & Intimacy

June 20 ♦ Adolescents & Drugs:
What happens to kids who
know better?

♦ ♦ ♦
All workshops 12:45-3:45
At Houston Street Center (5th & Houston)
Credit: 3 CEU's for social workers, psychologists and others. 3 credit hours for nurses through Mercy Health Center. Cost: \$24 until Friday before workshop, \$30 later.

For information
Call 587-4326  P A W N E E
www.pawnee.org Mental Health Services.

All participants must register in advance.



Career & Finance

1221 THURSTON

539-8763

Gain Control of Your Money & Become Debt-Free

FC-01

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 debt and insurances? This class will cover fees and charges to watch out for with credit cards and mortgages. You will learn to identify problem areas in your finances, so that you can start to take control of your money. Learn to buy wisely and reach your financial dreams. Everyone attending this seminar will have the option to get an individual consultation to establish their debt-free date.

Robin Sipp (776-3666) works with a local financial serve company. She has 20 years experience teaching in the public schools. Robin enjoys teaching and helping families take control of their finances.

Date: April 5 (Thursday)
Time: 7 - 8:30 pm
Fee: \$8 individual/\$12 couple
Both: Gain Control & Investing, \$10 individual/\$14 couple
Location: UFM Conference Room

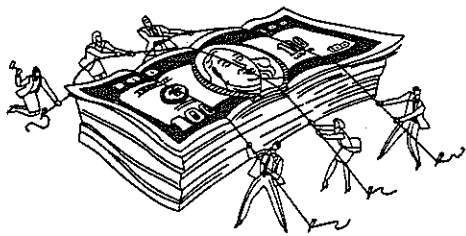
Investing in YOUR Future

FC-02

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.

Robin Sipp (776-3666)

Date: April 12 (Thursday)
Time: 7 - 8:30 pm
Fee: \$8 individual/\$12 couple
Both: Gain Control & Investing, \$10 individual/\$14 couple
Location: UFM Conference Room



Financial Planning For Women

FC-06a

Women outlive men on average by about seven years, according to the U.S. Department of Labor, and the average age of widowhood in the United States is 56. Since most women will eventually handle finances on their own, it's critical for them to take an active role in managing their money and preparing for the future. What can you do to create the financial future you want? This class is designed to help women of all ages learn how they can achieve their financial goals.

Marilyn Tomich (537-4505) is a financial advisor with Waddell & Reed in Manhattan. She has received her B.A. from the University of Delaware and has completed over 20 hours of graduate study at Kansas State University.

Date: January 16 (Tuesday)
Time: 7:00 - 8:30 pm
Fee: \$8
Location: Waddell & Reed, Suite 280, 555 Poyntz Ave.

Financial Planning For Women

FC-06b

Marilyn Tomich (537-4505)

Date: March 13 (Tuesday)
Time: 7:00 - 8:30 pm
Fee: \$8
Location: Waddell & Reed, Suite 280, 555 Poyntz Ave.

Long-Term Care

FC-15a

What exactly is it? Should you be covered by long-term care insurance? Can you afford to pay for the expense of a nursing home or in home care when the need arises? The Census Bureau reports that there are over 34 million Americans age 65 or older, and the number will increase to 82 million by 2050. The national average yearly cost for nursing home is \$50,000 and increasing. A health care aide providing nonmedical assistance in your home costs anywhere from \$12 to \$18 per hour. Medical supplemental insurance does not cover long term care expenses. This class is for anyone wanting to learn more about this subject.

Marilyn Tomich (537-4505) is a financial advisor with Waddell & Reed in Manhattan. She has completed her B.A. at the University of Delaware and has completed over 20 hours of graduate study at Kansas State University.

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

Long Term Care

FC-15b

Marilyn Tomich (537-4505)

Date: April 3 (Tuesday)
Time: 7 - 8:30 pm
Fee: \$8
Location: Waddell & Reed, Suite 280, 555 Poyntz Ave.

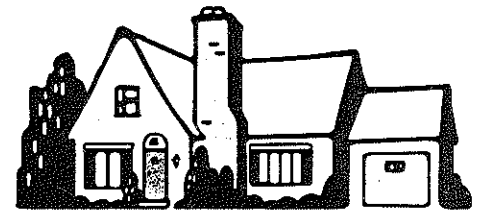
Estate Planning 101 for Women

FC-17

Ladies don't miss out on this class. This will be an excellent opportunity to get the nuts-and-bolts of information you need on wills, living trusts, powers of attorney, and the probate process. Estate planning 101!

Wendy Kaus (539-2208) is a partner in the Manhattan law firm of Wear, Davis, Henry, Struebing, Troup, Kaus & Ryan, where her primary areas of practice are estate planning and probate law. She received her B.S. and B.A. degrees with honors, and her J.D. degree, from Creighton University, Omaha, NE. She is a member of the American, Kansas, and Riley County Bar Associations, and has lectured before business and professional groups on estate planning law.

Date: March 29 (Thursday)
Time: 7 - 8:30 pm
Fee: \$8
Location: UFM Conference Room



Home Buying Made Easy

FC-18

Are you considering buying a new home? There are many things you need to know about buying a home; agencies, financing, inspections & contingencies. Your questions are welcomed and will be answered in this informative and informal class.

Tammy Goodson, K. Taylor & Pam Westmeyer (539-3737) are all Associate Broker's with ERA Ann Christian Linda Conderman Real Estate. They have 21 years of combined experience in Real Estate.

Date: March 6 (Tuesday)
Time: 7 - 9 pm
Fee: \$8
Location: UFM Fireplace Room

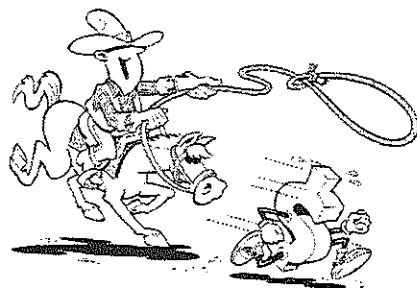
Intricacies of Selling Your Home

FC-19

Are you planning to sell your home in the near future? Then this class is for you! This class will answer the questions that commonly arise when selling your house. Class participants will learn about the process of selling a home.

Tammy Goodson, K. Taylor & Pam Westmeyer (539-3737)

Date: February 20 (Tuesday)
Time: 7 - 9 pm
Fee: \$8
Location: UFM Fireplace Room



Saving For College

FC-25a

Are you unsure of the best method to save for college for your children or grandchildren? This class will discuss the different methods available such as: Education IRA's, Custodial accounts, 529 Prepaid Tuition Plans, 529 Saving Plans and much more

Jayson Kaus (537-2300), a Manhattan native, is a Creighton University graduate in Accounting and is a Financial Consultant with A.G. Edwards. Jayson has 8 years experience in the industry and holds Series 7 (General Securities Registered Representative), Series 66 (Registered Agent Investment Advisor) and Life & Health Insurance Licenses.

Date: February 11 (Sunday)
Time: 7 - 8:30 pm
Fee: \$8 individual/\$12 couple
Location: UFM Conference Room

Saving For College

FC-25b

Jayson Kaus

Date: March 6 (Tuesday)
Time: 7 - 8:30 pm
Fee: \$8 individual/\$12 couple
Location: UFM Multi-Purpose Room

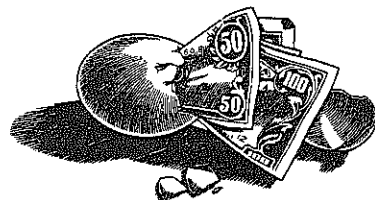
Individual Development for Women

FC-24

This seminar is designed to develop skills that will assist you in achieving personal and professional success. If you want to learn to communicate better, both one-on-one and in a group; learn to network; practice public speaking; lead meetings more effectively; build self-confidence in personal, professional, and community settings; then this seminar is for you!

Vickie Hurt & Stacey Shaffer (776-5487) have both completed this seminar. Vickie and Stacey have competed in speech competition at the state level of Business and Professional Women. Vickie was chosen as the state champion in 1999 and went on to represent Kansas at the BPW/WSA National Conference.

Date: January 27 (Saturday)
Time: 9 am - 4 pm
Fee: \$25
Location: Pawnee Mental Health Center,
2001 Claflin Rd., Conference Room



Retirement Planning for the Small Business

FC-26a

There are many retirement plans available to small business that are excellent methods of personally saving for retirement and attracting quality employees. We will discuss the characteristics of many plans such as the: SEP-IRA, SIMPLE-401k, 401k, Safeharbor 401k, Profit Sharing Plan, Money Purchase Plan, Non-qualified deferred compensation, and more.

Jayson Kaus

Date: February 18 (Sunday)
Time: 7 - 9 pm
Fee: \$8 individual/\$12 couple
Location: UFM Conference Room

Retirement Planning for the Small Business

FC-26b

Jayson Kaus

Date: March 13 (Tuesday)
Time: 7 - 9 pm
Fee: \$8 individual/\$12 couple
Location: UFM Multi-Purpose Room

"Life's most persistent and urgent question is: What are you doing for others?"
—Dr. Martin Luther King, Jr.

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



KSU Preparation Courses

GMAT Prep FC-22

Graduate Management Admission Test Preparation

Review Segments

- Reading Comprehension
- Sentence Correction & Analytical Writing Assessment
- Discrete Quantitative
- Data Sufficiency

Date: Feb. 5 - March 7 (Mon/Wed)
Time: 7 - 9 pm
Fee: \$240 (fee includes Cambridge Test Prep PLUS textbook, the official guide for GMAT review and CD-ROM)
Location: Bluemont Hall, Rm 122, KSU

PPST Prep FC-23

Pre-Professional Skills Test Review Course for Teachers

- Review & practice the three subject areas of reading, mathematics and writing
- Learn strategies for successful test taking, problem solving, and quizzes

Date: Feb. 1 - 27 (Tue/Thurs)
Time: 7 - 9 pm
Fee: \$160 (fee includes Cambridge Test Prep PLUS textbook & the PPST Guide tests with answers and explanations; skills review & practice tests)
Location: Justin Hall, Rm 341, KSU

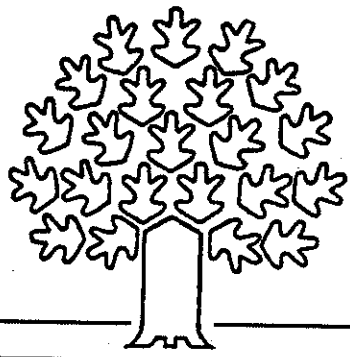
Become a UFM Catalog Sponsor

A catalog sponsor assists by helping to underwrite the costs of publishing the catalog each semester.

- ★ Sponsor a class, a page or a section.
- ★ Help keep UFM class costs down
- ★ Gain visibility for your organization or business.
- ★ Associate your business with UFM's successful classes and activities
- ★ Receive a tax deduction for your support.

Call UFM at 539-8763 for more details.

All participants must register in advance.



Creative FreeTime

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 5 (Monday)
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 27 (Tuesday)
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 19 (Thursday)
Time: 7 - 9:30 pm
Fee: \$15 includes some supplies
Location: UFM Fireplace Room

Wanted: Volunteers for Teen Mentoring Program



Provide friendship, support and have fun with local teens. Group and individual activities.

**Meets Wednesdays, 3:30 - 5:00 pm
at UFM, 1221 Thurston St.**

For information, call 539-8763.

Make a difference in a teen's life!

Funded by City of Manhattan Alcohol Program and the YES! Fund.

Little Apple Antiques Own Roadshow: Glassware & Pottery

CF-04a

Doyle Barnes and other antiques dealers at Little Apple Antiques will have a fun evening with participants, talking about informally appraising one antique from each participant. The topic of discussion will be devoted to glassware and pottery. Bring one item for identification or just come to learn and enjoy.

Doyle Barnes (537-3800) has managed an antique store, appraised, purchased and collected antiques for several years. He is a retired elementary principal with a continuing interest in learning and teaching. His interests presently are focused on community learning, marketing and managing the shop at 339 Colorado Street. He will be joined in this effort by other dealers and collectors.

Date: February 1 (Thursday)
Time: 7:30 - 9:00 pm
Fee: \$8 one class/\$14 series of classes
Location: Little Apple Antiques
339 Colorado, Behind Fairfield Inn

Little Apple Antiques Own Roadshow: Furniture & Primitives

CF-04b

Doyle Barnes and other antique dealers at Little Apple Antiques will have a fun evening with participants talking about and informally appraising one antique from each participant. The topic of discussion will be devoted to Furniture and Primitives. Bring one item for identification or just come to learn and enjoy.

Doyle Barnes

Date: March 1 (Thursday)
Time: 7:30 - 9:00 pm
Fee: \$8 one class/\$14 series of classes
Location: Little Apple Antiques
339 Colorado, Behind Fairfield Inn

Little Apple Antiques Own Roadshow: Toys & Collectibles

CF-04c

Doyle Barnes and other antique dealers at Little Apple Antiques will have a fun evening with participants talking about and informally appraising one antique from each participant. The topic of discussion will be devoted to Toys & Collectibles. Bring one item for identification or just come to learn and enjoy.

Doyle Barnes

Date: April 5 (Thursday)
Time: 7:30 - 9:00 pm
Fee: \$8 one class/\$14 series of classes
Location: Little Apple Antiques
339 Colorado, Behind Fairfield Inn

You Be The Judge: The United States Supreme Court in Review

CF-34

Offered by the Kansas Judiciary and the Kansas Bar Association. Find out whether you agree with recent decisions buy our nation's highest court. Kansas judges lead your group in a re-creation of actual Supreme Court cases with the audience playing the roles of plaintiffs, lawyers, and judges. (No preparation needed.) You'll have fun as you gain new perspectives on the judicial process and debate rights and responsibilities in America today.

Judge G. Joseph Pierron



Date: February 8 (Thursday)
Time: 1:15 - 2:06 pm
Fee: N/C
Location: Manhattan High School, Little Theater
2100 Poyntz Ave.

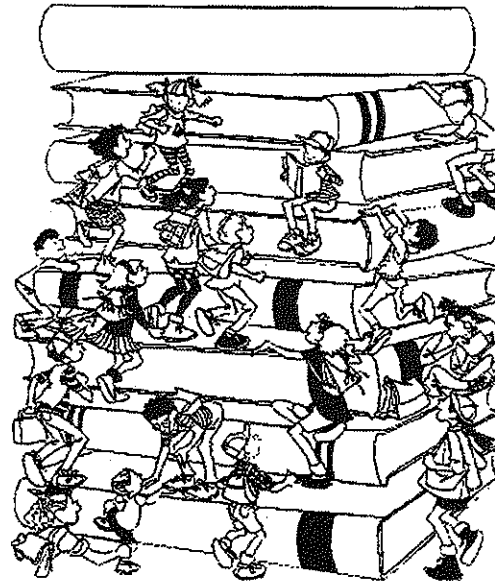
Book Collecting 101

CF-07

Whether you're new to book collecting or an old hand, this course is for you. The Internet has made it possible to search thousands of dealers' online catalogs in seconds; it's even possible to price compare online. The instructor will discuss several web sites in detail, including search strategies and creating want lists. We will also explore the many preservation problems facing collectors. Simple preservation techniques will be demonstrated and participants are encouraged to bring along items for preservation assessment.

Roger Adams (532-7455) has been Rare Books Librarian at Hale Library since 1998. Before moving to Manhattan, he was Curator of Special Collections & Archives at Northern Kentucky University, from 1994. He has served as a preservation/conservation consultant for several museums including: The Dinsmore Homestead in Burlington, KY, The Cincinnati Fire Museum, and the Behringer-Crawford Museum in Covington, KY. He has been an avid book collector for 16 years.

Date: February 20 (Tuesday)
Time: 7 - 9 pm
Fee: \$14
Location: UFM Multipurpose Room





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 27 (Tuesday)
Time: 7 pm
Fee: \$15 No refunds on class; instructor must buy chemicals that can't be used if students don't attend.

Location: UFM Darkroom,
Deadline to enroll in this class is February 20.

Black and White Film Developing for Beginners

CF-09b

Harold Wellmeier

Date: April 12 (Thursday)
Time: 7 pm
Fee: \$15 No refunds on class; instructor must buy chemicals that can't be used if students don't attend.

Location: UFM Darkroom,
Deadline to enroll in this class is April 5.

Black & White Printing

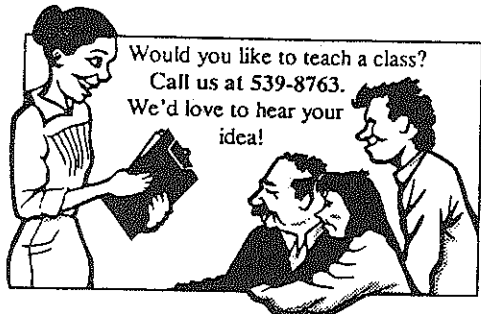
CF-10

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 on class; instructor must buy chemicals that can't be used if students don't attend.

Location: UFM Darkroom



Picture Book Workshop for Children's Writers

CF-11

Learn the requirements for writing children's picture books and how to submit your manuscript to publishers. (Note: submission is not covered as fully as it is in the Submitting Your Manuscript class) You will learn how to make a book-dummy, the technical and editorial considerations specific to this format, and look at a variety of children's picture book examples.



Bring a manuscript to work with (one you don't mind cutting into strips) and a pair of scissors, pen, and clear tape. Although the class will focus primarily on writing, those interested in illustrating picture books may find the class helpful. If you are an illustrator, bring some sample illustrations and a story idea.

Jerri Garretson is owner/publisher of Ravenstone Press, which has published four books since its creation in 1997. Her articles for children have been published in Highlights for Children, Children's Digest, Child Life, and The Friend. She has participated in many workshops for children's writers and reviewed children's books for librarians. Jerri brings a strong knowledge of and love for children's literature from her former children's librarian positions.

Date: January 17 (Wednesday)
Time: 7 - 9:30 pm
Fee: \$23

Location: UFM Fireplace Room

Learning to Write & 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, mystery, and horror (although the principles taught apply to all genre 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.

UFM's featured instructor for Spring 2001, Glenn Sixbury, has been writing and selling science fiction and fantasy for twelve years. His credits include science fiction, fantasy, and horror stories published in magazines and international hardcover and paperback anthologies. Over 100,000 copies of his stories exist in print, including international versions in both French and German. Most recently he sold a novel to Tor books. A previous student recently contacted Glenn to announce he had sold two short stories. He credits this class for part of his success.

Date: February 12, 19, & 26 (Monday)
Time: 7:30 - 9:30 pm
Fee: \$14

Location: UFM Conference Room

KANSAS



Humanities Council

This program is brought to you by the Kansas Humanities Council. The Kansas Humanities Council conducts and funds programs that promote understanding of

the history, traditions, and ideas that shape our lives and the communities in which we live. KHC is a non-profit organization with offices in Topeka. In 1997, KHC celebrated 25 years of providing community-based cultural and educational programs for adults statewide.

Why Save the Past? Communities & Historic Preservation

CF-33

No community issue heats up more quickly than the proposed demolition of a cherished landmark. Why do we value old buildings, and what do they contribute to hometown identity? Are progress and preservation really at odds in changing communities? This program is co-sponsored by UFM Community Learning Center and K-State Women's Center. Admission is free.



Cathy Ambler, a Kansas Humanities Council speaker, is from the Kansas State Historical Society in Topeka, KS. Her areas of expertise are historic preservation and the built environment.

Date: March 1 (Thursday)
Time: 7 - 8 pm
Fee: N/C

Location: K-State Student Union, KSU, Room 207

Manhattan's Historic Preservation

CF-14

Join UFM as Michael Mecseri presents a slide show of the 2000 Historic Preservation Building Awards winners. The annual awards program is a way for the Manhattan/Riley County Preservation Alliance to promote, encourage and educate the public on the benefits of historic preservation within our community. This presentation will be a great opportunity to see last year's winners. It will also serve as a warmup for the 2001 awards presentation. Many homes and business owners as well as the consultants and contractors will be recognized for their hard work and commitment toward creating a better Manhattan.

Michael Mecseri is a 1994 architecture graduate from Kansas State University. He is the owner of TIMBER & STONE, a small design-build firm specializing in the delivery of one of a kind projects. Previously he worked for Borst Restoration, a local contractor and Bruce McMillan, AIA Architects, where his most recent project was the construction documents package for the Union Pacific Depot in Manhattan. He also participated as a former president and current board member for the Manhattan/Riley County Preservation Alliance where he organized the Annual Historic Preservation Building Awards from its inception three years ago.

Date: March 6 (Tuesday)
Time: 7:00 pm
Fee: N/C

Location: Room 209, K-State Union



Piano I

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 a performance broadcast on public radio.

Date: January 17 - April 16 (Mon/Wed)
Time: 11:30am - 12:20 pm
Fee: \$110
Location: McCain, Room 127, KSU
No class March 19, 21

Piano II

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 18 - April 17 (Tuesday/Thursday)
Time: 11:30 am - 12:20 pm
Fee: \$110
Location: McCain, Room 127, KSU
No class March 20, 22



Weaving

This class is for beginning weavers or wanna-be weavers. Students will explore techniques on simple looms in weaving using pre-warped looms, and will have four to six useable samples to take home along with plenty of handouts. All materials and equipment will be supplied. Enrollment is limited to 4, so sign up early!

Marie Burgett has been weaving since 1973, and has taught various weaving classes through the years. She is the Handweaver's Guild of America representative for Kansas and secretary for Kansas Alliance of Weavers.

Date: March 3 (Saturday)
Time: 8 am - 12 pm
Fee: \$48
Location: 801 Haid Ct.

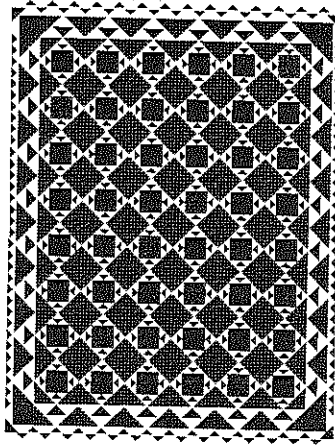
CF-35

Beginning Spinning

This class will cover the basics of fiber preparation and spinning on a drop spindle. Students will receive their own drop spindle and fleece to learn with and plenty of handouts. Enrollment is limited to 5, so sign up early!

Marie Burgett has been spinning for several years on both the drop spindle and on wheels. She is the Kansas representative for Handweaver's Guild of America.

Date: March 1 (Thursday)
Time: 7 - 9 pm
Fee: \$27
Location: 801 Haid Ct.



Quilting Part I: Piecing

Have you ever wanted to learn how to make quilts? Whether you want to make quilts for yourself or as a treasured heirloom for a special person, this hands-on class is for you. In this piecing class, you will make a Churn Dash quilt 44 x 56 - Finished Block Size 12". Four colors of your choice will be used. Discussion of equipment and fabric will be covered at the 1st class. You will not need to bring your sewing machine until the second class.

Joan Phelps (587-9326) is a housemother for Kappa Sigma Fraternity House. She is a retired teacher. Joan has experience working in a quilt shop and has taught classes for 10 years.

Date: January 22 - February 26 (Monday)
Time: 6:30 - 9:00 pm
Fee: \$38
Location: UFM Multi-Purpose Room

Quilting Part II: Machine Quilting

After piecing your quilt; in this session you will use your sewing machine to machine quilt your project. You will need a walking foot. Topics covered include: what batting & backing to use; how to mark and sandwich the quilt; and how to bind the quilt. In the last class of Part I the instructor will discuss equipment, fabric, and supplies needed for this machine quilting class.

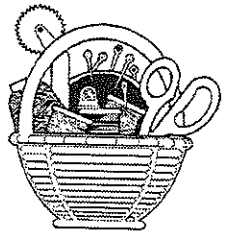
Joan Phelps

Date: March 5 - April 23 (Monday)
Time: 6:30 - 9:00 pm
Fee: \$38
Location: UFM Multi-Purpose Room
No Class March 19 & 26

CF-38

Tatting Lace for Beginners

So you've bought the book, tried to master tatting, and are now really frustrated. Well, don't worry, help is at hand. In this fun class for beginners, you will learn the double stitch, picots, rings, chains and joining techniques. All you will need to bring to class is a plastic tatting shuttle and a \$1.00 supply fee.



Ronna Robertson has tatted and taught for over 30 years.

Date: February 8, 15 & 22 (Thursday)
Time: 7 - 9 pm
Fee: \$14
Location: UFM Multi-Purpose Room

Beginning Knitting

Learn the basics of knitting and come away with a head-band and hat designed to take you through each step of the process. Materials will be provided for the first project and a list of further materials needed will be available at the 1st class session for the 2nd project.

Kennita Tully is the sole proprietor of Wildflower knitwear and has had her designs published in several national knitting magazines.

Date: February 14 - March 7 (Wednesday)
Time: 7:00 - 8:30 pm
Fee: \$26
Location: UFM Greenhouse

Intermediate Knitting

If you are familiar with the basics, this class can take you further as you learn to read stitch patterns and step by step garment instructions. A simple sweater design will be provided and a list of materials will be available at the 1st class session.

Kennita Tully

Date: January 17 - February 7 (Wednesday)
Time: 7:00 - 8:30 pm
Fee: \$26
Location: UFM Greenhouse

Intermediate Knitting

Kennita Tully

Date: April 4 - 25 (Wednesday)
Time: 7:30 - 9:00 pm
Fee: \$26
Location: UFM Greenhouse

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.



Home Video Editing Basics

CF-48a

Bring a home movie tape (any format) and/or still pictures; and learn how to produce a finished video project. Learn editing, scanning, adding titles, and a sound track. Your finished product will go back to VHS tape; however, CD-ROM and DVD video will be demonstrated and discussed. Bring a blank VHS tape.

Gordon Schmid is from Council Grove. He has taught for 35 years in public school with experience in several areas most recently Library Media Technology. Gordon has 15 years experience using Mac computers as well as 10 years experience as a hobbyist videographer.

Date: February 5 (Monday)
Time: 7 - 9:30 pm
Fee: \$25
Location: UFM Greenhouse

Home Video Editing Basics

CF-48b

Gordon Schmid

Date: March 27 (Tuesday)
Time: 7 - 9:30 pm
Fee: \$25
Location: UFM Greenhouse

Home Video Editing Basics

CF-48c

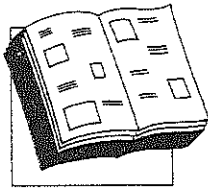
Gordon Schmid

Date: April 19 (Thursday)
Time: 7 - 9:30 pm
Fee: \$25
Location: UFM Greenhouse

Submitting Your Manuscript

CF-55

You wrote it, now what? If you are interested in submitting your writing for publication but don't know how to go about it, this workshop is for you. Jerri will cover query letters, manuscript format, "unsolicited submissions," the submission process, how to find possible markets for your work and what to expect after you send it out. You may also learn about some marketable writing possibilities you may not have known about, such as rebus.



Jerri Garretson has published feature articles and columns in newspapers in Germany, Japan and the USA. Her nonfiction for children has appeared in several national children's magazines including *Highlights for Children*. She is the "veteran" of the writing submission process including book proposals and book manuscripts. As owner/publisher of Ravenstone Press, she has published four of her own books.

Date: February 8 (Thursday)
Time: 7:30 - 9:00 pm
Fee: \$23
Location: UFM Fireplace Room

"I never feel age...if you have creative work, you don't have age or time."

— Louise Nevelson

Basic Dog Obedience

CF-57



In this class you will learn basic dog obedience, from potty training, stay commands, to recall commands. You will also learn how to break bad habits humanely and encourage good habits to make you pet more enjoyable to be around. There will be an introduction to agility work (see-saw, A frame, tunnels, poles, tables & jumps), and a demonstration of the Sheepdog world.

A copy of certificate of health with rabies and other shots MUST be submitted with enrollment. Because of extra time needed to submit paperwork, **enrollment is Feb 28.**

Jody Somers has been training competition stockdogs for nearly 14 years in the Northeast and Colorado. Jody and "Chip" have won several open trials and Jody was voted outstanding handler for 1998. They are excited to bring years of field experience to the classroom.

Date: April 4 - 25 (Tuesday)
Time: 7:30 - 8:30 pm
Fee: \$56 per dog & family
Location: To Be Announced

Learning the Art of Procrastination

CF-60

If putting off until tomorrow is your slogan, then this class is for you. Let the instructor assure you that you can stop worrying about setting goals, because you will never have to get started. Use the tips from this class to gain more time to watch tv, take a nap or just to sit and do nothing. Find out how to wait until the very last minute to complete your assignments, guess your way through an exam, or never quite make it on time. Let "I'm always behind" be your watchword for life.

Lindsay Linger will share ideas that will help you learn to postpone and delay almost anything.

Date: Sometime in February
Time: Whenever the instructor arrives
Fee: Whatever
Location: Wherever we find a spot

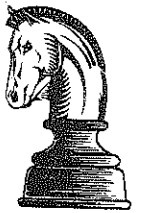


Gardening Classes

- * Landscaping Around the House
- * Successful Ponds
- * Butterfly Gardening
- * Spring Plant Swapping
- * Growing Cool-Season Vegetables
- * Gardening 101: The Basics
- * Perennial Flowers
- * Growing Warm-Season Vegetables
- * The Best Plants for Shady Sites
- * Growing & Using Herbs
- * Water Gardening Planning & Construction

For more information on these classes look in the Earth & Nature Section of the catalog pages 22 - 24.

Chess Workshops



This workshop will provide an understanding of chess. Students will learn how to improve on their own chess techniques and strategies. The study is divided in to three major classes: beginning, intermediate and advanced level, which will include: opening, middle, end game, theory, practice, attack and defense, games that work, positions that don't and why, etc. The course is geared toward self-improvement and chess awareness in general. Students will learn general analysis, how to write and read chess code, hot to play with a clock, winning dynamics, how to checkmate quickly and how to capture material, and how to draw a lost game. They will also be exposed to the different styles of chess play and some history of grandmaster games. Overall, this workshop is designed to build an enjoyable construct on understanding chess for any level player who desires to play chess at his or hers expectation and experience.

Raymond Paul (537-4404) is a senior at KSU. His study there is Physics, Chemistry, Electronics Engineering Technology, and general Computer Science. A published poet, he has been a writer on the side for a number of years. Paul has always loved the game with great inspiration, philosophy, and history. He is a member of the USCF and plays in state tournaments winning 2nd and 3rd places. Paul regards chess as an art form, a strong hobby, a science, and teaches chess at KSU Chess Club from time to time. He has been hard at work on his own style of chess for over 28 years and is currently writing a book on chess for beginners and intermediates.

Chess Workshop: Beginning CF58a

Date: January 16 - February 6 (Tuesday)
Time: 7 - 9 pm
Fee: \$24
Location: UFM Conference Room

Chess Workshop: Intermediate CF58b

Raymond Paul

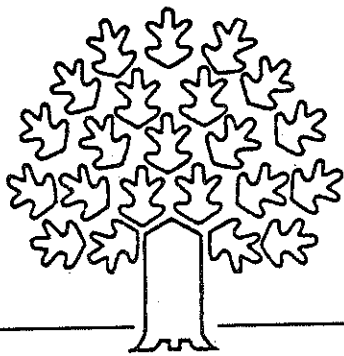
Date: February 20 - March 13 (Tuesday)
Time: 7 - 9 pm
Fee: \$24
Location: UFM Conference Room

Chess Workshop: Advanced CF-58c

Raymond Paul

Date: March 27 - April 17 (Tuesday)
Time: 7 - 9 pm
Fee: \$24
Location: UFM Conference Room

UFM classes make great gifts.



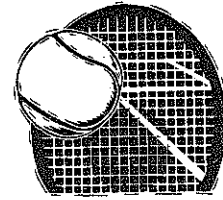
Recreation & Dance

1221 THURSTON

539-8763

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 3 - 24 (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 3 - 24 (Tuesday)
Time: 7:30 - 8:30 pm
Fee: \$36
Location: LP Washburn Rec Complex, KSU

Archery for Adults

RH-10a

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 4-H, Shooting Sports Director for Boy Scout Camp. He is presently coaching JOAD club, Manhattan Royal Archers.

Date: March 29 - May 3 (Thursday)
Time: 8 - 9:30 pm
Fee: \$32 includes range and equipment use.
Location: 1125 Laramie Plaza (upstairs)

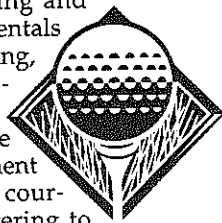
Archery for Adults

RH-10b

Date: Jan 22 - Mar 12 (Monday)
Time: 6 - 7:45 pm
Fee: \$46 includes range and equipment use.
Location: 1125 Laramie Plaza (upstairs)

Introduction to Golf

A short course geared for beginning and intermediate players. The fundamentals of the full swing, 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.



RH-01a

Ballroom Dance

RH-03a

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. Swing, foxtrot, waltz, and Latin dancing are just a few of the steps you will learn. Come experience the elegant world of Ballroom Dance. 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. He choreographed and performed in Ballroom Suite, Winter Dance 1998, KSU. He is a member of the United States Amateur Ballroom Dancers Association.

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

Date: April 5, 12, 19 & 26 (Thursday)
Time: 6:00 - 7:00 pm
Fee: \$36
Location: Stagg Hill Golf Club, 4441 Ft. Riley Blvd.

Introduction to Golf

RH-01b

Jim Gregory (539-1041)

Date: May 3, 10, 17 & 24 (Thursday)
Time: 6:30 - 7:30 pm
Fee: \$36
Location: Stagg Hill Golf Club, 4441 Ft. Riley Blvd.

Date: January 12 - April 6 (Friday)
Time: 8:30 - 9:30 pm
Fee: \$36 individual/\$64 couple
Location: ECM Auditorium, 1021 Denison Ave.
No class March 23

Ballroom Dance

RH-03b

This class is designed to move at a slower pace to learn dancing with a partner. Swing, Foxtrot, Waltz, and Latin dancing are a few of the steps you will learn.

Michael Bennett

Date: January 13 - April 17 (Saturday)
Time: 6:30 - 7:30 pm
Fee: \$36 individual/\$64 couple
Location: ECM Auditorium, 1021 Denison Ave.
No class March 24

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 and these dances may change. Three week 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

Date: January 12 - May 4 (Friday)
Time: 7:30 - 8:30 pm
Fee: \$43 individual/\$79 couple
Location: ECM Auditorium, 1021 Denison Ave.
No class March 23



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: January 13 - April 7 (Saturday)
Time: 7:30 - 8:30 pm
Fee: \$36 individual/\$64 couple
Location: ECM Auditorium, 1021 Denison Ave.
No class March 24

"Every exit is an entry somewhere else."

— Tom Stoppard



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 lightning 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.

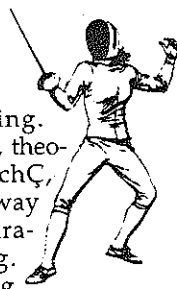
Bill Meyer (587-9990) began fencing as a child in Germany in the now illegal practice of mensur fencing. Not to worry! He has been retrained in modern foil, epee, and saber at Washington State University and the University of Idaho. He is a semi-retired tournament fencer having taught at UFM and at the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

Date: January 22 - April 23 (Monday)
 Time: 6:30 - 8:00 pm
 Fee: \$42 if you have your own equipment/\$72 to use instructor's equipment
 Location: Ahearn Fieldhouse, KSU
 No class March 19

Intermediate Fencing

RH-09

This class will focus on bouting. Emphasis is on technique refinement, theory of attack, second intention, fleche, coup, glides, flaconade, 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: January 22 - April 23 (Monday)
 Time: 8:00 - 9:30 pm
 Fee: \$42 if you have your own equipment/\$72 to use instructor's equipment
 Location: Ahearn Fieldhouse, KSU
 No class March 19

Middle Eastern Dance (Belly Dance) Beginning Level

RH-11a

Middle Eastern Dance is said to be the oldest surviving dance in all of history. This class will teach basic to intermediate moves from countries throughout the Middle and Near East. This class is for females only, of any age, shape or background. Participants are encouraged to wear comfortable, light-weight clothing and to bring a large scarf to tie around the hips. Come prepared to have fun and get a great work-out.

Jane Saxer (776-1368) has studied Middle Eastern Dance with a variety of teachers, including Sahra Saeeda from Egypt & Ferdoas Afani from Saudi Arabia. Jane recently studied Middle Eastern dance at New York City's Serena Studio in the Theater District. She continues to increase her dance knowledge by regularly attending classes and workshops in Lawrence, Kansas City and Sedala, Missouri. In addition, she regularly performs at the Kansas City Renaissance Festival as well as various other ethnic events. *Christine Harley* was taught by Amira of Wichita for two years prior to coming to Manhattan four years ago. She has studied with Ferdoas Afani-Ruzik and participated in public performances. She enjoys Middle Eastern Dancing and is looking forward to sharing her experience with others at the UFM class.

Date: January 30 - March 6 (Tuesday)
 Time: 7 - 8 pm
 Fee: \$35
 Location: Ahearn, Room 301, KSU

Middle Eastern Dance (Belly Dancing) Beginning Level

RH-11b

Jane Saxer (776-1368) & Christine Harley

Date: March 27 - May 1 (Tuesday)
 Time: 7 - 8 pm
 Fee: \$35
 Location: Ahearn, Room 301, KSU

Country Dancin' I - Two-Step, Three-Step, Waltz, Swing

RH-12

Basic footwork, frame, moves and dance floor etiquette will be taught. You will learn two-step, three-step, waltz, and some swing mixed in on the last class for those interested. This class will allow people to enjoy casual dancin' at family gatherings to "cuttin a rug" at one of the local dance saloons or to give an excellent introduction to the competition minded.



Joseph Somers will bring 10 years of all types of dancin' experiences, from casual to competition, to the classroom and to the floor. Formerly a teacher and dance choreographer in Colorado, and a member of the Country Western Dance Association.

Date: February 6 - March 6 (Tuesday)
 Time: 7:30 - 8:30 pm
 Fee: \$45 individual/\$81 couple
 Location: ECM Auditorium, 1021 Denison Ave.

Middle Eastern Dance (Belly Dancing) Intermediate Level

RH-13a

Class participants will learn intermediate to advanced level dance movements from countries throughout the Middle and Near East. Everyone will be asked to bring a large scarf to tie around the hips. The class is designed for females, it's lots of fun and great exercise.

Jane Saxer (776-1368) & Christine Harley

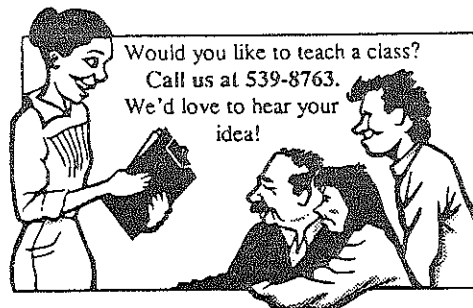
Date: January 31 - March 7 (Wednesday)
 Time: 7 - 8 pm
 Fee: \$35
 Location: Ahearn, Room 301, KSU

Middle Eastern Dance (Belly Dancing) Intermediate Level

RH-13b

Jane Saxer (776-1368) & Christine Harley

Date: March 28 - May 2 (Wednesday)
 Time: 7 - 8 pm
 Fee: \$35
 Location: Ahearn, Room 301, KSU



Would you like to teach a class?
 Call us at 539-8763.
 We'd love to hear your idea!

Beginner Line Dancing

RH-19a

Participants will learn three simple line dances: Electric Slide, Tush Push and Cowboy Twist. No dance experience is needed. These dances will be given in a plain style, but R & B and Country - Western styles will be explained.

Erik Holeman (776-8775) is originally from Wichita, KS. He has 7 years of dancing experience. Erik has participated in West Coast Swing Dance competitions, taking home a few trophies. His personal emphasis in dance is to have fun.

Date: January 17 - February 21 (Wednesday)
 Time: 7:30 - 8:30 pm
 Fee: \$27 individual/\$44 couple
 Location: Senior Center, 412 Leavenworth

Beginner Line Dancing

RH19b

Erik Holeman

Date: February 28 - April 11 (Wednesday)
 Time: 7:30 - 8:30 pm
 Fee: \$27 individual/\$44 couple
 Location: Senior Center, 412 Leavenworth
 No class March 21

Basic West Coast Swing

RH-20a

Participants will learn basic patterns involved in dancing West Coast Swing. A variety of music will be used in teaching this class. No dance experience is necessary.

Erik Holeman

Date: January 20 - February 24 (Saturday)
 Time: 7:30 - 8:30 pm
 Fee: \$24 individual/\$38 couple
 Location: Ahearn, Room 301, KSU

Basic West Coast Swing

RH-20b

Erik Holeman

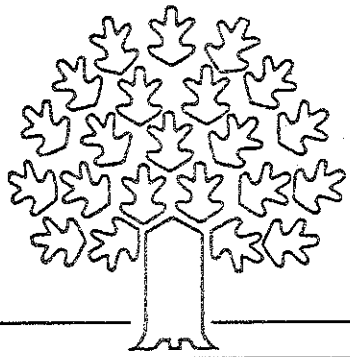
Date: March 3 - April 14 (Saturday)
 Time: 7:30 - 8:30 pm
 Fee: \$24 individual/\$38 couple
 Location: Ahearn, Room 301, KSU
 No class March 24

**** Swimming Lessons ****
 Hydroaerobics & Scuba Diving
 See Page 4-6.

**** Martial Arts ****
 Tae Kwon Do & other Martial Arts
 See Page 7.

"Good judgement comes from experience, and experience comes from bad judgement."

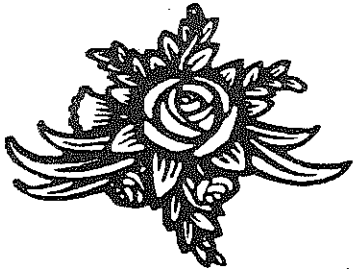
— Barry LePatner



Wellness

1221 THURSTON

539-8763



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-Grindell (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: February 26, March 5 & 12 (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-Grindell (539-3733)

Date: April 2, 9 & 16 (Monday)
Time: 7 - 9 pm
Fee: \$14
Location: 631 Levee Rd.
Industrial Park next to the Animal Shelter

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 practices for many years and enjoys sharing their joy and wisdom. She is a Reiki Master Teacher in the Usui System of Natural Healing, and is among the first class of students to complete levels 1 and II of Gemisphere Energy Medicine Training. She also includes Aromatherapy, Numerology, Herbs, Color and Sound in her 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: January 27 (Saturday)
Time: 10 am - 12 pm
Fee: \$8
Location: UFM Conference Room

Introduction to Reiki

WE-04b

June Hunzeker

Date: March 3 (Saturday)
Time: 10 am - 12 pm
Fee: \$8
Location: UFM Conference Room

Yoga for Body and Mind Introductory Class

WE-03a

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 11 - February 15 (Thursday)
Time: 5 pm
Fee: \$68
Location: 631 Levee Rd.
Industrial Park next to the Animal Shelter

Yoga for Body and Mind Introductory Class

WE-03b

Ana Franklin

Date: January 16 - February 20 (Tuesday)
Time: 6:30 pm
Fee: \$68
Location: 631 Levee Rd.
Industrial Park next to the Animal Shelter

Yoga for Body and Mind Continuing Class

WE-10a

Prerequisite: Yoga for Body and Mind Introductory Class This class is for anyone who has taken Yoga and wants to establish a daily personal practice, or who is already practicing and would like to deepen their knowledge of Yoga. There will be more emphasis on bringing Yoga into your daily life.

Ana Franklin

Date: January 22 - February 26 (Monday)
Time: 4 pm
Fee: \$68
Location: 631 Levee Dr.
Industrial Park next to the Animal Shelter

Yoga for Body and Mind Continuing Class

WE-10b

Ana Franklin

Date: January 17 - February 21 (Wednesday)
Time: 9 am
Fee: \$68
Location: 631 Levee Dr.
Industrial Park next to the Animal Shelter

Yoga for Body and Mind Continuing Class

WE-10c

Ana Franklin

Date: January 17 - February 21 (Wednesday)
Time: 5:30 pm
Fee: \$68
Location: 631 Levee Dr.
Industrial Park next to the Animal Shelter

Baby Massage

WE-06

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

Sandy Snyder (537-3607), is a licensed Massage Therapist with 26 years experience. She is the owner of Lifecenter Bodywork and is experienced with Deep Tissue Massage, Sports Massage, Reflexology, Baby and Pet Massage.

Date: By Appointment
Time: As Scheduled
Fee: \$8 per session
Location: 1004 Colorado



Alternative Diagnosis and Treatment of Allergies WE-24a

Join Dr. Larry Dall at Natural Health Care and learn why your body responds unfavorably to certain allergies. Whether those are food or environmental allergies, Dr. Dall will diagnose your particular allergy and recommend the proper treatment to clear the allergy and eliminate those unpleasant reactions so you can enjoy renewed health and a pleasant life.

Dr. Larry Dall (539-9113) has practiced chiropractic care in Manhattan for the last 15 years. His philosophy is to remove the roadblocks and allow the power that made the body to heal the body.

Date: March 8 (Thursday)
Time: 7:00 pm
Fee: \$8
Location: 1130 Westport Dr, Suite 5.

Alternative Diagnosis and Treatment of Allergies WE-24b

Dr. Larry Dall

Date: April 10 (Tuesday)
Time: 7:00 pm
Fee: \$8
Location: 1130 Westport Dr, Suite 5.

Introduction to Self-Massage Routines 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: February 6 (Tuesday)
Time: 7-9 pm
Fee: \$15
Location: Four Winds, 1114 Laramie

Introduction 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 13 & 20 (Tuesday)
Time: 7-9 pm
Fee: \$26 per couple
Location: UFM Banquet Room

Introduction to Feng Shui WE-13a

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 Berkley, 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: February 3 (Saturday)
Time: 1-3 pm
Fee: \$18
Location: UFM Greenhouse

Introduction to Feng Shui WE-13b

Don Terhune

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

Aromatherapy WE-16

We will discuss the healing effects of 8 different essential oils, massage blends, diffusers, and making your own cleaning products with oils. Participants will receive one free bath salt sample and lots of recipes.

Barbara Ouelette has been interested in holistic healing for over 10 years. She studies herbs and Aromatherapy. Barbara also volunteers her time at People's Grocery in the herbal department.

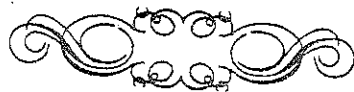
Date: April 10 (Tuesday)
Time: 7-9 pm
Fee: \$15
Location: UFM Multipurpose Room

Chi Lel - Chi Gong WE-17

Chi Lel is a self-healing method prescribed by the world's largest medicineless hospital in Qihuangdao, China. Chi Lel 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 Lel 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 15 - March 15 (Thursday)
Time: 5:30 - 6:15 pm
Fee: \$31
Location: UFM Multipurpose Room



Healing Herbs for Women Only WE-21

We will discuss freely the symptoms of PMS and Menopause and how to deal with them by incorporating herbs, soy products, and proper diet into our lifestyles. Participants will have the opportunity to share their own experience with menopause. Barbara will share recipes for proper estrogen balance.

Barbara Ouelette

Date: March 27 (Tuesday)
Time: 7-8:30 pm
Fee: \$14
Location: UFM Multipurpose Room

The Healing Power of Herbs WE-22

Discussion will cover herbs to detox your body; juicing, and healing herbs. Recipes are included in class fee. This class will be taught at the People's Grocery Coop's new location at 17th and Yuma.

Barbara Ouelette

Date: April 24 (Tuesday)
Time: 7-8:30 pm
Fee: \$12
Location: People's Grocery, 17th & Yuma

Parish Nursing: A Nurse at Church? WE-23

What is it? How do I become a Parish Nurse? How does my church start a program? These are a few of the many questions that will be covered in this presentation about health ministries and parish nurses in our community. The Nurse Ministry Program is a congregational-based ministry to promote wellness and improved health to members of all denominations. Parish nurses care for the whole person: body, mind and spirit. Reita Currie, RN, Parish Nurse Ministry Coordinator from Mercy Health Center will present this informational program and will assist those interested in becoming parish nurses or starting a program in their church.

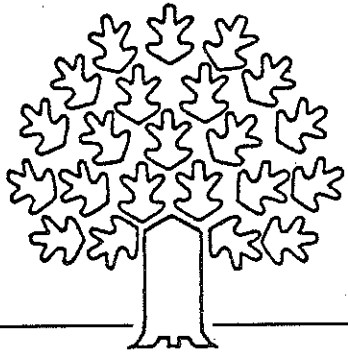
Reita Currie, has worked in the Manhattan community for 27 years. She was commissioned as a Parish Nurse at the Basic Parish Nurse Preparation Program in Carefree, Arizona on November 3, and was commissioned as a Parish Nurse Coordinator at the Basic Parish Nurse Coordinator Program in Techy, Illinois, November 10, 2000. She is excited about sharing this new speciality of nursing with the Manhattan community.

Date: February 1 (Thursday)
Time: 7-9 pm
Fee: N/C
Location: UFM

"I'm extraordinarily patient provided I get my own way in the end."
— Margaret Thatcher



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



Youth

1221 THURSTON

539-8763



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

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 15 (Thursday)
Time: 8 am - 5 pm
Fee: \$26
Location: Meet at UFM

Children's Garden

YO-03

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

Dr. Richard Mattson

Date: April - October (Saturday)
Time: 10 am - 12 pm
Fee: N/C
Location: Manhattan Children's Garden
8th and Riley Lane



Ballet Basics for Ages 6 - 9

YO-05

In this introductory ballet class students will focus on basic ballet terminology and technique. It is designed for students, ages 6 to 9, with little or no previous ballet experience, but can be used as a complement to classes currently being taken by more advanced students. Students must either provide their own ballet attire (leotard, tights, and ballet slippers), or they may order them on the first day of class for a fee. (If you choose to order them, please wear comfortable clothes you can move in to the first day of class.)



Helen Yetter (776-6797) has studied ballet for 13 years, and has been a member of Metropolitan Ballet of Topeka for almost four years. She has attended classes with some of America's most renowned teachers including Edward Villella, Rebecca Wright, and David Howard. She has attended the Rock School of the Pennsylvania Ballet, and the Virginia School of the Arts summer sessions. Helen enjoys working with young children and would like to share her knowledge and love of ballet with them.

Date: January 12 - March 9 (Friday)
Time: 5 - 6:15 pm
Fee: \$54
Location: Ahearn Dance Studio, Room 301, KSU

Take a Peek at the Past

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

Riley County Historical Museum

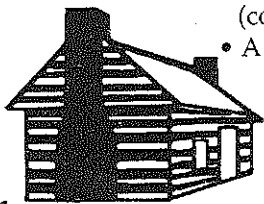
2309 Claflin

- Exhibits of Riley County history—pioneer days to the present
 - Research library by appointment
 - Educational programs
 - Speakers bureau
- 8:30-5:00 Tuesday-Friday
2:00-5:00 Saturday-Sunday

Goodnow House Museum

2309 Claflin

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



Pioneer Log Cabin

Manhattan City Park

- Walnut log cabin built in 1916
- Pioneer home and tool exhibit

Open April-October
Sunday 2:00-5:00
and by appointment

Wolf House Museum

630 Fremont

- 1868 stone home also served as a boarding house
 - Furnished with period antiques
 - Special exhibits "Life at the Turn of the Century: 1900 Revisited"
- 1:00-5:00 Saturday 2:00-5:00 Sunday
and by appointment

RILEY COUNTY

HISTORICAL MUSEUM

For more information, call 565-6490



UFM Teen Mentoring Program

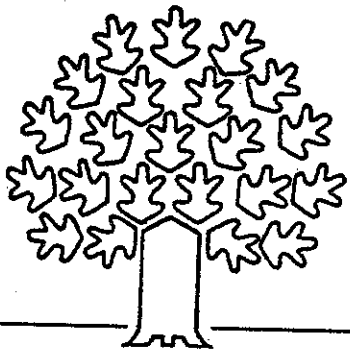
- > This is a cool group for all middle and high school students
- > Meet many interesting new people
- > Great opportunity to learn and have fun
- > Lots of fun activities and recreation
- > You can join at any time
- > Make some new friends

Teens are matched with a K-State Student for weekly activities at UFM, 1221 Thurston St.

Meets Wednesdays from 3:30 - 5 pm
Transportation provided
No cost to participants

For more information, call UFM at 539-8763.

Funded by City of Manhattan Alcohol Program Fund and the YES! Fund.



Language

1221 THURSTON

539-8763

ESL: English 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.

Date: To be announced. Call to register interest.
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." 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 24 (Wednesday) - dates will be determined at the 1st meeting
Time: 7:00 pm
Fee: \$68
Location: UFM Conference Room

French Language

LA-02a

This class is an introduction to the French language. The emphasis will be on conversation, grammar, proper pronunciation and every day vocabulary.

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: February 1 - 28 (Wednesday & Thursday)
Time: 3 - 4 pm
Fee: \$40
Location: UFM Conference Room

French Language

LA-02b

Emilie Rabbat

Date: April 4 - 26 (Wednesday & Thursday)
Time: 3 - 4 pm
Fee: \$40
Location: UFM Conference Room

Beginning Sign Language

LA-03

This class covers the basics of American Sign Language, including vocabulary used in everyday conversation. It will also cover a little about the culture of the deaf community. Participants should leave the class with a better understanding of American Sign Language.

Toni Kroll has over 11 years experience with sign language. She graduated with an Associates Degree, ITP, in American Sign Language in 1989. Toni was an interpreter in Washington D.C. for 3 years, and was involved with the deaf community. She also worked for 7 years in Seattle as an interpreter.

Date: January 23 - February 27 (Tuesday)
Time: 7- 8 pm
Fee: \$43
Location: Justin Hall, Room 149, KSU

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

Advanced Sign Language

LA-08

This class is for those who have a basic knowledge of sign language and would like to continue learning. The focus will be on everyday conversation and vocabulary. The instructor will adjust class format to meet the students needs.

Toni Kroll

Date: January 25 - March 15 (Thursday)
Time: 7 - 8 pm
Fee: \$52
Location: Justin Hall, Room 149, KSU

"Education is when you read the fine print. Experience is what you get if you don't."

— Pete Seeger

UFM is a sign up location for Heartland SHARE

What is Heartland SHARE? Self Help And Resource Exchange is dedicated to providing a monthly basic, consistent, affordable supplemental food package to those willing to help themselves and others. Open to everyone.

What is a "SHARE"? A food package consisting of 4-5 meats, a variety of fresh fruits and vegetables and other grocery items. One share costs 2 hours of volunteer service and \$15.00. Food stamps are accepted.

Where does the food come from? Food is purchased on the open market in bulk by a professional purchasing staff. The bulk buying power (over 12 million pounds of food monthly) and the volunteer distribution network provides savings up to 60%..

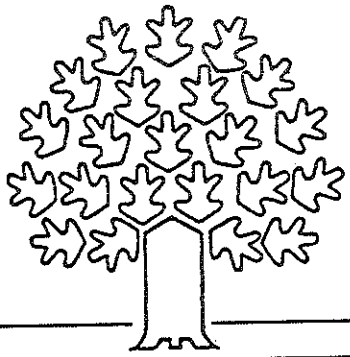
Who can participate? The program is open to everyone in the community regardless of income.

Sign up at UFM early in the month. SHARES are distributed the 3rd or 4th Saturday of each month at Blue Valley United Methodist Church, 835 Church Ave.

SHARE: Good for You and Good for the Community.

For more information, call UFM at 539-8763 or sign up at the UFM Office, 1221 Thurston St.

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



Self & Personal Development

1221 THURSTON

539-8763

Intuitive Arts

SP-02

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

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

Date: March 6, 13 and 27 (Tuesday)

Time: 7:00 - 8:00 pm

Fee: \$14

Location: 103 South 4th, Room 25

No class meeting March 20.

Conceptual Self-Defense

SP-15

This is a concept-based class curriculum rather than being technique driven. This means as a student you will have an indepth study of all aspects of self defense. You will learn the mental and physical disciplines of defending yourself. We will study the psychology of confrontations, how they develop, what signs to watch for, how to use the environment to your advantage, how to deal with attacks at different ranges, and avoiding prey behavior. We will also look at fear management and the difference between physical fear and psychological fear. Participants will learn mental and physical tactics and techniques that are both practical and effective. It is here we cover what to do when and how to do it, including how to defend yourself against weapons. Finally we will learn how to put it all together into your own personal self defense strategic plan.

Steve Charland (564-1192) has been a practitioner of martial arts since 1974 while serving with the United States Marine Corps. He holds 2nd and 3rd degree black belt rankings in Hapkido and Tae Kwon Do and is a certified instructor with the International Combat Hapkido Federation and the North American Black Belt Federation. His self defense experience is based not only on the study of these arts, but also from studies in confrontation psychology and practical tactics combined with operating on marine long range reconnaissance teams for 2 years and four weeks of specialized reconnaissance training with the Navy Seal teams at the Naval Seal station at Coronado Island, San Diego, CA.

Date: Jan. 24 - March 14 (Wednesday)

Time: 6:00 pm - 7:00 pm

Fee: \$47

Location: Green Valley Community Center
3770 Green Valley Rd



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 17 years experience teaching martial arts, police defensive tactics and Sexual Harassment Assault and Rape Prevention for Women.

Date: January 29 (Monday)

Time: 6:30 - 10 pm

Fee: \$18 individual/\$30 mother-daughter (13+ and older)

Location: First Lutheran Church basement (Enter at North Door), 930 Poyntz



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

** Martial Arts **

Tae Kwon Do & other Martial Arts
See Page 7.

CELEBRATING VOLUNTEERS! CELEBRATING VOLUNTEERS! CELEBRATING VOLUNTEERS! CELEBRATING!

UFM Volunteer Appreciation Day

Saturday April 28, 1-4 pm

Manhattan Town Center

Stop by the UFM Table for a snack



Demonstrations:

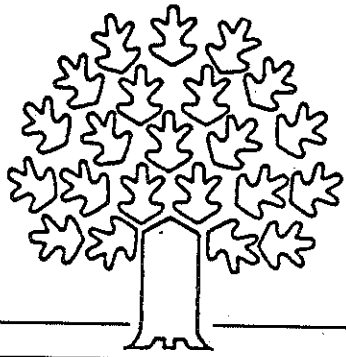
1:00 pm	Middle Eastern Dancing	2:30 pm	West Coast Swing
1:30 pm	Ballroom Dance	3:00 pm	Fencing
2:00 pm	Tae Kwon Do	3:30 pm	Country Dancin'

Recognizing and thanking the many individuals who contribute to UFM's success!

CELEBRATING VOLUNTEERS! CELEBRATING VOLUNTEERS! CELEBRATING VOLUNTEERS! CELEBRATING!

CELEBRATING VOLUNTEERS! CELEBRATING!

CELEBRATING VOLUNTEERS! CELEBRATING!



Computer

1221 THURSTON

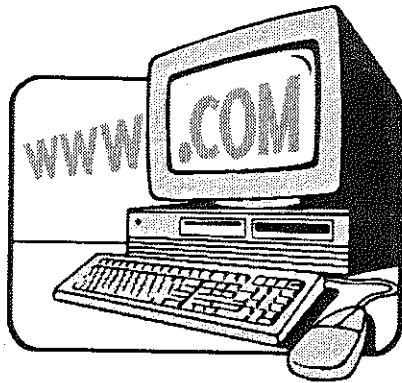
539-8763

Computer Pre-Purchase Seminars and Workshop

by CYBER-Street

Each seminar will begin with a discussion of a specific topic area, followed by a tour of local vendors and lunch on your own somewhere to be announced. A hands-on workshop - The Doctor is IN! Will follow in the afternoon from 2-4 pm. This is an answer time with advice and maintenance tips. (You may bring your computer to the afternoon session. However, neither UFM nor the instructors are responsible for any damage done in transporting your computer.) Each seminar will end with an open discussion from 4-5 pm with coffee, chat, supper, etc. as the group chooses. All local vendors will be announced.

Ralph Wasmer (776-5687) is the current ambassador for the Great Inland Sea Computer User's group. He is the founder of the Plane Apple Club in Wichita, KS, and he has worked at call centers for many years providing direct support for users of many computer products. Currently he is employed by Sykes as a team manager. Other instructors include Jamie Allen, and Pat Farrel.



Computer Seminar III

CP-03c

Morning Topics: Modems, internet, ISP, DSL-ADSN, SPAM

Afternoon Workshop: Video cards, start up disk, BACKUP!

Date: April 7

Time: 10 am - 5 pm

Fee: \$35 individual/\$50 couple or \$89/\$119 for the series

Location: UFM Fireplace Room

Computer Seminar I

CP-03a

Morning Topics: Off the shelf units, BTO, Addons, Platform.

Afternoon Workshop: Hard Drives, Printer Care, Install HW-SW

Date: January 27 (Saturday)

Time: 10 am - 5 pm

Fee: 35 individual/\$50 couple or \$89/\$119 for the series

Location: UFM Fireplace Room

Computer Seminar II

CP-03b

Morning Topics: Software, OS Platform, Printers, Upgrades

Afternoon Workshop: Sound Cards, Clear CMOS, Viruses/hoax

Date: Feb. 24 (Saturday)

Time: 10 am - 5 pm

Fee: \$35 individual/\$50 couple or \$89/\$119 for the series

Location: UFM Fireplace Room

Selecting The Right Computer

CP-04

This class is designed for the mature population who plan to purchase a computer for themselves or as a gift for their children or grandchildren. The class will cover how to buy a computer, shop for other devices and software. A general discussion of what computers are, how to use them and what you can do with them that you might not have thought of. A lunch break will be used to help the participants actually take tours of several local vendors to look at current "toys" in town.

Ralph Wasmer (776-5687)

Date: April 14 (Saturday)

Time: 10:00 am - 4:00 pm

Fee: \$35 Individual/\$50 Couple

Location: UFM Fireplace Room

** Swimming Lessons **

Hydroaerobics & Scuba Diving
See Page 4-6.

** Martial Arts **

Tae Kwon Do & other Martial Arts
See Page 7.

Become a UFM Catalog Sponsor

A catalog sponsor assists by helping to underwrite the costs of publishing the catalog each semester.

★ Sponsor a class, a page or a section.

★ Help keep UFM class costs down

★ Gain visibility for your organization or business.

★ Associate your business with UFM's successful classes and activities

★ Receive a tax deduction for your support.

Call UFM at 539-8763 for more details.

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 2001 sign up dates are:

Returning gardeners

February 7, Wednesday, 7:30 pm, UFM

February 10, Saturday, 10 am, UFM

New Gardeners:

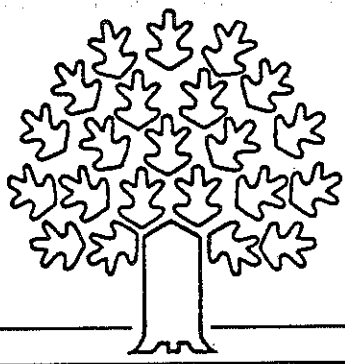
March 7, Wednesday, 7:30 pm at UFM

March 10, Saturday, 10 am at UFM

April 7, Saturday, 10 am at the Garden, 9th and Riley Lane

Call 539-8763 for more information.

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



Earth, Nature & Environment

1221 THURSTON

539-8763

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: March 26 - April 5 (Mon, Tues, Wed, Thurs)
Time: 6 - 8 pm
Fee: \$85 non-credit
Location: Susan B. Anthony Middle School
2501 Browning



Fly Fishing

EN-01b

Paul Sodamann

Date: April 9 - 19 (Mon, Tues, Wed, Thurs)
Time: 6 - 8 pm
Fee: \$85 non-credit
Location: Susan B. Anthony Middle School,
2501 Browning

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. 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 13, 20 & 27 (Tuesday)
Time: 7 - 9 pm
Fee: \$22 individual/\$32 couple
Location: Pottorf Hall, Cico Park



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 6.

Colleen Hampton & other gardeners

Date: April 7
Time: 10am - 1 pm
Fee: N/C
Location: UFM Greenhouse

The Evolution Controversy

EN-26

In light of the current controversy in Kansas over the teaching of evolutionary theory, this course will address both scientific and theological issues. The first class will review some basic concepts and current questions in modern evolutionary theory. The second will present the evidence for transitional forms in the fossil record, and the third will address philosophical and theological issues. Significant time will be set aside during each meeting for questions and discussion. If you are confused about the claims and counterclaims being made in this public debate, or you just want to learn more, take the opportunity to attend this class.

Keith Miller is a research assistant professor in the Geology Department at K-State. He is also a fellow at the American Scientific Affiliation (an association of Christians in the sciences) and an officer in the Affiliation of Christian Geologists. He is interested in Earth and Life history-particularly in the interaction between evolving biological communities and an ever changing Earth. He is also interested in the relationship between evolutionary theory and theological concepts of creation.

Date: February 10, 17 & 24 (Saturday)
Time: 7 - 9 pm
Fee: N/C
Location: Thompson Hall, Room 213, KSU

Growing & Using Herbs in the Landscape and Home

EN-31a

Learn to grow and use herbs in the Landscape setting and ways to use the herbs in the home. Learn specific cultivation techniques for herbs. Discover the art of landscaping with herbs. Learn the history of herbs and some important herbalists. Using your herbs in decorations, gifts, foods and lotions. Handouts will be available on specific herbs for specific locations, recipes, how to create homemade decorations and cultivation requirements.

Jeanie DeArmond (537-2295) is a non-traditional student currently working in medicinal herb research at KSU and studying for a Horticulture therapy/Landscape Design dual degree. She is currently starting an Herbs interest group for the Manhattan area. Jeanie has experience working with volunteer gardening in Manhattan.

Date: March 10 (Saturday)
Time: 2 - 3:30 pm
Fee: \$8
Location: UFM Conference Room

Growing & Using Herbs in the Landscape and Home

EN-31b

Jeanie DeArmond (537-2295)

Date: April 21 (Saturday)
Time: 2 - 3:30 pm
Fee: \$8
Location: UFM Conference Room



Now Organizing an HERB Interest Group

- *Learn Cultivation Techniques
- *Right Plant - Right Place
- *Landscaping Possibilities
- *Uses for Herbs
- *Meet Other With Similar Interests



Jeanie DeArmond Day (532-3477)
Night (537-2295)

1st Meeting: Saturday, Feb. 17, 2 - 3:30 pm
UFM Greenhouse



Saltwater Aquarium Basics

EN-03

This class will help provide basic insight into saltwater aquarium keeping. Topics include; ecological factors, filtration, fish & invertebrate selection, water quality and information to help prevent many of the pitfalls novices make in starting this challenging hobby.

Ty Holborn currently the owner of Pets-N-Stuff, received a bachelors in history and government from Sterling College and pursued a Masters in Regional & City Planning at KSU before being "hooked by the fish bug!"

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



Successful Ponds: Maintenance & Care of Fish

EN-04

This class is aimed at providing information on the successful maintenance of ponds and their inhabitants. General information on biological aspects, goldfish & Koi health and plants will be discussed. Trouble shooting solutions for algae problems, disease and water chemistry will also be covered.

Ty Holborn

Date: April 19 (Thursday)
Time: 7 pm
Fee: \$8 individual/\$12 couple
Location: UFM Conference Room

Water Gardening Planning & Construction

EN-33

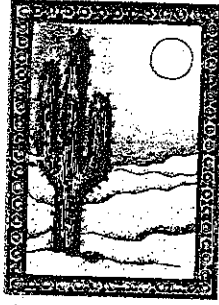
This class will help you with site selection, design and construction of a water garden. Topics of discussed will cover construction materials, filter systems, balancing the ecosystem, aquatic plants, and some building techniques used by our professional construction crew. You will get the insights and experience that our company has in the construction of over 200 water features.

Eric Wood has been working in the landscape and water garden industry for over sixteen years. He has a degree in landscape design and nursery management. After studying in Chicago, he worked in the Chicago suburbs as a landscape designer. Later, Eric and his family moved to the Topeka area where he once again expressed his great talents by creating landscapes for customers. After several years of working for an employer, Eric decided to become one. He and his wife created Lily pads In Landscapes, Inc. This is a wholesale water plant nursery and a garden pond installation business. One year later, they purchased a retail water garden store, Puddles-N-Pads, from one of their wholesale accounts. This led to the development of a growing investment in the thriving water garden industry. They now have a full time staff and Eric is still doing what he loves, creating unique design for the ponds they install. His talents are enabling his customers to truly see their dreams come true.

Date: February 3 (Saturday)
Time: 1 - 3 pm
Fee: \$8 individual/\$12 couple
Location: UFM Conference Room

Cactus and Succulent Society of Greater Manhattan

Cacti and succulents come in a diversity of forms and habits. They can be used in the landscape, as outdoor containerized portables, or as houseplants. They provide hours of companionship and pleasure for both the plant collector and plant hobbyist. This group of cactus and succulent enthusiasts has scheduled the first three meetings of the new year and invites interested persons to attend. If you would like more information about the group, and/or the events, please call Barbara Hilpman at (785) 587-0957. To enroll in these sessions call UFM 539-8763. There are no fees to attend; however, enrollment numbers are needed for appropriate planning.



Cactus and Succulent Society of Greater Manhattan Meeting

EN-32a

Get acquainted session. You are invited to come and bring you pet plant(s) for showing, and plant cuttings for sharing. We will discuss plans for future meetings.

Barbara Hilpman (587-0957)

Date: February 11 (Sunday)
Time: 2 pm
Fee: N/C
Location: UFM Greenhouse

Cactus and Succulent Society of Greater Manhattan Meeting

EN-32b

Don Lonngberg a member of the C & S Society, and a senior in Horticulture at K-State University, will give a presentation on "Plants that can survive the heat of last summer." A map and directions on how to get to the next meeting will be available.

Don Lonngberg

Date: March 11 (Sunday)
Time: 2 pm
Fee: N/C
Location: UFM Greenhouse

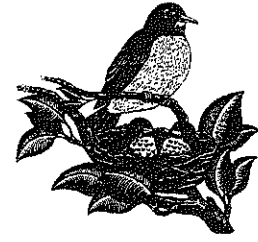
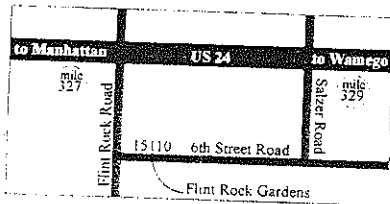
Cactus and Succulent Society of Greater Manhattan Meeting

EN-32c

Duane Kerr, a member of the C & S Society, and owner of Flint Hills Rock Gardens, will give a tour of his facility. He specializes in rock garden plants, including succulents, that survive outdoors in this climate. In case you missed the previous meeting, directions for getting to his nursery will be available by calling Barbara Hilpman at 587-0957.

Duane Kerr

Date: April 22 (Sunday)
Time: 2 pm
Fee: N/C
Location: Flint Hills Rock Gardens in Wamego



The Northern Flint Hills Audubon Society is an organization that has been involved in Environmental Education and Conservation effects in the Manhattan area for more than 25 years.

Call UFM at 539-8763 to enroll in these sessions. There are no fees to attend this series of classes. However, enrollment numbers are needed for appropriate planning.

Beginning Bird Watching Walk

EN-27

Join us every second Saturday of the month at 8 am in the Ackert/Durland parking lot on the KSU campus. We will carpool to a local birding hotspot and should return by about 11 am. Birders of every age and interest level are welcomed. Children are especially encouraged to attend. Call Dave Rintoul or e-mail him at drintoul@ksu.edu for more information.

Dave Rintoul (532-6663)

Date: January 13 (Saturday) first meeting
Time: 8 am - 11 am
Fee: N/C
Location: Ackert/Durland Hall Parking Lot
KSU Campus

Eagle Day

EN-28

Meet at 9 am at the Tuttle Creek Corps of Engineers Office on Highway 24W for Eagle Day. This is an informative program followed by observing the wild wintering bald eagles at Tuttle Creek. Bring your binoculars. It will be a wonderful nature experience for young and old alike.

Steve Prockish (539-8511)

Date: January 6 (Saturday)
Time: 9 am
Fee: N/C
Location: Tuttle Creek Corps of Engineers Office

University Gardens & Butterfly House Tour

EN-29

Tour the new University Gardens & Butterfly House. Meet at 1 pm at the parking lot north of the gardens. University Gardens is located on Denison Ave, north of the Denison & Claflin Rd intersection on the east side of the street. A comfortable and handicapped accessible way to observe nature's wonders.

Patricia Yeager (776-9593)

Date: April 21 (Saturday)
Time: 1 pm
Fee: N/C
Location: KSU Gardens, Denison & Claflin Rd

Special thanks to all UFM INSTRUCTORS who volunteer their time!

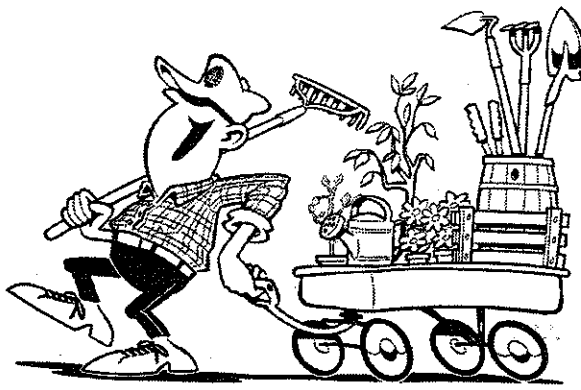


Growing Cool-Season Vegetables EN-18

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

Colleen Hampton

Date: March 28 (Wednesday)
Time: 7 - 9 pm
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 2 (Monday)
Time: 7 - 9 pm
Fee: \$8
Location: UFM Greenhouse

Gardening 101: The Basics EN-19

Welcome to America'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 26 (Monday)
Time: 7 - 9 pm
Fee: \$8
Location: UFM Greenhouse

Butterfly Gardening EN-05

Would you like to attract butterflies to your yard? You can enjoy these beautiful creatures by growing plants for both the adult and larval butterfly. Learn the basic needs of the butterfly and caterpillar; so that, you can attract, provide for, and enjoy the different species.

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: April 23 (Monday)
Time: 7 - 9 pm
Fee: \$8
Location: UFM Greenhouse



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

The Best Plants for Shady Sites EN-22

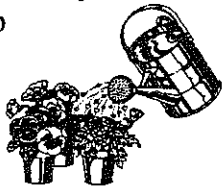
Do you have areas in your yard where the sun doesn't shine? Where you haven't been able to grow anything despite your best efforts? Maybe if you knew what to plant, you would have better luck! We will discuss the growing requirements of many shade-loving and partial shade loving plants (annuals and perennials)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

Colleen Hampton

Date: April 16 (Monday)
Time: 7 - 9 pm
Fee: \$8
Location: UFM Greenhouse

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 2001 sign up dates are:

Returning gardeners
February 7, Wednesday, 7:30 pm, UFM
February 10, Saturday, 10 am, UFM

New Gardeners:
March 7, Wednesday, 7:30 pm at UFM
March 10, Saturday, 10 am at UFM
April 7, Saturday, 10 am at the Garden, 9th and Riley Lane

Call 539-8763 for more information.



Habitat Gardening

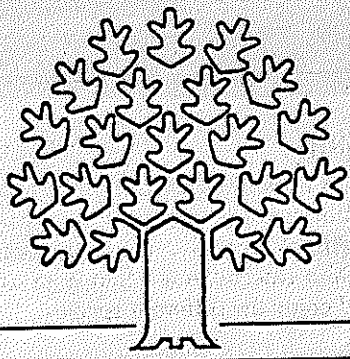
Provide for the four Basic needs of Wildlife

1. Food - Choose a diverse combination of plants that are known to provide foliage, flowers, fruit and seeds for different types of wildlife. Native plant species are best for the wildlife in your area.
2. Water - Provide water by installing a small pond, several bird baths or puddles year round.
3. Shelter - Brush and rock piles, nesting boxes, snags and diverse plant heights and structures all provide homes for wildlife.
4. Space - Learn the special territorial needs of the wildlife you wish to attract to help determine how much wildlife you can expect to occur on your property.

Good resources to turn to are:
The Wild Ones - Natural Landscapes, Ltd. is a non-profit organization educational group. A good web site is www.for-wild.org, also look to the National Wildlife Federation, Backyard Wildlife Habitat Program 1-800-822-9919 or www.nwf.org info found under Wildlife Work.

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.



Food for Fun

1221 THURSTON

539-8763



Wines of Italy

FF-04

Learn about the wonderful hidden world of Italian vino! The class will discuss each region of Italy and try wines from them, over fifty wines in all. From the vineyards that bank the Alps in Trentino to the rolling hillside vineyards along the coast of Sicily we will try to learn about them all, including the famed wines of Barolo and the awesome "Super-Tuscans." By the end of the class you'll understand why they make wine a part of their daily lives. Alla tua salute! This class is limited to fifteen people, and its fills very quickly, so sign up early.

Chad Lohman (539-9441) is a graduate of KSU and owner of Nespor's Wines & Spirits of Manhattan. Scott Benjamin is with Vintage Marketing Standard Beverage.

Date: February 6, 13, 27, March 6, 13 & 27 (Tuesday)
Time: 7-9 pm
Fee: \$125
Location: UFM Fireplace Room
No class February 20 or March 20

Risotto - Cooking For Fun

FF-06

Risotto is a classic Italian rice dish, served either as an accompaniment or as a main course. Risotto can be very simple with subtle flavors, or it can be made bold by adding sausage or seafood. The creamy texture of risotto is unique to rice dishes. It comes from a blend of simple ingredients and requires lots of stirring during preparation. A special short-grained Italian variety of rice, Arborio, is commonly used, but any short-grained rice that sloughs its starchy coat during cooking will work. Quality ingredients and lots of care make this dish one to serve only to your closest friends. Come join us for the hands-on experience of making Risotto. Expect to be put to work and plan on time to enjoy the fruits of our efforts. All ingredients will be furnished but bring an appetite.

Jan and Gene Meyer enjoy cooking and sharing food with friends. In their house, it is not who has to cook, but who gets to.

Date: Feb. 7 (Wednesday)
Time: 6:30 pm
Fee: \$16 individual/ \$28 couple
Location: UFM Kitchen

The Soy of Cooking: It's Not Just Tofu Anymore!

FF-02

Mention the word "Soy" and most people think of tofu. This workshop will introduce you to the world of soy products, including creative ways to use tofu and other soy products in preparing food for your family. Why soy foods? Research continues to reveal that soy foods have great health benefits for most people, women in particular. You will learn why soy foods can lower blood cholesterol levels, lower your risk of developing osteoporosis and lower your risk for developing cancer. However, soy foods may not be right for everyone - we'll talk about that too. The fun part of this workshop is tasting foods prepared with soy products and discovering how delicious soy foods can be. Learn to "lean on the bean!"

Sharolyn Jackson is with Riley County Extension Service the Family and Consumer Sciences division.

Date: March 29 (Thursday)
Time: 7 - 8:30 pm
Fee: \$11 individual/\$15 couple
Location: Cico Park, Pottorf Hall, Clover Room

Middle Eastern Dance
(Belly Dancing)
Beginning & Intermediate
See Page 15

Heartland SHARE

- * Supplement your food budget
- * Meats, vegetables and fruits
- * Great special offers
- * Give a little back to your community
- * Open to Everyone
- * Sign up at UFM

Additional information about SHARE can be found on page 19 in this catalog.

Call UFM at 539-8763

Indian Cooking Series with Jayanthi

The instructor Jayanthi Mohan is an experienced homemaker. She is versatile in cooking Indian dishes. Some of her favorites are Idli, Odsa and Chappathi. She has extensive participation in organizing ethnic food in multi-cultural festivals at the International House at the University of British Columbia in Vancouver, Canada, at the University of Missouri, Columbia and at K-State. Her dishes have been enjoyed by many attendees of such events. Jayanthi is an ardent lover of cooking food in bulk and serving others.

You may enroll in one class or all three. Each class will cover a different dish for you to learn how to prepare. Please bring a dish and utensils, so that you can enjoy eating your meal.

Chappathi & Curry

FF-07a

Chappathi is an important staple item in the diet of Indian people. It is made out of wheat flour that is mixed with oil, water and salt. After mixing and kneading, the dough is made into small balls. The circular wheat cakes are rolled out and cooked on a hot pan until soft, using a little bit of oil. Chappathi goes well with a tomato chutney.

Date: January 13 (Saturday)
Time: 9 am - noon
Fee: \$20 one class/\$50 series of 3 classes
Location: UFM Kitchen

Rava Dosa

FF-07b

Rava Dosa is one of the different kinds of Dosa, a southern Indian food. It is soft, crispy and very palatable. The ingredients include rava sooji (finely cracked wheat), rice flour, cumin seeds, pepper, curry leaves, green chilies, all purpose flour, vegetable oil and salt.

Jayanthi Mohan

Date: February 24 (Saturday)
Time: 9 am - noon
Fee: \$20 one class/\$50 series of 3 classes
Location: UFM Kitchen

Coconut rice

FF-07c

Coconut rice is made from a special variety of rice called Basmati rice, which has a special flavor. It is also popular in Southern India. It fulfills one's appetite when eaten with three handfuls. The ingredients are Basmati rice, coconut milk, onion, garlic, tomatoes, mixed vegetables, coriander leaves, cashews, cinnamon, cardamom, cloves, bay leaves, salt, turmeric powder, ghee (clarified butter) and vegetable oil.

Jayanthi Mohan

Date: March 31 (Saturday)
Time: 9 am - noon
Fee: \$20 one class/\$50 series of 3 classes
Location: UFM Kitchen



Special thanks to all UFM INSTRUCTORS who volunteer their time!

1 Hour UG KSU Credit Classes

The courses on this page are offered for credit through the Division of Continuing Education with the cooperation of various KSU departments. Register for these at 131 College Court. Fees for these classes differ depending on special instructor and equipment needs. Enrollment, withdrawal and refunds are determined by University policy and handled at

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

*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.

Date: January 22 - February 26 (Monday)

Time: 5:30 - 9:30 pm

Fee: \$253

Location: YMCA, 1703 McFarland, Junction City, 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 Sodamann*

Date: March 26 - April 5 (Mon, Tues, Wed, Th)

Time: 6:00 - 8:00 pm

Fee: \$150

Location: S. B. Anthony Middle School, 2501 Browning

Fly Fishing

RRES-200

Instructor: *Paul Sodamann*

Date: April 9 - 19 (Mon, Tues, Wed, Thurs)

Time: 6:00 - 8:00 pm

Fee: \$150

Location: Susan B. Anthony Middle School, 2501 Browning

Ballroom Dance I

DANCE-599

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

Instructor: *Michael Bennett*

Date: January 12 - May 4 (Friday)

Time: 6:30 - 7:30 pm

Fee: \$143

Location: ECM Auditorium, 1021 Denison Ave.

Ballroom Dance I

DANCE-599

Instructor: *Michael Bennett*

Date: January 17 - May 2 (Wednesday)

Time: 8 - 9 pm

Fee: \$143

Location: ECM Auditorium, 1021 Denison Ave.

Ballroom Dance II

DANCE-599

Instructor: *Michael Bennett*

Date: January 12 - May 4 (Friday)

Time: 7:30 - 8:30 pm

Fee: \$143

Location: ECM Auditorium, 1021 Denison Ave.

Golf

RRES-200

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

Instructor: *Jim Gregory*

Session I

Date: March 6 - May 1 (Tuesday)

Time: 2:30 - 4:30 pm

Session II

Date: March 7 - May 2 (Wednesday)

Time: 5:30 - 7:30 pm

Session III

Date: March 7 - May 2 (Wednesday)

Time: 1:30 - 3:30 pm

Session IV

Date: March 8 - May 3 (Thursday)

Time: 9:30 - 11:30 am

Fee: \$156

Location: Stagg Hill Golf Club, 4441 Ft. Riley Blvd.

Judo I

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 11 - May 3 (Tuesday/Thursday)

Time: 8:45 - 10:00 pm

Fee: \$116

Location: 1111 Moro, Manhattan, KS

Judo II

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 11 - May 3 (Tuesday/Thursday)

Time: 8:45 - 10:00 pm

Fee: \$116

Location: 1111 Moro, Manhattan, KS

Archery for Adults

RRES-220

This course provides men and women with instruction in target style archery. Emphasis is on the archery form currently used in Olympic 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.

Instructor: *Tom Korte*

Date: January 25 - March 15 (Thursday)

Time: 8 - 9:45 pm

Fee: \$130

Location: 1125 Laramie Plaza

Archery for Adults

RRES-200

Instructor: *Tom Korte*

Date: January 22 - March 12 (Monday)

Time: 6 - 7:45 pm

Fee: \$130

Location: 1125 Laramie Plaza

Beginning Fencing

RRES-200

Beginning fencing is an introduction to the fundamentals of modern sport fencing. Of the three weapon types (foil, epee, sabre) sanctioned in international competitions, only foil is taught in beginning fencing. This course may not be repeated for credit. Fencing entails progressive conditioning of the shoulders, lower torso and legs along with fine motor enhancement of the fingers and wrists. Understanding fencing has wide application off the strip—integrating diplomacy, aggression, speed and skill.

Instructor: *William Meyer*

Date: January 22 - April 23 (Monday)

Time: 6:30 - 8:00 pm

Fee: \$138

Location: UFM, 1221 Thurston

Intermediate Fencing

RRES-200

Intermediate fencing continues with the concepts presented in beginning foil fencing. Emphasis is on technique refinement, theory of attack, and bouting. The course may be repeated for credit.

Instructor: *William Meyer*

Date: January 22 - April 23 (Monday)

Time: 8:00 - 9:30 pm

Fee: \$138

Location: UFM, 1221 Thurston

Fitness Swimming

RRES-200

Students interested in this course MUST be able to demonstrate the five basic strokes, using rhythmic breathing. Emphasis will be on analyzing and refining stroke technique and additional competitive skills improving/maintaining physical fitness and endurance through a progressive conditioning swimming program. Students will learn the components of well-balanced training and how to design a workout for conditioning swimming.

Carol Stites

Date: January 23 - March 8 (Tuesday/Thursday)

Time: 3:00 - 4:30 pm

Fee: \$72 noncredit/ \$123 Credit

Location: Fort Riley, Eyster Pool

Swim I

RRES-200

This course is designed ONLY for students who have a fear of the water and/or those with little or no water experience. It will address the needs of the truly beginning swimmer. Emphasis will be on acquiring the skills, knowledge and attitudes necessary to become safe in or near the water. Students will learn basic stroke technique, survival skills, and how to assist others in an aquatic emergency by performing elementary forms of rescue. Textbook required: *Swimming and Diving*.

Carol Stites

Date: January 22 - March 7 (Monday/Wednesday)

Time: 4 - 5 pm

Fee: \$72 noncredit/ \$123 credit

Location: Fort Riley Pool

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- **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.

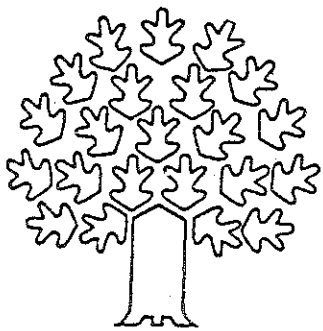
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Special thanks to all UFM INSTRUCTORS who volunteer their time!

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Registration by Mail

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

UFM Class Registrations
 1221 Thurston
 Manhattan, Kansas 66502-5299

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



Registration by Phone

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



Registration in Person

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

Youth Scholarships are available.

FOR YOU... One participant per form, please

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

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UFM Community Learning Center

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 _____

Registration Form
 1221 Thurston Manhattan, KS 66502 539-8763

Student Name _____ Day Phone _____
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 Parent's Name if Student is Under Age 18 _____

CLASS #	Session	TITLE	FEE	LOCATION	DATE	TIME

CLASS #	Session	TITLE	FEE	LOCATION	DATE	TIME

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Tax Deductible Donation
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Signature** _____ Date _____
 **Signature of Parent or Guardian required for minors.

Signature** _____ Date _____
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Date Received	Date	Check _____	Total Paid _____
Entered	Staff	Cash _____	
Computer		Visa _____	
		M/C _____	
		Discover _____	

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Entered	Staff	Cash _____	
Computer		Visa _____	
		M/C _____	
		Discover _____	