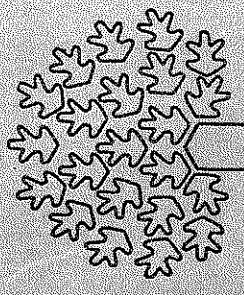


UFM

Community Learning Center

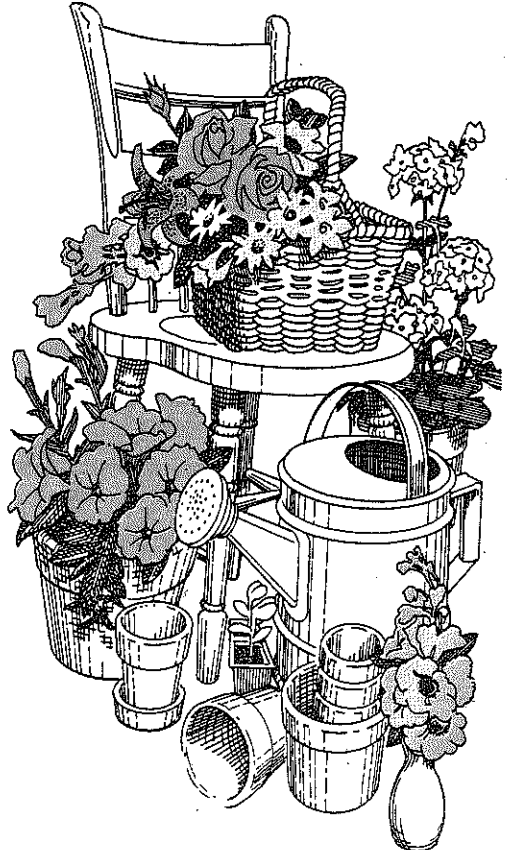
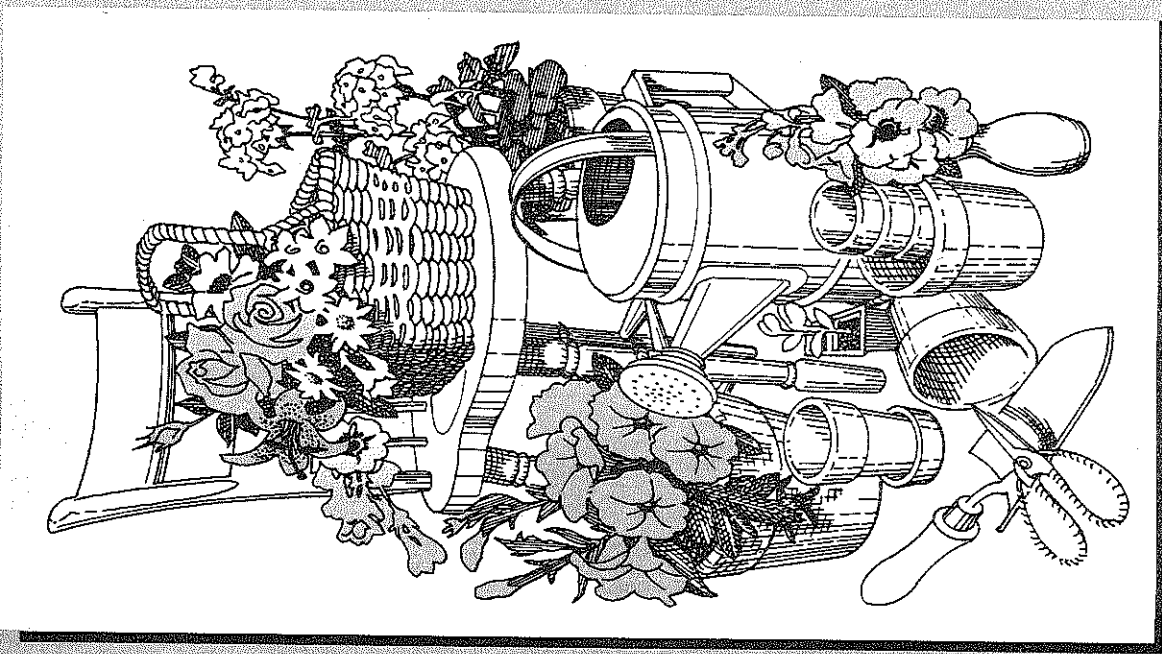
2002 Spring Classes



Teaching • Learning • Growing
Vol. 34 Edition 1

Spring Classes January-May 2002

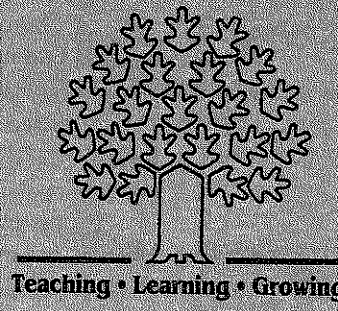
- Sewing . . .
- Computer Classes . . .
- Swim Lessons . . .
- Yoga for Everybody . . .
- Wines of the U.S. . . .
- Spring Plant Swap . . .
- Fund Raising . . .
- Middle Eastern Dance . . .
- and much more...



Turn a New Leaf on Learning this Spring!

Spring Classes Jan-May, 2002

- . . .
- Stained Glass . . .
- Prep Courses: PPST . . .
- Reptiles & Amphibians . . .
- Scuba Diving . . .
- Women's Self Defense



Teaching • Learning • Growing

UFM Community Learning Center

2002 Spring Classes

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

OR CURRENT RESIDENT

Welcome to UFM Community Learning Center...

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


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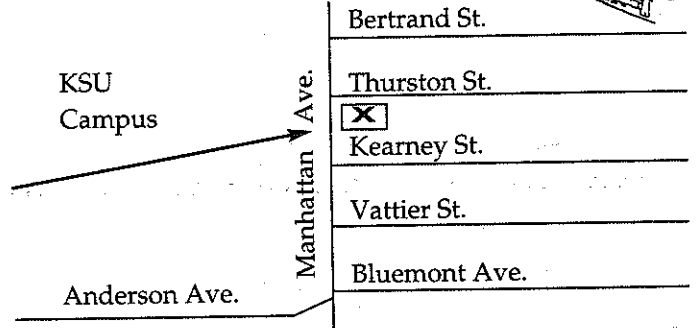
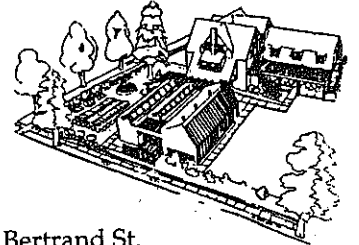
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WHERE WE'RE LOCATED

UFM
1221 Thurston



Rusty Smith

Rusty Smith is our new office coordinator and she looks forward to helping you with registration for UFM classes.



Kristen Johnston

Hi! I'm Kristen Johnston, the new education coordinator. I look forward to meeting all of you!

UFM Staff:

- Executive Director - Linda Inlow Teener
- Education Coordinator - Kristen Johnston
- Community Outreach Coordinator: Charlene Brownson
- Swim Coordinator - Chris Branton
- Lou Douglas Lecture Series Coordinator - Olivia Collins
- Teen Mentoring Program Coordinator - Karen Roesch
- Office Coordinator - Rusty Smith
- Plus all the teachers who share their talents!

HANDICAPPED ACCESSIBLE

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



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.

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

UFM INSTRUCTORS

Jamie Allen
Merah Anderson
Schanee Anderson
Petra Barnes
Brian Bates
Ellen Becker
Scott Benjamin
Michael Bennett
Lynn Bohnerblust
Joyce Brite
Marie Burgett
Connie Carlson

Michael Cody
Dr. Larry Dall
David Darling
Gregg Eyestone
Lucia Flower
Enell Foerster
Ana Franklin
Heather Fuesz
Jerri Garretson
Rachel Greenwood
Jim Gregory
Christine Harley

Rob Hayes
Tom Holcomb
Eric Holeman
Sharolyn Jackson
Dan Kahl
Sheila Kensler
Irina Khramtsova
Karena Kimble
Tom Korte
Toni Kroll
Sibylle Kuder
Alan Ladd

Chad Lohman
Bill Meyer
David Moore
Terry Murray
Barbara Ouellette
Joan Phelps
Emilie Rabbat
Ryan Rehmeier
Ronna Robertson
Gordon Schmid
Pam Schmid
Robin Sipp

Glen Sixbury
Karma Smith-Grindell
Sandy Snyder
Paul Sodamann
Carol Stites
Dean Stramel
Diana Tarver
Don Terhune
Mark Tessendorf
Shannon Thom
Marilyn Tomich
Gabrielle Thompson

Haidi Tu
Kennita Tully
Audrey Umekudo
Isaac Wakabyashi
Ralph Wasmer
Mike Webb
Harold Wellmeier
Stan Wilson
Jeff Wilson
George Wyatt
Chae Sun Yi
Wei Zou

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.

Kristen Johnston

COMMUNITY REGISTRATIONS

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

DATE	TIME	LOCATION
Jan 22 Tues	10 am - 2 pm	KSU Union
Jan 23 Wed	10 am - 2 pm	KSU Union
Jan 26 Sat	1 - 3 pm	Manhattan Town Center

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 when requested. Consider yourself registered *when we receive payment 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 Kristen at UFM 539-8763.

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.

BOARD OF DIRECTORS

Larry Fry - *Chair*

Robert Wilson - *Vice Chair*

Migette Kaup - *Treasurer*

Sharon Brookshire -

Secretary

Linda Inlow Teener -

President and CEO

Mary Kidd

Sue Maes

Dick Hayter

Candace White

Robert Schaeffer

Irmie Fallon

Jim Hardy

Shane Shanks

Tyler Adams

Brandy Porter

Jonas Stewart

Elaine Johannes

Bill Richter

ANSWERING MACHINE

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

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!

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 Kristen at 539-8763.

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.

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.

SPECIAL POLICIES FOR CREDIT OPTIONAL CLASSES

Credit Registration Refunds: After the second credit optional class meeting, but before one-third of the scheduled class sessions have met, fifty percent of the fee may be refunded if requested in writing. No refund is issued if it is requested after one-third of the class meetings have ended.
Credit Enrollment Fees: Courses taken for credit carry additional fees required for University administration of the credit program. A \$15.00 late fee will be charged for enrollments taken after the second class meeting. A \$35.00 late fee will be charged for enrollments taken after one-third of the class meetings. Additional student activity and health fees may be assessed for students enrolled in 6 or fewer KSU credit hours.
Withdrawals: A student may withdraw from a credit option class by written request prior to the completion of one-third of the scheduled class meetings without a grade being recorded on the student's transcript. If a student withdraws after one-third, but before two-thirds of the scheduled class meetings, a grade of W(withdrawn) will be issued. No withdrawals will be accepted after two-thirds of the scheduled classes have been completed.

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
- Outdoor Fishing
- Upholstery
- Language classes-
Swedish, Korean, Persian
& others

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 11
Session B:	Wednesday, March 13
Session C:	Saturday, April 13
Session D:	Tuesday, February 26
Session E:	Tuesday, April 9

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 11 - April 22
Session B:	Wednesday, February 13 - April 24
Session C:	Saturday, February 23 - May 11
Session D:	Tues/Thurs, February 12 - March 14
Session E:	Tues/Thurs, March 26 - April 25

No lessons March 16 - 24

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 4 - March 11
AQ-01P	6 - 6:30 pm
Session C:	Saturday March 30 - May 4
AQ-02P	9:30 - 10 am
Session D:	Tues/Thurs February 5 - 21
AQ-03P	6 - 6:30 pm
Session E:	Tues/Thurs, March 26 - April 11
AQ-04P	6 - 6:30 pm

Fee: \$21 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 6 - March 13
AQ-01T	6 - 6:30 pm
Session C:	Saturday March 30 - May 4
AQ-02T	9:30 - 10 am
Session D:	Tues/Thurs February 26 - March 14
AQ-03T	6 - 6:30 pm
Session E:	Tues/Thurs April 16 - May 2
AQ-04T	6 - 6:30 pm

Fee: \$21 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 C:	(See dates above)
AQ-01C	Saturday 10:15 - 10:55 am
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: \$43 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 C:	(See dates above)
AQ-04C	Saturday 10:15 - 10:55 am
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: \$43 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 C:	(See dates above)
AQ-04C	Saturday 10:15 - 10:55 am
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: \$43 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 C:	(See dates above)
AQ-10C	Saturday 10:15 - 10:55 am
Session E:	(See dates above)
AQ-10E	Tues/Thurs 6:40 - 7:20 pm

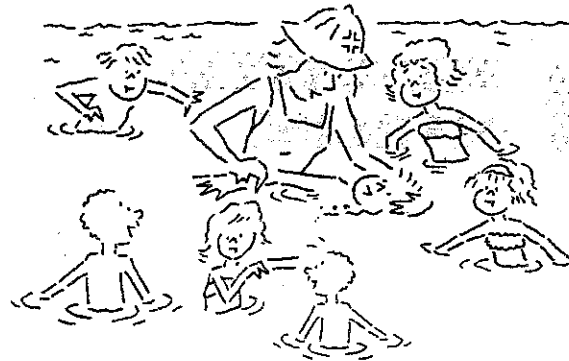
Fee: \$43 per session

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 10:15 - 10:55 am
Session E:	(See dates above)
AQ-13E	Tues/Thurs 6:40 - 7:20 pm

Fee: \$43 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 10:15 - 10:55 am
Session E: (See dates above)
AQ-16E Tues/Thurs 6:40 - 7:20 pm

Fee: \$43 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 10:15 - 10:55 am
Session E: (See dates above)
AQ-19E Tues/Thurs 6:40 - 7:20 pm

Fee: \$43 per session

Introduction to Competitive Swimming - Mini Team

This class will focus on the four competitive strokes: butterfly, backstroke, breaststroke, and freestyle, as well as, competitive starts and turns. Stroke refinement and endurance will be the main objectives. Swimmers on average will swim between 500 and 1000 yards each lesson. This class is designed for participants who have completed Level VII of the Learn to Swim program or those who would like preparation for a swim team. While enrolled in this class individuals can practice with the Manhattan Marlins Swim Team at no charge. Prior to participating with the Marlins, contact Kathy Musch 776-1742 or Jerry Carpenter 539-1384. For more information concerning Manhattan Marlins, see brochure near pool entrance.

Session D: (See Dates Above)
AQ-107A Tuesday/Thursday 6:40 - 7:20 pm

Session E: (See Dates Above)
AQ-107B Tuesday/Thursday 6:40 - 7:20 pm
Fee: \$43 per session

Adult Swim Lessons

Are you tired of sitting on the sidelines watching everyone else swim? Well, you don't need to anymore. Now's your chance to learn how to swim. This class is for adults who want to become comfortable in the water, add to their knowledge of personal safety, and increase enjoyment of their leisure time. No prerequisites. If enrollment is low, this class will be moved to private or semi-private lessons.

Session A: (See dates above)
AQ-22A Monday 6:50 - 7:30 pm
Session E: (See dates above)
AQ-20E Tues/Thurs 6:40 - 7:20 pm
Fee: \$43 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 Monday 6 - 7:30 pm
Session B: (See dates above)
AQ-24B Wednesday 6 - 7:30 pm
Session C: (See dates above)
AQ-24C Saturday 9:30 - 10:55 am
Session D: (See dates above)
AQ-24D Tues/Thurs 6 - 7:30 pm
Session E: (See dates above)
AQ-24E Tues/Thurs 6 - 7:30 pm
Fee: \$19 per session

Lap Swimming for Parents

Are you tired of being just an observer at your child's swimming lesson? If so, then take advantage of the time you spend watching and enroll in Lap Swimming at a special price. This class will meet every day your child is enrolled in swimming lessons. In this class you will be able to swim laps to meet your own needs and goals.

Session A: (See dates above)
AQ-25A Monday 6 - 7:30 pm
Session B: (See dates above)
AQ-25B Wednesday 6 - 7:30 pm
Session C: (See dates above)
AQ-25C Saturday 9:30 - 10:55 am
Session D: (See dates above)
AQ-25D Tues/Thurs 6 - 7:30 pm
Session E: (See dates above)
AQ-25E Tues/Thurs 6 - 7:30 pm
Fee: \$16 per session

Hydroaerobics: Water Exercise

This is a 55 minute water exercise class that uses water resistance to give participants a great workout. This class is designed to use water exercises for the development of physical fitness, muscle tone, flexibility, and cardiovascular endurance. Exercises are done in a vertical position with head and shoulders out of the water. Both the swimmer and the non-swimmer will benefit from this class.

Session A: January 7 - February 7
(No class Jan 21, Mon)



AQ-26A Mon/Wed or Tues/Thurs 6:35 - 7:30 pm
AQ-27A Mon-Thurs 6:35 - 7:30 pm
Session B: February 11 - March 14
AQ-26B Mon/Wed or Tues/Thurs 6:35 - 7:30 pm
AQ-27B Mon-Thurs 6:35 - 7:30 pm

Session C: February 23 - May 11
AQ-26C Saturday 10:05 - 11:00 am

Session D: March 25 - April 25
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: \$18 per session for Mon/Wed or Tues/Thurs
\$22 per session Mon-Thurs
\$18 per session Saturday

Deep Water Hydroaerobics

This semester we will be offering a deep water hydroaerobics class. This will be in the diving well the Natatorium. The participants of the class will be issued an aquajogger belt to help provide buoyancy in the water. The structure for this class will be similar to the regular hydroaerobics classes. This class is intended to add variety to your work out. Only swimmers who can tread water without a floatation device are allowed to participate in the class.

Session B: February 14 - March 11
AQ-28B Thursday 6 - 6:30 pm

Session D: March 28 - April 25
AQ-28D Thursday 6-6:30 pm

Session E: May 2 - May 30
AQ-28E Thursday 6 - 6:30 pm

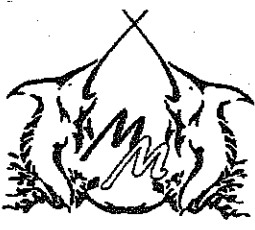
Fee: \$12 per session

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: See Private Lessons Schedule for Dates/Times.
Fee: \$56 per session of 6 lessons

MANHATTAN MARLINS SWIM TEAM



A non-profit organization dedicated to providing children the chance of participating in competitive swimming. Primary emphasis in on positive self image, physical conditioning and development to the child's fullest potential.

Ages: 5 years thru College level

Four Practice Groups: ♦ Developmental ♦ Bronze ♦ Silver ♦ Gold

For more information contact: Kathy Musch at 776-1742 or Jerry Carpenter at 539-1384



Private Lessons

AQ-30

These lessons provide one-on-one instruction for any level of swimmer, 6 classes of 35 minutes each. To improve scheduling and better serve our families, you will be able to reserve specific days and times for private lessons when you enroll. Options include:

February 11 - May 11

Date: Once per week - M, T, W, TH, Sat

Times: 6 - 6:35 pm, M - TH

6:45 - 7:20 pm, M - TH

9:30 - 10:05 am, Sat

10:15 - 10:50 am, Sat

Fee: \$56 per session of 6 lessons

* UFM office staff will reserve the first available dates. There will be very little flexibility for re-scheduling.

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 7 (Sunday)

Time: 5 - 7 pm

Fee: N/C

Location: KSU Natatorium

Open Swim Appreciation

AQ-31b

For UFM swim participants and their parents.

Date: April 23 (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 7 - 28 (Sunday)

Time: 5 - 7 pm

Fee: N/C

Location: KSU Natatorium

WSI Water Safety Instructor

AQ-34

WSI - 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 Fundamentals of Instructor Training course. Prerequisites: Minimum age 17, on or before the final scheduled session of the instructor course. Fundamentals of Instructor Training. Successfully complete a pretest of aquatics and safety skills. Successfully demonstrate Freestyle, Backstroke, Butterfly, Elementary Backstroke, and Sidestroke. Successfully demonstrate rescue skills. Certification Requires: Demonstrate competency in all required skills, and correctly answer at least 80 percent of the written tests.

Carol Stites

Prerequisites: March 28 (Thursday)

Date: April 1 - April 12 (Monday - Friday)

April 13 (Saturday)

Time: 6 - 7:30 pm (Prerequisites)

4:30 - 7:30 pm (Monday - Friday)

9 am - 1 pm (Saturday)

Fee: \$195 (Fee includes text books and can be picked up at UFM.)

Deposit: To reserve a spot in the class a deposit of \$20.00 needs to be paid before the prerequisite date. This deposit is non-refundable (even if you do not pass the prerequisites) and will go toward the cost of the class. You will pay for the class and books in the UFM office after successful completion of the prerequisites. There is a maximum of 12 people per class.

Location: KSU Natatorium

Red Cross Lifeguard Training

(ECC 2000)

AQ-35a

American Red Cross Lifeguard Training teaches lifeguards the skills and knowledge needed to prevent and respond to aquatic emergencies. This course will certify you in Lifeguard Training, CPR for the Professional Rescuer, and First Aid.

Prerequisites: Minimum age 15. Swim 500 yards continuously, using these strokes in the following order: 200 yard front crawl with rhythmic breathing and stabilizing, propellant kick, 100 yard breaststroke, and 200 yards of either front crawl using rhythmic breathing or breaststroke. These 200 yards may be a mixture of front crawl and breaststroke. Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7 - 10 feet, retrieve a 10-pound brick, return to surface, and swim 20 yards back to the starting point with the object.

Certification Requires: Demonstrate competency in all required skills, demonstrate competency in the three final skill scenarios, and correctly answer at least 80 percent of the written tests.

Carol Stites

Prerequisites: April 18 (Thursday)

Date: April 22 - May 3 (Monday - Friday)

Time: 6 - 7:30 pm (Prerequisites)

4:30 - 7:30 pm (Monday - Friday)

Fee: \$152 (Fee includes text book and pocket mask w/0² inlet and can be picked up at UFM.)

Deposit: To reserve a spot in the class a deposit of \$20.00 needs to be paid before the prerequisite date. This deposit is non-refundable (even if you do not pass the prerequisites) and will go toward the cost of the class. You will pay for the class and books in the UFM office after successful completion of the prerequisites. There is a maximum of 12 people per class.

Location: KSU Natatorium

Red Cross Lifeguard Training

(ECC 2000)

AQ-35b

UFM Staff

Prerequisites: May 16 (Thursday)

Date: May 20 - May 25 (Monday - Saturday)

Time: 6 - 7:30 pm (Prerequisites)

3 - 9 pm (Monday - Friday)

8 am - 2 pm (Saturday)

Fee: \$152 (Fee includes text book and pocket mask w/0² inlet and can be picked up at UFM.)

Deposit: To reserve a spot in the class a deposit of \$20.00 needs to be paid before the prerequisite date. This deposit is non-refundable (even if you do not pass the prerequisites) and will go toward the cost of the class. You will pay for the class and books in the UFM office after successful completion of the prerequisites. There is a maximum of 12 people per class.

Location: KSU Natatorium

Red Cross CPR for Lifeguards Only

AQ-36a

UFM Staff

Date: May 23 and May 24 (Thursday and Friday)

Time: 3 - 9 pm

Fee: \$46 (Fee does not include text book and pocket mask w/0² inlet. Both the text book and pocket mask can be purchased at UFM and are required for this course. Text book: \$25 and Pocket Mask: \$15)

Deposit: To reserve a spot in the class a deposit of \$20.00 needs to be paid before the class. This deposit is non-refundable and will go toward the cost of the class. Full payment for the class will be received no later than May 23. You will pay for the class and books in the UFM office. There is a maximum of 6 people per class.

Location: UFM Conference Room

Red Cross Lifeguard Instructor Training

(ECC 2000)

AQ-91

American Red Cross Lifeguard Instructor Training teaches lifeguard candidates to teach Lifeguard Training. This course prepares the instructor to teach Lifeguarding Training, First Aid, Instructor Aide, CPR for the Professional Rescuer, Lifeguarding Instructor Aide, Oxygen Administration, Automated External Defibrillation Essentials, Preventing Disease Transmission, Community Water Safety, and Basic Water Rescue. Selected Lifeguard instructors may be eligible to teach Safety Training for Swim Coaches. Fundamental of Instructor Training course will be included in the Lifeguard Instructor Training course.

Prerequisites: Minimum age 17, on or before the final scheduled session of the instructor course. Fundamentals of Instructor Training. Pass a pre-course written exam 80 percent or better. Successful completion of swimming, Lifeguarding, First Aid, and CPR for the Professional Rescuer skills. Complete three Lifeguard Training course skills scenarios.

Certification Requires: Demonstrate competency in all required skills, and correctly answer at least 80 percent of the written tests.

Carol Stites

Prerequisites: April 13 (Saturday)

Date: April 15 - May 3 (Monday - Friday)

April 20 (Saturday)

Time: 4 - 7 pm (Prerequisites)

4 - 7:30 pm (Monday - Friday)

9 am - 1 pm (Saturday)

Fee: \$89 (Fee includes text book and can be picked up at UFM, after completion of prerequisites) Deposit: To reserve a spot in the class a deposit of \$20.00 needs to be paid before the prerequisite date. This deposit is non-refundable (even if you do not pass the prerequisites) and will go toward the cost of the class. You will pay for the class and books in the UFM office after successful completion of the prerequisites. There is a maximum of 12 people per class.

Location: KSU Natatorium

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

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

Date: January 28 - March 4 (Monday)

Time: 6 - 10 pm

Fee: \$210 non-credit/\$255 credit

Location: YMCA, 1703 McFarland Junction City, KS





AQUATICS (Continued)

Red Cross - AFI: Aquatic Fitness Instructor

AQ-104

Love to work out and get paid! New this year is a course sponsored by the American Red Cross on how to be a Water Aerobics Instructor. This course is an educational and training program for individuals interested in advancing their knowledge and skills in designing and leading different types of water exercise. It will prepare the instructors to become certified to organize, develop, teach, administer, and market safe fun and effective water exercise programs.

Prerequisites: Minimum age 17, on or before the final scheduled session of the instructor course. Must have current Adult CPR and First Aid certificates or equivalent there of. If you do not have a current Adult CPR and First Aid or equivalent there of, you must get them within 30 days of the class in order to receive your Aquatic Fitness Instructor certification. Swim continuously for 200 yards demonstrating: 50 yards Freestyle, 50 yards Breaststroke, 50 yards Backstroke, and 50 yards your choice. (Not timed and can be done with head out of water.) Basic water rescues will be reviewed in class.

Carol Stites

Prerequisites: May 4 (Saturday)

Date: May 5 and 11 (Sunday and Saturday)

Time: 9am- 4 pm (Prerequisites)

3 - 9 pm (Monday - Friday)

9 am - 4 pm (Saturday)

Fee: \$95 (Fee includes gloves and can be picked up at UFM) (Fee does not include text books, they can be picked up at the UFM Office)

Deposit: To reserve a spot in the class a deposit of \$20.00 needs to be paid before the prerequisite date. This deposit is non-refundable (even if you do not pass the prerequisites) and will go toward the cost of the class. You will pay for the class and books in the UFM office after successful completion of the prerequisites.

There is a maximum of 12 people per class.

Location:KSU Natatorium

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 28 - March 13 (Monday/Wednesday)

Time: 1:30 - 2:30 pm

Fee: \$72 non-credit/ \$125 credit

Location: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 swimming training and how to design a workout for conditioning swimming.

Carol Stites

Date: January 29 - March 14 (Tuesday/Thursday)

Time: 6 - 7:30 pm

Fee: \$72 non-credit/ \$125 Credit

Location:Natatorium, KSU



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 martial art 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+



**Thursday, January 24, at 7:00 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 41 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 the KSU since 1975. Instructor, David Moore (539-6786) is a 4th degree black belt with over 11 years experience in Tae Kwon Do.

Date: January 24 - May 9 (Tuesday/Thursday)

Time: 6:30 - 7:30 pm

Fee: \$72

Location:Ahearn Fieldhouse, KSU

No class March 19 & 21.



Tae Kwon Do II Advanced

MA-02

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

Date: January 24 - May 9 (Tuesday/Thursday)

Time: 7:30 - 8:30 pm

Fee: \$72

Location:Ahearn Fieldhouse, KSU

No classes March 19 & 21.

Judo I

MA-05

Judo I is intended not to gain 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 22 - May 9 (Tuesday/Thursday)

Time: 7 - 8 pm

Fee: \$72 non-credit

Location: Ahearn Room 303, KSU

No Classes March 19 and 21.

Judo II

MA-06

Instructor: Isaac Wakabayashi

Date: January 22 - May 9 (Tuesday/Thursday)

Time: 8 - 9 pm

Fee: \$72 non-credit

Location:Ahearn Room 303, KSU

No Classes March 19 and 21.

White Phoenix System Basics

MA-07

In this class we will go over Kung Fu basics and the 20 White Phoenix self-defense/Jujutsu techniques. The White Phoenix System is a self-defense oriented martial art that is physically a combination of Kung Fu, Jujutsu and other martial arts, with emphasis on the mental approach of Shinobijutsu, or the art of deceiving the attackers mind.

Stan Wilson has been practicing martial arts for 32 years. He has a 2nd degree black belt in Hakkoryu (Aiki) Jujutsu, a 3rd degree black sash in Pai Lum Kung Fu, an 8th degree black sash in Zeelu Lum Kung Fu, a 1st degree black sash in Mew Hing Taoist Palms Kung Fu, and is the founder of the White Phoenix System. Stan has studied and done research into many martial arts and self-defense. He has produced one book, ten videos, and 20 manuals on self-defense and the martial arts, and is the owner of Yamabushikai Martial Arts.

Date: March 25 - May 6 (Monday)

Time: 8 - 9 pm

Fee: \$39 fee includes 3 manuals

Location:Ahearn Fieldhouse, KSU

Modern Aikijujutsu

MA-11

In this class we will work on breakfalls, Hakkoryu basic waza, Hakkosen walking exercises, and the 20 White Phoenix self-defense/Jujutsu techniques. Aikijujutsu is a self-defense martial art that uses some of the same principles as Aikido. This class is an introduction to methods taught by the Yamabushikai.

Instructor: Stan Wilson

Date: January 28 - March 11 (Monday)

Time: 8 - 9 pm

Fee: \$39 fee includes 3 manuals

Location:Ahearn Fieldhouse, KSU

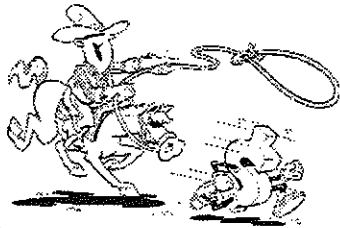
All participants must register in advance.



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 insurance? 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 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 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: March 7 (Thursday)
Time: 7 - 8:30 pm
Fee: \$8 individual/\$12 couple
Series: 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

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

Financial Planning For Women

FC-06

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 is a financial advisor with Waddell & Reed in Manhattan. She earned her B.A. at the University of Delaware and has completed over 20 hours of graduate study at Kansas State University.

Date: February 5 (Tuesday)
Time: 7 - 8:30 pm
Fee: \$8
Location: Waddell & Reed
555 Poyntz Avenue, Suite 280

Long-Term Care

FC-15

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 ages 65 or older, and the number will increase to 82 million by 2050. The national average yearly cost for nursing home care is \$50,000 and increasing. A healthcare aide providing non-medical assistance in your home costs anywhere from \$12 to \$18 per hour. Medicare supplemental insurance does not cover long-term care expenses. This class is for anyone wanting to learn more about this subject.

Marilyn Tomich

Date: February 27 (Wednesday)
Time: 7 - 8:30 pm
Fee: \$8
Location: Waddell & Reed
555 Poyntz Avenue, Suite 280

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

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.

Fund Raising and Promotion Process Workshop

FC-32

Build it (fund raise, promote & work your tail off) and they will come. This workshop is a comprehensive overview of the fund raising and promotion process for events, museums, tourism attractions, and projects. Topics include grant writing, long-range planning, special events, endowments, publicity and marketing. Morning and afternoon snack provided, lunch will be on your own.

Shannon Thom & Heather Fuesz, SHEnterprises, strives to provide quality training, management and support for non-profit organizations, schools and local governments in the areas of fund raising and marketing to enable these organizations to make a difference. Shannon Thom's background is in grant writing, while Heather Fuesz specializes in marketing. Both provide a practical hands-on approach with an understanding of rural communities.

Date: February 12 (Tuesday)
Time: 9 am - 4 pm
Fee: \$73
Location: First Lutheran Church Basement 930 Poyntz

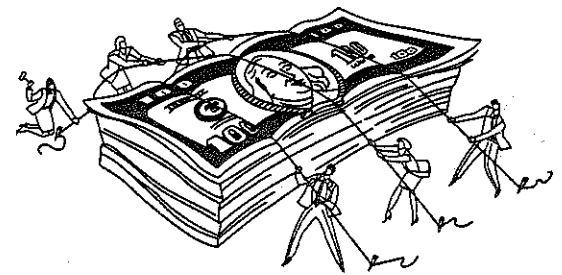
Vision to Action, An Approach to Planning

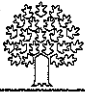
FC-33

Vision to Action is a process that offers guidance to organizations who are focused on and committed to continuous progress. David Darling will teach about different planning procedures and their applications to organized efforts. The newest material is now printed and titled Vision to Action. This information is useful at many different levels including: personal, family, church, social clubs, community organizations, and local governments.

David Darling is a community development economist. For the last 18 years he has provided education assistance to community groups addressing economic issues. He is a K-State Research and Extension Specialist.

Date: January 28 - February 18 (Monday)
Time: 7 - 8 pm
Fee: \$15
Location: UFM Conference Room





Money Management, Making the Most of Your Financial Future FC-34a

Are you concerned that you might not have enough money to cover unforeseen emergencies? Is saving for retirement a challenge? This workshop begins by asking the question "What is important about money to you? We will then help participants explore where their money goes and if they have enough cash reserves. Each person will be given assistance on establishing his or her financial goals and objectives. This workshop will also look at how money works, taxes, education funding and insurance of all types. Each participant will be provided a worksheet to calculate his or her own cash flow statement, life insurance needs and retirement income.



Rob Hayes is a financial advisor with Waddell & Reed in Manhattan. He graduated from Kansas State University with a Bachelor's degree in Family Financial Planning. Before finishing his education, he and his wife owned and operated a supermarket. He has over 20 years of experience in management. Rob is a member of the Financial Planning Organization. He is licensed to develop and analyze financial plans for families, individuals, and businesses. He enjoys helping families and individuals identify and reach their financial goals.

Date: February 5 (Tuesday)
Time: 7 pm
Fee: \$11 individual/\$18 couple
Location: Waddell & Reed
555 Poyntz Avenue, Suite 280

Money Management, Making the Most of Your Financial Future FC-34b

Rob Hayes
Date: April 9 (Tuesday)
Time: 7 pm
Fee: \$11 individual/\$18 couple
Location: Waddell & Reed
555 Poyntz Avenue, Suite 280

Asset Allocation, Balancing the Risk of Investing FC-35a

Asset allocation is one of the most important factors in determining the returns of a portfolio. This workshop is designed to break down the mystery of asset allocation by looking at several issues. The components of asset allocation, different asset classifications, performance factors, and portfolio strategies. We will also address your need to understand your goals, time horizons, and risk tolerance.

Rob Hayes
Date: March 5 (Tuesday)
Time: 7 pm
Fee: \$11 individual/\$18 couple
Location: Waddell & Reed
555 Poyntz Avenue, Suite 280

Asset Allocation, Balancing the Risk of Investing FC-35b

Rob Hayes
Date: May 7 (Tuesday)
Time: 7 pm
Fee: \$11 individual/\$18 couple
Location: Waddell & Reed
555 Poyntz Avenue, Suite

Discovering the Dimensions of Leadership FC-36

In a successful organization, business, or agency, leaders can be found at every level - from the boardroom to the mailroom, from the manager's office to the customer service desk. Leaders come in many varieties, ranging from charismatic visionaries to unassuming team players that help their peers work together to accomplish organizational goals. The Dimensions of Leadership Profile will help you discover what you value in yourself as a leader. You will better understand how to most effectively allocate your leadership energy and how to plan for your own development as a formal or informal leader. The Profile also helps you to determine the dimensions of leadership needed by your organization. With the insights gained from the Dimensions of Leadership Profile, you will learn how to assign the best leaders to teams and tasks where they can make the biggest contributions. Do not miss this opportunity to discover what you value in yourself as a leader and how you can provide more effective leadership to others in your organization. Class size is limited to 20 participants, so register early! Refreshment will be provided. The deadline for registrations is February 22, 2002.

Dan Kahl is Coordinator of Kansas PRIDE, a community development program sponsored by the Kansas Dept. of Commerce & Housing and K-State Research & Extension that focuses on the needs of small communities around the state. Prior to joining the PRIDE Program, Dan served as Coordinator of the Kansas Environmental Leadership Program at K-State, where he developed and facilitated a citizen leadership academy focused on water quality issues. Dan holds a Masters in Leadership Studies from Fort Hayes State University and is a trained facilitator of the Dimensions in Leadership Profiles.


Date: March 2 (Saturday)
Time: 1:30 - 4:30 pm
Fee: \$25 includes workbook and handouts
Location: To be announced
*Registration fee is non-refundable.

Entrepreneurship: Ownership FC-37

Have you ever thought about starting your own business? This class will look at areas to consider. Today many people are looking for a second job or a "side business" for extra income. Others want to be a full-time entrepreneur. Guest Speakers, who are local business owners, will share their experiences. Find out what motivated them, what their considerations were, and how they got started building their business.

Guest speakers include: *Sheila Kensler*, a small business owner of an Internet service and consultant with KSU Small Business Development Center; *Lynn Bohnenblust*, Regional Vice President of his own financial service company; and *Tom Holcomb* owner of Little Apple Toyota Honda car dealership.

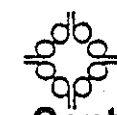
Date: February 21 (Thursday)
Time: 7 - 8:30 pm
Fee: \$8 individuals/\$12 couples
Location: UFM Conference Room


KSU Preparation Course

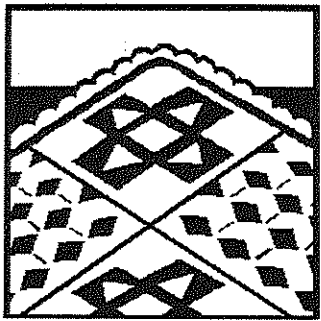
**PPST Prep FC-23
Pre-Professional Skills Test
Review Course for Teachers**

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

Date: March 26- April 18 (Tues/Thurs)
Time: 7 - 9 pm
Fee: \$160 (includes Cambridge Test Prep Plus textbook, and The PPST Guide test with answer explanations, skill review and practice test) Location: Justin Hall, Rm 341, KSU
Location: Justin Hall, Rm 341, KSU
*Dates may be subject to change.


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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 4 (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) has been a consultant with Creative Memories since 1989.

Date: March 5 (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) has been a consultant with Creative Memories since 1989.

Date: April 8 (Monday)
Time: 7 - 9:30 pm
Fee: \$15 includes some supplies
Location: UFM Fireplace Room

Pillows Galore

CF-08

No need to purchase decorative pillows. Sign up for the class and learn how to turn your old pillows into stylish decorations. Pintucks, welting, piping, inserting, zippers, pleats, working with fringes, and the oh, so popular tassels are just a few of the things we will tackle. Bring your sewing machine and materials.

Petra Barnes

Date: April 3, 10 (Wednesday)
Time: 11:30 - 2 pm
Fee: \$22
Location: 103 N. 3rd Street, Suite B

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.

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

Date: March 5 (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 26.

Black & White Film Developing for Beginners

CF-09b

Harold Wellmeier

Date: April 18 (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 11.

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

Look for Youth Archery in the Youth section of the catalog on page 26.

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: April 30 (Tuesday)
Time: 7 - 9:30 pm
Fee: \$24
Location: UFM Fireplace Room

Drybrushing

CF-14

Learn a basic technique that can be used on any textured surface. The object to be painted will be provided as well as paints (you may choose from a variety of figures). The finished object is yours to keep. This technique is also helpful to create an antique look on furniture and home decorations. A supply list for brushes will be provided when you enroll.

Petra Barnes

Date: April 23 (Tuesday)
Time: 12 - 3 pm
Fee: \$20 includes all supplies except for your brushes
Location: 103 N. 3rd Street, Suite B

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Faux Fur Fun

CF-17

Preserve wildlife by making a coat, muff, or throw out of fake fur. It is light, it is warm and it is less expensive, but it looks and feels real. Specialty fur may be purchased through instructor before class. You need to bring your own sewing machine, pattern if needed, fake fur, and notions.

Petra Barnes

Date: January 17, 24, 31 (Thursday)
Time: 1 - 4 pm
Fee: \$41
Location: 103 N. 3rd Street, Suite B

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 as well as specific issues related to the student's manuscripts. Please bring a sample of a work in progress or begin a project after the first class session. Work will be critiqued by the instructor and by other members of the class.

Glenn Sixbury, has been writing and selling science fiction and fantasy for thirteen years. His credits include science fiction, fantasy, horror, and children's 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. His first novel is scheduled for publication by Tor Publishing in April, 2002.

Date: February 11, 18, & 25 (Monday)
Time: 7:30 - 9:30 pm
Fee: \$14
Location: UFM Greenhouse

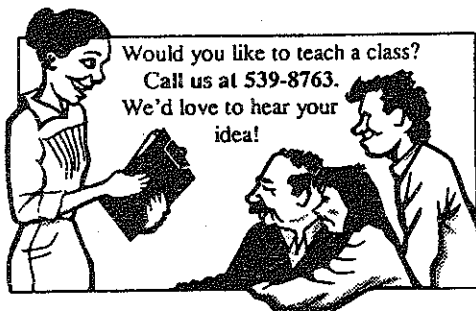
Traveling on Your Own

CF-22

Do you want to travel but don't like the idea of going with a large group on a "canned" tour? Then learn about how to travel independently! This class will focus on traveling alone in big cities and other countries. It will also help beginning travelers with questions about airlines, passports, finding hotels, and other helpful information.

Joyce Brite has traveled independently both in this country and abroad.

Date: February 26 (Tuesday)
Time: 7 pm
Fee: \$8 individual/\$12 couple
Location: UFM Conference Room



Paper Baskets

CF-23

Woven baskets from recycled paper bags are fun to make. Decoration of the finished baskets is the maker's choice. These sturdy baskets can be used for plant containers, goodie-giving, desk accessories or for wherever a container is needed.

Marie Burgett taught this class previously for UFM. She is a weaver and teacher who is fascinated with finding ways to reuse paper.

Date: April 6 (Saturday)
Time: 8 - 11 am
Fee: \$18 includes supplies
Location: UFM Fireplace Room
Deadline to enroll in this class is April 3.

Working with Polymer Clay

CF-24

Polymer Clay is the craft of today - versatile and multifaceted. Learn the basic techniques. Polymer Clay requires only your standard oven, so you can do it at home as well. You will be using translucent fimo, goldleaf, and rubber stamps to make a unique pendant.

Petra Barnes

Date: April 19, 26 (Friday)
Time: 9 - 12 pm
Fee: \$22 includes some supplies
Location: 103 N. 3rd Street, Suite B

Tailoring

CF-25

Tailoring for the experienced sewer who wants to learn some shortcuts of the industry and tricks of the trade. You may bring your own projects or ask for demonstrations.

Petra Barnes

Date: February 11, 18, 25 (Monday)
Time: 1 - 4 pm
Fee: \$49
Location: 103 N. 3rd Street, Suite B

Drawing Basics

CF-26

The more you draw the better you get at it. But there are a few steps that will help you get better faster. Learn how to make a circle look like a sphere and how color can help to achieve a 3D look. Drawing clothing realistic and shading will be some of the other subjects we will cover. A supply list will be provided when you enroll.

Petra Barnes

Date: March 6 and 13 (Wednesday)
Time: 6 - 8 pm
Fee: \$27
Location: 103 N. 3rd Street, Suite B

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.

Slipcovers - A dress for your chair

CF-28

Dress up your old furniture with slip covers and give your home the look that makes your friends say "Wow!" One pattern lets you create a new look every time you feel like it. Please bring the following to the first class: your chair of choice (lounge or dining), about 6 yards of medium to heavy muslin, long pins, and scissors. More information at first meeting.

Petra Barnes

Date: March 7, 14, and 28 (Thursday)
Time: 9 - 1 pm
Fee: \$53
Location: 103 N. 3rd Street, Suite B
No Class March 21.

Wardrobe Consultation

CF-33

Knowing your body shape and color type will save you not only money and time but also space. Bring some of your clothing and be prepared for some eye openers.

Petra Barnes

Date: March 12 (Tuesday)
Time: 12 - 1 pm
Fee: \$13
Location: 103 N. 3rd Street, Suite B

Piano I

CF-35

This is a group keyboard class 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: February 4 - May 8 (Monday/Wednesday)
Time: 11:30 am - 12:20 pm
Fee: \$117
Location: McCain, Room 127, KSU
No classes March 18 and 20.

Piano II

CF-36

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

Sibylle Kuder (776-2098)

Date: February 5 - May 9 (Tuesday/Thursday)
Time: 11:30 am - 12:20 pm
Fee: \$117
Location: McCain, Room 127, KSU
No classes March 19 and 21.



Beginning Spinning

CF-38

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 4, 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: April 4 (Thursday)
Time: 7 - 9 pm
Fee: \$19 includes supplies
Location: 801 Haid Ct.

Deadline to enroll in this class is April 2.

Making a Flag Quilt

CF-42

You will be making a wonderful flag lap quilt 68x93. We will meet from 6:30 pm to 9:00 pm on Monday nights at the First Lutheran Church Basement. You will machine piece and machine quilt this project. You will need sewing machine, cutting equipment, walking foot, darning foot, and the usual sewing equipment. Classes begin on January 28, 2002. First class you do not have to bring anything. We will discuss material, equipment, and other supplies needed at the first meeting.

Joan Phelps (770-3279) 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 28 - April 8 (Monday)
Time: 6 - 9 pm
Fee: \$55
Location: First Lutheran Church basement
930 Poyntz Ave. (Enter at north door)
No class March 18

Beginning Tatting

CF-44

Tatting is a knotted lace technique, "like grandma used to make," which requires only a shuttle and some thread. You will learn the double stitch, rings, chains, joins, and picots. Students should bring a plastic tatting shuttle to class. Thread included in class fee.

Ronna Robertson has been teaching tatting for 30 years.

Date: January 24, 31, and February 7 (Thursday)
Time: 7 - 9 pm
Fee: \$26
Location: 1717 Kingwood Drive

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.

Beginning Knitting

CF-45a

Learn the basics of knitting and come away with a headband 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 6, 13, 20, and 27 (Wednesday)
Time: 7 - 8:30 pm
Fee: \$26
Location: 103 N. 3rd Suite B

Beginning Knitting

CF-45b

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

Date: April 3, 10, 17, and 24 (Wednesday)
Time: 7:30 - 9 pm
Fee: \$26
Location: 103 N. 3rd Suite B

Beginning Hardanger Embroidery

CF-47

Hardanger is a counted-thread embroidery technique which is said to have originated hundreds of years ago in the Hardanger fiord of Norway. This class will include the basic Kloster block stitch, cutting, and removing threads and 5-6 needlelace filling stitches.

Ronna Robertson has been doing and teaching Hardanger embroidery for 5 years.

Date: February 21 and 28 (Thursday)
Time: 7 - 9 pm
Fee: \$22 - Kit included in fee.
Location: 1717 Kingwood Drive

Create a DVD or Video Tape

CF-48a

You have a stack of video tapes at home? old 8 mm tapes? lots of slides? You want to transfer these to a video? cd-rom? DVD? Want to make a move of a special occasion such as a birthday, anniversary, wedding, reunion, bon voyage, hobby, vacation? Look no further. Bring any content and learn how to produce a finished video project. Learn editing, scanning, adding titles, music background, and voice over. Your finished product will also be demonstrated and discussed. Bring a blank video tape for your project.

Gordon Schmid is from Council Grove. He has taught for 35 years in public schools with recent experience in Library Media/Technology. Gordon currently is the owner of a mobile digital video editing business, Story2Tell. He has 15 years experience using Mac Computers as well as 10 years experience as a hobbyist videographer.

Date: February 4 (Monday)
Time: 7 - 9:30 pm
Fee: \$25
Location: UFM Greenhouse

Create a DVD or Video Tape

CF-48b

Gordon Schmid

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

Create a DVD or Video Tape

CF-48c

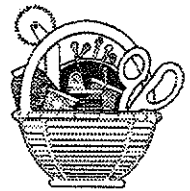
Gordon Schmid

Date: April 8 (Monday)
Time: 7 - 9:30 pm
Fee: \$25
Location: UFM Greenhouse

Monday Morning Sewing

CF-49a

The purpose of this class is to help you with all your sewing questions and projects and to help you gain confidence to tackle more advanced patterns. Sign up for as many sessions as you like or one at a time as you need.



Petra Barnes has a Bachelors Degree in Fashion Design and Pattern Drafting and has worked in the textile industry for almost 15 years as a Drafter, Designer, Image Consultant, and Instructor. She has earned the title CPF (Certified Picture Framer) and has won various art contests.

Date: February 4 (Monday)
Time: 9 - 12 noon
Fee: \$17
Location: 103 N. 3rd Street, Suite B

Monday Morning Sewing

CF-49b

Petra Barnes

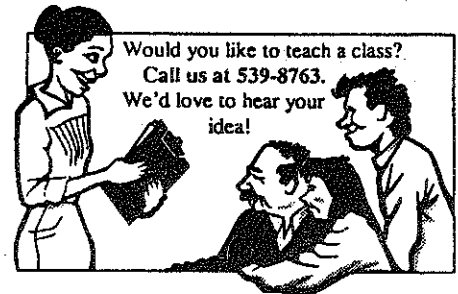
Date: March 4 (Monday)
Time: 9 - 12 noon
Fee: \$17
Location: 103 N. 3rd Street, Suite B

Monday Morning Sewing

CF-49c

Petra Barnes

Date: April 1 (Monday)
Time: 9 - 12 noon
Fee: \$17
Location: 103 N. 3rd Street, Suite B





Book Club for Women

CF-50

The women's book club members will choose a book to discuss once a month. Meeting locations will vary. Women of all ages are welcome. Our book club this summer was a success and we would like to add a few more women to the group. We are moving away from just reading Oprah books and are expanding to reading books of all kinds.



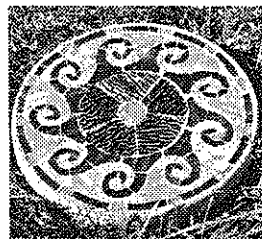
Terry Murray has enjoyed reading books from a variety of authors. She started the Oprah book club this summer and enjoyed the group discussions.

Date: January 21 (Monday)
Time: 6:30 pm
Fee: \$8
Location: UFM Conference Room

Stained Glass - Stepping Stones for Your Garden

CF-51

Decorate your garden with your favorite colors and designs made with stained glass. You will learn to cut and grind glass and how to finish your "stone" with mortar and concrete. The instructor will supply concrete, mortar, chicken wire, pattern, concrete sealer, and the use of a grinder. You need to bring the glass, glass cutters, snippers, and safety glasses.



Petra Barnes

Date: April 6, 13, 20 (Saturday)
Time: 1 - 4 pm
Fee: \$48
Location: 3446 Stonehenge Drive

Stained Glass

CF-53a



Learn the basics of stained glass. Cutting, grinding, foiling, and soldering are some of the techniques you will learn. Take home a piece of window art that you created yourself. Stained glass is an interesting hobby that you can do at home and that can lead you to making tiffany

lamps, 3D creations, windows, and more. A supply list will be provided when you enroll.

Petra Barnes

Date: March 1, 8 and 15 (Friday)
Time: 9 - 12 pm
Fee: \$48
Location: 3446 Stonehenge Drive

Stained Glass

CF-53b

Petra Barnes

Date: April 6, 13, and 20 (Saturday)
Time: 9 - 12 pm
Fee: \$48
Location: 3446 Stonehenge Drive

Dress for Success

CF-54a

Essential "dos" and "don'ts" for every occasion especially for business and job hunting. Do you wear perfume or high heels to an interview? Your chances for that job have already dropped about 50%! There is more to looking your best than looking attractive. Meet us during lunch and you will also find out how to save money and space by knowing your color type!

Petra Barnes

Date: February 13 (Wednesday)
Time: 12 - 1 pm
Fee: \$13
Location: 103 N. 3rd Street, Suite B

Dress for Success

CF-54b

Petra Barnes

Date: April 17 (Wednesday)
Time: 12 - 1 pm
Fee: \$13
Location: 103 N. 3rd Street, Suite B

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 26 (Tuesday)
Time: 7:30 - 9:00 pm
Fee: \$20
Location: UFM Multipurpose Room

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

— Barry LePatner

Pattern Drafting

CF-60

If you are an experienced sewer or even a novice, you may have come to the point where you would like to get into changing already existing patterns or putting your own designs into reality. If you do not have the "perfect" figure you will learn how to adjust your pattern. Drafting is a very complex field and we can not possibly cover everything, so bring your project and learn how to adapt some of the rules to other patterns.



Petra Barnes

Date: March 7, 14, and 28 (Thursday)
Time: 1 - 4 pm
Fee: \$49
Location: 103 N. 3rd Street, Suite B
No Class March 21.

Making Booklets

CF-62

We will explore different styles of journal binding using papers from the mundane to the wonderful. Each participant will make several journals. Bring your own scissors!

Marie Burgett has been "playing with paper" for years, and as an English teacher she is very interested in keeping journals. She has found that writing in journals is much more pleasant when the journals are hand made.

Date: March 2 (Saturday)
Time: 8 - 11 am
Fee: \$19
Location: UFM Fireplace Room
Deadline to enroll in this class is February 27.

Sewing for Your Baby/Toddler

CF-67

Sewing with terrycloth, knits, and stretchy materials are some of the subjects we will cover, also snap buttons, zippers, etc. You may pick a pattern from hooded towels, bunny washcloth, personalized baby books made from fabric, rompers, or "sleeping bags" that may reduce the risk of SIDS. The first meeting will be informational, lasting only an hour. You will need to bring fabric, notions, and sewing machine to the second meeting. We offer the use of a serger and iron. We will embroider items for a small fee if you like.

Petra Barnes

Date: March 29, and April 5 - 26 (Friday)
Time: 12 - 2:30 pm
Fee: \$39
Location: 103 N. 3rd Street, Suite B

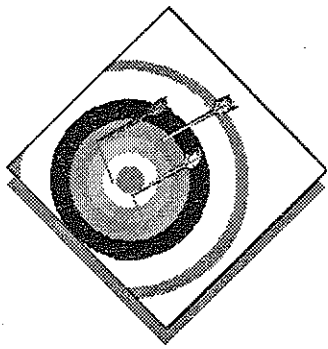
Ideas for Your Home

CF-68

Decorating a room can be challenging if you do not know where to start. This class will break it down for you into simple steps. You will see some eye opening "before and after" pictures.

Petra Barnes

Date: April 2 and 9 (Tuesday)
Time: 12 - 2 pm
Fee: \$23
Location: 103 N. 3rd Street, Suite B



Recreation & Dance

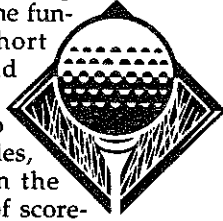
1221 THURSTON

539-8763

Introduction to Golf

RH-01a

Get some fresh air and find out if golf is the sport for you. This is a short course geared for beginning and intermediate players. The fundamentals of the full swing, short game, pitching, chipping, and putting will be covered. Some class time will be devoted to equipment used to play golf, rules, etiquette, courtesy, conduct on the course, registering to play, use of scorecard and handicaps.



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

Date: April 4 - 25 (Thursday)
Time: 6:30 - 7:30 pm
Fee: \$36
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

Introduction to Golf

RH-01b

Jim Gregory (539-1041)

Date: May 2 - 23 (Thursday)
Time: 6 - 7 pm
Fee: \$36
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

Swing and Salsa Dancing

RH-02a

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

Michael Bennett (776-7557)

Date: February 2 - March 9 (Saturday)
Time: 7:30 - 8:30 pm
Fee: \$28 individual/\$49 couple
Location: ECM Auditorium
1021 Denison Ave.

Swing and Salsa Dancing

RH-02b

Michael Bennett

Date: April 6 - May 11 (Saturday)
Time: 7:30 - 8:30 pm
Fee: \$28 individual/\$49 couple
Location: ECM Auditorium
1021 Denison Ave.

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.



Date: February 1 - March 8 (Friday)
Time: 8:30 - 9:30 pm
Fee: \$28 individual/\$49 couple
Location: ECM Auditorium
1021 Denison Ave.

Ballroom Dance

RH-03b

Michael Bennett

Date: April 5 - May 10 (Friday)
Time: 8:30 - 9:30 pm
Fee: \$28 individual/\$49 couple
Location: ECM Auditorium
1021 Denison Ave.

Ballroom Dance

RH-03c

Michael Bennett

Date: February 2 - March 9 (Saturday)
Time: 6:30 - 7:30 pm
Fee: \$28 individual/\$49 couple
Location: ECM Auditorium
1021 Denison Ave.

Ballroom Dance

RH-03d

Michael Bennett

Date: April 6 - May 11 (Saturday)
Time: 6:30 - 7:30 pm
Fee: \$28 individual/\$49 couple
Location: ECM Auditorium
1021 Denison Ave.

Intermediate Ballroom Dance

RH-04

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

Michael Bennett

Date: January 25 - May 10 (Friday)
Time: 7:30 - 8:30 pm
Fee: \$49 individual/\$86 couple
Location: ECM Auditorium
1021 Denison Ave.

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 2 - 23 (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 2 - 23 (Tuesday)
Time: 7:30 - 8:30 pm
Fee: \$36
Location: LP Washburn Rec Complex, KSU

Golf

RH-07a

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.

Mike Webb, golf pro at Rolling Meadows Golf Course, Junction City.

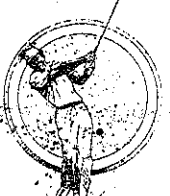
Date: March 6 - May 8 (Wednesday)
Time: 9:30 - 11:30 am
Fee: \$115
Location: Rolling Meadows Golf Course
7550 Old Milford Road, Junction City
No Classes March 20 or April 10.

Golf

RH-07b

Mike Webb

Date: March 7 - May 9 (Thursday)
Time: 2:30 - 4:30 pm
Fee: \$115
Location: Rolling Meadows Golf Course
7550 Old Milford Road, Junction City
No Classes March 21 or April 11.




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539-1041
Jim Gregory, PGA Professional





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. Minimum age 13. Equipment provided. Course may be repeated.

Bill Meyer (587-9990) began fencing as a child in Germany. Not to worry! He studied modern foil, epee, and saber at Washington State University and the University of Idaho, and is L-1 certified through USFA Coaches College.

Date: January 28 - May 6 (Monday)
Time: 6 - 7:30 pm
Fee: \$42 if you have your own equipment/\$72 to use instructor's equipment
Location: Ahearn Fieldhouse, KSU

Intermediate Fencing

RH-09

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

Bill Meyer (587-9990)

Date: January 28 - May 6 (Monday)
Time: 7:30 - 9 pm
Fee: \$42 if you have your own equipment/\$72 to use instructor's equipment
Location: Ahearn Fieldhouse, KSU

Middle Eastern Dance: Beginner's

RH-11a

Beginner's class will learn the basic movements to the dance. You will gain muscle control, core stability, and flexibility. You will also learn how to put the steps together in a basic format. *Saturday classes include watching tapes, learning about costuming, culture, etc.

Christine Harley has been dancing for 7 years. She was taught by Amira of Wichita. Middle Eastern Dance is the traditional dance of the Middle East and is the oldest known form of dance.

Date: January 22 - March 5 (Tuesday)
February 2 and 16 (Saturday)
Time: 6:30 - 7:30 pm (Tuesday)
2 - 4 pm (Saturday)
Fee: \$30
Location: UFM Greenhouse (Tuesday)
UFM Conference Room (Saturday)
UFM Banquet Room ONLY on March 5

Middle Eastern Dance: Beginner's

RH-11b

Christine Harley

Date: March 26 - April 30 (Tuesday)
April 6 and 20 (Saturday)
Time: 6:30 - 7:30 pm (Tuesday)
2 - 4 pm (Saturday)
Fee: \$30
Location: UFM Greenhouse (Tuesday)
UFM Conference Room (Saturday)

Middle Eastern Dance: Advance

RH-12a

The advanced class will learn a choreographed routine, a different one will be taught each session, one using veil, and one not. A handout will be available at UFM upon enrolling. *Saturday classes include watching tapes, learning about costuming, culture, etc.

Christine Harley

Date: January 22 - March 5 (Tuesday)
February 2 and 16 (Saturday)
Time: 7:30 - 8:30 pm (Tuesday)
2 - 4 pm (Saturday)
Fee: \$30
Location: UFM Greenhouse (Tuesday)
UFM Conference Room (Saturday)
UFM Banquet Room ONLY March 5

Middle Eastern Dance: Advance

RH-12b

Christine Harley

Date: March 26 - April 30 (Tuesday)
April 6 and 20 (Saturday)
Time: 7:30 - 8:30 pm (Tuesday)
2 - 4 pm (Saturday)
Fee: \$30
Location: UFM Greenhouse (Tuesday)
UFM Conference Room (Saturday)

Archery for Adults

RH-17

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.

Tom Korte

Date: March 28 - May 9 (Thursday)
Time: 7:30 - 9:30 pm
Fee: \$32
Location: 1125 Laramie Plaza (upstairs)

Basic West Coast Swing

RH-20a

West Coast Swing is a couple dance to music in 4/4 time and between 60 to 120 beats per minute. All types of music will be used (pop, RCB, Rock, Country, etc) This is a beginner level class as no prior dance experience is required. Class size is small and fun.



Erik Holeman has been involved in West Coast Swing since 1995, including competition level dancing. He feels dancing is to be enjoyed.

Date: February 1 - March 8 (Friday)
Time: 7:45 - 8:45 pm
Fee: \$26 individual/\$42 couple
Location: UFM Fireplace Room

Basic West Coast Swing

RH-20b

Erik Holeman

Date: March 29 - May 3 (Friday)
Time: 7:45 - 8:45 pm
Fee: \$26 individual/\$42 couple
Location: UFM Fireplace Room

Beginner Line Dance Lessons

RH-22a

Come have fun and learn two new line dances each night. We will start at a beginning level and move toward intermediate as classes continues. You will learn the moves and the name of each dance move, including Cha Cha, 2-step dances and some group dances. Emphasis on understanding the beat's, rhythm, and feel of music. Class starts with warm-up dance after which you get a great work-out dancing. Many of the dances that will be taught were created in Nashville, TN and taught at the Wild Horse Saloon. "No black soles on shoes." This class is geared towards individuals, not couples.

Lucia Flower (776-7912) has been dancing for several years, she enjoys Line dancing and is excited to help others to learn to have fun dancing. Lucia has a B A in Psychology. She has learned many dances locally, and at Colorado Springs, Co and Nashville, TN.

Date: February 1 -22 (Friday)
Time: 6:30 - 8 pm
Fee: \$28 individual/\$48 couple
Location: Ahearn, Room 303, KSU

Beginner Line Dance Lessons

RH-22b

Lucia Flower (776-7912)

Date: March 1 -29 (Friday)
Time: 6:30 - 8 pm
Fee: \$28 individual/\$48 couple
Location: Ahearn, Room 303, KSU
No Class March 22.

Beginner Line Dance Lessons

RH-22c

Lucia Flower (776-7912)

Date: April 5 - 26 (Friday)
Time: 6:30 - 8 pm
Fee: \$28 individual/\$48 couple
Location: Ahearn, Room 303, KSU

Competition Fencing

RH-24

This course focuses on drills and skills in preparation for local and national tournaments in electric foil and epee. Some topics covered include: equipment tuning, referee reading, corps-a-corps, cards, tactical wheel, right-of-way, counter attack, and evasion. USFA membership or FIE license will be required. By permission only.

William Meyer

Date: January 30 - May 8 (Wednesday)
Time: 7 - 9 pm
Fee: \$42 if you have your own equipment/\$72 to use instructor's equipment
Location: Ahearn Fieldhouse, KSU

Ballroom Dance in Salina

RH-25

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. Partners are not necessary. Class is co-sponsored with KSU at Salina Recreation Center.

Audrey Umekubo

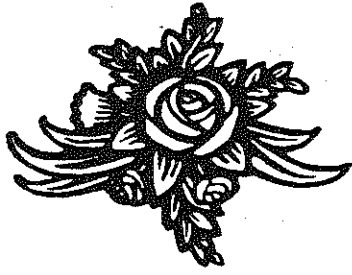
Date: January 28 - May 13 (Monday)
Time: 7 - 8 pm
Fee: \$80
Location: KSU at Salina, Recreation Center
3142 Scanlan Avenue, Salina
No Class March 18.



Wellness

1221 THURSTON

539-8763



Jin Shin Jyutsu: A Self-Help Class Part I

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). Part II may be taken before Part I.

Karma Smith-Grindell (539-3733) is retired from professional careers in teaching and homecare and hospice nursing. Her avocation for more than twenty-five years has been the study of a variety of mind-body practices including Alexander Technique Swedish/Esalen massage, Therapeutic Touch, and Jin Shin Jyutsu. Since 1995 her main focus has been Jin Shin Jyutsu. She is a certified Jin Shin Jyutsu practitioner and self-help instructor.

Date: February 11, 18, 25 (Monday)
Time: 7 - 9 pm
Fee: \$14
Location: UFM Multipurpose Room

Jin Shin Jyutsu Self-Help Part II

WE-02

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. Part II may be taken before part I.

Karma Smith-Grindell (539-3733)

Date: March 4, 11, 25 (Monday)
Time: 7 - 9 pm
Fee: \$14
Location: UFM Multipurpose Room

Yoga for Body and Mind

WE-03a

"India's great gift to humanity is an accessible, practical approach to happiness. This is the gift of YOGA." T.K.V. Desikacher Yoga is useful for everyone. This class will use the breath and the body to help focus the mind. The student will participate in developing a personal practice which meets her/his unique needs. This class is open to everyone. Please wear comfortable clothing that allows for full range of movement. It is best not to eat within two hours of class (a piece of fruit is ok). Bring a towel, sitting-cushion, and a small note pad.

Ana Franklin (537-8224) has been practicing yoga for more than 25 years. Her parents were both students of T. Krishnamacharya and his son, T.K.V. Desikacher. Ana has been teaching since 1984. She took Teacher Training from Gary Kraftson, also a student of T.K.V. Desikacher and author of Yoga for Wellness.

Date: January 23 - February 27 (Wednesday)
Time: 7:30 - 8:45 am
Fee: \$77
Location: UFM Fireplace Room

Yoga for Body and Mind

WE-03b

Ana Franklin

Date: January 23 - February 27 (Wednesday)
Time: 9 - 10:30 am
Fee: \$77
Location: UFM Fireplace Room

Yoga for Body and Mind

WE-03c

Ana Franklin

Date: January 23 - February 27 (Wednesday)
Time: 4:30 - 6 pm
Fee: \$77
Location: Ahearn, Room 303, KSU

Yoga for Body and Mind

WE-03d

Ana Franklin

Date: January 23 - February 27 (Wednesday)
Time: 6 - 7:30 pm
Fee: \$77
Location: Ahearn, Room 303, KSU

Yoga for Body and Mind

WE-04a

Ana Franklin

Date: January 24 - February 28 (Thursday)
Time: 4 - 5:30 pm
Fee: \$77
Location: UFM Fireplace Room

Yoga for Body and Mind

WE-04b

Ana Franklin

Date: January 24 - February 28 (Thursday)
Time: 5:30 - 7 pm
Fee: \$77
Location: UFM Fireplace Room

Yoga for Body and Mind

WE-05a

Ana Franklin

Date: April 3 - May 8 (Wednesday)
Time: 7:30 - 8:45 am
Fee: \$77
Location: UFM Fireplace Room

Yoga for Body and Mind

WE-05b

Ana Franklin

Date: April 3 - May 8 (Wednesday)
Time: 9 - 10:30 am
Fee: \$77
Location: UFM Fireplace Room

Yoga for Body and Mind

WE-05c

Ana Franklin

Date: April 3 - May 8 (Wednesday)
Time: 4:30 - 6pm
Fee: \$77
Location: Ahearn, Room 303, KSU

Yoga for Body and Mind

WE-05d

Ana Franklin

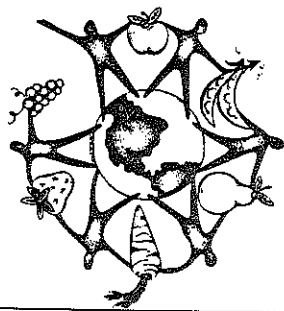
Date: April 3 - May 8 (Wednesday)
Time: 6 - 7:30 pm
Fee: \$77
Location: Ahearn, Room 303, KSU

Yoga for Body and Mind

WE-06a

Ana Franklin

Date: April 4 - May 9 (Thursday)
Time: 4 - 5:30 pm
Fee: \$77
Location: UFM Fireplace Room



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Yoga for Body and Mind

WE-06b

Ana Franklin

Date: April 4 - May 9 (Thursday)
Time: 5:30 - 7 pm
Fee: \$77
Location: UFM Fireplace Room

Intro to Self-Massage

WE-07

Learn some self-massage routines to help with promotion of relaxation and relief of muscular aches, pains, and tension. You will become familiarized with basic principles of therapeutic massage that can be adapted to meet your personal needs. Bring a blanket and/or pillow and wear loose clothing or shorts and T-shirt.

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: May 3 (Friday)
Time: 7 - 9 pm
Fee: \$15
Location: Lifecenter
1004 Colorado

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 you career, family, life, health, prosperity and the mysticisms of this ancient tradition. Feng Shui will appeal to all those who wish to live in harmony with nature and achieve their fullest potential.

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

Date: February 16 (Saturday)
Time: 1 - 3 pm
Fee: \$18
Location: UFM Greenhouse

Introduction to Feng Shui

WE-13b

Don Terhune (539-4277)

Date: April 6 (Saturday)
Time: 1 - 3 pm
Fee: \$18
Location: UFM Greenhouse

Intro to Massage for Two

WE-08

Come learn the basic principles of therapeutic massage and understand how massage can help maintain health. Swedish style massage, the most common style of massage, uses long flowing strokes. Emphasis of the class will be on the neck and back. Wear sports shorts and T-shirt. Each pair will need to bring a sleeping bag or thick blanket and 2 flat sheets. Pair may include mother- daughter, friends, or couples.

Sandy Snyder (537-3607)

Date: May 10 (Friday)
Time: 7 - 9 pm
Fee: \$26 per couple
Location: UFM Fireplace Room

Paneurythmy

WE-14

Paneurythmy is a sacred exercise to music created by a Bulgarian spiritual writer and composer Peter Deunov (Beinsa Douno). It consists of a series of 28 graceful movements done in a circle. You do not need any dance experience to learn these easy movements. Each of them has symbolic significance and expresses a particular thought or feeling. The dance energizes and rejuvenates the spirit, mind, and body. If you would like to learn more about the dance or its creator, you may go to www.vega.bg/~beinsa_douno/

Irina Khramtsova (395-5843) has been practicing Paneurythmy for 3 years. She enjoys it so much that she is looking forward to sharing her experience with others.

Date: April 1, 15, 22, 29, and May 6 (Monday)
Time: 7 - 8 pm
Fee: \$18
Location: UFM Fireplace Room
No Class April 8.

More Yoga to Heal the Body

WE-15

This class is a good way to continue Yoga for returning as well as new students. We will learn restorative asanas (poses) for back and shoulder pain, headaches and digestive problems. Barbara will assist you with your physical needs and help you to develop your personal practice. We do Flow/Iyengar style practice, breathing and have more time to meditate. This is a great way to relax and heal your body.

Barbara Ouelette (776-4396) has been a Yoga student for 6 years. She uses Hatha Iyengar Style. Barbara has been teaching for 2 years. In her free time she studies to become an herbalist and helps out at the herbal department at People's Grocery.

Date: February 18 - March 11 (Monday)
Time: 7 - 8:15 pm
Fee: \$38
Location: UFM Fireplace Room

Chi Lel - Chi Gong

WE-17

Chi Lel is a self-healing method prescribed by the world's largest medicineless hospital in Qiuhuangdao, 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 7 - March 7 (Thursday)
Time: 5:30 - 6:15 pm
Fee: \$31
Location: UFM Multipurpose Room

Tai Chi Chaun

WE-18a

The popular Yang style "Short Form" of Tai Chi Chaun will be introduced. Each class will focus on the strengthening postures of the form. The ancient art of Tai Chi Chaun has proven to be an effective method for achieving relaxation, overall health and well being. Tai Chi Chaun can be practiced by young and old alike. Please wear comfortable and loose clothing and flat soled shoes.

Karena Kimble is an artist and Tai Chi Chaun practitioner. She is fortunate to have studied under the tutelage of June and Bataan Faigo, advanced students of Master Cheng Man-Chieng. She has been dedicated to the practice for eight years.

Date: January 16 - February 18
(Monday/Wednesday)
Time: 5:30 - 6:30 pm
Fee: \$63
Location: UFM Fireplace Room
No Class January 21.

Tai Chi Chaun

WE-18b

Karena Kimble

Date: February 20 - March 27
(Monday/Wednesday)
Time: 5:30 - 6:30 pm
Fee: \$63
Location: UFM Fireplace Room
No Class March 18 and 20.

2002 is the YEAR TO QUIT

For information on classes using the Fresh Start Program from the American Lung Association call 776-4779 ext 266. Classes will be held in January and February.

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Tai Chi Chaun

WE-18c

Karena Kimble

Date: April 1 - 29 (Monday/Wednesday)
Time: 5:30 - 6:30 pm
Fee: \$63
Location: UFM Fireplace Room

Falun Dafa

WE-20

Falun Dafa is a meditation system to improve spirit, mind and body. Since its introduction in 1992, Falun Dafa has attracted more than 100 million people over the world for its powerful mechanism in healing, stress relief, and health improvement. Falun Dafa has a set of five exercises. Four involve physical movements and one is a meditation exercise. The exercises are exceptionally powerful and effective even though they are simple and easy to learn. New students are welcome to attend any of the ongoing classes. No prior experience is necessary. *Book reading 7:30 - 8:30 pm Wednesdays and 8 - 10 pm Sundays at Justin Hall, Room 341.

Haidi Tu (395-5593) haidy_tu@hotmail.com,
Wei Zou (532-0168) weiazou@ksu.edu

Date: January 17 - May 12 (Mon - Thurs & Sun)
Time: 7 - 8 pm
Fee: N/C
Location: In front of Justin Hall, KSU

Body Detox with Herbs

WE-27

We will discuss herbs for cleansing and recharging your body, cleansing diet, juicing, and seasonal eating. You will receive recipes and Barbara will show you at People's Grocery what is available.

Barbara Ouelette (776-4396)

Date: April 8 (Monday)
Time: 7 - 8:30 pm
Fee: \$16
Location: People's Grocery
17th & Yuma Street

Intro to Yoga with Barbara

WE-28a

This is a great way to learn about Yoga. You will be introduced to basic poses, breath exercises, and meditation. Yoga can be used to relieve back and shoulder pain, headaches, and for relaxation. Required for class: Wear comfortable clothing, bring a exercise mat or bath towel, and a firm blanket for sitting.

Barbara Ouelette

Date: March 13 - April 10 (Wednesday)
Time: 7 - 8:15 pm
Fee: \$36
Location: Fireplace Room
No Class March 20.

Intro to Yoga with Barbara

WE-28b

Barbara Ouelette

Date: March 11 - April 8 (Monday)
Time: 10 - 11:15 am
Fee: \$36
Location: UFM Greenhouse
No Class March 18.

Young Living Essential Oils

WE-31

Are you interested in finding out about the use and application of essential oils? How can this ancient knowledge improve our health and lifestyle today? This ancient system described in the Bible, also used by the Egyptian, Indian, Greek and Chinese Cultures has been brought up to date by Dr. Gary Young. Using modern distillation and new formulations Dr. Young has given us insight into this use of ancient healing. Learn about the background, development and the many uses of different oils. You will receive information and a sample kit of some of the basic oils. There will be a video introduction to Young Living; by Dr. Young and to the basic oils; information on the different formulas and some hands on procedures.

Enell Foerster has studied and used essential oils. She has organized this class so that you can learn about the benefits of using essential oils. Ellen Becker, a guest speaker, has completed 30 hours of training at Young Living Essential Oils Workshops. She uses the oils for herself, family and pets including her horses.

Date: March 2 (Saturday)
Time: 9:30 - 3 pm
Fee: \$18 includes the Basic Oils kit
Location: UFM Conference Room
There will be a break for lunch.

Enneagram: Nine Ways of Being in the World

WE-32

The Enneagram (pronounced ANY-a-gram and meaning 9 models, or world views) is a system of personality typing from sacred psychology which helps us to identify the central motivations of our own character, the particular patterns of how we think, feel, and act. It also is a tool for helping us enter the realities of people different from ourselves, to see the world as they see it. Thus it is a tool for compassion as well as self-knowledge. The system is dynamic, explaining the nuances of personality as well as the relationships among types. Knowledge of the Enneagram can bring positive change into our life and relationships. The class will provide an overview of this profound system.

Karma Smith-Grindell has been studying and using the Enneagram since she was first introduced to it when a student at Pendle Hill (a Quaker center for study and contemplation) in 1984-85 and has found it helpful in her personal and professional life. She has studied with several preeminent teachers in the newly emerging field of Enneagram Studies, most intensively with Helen Palmer; also with Riso and Hudson; Beesing and O'Leary and others. She attended the first International Enneagram Conference at Stanford University in 1994. She has, by request, taught to small groups in private settings several times over the last ten years.

Date: April 1, 8, 15 (Monday)
Time: 7 - 9 pm
Fee: \$14
Location: UFM Multipurpose Room

Self Treatment with Acupressure

WE-33

This class is designed to teach basic acupressure techniques that can be used for treatment of minor ailments. The main focus will be on the effects of acupressure using the body's macrosystem. Book available for purchase at first class.

Dr. Larry Dall (539-9113) has practiced chiropractic care in Manhattan for the last 16 years. He believes in assisting the body with the healing process, which is why he has expanded his treatment techniques to include acupuncture/acupressure. He is a Fellow in the Acupuncture Society of America.

Date: March 25 - April 15 (Monday)
Time: 7 - 8:30 pm
Fee: \$16
Location: 1130 Westport Dr. Suite 5

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 2002 sign up dates are:

Returning Gardeners:

February 6, Wednesday, 7:30 pm, UFM
February 9, Saturday, 10 am, UFM

New Gardeners:

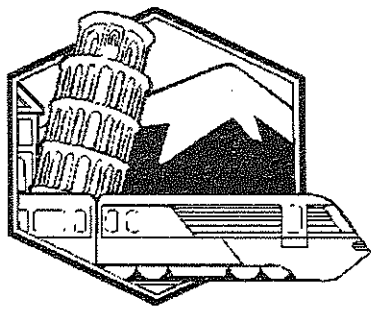
March 6, Wednesday, 7:30 pm at UFM
March 9, Saturday, 10 am at UFM
April 13, Saturday, 10 am at the Garden,
9th and Riley Lane

Call 539-8763 for more information.

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Language

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ESL: English as a Second Language LA-01a

This class is designed for beginners with a minimal knowledge of English or intermediate level students who wish to develop skills in speaking, reading, and writing. Emphasis will be on conversation and everyday situations such as making an appointment or speaking with a doctor. Students may register for either or both sessions. There will be a recommended book.

Rachel Greenwood has 25 years teaching experience and has taught ESL for 10 years. She has a Masters degree in Adult Education from K-State and has taught in the U.S. and in Latin America.

Date: February 11 - March 20 (Mon & Wed)
Time: 5 - 6:30 pm
Fee: \$65

Location: UFM Multipurpose Room

ESL: English as a Second Language LA-01b

Rachel Greenwood

Date: March 25 - May 1 (Mon & Wed)
Time: 5 - 6:30 pm
Fee: \$65

Location: UFM Multipurpose 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, is originally from Tanta, Egypt. Her training course, "Stage do 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 5 - 27 (Tues. & Wed.)
Time: 10 - 11 am
Fee: \$40

Location: UFM Greenhouse Room

French Language LA-02b

Emilie Rabbat

Date: April 2 - 30 (Tues. & Wed.)
Time: 10 - 11 am
Fee: \$40

Location: UFM Greenhouse Room

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

— Louise Nevelson

Beginning Sign Language LA-03a

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 - March 13 (Wednesday)
Time: 7:30 - 8:30 pm
Fee: \$56

Location: Justin Hall, Room 149, KSU

Beginning Sign Language LA-03b

Toni Kroll

Date: March 27 - May 1 (Wednesday)
Time: 7:30 - 8:30 pm
Fee: \$41

Location: Justin Hall, Room 149, KSU

Spielend Deutsch Lernen - German for Beginners LA-04a

Spielend has two meanings: "easy" as well as "in a playing way." Both are true for the way we intend to learn the language. Statistics prove that you remember better if you can make associations. Explaining game rules, playing the game and maybe inventing a new one will challenge you more than just a book, and might be a nice change from your daily routine. Come join us for some educational fun. You'll be surprised how much you can learn "Spielend"!

Petra Barnes was born and raised in Germany and has a degree in Fashion Design and Drafting. She is fluent in English, Italian, and of course her native language German. She earned a "Diploma di Profitto" at "Universita degli Studi di Firenze" in Italy.

Date: January 24, 31, and February 7, 14, 21 (Thur.)
Time: 6 - 8 pm
Fee: \$58

Location: 103 N. 3rd Street, Suite B

Spielend Deutsch Lernen - German for Beginners LA-04b

Petra Barnes

Date: January 30, and February 6, 13, 20, 17 (Wed.)
Time: 1:30 - 3:30 pm
Fee: \$58

Location: 103 N. 3rd Street, Suite B

** Martial Arts **

Tae Kwon Do & other Martial Arts
See Page 7.

Intermediate German LA-09a
Freshen up on your high school German and take it to the next level. By the end of the session you should be able to hold a conversation in German.

Petra Barnes

Date: January 29, February 5, 12, 19, 26 (Tuesday)
Time: 9:30 - 11:30 am
Fee: \$58

Location: 103 N. 3rd Street, Suite B

Intermediate German LA-09b

Petra Barnes

Date: February 28, and March 7, 14, 28, and April 4 (Thur.)
Time: 6 - 8 pm

Fee: \$58
Location: 103 N. 3rd Street, Suite B

Deutsch fur Fortgeschrittene - Advanced German LA-13a

The intensity level of this class will depend on the knowledge of the students and will be adjusted accordingly. In diesem Kurs arbeiten wir an perfekter Aussprache, verfeinern die Grammatik und lesen kurze Geschichten, die danach diskutiert werden. Abschluss des Kurses ist eine Rallye durch Manhattan. Wir werden versuchen ausschliesslich deutsch zu sprechen.

Petra Barnes

Date: Jan 30, and February 6, 13, 20, 27 (Wednesday)
Time: 9:30 - 11:30 am
Fee: \$68

Location: 103 N. 3rd Street, Suite B

Deutsch fur Fortgeschrittene - Advanced German LA-13b

Petra Barnes

Date: April 11, 18, 25, and May 2, 9 (Thursday)
Time: 6 - 8 pm
Fee: \$68

Location: 103 N. 3rd Street, Suite B

Beginning Italian LA-14a

"You do not really see the world if you only look through your own windows" (Ukrainian Proverb). Knowing the language of the country you are visiting will open doors and hearts.

Petra Barnes

Date: January 29, and February 5, 12, 19, 26 (Tue.)
Time: 1:30 - 3:30 pm
Fee: \$58

Location: 103 N. 3rd Street, Suite B

Beginning Italian LA-14b

Petra Barnes

Date: April 5, 12, 19, 26, and May 3 (Friday)
Time: 6 - 8 pm
Fee: \$58

Location: 103 N. 3rd Street, Suite B

Survival Skills in Russian LA-16

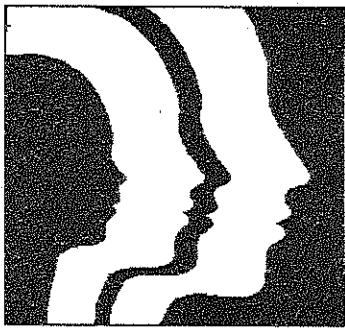
This class will cover the basics of the language, including the Russian alphabet. It will help you better understand the culture if you intend to travel to Russia or if you interact with Russians who live in this country.

Irina Khramtsova is a native Russian who came to this country in 1990. She has 10 years teaching experience.

Date: January 28 and February 4, 11, 18, 25 (Mon.)
Time: 7 - 8 pm
Fee: \$39

Location: UFM Banquet Room

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



Personal Development

1221 THURSTON

539-8763

Goal Setting and Self-Esteem for Adults

SP-08

We will use a set of 4 video tapes by Marilyn Grosball as a core curriculum to learn the ways we sabotage ourselves and what tools can be used to reverse this trend. During each session we will view a video, have clarifying discussion and receive related hand-outs.

- Class 1: Self Acceptance - The Key to Self-Esteem
- Class 2: You're in Charge of Your Life - Believe it or Not
- Class 3: The Choice is Yours - Accept or Resist
- Class 4: Your Present Thinking Creates Future Events

Michael Cody (539-1818) has worked with adults for many years teaching literacy and life skills classes. She has seen in many situations that the state of a persons self-esteem is the one factor which most consistently affects their lives. Happily, it is the one factor that we each are in control of and can change.

Date: March 28 - April 18 (Thursday)
 Time: 7 - 8 pm
 Fee: \$16
 Location: UFM Conference Room

Conquering the Fear of Answering Machine Anxiety

SP-05

Are you overcome by anxiety when you are forced to leave a message on an answering machine? Do you talk fast just so you can get the torture over with? Come and conquer your fear in just two hours. You'll learn the steps to leaving a well thought out message speak clearly and slowly; leave your name and a clear phone number, and keep your message clear cut and to the point. Clearly Talking, a local speech and dictation expert, will lead you through the three step process.

Date: April 11 (Saturday)
 Time: 1 - 2 a.m.
 Fee: \$19.95
 Location: Clear Speech Academy



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 31 (Thursday)
 Time: 6:30 - 9:30 pm
 Fee: \$18 individual/\$30 mother-daughter (additional \$10 per child) (13+ and older)
 Location: First Lutheran Church basement
 (Enter at North Door)
 930 Poyntz

Featured Instructor

Diana Tarver



Diana Tarver lives in Salina with her husband Don and teaches English as a Second Language Salina South High School. She has been a martial arts student for almost 20 years. She received her 2nd degree black belt in Hapkido in 1995 and earned the rank of 5th degree in Taekwondo this spring, testing in front of an international panel of 36 masters in Las Vegas. Diana and her husband established their first Taekwondo club together and since then Diana has established clubs in Goodland, Soloman, Colby Community College, and K-State Manhattan, and a full time school in Salina.

Diana has been teaching women's self defense classes for UFM since the early 90's and she states that she enjoys teaching self defense classes for women the most. Her goal is to give every woman or girl just a little knowledge and confidence that she has gained through her studies. She teaches the S.H.A.R.P. self defense course to many women's groups, girl's organizations, and in school around the state. Many women have benefitted from Diana's self defense class and she will continue to teach her S.H.A.R.P. class this Spring at UFM.



Join the "Walk Kansas - Fitness Challenge"

An 8-week fitness motivation program that begins March 16. Exercise may include walking, cycling, swimming, weight training, etc.

The cost is \$10 per person, which includes a T-shirt and a newsletter sent weekly throughout the event. For more information, contact Sharolyn Jackson at the Riley County Extension Office 785-537-6350, e-mail - sflaming@oznet.ksu.edu or stop by the Extension Office at 110 Courthouse Plaza. Scholarships available



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Health Fair 2002

April 11, 12, 17, 18, 19
from 7-9 a.m.

Screening blood tests available at a nominal fee for cholesterol, triglycerides, HDL, LDL, glucose, TSH (thyroid) and PSA (prostate cancer). Displays and educational opportunities on April 19th only. Call 776-4779 ext 266 for more information. 2002 is the YEAR TO QUIT For information on classes using the Fresh Start Program from the American Lung Association call 776-4779 ext 266. Classes will be held in January and February.



Aging Series

UFM is offering this series on aging at no cost to participants. However, enrollment is needed for planning please call 539-8763. Underwriting has been provided.

With aging comes new challenges and issues we need to understand and plan for, whether planning for yourself or a family member or a friend.

This series is intended to compliment the "Finding Our Way: Living with Dying in America" newspaper series on end-of-life issues and "End of Life" panel discussions by the Manhattan Caring Community Project Council.

Making Death Real

SP-21

Last year's effort to raise awareness of the issues of end-of-life care nationally and locally was part of a general movement to break through our culture's massive denial of death. The newspaper series "Finding Our Way: Living with Dying in America", Homecare and Hospice Panels, and UFM's Aging Series were steps in the direction of helping us see the wisdom of living in the light of death. Conscious awareness of our own death, a practice encouraged in most of the world's major spiritual traditions, helps us become more fully alive. It helps us to live more intentionally in the knowledge of what really matters, to be more compassionate companions to relatives and friends who are facing life-threatening illnesses or losses of other kinds. This session will focus on ways we can make our own death real to us, befriending it, and allowing it to illuminate our daily lives.

Karma Smith-Grindell has been teaching the Art of Jin Shin Jyutsu at UFM since 1998. She first became aware of the importance of living in the light of death many years ago through her work in homecare and hospice nursing and her daily meditation practice. But it was in being a companion to a good friend through her dying in 1991, and more recently in accompanying her husband through his final illness, that she has come to fully appreciate the many ways we can become more alive by living in the light of death.

Date: April 2 (Tuesday)
Time: 7 - 8:30 pm
Fee: N/A
Location: UFM Fireplace Room

Legal Issues As We Age

SP-22

This session will cover in a broad outline, various topics of interest to older people, including advanced directives for health care, surrogate decision-making for health care and financial matters, non-probate transfers of decedents property and financial assistance for health care, prescription drugs and long-term care.

Gabrielle Thompson is the managing attorney of Manhattan's Legal Services office. The office offers free legal consultation to people over the age of 60, in the 18 county area served by the Area Agency on Aging through a grant from the Area Agency on Aging.

Date: April 25 (Thursday)
Time: 7 - 8:30 pm
Fee: N/C
Location: UFM Conference Room

Who Gets Grandma's Yellow Pie Plate?

SP-23

Personal property transfer is an issue frequently ignored until a crisis occurs or immediate decisions need to be made. The issue of transferring non-titled property is often assumed to be unimportant or an issue that just takes care of itself. Experiences of family members and attorneys working with families suggest otherwise. Through participating in this program, you will receive tools that enable you to make informed decisions about transferring non-titled property, like Grandma's yellow pie plate, the oak table, Dad's cuff links or the photo album. Six key figures are addressed, including strategies for managing conflict. Making decisions about the transfer of personal items is best done when you're not under pressure or in the middle of a crisis. If you are ready to get started on this process, join us on April 16.

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

Date: April 16 (Tuesday)
Time: 7 - 8:30 pm
Fee: N/A
Location: UFM Conference Room

*Thank you to Linda Morse
for helping sponsor
this series in memory
of her husband,
Tom Morse.*

In Memory: Dr. Robert Poresky

Dr. Bob Poresky, a long time UFM supporter and past instructor, died this past November. Dr. Poresky was an associate professor at the school of Family Studies and Human Services in the college of Human Ecology at Kansas State University.

Bob volunteered his time to UFM for many years as a canoe instructor. He took pleasure in camping, hiking, and outdoor activities. His research interests included the relationships between people and their pets, child care, and child development issues.



WANTED:

Volunteers for Teen Mentoring Program

Provide friendship and support to a local teen. Group and individual activities. Meets Tuesday and Wednesday, 3:30 - 5:00 p.m.

Make a difference in a teen's life!!

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

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

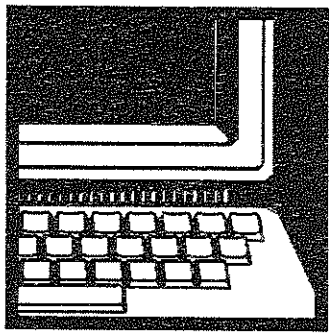


Teen Mentoring Program

- Open to Middle and High School ages
- Get extra help and support
- Gain a new friend
- Learn and improve life skills
- Have fun and new activity
- Meets Tuesday or Wednesday after school

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

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



Computer & Technology

1221 THURSTON

539-8763

Cyber-Street Project Instructors

Ralph Wasmer (fax 776-1415) is the current outreach ambassador for the Great Inland Sea Computer User's Group [gis@flinthills.com]. 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. Jamie Allen a co-director of Cyber street project, will also help with these workshops. Brian Bates is a member of the Great Inland Sea Computer User Group and is a very avid online game player and computer user.

Beginning AOL by Cyber-Street CP-03

15 plus million users make America On Line (AOL) the nations largest ISP and portal. With this class learn more about AOL and how to make the most of your online time. Topics to be covered: Getting Started (install or use pre-installed), how to get in touch e-mail, instant messages and chatting, how to find and get the information you need, online shopping, online travel, job searches, and how to have fun. With attachments and FTP the moving of files will seem like second nature after the class.

Ralph Wasmer (fax 776-1415)
Jamie Allen
Brian Bates

Date: February 2 (Saturday)
Time: 1 - 4 pm
Fee: \$29
Location: UFM Office

Introduction to the Internet: By Cyber-Street CP-02

The Internet, the web, the gold watch, and everything. A quick moving non-hyped spin around the Internet for those that are new to the use of the Internet. Details about how you can find what you want, and how to move within this new medium. Special topics will include tips from Netscape Communicator and how to select the E-mail program, knowing safely how to get and send messages free over the Internet. Other topics include transfer of data files over the Internet as well as how to send attachments, browsers, people, E-mail strategies, survival tips, program choices, file handling and web pages. Supplemental information may be acquired in hard copy form from Copy Co in Aggieville. A list of documents will be available at the class session. Catalogs of technical book vendors will also be available at the class session. Optional handouts, demo software, and other items will be on CD that will be available for purchase from The Great Inland Sea Computer User Group at the class session. (Cost \$15.00) Co-Sponsored with Community On-Line Resource Exchange (CORE), Manhattan Public Library.

Ralph Wasmer (fax 776-1415)
Jamie Allen

Date: January 26 (Saturday)
Time: 1 - 5 pm
Fee: \$29
Location: Manhattan Public Library
Computer Lab

Computer Programming Overview by Cyber-Street CP-04

Overviews of HTML, JAVA applets, JavaScript, Perl, plus BASIC, and other programming languages. The class will let you see how easy and sometimes fun it is to write computer programs. This is a no experience-required class. However, some basic computer knowledge or experience will be helpful. You will be able to get a handle on Web Programming as well as work with sounds and data structures. This is not a hard core, techie class but a fun class to get to know how to do some neat stuff with the computer.

Ralph Wasmer (fax 776-1415)
Jamie Allen

Date: February 12, 19, 26 (Tuesday)
Time: 6:30 - 8:30 pm
Fee: \$34
Location: Manhattan Public Library
Computer Lab

Beginning HTML by Cyber-Street CP-05

By working on a project for a web site, HTML will be taught. Working on a project for a web site will cover the elements of FTPing the HTML from the desktop to the server. No prior knowledge of HTML is required.

Ralph Wasmer (fax 776-1415)
Jamie Allen

Date: March 7, 14, 28 (Thursday)
Time: 6:30 - 8:30 pm
Fee: \$34
Location: Manhattan Public Library
Computer Lab

Building a Web Site (Site Design) by Cyber-Street CP-06

Overviews of HTML to get started with and then progression into what makes a site good, bad, or ugly. Concentration will be given to site preparation and planning rather than to coding. Several web sites will be critiqued for overall style, and content. Each student will create a web site or a group project will help instill better knowledge of the use of HTML. No knowledge of HTML is required for the class. [HTML will be taught as needed for the project.] Beginning HTML is suggested.

Ralph Wasmer (fax 776-1415)
Jamie Allen

Date: April 9, 16, 23 (Tuesday)
Time: 6:30 - 8:30 pm
Fee: \$34
Location: Manhattan Public Library
Computer Lab

Information Warfare by Cyber-Street CP-07

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.

Technology Tuesdays Community Technology Center Manhattan Public Library Spring 2002

Learn how to make the computer and Internet a resource tool for your daily life. No registration required. Sessions are on Tuesdays from 12 - 1 PM.



Become an Ebay Entrepreneur January 29

Learn to buy and sell on EBay, the world's ultimate internet flea market/garage sale!



Finding Your Roots February 26

Search out your past ancestry with the help of the Web.



Investments, Taxes and Personal Finance, March 26

Watch a demo of popular personal finance and tax software. Discover online resources of investments and banking.



Expand Your Career Opportunities, April 30

Create a professional resume, look for jobs and advertise yourself on the internet.



Introduction to Online Gaming CP-01

Using your Machine to Game - Setting up your own Server Learn how to set up your home machine for use as a game server. Learn how to host LAN parties for gaming. Lots of fun and learn a bit of networking, too.

Ralph Wasmer (fax 776-1415)
Jamie Allen
Brian Bates

Date: March 2 (Saturday)
Time: 1 - 5 pm
Fee: \$29
Location: Manhattan Public Library
Computer Lab



A look at the world of hacking and cracking on the Internet and the "warfare" of the new technology age. With recent events, and the long-standing Email virus problems, IW has been doing well. Find out what is going on, and how you can protect yourself in this new age. Web sites with spiders, bugs, traps, zombie computer attacks, denial of service, and other dangers will be discussed. A discussion of terrorism both Cyber and physical will also be included. Supplemental information may be included in hard copy form Copy CO in Aggieville. A list of documents will be available at the class session. Catalogs of technical book vendors will also be available at the class session. Optional handouts, demo software, and other items will be on CD that will be available for purchase from The Great Inland Sea Computer User Group at the class session. (Cost \$15.00). Lab Fee for copies and required CD is not refundable.

Ralph Wasmer (fax 776-1415)
Jamie Allen

Date: April 13 (Saturday)
Time: 1 - 5 pm
Fee: \$29
Location: UFM Office

Club and Users Group Direct Mail Game



Plans by Cyber-Street

CP-08

Overview of what Direct Mail is and is not. For this class it does not matter if you are new to direct mail or an experienced hand with it. There is something for everyone. From creating your direct mail copy to designing an attractive mail order piece. How to choose the right paper and ink, as well as understanding the whole process all done with dash of humor and fun. Clubs, user groups, entrepreneurs, small business owners, retailers, professionals, and fund-raisers all can find ideas that will be of help. Different software and options for mailings will be explained.

Ralph Wasmer (fax 776-1415)
Jamie Allen

Date: April 6 (Saturday)
Time: 1 - 4 pm
Fee: \$29
Location: UFM Office

Select the Right Digital Camera for You by Cyber-Street

CP-09

A tutorial on what a digital camera is and what it is not. How to pick the right one for you. What to look for in the software. Limited discussions on how to clean up pictures and use the software that comes with the cameras. Demos of several cameras will be held at the class with a field trip to look at many more cameras at local retail vendors.

Ralph Wasmer (fax 776-1415)
Jamie Allen

Date: February 9 (Saturday)
Time: 1 - 3 pm
Fee: \$26
Location: UFM Office

Computer Pre-Purchase Seminar by Cyber-Street

CP-10

Before buying a computer for yourself or as a gift for someone else, attend this workshop. Computer experts will be sharing their knowledge to prevent you from being hurt by buying the wrong computer.

Ralph Wasmer (fax 776-1415)
Jamie Allen
Brian Bates

Date: April 27 (Saturday)
Time: 1 - 5 pm
Fee: \$26
Location: UFM Office

The Doctor is In Computer Workshop by Cyber-Street

CP-11

A hands-on workshop - The Doctor is IN! This is an answer time with advice and maintenance tips. (You may bring your computer to the afternoon session. Bring your unit and the hardware or software that you wanted to add. 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.

Ralph Wasmer (fax 776-1415)
Jamie Allen

Date: May 4 (Saturday)
Time: 1 - 3 pm
Fee: \$26
Location: UFM Office

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

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

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

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Oprah Winfrey
Gary Zukav
Louise Hay
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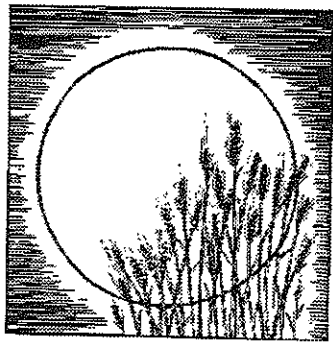
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Special thanks to all UFM INSTRUCTORS who volunteer their time! 23



Earth, Nature & Environment

1221 THURSTON

539-8763

Fly Fishing

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.

EN-01a



Paul Sodamann (494-2340)

Date: April 1 - 11 (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 15 - 25 (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-02a

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: January 14, 28, & February 4 (Monday)
Time: 1:30 - 3:30 pm
Fee: \$22 individual/\$33 couple
Location: Riley County Extension Office
110 Courthouse Plaza

Landscaping Around the House

EN-02b

Alan Ladd and Gregg Eyestone

Date: January 22, 29, & February 5 (Tuesday)
Time: 7 - 9 pm
Fee: \$22 individual/\$33 couple
Location: Riley County Extension Office
110 Courthouse Plaza

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.

Extension Master Gardener

Date: April 22 (Monday)
Time: 7 - 9 pm
Fee: \$8
Location: UFM Greenhouse

Bubbling Rock

EN-10

In this class you will learn how to create a "Bubbling Rock" water feature for your yard. At this session you will see two "Bubbling Rocks" plus two other water features. The goal is to take the mystery out of building simple water features. The instructor's garden was a part of the Garden Tour for 2001. Many visitors were amazed at their "Bubbling Rocks", a very interesting and fun feature to add to your garden.

George Wyatt owns and operates George W. Wyatt Consulting and Training, Inc. His wife Carol is a secondary teacher for USD 320 - Wamego. Together they collected the material and built the water features. Carol is the gardner - George is the builder. They enjoy creating unusual landscape attractions.

Date: April 12 (Friday)
Time: 6:30 - 8 pm
Fee: \$8 individual/\$12 couple
Location: 1725 Sheffield Circle

Prairie Chickens on Konza Prairie

EN-12a

Join us for a trip to the Konza Prairie to watch prairie chickens do their mating dance. This is one of the great natural spectacles of the Flint Hills. We'll be huddled in a blind, and the birds will come to us. The guys strut their stuff, while the ladies stroll through checking things out. This is an early morning trip! We will be hiking over a mile, in the dark. We must be in the blind and quiet by dawn! It will be cold and probably windy, so dress warmly. The Konza people ask us not to wear nylon coats or pants. The noise they make seems to disturb the birds. We will be out for at least 3 hours, so bring a snack and some coffee or cocoa. Cameras and binoculars are welcome, but there is no commercial photography allowed. Because sunrise is about 6 a.m., we need to meet at 4:30 to allow driving and hiking time. We will meet at the north end of the Country Kitchen parking lot (We can gather there after we get back to town for breakfast if anyone is interested.)

Dean Stramel

Date: March 30 (Saturday)
Time: 4:30am
Fee: \$13 - includes a \$5 Konza fee for use of the blind
Location: North end of Country Kitchen parking lot.
Date is subject to change due to research taking place on the Konza.

Prairie Chickens on Konza Prairie

EN-12b

Dean Stramel

Date: April 13 (Saturday)
Time: 4:30 am
Fee: \$13
Location: North end of Country Kitchen parking lot.
Date is subject to change due to research taking place on the Konza.

Zookeeping 101

EN-13a

Did you ever wonder what it would be like to be a zookeeper? Now is your chance to find out. You will discover what is needed to be a zookeeper and work along side an animal keeper at Sunset Zoo. Participants must bring weather appropriate attire and sign a release form to participate with an animal keeper. Enrollment is limited to 4 adults.

Shanee Anderson

Date: March 3 (Sunday)
Time: 12:30 - 3:30 pm
Fee: \$6
Location: Sunset Zoo
2333 Oak Street

Zookeeping 101

EN-13b

Shanee Anderson

Date: April 27 (Saturday)
Time: 12:30 - 3:30 pm
Fee: \$6
Location: Sunset Zoo
2333 Oak Street

Zookeeping 101

EN-13c

Shanee Anderson

Date: May 4 (Saturday)
Time: 12:30 - 3:30 pm
Fee: \$6
Location: Sunset Zoo
2333 Oak Street

Be My Valentine or I Will Eat You!

EN-14

Why do some praying mantis eat their mate after copulation? Can you dance like a prairie chicken to attract a female? Be creative this Valentines Day and bring your special someone to Sunset Zoo and discover more about animal relationships on the wild side.

Shanee Anderson has been the curator of Education at Sunset Zoo since 1992. She has a BA in Environmental Service and a MS in Elementary Education. Her hope is to inspire conservation of the natural world through fun, educational activities.

Date: February 14 (Thursday)
Time: 7:30 - 9 pm
Fee: \$12 individual/\$20 couple
Fee includes zoo admission and refreshments.
Location: Sunset Zoo
2333 Oak Street

"Zoo"ology - Behind the Scenes at Sunset Zoo

EN-15

Discover behind-the-scenes at Sunset Zoo. You and your family will explore areas of the zoo not open to the public, as well as make enrichment items for some animals. A lot goes into running a zoo. Find out how AZA, SSP, and CAPS assist the zoo in its animal collection. Donuts and juice will be provided. Parents must accompany their child.

Shanee Anderson

Date: April 6 (Saturday)
Time: 8:30 - 11:30 am
Fee: \$18.50 parent and child/\$4.50 for additional child. Fee includes zoo admission, snacks, and supplies.
Location: Sunset Zoo
2333 Oak Street





Spring Plant Swap

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 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 at UFM on April 19.

Connie Carlson & other gardeners

Date: April 20 (Saturday)
Time: 10am - 1 pm
Fee: N/C
Location: UFM Greenhouse

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!

Extension Master Gardener

Date: February 27 (Wednesday)
Time: 7 - 9 pm
Fee: \$8
Location: UFM Conference Room

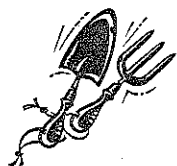
Gardening 101: The Basics

EN-19

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

Extension Master Gardener

Date: March 25 (Monday)
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.

Extension Master Gardener

Date: April 1 (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!

Extension Master Gardener

Date: April 3 (Wednesday)
Time: 7 - 9 pm
Fee: \$8
Location: UFM Conference Room

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!

Extension Master Gardener

Date: April 15 (Monday)
Time: 7 - 9 pm
Fee: \$8
Location: UFM Greenhouse

Night Sky Indoors

EN-23a

Dean has most of the constellations on slides. Give him a dark room and he can teach you the sky. You'll learn Orion the hunter, Leo the lion, Cassiopeia the queen, the big and little bears, and many more. You'll learn what the zodiac is and where it is in the sky. Bring any other questions about the night sky and Dean will do his best to answer them.

Dean Stramel teaches Earth Science classes at Manhattan High School, East Campus. He has been sharing his knowledge of the sky for years and loves to meet people who share his interest in the night sky.

Date: February 5 (Tuesday)
Time: 7 pm
Fee: \$8
Location: Manhattan High School's Little Theater (just inside the front door)

Night Sky Indoors

EN-23b

Dean Stramel

Date: March 5 (Tuesday)
Time: 7 pm
Fee: \$8
Location: Manhattan High School's Little Theater (just inside the front door)

Reptiles and Amphibians

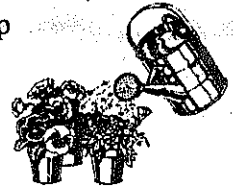
EN-34

We will begin the class with a photographic slide show to review common amphibians and reptiles of eastern Kansas. This review will be followed by a field trip in which we will carpool to one or more sites in Riley County to search for and capture amphibians and reptiles. Topics covered will include identification, handling, natural history (habitat and food items), safety, and responsible study of amphibians and reptiles in their natural habitats. This class will be entertaining and provide useful information for all age groups.

Ryan Rehmeier is a Ph.D student in Biology at Kansas State University. He is a mammalogist by trade but has an interest in the natural history of birds, amphibians, and reptiles, as well. For the past four years, he has traveled throughout the state to observe reptiles and amphibians in their native habitat.

Date: April 20 (Saturday)
Time: 8:30 am - 2 pm
Fee: \$8 individual/\$12 family
Location: UFM Conference Room

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 2002 sign up dates are:

Returning Gardeners:

February 6, Wednesday, 7:30 pm, UFM
February 9, Saturday, 10 am, UFM

New Gardeners:

March 6, Wednesday, 7:30 pm at UFM
March 9, Saturday, 10 am at UFM
April 13, Saturday, 10 am at the Garden, 9th and Riley Lane

Call 539-8763 for more information.



Youth

1221 THURSTON

539-8763

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 14 (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



Introductory Spanish for Children

YO-08a

This class is designed for children grades 3 through 6th. Students will learn the basics of the Spanish language, providing a solid foundation to grow on. This is an opportunity for children to get a head start on one of the fastest growing languages in the U. S.

Merah Anderson (565-9233) is a sophomore at K-State. She is majoring in Elementary/Middle School Education, and minoring in Spanish. Merah has completed Spanish 4 at the university and spent a few weeks in Mexico last summer learning about the culture and native tongue.

Date: February 4 - 27 (Monday/Wednesday)
Time: 5:30 - 6:30 pm
Fee: \$19
Location: UFM Conference Room

Introductory Spanish for Children

YO-08b

Merah Anderson (565-9233)

Date: March 25 - April 17 (Monday/Wednesday)
Time: 5:30 - 6:30 pm
Fee: \$19
Location: UFM Conference Room

** Martial Arts **

Tae Kwon Do & other Martial Arts
See Page 7.

Archery for Youth

YO-09a

The main focus of this course will be to introduce youth to Archery and learn the all important basics of the sport. This is a great sport geared toward individual achievement. Classes will be structured around key points needed for good form, safety, and introduction to the world of archery. Tom has helped his students compete at a national level and produced a National Champion. All equipment will be provided by the instructor. Ages 8+.



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

Date: February 7 - 28 (Thursday)
Time: 6:30 - 8 pm
Fee: \$18
Location: 1125 Laramie Plaza (upstairs)

Archery for Youth

YO-09b

Tom Korte

Date: April 4 - 25 (Thursday)
Time: 6 - 7:30 pm
Fee: \$18
Location: 1125 Laramie Plaza (upstairs)

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.

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



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" through February 15th
1:00-5:00 Saturday 2:00-5:00 Sunday and by appointment

Pioneer Log Cabin

Manhattan City Park

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

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

For more information, call 565-6490

LIVE THEATRE

As Bees in Honey Drown
opens Feb 22
Godspell opens Apr 26

GALLERIES

SWING
CITY
JAZZ
Jan 18
others TBA

CLASSES

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Theatre
Violin
Drawing
Mixed Media
Improv
Writing
and more.



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Arts for All

BIRDHOUSE ACOUSTIC MUSIC SERIES

Guy Davis Jan 19
Kaplan/Kimball Feb 9
Sarrite Trio Mar 9
Tom Prasada-Rao Apr 6

WATERCOLOR STUDIO

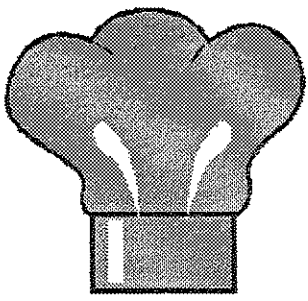
every Wed am

FILM SOCIETY OUTREACH MAC TRUCK

FOR INFORMATION, to become a member or to be added to our mailing list CALL 537-4420

Manhattan Arts Center, 1520 Poyntz
Smoke-free, wheelchair accessible
www.manhattanarts.org





Food for Fun

1221 THURSTON

539-8763

Biscotti

FF-08

Biscotti is the twice-baked cookie sold in coffee shops. Come see how easy it is to make, sample several flavor combinations and find out how great it is to mail to friends and family. Decaf coffee and tea will be available.

Ronna Robertson has been demonstrating her biscotti technique for three years while living in the Northwest.

Date: March 14 (Thursday)
Time: 7 - 9 pm
Fee: \$12
Location: 1717 Kingwood Dr.
Manhattan, KS



The Great Wines of the U.S.

FF-09

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

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

Date: February 4, 11, 25, and March 4 (Monday)
Time: 7 - 9 pm
Fee: \$90
Location: UFM Multipurpose Room
No Class February 18.

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your children's health needs:**

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1-888-216-0198

Special thanks to all UFM INSTRUCTORS who volunteer their time!



KSU Credit Courses

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

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

*Special and health fees and non-resident fees may also be assessed—contact the Division of Continuing Education, 532-5566 for addition information.

Scuba Diving RRES-200 #92421

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 the certification. Travel and lodging are at the student's expense. Students must provide their own mask, fins, and snorkel.

Instructor: *Jeff Wilson*

Date: January 28 - March 4 (Monday)
Time: 6:00 - 10:00 pm
Fee: \$255
Location: YMCA, 1703 McFarland Junction City, KS

Ballroom Dance DANCE-599 C #92400

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 23 - May 8 (Wednesday)
Time: 8 - 9 pm
Fee: \$145
Location: ECM Auditorium
1021 Denison Ave.

Ballroom Dance DANCE-599C #92401

Instructor: *Michael Bennett*

Date: January 25 - May 10 (Friday)
Time: 6:30 - 7:30 pm
Fee: \$145
Location: ECM Auditorium
1021 Denison Ave.

Ballroom Dance II DANCE-599 D #92402

Instructor: *Michael Bennett*

Date: January 25 - May 10 (Friday)
Time: 7:30 - 8:30 pm
Fee: \$145
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 #92416

Date: March 5 - April 30 (Tuesday)
Time: 2:30 - 4:30 pm
No Class March 19

Session II #92417

Date: March 6 - May 1 (Wednesday)
Time: 1:30 - 3:30 pm
No Class March 20

Session III #92418

Date: March 6 - May 1 (Wednesday)
Time: 5:30 - 7:30 pm
No Class March 20

Session IV #92419

Date: March 7 - May 2 (Thursday)
Time: 9:30 - 11:30 am
No Class March 21

Fee: \$158
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

Golf - Salina RRES-200 #89410

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.

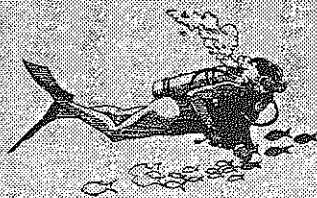
Instructor: *Steven Hardesty*

Date: March 13 - May 8 (Wednesday)
Time: 1:00 - 3:00 pm
Fee: \$145
Location: Salina Municipal Golf Course
2500 East Crawford
Salina, KS



Scuba Diving - Salina RRES-200 #89420

Date: January 31 - March 14 (Thursday)
Time: 6:30 - 10:30 pm
Fee: \$293
Location: YMCA Salina
570 YMCA Dr., Salina, KS



Golf-Junction City 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: *Mike Webb*

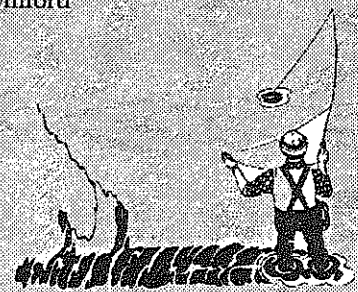
Session I #92427

Date: March 6 - May 8 (Wednesday)
Time: 9:30 - 11:30 am
No Classes March 20 and April 10.

Session II #92428

Date: March 7 - May 9 (Thursday)
Time: 2:30 - 4:30 pm
No Classes March 21 and April 11.

Fee: \$158
Location: Rolling Meadows Public Golf Course
7550 Old Millford Road;
Milford



Fly Fishing RRES-200 #92410

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: April 1 - 11 (Mon, Tues, Wed, Th)
Time: 6:00 - 8:00 pm
Fee: \$152

Location: Susan B. Anthony Middle School
2501 Browning

Fly Fishing RRES-200 #92411

Instructor: *Paul Sodamann*

Date: April 15 - 25 (Mon, Tues, Wed, Thurs)
Time: 6:00 - 8:00 pm
Fee: \$152

Location: Susan B. Anthony Middle School
2501 Browning



KSU CREDIT COURSES (Continued)

Judo I RRES-200 #92413

Judo I is intended not to gain 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 22 - May 9 (Tuesday/Thursday)
Time: 7 - 8 pm
No Classes March 19 and 21.
Fee: \$118
Location: UFM
1221 Thurston

Judo II RRES-200 #92414

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 22 - May 9 (Tuesday/Thursday)
Time: 8 - 9 pm
No Classes March 19 and 21.
Fee: \$118
Location: UFM
1221 Thurston

Archery for Adults RRES-220 #92404

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*

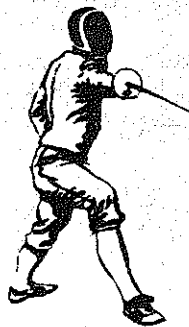
Date: January 24 - March 14 (Thursday)
Time: 8 - 9:45 pm
Fee: \$140
Location: 1125 Laramie Plaza

Archery for Adults RRES-220 #92405

Instructor: *Tom Korte*

Date: March 28-May 9 (Thursday)
Time: 6 - 7:45 pm
Fee: \$140
Location: 1125 Laramie Plaza

Beginning Fencing RRES-200 #92407



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. 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. This course may not be repeated for credit.

Instructor: *William Meyer*

Date: January 28 - May 6 (Monday)
Time: 6 - 7:30 pm
Fee: \$140
Location: UFM
1221 Thurston

Intermediate Fencing RRES-200 #92408

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 23 - May 6 (Monday)
Time: 7:30 - 9 pm
Fee: \$140
Location: UFM
1221 Thurston



Fitness Swimming RRES-200 #92423

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.

Instructor: *Carol Stites*

Date: January 29 - March 14 (Tuesday/Thursday)
Time: 6 - 7:30 pm
Fee: \$125 Credit
Location: Natatorium, KSU Pools

Swim I RRES-200 #92424

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*.

Instructor: *Carol Stites*

Date: January 28 - March 13 (Mon/Wed)
Time: 1:30 - 2:30 pm
Fee: \$125 credit
Location: Natatorium, KSU Pools

Ballroom Dance in Salina DANCE 599 #89110

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. Partners are not necessary. Class is co-sponsored with KSU at Salina Recreation Center.

Audrey Umekubo

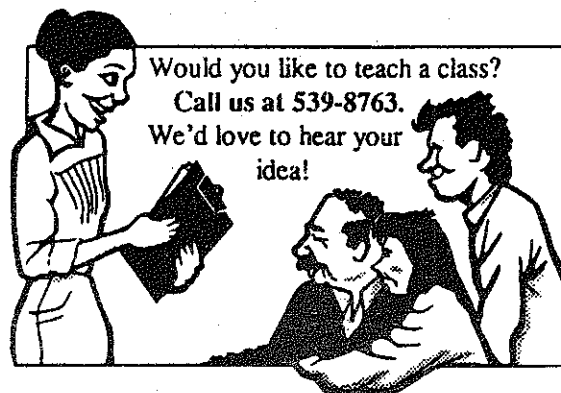
Date: January 28 - May 13 (Monday)
Time: 7 - 8 pm
Fee: \$138.66
Location: KSU at Salina, Recreation Center
3142 Scanlan Avenue, Salina



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

Win \$1 off any UFM Class...

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



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

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 Kristen at 539-8763.

Special thanks to all UFM INSTRUCTORS who volunteer their time!

Children

Session 1 Jan 22 - Feb 14
Session 2 Feb 18 - Mar 14
Session 3 Mar 25 - Apr 18
Session 4 Apr 22 - May 16

Art Classes For All 2002

Manhattan Arts Center
1520 Poyntz Ave * Tel 537-4420
programs@manhattanarts.org * www.manhattanarts.org



Adults

Session 1 Jan 23 - Feb 27
Session 2 Feb 28 - Apr 9
Session 3 Apr 9 - May 14

Action Theatre: Experience acting, auditioning, props, set design, costuming, play writing and more. Sessions 1-4, Mon/Wed - Grades 1-3, Tue/Thur - Grades 4-6, 3:45-5:15 p.m.

Theatre Improv: Work toward spontaneity, how to focus, the importance of listening, teamwork, how to think on your feet. Explore "who, what and where." Sessions 1-4, Tue/Thur - Grades 7-9, 3:45-5:15 p.m.

Color: Learn the basics of color theory; the color wheel, color value, color schemes, color composition, and the special effects of color. Session 2, Mon/Wed - Grades 7-9, 3:45-5:15 p.m.

Mixed Media: Explore and question what is needed to make a "painting." Painting, drawing, sculpture, and print media will be integrated into mixed media art forms. Session 3, Mon/Wed - Grades 7-9, 3:45-5:15 p.m.

Suzuki Violin School: A marvelous opportunity to involve your child at an early age in the joy of making music. Tues & Wens, Grades K-4, 4:00-5:00 p.m. Sessions are different, please pay by the month.

Express Yourself! Discover the creative potential within, express the beauty and power of human emotion, get beyond writer's block, and showcase your poetry online. Ages 13-18, sessions/dates/TBA.

Kids Drawing & Collage: Explore drawing with color and values, exploring what happens when colored paper is used to create a mood. Collage is an easy & fun way to create art from found materials. Grades 1-3 & 4-6, sessions/dates/times TBA.

Kids Watercolor: Watercolor basics, color mixing, wet-on-wet and wet-on-dry are some of the techniques we will learn in the watercolor class. Watercolor is fun and can give exciting results-try it. Grades 4-6, sessions/dates/TBA.

Freehand Drawing: Media: graphite pencils, some charcoal—all black & white. First classes will be review for proportion and shape, others will concentrate on drawing composition, perspective, textures and shading. Session 1, Wed - Beginners/Intermediate, 1:15-3:30 p.m.

Beginning Watercolor: Media is watercolor with emphasis on brush control, washes, wet-on-wet, color mix to achieve desired pallets, composition, and balance. The class will work with still life setups and some landscapes. Session 2, Tue - Beginners/Intermediate, 9:00-11:30 a.m.

Figure Drawing: Media will be primarily charcoal and conte crayon but other media may be used. Different approaches to sketching will be used as well as background, shading, body structure, and motion. Session 3, Wed - Beginners/Intermediate/Advanced, 6:00-8:00 p.m.

Creative Movement for Adults over 50: Explore creative movement, discover untapped treasures of creativity through use of themes and imagery. Session/dates/times to be announced.

Children classes
Full Price: \$48/session
Reduced Lunch: \$24/session
Free Lunch: \$8/session

Suzuki Violin
Full price/own: \$3/class
Full Price/borrow: \$6/class
Reduced Lunch: \$3/class
Free Lunch: \$1/class

Classes are limited to 20 students, please enroll early

Adult classes
\$50/session
Classes are limited to 12 students, please enroll early.

The Manhattan Arts Center is funded in part by the Kansas Arts Commission, a state agency, and the National Endowment for the Arts, a federal agency. Additional funding comes from the City of Manhattan and MAC members and Friends.



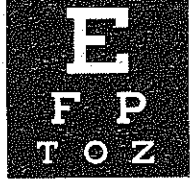
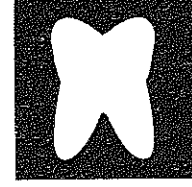
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We wish to thank the following contributors for their financial assistance during 2001. These donations help underwrite the general operating costs and scholarships that make other program services possible.

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

Call Linda at 539-8763 for details.

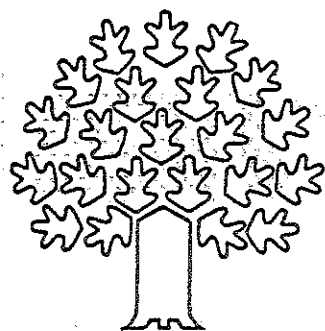
What will a donation buy?

Gifts to UFM may be designated in several ways.

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

Call Linda at 539-8763 to discuss these options.

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



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

YES!
I WANT TO
SUPPORT
UFM!

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

_____ I would like to be billed in _____ installments.

_____ Call me regarding a gift to UFM.

Name: _____ Home Phone _____

Address: _____ Work Phone _____

City: _____ State: _____ Zip: _____

Special thanks to all UFM INSTRUCTORS who volunteer their time!

REGISTRATION INFORMATION 3 WAYS TO REGISTER



Registration by Mail

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

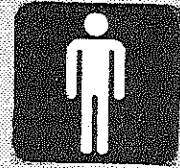
UFM Class Registrations
1221 Thurston
Manhattan, Kansas 66502-5299

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



Registration by Phone

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



Registration in Person

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



Youth Scholarships are available.

FOR YOU... One participant per form, please

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

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

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

UFM Community Learning Center

UFM Community Learning Center

Registration Form
1221 Thurston Manhattan, KS 66502 539-8763

Registration Form
1221 Thurston Manhattan, KS 66502 539-8763

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

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 _____

Parent's Name if Student is Under Age 18 _____

CLASS #	Session	TITLE	FEE	LOCATION	DATE	TIME

CLASS #	Session	TITLE	FEE	LOCATION	DATE	TIME

Tax Deductible Donation
Total

Tax Deductible Donation
Total

I hereby authorize the use of my Visa MasterCard Discover

I hereby authorize the use of my Visa MasterCard Discover

Card Number _____ Expiration Date _____

Card Number _____ Expiration Date _____

Card Cardholder's Name (Please Print) _____

Card Cardholder's Name (Please Print) _____

Cardholder's Signature _____

Cardholder's Signature _____

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

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

Where did you obtain your catalog? _____

Where did you obtain your catalog? _____

A class I would like offered _____

A class I would like offered _____

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

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

Signature** _____ Date _____

**Signature of Parent or Guardian required for minors.

Signature** _____ Date _____

**Signature of Parent or Guardian required for minors.

Office Use Only			Amount	Total Paid
Date Received	Date	Staff	Check _____	[]
Entered	_____	_____	Cash _____	
Computer	_____	_____	Visa _____	
			M/C _____	
			Discover _____	

Office Use Only			Amount	Total Paid
Date Received	Date	Staff	Check _____	[]
Entered	_____	_____	Cash _____	
Computer	_____	_____	Visa _____	
			M/C _____	
			Discover _____	