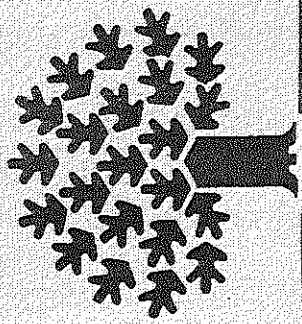


# UFM

## Community Learning Center

2003 Spring Classes



Teaching • Learning • Growing  
Vol. 35 Edition 1

### Spring Classes

January-May  
2003

Scones  
...

Pet First Aid  
& Safety  
...

Swim Lessons  
...

Yoga  
...

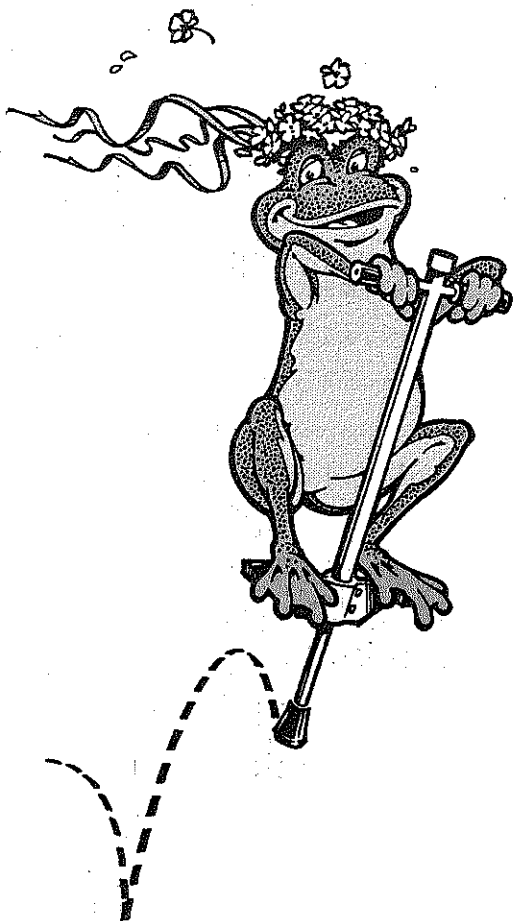
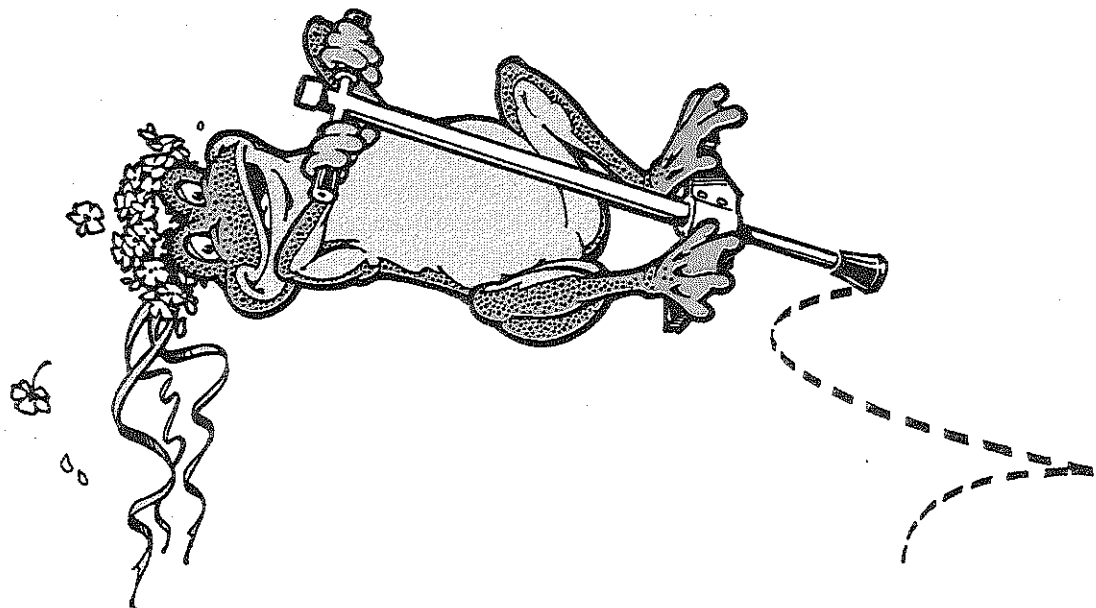
Spanish  
...

Stamping  
...

Middle Eastern  
Dance  
...

Reiki  
...

and much more...



### Spring Into Learning!

Spring Classes  
Jan-May 2003

...

Reptiles and  
Amphibians

...

PPST,

Prep Courses:

...

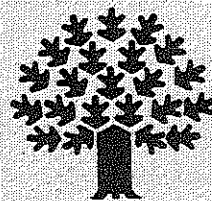
Understanding Islam

...

Chinese Cooking

...

Slumber Safari  
at Sunset Zoo



Teaching • Learning • Growing

## UFM Community Learning Center

2003  
Spring Classes

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

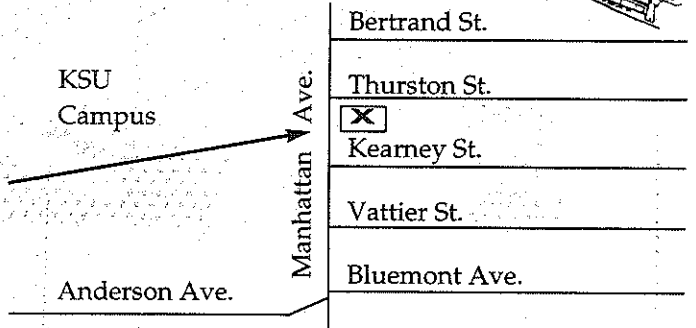
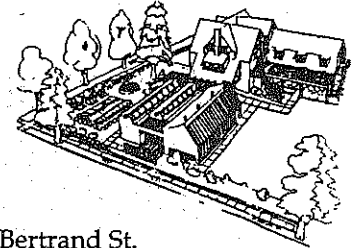
OR CURRENT RESIDENT

# 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.

WHERE WE'RE LOCATED

**UFM**  
1221 Thurston



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### Classes

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Red Cross Learn to Swim Lessons	Survival English
Adult Lessons	French
Private Lessons	Sign Language
Lap Swimming	Spanish
Hydroaerobics	
Scuba Diving	
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Tae Kwon Do	SHARP Self Defense for Women
Judo	Understanding Islam
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	Woman to Woman
	Enneagram (???)
	And others
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Gain Control of Your Money	Fly Fishing
PPSTPrep Courses	Spring Plant Swap
	Pet First Aid & Safety
	Fun With Rabbits
	Reptiles & Amphibians
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Stamping	Look for Youth Classes throughout the catalog
Film Developing	
Drawing	
Harmonica	
Piano	
Knitting	
DVD Editing	
Photography	
and much more	
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Ballroom Dance	Scones
West Coast Swing	Cajun Cooking
Golf	Japanese Cooking
Bowling	Chinese Cooking
Middle Eastern Dance	And other
Fencing	
Archery	
and others	
<b>Wellness.....20-21</b>	<b>Credit Optional Classes.....21-22</b>
Jin Shin Jyutsu	Scuba Diving
Massage	Ballroom Dance
Yoga	Archery
Reiki	Fencing
Chi Lei- Chi Gong	Golf
and others	and others

Look throughout the catalog for these classes the family can enjoy together:

Sunday Family Swim  
SHARP Women's Self Defense

Fun with Rabbits  
Tae Kwon Do

Archery for Families  
Harmonica Classes

Golf

Pet First Aid and Safety  
Reptiles and Amphibians

#### UFM Staff:

Executive Director - Linda Inlow Teener

Education Coordinator - Kristen Johnston

Community Outreach Coordinator - Charlene Brownson

Lou Douglas Lecture Series Coordinator - Olivia Collins

Teen Mentoring Program Coordinator - Karen Roesch

Office Coordinator - Calista Wilson

Plus all the teachers who share their talents!

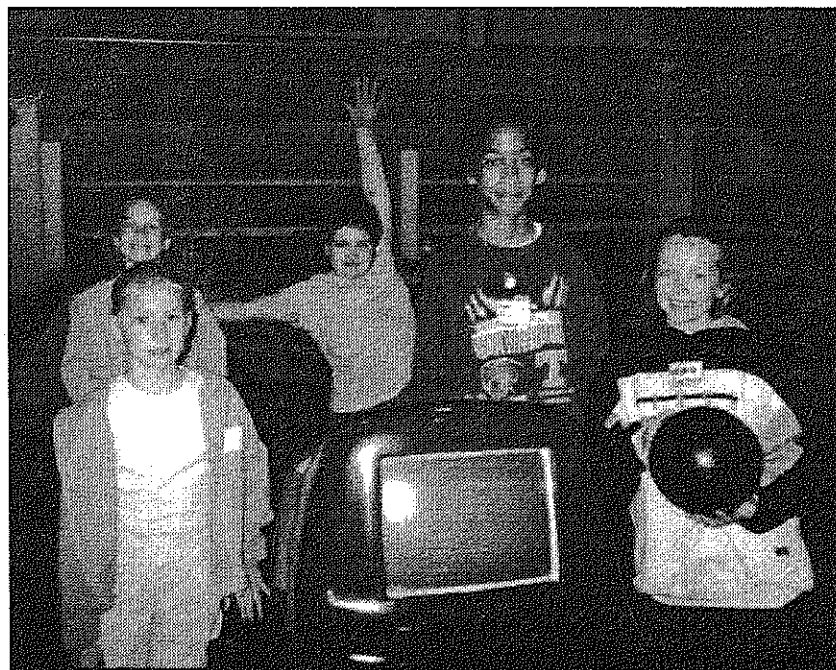
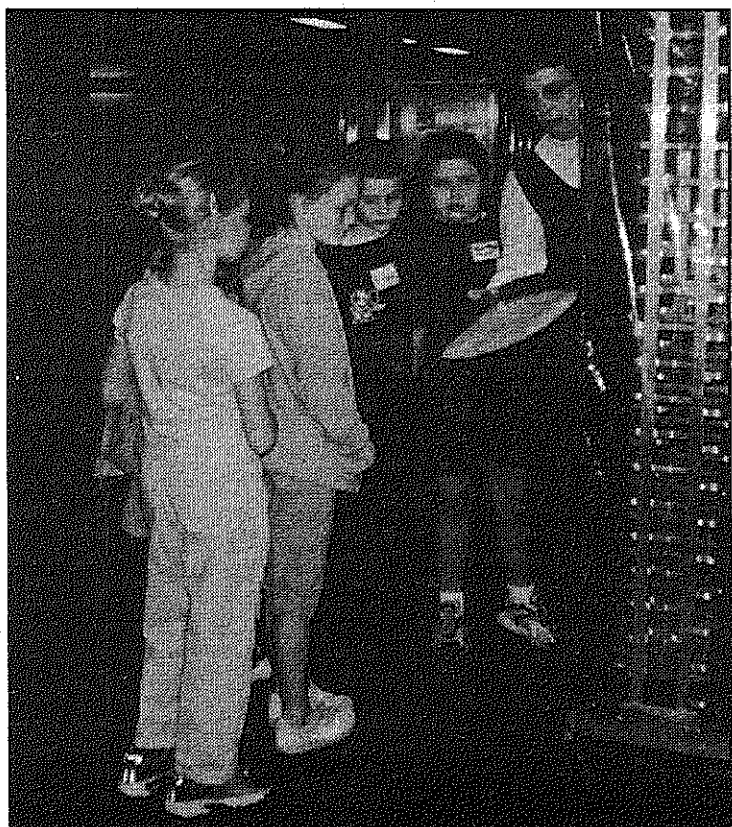
#### HANDICAPPED ACCESSIBLE

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.

# Kids on Campus



## 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.

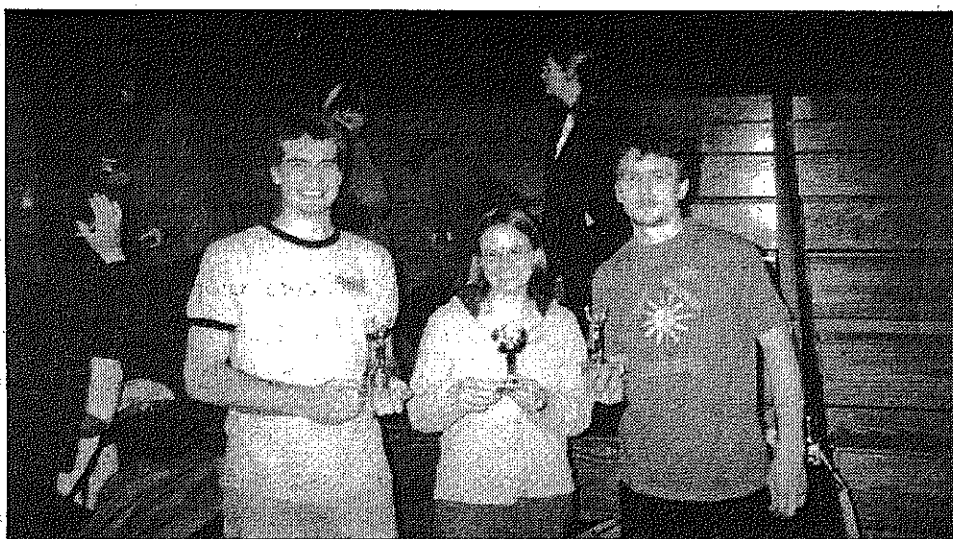
Date: March 13 (Thursday)

Time: 8 am - 5 pm

Fee: \$26

Location: Meet at UFM

## Featured Class



UFM/KSU fencing students Matt Hunt, Heather Wrocklage, and Eli May take 4th, 5th, and 5th at the Johnson County Community College Foil Tournament on April 27th in Overland Park, KS. Over 40 fencers competed from KSU, Longview College, Emporia State and JCCC. The three missed sweeping the tourney by the narrowest of margins. Hunt made strong use of in-fighting while Wrocklage preferred the riposte to score most of her points. May utilized the reverse beat flanconade to great effect in the final eliminations. All three

## Featured Instructor



**BILL  
MEYER**

Bill Meyer has lived for four years in Manhattan with his wife Deb and two children, Cole and Niki. He began fencing in Germany in 1964 and still competes at the local and national level. He studied fencing at Washington State University and the University of Idaho and became a certified coach in foil, epee and saber by the Coaches College at the Olympic Training Center in Colorado Springs.

Bill teaches Americanized fencing that de-emphasizes the old master/student format of the 19th century and goes a long way in making fencing an activity that can be enjoyed for life, whether as recreation or competition. "It's really fun to play a game that was once so deadly serious-ask anyone in Manhattan who's taken fencing."

For the past three years Bill has been teaching the credit and non-credit beginning, intermediate and competition classes through UFM. New this semester is a class in French epee fencing for women that emphasizes the grace, protocol and history of formal bouts.





# Aquatics

1221 Thurston

539-8763

## Learn to Swim Classes

UFM proudly teaches the American Red Cross Swim Lessons Levels 1 - 7, Parent/Infant and Parent/Tot, and Tot Transition. UFM also offers Private, Mini-Team, and 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.

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. Children over the age of 5 are not permitted in restrooms/locker rooms of the opposite sex.

Note: Minimum enrollment for all classes is 4. If less than 4 enroll, classes of the same level may be combined or cancelled.

### BEGINNING & ENDING DATES

- (Except Where Noted):  
**SESSION A:** Mondays, February 10 - April 21  
**SESSION B:** Tuesdays, February 11 - April 22  
**SESSION C:** Wednesdays, February 12 - April 23  
**SESSION D:** Thursdays, February 13 - April 24  
**SESSION E:** Saturdays, February 15 - May 10

No Classes February 22 and March 15-22  
(Spring Break)

### 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.

- Monday 6 - 6:30 pm**  
 AQ-01P1 February 10 - March 10  
 AQ-01P2 March 24 - April 21  
**Tuesday 6 - 6:30 pm**  
 AQ-02P1 February 11 - March 11  
 AQ-02P2 March 25 - April 22  
**Saturday 9:30 - 10:00 am**  
 AQ-05P April 12 - May 10  
 Fee: \$18 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.

- Monday 6:45 - 7:15 pm**  
 AQ-01T1 February 10 - March 10  
 AQ-01T2 March 24 - April 21  
**Tuesday 6:45 - 7:15 pm**  
 AQ-02T1 February 11 - March 11  
 AQ-02T2 March 25 - April 22  
**Saturday 10:15 - 10:45 am**  
 AQ-05T April 12 - May 10  
 Fee: \$18 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. Student are ready for this level when they are mature enough to participate in a group setting without their parents.

- AQ-01A Monday 6 - 6:40 pm  
 AQ-01B Tuesday 6 - 6:40 pm  
 AQ-01C Wednesday 6 - 6:40 pm  
 AQ-01D Thursday 6 - 6:40 pm  
 AQ-01E Saturday 9:30 - 10:10 am  
 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.

- AQ-04A Monday 6 - 6:40 pm  
 AQ-04B Tuesday 6 - 6:40 pm  
 AQ-04C Wednesday 6:50 - 7:30 pm  
 AQ-04D Thursday 6 - 6:40 pm  
 AQ-04E Saturday 9:30 - 10:10 am  
 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.

- AQ-07A Monday 6:50 - 7:30 pm  
 AQ-07B Tuesday 6:50 - 7:30 pm  
 AQ-07D Thursday 6:50 - 7:30 pm  
 AQ-07E Saturday 9:30 - 10:10 am  
 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.

- AQ-10A Monday 6:50 - 7:30 pm  
 AQ-10B Tuesday 6:50 - 7:30 pm  
 AQ-10D Thursday 6:50 - 7:30 pm  
 AQ-10E Saturday 10:15 - 10:55 am  
 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.

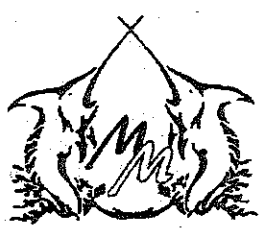
- AQ-13C Wednesday 6:00 - 6:40 pm  
 AQ-13E Saturday 10:15 - 10:55 am  
 Fee: \$43 per session

### 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.

- AQ-16C Wednesday 6:50 - 7:30 pm  
 AQ-16E Saturday 10:15 - 10:55 am  
 Fee: \$43 per session

**MANHATTAN  
MARLINS  
SWIM TEAM**



A non-profit organization dedicated to providing children the chance of participating in competitive swimming. Primary emphasis is 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 David Sexton 313-4572

4



**Level VII: Advanced Skills**

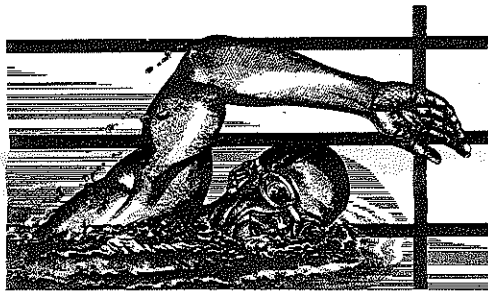
The objective of Level VII is to perfect strokes and to develop good fitness habits. Participants are urged to use aquatic activities throughout life to maintain their physical condition. They will be taught springboard diving and advanced rescue skills. Participants entering this course must have a Level VI certificate or must be able to demonstrate all the completion requirements in Level VI.

AQ-19C Wednesday 6:50 - 7:30 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.

AQ-22A Monday 6:50 - 7:30 pm  
AQ-22D Wednesday 6:00 - 6:40 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.

AQ-24A Mondays 6 - 7:30 pm  
AQ-24B Tuesdays 6 - 7:30 pm  
AQ-24C Wednesdays 6 - 7:30 pm  
AQ-24D Thursdays 6 - 7:30 pm  
AQ-24E Saturdays 9:30 - 11:00 am  
Fee: \$12 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.

AQ-25A Mondays 6 - 7:30 pm  
AQ-25B Tuesdays 6 - 7:30 pm  
AQ-25C Wednesdays 6 - 7:30 pm  
AQ-25D Thursdays 6 - 7:30 pm  
AQ-25E Saturdays 9:30 - 11:00 am  
Fee: \$10 per session

**Shallow Water 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 6 - February 8**  
Monday - Thursday ( 6:35 - 7:30 pm)  
and Saturday (10:05 - 11 am)

AQ-26A (1 Time a week)  
AQ-27A (3 Times a week)  
AQ-28A (5 Times a week)

**Session B: February 10 - March 13**  
Monday - Thursday ( 6:35 - 7:30 pm)  
and Saturday (10:05 - 11 am)

AQ-26B (1 Time a week)  
AQ-27B (3 Times a week)  
AQ-28B (5 Times a week)

**Session C: March 24 - April 26**  
Monday - Thursday ( 6:35 - 7:30 pm)  
and Saturday (10:05 - 11 am)

AQ-26C (1 Time a week)  
AQ-27C (3 Times a week)  
AQ-28C (5 Times a week)

**Session D: April 25 - May 31**  
Monday - Thursday (6:35 - 7:30 pm)  
and Saturday (10:05 - 11 am)

AQ-26D (1 Time a week)  
AQ-27D (3 Times a week)  
AQ-28D (5 Times a week)

Per Session  
Fee: \$16 for 1 time a week per session  
\$20 for 3 times a week per session  
\$24 for 5 times a week per session

**Shallow Water Hydroaerobics for the Entire Semester**

**Session E: January 6 - May 31**  
Monday - Thursday ( 6:35 - 7:30 pm)  
and Saturday (10:05 - 11 am)

AQ-26E (1 Time a week)  
AQ-27E (3 Times a week)  
AQ-28E (5 Times a week)

Per Semester  
Fee: \$60 for 1 time a week per session  
\$76 for 3 times a week per session  
\$92 for 5 times a week per session



**Deep Water Hydroaerobics**

This will be held in the diving well of the Natatorium. Participants will be issued an aquajogger belt to help provide buoyancy in the water. The structure for this class will be similar to regular hydroaerobics classes. This class is intended to add variety to your workout. Only swimmers who can tread water without a floatation device are allowed to participate in the class. Space is limited to the number of belts available.

**Session A: January 7 - February 6**  
AQ-100A Tuesday and Thursday 6:35 - 7:30 pm

**Session B: February 11 - March 13**  
AQ-100B Tuesday and Thursday 6:35 - 7:30 pm

**Session C: March 25 - April 24**  
AQ-100C Tuesday and Thursday 6:35 - 7:30 pm

**Session D: April 29 - May 29**  
AQ-100D Tuesday and Thursday 6:35 - 7:30 pm

Per Session  
Fee: \$18 per session

**Deep Water Hydroaerobics for the Entire Semester**

**Session E: January 7 - May 29**  
AQ-100E Tuesday and Thursday 6:35 - 7:30 pm

Per Semester  
Fee: \$52 per session



**Private Swim Lessons**

Private lessons provide one-on-one instruction for any level of swimmer. There are 5 lessons of 30 minute each that occur once a week for 5 weeks. To improve scheduling and better serve our families, you will reserve specific days and times for private lessons when you enroll. Please make sure you record these times and dates when you register, because THERE WILL BE NO OPPORTUNITY FOR MAKE UP LESSONS.

Beginning and Ending Dates for Privates Lessons:

**Session A1:** Mondays February 10 - March 10  
**Session A2:** Mondays March 24 - April 21

**Session B1:** Tuesdays February 11 - March 11  
**Session B2:** Tuesdays March 25 - April 22

**Session C1:** Wednesdays February 12 - March 12  
**Session C2:** Wednesdays March 26 - April 23

**Session D1:** Thursdays February 13 - March 13  
**Session D2:** Thursdays March 27 - April 24

**Session E1:** Saturdays February 15 - April 5  
**Session E2:** Saturdays April 12 - May 10  
(No lessons February 22 and March 15, 22)

Times for Monday, Tuesday, Wednesday, and Thursday sessions:  
6 - 6:30 pm 6:45 - 7:15 pm

Times for Saturday sessions:  
9:30 - 10:00 am 10:15 - 10:45 am

Fee: \$51 per session



**Open Swim Appreciation**

AQ-31a

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

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

**Open Swim Appreciation**

AQ-31b

For UFM swim participants and their parents.

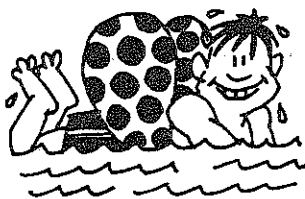
Date: April 20 (Sunday)  
Time: 5 - 7 pm  
Fee: N/C  
Location: KSU Natatorium

**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 6 - April 27  
Time: 5-7 pm  
Fee: \$10 individual/\$25 family  
Location: KSU Natatorium



**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, successfully demonstrate Freestyle, Backstroke, Butterfly, Elementary Backstroke and Sidestroke, and 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 10 (Monday)  
Date: March 24 - April 4 (Monday - Friday)  
April 5 (Saturday)  
Time: 5:30 - 7:30 (Prerequisites)  
4 - 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 15 people per class.  
Location: KSU Natatorium

**Lifeguard Training**

AQ-35a

American Red Cross Lifeguard Training teaches life guards 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 of 15. Swim 500 yards continuously, using the 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 14 (Monday)  
Date: April 21- May 2 (Monday - Friday)  
April 26 (Saturday)  
Time: 6 - 7:30 (Prerequisites)  
4 - 7:30 pm (Monday - Friday)  
9 am - 1 pm (Saturday)  
Fee: \$152 (Fee includes text book and pocket mask w/O2 inlet and can be 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 15 people per class.  
Location: KSU Natatorium

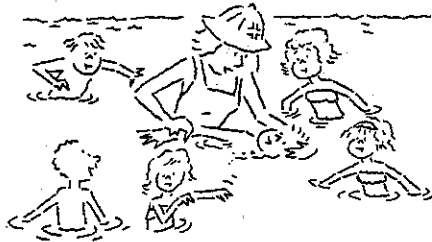
**Lifeguard Training**

AQ-35b

Natalie Murrin

Prerequisites: May 1 (Thursday)  
Date: May 6, 8, 9 (Tu, Thur, Fri)  
May 3 (Saturday)  
May 4 (Sunday)  
Time: 4 - 8 pm (Prerequisites)  
4 - 8 pm (Tu, Thur, Fri)  
9 am - 5 pm (Saturday)  
12 - 8 pm (Sunday)  
Fee: \$152 (Fee includes text book and pocket mask w/ O2 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 15 people per class.  
Location: KSU Natatorium



**Red Cross CPR for Lifeguards Only**

AQ-36

Date: April 4 & 5 (Saturday and Sunday)  
Time: 9 - 5 Saturday and 12 - 4 Sunday  
Fee: \$46 (Fee does not include text book and pocket mask w/O2 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 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

**Lifeguard Instructor Training**

AQ-91

American Red Cross Lifeguard Instructor Training teaches instructor candidates to teach Lifeguard 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. Fundamentals 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 7 (Monday)  
Date: April 8 -10;14 -16, 21 - 23 (M, Tu, Wed)  
April 26 (Saturday)  
April 28 - May 2 (Monday - Friday)  
Time: 4 -7:30 (Prerequisites)  
4 -7:30 pm (Monday - Friday)  
9 am - 1 pm (Saturday)

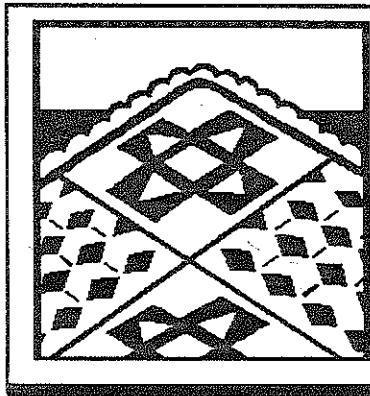
Fee: \$109 (Fee includes text book and can be picked up at UFM.)

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

**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. The goal of stroke refinement and endurance will be the main objectives. Swimmers on average will swim between 500 and 1,000 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 David Sexton 313-4572. For more information concerning Manhattan Marlins, see brochure near pool entrance.

Session A:  
AQ-107A Monday 6 - 6:40 pm  
Fee: \$43 per session



# Creative Free Time

1221 THURSTON

539-8763

**Aquatics 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 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 course. Must have current Adult CPR and First Aid certificates or equivalent. If you do not have a current Adult CPR and First Aid or equivalent, 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 of your choice. (Not timed and can be done with head out of water.) Prerequisite will take place the first part of the March 1st session. Basic water rescues will be reviewed in class.

*Carol Stites*  
Date: March 1 and 8 (Saturday)  
March 3 and 5 (Monday and Wednesday)  
Time: 9 am - 5 pm (Saturday), 4-7:30 pm (Monday and Wednesday)  
Fee: \$113 (Fee includes gloves, 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 15 people per class.  
Location: KSU Natatorium

**Scuba Diving** AQ-103a  
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 masks, fins and snorkels.

*Jeff Wilson*  
Date: February 3 - March 10 (Monday)  
Time: 6-10 pm  
Fee: \$235  
Location: YMCA, 1703 McFarland, Junction City

**Scuba Diving** AQ-103b  
Date: April 7-May 12 (Monday)  
Time: 6-10 p.m.  
Fee: \$235  
Location: YMCA, 1703 McFarland, Junction City

**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 and maintaining physical fitness and endurance through a progressive conditioning swimming program. Students will learn the components of well-balanced training and how to design a workout for conditioning swimming.

*Carol Stites*  
Date: January 28 - March 13 (Tuesday and Thursday)  
Time: 6 - 7:30 pm  
Fee: \$73  
Location: Natatorium, KSU Pools  
May be applied for credit, call 539-8763

**The Lore and Lure of the Celts** CF-01  
The Lore and Lure of the Celts: an interactive look at the history, lore, music, food, languages and spirituality of the Celtic people over the centuries. Did your ancestors come from Brittany, Cornwall, Wales, Ireland, Scotland or the Isle of Man? Even Galicia? Come find out more about your heritage. Interested in music? Like to sing? Play an instrument? Come, listen and participate. Like to cook? Let's put together a Celtic feast to celebrate May Day. Interested in the spiritual side of life? Learn about Celtic Spirituality: both before and after the advent of Christianity. Interested in the Celts: who they were and who they are? Come join in the quest.

*Frank Siegle* is a native of Manhattan. He and his family have returned home after 28 years in Minneapolis, MN. He and his wife, Mary, are members of the North American Welsh Choir as well as the St.David's societies of both Kansas and Kansas City and the Greater Kansas City Cornish Society. He has taken workshops and classes in Irish Gaelic and Welsh, and with his wife, Scottish Gaelic and Cornish. He has presented workshops on Celtic language to festivals in Minnesota and programs on Celtic spirituality to church groups in Minnesota and Wisconsin. He won the bard's chair for original poetry at the Minnesota Celtic Festival in 1994. As a long time member of the worker's collective which operates Seward Cafe in Minneapolis, he helped organize and prepare their semi-annual Celtic feasts. He holds a B.A. in history and an M.A. in theater from Kansas State.

Date: March 6 - May 1 (Thursday)  
Time: 7 - 9 pm  
Fee: \$41  
Location: UFM Multipurpose Room

**Safe & Creative Care of Family Photos** CF-02a  
Where are your photos??? I will teach you quick, unique, and fun ways to organize your photo projects. We all have everyday photos, heritage and special event photos and memorabilia. I can help you get your projects started. You will learn how to mount and journal your photos and memorabilia. Your albums will give you and your family a lifetime of enjoyment and a priceless heirloom to leave to future generations. Bring 10-15 of your latest pictures, preferable of one event for hands on practice. The fee covers material used in class.

*Pam Schmid*, Creative Memories SR. Director has been teaching classes since 1989.

Date: February 11 (Tuesday)  
Time: 7 - 9 pm  
Fee: \$15  
Location: UFM Fireplace Room

**Safe & Creative Care of Family Photo** CF-02b  
*Pam Schmid*  
Date: March 10 (Monday)  
Time: 7 - 9 pm  
Fee: \$15  
Location: UFM Fireplace Room

**Safe & Creative Care of Family Photos** CF-02c  
*Pam Schmid*  
Date: April 7 (Monday)  
Time: 7 - 9 pm  
Fee: \$15  
Location: UFM Fireplace Room

**Rubber Stamping Basics** CF-03a  
Come and learn the basics of Rubber Stamping. You will learn the differences in inks, papers, stamps and powders. We will cover basic techniques and embossing. Supplies for 3 cards will be provided, which will be made in class. (Please bring the following to class-if you don't have them you can share: 12" paper cutter, adhesive, scoring tool, scissors and a heat tool.)

*Heather Scott* (494-2505) is a published rubber stamp artist. She has been stamping for 7 years. Let her help you catch the stamping bug, so you can create masterpieces of your own for friends and family.

Date: January 29 (Wednesday)  
Time: 7 - 9 pm  
Fee: \$18  
Location: UFM Fireplace Room

**Rubber Stamping Basics** CF-03b  
*Heather Scott*  
Date: March 26 (Wednesday)  
Time: 7 - 9 pm  
Fee: \$18  
Location: UFM Fireplace Room

**Rubber Stamping Basics 2** CF-04a  
Want to take your stamping to the next level? In this class you will learn advanced stamping techniques such as Masking, Resist, using a stamp positioner, and various embellishment ideas! Learn to cover up your mistakes, and make several projects while learning new techniques.

*Heather Scott*  
Date: February 6 (Thursday)  
Time: 7 - 9 pm  
Fee: \$18  
Location: UFM Multipurpose Room

**Rubber Stamping Basics 2** CF-04b  
*Heather Scott*  
Date: April 3 (Thursday)  
Time: 7 - 9 pm  
Fee: \$18  
Location: UFM Multipurpose Room





**Birthday Bonanza**

Ever been in a pinch for a Birthday card? Don't let it happen again! We will make a perpetual calendar with pockets for you to store your creations and track your birthdays. And we will make 12 unique birthday cards to get you started! Basic stamping experience is strongly suggested and you need to have basic supplies.

Heather Scott

Date: January 27 (Monday)  
Time: 7 - 9 pm  
Fee: \$23  
Location: UFM Fireplace Room

**Billions of Backgrounds**

Learn to create billions of backgrounds for your cards, scrapbooks and crafts. We will be using items from all around the house. So come, learn and get some great new ideas! Basic stamping experience is strongly suggested and you need to have basic supplies.

Heather Scott

Date: March 24 (Monday)  
Time: 7 - 9 pm  
Fee: \$21  
Location: UFM Fireplace Room

**Drawing from Still Life**

This class will focus on the fundamentals of drawing through still life subjects. Concepts such as proportion, gesture, light and shadow, and perspective and space will be emphasized. We will explore a variety of drawing media including pencil, charcoal, and pastel. For the beginner as well as the advanced student wanting to expand his or her drawing skills further. Bring a sketch book and pencils to first class. Materials list will be provided.

Chris Brennan (539-7738) holds an MBA in painting from KSU where he taught design and drawing as a graduate student. He currently teaches drawing at Washburn University, and has exhibited his work locally, regionally and nationally. His work is in several corporate collections, including Citizen's National Bank in Lansing, KS and Firststar Bank in St. Louis, MO.

Date: January 25 - March 1 (Saturday)  
Time: 11 am - 1 pm  
Fee: \$65  
Location: 3550 Scottie Lane

**Drawing from Still Life**

Chris Brennan

Date: March 29 - May 3  
Time: 11am - 1 pm  
Fee: \$65  
Location: 3550 Scottie Lane



yarns & knitwear by Kennita Tully

103 North 3rd Suite B  
Manhattan, KS 66502  
(785) 537-1826  
wildflwr@kansas.net

**Traveling on Your Own**

Planning a trip this summer? Do you want to travel but don't like the idea of going with a group of strangers on a rigid schedule? Then learn 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 (537-7027) has traveled independently both in the U.S. and abroad.

Date: February 25 (Tuesday)  
Time: 7 pm  
Fee: \$8  
Location: UFM Multipurpose Room

**Black & White Film Developing for the Beginner**

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.

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

Date: March 4 (Tuesday)  
Time: 7 pm  
Fee: \$17  
Location: UFM Darkroom  
Deadline for sign up is February 25

**Black & White Film Developing for the Beginner**

Harold Wellmeier

Date: April 14 (Monday)  
Time: 7 pm  
Fee: \$17  
Location: UFM Darkroom  
Deadline for sign up is April 7

**Black and White Printing**

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  
Fee: \$17  
Location: UFM Darkroom

**Pattern Making**

This class will teach pattern making from scratch. You will learn what your body shape is and how to appropriately take measurements. You will also learn how to place different seam lines and darts. The goal of the class is to make a pattern that can be altered for you and your entire family. Students will need to bring a basic sewing kit, pencil and notebook. Wear a swimsuit or t-shirt and shorts to get accurate body measurements.

Florence Wang has worked as a pattern maker and fashion designer in Taiwan and was born into a family textile business that gave her 12 years of pattern design experience.

Date: March 28 & April 4 (Friday)  
Time: 10:00 am - 12:00 pm  
Fee: \$35  
Location: UFM Conference Room

**Pattern Making**

Florence Wang

Date: April 18 & April 25 (Friday)  
Time: 10:00 am - 12:00 pm  
Fee: \$35  
Location: UFM Conference Room

**LIVE THEATRE**  
**Over the River & Through the Woods**  
2/21-23, 27-28, 3/1-2  
**Run For Your Wife**  
4/25-27, 5/1-4



**WATERCOLOR STUDIO** Wed a.m.



**CLASSES**  
for all ages  
Star Struck  
Players (theatre)  
Suzuki violin  
Red Inklings  
(writers group)  
and more...



MANHATTAN ARTS CENTER  
Arts for All



**GALLERIES**

1/11 - 2/23:  
**Wearable Art**

3/1 - 4/13:  
**Art by International Students at KSU**  
Small gallery:  
Masks from Private Collections

4/19 - 5/25:  
**MFA Student Group Show**  
Small gallery:  
Individual MFA shows

6/7 - 7/27:  
**MAC Watercolor Studio**  
Small gallery:  
Patina Series by Pete Garfinkel

**BIRDHOUSE ACOUSTIC MUSIC SERIES**

The very best in acoustic music

**SWING CITY JAZZ**

Great jazz in a smoke-free environment

**MAC TRUCK FILM SOCIETY OUTREACH**



**FOR INFORMATION, to become a member or to be added to our mailing list, call 537-4420 or e-mail programs@manhattanarts.org**

Manhattan Arts Center, 1520 Poyntz \* Smoke-free \* Wheelchair accessible \* www.manhattanarts.org  
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. MAC is a member of the Manhattan Area Arts & Humanities Coalition.







**Clothing Care**

This class will include three essential parts in making sure you have clothes that look like new and last for years. You will receive washing tips, proper ironing techniques and basic sewing and altering skills. Student needs to bring an iron, a portable ironing board or a flat sheet and towel, and a basic sewing kit.

Florence Wang

Date: February 21 & 28 (Friday)  
Time: 10:00 am - 12 pm  
Fee: \$20  
Location: UFM Conference Room

**Clothing Care**

Florence Wang

Date: March 7 & 14 (Friday)  
Time: 10:00 am - 12 pm  
Fee: \$20  
Location: UFM Conference Room

**Piano I**

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

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

Date: February 3 - May 7 (Monday and Wednesday)  
Time: 12:30 - 1:20 pm  
Fee: \$117 (May be applied for credit, call 539-8763)  
Location: KSU, McCain, Room 127  
No Class March 17, 19

**Piano II**

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

Sibylle Kuder

Date: February 4 - May 8 (Tuesday and Thursday)  
Time: 12:30 - 1:20 pm  
Fee: \$117 (May be applied for credit, call 539-8763)  
Location: KSU, McCain, Room 127  
No class March 18, 20

**Beginning Weaving**

Learn the basics of weaving on looms that are prepared for you. Participants will experience four weave structures using one or two shuttles.

Marie Burgett has been a weaver and spinner for decades. She is Kansas representative for Handweaver's Guild of America, editor for Kansas Affiliation of Weavers, member Manhattan Weavers Guild, and a member of the Smoky Valley Weavers Guild.

Date: February 15 (Saturday)  
Time: 9 - 11:30 am  
Fee: \$18  
Location: 801 Haid Court

**Beginning Spinning**

This class will cover the basics of fiber preparation and spinning on a drop spindle. Students will receive their own drop spindle and fleece to learn with and plenty of handouts. Enrollment is limited to 4, so sign up early!

Marie Burgett

Date: January 27 (Monday)  
Time: 7 - 9 pm  
Fee: \$18  
Location: 801 Haid Court

**Tatting**

Tatting is a knotted lace technique, "like grandma used to make", which requires only a shuttle and thread. Come learn the basics and many of the new techniques. Students should bring a plastic tatting shuttle. Thread will be provided.

Ronna Robertson (770-8305) has been tatting for 35 years and teaching for almost as long.

Date: February 6 - 20 (Thursday)  
Time: 7 - 9 pm  
Fee: \$26 includes thread  
Location: 1717 Kingwood Drive  
Stagg Hill Rd. to Sumac Dr. to Kingwood Dr.

**Beginning Knitting**

Learn to knit a headband and hat in this 4 session class. You will learn the basic stitches, two different cast-ons and various shaping techniques in these two class projects. Please bring size 10 or 10½ needles to the first session. Yarn will be available for the first project. A materials list will be provided at the first class.

Kennita Tully (537-1826) is sole proprietor of Wildflower Yarns and Knitwear, 103 N.3rd in Manhattan. She designs knitwear for national knitting magazines and yarn companies.

Date: January 22, 29, February 5 & 12 (Wednesday)  
Time: 7:30 - 9:00 pm  
Fee: \$25  
Location: 103 North 3rd Street, Second Floor

**Beginning Knitting**

Kennita Tully

Date: March 26, April 2, 9, 16 (Wednesday)  
Time: 7:30 - 9:00 pm  
Fee: \$25  
Location: 103 North 3rd Street, Second Floor

**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.

**Digital Video Disk (DVD) Editing Basics**

Do you have a stack of video tapes at home? Lots of slides? You will learn how to transfer these to an edited video or better yet put them on a DVD. A DVD will hold up to 2 hours of video. You will have the opportunity to make an edited movie with a menu that will take you right to that special anniversary, kid's championship game, your parent's anniversary, the vamps of your wedding, or Uncle Bob at the last reunion. Learn the basics necessary to produce a finished DVD project. The archival benefits of DVD for your precious video will be demonstrated and discussed.

Gordon Schmid is from Council Grove. He has taught for 35 years in the 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 11 (Tuesday)  
Time: 7 - 9 pm  
Fee: \$25  
Location: UFM Greenhouse

**Digital Video Disk (DVD) Editing Basics**



Gordon Schmid

Date: March 10 (Monday)  
Time: 7 - 9 pm  
Fee: \$25  
Location: UFM Greenhouse

**Digital Video Disk (DVD) Editing Basics**

Gordon Schmid

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

  
**Join the "Walk Kansas - Fitness Challenge"**  
An 8-week fitness motivation program that begins March 15. 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. 



**Women's Book Club**

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. We will read books of all kinds.

Terry Murray (776-3029) has enjoyed reading books from a variety of authors. She started the club about a year ago and enjoys the group discussions.

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



**Beginning Nature Photography**

CF 73

Information will be primarily centered around 35mm SLR cameras and equipment in this class. Some topics include camera settings and operation. Choosing and using different lenses, types of film and an introduction to exposure, composition, and technique. This class is geared toward beginning photographers and those wishing to know more about camera operation and nature photography. Participants will need their own fully functional 35mm SLR camera. Tripods will also be beneficial. Participants are encouraged to bring their cameras to each class for maximum benefit. The class will include 4 classroom meetings and 2 field trips. Class fees include 2 rolls of film and developing plus a 8x10 picture.

Scott Bean has been enjoying the hobby of nature photography for the past 5 years. Photography is a wonderful way to enjoy the beauty of nature. Each photograph represents a unique view of our world. Scott started trying to capture these views 5 years ago and would like the chance to help others get started in this wonderful hobby. His goal is to help you avoid some of the common mistakes he experienced as a beginning photographer.

Date: March 27, April 3, 10, 17 (Thursday)  
Time: 7 - 9 pm  
Fee: \$63  
Location: UFM Conference Room  
Note: Field Trips are April 5 & 12 (Saturdays) from 5-7 pm and will be discussed at the first class.

**Introduction to Digital Photography**

CF-43

This is a basic digital photography class for beginners to learn the fundamentals of photography using digital cameras. Topics include: composition and framing; design; lighting; computer photo post processing; enhancement, error correction, cropping and printing. Students must provide their own digital camera or 35mm camera.

Matthew Benfer

Date: January 25, February 8, 22 March 8, 29  
April 12, 25 May 10 (Saturday)  
Time: 1-3 p.m.  
Fee: \$73  
Location: Kedzie Rm. 208

**Harmonica Night**

CF-27

Harmonica is for everyone! Kids, parents, and grandparents will laugh and learn as they are led through an introduction to the 10 hole diatonic harmonica. The class covers folk, gospel, old-time, bluegrass and country-blues styles. Learn proper care of your instrument and the essentials to play by ear or from harmonica notation. Harmonica and handout included in the fee.

Thad Beach, a full time musician since 1988, Thad has worked as an "Artist in Education" through Arts Commission Programs in Kansas, Iowa, North Carolina and South Carolina. He performs at schools, libraries and festivals across Kansas. An experienced, organized, creative, and humorous teacher, Thad has conducted harmonica classes in Abilene, Salina, McPherson, Newton, Hays and Winfield.

Date: February 25 (Tuesday)  
Time: 6:30 - 8:30 pm  
Fee: \$20  
Location: UFM Banquet Room

**Gospel Harmonica**

CF-31

Learn tips and instruction on how to get those hymns from your head to your harp! You will be given a load of tips on playing with other instruments, groups and playing background and fills. 10 hole diatonic harp in C needed.

Thad Beach

Date: March 11 (Tuesday)  
Time: 6:30 - 8:30 pm  
Fee: \$16  
Location: UFM Fireplace Room



**Cowboy Harmonica**

CF-29

Come sit around the campfire and learn to wail the "old Chisholm trail" and other cowboy favorites. You will need a 10 hole diatonic harmonica in the key of C.

Thad Beach

Date: March 5 (Wednesday)  
Time: 6:30 - 8:30 pm  
Fee: \$16  
Location: UFM Fireplace Room

**Hot Hoe-downs & Hobo Harmonica**

CF-32

From traditional old-time hoe-downs to classic train songs straight harp and blues style will be taught. 10 hole diatonic harmonica in C needed.

Thad Beach

Date: March 31 (Monday)  
Time: 6:30 - 8:30 pm  
Fee: \$16  
Location: UFM Fireplace Room

**\$4.00 off if you enroll in all 4 Harmonica Classes!**

*To have lost is to have dared; to have dared is to have succeeded!*  
—Anonymous

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



Pioneer Log Cabin

Manhattan City Park

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

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

Wolf House Museum

630 Fremont

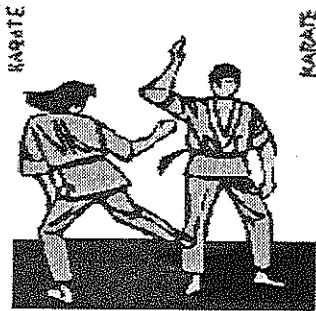
- 1868 stone home also served as a boarding house
  - Furnished with period antiques
  - Special exhibits
  - New Exhibit opening Fall 2002
- 1:00-5:00 Saturday 2:00-5:00 Sunday  
and by appointment

For more information, call 565-6490

RILEY COUNTY

HISTORICAL MUSEUM

KARATE KARATE KARATE



# Martial Arts

1221 THURSTON

539-8763

## Tae Kwon Do I

MA-01

Tae Kwon Do is an effective way to unify the mind and body. It helps develop one's health by increasing cardiovascular ability, strength, balance and flexibility. Along with these benefits one can gain more self-confidence, self-discipline, respect, and better focus. Together, they combine into a powerful self-defense against any attacker. Anyone can begin from their present condition and enjoy continued success through Tae Kwon Do. TKD I is for beginners. Age 9 +

\*\*Thursday, January 23, at 7:00 pm, a public demonstration and formal introduction of instructors will be conducted in Ahearn Field House, KSU.

Grand Master Chae Sun Yi (785-266-8662) is the founder, president and chief instructor of Sun Yi's Academy and the Traditional Tae Kwon Do Association. He is a 9th Degree Black Belt and an internationally certified instructor. For over 40 years he has been instructing students of all ages and races. The classes at Kansas State University have been held since 1975.

Instructor Jr. Master David Moore (785-539-6787) is a 4th degree Black Belt and a nationally certified instructor. He has been studying TKD for over 12 years. He has also been teaching at KSU for over 4 years.

Date: January 28 - May 8 (Tuesday & Thursday)  
Time: 6:30 - 7:30 pm  
Fee: \$72  
Location: Ahearn Fieldhouse, KSU

## Tae Kwon Do II

MA-02

TKD II is for advance learners.

Grand Master Chae Sun Yi and Instructor Jr. Master David Moore

Date: January 28 - May 8 (Tuesday & Thursday)  
Time: 7:30 - 8:30 pm  
Fee: \$72  
Location: Ahearn Fieldhouse, KSU



## Modern Aikijujutsu

MA-11

This class will cover the basic waza (techniques) of modern Aikijujutsu (Hakko Ryu), walking exercises and self-defense Jujutsu techniques. This is a style that is an offshoot of Daito Ryu, the same style that Aikido is descended from. This is a self-defense oriented class teaching both self-defense techniques and the basic waza that can be the source of many self-defense variations.

Stan Wilson (539-7723)

Date: March 24 - May 5 (Monday)  
Time: 8 - 9 pm  
Fee: \$39 includes 3 manuals  
Location: Ahearn Fieldhouse

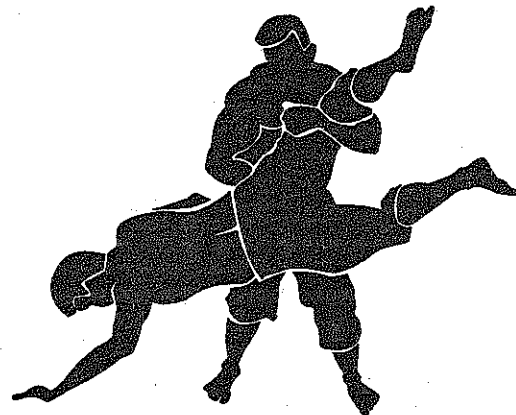
## Judo I

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.

Isacc Wakabayashi

Date: January 21 - May 8 (Tuesday & Thursday)  
Time: 8:45 - 9:45 pm  
Fee: \$73  
Location: Ahearn Fieldhouse, Room 301  
No class March 18th and 20th



## Judo II

MA-06

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.

Isacc Wakabayashi

Date: January 21 - May 8 (Tuesday & Thursday)  
Time: 9:45 - 10:45 pm  
Fee: \$73  
Location: Ahearn Fieldhouse, Room 301  
No Class March 18th and 20th

## White Phoenix Kung Fu

MA-07

This style is an offshoot of Pai Lum (White Dragon) Kung Fu. We will work on solo basics; stances, blocks, punches, strikes, and kicks, and two person one step sparring. This style is a blend of hard, soft, external and internal systems. The forms (which we will not get into in this class) of this style are both northern and southern Chinese in origin.

Stan Wilson (539-7723) is the founder of the White Phoenix System of martial arts. He has a second degree black belt in Hakko Ryu Jujutsu, a third degree black sash in Pai Lum Kung Fu, an eight degree black sash in Zee Lu Lum Kung Fu, and a first degree black sash in Mew Hing's 18 Taoist Palms Kung Fu. He has been practicing martial arts since 1970.

Date: January 27 - March 10 (Monday)  
Time: 8 - 9 pm  
Fee: \$39 includes 3 manuals  
Location: Ahearn Fieldhouse

UFM is a sign up location for...

## Heartland SHARE

### What is Heartland SHARE?

Self Help And Resource Exchange is dedicated to providing monthly basic, consistent, affordable supplemental food packages to those willing to help themselves and others. Open to everyone.

### What is a "SHARE"?

A food package consisting of 4-5 meats, a variety of fresh fruits and vegetables and other grocery items. One share costs 2 hours of volunteer service and \$16.00. Vision Cards are accepted.

### Where does the food come from?

Food is purchased on the open market in bulk by a professional purchasing staff. The bulk buying power (over 12 million pounds of food monthly) and the volunteer distribution network provides savings up to 60%. First quality and brand names like you would find in the grocery store.

### Who can participate?

The program is open to everyone in the community regardless of income.

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

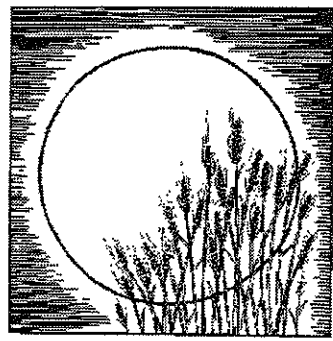
### SHARE: Good for You and Good for the Community

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

## 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.





# Earth, Nature & Environment

1221 THURSTON

539-8763

## Fly Fishing

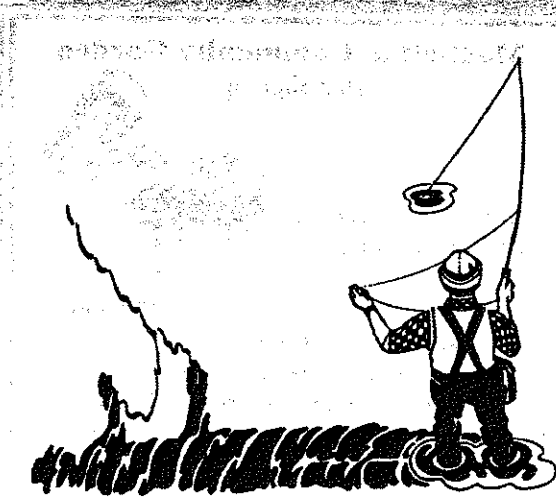
EN-01a

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

Paul Sodamann is a certified Master Casting instructor through the Federation of Fly Fishers and has served on the FFF National Conservation Committee and Salt Water Committee. He is past Vice President of Conservation for the Southern Council of Federation of Fly Fishers. He is a representative for International Game fish Association and holds a world record in fly fishing. Recently completing the U.S.C.G. licensing requirements, Paul has earned his Captains License. He has his Ph.D. from KSU and teaches seventh grade science at Anthony Middle School.

Date: January 27 - February 6 (M, T, W, Th)  
Time: 6 - 8 pm  
Fee: \$88

Location: Susan B. Anthony Middle School  
2501 Browning Avenue



## Fly Fishing

EN-01b

Paul Sodamann

Date: February 17 - February 27 (M, T, W, Th)  
Time: 6 - 8 pm  
Fee: \$88

Location: Susan B. Anthony Middle School  
2501 Browning Avenue

## Fly Fishing

EN-01c

Paul Sodamann

Date: March 3 - March 13 (M, T, W, Th)  
Time: 6 - 8 pm  
Fee: \$88

Location: Susan B. Anthony Middle School  
2501 Browning Avenue

## 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, columbine, etc. Note: Divide bulbs only if they have already bloomed. You may drop off your plants at UFM on May 2nd.

Date: May 3 (Saturday)  
Time: 10 am - 1 pm  
Fee: N/C  
Location: UFM Greenhouse

## Landscaping Around the House

EN-02

Learn the basics of landscaping your home! Locally available resources will be presented with limited discussion on advantages and disadvantages of various plant material. This course is 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 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 23, 30 and February 6 (Thursday)  
Time: 7 - 9 pm  
Fee: \$22 individual / \$33 couple  
Location: Riley County Extension Office  
110 Courthouse Plaza

## Butterfly Gardens

EN-05

Join the growing number of people who enjoy this exciting hobby that combines the best of gardening and butterfly-watching. See a slide show of native and exotic butterflies, flowers that attract them, and gardeners. The handout has descriptions of suitable plants for local butterflies, and more.

Andrea Chandler is a horticulturalist and author of *Growing Great Vegetables in the Heartland*, plus numerous articles on gardening, published in local and national magazines. She received her training through the Extension Master Gardener program and has a BS in Horticulture from KSU. She has taught gardening classes at Johnson County Community College and has given presentations to a variety of audiences in both Kansas and Missouri. She is a Zone 5 Trial Variety Tester for Organic Gardening (OG) magazine. She evaluates new plant materials yearly in her own gardens.

Date: April 9 (Wednesday)  
Time: 7 - 9 pm  
Fee: \$14  
Location: UFM Conference Room

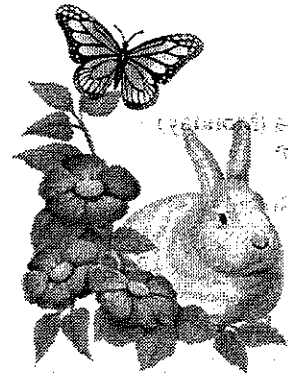
## Fun with Rabbits

EN-03

Have you ever wanted to own a rabbit? Do you own a rabbit and have questions about rabbit care? Did you know there are 45 breeds recognized in the Rabbit Standards book? We will cover basic rabbit care, breed identification and uses for various breeds. We will teach you rabbit showmanship and give you a chance to try it out for yourself. You will learn about selection and how rabbits are judged. Rabbits are one of the healthiest and most enjoyable pets to own. Come to our workshop just to watch or to get as much hands on experience as you would like. We promise you... Fun with RABBITS!

William, Annette and Bernadette Trieb (785-456-2080) jointly own their rabbits as Trieb Tribe WABbitry. They raise various varieties of Rex and Satin rabbits, plus New Zealand and Himalayan rabbits. They show rabbits at the county, area, state, and national levels, including the 2000, 2001, and 2002 National Conventions. William is the current Kansas ARBA Rabbit Prince and 3rd Runner-Up National Prince. Annette is the Kansas Rabbit Lady and 3rd Runner-Up at the National level. Bernadette is the 2nd Runner-Up Kansas Rabbit Queen. They earned these titles for their knowledge of rabbits and their performance in showmanship. They have been taught by their older sister, Bernadette, who has been showing rabbits for 9 years.

Date: April 1 (Tuesday)  
Time: 6 - 8 pm  
Fee: \$8  
Location: UFM Fireplace Room



## Northern Flint Hills Audubon Chapter

### Winter and Spring Events

### February Bird Feed Sale

Order deadline February 8th

Pick Up Seeds February 22nd

- Visit our table at the Manhattan Area Garden Show in February at CiCo Park
- Join us for Beginning Birding the second Saturday of every month @ 8:00 a.m. Meet at the Ackert/Durland parking lot on KSU campus for a half-day trip.

Contact the chapter at NFHAS, P.O. Box 1932,  
Manhattan, KS 66505



**Gardening 101**

EN-19

Welcome to America's # 1 hobby! But Mom or Dad or Grandma made it look so easy back then! Now you're in charge and you have questions about site selection, soil types, what to plant when, pest control, and how to deal with the weather extremes in Kansas. We will answer all these questions whether you're a vegetable or flower gardener. Your specific questions are welcome, too!

Colleen Hampton (539-5934) is a seasoned Riley County Extension Master Gardener who has a passion for all types of gardening. She has taught UFM gardening classes for over 10 years. She is a member of the Manhattan Community Garden and several local garden clubs. Colleen welcomes your questions and class participation.

Date: March 24 (Monday)  
Time: 7 - 9 pm  
Fee: \$8  
Location: UFM Greenhouse

**Herb Gardens**

EN-33

This class is full of sensory experience. Watch a full slide show of different herbs and herb gardens. Then, explore the differences between annual and perennial herbs and discuss seed starting. You'll also get to smell and taste herbs in a few recipes, and get pages of handouts with recipes and uses. Learn how to make herbal oils, vinegars and more. Class is devoted to culinary, not medicinal herbs.

Andrea Chandler

Date: April 2 (Wednesday)  
Time: 7 - 9 pm  
Fee: \$14  
Location: UFM Conference Room

**Made in the Shade Gardens**

EN-42

Shade gardeners don't worry about sunburn, tomato wilt, or wind-whipped plants. But what do you grow in the shade besides impatiens and hostas? What can you do about (eeww) slugs and snails? Get handouts listing over three dozen dastardly ways to do in the slime demons along with plant descriptions and resources. View a slide show of three seasons of flowering plants.

Andrea Chandler

Date: February 19 (Wednesday)  
Time: 7 - 9 pm  
Fee: \$14  
Location: UFM Conference Room

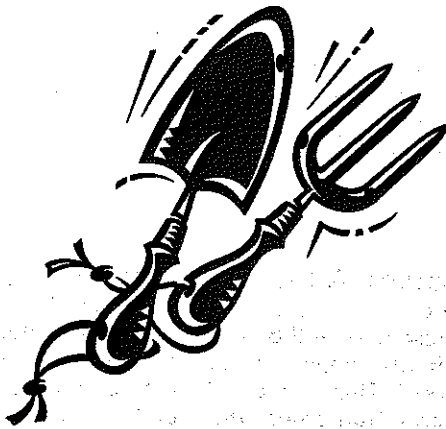
**Perennial Flowers**

EN-20

Are you tired of buying and planting new flowers year after year? We will discuss the best perennial flowers for the Manhattan area and when each blooms, how to get season-long color, and other planting and growing tips. Be the envy of your neighborhood with minimal effort!

Colleen Hampton

Date: April 14 (Monday)  
Time: 7 - 9 pm  
Fee: \$8  
Location: UFM Greenhouse



**Children's Gardening**

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

**Xeriscaping**

EN-24

Xeriscaping doesn't mean "zero-landscaping", but rather landscaping which holds up better in times of drought. Learn about our native wildflowers (and their improved cultivars), ornamental grasses, improving soil, and Xeriscaping principles for easier flower gardens. Class includes a handout describing plants and principles, catalogs, bibliography, and a slide show.

Andrea Chandler

Date: February 12 (Wednesday)  
Time: 7 - 9 pm  
Fee: \$14  
Location: UFM Conference Room

**Water Gardens 101:**

**Construction and Maintenance**

EN-40

Water gardening is the fastest growing sector in the gardening world. Once you have a water feature, you'll understand why! Water gardens are simple to care for if they are built and maintained with some basic ecological principles in mind. Learn how to install this type of pond with easy step-by-step instructions. After that, we'll discuss how to stock and "plant" your pond to maintain this ecological balance. Soon you'll be on your way to enjoying the relaxing sound of water in your garden!

Colleen Hampton

Date: April 12 (Saturday)  
Time: 9:00 am - Noon  
Fee: \$8  
Location: UFM Greenhouse

**Space Efficient Gardening:  
Get More in Less Space**

EN-29

Let's face it, most of us don't have unlimited space to grow herbs and vegetables. There are techniques that not only save a lot of space, but can actually reduce weeding, watering, and other chores. Learn these techniques and you're on your way to increased harvests in a small amount of space. We will also discuss patio gardening and how you can grow many varieties in pots right outside your door!

Colleen Hampton

Date: March 31 (Monday)  
Time: 7 - 9 pm  
Fee: \$8  
Location: UFM Greenhouse

**Cottage Garden in Suburbia**

EN-41

Cottage-type gardens replete with an abundance of old-fashioned annuals and perennials are gaining in popularity again. Find out how you can create one of these gardens for your own sunny yard, and view a slide show of plants suitable for our climate.

Andrea Chandler

Date: February 26 (Wednesday)  
Time: 7 - 9 pm  
Fee: \$14  
Location: UFM Conference Room

**Manhattan Community Garden**

**Plot Sign up**



The Manhattan Community Garden is a UFM sponsored cooperative project located on 3 1/2 acres in the south part of Manhattan at 9th and Riley Lane. 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 2003 sign up dates are:**

**Returning Gardeners:**

February 5, Wednesday, 7:30 pm, UFM  
February 8, Saturday, 10 am, UFM

**New Gardeners:**

March 5, Wednesday, 7:30 pm at UFM  
March 15, Saturday, 10 am at UFM  
April 9, Saturday, 10 am at UFM

Call 539-8763 for more information.



**Reptiles and Amphibians of Kansas** 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. Students need not stay for the entire field trip. If you get tired you can call it a day, but those interested in finding more amphibians and reptiles will be able to do so with the instructor throughout the afternoon. It is suggested that you bring along water and a snack or light lunch in you plan to stay for the entire field trip.

Ryan Rehmeier (532-0123) 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 five years, he has traveled throughout the state to observe reptiles and amphibians in their native habitat.

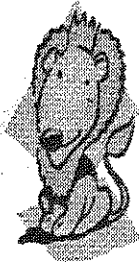
Date: April 12 (Saturday)  
Time: 8:30 - 4:00 pm  
Fee: \$8 individual/ \$12 family  
Location: UFM Conference Room

**Zoo Keeping 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 with 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.

Schane Anderson (587-2737) 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: March 8 (Saturday)  
Time: 1 - 5 pm  
Fee: \$10  
Location: Sunset Zoo



**Zoo Keeping 101** EN-13b

Date: March 30 (Sunday)  
Time: 1 - 5  
Fee: \$10  
Location: Sunset Zoo

**Zoo Keeping 101** EN-13c

Date: April 19 (Saturday)  
Time: 8:30 am - 12:30 pm  
Fee: \$10  
Location: Sunset Zoo

**"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.

Schane Anderson

Date: March 9 (Sunday)  
Time: 2:30 - 5:00 pm  
Fee: \$20.50 parent and child / \$5.50 for each additional child. (Fee includes zoo admission, snacks, and supplies.)  
Location: Sunset Zoo

**Slumber Safari at Sunset Zoo** EN-31

Did you ever wonder what goes bump in the night at Sunset Zoo? Now is your chance to find out by spending the night at Sunset Zoo. Overnight guests will participate in animal enrichment activities, watch an animal ambassador program, take a nocturnal hike, discover some behind the scenes areas, and sleep outside in the covered pavilion. Evening snack and continental breakfast provided. Guests must bring sleeping gear and personal toiletries. Tents are not needed. Must be 19 years of age or older.

Schane Anderson

Date: April 11 - 12 (Friday and Saturday)  
Time: 6:30 pm - 8:30 am  
Fee: \$28  
Location: Sunset Zoo

**Slumber Safari at Sunset Zoo for Families** EN-32

Did you ever wonder what goes bump in the night at Sunset Zoo? Now is your chance to find out by spending the night at Sunset Zoo. Overnight guests will participate in animal enrichment activities, watch an animal ambassador program, take a nocturnal hike, discover some behind the scenes areas, and sleep outside in the covered pavilion. Evening snack and continental breakfast provided. Guests must bring sleeping gear and personal toiletries. Tents are not needed. Parent must accompany child. Children younger than 5 are not recommended.

Schane Anderson

Date: May 2 - 3 (Friday and Saturday)  
Time: 6:30 pm - 8:30 am  
Fee: \$28 child / \$18 adult, \$20 per each additional child  
Location: Sunset Zoo

**Pet First Aid and Safety** EN-04

The American Red Cross has a new 5 hour First Aid and CPR course for animal lovers. The course will teach you how to: Protect both you and your pet from injury; Perform rescue breathing and what to do when your pet is choking; Stop Bleeding, splint broken bones and treat for shock; Prevent and handle poisoning; Take care of your pet if bitten by a snake; Handle sudden illnesses, including car sickness; Treat your pet for exposure to extreme heat or cold, and more! Please bring a stuffed animal to class. No live animals please.

Lara Iiams has been an American Red Cross Health and Safety instructor since 1997. She is a current resident Geary County, KS since 1998. She has been involved with the Manhattan Kansas Kennel Club since 1999 and currently is their Public Education Coordinator.

Date: March 29 (Saturday)  
Time: 10:00 am - 4:00 pm  
Fee: \$26 per participant, \$12 each additional family member  
Location: UFM Conference Room

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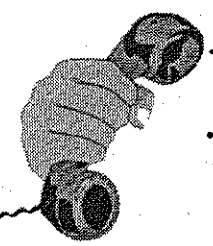
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587-4342 or 800-609-2002

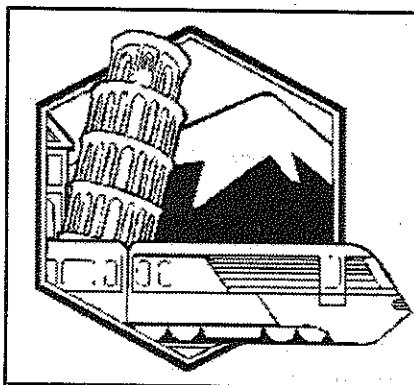
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# Language

1221 THURSTON

539-8763

## 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 6 - 28 (Thursday & Friday)  
Time: 10 - 11 am  
Fee: \$41  
Location: UFM Fireplace Room

## French Language

LA-02b

*Emilie Rabbat*

Date: April 3 - 25 (Thursday & Friday)  
Time: 10-11 am  
Fee: \$41  
Location: UFM Fireplace Room

## Beginning Sign Language

LA-03a

This class will build a basic knowledge 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.

*Aimee Rae McLain* (341-2453) has worked as an interpreter in Kansas City for four years. For the past two years she has worked for the Manhattan schools. *Toni Kroll* (587-0800) has over 11 years of 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 seven years in Seattle as an interpreter.

Date: January 22 - March 12 (Wednesday)  
Time: 7:50-8:50 pm  
Fee: \$56  
Location: Justin Hall, Rm 149

## Beginning Sign Language

LA-03b

*Aimee Rae McLain & Toni Kroll*

Date: March 26 - May 7 (Wednesday)  
Time: 7:50-8:50 pm  
Fee: \$49  
Location: Justin Hall, Rm 149

## Survival English

LA-05a

This class will help students in procuring Driver's Licenses and other certifications to allow them to function in the framework of governmental bodies within the U.S. Available opportunities for citizens in the country, state and city will be outlined for students. Students will be assisted in reading magazines, newspapers, and ads. Students will also listen to tapes where proper English is used by American speakers. They will then use proper English themselves and listen to their own pronunciation.

*Rae Orgeron* has a BA from the University of Southwestern Louisiana at Lafayette, where she developed a program for Lafayette Parish. Here she taught nine different nationalities, taping the program for use in the future by other instructors. After teaching there four years, she left to organize a survival English course at Capel on campus at LSU, Baton Rouge, and that is the course offered at UFM. Many of the methods used in current courses were obtained from nationwide instructors at seminars throughout the country.

Date: February 17 - March 12 (Monday & Wednesday)  
Time: 6 - 8 pm  
Fee: \$60  
Location: UFM Multipurpose Room

## Survival English

LA-05b

*Rae Orgeron*

Date: March 31 - April 23 (Monday & Wednesday)  
Time: 6 - 8 pm  
Fee: \$60  
Location: UFM Multipurpose Room

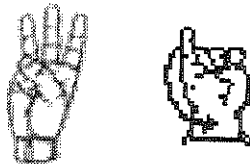
## Sign Language II

LA-08a

This class is for those who have a basic knowledge of sign language and would like to continue learning. Vocabulary previously learned will be enhanced by learning how to use it in everyday conversation. The instructors will adjust the format to meet students' needs.

*Aimee Rae McLain & Toni Kroll*

Date: January 22 - March 12 (Wednesday)  
Time: 6:45-7:45 pm  
Fee: \$53  
Location: Justin Hall, Rm 149



## Sign Language II

LA-08b

Date: March 26 - May 7 (Wednesday)  
Time: 6:45-7:45 pm  
Fee: \$46  
Location: Justin Hall, Rm 149

## Introduction to Spanish for Children YO-08a

This class will cover the introduction to the basics of the Spanish language. Come and learn to communicate and write in Spanish.

*Daxeli Monterroza and Merah Anderson* are both Juniors at KSU, majoring in Elementary Middle School Education. Daxeli is from El Salvador and fluent in the Spanish language. Merah is minoring in Spanish and has taught introduction to Spanish previously at UFM.

Date: February 3 - 26 (Monday and Wednesday)  
Time: 7:15 - 8:15 pm  
Fee: \$32  
Location: UFM Banquet Room

## Introduction to Spanish for Children YO-08b

*Daxeli Monterroza and Merah Anderson*

Date: March 3 - April 2 (Monday and Wednesday)  
Time: 7:15 - 8:15 pm  
Fee: \$32  
Location: UFM Banquet Room  
No class March 17 and 19

## Beginning Spanish for Adults

LA-11

This class is a basic introduction to the Spanish language which will focus on the four basic skills; listening, speaking, reading and writing. This course is designed as an introduction to everyday Spanish usage. This class includes selected aspects of Spanish culture.

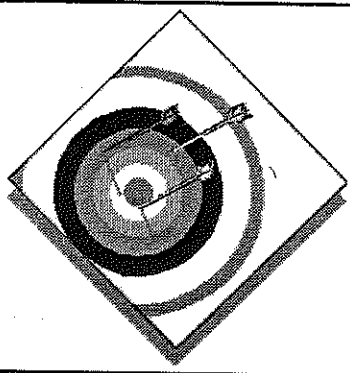
*Kate DeJoia* (313-3861) graduated in December of 2002 from K-State with a degree in Modern Languages. She has lived and studied in Spain and is fluent in written and verbal Spanish. She has extensive knowledge of the Spanish culture and its literature.

Date: February 3 - March 3 (Monday)  
Time: 7:30 - 8:30 pm  
Fee: \$33  
Location: UFM Multipurpose Room



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# Recreation & Dance

1221 THURSTON

539-8763

## 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 score card and handicaps.

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

Date: April 3, 10, 17, 24 (Thursday)  
Time: 6 - 7 pm  
Fee: \$36  
Location: Stagg Hill Golf Club

## Golf

RH-01b

Jim Gregory (539-1041)

Date: May 1, 8, 15, 22 (Thursday)  
Time: 6:30 - 7:30 pm  
Fee: \$36  
Location: Stagg Hill Golf Club

## Swing and Salsa

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 1 - March 8 (Saturday)  
Time: 7:30 - 8:30 pm  
Fee: \$28 individual / \$49 couple  
Location: ECM Auditorium, 1021 Denison



## Swing and Salsa

RH-02b

Michael Bennett (776-7557)

Date: April 5 - May 10 (Saturday)  
Time: 7:30 - 8:30 pm  
Fee: \$28 individual / \$49 couple  
Location: ECM Auditorium, 1021 Denison

## 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 Bennet (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: January 31 - March 7 (Friday)  
Time: 8:30 - 9:30 pm  
Fee: \$28 individual / \$49 couple  
Location: ECM Auditorium, 1021 Denison

## Ballroom Dance

RH-03b

Michael Bennet (776-7557)

Date: April 4 - May 9 (Friday)  
Time: 8:30 - 9:30 pm  
Fee: \$28 individual / \$49 couple  
Location: ECM Auditorium, 1021 Denison

## Ballroom Dance

RH-03c

Michael Bennet (776-7557)

Date: February 1 - March 8 (Saturday)  
Time: 6:30 - 7:30 pm  
Fee: \$28 individual / \$49 couple  
Location: ECM Auditorium, 1021 Denison

## Ballroom Dance

RH-03d

Michael Bennet (776-7557)

Date: April 5 - May 10 (Saturday)  
Time: 6:30 - 7:30 pm  
Fee: \$28 individual / \$49 couple  
Location: ECM Auditorium, 1021 Denison

## Ballroom Dance II

RH-04

This class will emphasize dancing with your partner and learning the routines: foxtrot, waltz, rumba and tango. Prior dance lessons required.

Michael Bennett

Date: January 17 - May 9 (Friday)  
Time: 7:30 - 8:30 pm  
Fee: \$51 individual / \$89 couple  
Location: ECM Auditorium, 1021 Denison  
No class March 14th and 21st

## Middle Eastern Dance (Belly Dancing) RH-11a

Belly dance is an ancient ethnic dance form that supports creativity, fitness, healing, and fun. It is effective in connecting women with their own bodies, with their femininity, with their inner strength and self-esteem. Belly dance is also excellent exercise for flexibility, strength, endurance and weight loss. It is appropriate for women of all ages, shapes and sizes and is gentle enough for people of all fitness levels, including those with previous injuries or physical limitations. Come join us for creative movement and exercise in a positive and fun setting.

Maya Zahira (aka Jane Saxer) began studying belly dance four years ago at UFM under the instruction of Ferdoas Afani. Shortly thereafter, Maya traveled to New York City, where she studied at Serena Studio in the Theater District. She continues to study belly dance today under the instruction of several well-known teachers in the Kansas City area including Masani, Jemira, Zada al Gaziye, Roya, Siham, and Zaina Ali. Maya's dance performances include restaurant dancing, international fairs, sidewalk sales, and The K.C. Renaissance Festival. Maya currently teaches belly dancing classes in her private dance studio in Lawrence, KS. She taught belly dancing at UFM two years ago and she looks forward to teaching there again.

Date: February 6 - March 13 (Thursday)  
Time: 7 - 8 pm  
Fee: \$40  
Location: UFM Fireplace Room

## Middle Eastern Dance (Belly Dancing) RH-11b

Date: February 6 - March 13 (Thursday)  
Time: 8-9 p.m.  
Fee: \$40  
Location: UFM Fireplace Room

## Middle Eastern Dance (Belly Dancing) RH-11c

Maya Zahira (aka Jane Saxer)

Date: March 27 - May 1 (Thursday)  
Time: 7 - 8 pm  
Fee: \$40  
Location: UFM Fireplace Room

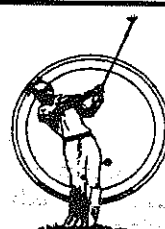
## Continuing Belly Dance

RH-12

This class is for those students who have taken at least one session of Maya's general belly dance classes. Students in this class will be taught intermediate dance movements and combinations, choreography and veil work.

Maya Zahira (aka Jane Saxer)

Date: March 27 - May 1 (Thursday)  
Time: 8 - 9 pm  
Fee: \$40  
Location: UFM Fireplace Room



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539-1041

Jim Gregory, PGA Professional





**Golf in Junction City**

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 (785-238-4303), PGA Head Professional, is the golf pro at Rolling Meadows Golf Course.

Date: March 5 - May 7 (Wednesday)  
Time: 9:30 - 11:30 am  
Fee: \$120  
Location: Rolling Meadows Public Golf Course  
7550 Old Milford Road, Milford  
No class March 19 & April 2



**No More Damsels in Distress!**

RH-06

Come learn classical fencing for women of the 18th century with emphasis on manners, history, diplomacy and strategy without the complex rules and body moves of modern foil and saber. This class will be low aerobic and impact. This is a good stress reducer that relies on precision instead of force.

William Meyer

Date: January 29 - May 7 (Wednesday)  
Time: 6 - 7 pm  
Fee: \$44 with own equipment  
\$74 use instructors equipment  
Location: Ahearn Fieldhouse

**Archery for Families**

RH-13

Join us for some fun for the whole family! Archery can be a simple, life-long sport that anyone in the family can enjoy. The instructor will provide all equipment and he will gear the class toward each individual's needs. Come and have fun with your family and learn a new sport together.

Tom Korte

Date: February 9 - 23 (Sunday)  
Time: 6 - 7:30 pm  
Fee: \$18 Family  
Location: 1125 Laramie Plaza, upstairs

**Beginning Bowling**

RH-10

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

Terri Eddy (532-6562) is the Recreation Manager of the K-State Student Union and is an experienced bowler. She has held the record for 12 years for the High Women's Scores for the state of Kansas (812), Manhattan Women Bowler of the year for 6 years, and Manhattan City Scratch all event Champion from 1993-1995.

Date: January 23 - May 8 (Thursday)  
Time: 10:30 - 11:20 am  
Fee: \$59  
Location: Student Union Bowling Alley, KSH  
No class March 20. May be applied for credit, call 539-8763

**Archery for Adults**

RH-17

This course provides men and women 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. All equipment will be provided by the instructor. Techniques will be tailored to fit individual levels of advancement.

Tom Korte

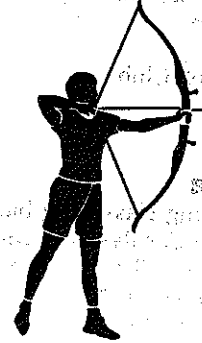
Date: March 27 - May 8 (Thursday)  
Time: 8 - 9:30 pm  
Fee: \$34  
Location: 1125 Laramie Plaza, upstairs

**Golf in Junction City**

RH-07b

Mike Webb

Date: March 6 - May 8 (Thursday)  
Time: 2:30 - 4:30 pm  
Fee: \$120  
Location: Rolling Meadows Public Golf Course  
7550 Old Milford Road, Milford  
No class March 20 & April 3



**Beginning Fencing**

RH-08

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.

William Meyer

Date: January 27 - May 5 (Monday)  
Time: 6 - 7:30 pm  
Fee: \$44 with your own equipment  
\$74 with the use of instructors equipment  
Location: Ahearn Fieldhouse. South end of indoor track  
No class March 17

**Basic West Coast Swing**

RH-20

This is the basic class for West Coast Swing. West Coast Swing is a unique dance that is not as restrictive as ballroom and not as physical as East Coast varieties (jive, jitterbug, lindy.) It is similar to the Hustle as seen on American Bandstand years ago. West Coast Swing can be danced to any music (Pop, R&B, Hip Hop, Rock, Country, etc) that is 4/4 time and between 60-120 bpm. The classes will have a laid back atmosphere and the primary goal of the classes will be to have fun while learning some West Coast patterns. No prior dance experience is necessary. Come and get a taste of West Coast.

Erik Holeman has been dancing West Coast Swing since the early 90's, even at the competition level. He started teaching West Coast a couple of years ago.

Date: January 24 - March 7 (Friday)  
Time: 7:30 pm  
Fee: \$30 individual/ \$50 couple  
Location: UFM Fireplace Room  
No class February 7

**Archery for Youth**

YO-09a

The main focus of this course will be to introduce youth to Archery and learn the 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. All equipment will be provided by the instructor. Ages 8+

Tom Korte is a certified national archery instructor NAA level 4. Tom has helped his students compete at a national level and has produced a national champion. 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 6 - 27 (Thursday)  
Time: 6 - 7:30 pm  
Fee: \$18  
Location: 1125 Laramie Plaza, upstairs

**Intermediate Fencing**

RH-09

Intermediate fencing continues with the concepts presented in beginning foil fencing. Emphasis is on technique refinement, theory of attack and bouting.

William Meyer

Date: January 27 - May 5 (Monday)  
Time: 7:30 - 9 pm  
Fee: \$44 with your own equipment  
\$74 with the use of instructors equipment  
Location: Ahearn Fieldhouse. South end of indoor track  
No class March 17

**Intermediate West Coast Swing**

RH-22

This is the intermediate class for West Coast Swing. For those who have taken Basic West Coast Swing or have learned West Coast somewhere else and need a refresher, this class will go over some of the basic patterns and begin showing patterns in parallel slot closed position as well as more complicated turns and tunnels.

Erik Holeman

Date: March 28 - May 9 (Friday)  
Time: 7:30 pm  
Fee: \$30 individual/ \$50 couple  
Location: UFM Fireplace Room  
No class March 18

**Archery for Youth**

YO-09b

Tom Korte

Date: April 3 - 24 (Thursday)  
Time: 6 - 7:30 pm  
Fee: \$18  
Location: 1125 Laramie Plaza, upstairs





**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 of FIE licence will be required. By permission only.

William Meyer

Date: January 29 - May 7 (Wednesday)  
 Time: 7 - 9 pm  
 Fee: \$42 with own equipment  
 \$72 use of instructors equipment  
 Location: Ahearn Fieldhouse. South end of indoor track.  
 No class March 19

**Ballroom Dance I**

RH-27a

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.

Michael Bennett

Date: January 17 - May 9 (Friday)  
 Time: 6:30 - 7:30 pm  
 Fee: \$51 individual / \$89 couple  
 Location: ECM Auditorium, 1021 Denison  
 No class March 14th and 21st  
 Available for KSU credit

**Intermediate Golf**

RH-31

In this class you will learn more about the short game as well as the full swing. Learn drills that will improve all aspects of your game as well as rules and etiquette to use on the course. Each student will receive a free all day pass for the par 3 Colbert Hill Course upon successful completion of intermediate golf.

Chad Myers is a PGA Member and head golf professional at Colbert Hills. He was born and raised in Manhattan and an alumnus of KSU and the KSU golf team. He has 15 years teaching experience with all ages and abilities.

Date: April 1 - 29 (Tuesday)  
 Time: 5:30 - 6:30 pm  
 Fee: \$73  
 Location: Colbert Hills, 5200 Colbert Hills Drive

**Ballroom Dance - Salina**

RH-25

Learn a variety of Latin and smooth dances such as swing, rumba, cha cha, mambo, waltz, tango and foxtrot. Emphasis will be on posture, dance positions, footwork and partnership. Partners not necessary.

Audrey Umekubo has been teaching ballroom dancing for 24 years, getting her start and training from the Fred Astaire Dance Studio Organization in Los Angeles, California. She was employed to teach students, train new teachers, choreograph routines for competitions and exhibitions. Audrey has earned several Top Teacher Awards and has won numerous student and professional dance competition trophies in her career. Currently she teaches private and group lessons in her home studio.

Date: January 21 - May 6 (Tuesday)  
 Time: 7 - 8 pm  
 Fee: \$80  
 Location: KSU Salina, Tullis Building  
 No class March 18



**Ballroom Dance I**

RH-27b

Michael Bennett

Date: January 22 - May 7 (Wednesday)  
 Time: 8 - 9 pm  
 Fee: \$51 individual / \$89 couple  
 Location: ECM Auditorium, 1021 Denison  
 No class March 19th  
 Available for KSU credit

**Tennis**

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, play and beginning competition. We provide the balls, students provide their own rackets. Parking may be a challenge so plan accordingly and come early.

Derek Havens is an assistant pro at Henwood Racquet Club and currently attends K-State.

Date: April 7 - 28 (Monday)  
 Time: 6 - 7 pm  
 Fee: \$31  
 Location: LP Washburn Recreation Complex, KSU



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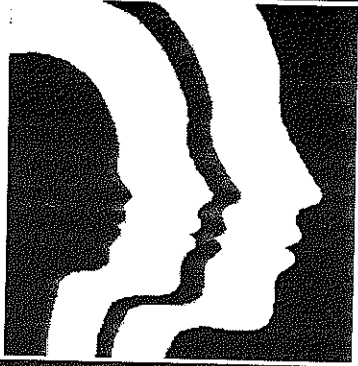
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**The K-State ACT Center is  
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# Personal Development

1221 THURSTON

539-8763

## SHARP Self-Defense for Women SP-01a

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. The second night will allow more practice time on the physical techniques already introduced as well as introducing new techniques. In addition, there will be discussion of personal safety issues including date rape, living alone and travel concerns. Techniques for verbal self-defense will also be practiced. 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* has a black belt in Taekwondo and Hapkido and is a certified instructor with the American Taekwondo Association. She has 18 years experience teaching martial arts, police defensive tactics and Sexual Harassment Assault and Rape Prevention for Women.

Date: February 4 and 11 (Tuesday)  
Time: 6:30 - 9:30 pm  
Fee: \$31 individual / \$50 mother-daughter  
Each additional child \$10  
Location: First Lutheran Church  
930 Poyntz

## SHARP Self-Defense for Women SP-01b

Date: March 6 and 13 (Thursday)  
Time: 6:30 - 9:30 pm  
Fee: \$31 individual / \$50 mother-daughter  
Each additional child \$10  
Location: First Lutheran Church  
930 Poyntz

## Woman to Woman SP-03

This beginning support group for female survivors of sexual abuse will meet twice a month for 3 months. Creating a safe zone where you can learn and share coping techniques, find fellowship with one another and know you are not alone. Moderated by a survivor, this group is not meant to replace therapy.

*Calista Wilson*

Date: February 11 & 25, March 11 & 25,  
April 8 & 22 (Tuesday)  
Time: 7 - 9:30 pm  
Fee: \$8  
Location: UFM Multipurpose Room 1st meeting  
UFM Greenhouse

## The Enneagram: Nine Ways of Being in the World SP-02

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 is also 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 as 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. Karma 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: January 29, February 5 & 12 (Wednesday)  
Time: 7 - 9 pm  
Fee: \$15  
Location: UFM Multipurpose Room

## Possibilities and Limitations of Active Nonviolence SP-04

This discussion group will explore active nonviolence as a creative and pragmatic process for addressing conflict in our lives and in the life of the world. We invite anyone interested in local and global nonviolence and peace work to join us.

*Charlie Perkins* is retired from the K-State Psychology faculty and is a longtime activist in the local and global peace and nonviolence movement. Susan Allen is an applied anthropologist and member of the KSU Campaign for Non-Violence. The CNV is comprised of campus and community nonviolence workers.

Date: February 13 - 27 (Thursday)  
Time: 7 - 8:30 pm  
Fee: \$8  
Location: UFM Multipurpose Room

## How to RSVP SP-05

We all receive invitations in the mail to important events including weddings, receptions, parties and exhibits. Come join us in this informative and exciting class involving proper etiquette on how and when to RSVP an event. This class will include information on checking your calendar, making a proper phone call, and responding before the deadline.

*Miss Manners* has been instructing classes including proper etiquette and manners on a variety of topics for years. She's excited to share her most recent ideas on how to RSVP.

Date: March 3 (Wednesday)  
Time: 11 pm  
Location: UFM Reception Hall

## Optimal Performance SP-19

Optimal Performance is an introduction to Educational Kinesiology. In this class you will learn the 26 Brain Gym Activities. These simple, easy and fun activities are used to enhance academic performance. Through this experience you will gain a better understanding of the way you organize to learn, tools for managing the stress around new learning experiences, and other ideas for enhancing your daily life activities. Parents and teachers will find this class beneficial for themselves and their children. Join us for fun and learning in an optimal way.

*Judy Metcalf* (571-217-7736) has been certified to teach Brain Gym by the International Brain Gym organization since 1989. A physical educator in the public schools for 25 years, she has spent the past few years exploring the importance of movement to "life long learners". She loves sharing Brain Gym and what she has learned about the latest brain research, with students of all ages. She welcomes this opportunity to share and invites your participation in this class.

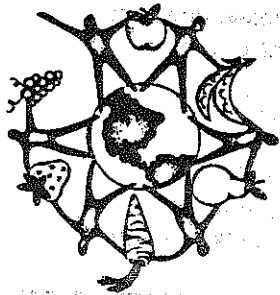
Date: April 26 (Saturday)  
Time: 9:30 am - 4:00 pm  
Fee: \$67  
Location: UFM Conference Room

## Introduction to Vedic Chant SP-28

The Vedas are the ancient wisdom teachings of India. They are the source of numerous arts and sciences, including yoga and ayurveda. The Vedas have been preserved through the ages and passed down to us by the oral tradition of chanting and memorization. In this class we will learn to listen, repeat and chant several chants in Sanskrit. We will also begin to read some Sanskrit transliterations. Chanting is fun and very energizing for both body and mind. Beyond this, learning to chant the Vedas connects us with a five thousand year old wisdom tradition.

*Ana Franklin* (537-8224) has been chanting for more than six years. She has studied Vedic chant with TKV Desikachar of Krishnamacharya Vedavani in Chennai, India and with Sonia Nelson of the Vedic Chant Center, Santa Fe, NM.

Date: February 21, 28 and March 7 (Friday)  
Time: 5:30-6:30 pm  
Fee: \$41  
Location: 520 North Juliette, Apt.2



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**Understanding Islam**

SP-30

This class will focus on the basic aspects of the Islamic religion. The message of peace, love and the grace of God to the whole world. Including a thorough explanation of the five pillars of Islam, the Islamic concept of family, social life and other principles of Islam, while highlighting certain misconceptions such as the view on women, terrorism, fundamentalism, etc. Participants will learn how Islam blends into the American Society.

*Quetin Gamble* is an undergraduate student at K-State and the former secretary of the Islamic Center of Manhattan. *Fahad Kamal* is a graduate student at K-State in computer sciences.

Date: February 4 - March 13  
(Tuesday and Thursday)  
Time: 7 - 8 pm  
Fee: N/C  
Location: Justin Hall, Room 149

**Clearing Clutter** CF-12

Learn to clear your space to enhance your life. We'll examine the energetics of clutter and talk about the attitudes and ideas that enable us to let go. Liberate yourself! Recommended reading: *Clear Your Clutter* with Feng Shui by Karen Kingston.

After struggling for years with clutter, *Elizabeth Jankord* and *Kate Cashman* (537-1911) have been enjoying the effects of space clearing. They operate a consulting business, *Clutter Busters*.

Date: February 10, 17, and 24 (Monday)  
Time: 7-9 pm  
Fee: \$24  
Location: UFM Fireplace Room



# 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 cause 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 in 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. She is a certified Jin Shin Jyutsu practitioner and self-help instructor.

Date: January 27, February 3, 10 (Monday)  
Time: 7 - 9 pm  
Fee: \$15  
Location: UFM Conference Room

**Yoga for Beginners** 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 This class is open to everyone. We will use the breath and the body to help focus the mind. The students will participate in developing a personal practice which meets their unique needs. 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.

*Ana Franklin* (537-8224) has been practicing yoga for more than 25 years. She took Teacher Training from Gary Kraftsow, the world renowned teacher of Viniyoga and author of the books *Yoga for Wellness* and *Yoga for Transformation*. Ana has been teaching yoga since 1984.

Date: February 4 - 25 (Tuesday)  
Time: 6 - 7:30 pm  
Fee: \$52  
Location: 520 North Juliette, Apt.2

**Yoga for Beginners** WE-03b

*Ana Franklin*

Date: April 8 - 29 (Tuesday)  
Time: 6 - 7:30 pm  
Fee: \$52  
Location: 520 North Juliette, Apt.2

**Jin Shin Jyutsu, Self-help Part II** WE-02

In this class we will focus on developing a deeper understanding and experience 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*

Date: February 17, 24, March 3 (Monday)  
Time: 7 - 9 pm  
Fee: \$15  
Location: UFM Conference Room



**The Heart of Yoga** WE-05

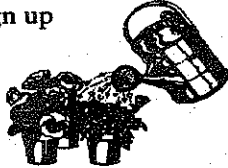
This class is for anyone who would like a deeper understanding of what yoga is and how we can use it to transform our lives. We will be reading, chanting and discussing Patanjali's Yoga Sutra, which is considered by many to be the most complete and authoritative yoga text. The book we will use is Desikacher's *The Heart of Yoga*. We will do some simple breathing and movement to facilitate comfortable sitting. Please wear comfortable clothing and bring a pencil and notepad. You will find the book, *The Heart of Yoga*, at most bookstores, or on the internet.

*Ana Franklin* (537-8224), as a serious student of yoga, has been reading and studying the Yoga Sutra of Patanjali for more than seven years. The practice of memorizing and chanting this great work continues to be very rewarding for her.

Date: January 30 (Thursday)  
Time: 6 - 7:30 pm  
Fee: \$18  
Location: 520 North Juliette, Apt.2

**Manhattan Community Garden**

Plot Sign up



The Manhattan Community Garden is a UFM sponsored cooperative project located on 3 1/2 acres in the south part of Manhattan at 9th and Riley Lane. 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 2003 sign up dates are:**

Returning Gardeners:  
February 5, Wednesday, 7:30 pm, UFM  
February 8, Saturday, 10 am, UFM

**New Gardeners:**

March 5, Wednesday, 7:30 pm at UFM  
March 15, Saturday, 10 am at UFM  
April 9, Saturday, 10 am at UFM

Call 539-8763 for more information.

Would you like a positive, relaxed, but deeply spiritual experience? If so, join us at the

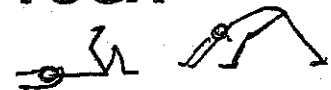


**UNITY Church of Manhattan**

1021 Denison Ave.  
537-6120  
Sunday Service 11:00 am



**YOGA**



**THE VINIYOGA CONNECTION**

Manhattan, Kansas

PRIVATE LESSONS, PRENATAL, ALL LEVELS  
HIGHLY QUALIFIED EXPERIENCED INSTRUCTION

Call Ana Franklin 785-537-8224, anayog@hotmail.com





**Introduction to Yoga**

WE-06a

This class is for anyone who is interested in learning more about Yoga without committing to a full session. This one time class will be easy and will help you to feel better physically and mentally. Please wear comfortable clothes that allow for a full range of movement. It is best not to eat within two hours of class. Please bring a towel.

Ana Franklin

Date: January 28 (Tuesday)  
Time: 6 - 7:30 pm  
Fee: \$16  
Location: 520 North Juliette, Apt 2

**Introduction to Yoga**

WE-06b

Ana Franklin

Date: March 25 (Tuesday)  
Time: 6 - 7:30 pm  
Fee: \$16  
Location: 520 North Juliette, Apt 2

**Yoga for Wellness**

WE-47a

This class is open to those who have had at least 4 weeks of Yoga with an instructor. Refine your understanding of how to use asana and pranayama to improve specific areas, purify the body and clear the mind. This knowledge will help you be more spontaneous and creative with your personal practice. Bring a towel.

Ana Franklin

Date: February 5 - 26 (Wednesday)  
Time: 4:30 - 6:00 pm  
Fee: \$52  
Location: 520 North Juliette, Apt 2

**Yoga for Wellness**

WE-47b

Ana Franklin

Date: April 9 - 30 (Wednesday)  
Time: 4:30 - 6:00 pm  
Fee: \$52  
Location: 520 North Juliette, Apt 2

**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 a 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: April 18 (Friday)  
Time: 7 - 8 pm  
Fee: \$15  
Location: UFM Fireplace Room

**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: March 14 (Friday)  
Time: 7 - 8 pm  
Fee: \$26  
Location: UFM Fireplace Room

**Introduction to Reiki**

WE-10a

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is based on the idea that an unseen "life force energy or Chi" flows through us and is what causes us to be alive. A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit. Creating many beneficial effects that include relaxation and feelings of peace, security and well being. We will be working in stocking feet. Please bring a towel to class. Each class members will receive a sample treatment.

Sarah English (539-4127) is a teaching Reiki Master with over 3 years experience in Reiki. She has been working with subtle energies, Feng Shui, auras and chakra's since 1974.

Date: February 24 (Monday)  
Time: 7 - 9:30 pm  
Fee: \$10  
Location: UFM Greenhouse

**Introduction to Reiki**

WE-10b

Sarah English

Date: March 15 (Saturday)  
Time: 12:30 - 3:00 pm  
Fee: \$10  
Location: UFM Greenhouse

**Introduction to Reiki**

WE-10c

Sarah English

Date: April 19 (Saturday)  
Time: 9:30 am - Noon  
Fee: \$10  
Location: UFM Greenhouse

**Tai Chi Chuan**

WE-12a

The popular Yang style "Short Form" of Tai Chi Chuan will be introduced. Advanced students will practice more in depth postures of the form. Each class will focus on the strengthening postures. The ancient art of Tai Chi Chuan has proven to be an effective method for achieving relaxation, health, and well being. Tai Chi Chuan 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 Chuan practitioner. She studied under the tutelage of Jane and Bataan Faigo, advanced students of Master Cheng Man-Ching. She has been dedicated to the practice for nine years.

Date: February 2 - 23 (Sunday)  
Time: 10:30 - 11:30 am  
Fee: \$41  
Location: UFM Fireplace Room

**Tai Chi Chuan**

WE-12b

Karena Kimble

Date: February 5 - 26 (Wednesday)  
Time: 7:30 - 8:30 am  
Fee: \$41  
Location: UFM Fireplace Room

**Tai Chi Chuan**

WE-12c

Karena Kimble

Date: March 2 - 23 (Sunday)  
Time: 10:30 - 11:30 am  
Fee: \$41  
Location: UFM Fireplace Room

**Tai Chi Chuan**

WE-12d

Karena Kimble

Date: March 5 - April 2 (Wednesday)  
Time: 7:30 - 8:30 am  
Fee: \$41  
Location: UFM Fireplace Room

**Tai Chi Chuan**

WE-12e

Karena Kimble

Date: April 6 - 27 (Sunday)  
Time: 10:30 - 11:30 am  
Fee: \$41  
Location: UFM Fireplace Room

**Tai Chi Chuan**

WE-12f

Karena Kimble

Date: April 9 - 30 (Wednesday)  
Time: 7:30 - 8:30 am  
Fee: \$41  
Location: UFM Fireplace Room

**Yoga for Relaxation**

WE-28

This is a great class for beginning students to learn basic poses, breathing and to meditate. You will increase strength and flexibility and learn to relieve stress and work with physical limitations. We also do exercises seated and lying down. Requirements: Dress comfortable, no food 1 hour prior to class, bring a sticky mat or bath towel and (very important) a firm blanket for sitting.

Barbara Ouellette has been a yoga student for 9 years and has been teaching for the past 4 years.

Date: March 24 - April 14 (Monday)  
Time: 6:30 - 7:45 pm  
Fee: \$40  
Location: First Lutheran Church, 930 Poyntz Ave.

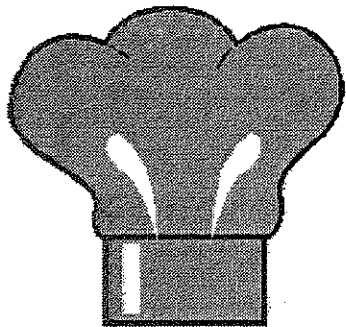
**Getting Fit with Seated Yoga**

WE-29

This class is designed for seniors and people with physical limitations. We also discuss menopause. The pace is slow, very relaxed and fun.

Barbara Ouellette

Date: March 24 - April 14 (Monday)  
Time: 10 - 11:15 am  
Fee: \$40  
Location: First Lutheran Church, 930 Poyntz Ave.



# Food for Fun

1221 THURSTON

539-8763

## Survival Foods for the 21st Century FF-03

This class will focus on reasonable food choices for optimal health, highlighting multi-ethnic and down-home dietary wisdom. Kitchen demonstrations and recipes will be included in each session.

*Martha Seaton* (537-0936) is a native of Manhattan, KS. She earned a degree in education from KSU. In Brazil as well as in the USA, she has celebrated the array of inspirational foods which sustain life on this planet.

Date: February 18 - March 11 (Tuesday)  
Time: 5:30 - 7:00 pm  
Fee: \$21  
Location: UFM Kitchen

## The Art of Bread Making FF-06a

In this class you will learn the basic art of bread making. You will learn a short history and take home your creation. You will want to wear clothes you can get messy in.

*Calista Wilson* was taught bread making from her mother at a young age and continues to bake for her family.

Date: March 4 (Tuesday)  
Time: 7:00 - 9:30pm  
Fee: \$20  
Location: UFM Kitchen

## The Art of Bread Making FF-06b

*Calista Wilson*

Date: May 6 (Tuesday)  
Time: 7:00 - 9:30pm  
Fee: \$20  
Location: UFM Kitchen

## Chinese Cooking FF-09a

Learn the 3 principles involved in making a wonderful Chinese meal. Everyone will learn some basic skills to create several traditional and delicious dishes. On the first night we will have a question and answer session as well as a demonstration and exploration of Chinese cooking. On the second night we will continue this adventure into the mysterious allure of Oriental Cooking and enjoy a meal together.

*Florence Wang* comes from Taiwan and has prepared Chinese cuisine for over 15 years. She enjoys cooking for friends and family.

Date: February 3 & 10 (Monday)  
Time: 7 - 9 pm  
Fee: \$27  
Location: UFM Kitchen

## Chinese Cooking FF-09b

*Florence Wang*

Date: March 3 & 10 (Monday)  
Time: 7 - 9 pm  
Fee: \$27  
Location: UFM Kitchen

## Chinese Cooking FF-09c

*Florence Wang*

Date: April 7 & 14 (Monday)  
Time: 7 - 9 pm  
Fee: \$27  
Location: UFM Kitchen



## A Night of Japanese Cooking FF-10a

We will gather and make a grand feast. Working together you will learn about Japanese cooking, and leave with some tasty new recipes and a full tummy. The meal will include panko chicken, miso soup, sticky rice, yakitori sauce and possibly more.

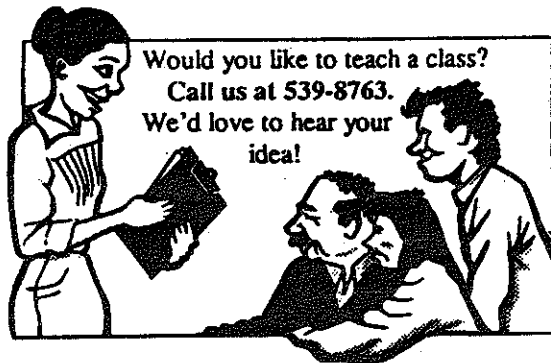
*Calista Wilson* has been feeding her family of six oriental meals for many years, for its health benefits and because it tastes so good.

Date: January 22 (Wednesday)  
Time: 6:30 - 9:00 pm  
Fee: \$28  
Location: UFM Kitchen

## A Night of Japanese Cooking FF-10b

*Calista Wilson*

Date: May 7 (Wednesday)  
Time: 6:30 - 9:00 pm  
Fee: \$28  
Location: UFM Kitchen



## Discover the Wines of France FF-04

This class will explore the many regions of France over six classes. Each night we will discuss the history, viticulture and wines of a distinct region of France. During each class we will try the various wines of each region and look at what makes each wine unique. Wines tried will vary from the most simple table wines (perfect for the everyday), to the most complex and unique Grand Crus. Overall you should expect to sample over 75 wines. During each class we will also have cheese from the region we are studying provided by Dean & De Luca. This will be a complete education of French wines. After this class you might feel a strong need to fly to France!

January 30 - Alsace  
February 6 - Rhone  
February 13 - Loire  
February 20 - Bordeaux  
February 27 - Champagne  
March 6 - Burgundy

*Scott Benjamin* has studied wine in France, Australia and California and has developed his vast knowledge from working within the wine industry for over 10 years. He has previously taught eight very successful classes here at UFM.

Date: January 30 - March 6 (Thursday)  
Time: 7 - 9 pm  
Fee: \$150  
Location: UFM Conference Room

## Scones FF-07

A demonstration of making scones and discussion of the wide variety of additions which can be made to these sweet biscuits. Samples will be available.

*Ronna Robertson* (770-8305) was introduced to scones several years ago and continues to experiment with new additions and collect recipes.

Date: March 6 (Thursday)  
Time: 7 - 9 pm  
Fee: \$12  
Location: 1717 Kingwood Drive  
Stagg Hill to Sumac to Kingwood

## TEEN MENTORING PROGRAM

Spring program

- ☆ Program open to middle and high school students
- ☆ Opportunities to make new friends
- ☆ Activities to enhance leadership skills and group interaction
- ☆ Learn and improve life skills
- ☆ Have fun

Group meets every Wednesday from 3:30 to 5:00 p.m.

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

Look for classes for youth and families throughout the catalog



# Career & Finance

1221 THURSTON

539-8763

## Saving for your Children's Education; Is it out of Reach?

FC-25

Would you like to find out about the different plans available to fund your children or grandchildren's college or vocational education? Have you heard about the upromise program? When you make purchases (groceries, Real Estate, automobiles, and various services) a percent of your purchase may go into your upromise account. Learn the pros and cons about 529 plans, Coverdell IRA (educational IRA) and UGMA/UTMA. Find out why many people don't start planning.

Charlene Brownson

Date: March 31 (Monday)

Time: 7 - 8 pm

Fee: \$8

Location: UFM Conference Room

## 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 that you can start to take control of your money. Learn to buy wisely and reach your financial dreams. Everyone attending this seminar will have the option to get an individual consultation to establish their debt-free date.

Charlene Brownson (776-3666) is the instructor for Women & Money, an 8-week program that is offered in the fall for KSU credit and non-credit. She enjoys sharing her knowledge with others to help them develop money skills. Charlene works with a local financial service company.

Date: March 3 (Monday)

Time: 7 - 8:30 pm

Fee: \$8 individual / \$12 couple  
Both Gain Control and 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 investing 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.

Charlene Brownson

Date: March 10 (Monday)

Time: 7 - 8:30 pm

Fee: \$8 individual / \$12 couple  
Both Gain Control and Investing  
\$10 individual / \$14 couple

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

\*Dates may be subject to change.

## Campaign for Nonviolence—Season for Nonviolence

The season for Nonviolence takes place annually and simultaneously in hundreds of communities from January 30th to April 4th — the dates that Mahatma Gandhi and Dr. Martin Luther King were assassinated. The Season for Nonviolence is a 64-day commemoration established in 1998 to further nonviolence teachings. For 64 days participants work to spread the active, pragmatic and transforming messages of nonviolence through their own actions. Please join us and participate in our community's Season for Nonviolence 2003.

### Season for Nonviolence Film Series —

“Young People Creating Nonviolent Changes in the World”  
64 Ways, 64 Days to practice Non-violence publicity campaign

Manhattan Crisis Center, Volunteer Training

Black History and the Underground Railroad Tour

V-Day, Until the Violence Stops, “The Vagina Monologues”

Take a hike on the Konza

Noontime Yoga for Beginners

PEERS (Peer Educators for the Elimination of Rape) — 3-hour credit course

Manhattan—K-State Peace Cycle 2003 —

“Cycling for Nonviolence Solutions”

For more information watch for ads, visit the K-State Campaign for Nonviolence (CNV) website at: [www.ksu.edu/nonviolence](http://www.ksu.edu/nonviolence), or call us, 532-6444.

## VOLUNTEER TODAY

### UFM TEEN MENTORING PROGRAM

Be a MENTOR to a youth who needs you to be a part of their life today. Provide friendship, support and encouragement to a middle school or high school student in a structured group setting.

Group meets every Wednesday  
from 3:30 to 5:00 p.m.

Be a positive role model  
and make a difference  
in a teen's life TODAY!

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





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

## Scuba Diving in Salina #89100

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.

Jeff Wilson

Date: January 30 - March 13 (Thursday)  
Time: 6:30 - 10:00 pm  
Fee: \$321  
Location: YMCA, 570 YMCA Drive, Salina



## Scuba Diving #92427

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.

Jeff Wilson

Date: February 3 - March 10 (Monday)  
Time: 6 - 10 pm  
Fee: \$290  
Location: YMCA, 1703 McFarland, Junction City

## Ballroom Dance in Salina #89120

Learn a variety of Latin and smooth dances such as swing, rumba, cha cha, mambo, waltz, tango and foxtrot. Emphasis will be on posture, dance positions, footwork and partnership. Partners not necessary.

Audrey Umekubo

Date: January 21 - May 6 (Tuesday)  
Time: 7 - 8 pm  
Fee: \$156  
Location: KSU Salina, Tullis Building  
No class March 18

## Ballroom Dance I #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.

Michael Bennett

Date: January 17 - May 9 (Friday)  
Time: 6:30 - 7:30 pm  
Fee: \$159  
Location: ECM Auditorium, 1021 Denison  
No class March 14th and 21st

## Ballroom Dance I #92401

Michael Bennett

Date: January 22 - May 7 (Wednesday)  
Time: 8 - 9 pm  
Fee: \$159  
Location: ECM Auditorium, 1021 Denison  
No class March 19th

## Ballroom Dance II #92402

This class will emphasize dancing with your partner and learning the routines; foxtrot, waltz, rumba and tango. Prior dance lessons required.

Michael Bennett

Date: January 17 - May 9 (Friday)  
Time: 7:30 - 8:30 pm  
Fee: \$159  
Location: ECM Auditorium, 1021 Denison  
No class March 14th and 21st

## Archery #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 setup 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: January 23 - March 13 (Thursday)  
Time: 8 - 9:45 pm  
Fee: \$159  
Location: 1125 Laramie Plaza, upstairs

## Beginning Fencing #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 also has wide application off the strip- integrating diplomacy, aggression, speed and skill. This course may not be repeated for credit.

William Meyer

Date: January 27 - May 5 (Monday)  
Time: 6 - 7:30 pm  
Fee: \$159  
Location: UFM, 1221 Thurston  
No class March 17



## Intermediate Fencing #92408

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

Date: January 27 - May 5 (Monday)  
Time: 7:30 - 9 pm  
Fee: \$159  
Location: UFM, 1221 Thurston  
No class March 17





**Fly Fishing**

#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 needed equipment will be provided by the instructor.

Paul Sodamann is a certified Master Casting instructor through the Federation of Fly Fishers and has served on the FFF National Conservation Committee and Salt Water Committee. He is past Vice President of Conservation for the Southern Council of Federation of Fly Fishers. He is a representative for International Game fish Association and holds a world record in fly fishing. Recently completing the U.S.C.G. licensing requirements, Paul has earned his Captains License. He has his Ph.D. from KSU and teaches seventh grade science at Anthony Middle School.

Date: January 27 - February 6 (M, T, W, TH)  
Time: 6 - 8 pm  
Fee: \$169  
Location: Susan B. Anthony Middle School  
2501 Browning Avenue



**Fly Fishing**

#92411

Paul Sodamann

Date: February 17 - February 27 (M, T, W, TH)  
Time: 6 - 8 pm  
Fee: \$169  
Location: Susan B. Anthony Middle School  
2501 Browning Avenue

**Fly Fishing**

#92412

Paul Sodamann

Date: March 3 - March 13 (M, T, W, TH)  
Time: 6 - 8 pm  
Fee: \$169  
Location: Susan B. Anthony Middle School  
2501 Browning Avenue

**Golf**

#92414

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.

Jim Gregory

Date: March 4 - April 29 (Tuesday)  
Time: 2:30 - 4:30 pm  
Fee: \$178  
Location: 4441 Ft Riley Blvd. Stagg Hill Golf Club  
No class March 18

**Golf**

#92415

Jim Gregory

Date: March 5 - April 30 (Wednesday)  
Time: 1:30 - 3:30 pm  
Fee: \$178  
Location: 4441 Ft Riley Blvd. Stagg Hill Golf Club  
No class March 19

**Golf**

#92416

Jim Gregory

Date: March 5 - April 30 (Wednesday)  
Time: 5:30 - 7:30 pm  
Fee: \$178  
Location: 4441 Ft Riley Blvd. Stagg Hill Golf Club  
No class March 19

**Golf**

#92417

Jim Gregory

Date: March 6 - May 1 (Thursday)  
Time: 9:30 - 11:30 am  
Fee: \$178  
Location: 4441 Ft Riley Blvd. Stagg Hill Golf Club  
No class March 20

**Golf in Junction City**

#92418

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

Date: March 5 - May 7 (Wednesday)  
Time: 9:30 - 11:30 am  
Fee: \$178  
Location: Rolling Meadows Public Golf Course  
7550 Old Milford Road, Milford  
No class March 19 & April 2

**Golf in Junction City**

#92419

Mike Webb

Date: March 6 - May 8 (Thursday)  
Time: 2:30 - 4:30 pm  
Fee: \$178  
Location: Rolling Meadows Public Golf Course  
7550 Old Milford Road, Milford  
No class March 20 & April 3



**Judo I**

#92421

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.

Isaac Wakabayashi

Date: January 21 - May 8 (Tuesday & Thursday)  
Time: 8:45 - 9:45 pm  
Fee: \$138  
Location: UFM, 1221 Thurston  
No class March 18th and 20th



**Judo II**

#92422

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.

Isaac Wakabayashi

Date: January 21 - May 8 (Tuesday & Thursday)  
Time: 9:45 - 10:45 pm  
Fee: \$138  
Location: UFM, 1221 Thurston  
No Class March 18th and 20th

Look in other sections of the catalog for other classes that may be applied for credit:

Piano I and II  
Page 8

Bowling  
Page 15

Fitness Swimming  
Acquatics Fitness  
Instructor  
Page 6

Introduction to  
Digital Photography  
Page 10

Contact Charlene  
at 539-8763 for more  
information.

# Thanks for Your Support!

We wish to thank the following contributors for their financial assistance during 2002. These donations help underwrite the general operating costs and scholarships that make other program services possible.

## LIFELONG LEARNER

Aceware Systems  
Doris and Gene Grosh  
Sam and Yvonne Lacy  
Karen and John McCulloh  
Manhattan Mercury

## BENEFACTOR

Bayer Construction Co.  
Bob and Dale Ann Clore  
Olivia Collins and Tony Jurich  
Commerce Bank Foundation  
Tracy Fraser  
Little Apple Pilot Club  
McCalls Employee's Group  
McCall Pattern Company  
Sue Maes and Dennis Hemmindinger  
Carol Oukrop  
Glenn Sixbury  
Linda and Doug Teener  
Frank and Barbara Tillman

## EDUCATOR

Andrea Blair

Steve and Dorothy Bollman  
Kate Cashman  
Victoria Clegg  
Monica Clement  
Fred and Pat Freeman  
Jan Garton  
Dolly Gudder  
Buzz and Rose Harris  
Don and Joyce Hoyt  
Jeune and Philip Kirmser  
Bobbie and Dave Kromm  
Eugene Laughlin  
Joseph and Julie Merklin  
Susan and Jack Oviatt  
John and Barbara Rees  
Leo and Joy Schell  
Jacqueline Spears & Dean Zollman  
S. Lee Stutzman

## LEARNER

Bill and Shirley Arck  
Bruce Balkenhol  
Terry and Jim Carpenter  
Kelli Cox

Eunice Dorst  
Lelah Dushkin  
Leon and Alice Edmunds  
Don and Irmie Fallon  
Bronwyn and Gary Fees  
Clyde and Marlene Ferguson  
Nancy Franklin  
Amy and Fran Gatschet  
Katharine and Orlen Grunewald  
Mary Joerg  
C. Clyde and Margaret Jones  
Stacy and Lowell Kohlmeier  
Beryl and Tina Koch  
Mr. and Mrs. Charles Kramer  
Bob and Jan Kruh  
Heather and Bill Lansdowne  
Helen Long  
Linda McCann  
Beth Montelone  
Grace Muilenburg  
Debbie Nuss  
Rod and Susie Olsen  
Barbara and Ernie Peck  
Jerry and Berry Phares  
Madonna Stallman and Paul Weidhaas

Bruce and Leslie Snead  
John and Joan Strickler  
Katherine and Daniel Swenson  
Ray Weisenburger  
Phyllis Whiteside

## FRIEND

Bette Anderson  
Joye Ansdell  
Ron Basel  
Lois and Dan Beatty  
Eloise Bourque  
Diana Chapel  
Melissa Divine  
Terrence Little  
Ken McCosh  
Amy McDonald  
Bruce McMillan  
Mark Pretzer  
Emilie Rabbat  
LeJuan Shrimplin  
Richard and Anita Van Nevel  
Sharon Werle  
Chelsea White

### UFM Can Accept Donations in Many Forms

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

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

Call Linda at 539-8763 for details.

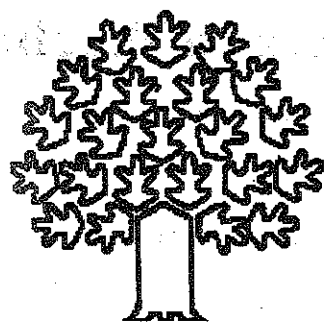
### What will a donation buy?

Gifts to UFM may be designated in several ways.

- **General Operations**—Keeps the catalog coming with a wide array of class choices and supports service projects.
- **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: \_\_\_\_\_



# UFM INSTRUCTORS

Susan Allen  
Merah Anderson  
Shanee Anderson  
Thad Beach  
Scott Bean  
Matthew Benfer  
Scott Benjamin  
Michael Bennett  
Joyce Brite  
Charlene Brownson  
Chris Brennan  
Mary Burgett

Connie Carlson  
Kate Cashman  
Andrea Chandler  
Kate DeJoia  
Terri Eddy  
Sarah English  
Greg Eyestone  
Jolie Flavin  
Ana Franklin  
Quentin Gamble  
Jim Gregory  
Colleen Hampton

Derek Havens  
Erik Holeman  
Lara Iams  
Elizabeth Jankord  
Fahad Kamal  
Karena Kimble  
Tom Korte  
Toni Kroll  
Sibylle Kuder  
Alan Ladd  
Richard Mattson  
Amiee McLain

Judy Metcalf  
William Meyer  
Daxeli Monterroza  
David Moore  
Terry Murray  
Natalie Murrin  
Chad Myers  
Rae Orgeron  
Barbara Ouellette  
Charlie Perkins  
Emilie Rabbat  
Ryan Rehmeier

Ronna Robertson  
Gordon Schmid  
Pam Schmid  
Heather Scott  
Matha Seaton  
Frank Siegle  
Karma Smith-Grindell  
Sandy Snyder  
Paul Sodamann  
Carol Stites  
Diana Tarver  
Annette Trieb  
Bernadette Trieb

William Trieb  
Kennita Tully  
Audrey Umekubo  
Isacc Wakabayashi  
Florence Wang  
Mike Webb  
Harold Wellmeier  
Calista Wilson  
Jeff Wilson  
Stan Wilson  
Chae Sun Yi  
Maya Zahira

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*

## ON CAMPUS REGISTRATIONS

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

DATE	TIME	LOCATION
Jan. 21	10 am - 2 pm	KSU Union
Jan. 22	10 am - 2 pm	KSU Union

Registration continues throughout the semester:  
UFM House — 1221 Thurston  
8:30 am - 5 pm closed 12 Noon - 1 pm

## MAILING YOUR REGISTRATION?

Class information will not be registered 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*  
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Candace White

## 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 class 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:

- International Dances
- Pilates
- Cooking Classes
- Fielded Trips
- Real Estate

# SIGN UP NOW!!



**Register by phone:** Call 539-8763 during business hours and use your Mastercard, Discover, or Visa. Please have your card number and expiration date ready.

✓ **Flexible registration**--register by phone, mail, or in person



**Register by Mail:** Complete the form below and mail it with your check, money order, or credit card to: UFM Class Registrations, 1221 Thurston, Manhattan, KS, 66502-5299.

✓ **Discounts**--find the fake class and win \$1.00 off any UFM class. Youth scholarships are also available.



**Register in Person:** Stop by the UFM house, 1221 Thurston between 8:30-12 & 1:00-5:00 (Monday thru Friday).

✓ **Enrollment office hours** are between 8:30 & 12:00 and 1:00 & 5:00, Monday thru Friday.

FOR YOU... One participant per form, please

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

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

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

## UFM Community Learning Center

Registration Form  
1221 Thurston  
Manhattan, KS 66502

539-8763

Student Name \_\_\_\_\_ Day Phone \_\_\_\_\_  
Address \_\_\_\_\_ Evening Phone \_\_\_\_\_  
City \_\_\_\_\_ State KS Zip \_\_\_\_\_ Email \_\_\_\_\_

Age: Under 18 exact age \_\_\_\_\_ 19-24  25-59  60+

Parent's Name if Student is Under Age 18 \_\_\_\_\_

CLASS #	Session	TITLE	FEE	LOCATION	DATE	TIME

CLASS #	Session	TITLE	FEE	LOCATION	DATE	TIME

Tax Deductible Donation  
Total

I hereby authorize the use of my  Visa  MasterCard  Discover

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

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

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

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

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

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.

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

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

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

Office Use Only

Date \_\_\_\_\_ Staff \_\_\_\_\_

Date Received \_\_\_\_\_

Entered \_\_\_\_\_

Computer \_\_\_\_\_

Check \_\_\_\_\_

Cash \_\_\_\_\_

Visa \_\_\_\_\_

M/C \_\_\_\_\_

Discover \_\_\_\_\_

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Computer	_____	_____	Visa _____	Date _____
			M/C _____	
			Discover _____	

Office Use Only

Date \_\_\_\_\_ Staff \_\_\_\_\_

Date Received \_\_\_\_\_

Entered \_\_\_\_\_

Computer \_\_\_\_\_

Check \_\_\_\_\_

Cash \_\_\_\_\_

Visa \_\_\_\_\_

M/C \_\_\_\_\_

Discover \_\_\_\_\_