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OR CURRENT RESIDENT
UFM receives National Community Education Association OUTSTANDING ORGANIZATION AWARD

UFM has been named the 1993 Outstanding Organization by the National Community Education Association. This prestigious national award is presented to an organization that has exemplified support and service in the development of community education. The award was accepted by Executive Director Linda Inlow Teener at the NCEA national conference held in Nashville, Tennessee during December.

UFM Staff
Executive Director - Linda Inlow Teener
Educational Coordinator - Tresa Weaver
State Outreach Coordinator - Anita Madison
Lou Douglas Lecture Coordinator - Gloria Rumsey
Family Literacy Program - Michael Cody
Office Coordinator - Bonnie Wellmeier

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UFM provides a neutral site to discuss community issues. The views expressed by course instructors or those groups utilizing our meeting space are not necessarily those held by UFM programs, Board members, or staff.
UFM is committed to a policy of nondiscrimination on the basis of race, sex, national origin, handicap, religion, age, sexual preference, or other non-merit reasons, in relation to admissions, educational programs or activities, and employment, all as required by applicable laws and regulations.

THANK YOU ADVERTISERS for your loyal support.
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Manhattan Military Wives

A program for all military families in the Manhattan area.

MILITARY WIVES programs facilitate new friendships and mutual support, emotional and intellectual growth and lots of group fun. Weekly program topics include information about Manhattan and Ft. Riley, home management, cooking, planning, educational opportunities, potluck luncheons, crafts and more.

Meetings are held every Wednesday afternoon from 1-3 p.m. at the First Presbyterian Church, 8th and Leavenworth, Manhattan. Free childcare for infants, toddlers and kindergartners is provided. No reservations are needed. Dress is casual and newcomers are always welcome!

Monthly calendars of MILITARY WIVES activities are available at ACS, the Manhattan Public Library and First Presbyterian Church. Weekly activities are published in the Manhattan Mercury, COPE calendar and Ft. Riley Post.

BABYSITTING CO-OP
Women who attend MILITARY WIVES meetings on Wednesdays are eligible for membership in the Manhattan Military Wives Babysitting Co-op.

WAITING WIVES SUPPORT GROUP
Women whose husbands are PCS or TIP get together for fun and mutual support.

SPECIAL PARENTING CLASS
"Developing Capable People" is an exciting nine-week class held on Friday mornings in the fall and spring. Childcare for infants and kindergartners is provided. There is no charge for the classes, but pre-registration is required.

TRANSPORTATION
Transportation to Wednesday meetings, special workshops, and to medical, mental health and social services on post and in Manhattan can be arranged for Manhattan military families.

COMMUNITY NETWORKING
The MILITARY WIVES program brings together the need of military families with resources available in the civilian and military communities.

For more information, please call Angie Fryer - 537-7146

COMMUNITY REGISTRATIONS
For your convenience the following dates and locations have been scheduled for on-site registrations:

FIRST SESSION REGISTRATION

DATE TIME LOCATION
Jan 10, M 10 am-2 pm KSU Union
Jan 12, W 10 am-2 pm KSU Union
Jan 13, Th 4 pm-7 pm Wal Mart
Jan 18, T 4 pm-7 pm Library

SECOND SESSION REGISTRATION

DATE TIME LOCATION
Mar 2, M 6 pm-7:30 pm KSU Natatorium
Mar 5, T 6 pm-7:30 pm KSU Natatorium
Mar 7, M 4 pm-7 pm Public Library
Mar 10, Th 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

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

USE REGISTRATION FORM on the back cover.

To advertise your business or organization in the next UFM catalog, contact the UFM Office (539-8765) by March 18.

A special thanks to the businesses and organizations who show support to UFM through their advertisements. We hope that the community of Manhattan will reinforce our thanks through the patronage of our advertisers!

This Catalog Printed on Recycled Paper
Aquatics
1221 THURSTON 539-8763

UFM Swim Classes
UFM and the Division of Continuing Education are pleased to present the revised American Red Cross Learn to Swim program. This newly developed swimming program has been designed to better meet the needs of all participants. New techniques and strokes add challenges even for advanced swimmers. Use the chart below to place your student in the appropriate updated Red Cross Swimming classes.

Parents are allowed on deck only on Parents Day.
Dates: February 9 & 10, March 5, and April 15 & 16
Location: All swim classes are held in the KSU Natatorium.
Lockers are available for use during class. Participants must supply swimsuits and swimming caps. Showers are required before entering the water.

Level I: Water Exploration
The objective 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. There are no prerequisites for this course.

Session I: AQ-02
Mon/Wed 6:05 - 6:45 pm
Tues/Thurs 6:05 - 6:45 pm
Session II: AQ-12
Mon/Wed 6:05 - 7:30 pm
Tues/Thurs 6:05 - 7:30 pm
Session III: AQ-22
Saturday 9:30 - 10:15 am
AQ-42 Saturday 10:30 - 11:15 am
Fee: $55 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-serve and basic rescue skills begun in Level I. Students entering this course must have a Level I course or must be able to demonstrate all the completion requirements in Level I.

Session I: AQ-04
Mon/Wed 6:05 - 6:45 pm
Tues/Thurs 6:05 - 6:45 pm
Session II: AQ-14
Mon/Wed 6:05 - 7:30 pm
Tues/Thurs 6:05 - 7:30 pm
Session III: AQ-24
Saturday 9:30 - 10:15 am
AQ-44 Saturday 10:30 - 11:15 am
Fee: $55 per session

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

Session I: AQ-36
Mon/Wed 6:05 - 6:45 pm
Tues/Thurs 6:05 - 6:45 pm
Session II: AQ-46
Mon/Wed 6:05 - 7:30 pm
Tues/Thurs 6:05 - 7:30 pm
Session III: AQ-56
Mon/Wed 6:05 - 6:45 pm
Tues/Thurs 6:05 - 6:45 pm
Fee: $33 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 (butterfly, backstroke, breaststroke, and treading) for greater distances. Students will be introduced to the fundamentals of treading water and the basics of turning at a wall. Students entering this course must have a Level III certificate or must be able to demonstrate all the completion requirements in Level III.

Session I: AQ-08
Mon/Wed 6:05 - 6:45 pm
Tues/Thurs 6:05 - 6:45 pm
Session II: AQ-18
Mon/Wed 6:05 - 7:30 pm
Tues/Thurs 6:05 - 7:30 pm
Session III: AQ-28
Saturday 9:30 - 10:15 am
AQ-48 Saturday 10:30 - 11:15 am
Fee: $35 per session

Level V: Stroke Refinement
The objective of Level V is to specialization and refinement of key strokes. Students will be introduced to the butterfly, open turn, the front crawl, and back crawl for increased distances and to perform the sidestroke and breaststroke. Participants entering this course must have a Level IV certificate or must be able to demonstrate all the course requirements in Level IV.

Session I: AQ-10
Mon/Wed 6:50 - 7:30 pm
Session II: AQ-20
Mon/Wed 6:50 - 7:30 pm
Session III: AQ-30
Saturday 10:00 - 11:15 am
Fee: $55 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 coordination and rhythm to a greater extent in this course. Participants will be introduced to advanced techniques as well as techniques required to swim a distance of 500 yards. Students entering this course must have a Level V certificate or must be able to demonstrate all the skills required to complete Level V.

Session I: AQ-12
Mon/Wed 6:05 - 7:30 pm
Session II: AQ-22
Mon/Wed 6:05 - 6:45 pm
Session III: AQ-32
Saturday 10:30 - 11:15 am
Fee: $35 per session

Level VII: Advanced Skills
The objective of Level VII is to perfect strokes and to develop good fitness habits. Participants are urged to use aquatic activities throughout life to maintain their physical condition. They will be taught springboard diving and advanced rescue skills. They will be introduced to other aquatic activities such as water polo, synchronized swimming, skin diving and competition. Participants entering this course must have a Level VI certificate or must be able to demonstrate all the completion requirements in Level VI.

Session I: AQ-14
Mon/Wed 6:05 - 6:45 pm
Session II: AQ-24
Saturday 10:30 - 11:15 am
Fee: $35

Adult Swim Lessons
Are you tired of swimming 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 prerequisite: 12 yrs and older, class will be moved to private or semi-private lessons.

Session I: AQ-16
Mon/Wed 6:50 - 7:30 pm
Session II: AQ-26
Mon/Wed 6:50 - 7:30 pm
Session III: AQ-36
Mon/Wed 6:50 - 7:30 pm
Fee: $35

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Note: The IPAP class sessions are:
Session I: Mon/Wed January 24 - February 16
Tues/Thurs January 25 - February 17
Session II: Mon/Wed March 28 - April 20
Tues/Thurs March 29 - April 21
Session III: Saturday February 12 - April 14
No Classes on March 19 & 20

Session I: AQ-00
Mon/Wed 7 - 7:30 pm
Session II: AQ-10
Mon/Wed 7 - 7:30 pm
AQ-20
Tues/Thurs 7 - 7:30 pm
Session III: AQ-30
Saturday 10:30 - 11:15 am
Fee: $15.00 per session

UFM CLASSES make great gifts
Swim and Stay Fit

Ages 13 plus
Swim and Stay Fit is a planned activity to encourage adults and advanced swimmers to swim regularly and frequently. Participants receive individual work-out plans and supervised by instructor daily. You may choose any time block of time during the below scheduled times.

Session I:
AQ-15 Monday - Thursday 6:05 - 7:30 pm
Session II:
AQ-16 Monday - Thursday 6:05 - 7:30 pm
Session III:
AQ-23 Saturday 9:30 - 11:30 am
Fee: $20 per session

Swim and Stay Fit for Parents
Are you interested in helping your child’s swimming lessons? If so, then take advantage of the time you spend watching your child’s lessons. Our SPECIAL Parent’s Swim and Stay Fit Class is available to you at a reduced rate of 15% and will meet every day your child is enrolled in swimming lessons. In this class you will set your own goals and the instructor will help modify your program.

Session I:
AQ-16 Monday - Thursday 6:05 - 7:30 pm
Session II:
AQ-17 Monday - Thursday 6:05 - 7:30 pm
Session III:
AQ-23 Saturday 9:30 - 11:30 am
Fee: $15 per session

Hydroaerobics
Ages 16 plus
This course is designed to use water exercises for the development of physical fitness, muscle tone, flexibility, and cardiovascular endurance. Open to non-swimmers and swimmers alike. Yoga! Our enrollments have increased. Please be sure to change the format for registration into Hydro. AQS-53

Basic Water Safety
Ages 5-6
This course focuses on personal and community water safety and may be taken by anyone, regardless of age or swimming ability. It is a great opportunity for Scout leaders or groups. Basic Water Safety is a prerequisite for this class.

To schedule your group (minimum of 6) call UFM, 359-8765 to negotiate dates, times and fee. Location: KU Natatorium

Emergency Water Safety
Ages 12
Provides a sound foundation for further training in lifesaving and aquatic safety. Very appropriate class for swimmers who have passed level VI, B but not minimum age of Lifeguard Training. Basic Water Safety is a prerequisite for this class. A skills test will be given.

To schedule your group (minimum of 6) call UFM, 359-8765 to negotiate dates, times and fee. Location: KU Natatorium

Private Lessons for Special Ages 5-6
Participate for people with physical or mental needs. Arrangements will be considered for private swimming lessons for individuals who require special assistance during the second week of each session to arrange 6 classes of 30 minutes each, if conditions can be met. The facility is equipped with a lift and a set of mats loading into the pool.

Date/Time: By appointment
Fee: $30 per session of 6 lessons

Private Lessons
Ages 5-6
These lessons provide one-on-one instruction for any level of swimmer. Participants will be contacted to schedule 6 classes of 30 minutes each.

Date/Time: By appointment
Fee: $30.00 per session

Lifeguard Training
Ages 16+
This course provides knowledge, demonstrations, practice, and review of rescue skills essential for lifeguards. It also covers extensive pool management. Textbooks may be purchased at the American Red Cross Office. Prerequisite: Students must be at least 15 years old and pass a skills test the first day.

The class must pass complete course and successfully pass written test and pass the written test by 80% minimum score.

Sarah Forsythe
Date: May 16 - May 26
Time: 8:00 - 9:30 pm (Mon - Thurs)
Location: KU Natatorium

Water Safety Instructor - March
The purpose of this course is to train instructor candidates to teach the American Red Cross Learn to Swim and Water Safety classes. This is a compact course required to receive water safety certification. The course meets the screening and Instructor Candidate Training requirements by American Red Cross. Textbooks may be purchased at the American Red Cross office.

(Please call for dates)
Prerequisite: Participants must be 17 years of age by the first day of class and must successfully complete a pre-course written test and the pool portion of the test.

Sarah Forsythe is certified through the American Red Cross as a Water Safety Instructor/Trainer.

Date: March 6, 7,8,9,10,12,13,14,15,16,17
Time: 6:00 - 8:00 pm (Mon - Thurs)
Location: KU Natatorium

Water Safety Instructor
Ages 12+
The purpose of this course is to train candidate instructors to teach the American Red Cross Learn to Swim and Water Safety classes. This course includes the screening and Instructor Candidate Training required by American Red Cross. Textbooks may be purchased at the American Red Cross office. Prerequisite: Participants must be 17 years of age by the first day of class and must successfully complete a pre-course written test. All prospective candidates must successfully complete a pre-course written test. All prospective candidates must successfully complete a pre-course written test. All prospective candidates must successfully complete a pre-course written test. All prospective candidates must successfully complete a pre-course written test.

Date: January 13 - May 5
Time: 4:00 - 6:00 pm (Thursday)
Fee: $160.00
Location: KU Natatorium

Lifeguard Instructor Training - March
This course provides training to those wishing to teach the American Red Cross Lifeguarding and Water Safety courses. Textbooks may be purchased at the American Red Cross office.

Prerequisite: Participants must be 17 years of age by the first day of class and must successfully complete a Candidate Training certification or current instructor authorization (WSI) is required.

The class will be held on March 6 from 9 - 7 pm. Participants must bring their own lifeguard certification book. Current Lifeguarding Certification. Basic Lifeguarding will not satisfy this requirement. To receive certification the candidate must be competent in performance of teaching assignments and score 80% on a written test.

Sarah Forsythe
Date: May 15 - May 26
Time: 6:00 - 7:00 pm (Mon - Thurs)
Fee: $50
Location: KU Natatorium

The SUMMER UFM CATALOG will be out May 17.
Questions about Wordperfect 6.0 Upgrade
Are you thinking of buying the Wordperfect 6.0 upgrade? Are you wondering whether this is a good move for you? Come to this class and find out what all the fuss is about. We will overview the new features including the way to use graphical interface, new graphic and file retrieval ability, grammar checker, scalable fonts, envelopes, watermarks, color printing and spreadsheet functions in tables. Computer demonstration may be available.
Linda Teenor (539-8763), takes a practical and easy to understand approach to learning how to make your computer work for you.
Date: February 5
Time: 5 - 7 pm (Wednesday)
Fee: $10
Location: UFM Conference Room

WordPerfect 6.0 Basics
This class covers how to use the new features of WordPerfect 6.0 work for you. We will learn how to use the graphical view mode, work through the new menus, try out features such as grammar checker, spreadsheet ability, multiple documents, and scalable fonts. This is an upgrade class and assumes a working knowledge of an earlier WordPerfect version.
Linda Teenor (539-8763), takes a practical and easy to understand approach to learning how to make your computer work for you.
Date: February 9 & 16
Time: 5 - 7 pm (Tuesday)
Fee: $25
Location: UFM Computer Lab

Managing Your Computer
Learn the basics needed for effective use of your IBM compatible personal computer. Learn about hardware and software options. Practice basic DOS commands. Half the workshop will be spent learning how to manage your hard drive including how to store files, create backup files and modifying the path statement. Hands-on computer time is provided during the class.
Check Hurlock (537-2937), President of Acewax Systems, a computer software and service company, has a "user friendly" approach to his expertise and knowledge.
Date: February 8 & 15
Time: 7 - 9 pm (Tuesday)
Fee: $25
Location: UFM Computer Lab

Basic WordPerfect
Linda Teenor
Date: March 1 & 8
Time: 5 - 7 pm (Tuesday)
Fee: $15
Location: UFM Computer Lab

Introduction to Lotus 123
Linda Teenor
Date: February 20 & 27
Time: 5 - 7 pm (Tuesday)
Fee: $25
Location: UFM Computer Lab

Managing Your Computer
Linda Teenor
Date: April 5 & 12
Time: 5 - 7 pm (Tuesday)
Fee: $25
Location: UFM Computer Lab

How Do I Know What Computer to Buy?
With computer prices coming down, more people are looking at purchasing this very useful tool for home and business. What kind of computer will best meet your needs is hard to know amid all the sins, rumps, duds and hype. This class will explain how to decide what you need and will translate "computerese" into understandable terms to make you an informed computer shopper.
Check Hurlock (557-2037), has a thorough knowledge of the computer world, He will offer objective common sense advice in a language anyone can understand.
Date: January 25
Time: 5 - 7 pm (Tuesday)
Fee: $25
Location: UFM Multipurpose Room

A SPECIAL THANKS! I would like to take this opportunity to thank all of the dedicated volunteer instructors. It is their energy and willingness to share their time and talents that makes UFM what it is.
Thank you,
Neal Weaver

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Creative Time

BOOKS AND ABOUT WOMEN CF-01
We will discuss this month, ideas and images expressed by women through fiction and non-fiction books. Through this informal group, we will exchange perspectives, ideas, and lively discussion about our own experiences. Interpreting the fiction seriously and lightly. Past book selections include: The Steen Family by Barbara Kingsolver, Tessa At Last, by Paul Theroux, Writing in Exile by Terry McMillan, and Gone with the Wind by Margaret Mitchell.

Lori Cross (567-4300), enjoys reading and discussing books by and about women. She provided facilitation for this group since 1978.

Date: January 29
Time: 7:30 - 9 pm (Wednesday)
Fee: $5
Location: Call for location

FICTION WRITING: NUTS & BOLTS CF-02
We will discuss fiction writing techniques, including research, plotting, background and character development, and marketing. We will also perform skill-development exercises.

Lee Kyleigh (776-4848), a member of the Science Fiction and Fantasy Writers of America, Mystery Writers of America, and Siamese in Crime, has published a dozen novels and numerous short stories.

Date: February 3, 10, 17, & 24
Time: 7 - 9 pm (Thursday)
Fee: $14
Location: UPM Conference Room

COLLECTING ANTIQUE GLASSWARE CF-29
For antique lovers! We will focus on Victorian, Depression, and patterned glassware. Learn more about what you have or want to buy.

Jean Bishop-Hill (457-8484), an antique and collectible lover, manages Tuttles Antiques Market, in Manhattan. Jean also has a furniture shopping and refinished furniture. She is anxious to share her knowledge with others.

Date: March 9
Time: 7 - 9 pm (Tuesday)
Fee: $8 per class
Fee: $4 for both CF-29 and CF-30
Location: Tuttles Antiques Market

COLLECTING AND RESTORING ANTIQUE FURNITURE CF-30
Interested in collecting and using antique furniture? Learn about styles and what to look for in antique furniture. This class will teach on restoration and stripping - when to strip and when not to strip.

Jean Bishop-Hill
Date: March 15
Time: 7 - 9:30 pm (Tuesday)
Fee: $5 for one class
Fee: $3 for American CF-29 and CF-30
Location: Tuttles Antiques Market

A Multi-Diameter Antique Show

Tuttle's Antiques Market

1221 THURSTON 539-8763

SAFE AND CREATIVE FAMILY

Photo Albums
Are you photos matted in shadowboxes, or worse, in albums that are chronically disintegrating? Learn how to organize your family photos and learn the importance of photo safe, acid-free storage. You will learn framing basics, album page layout and more. Learn to preserve your past, enhance your future and start the family album tradition. First session is informational and educational. During the second session we will provide all supplies to complete a photo album. The album is yours to keep for your own photo album to create a unique album page. You will need to bring 12-24 or more of your latest pictures.

Pam Schmidt (1-800-347-3255), has been a consultant with Creative Memories since 1989, teaching classes and workshops on preserving family photos and memorabilia using photo safe supplies.

Date: February 8 & 15
Time: 7 - 9 pm (Tuesday)
Fee: $14
Location: UPM Fireplace Room

Safe and Creative Family

Photo Albums

Handweaving
This class is an introduction to four harness handweaving. It will cover weaving terms, types of looms and weaving materials and yarns. Students will learn how to plan a weaving project, prepare the loom and weave the project. Each student will prepare a loom for weaving and take a loom home to finish classes to finish the project. The student will weave a sample in different weaving patterns on a four harness loom. The project will include an introduction to weaving on a floor loom and computer assisted weaving.

George Eds (573-0643), first learned to weave in a weaving class at Bindie and has been weaving ever since. He is a member of the local Weaving Guild, the Weavers Fraternity. He owns a variety of looms and teaches the craft throughout the area at parks, schools, and historical events.

Date: January 26, February 2 & 9
Time: 7 - 9:30 pm (Wednesday)
Fee: $12
Location: Call for location

Handweaving

George Eds
Date: February 16, March 2 & 9
Time: 7 - 9:30 pm (Wednesday)
Fee: $12
Location: Call for location

How to Play Better Bridge CF-07
Defense
Defeat! Defense! Defeat! The three words for success in Bridge. Learn how to bidding and declarer play are important to helping you play good defense. This class is designed for people who are actively playing bridge. Do you know what card to lead, where the power is to your advantage? Do you know how to make your opponents tell you what they have and you hold the following hand?

AK
176
973
973

Dick Clausen (532-5575), is an ACBL accredited teacher and a Life Master.

Date: March 7, 14, 21 & 28
Time: 7 - 9 pm (Monday)
Fee: $12
Location: UPM Fireplace Room

AVIATION GROUND SCHOOL CF-14
Interested in learning to fly? Take the first step and prepare for the Private Pilot's written exam. This course will cover all you need to know in order to pass the test. FAA Exam fees are extra. Students must provide their own complete flight computer, plotter and sectional chart. ( Johnston-Boxed teacher and a Little Master.

Date: March 7, 14, 21 & 28
Time: 7 - 9 pm (Monday)
Fee: $12
Location: UPM Fireplace Room

An Introduction to the Wonderful World of Radio Monitoring
Are you curious about radio monitoring or do you have a scanner or shortwave receiver but don't know what to listen to? Bring your equipment. We will discuss monitoring laws, scanners, antennas, and frequency allocations. A demonstration of scanners and shortwave broadcasts will include BBC World Service, Public Service frequencies and coast call telephone.

John Slaye (776-7420), is an amateur radio operator and radio hobbyist. He has been monitoring frequencies since 1969.

Date: March 15
Time: 7 - 9:30 pm (Saturday)
Fee: $5
Location: UPM Conference Room

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This class covers all phases of writing (composition and fiction). Learn how to develop character, dialogue, long scenes, short stories, documentation, foreshadowing, time transition, flashbacks, recollections, hypervision, action and other topics. The book *Dear To Be A Great Writer*, written by the instructor, will be used in class.

Leonard Bishop has taught writing courses for over 25 years, has published nine novels, and has written two professional books on writing titled *Dear To Be*.

Date: January 26, February 2 & 9
Time: 7 - 9:30 pm (Wednesday)
Fee: $16
Location: UFM Conference Room

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"Creativity at Work" Mini Arranging Workshop

**Wreath "For the Birds"**

Using a straw wreath as a base we will add milo, wheat, sunflower seeds and perennials to provide food for our feathered friends. Later the straw can be used for nest building!

Christina van Swazy likes to share her enjoyment for all that grows and blooms with others. She has lived with flowers ever since she can remember. In the Dutch culture flowers are part of everyday life. Christina owns Floralia Flower Design Studio where she offers classes in flower arranging.

Date: January 25
Time: 7 pm (Tuesday)
Fee: $12 single class
$42 for the series (all supplies will be included)
Location: Floralia, 2nd Floor Bermonse House 330 N 4th Street

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**Ikebana Inspired Arrangement**

Suno trees are budding! We will use branches, a single flower and some leaves to make this attractive arrangement.

Christina van Swazy

Date: March 20
Time: 7 pm (Tuesday)
Fee: $17 single class
$42 for the series (all supplies will be included)
Location: Floralia, 2nd Floor Bermonse House 330 N 4th Street

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**Water Color Painting via Photography**

Transform photographs into watercolor paintings. Photograph Kansas homes and landscapes during the first class session with emphasis on subject selection and composition. During the studio session, select painting subjects from your developed color prints, make sketch compositions, value studies, and lay down the initial watercolor washes. Students should complete two watercolor paintings and receive instructions on matting. Students must have a 35mm camera, a 24 exposure roll of color film, watercolor paints, brushes and paper.

Ernie Pec (537-1965) and Gene Short (776-5822), have taught photography frequently and are accomplished painters. Ernie and Gene have co-taught watercolor classes for several years.

Date: April 23,24,28, May 1 & 5
Time: 7 - 9 pm (Tues & Thurs)
 Fee: $14
Location: UFM Banquet Room

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**Recycled Paper Bag Baskets**

Recycle brown grocery bags into useful, attractive baskets. Class takes approximately 1 1/2 hours and you will take home a sturdy basket. Once you learn this technique, you will be able to recycle bags, old maps, and even worn-out blue jeans into useful baskets. Recycled paper bag baskets filled with goody bags make great gifts. Very minimal supplies are needed. Supply list available at time of registration.

Mavis Buxton has been weaving for 20 years and has made baskets over the years. She learned to make baskets from paper bags and has been teaching this class to individuals, church groups, and women's groups.

Date: March 20
Time: 7 pm (Tuesday)
Fee: $14
Location: UFM Conference Room

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**More Creative Freetime on next page.**

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**Manhattan Civic Theatre**

Dial "M" For Murder
February 4-6 and 11-13
Wareham Opera House

The Mikado
(Auditions in February)
April 22-24 and 29-May 1

Volunteers of all ages needed for cast and crews. For information call 776-5497.

Box Office 539-6000
Box Office opens 10 days before openings.

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All participants must register in advance.
Introduction to Mountain Dulcimer

Come learn to play the very easy musical instrument! This class will cover the basics of playing and enjoying the Mountain Dulcimer. You will learn the skills of tuning, playing a melody line and strumming. Some chording will also be included as the class advances. A Mountain dulcimer and a flat pick for strumming are required.

Jan Miles (332-4963), has been playing the mountain dulcimer for a number of years and enjoys teaching others. He is a KSU professor.

Date: Jan 25, Feb 1, 8, 15, 22 and March 1
Time: 7 - 9 pm (Tuesday)
Fee: $15
Location: UFM Multipurpose Room

Autoharp Workshop I

The autoharp is lots of fun and easy to play. During the 1st session, we will cover the basics of tuning, using finger picks, rhythms and picking melody lines. Join the 2nd session, and we will provide further instruction and practice. Bring your autoharp and finger picks that fit your thumb and first 2 or 3 fingers.

Linda Teener (559-8763), has been playing and teaching the autoharp for several years.

Date: February 12
Time: 1 - 3 pm (Saturday)
Fee: $7 Session I
Location: 1900 Jadson

Autoharp Workshop II

Prerequisite: Session I

Linda Teener

Date: February 29
Time: 1 - 3 pm (Saturday)
Fee: $7 Session I
Location: 1900 Jadson

Black and White Photography for Beginners

Black and White photography is back. In this class we will give basic tips on taking great pictures with a 35mm SLR camera. We will look at f-stops, shutter speeds, focusing, depth of field, compositions, and the use of different types of film. Bring a 35mm camera and a roll of Tri-X 400 ISO Black and White film. Class size is limited.

Harold Wellmeier (339-8763) has a degree in Commercial and Industrial Photography. He enjoys all aspects of photography. He especially enjoys working in black and white photography.

Date: January 30
Time: 7 pm (Sunday)
Fee: $8
Location: UFM Conference Room

Black and White Film Developing for Beginners

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 Tri-X 400 ISO film to class. All other materials are included in the fee. Class size is limited.

Harold Wellmeier (339-8763) has a degree in Commercial and Industrial Photography. He enjoys black and white photography, and enjoys processing his own film.

Date: February 13
Time: 7 pm (Sunday)
Fee: $8
Location: UFM Darkroom

You are registered unless you are otherwise notified.

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MANHATTAN GYMNASICS CENTER

MGC offers gymnastics, dance and martial arts classes for all ages. Mention this ad for a free trial class.

MANHATTAN GYMNASICS CENTER
2305 SKY VUE LANE
MANHATTAN, KANSAS 66502
(913) 539-3613

The SUMMER UFM CATALOG will be out May 17.
Effects of Divorce on Children

No matter what age a child is when parents decide to divorce there will be behavioral effects. This workshop is designed to give parents information on the developmental effects of divorce, how parents can talk to their child about divorce and how parents can set up variations that are least stressful for both the child and the parents. Handouts will be provided.

Denise Leite is currently a psychologist in Junction City. She often has children in her case load who are having a difficult time adjusting to divorce. Ms. Leite’s topic, “Effects of Divorce on Children’s Family Drawings in Two Age Groups,” deals specifically with how a child views his or her place within the family structure after a divorce.

Date: February 2
Time: 7 pm (Wednesday)
Fee: $5
Location: UFM Multipurpose Room

Fun, Games, and NAB’s

Let’s Party! Here’s an opportunity for parents, church and other youth group leaders to exchange and learn successful party tips for kids. The basis for this program is the social and dance and exist without the presence of alcohol. Gear up for those “lock-in,” school’s out parties, etc., with new suggestions for food, activities, and NAB’s. Who needs a reason to party? See you there!

Pam Urban, a former classroom teacher and Prevention Consultant for the Northeast Kansas Regional Prevention Center, a program of Pawnee Mental Health Services.

Date: April 7
Time: 7 pm (Thursday)
Fee: $5
Location: UFM Fireplace Room

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Constructive Arguing for Couples or Roommates

This workshop is designed to focus on how a couple or roommate prolongs the arguing process by using ineffective communication techniques. These ineffective techniques will be discussed so that a person can become aware of their arguing styles. Then, new healthier communication techniques will be introduced, such as T statements that lessen the defensive stance of your partner. Handouts will be provided.

Denise Leite is currently a psychologist in Junction City. As part of her job she sees couples for marriage therapy. Part of the focus during this therapy is on communication as Ms. Leite feels this is often times one of the weakest links in a marriage or partnership.

Date: February 16
Time: 7 pm (Wednesday)
Fee: $5
Location: UFM Conference Room

Konza Prairie Hike for Families

Strengthen your family while learning more about fresh spring blossoms of the prairie. As a family, you will spend the time to list your strengths and find an object from the prairie that represents your family. This will be an enjoyable evening with sharing and learning. You can bring binoculars, prairie field guides and a camera.

Revisited: May 4.
Directions: Take 177 to McDowell Creek Rd. and drive south approximately 3 1/2 miles. Turn left at the Keele Research Natural Area. Proceed 1/2 mile to parking area.
John Knecht (539-2843), is a graduate student in Family Life Education. He believes outdoor activities can strengthen your family unit.

Date: May 2
Time: 5:30 pm (Monday)
Fee: $5
Location: Konza Prairie Trailhead

Planning for Long-Term Care: Who Pays? A major concern of seniors is the cost of long-term care. This class will provide valuable information about Medicare, the Clinton Health Plan and long term care insurance.

Date: March 10
Time: 5:30 pm (Thursday)
Fee: $5
Location: UFM Conference Room

You are registered unless you are otherwise notified.

Dairy Farm Tour with Focus on Family Strengths

While we tour and learn about the Dairy Farm at KSU we will focus on the responsibilities of the dairy operations and how each member has responsibilities to the family that provide strength for the family unit. Each family member should bring ideas about their role in the family.

Directions: 1 mile north from Denison and Kishell intersection. Proceed west for 1/2 mile. Turn right onto a dirt road. We will meet at the yellow shed where the offices and milking observation room is located.

John Knecht
Date: March 5
Time: 9 - 10 am (Saturday)
Fee: $14 family
Location: Dairy Place
2000 Mariott

Continuing Education

For Helping Professionals and Volunteers

Women & Chemical Dependency

Marilee Keesling, LCSW
Patty Mayo, LMFW
Jan. 19 12:45-3:45 3 hrs

Child Sexual Abuse: Evaluating Allegations of Abuse and Responding to Sexualized Children

Ann Galbraith, LCSW
Feb. 16 8:45 a.m. - 3:45 p.m. 6 hrs

*Pawnee is an approved provider of continuing education for registered nurses, licensed practical nurses, social workers and others.

Baseline: Community Action for Drug-Free Kids
Beth Hughes, M.A.
March 4-5 8:30 a.m. - 3:30 p.m. 12 hrs

Family Systems: Intergenerational Patterns
Terry Pflueger, Ph.D.
Mar. 16 12:45-3:45 3 hrs

Building Powerful Leadership Skills
Angela G. Hayes, M.S.
Apr. 20 12:45-3:45 3 hrs

Pre-registration required. Fee is $75 per hour.
Call for free brochure - 587-4328.

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FONE
Field Trip: Wabaunsee County Glacial Area

Come venture to the glacial area of northwestern Wabaunsee County. We will search for materials such as agate, quartzite, and fossils left behind by the glacier. Become a resident for a day. Bring a beverage and a container for your treasures. Raindate: April 20

Dr. F.C. Lambing (539-7599), Professor Emeritus of Chemistry at Kansas State, is a long-time member of the Manhattan Mineral, Gem and Fossil Club.

Date: April 23
Time: 9:00 am - noon (Saturday)
Fee: $5 individual
$10 couple
Location: Meet at USFM Fireplace Room

Bald Eagle Observation

The Bald Eagles are most active during early morning feeding. In the past numerous eagles have been spotted. Bring your binoculars, a bird field guide (if you have one), and dress warmly. We will enjoy the outdoors and the family time.

John Kocicer (539-2820), is a graduate student in Family Life Education and loves the outdoors. He believes outdoor family activities can strengthen the family unit.

Date: February 5
Time: 8:30 am (Saturday)
Fee: $9 individual
$18 family
Location: Parking lot at Tallgrass Prairie National Preserve

The Spillway "Canyon": Reading The Pages of Ancient Earth History

Would you like to understand the phenomena you see at the Turtle Creek Spillway? Here is a class for you. The first evening will begin with a overview of the broad sweep of Earth History. After walking through the geologic ages, you will be introduced to the world of the Permian Period during which the rocks of the spillway were formed. The plant and animal fossils of this time will be described and the life of the Permian land and ocean will be reconstructed. Our second meeting will focus on the methods and principles used by geologists to reconstruct Earth history. You will be given the tools to read the history of the Earth for yourself. We will also discuss the processes that ended the spillway "canyon." On this - three hour field trip we will explore the spillway together. Imagine yourself walking an ancient seashore or an ancient landscape! This will be a great time to identify fossils found in the spillway.

Kath Miller is a paleontologist and sedimentologist doing postdoctoral research with the geology department at K-State. His interest is in using information recorded in the rocks to reconstruct ancient environments and understand how they changed with time. He is fascinated by the dynamic history of the Earth, and enjoys telling the stories written in its rocks. He also enjoys observing and learning from the natural world around us.

Date: April 5, 6 & 7
Time: 7:00 pm (Tues & Thurs)
To be announced for Saturday
Fee: $10 individual
$25 family
Location: 215 Thompson Hall, K-State

The Spillway "Canyon": Reading The Pages of Ancient Earth History

The Spillway "Canyon": Reading The Pages of Ancient Earth History

Keith Miller

Date: April 26, 28 & 30
Time: 7:00 pm (Tues & Thurs)
To be announced for Saturday
Fee: $10 individual
$25 family
Location: 215 Thompson Hall, K-State

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All participants must register in advance.
Landscaping around the Home EN-02

Would you like to know more about the basics of landscaping your home? Different resources available locally will be discussed and a limited discussion on advantages and disadvantages of plant material. This course will be a must for new residents to the Manhattan community or those of us "born here.

Alan Ladd (375-6550), is the Riley County Extension District Director. Before coming to the County Extension office he coordinated the horticulture program in Riley County. He believes that education is a life long process and everyone needs to keep up to date on areas of interest to them. Tom Morey has used his degree in Horticulture and Landscape Architecture to help design award winning landscape plans for over ten years. Hollie Environmental Design is the design firm that Tom operates and offers design services to commercial and residential clients in the area.

Successful Gardening EN-06

Ah-bb-b-Kansas! Where the wind and hail makes life pleasant for new seedlings and where the hot sun and dry weather bake your vegetables before they've been planted! Gardeners, especially beginners, will profit from this class as we explore the merits and perils of gardening in Kansas. We'll offer tips and tricks to dealing with the effects of weather and soil, and show you new products on the market designed to make gardening easier. You can have that successful garden!

Colleen Hampton
Date: March 9
Time: 7 - 9 pm (Wednesday)
Fee: $5
Location: UFM Greenhouse

Composting: The Fine Art of Making "Black Gold" EN-09

Is that pile of Fall leaves still there? Compost them! Have you ever wanted to have your own compost pile? Do you want to know what to compost? Do you want to know how to make compost? Do you have a compost pile and want to know how to improve it? Join us and learn about composting and its benefits.

Colleen Hampton
Date: March 13
Time: 7 - 9 pm (Wednesday)
Fee: $5
Location: UFM Greenhouse

Growing Cool-Season Vegetables EN-05

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

Colleen Hampton (539-9934), is a 1994 Master Gardener and a member of the Manhattan Community Gardens. She enjoys sharing what she has learned with all interested members of the community and looks forward to class interaction.

Date: February 23
Time: 7 - 9 pm (Wednesday)
Fee: $5
Location: UFM Greenhouse

Gardening in Small Places EN-08

Do you want to grow vegetables but don't feel that you have the space needed? Are you a veteran gardener who never seems to have enough room to plant everything you want to grow? You may have more space and growing potential than you think! We'll discuss several approaches to getting more produce out of a small space. A tour of one such garden is optional.

Colleen Hampton (539-9934), is a 1994 Master Gardener and a member of the Manhattan Community Gardens. She enjoys sharing what she has learned with all interested members of the community and looks forward to class interaction.

Date: March 10
Time: 7 - 9 pm (Wednesday)
Fee: $5
Location: UFM Greenhouse

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Fall GRE Preparation Course in time for October 1994 GRE exam!
Beginning Cake Decorating FF-01
Every country border will make a cake. Learn to add an icing decoration and impress all of your family and friends. Aicing will be provided for practice in class. You will bring your own cake to a later class and take home a masterpiece. Supply list available at registration. Tamickh time begins decorating cakes several years ago as a hobby. Her first lesion was a UFM cake decorating class. Currently she donates cakes for Dillards.
Date: February 24, March 3, 10 & 17
Time: 7 - 8:30 pm (Thursday)
Fee: $17
Location: 144 Justin Hall, KSU

Cake Decorating II FF-02
This class will continue to build on the decorating techniques used in Beginning Cake Decorating. You will learn how to add details and make flowers appropriate for special occasion cakes. Icing will be provided for this class practice. You will bring your own cakes to a later class and take home a masterpiece. Supply list available at registration.
Tamickh time will begin decorating cakes several years ago as a hobby. Her first lesson was a UFM cake decorating class. Currently she donates cakes for Dillards.
Date: March 31, April 7, 14 & 21
Time: 7 - 8:30 pm (Thursday)
Fee: $18
Location: 144 Justin Hall, KSU

Basic Cooking FF-03
This class will cover the basics of cooking, from finding the best deal at the grocery store to creative leftovers. Rick Bangard (517-1251) has been a chef in the local market for 12 years. Currently he is the executive chef for Old Chicago Bar & Grill. He has worked in many restaurants from fast foods to full service fine dining and catering.
Date: February 3, 12, 19 & 26
Time: 6:30 - 9 pm (Saturday)
Fee: $10 included 4 lunches at Old Chicago Bar & Grill
Location: Old Chicago Bar & Grill, 5003 Anderson in Village Plaza

How to Watch a Good Program Die FF-04
Nothing kills a UFM class faster than participants who wait until the last minute to enroll. Classes will be cancelled if there is a lack of enrollment.
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Thai Cooking
Learn how to prepare and enjoy authentic Thai dishes. This series of classes will be fun and informal. We will eat what we prepare.
Lek Lorleang (776-9667), a native of Bangkok, Thailand and has been in Kansas since 1967.

BeeF, Pork and Chicken Stay FF-05
Beef, Pork and Chicken Stay (BBQ) on a Stick made with Thai peanut sauce, cucumber pickles and toast.
Date: Februqry 24
Time: 10 am - noon (Saturday)
Fee: $15 single class
Location: 144 Justin Hall, KSI

Kualitao Phatthai FF-06
Fried rice noodles Thai-style with shrimp, bean sprouts and sausage.
Date: March 19
Time: 10 am - noon (Saturday)
Fee: $15 single class
Location: 144 Justin Hall

Khao Neo, Kai Yang, and Sumtum
A popular Northeast Thai dish. Sweet rice with BBQ chicken and papaya salad.
Date: April 16
Time: 10 am - noon (Saturday)
Fee: $12 single class
Location: 144 Justin Hall

How to Plan and Prepare a Successful Dinner Party
This class will feature 12 tips on planning a successful dinner party as either your home or your favorite restaurant. We will provide tips and strategies to guarantee a successful party of any size. Food to sample and soft drinks provided, Cocktails may be purchased.
Rick Bangard (517-1251), has been a chef in the local market for 12 years. Currently he is the kitchen manager for Old Chicago Bar & Grill. Tom Walter is General Manager for Old Chicago Bar & Grill. He has worked for the Eric Carlson's small restaurant on Redwood Drive in Hollywood and coordinates numerous catering events locally.
Date: February 21
Time: 7 pm (Monday)
Fee: $12
Location: Old Chicago Bar & Grill, 5003 Anderson in Village Plaza

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Beginning Sign Language

This class is designed for individuals who are interested in learning the basic skills of American Sign Language. Students will be instructed in the Manual Alphabet and a vocabulary of about 200 functional signs. Fee includes book Gallaudet’s Survival Guide to Signing.
Napoleon Smith has taught sign language for 6 years and has been a professional interpreter for 7 1/2 years. He grew up with two deaf parents.
Date: January 26 - March 2
Time: 7 - 8 pm (Wednesday)
Fee: $45
Location: 149 Justin Hall, KSU

Survival English

English as a 2nd Language

Survival English is designed for those whose native language is not English. It will help the student survive in an English speaking world. The student will learn "survival skills." Conversational skills, pronunciation, spelling, and grammar will be used to help the student speak with confidence. Textbooks and handouts will be used. Class participation is recommended. Certificates of completion will be awarded.
James F. Hill completed his Bachelor of Science degree in American History at the College of the Ozarks, Point Lookout, MO, in 1977. He holds a Missouri State Teaching Certificate. In addition to teaching high school social studies in the Missouri Public system he has taught English as a Language Instruction in Seoul, Korea. He is a graduate student in KSU.
Date: March 29 - May 5
Time: 7 - 8:30 pm (Tues & Thurs)
Fee: $70
Location: 128 Blumental Hall, KSU

English as a 2nd Language

This class is for students who already speak and read basic English, as their second language. The class will be structured to meet the needs of students on an individual to advanced class. We will concentrate on conversation, reading and vocabulary building. Textbooks and handouts will be used. Class participation is recommended. Certificates of completion will be awarded.
James F. Hill
Date: January 25 - March 5
Time: 7 - 8:30 pm (Tues & Wed)
Fee: $70
Location: 128 Blumental Hall, KSU

Japanese

Join us for an introduction to Japanese. This class will cover basic language skills for use in travel, such as ordering food, making and understanding directions. This class will cover the basic structure of Japanese, with emphasis on conversation. No prior knowledge of Japanese is required. Participants will be asked for input regarding specific learning interests.
Naoko Sato is a K-State Economics student. She has had experience teaching other University students.
Date: February 7, 14, 21, 28, March 7 & 14
Time: 7 - 8:30 pm (Monday)
Fee: $20
Location: UMF Multipurpose Room

Introduction to German

This class is a prerequisite for the Beginning German II class. You will be introduced to German and learn some basic skills (alphabet, numbers, color, objects, etc.).
Conversation in German is emphasized.
Michele Thao, a graduate of Washington University with a degree in German. She received the Fulbright Fellowship to study in Austria where she lived for 2 years. She is currently a graduate student of German and is also a Graduate Teaching Assistant, having taught since the Fall of 92.
Date: January 27, February 3, 10 & 17
Time: 9:30 - 10:30 pm (Thursday)
Fee: $50
Location: 123 Eisenhower Hall, KSU

Beginning German III

In this class we will build on basic language skills and learn to express ourselves in German in various situations. We will also learn about culture. Conversation in German is emphasized. Introduction to German is a prerequisite for this class. If you missed Beginning German II, you can still enroll in this class.
Michele Thao is a graduate of Washburn University with a degree in German. She received the Fulbright Fellowship to study in Austria where she lived for 2 years. She is currently a graduate student of German and is also a Graduate Teaching Assistant at K-State having taught since Fall 92.
Date: February 24 - May 19
Time: 9:30 - 10:30 pm (Thursday)
Fee: $20
Location: 123 Eisenhower Hall, KSU

Russian for Beginners

As Russian culture becomes more accessible to the world, here is an opportunity to learn the beautiful Russian Language and gain insight into contemporary Soviet life. Forget the old myth that adults are inferior to children in learning languages. Kutan, listen to the Russian short stories, and learn the Russian alphabet and try to read yourself. This course will be geared towards your learning interests.
Irina Kuznetsova (532-5679) and Liubov Roman, who graduated from the Department of Philology, Moscow State University. At present she is in Educational Psychologist and is interested in applying her knowledge in psychology and linguistics for teaching Russian, Liubov had been teaching foreign language in Russia for 20 years and still enjoys it.
Date: January 26 - February 18
Time: 7 - 8 pm (Wed & Fri)
Fee: $20
Location: 105 Blumenthal Hall, KSU

Conversational Russian II

This class is a continuation of Russian for Beginners I. It is appropriate for those who have some basic skill in Russian. We will concentrate on conversational Russian.
Irina Kuznetsova and Liubov Roman
Date: February 23 - March 18
Time: 7 - 8 pm (Wed & Fri)
Fee: $20
Location: 105 Blumenthal Hall, KSU

French French French

This class is an introduction to French. The emphasis will be on conversation, proper pronunciation and everyday vocabulary, including greetings, telling time, weather, family, food, and personal words. We will cover different situations with little "real life" dialogues.
Natascha Camillo (539-7532), a briefly studied French native speaker eager to share her knowledge. She grew up in Switzerland and is now in Manhattan for school.
Date: January 26 - March 16
Time: 9:30 - 11 am (Wednesday)
Fee: $20
Location: UMF Multipurpose Room

French French French

Natascha Camillo
Date: January 27 - March 17
Time: 4:30 - 6 pm (Thursday)
Fee: $20
Location: UMF Multipurpose Room

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SHARP-Self Defense for Women

This is a nationally designed self defense program to specifically meet the needs of women. By empowering women to better protect themselves they gain confidence in social and professional environments. There will be discussion and demonstration dealing with situations from sexual harassment, date rape through actual attack. This class provides self defense techniques without the use of weapons or extreme Martial Arts. Ages 15+

Dates: Feb 11, 18, 25 in the Dickman Dance Hall taught by police tactics, but for this class she takes a very practical approach.

Date: February 26
Time: 6 - 12 noon (Saturday)
Fee: $18
Location: First Lutheran Church

Introduction to Zen Buddhism

SP-02

Philosophy and Practice

Zen Buddhist philosophy aims for enlightenment by direct intuition through meditation. Join us for discussion and practice of Zen meditation (zazen) with a group focus on the soto tradition or "shukho." Other traditions will also be discussed. Please bring a cushion to sit on in class.

Leon Rapoport (532-6850), a professor with the KSU Psychology Department, and Al Potter, a medical technician in the veterinary school, have studied Zen for several years and are affiliated with the Minneapolis Zen Center and the Minnesota Zen Group.

Date: April 13, 20, & 27
Time: 7:30 - 9 pm (Wednesday)
Fee: $10 individual
Location: UFM Conference Room

Sack Lunch Theology

SP-04

This semester we will read M.C. Scott Borch's book new book, A World Waiting to Be Born: Cityville Radiospectacle. Each class describes the mutually distinctive patterns of self absorption, manipulation and materialism which have become the norm for our culture. We will consider their relationship to such issues as love, marriage, family, ethics, vocation, prayer and others as we discover on our way. Copies of the book will be available to purchase at the first class.

Kathy Donald (539-3051) is in her first semester as the American Baptist Camps minister. She welcomes participation by former handbible theologians and all interested new comers.

Date: February 7 (will meet approx 8 times)
Time: 11:45 - 1 pm (Monday)
Location: 1801 Anderson

Yoga for Beginners

SP-07

Introduction to the fundamentals of yoga and meditation. Yoga represents the union of inner and body, the inner and outer existence, personal consciousness with cosmic consciousness. It's a low impact, comfort zone, no strain exercise which focuses on alleviating the accumulated effects of physical stiffness and emotional stress. Wear loose clothes. Bring a pillow and a blanket.

Jim Pheide is a local builder who practices yoga. He has been an instructor and a friend of UFM for 2 decades. This class is dedicated to his former teacher, Dr. Albert Franklin.

Date: February 16, 23, March 2 & 9
Time: 5:30 - 6:30 pm (Wednesday)
Fee: $10
Location: Baptist Campus Center

Simple and Fun Massage

SP-05

For Family and Friends

This program is designed to teach you relaxing approaches to relieving stress for married or dating couples, children, friends and singles. Have a friend enroll too so you can trade a massage after a testing test at school or tension at home work. This will benefit the health of your family and personal life by reducing stress and reinforcing positive feelings. Bring a pillow with you to class.

John Knechtel received training at a health resort in Hot Springs, Arkansas. He is now a full-time student in Family Life Education and has worked at Massmann Chiropractic soothing the stresses of muscle pain and nervous fatigue.

Date: February 6
Time: 6 - 7:30 pm (Sunday)
Fee: $10 individual
Location: UFM Conference Room

Massage Therapy: Panel

SP-06

Discussion

Manhattan massage therapists and reflexologists will come together to discuss and explain what massage therapy is all about; the benefits of massage, the different massage techniques, and the procedures involved when receiving a massage. They will answer your questions and demonstrate their work by offering a short, free, hand, or shoulder/chest massage to class participants.

Manhattan massage therapists and reflexologists who have not been contacted but wish to participate as a member of the panel, please contact Jim Preite, 537-7167.

Date: February 1
Time: 7 pm (Tuesday)
Location: UFM Fireplace Room

Retraining the Mind

For Inner Peace

What we experience is our state of mind projected outward. What this class is for is to help us recognize that we have a choice in how we think about ourselves and the world around us. Principals of Mindfulness Meditation will be provided to help us see things differently.

Mary B. Williams has been seeking inner peace for years! (A Course in Miracles is a self-coaching tool for one's inner relationship transformation.)

Date: March 2 & 9
Time: 7 - 9 pm (Wednesday)
Location: UFM Multipurpose Room

UFM POTTERY COOPERATIVE

The Potter Studio is a facility available to anyone who feels confident working alone. No instruction is provided. The studio is a self-supporting facility run by members for members. Your membership entitles you to the use of the studio, tools, tools, recycling clay and unlimited free firings. In order to cover material and facility costs, the membership is based on a cash fee and in-kind contributions.

MEMBERSHIP FEES:

Annual: $65 Semester: $30

IN-KIND CONTRIBUTIONS

*Help clean the studio *Participate in Cooperative meetings
*Co-teach classes or workshops *Assistant with income-producing projects

Studio open during UFM building hours or by arrangement

For further information, call UFM 539-8763

Thank you to our talented and willing volunteer instructors!
**Self-Esteem for Adults**

SP-03

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

Class 1: Self Acceptance - The Key to Self Esteem

Class 2: You're In Charge of Your Life - Believe it or Not

Class 3: The Choice is Yours - Accept or Resist

Class 4: Your Present Thinking Creates Future Events.

Michael Cody (559-8763), is the Family Literacy Instructor at UFM. She works with adult groups teaching literacy and life skills classes. She has seen, over the years, with working with adults in many situations, that the state of their self-esteem is the one factor which post-consistently affects their lives. Happily, it is one factor that we each are in control of and can change.

**Mindfulness Meditation**

SP-12

Mindfulness meditation (also known as vipassana) originated 2500 years ago with the teachings of the Buddha and is still a vital part of Theravada Buddhist traditions of Southeast Asia. It involves practice of the moment to moment investigation of the body-mind process, which enables the mind to see more clearly into itself. We will sit one hour in the silence and then enjoy a cup of tea together. Wear comfortable clothing; if you wish you may bring a mat or blanket for sitting.

Christina van Swyng (559-5439), has used the practice of meditation in her daily life since she was a student at Woodbrook, a Quaker College for religious education in Birmingham, England. She was introduced to mindfulness meditation two years ago, Christina sees herself as a facilitator and not as an instructor. A small group has been meeting at her house and they welcome more people in her chakra (group).

Date: January 21 - May 2
Time: 7:30 pm (Monday)
Fee: $5
Location: Call for location

**Metaphysics Discussion**

Group

This discussion group is meant for those beginning to explore, and for those that have already entered the metaphysical block. A variety of topics will be included. Guest speakers will be invited as much as possible. The evenings will either begin or end with a group meditation. The group shall evolve according to its members needs. The intention of the group will be to provide a fellowship and a learning experience for those on the path. Bring a mat or cushion to sit on.

Tracy Mahoney will facilitate this group.

Date: January 31 - May 10
No class March 22
Time: 8:30 pm (Thursday)
Fee: $5
Location: UFM Banquet Room

**HANDICAPPED ACCESSIBLE**

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

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**Our Community & Beyond**

1221 THURSTON
539-8763

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**Honeymoon Planning to Fit Your Budget**

OC-01

Planning a special honeymoon that also suits your budget! You can have wonderful memories that will last forever without having to pay forever.

Terry Marker (767-2217), is a native of Manhattan. She is the owner of Cruises and Travel. Cruises are her favorite vacation.

Date: January 20
Time: 7 pm (Wednesday)
Fee: $5 individual
Location: UFM Multipurpose Room

**Honeymoon Planning to Fit Your Budget**

OC-92

Terry Marker

Date: February 23
Time: 7 pm (Wednesday)
Fee: $5 individual
Location: UFM Conference Room

**Native American Culture & How not to feel like a Tourist in "Indian Country"**

OC-03

Utilizing area Native American experts and segments from the recent PBS series, "How the West Was Lost" this class examine U.S. history from a Native American perspective, and explores the conflicting feelings of many Euro-Americans toward Native Americans. Topics such as Native American ceremony, religion, gaming styles, family structures and treaties will be discussed. Storytelling, pow-wow's, and current issues in Indian country will also be covered. Cross-cultural understanding will be emphasized throughout the class.

Dorothy Roberts Arviso is co-advisor to KSI's Native American student body and a past board member for the Kansas Association for Native American Education (KANAE). She has also worked on the Kansas Committee of the White House Task Force for Indian Education and is currently working toward a graduate degree in the College of Education at KSI.

Date: Jan 25, Feb 1,8,15,22, March 1 & 8
Time: 7 - 9 pm (Tuesday)
Fee: 
Location: UFM Greenhouse

**India: Parachay**

OC-04

Parachay means introduction in Hindi. This class will be an introduction to India. It's history, culture, people, geography and society. Learn about this interesting country and test your skill with a culture game.

Siddharth Tarabhis is a senior in math and economics at Kansas State University. He has lived in India and Oman. He has travelled extensively and has been exposed to diverse cultures around the world.

Date: March 11
Time: 7 pm (Thursday)
Fee: $7 single class (includes handouts)
Location: UFM Multipurpose Room

**India: Parivar**

Parivar is Hindi for family. In this class learn the general family structures in India, meeting of children, patriarchal heritage, marriage and other aspects of family life.

Siddharth Tarabhis

Date: April 7
Time: 7 pm (Thursday)
Fee: $7 single class (includes handouts)
Location: UFM Multipurpose Room

**India: Yatra**

Yatra means travel or pilgrimage. Find out about interesting places to visit in India. Learn where to go, and where not to go. Get useful tips, language tips and general information.

Siddharth Tarabhis

Date: April 14
Time: 7 pm (Thursday)
Fee: $7 single class (includes handouts)
Location: UFM Multipurpose Room

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Introduction to Golf

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

Jan Gregory (550-1041), PGA Professional, is the golf pro at Stagg Hill Golf Course.

Date: March 10, 24, & 31
Time: 5:30 pm (Thursday)
Fee: $25
Location: Stagg Hill Golf Club
4441 F. Riley Blvd.

Ballroom Dance I

Ballroom dancing is back! Time, Newsweek and Smithsonian report the ballroom dancing is popular throughout the US. Many are taking to the overs. Join the hundreds of people who have learned to dance through UFM. You will learn to foxtrot, waltz, rigadoon and more. You will be dancing around the expansive floor. So, sign up with a friend, or two, and learn how to dance with dama's and dama's. Classes fill rapidly. It is advisable to register early.

Michael Bennett (717-5757), has trained in Ballroom Dance at U.C. Berkeley, Mandala Ballroom, San Francisco; Academy of Dance, Chicago; Dance Studio, Chicago, Ill.; and Avenue Ballroom, San Francisco. He has been winning the British Ballroom Dancing Championship, Volti Weavers has been helping Michael teach dance for 3 years and has been dancing all of her life. She is from Ireland and learned dance in the British and Irish school systems.

Date: January 24 - April 15
Time: 8:00 pm (Fridays)
Fee: $30 per person
Location: Lucky High School Gymnasium
220 S Julianne

Ballroom Dance II

This course is for those who would like to attempt more challenging ballroom dance variations. Couples are encouraged to attend so that they may learn to dance as one. Waltz, Fox trot, and Jitterbug will be taught. Techniques will be given. Prerequisite: Must have completed Ballroom Dance I with Michael Bennett.

Michael Bennett

Date: January 25 - April 15
Time: 7 - 8 pm (Fridays)
Fee: $30 per person
Location: Lucky High School Gymnasium
220 S Julianne

Aerobics Instructor

Training Course

This course is the next step for those who love to do aerobics - learn to be an aerobics instructor! You will learn to teach high impact, STEP and aerobic classes.

The American Council on Exercise (A.C.E) Aerobics Instructor Manual will be provided to prepare students to take the A.C.E certification exam.

Purposes should be in good physical shape.

Enrollment deadline: January 21 to insure book delivery.

Barbie Inbody is a Registered Nurse, with a Master’s degree in exercise science. She is nationally certified as both a fitness instructor and personal trainer, and has been teaching aerobics for over 4 years.

Date: February 7 - May 3
Time: 7:30 - 9 pm (Tuesday)
Fee: $50 which includes $45 A.C.E. Aerobics Instructor Manual
Location: Manhattan Athletic Club
700 Roosevelt Road

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Listen to KQLA for UFM calendar update Monday through Thursday.
The Preview Meeting

The preview meeting is an introduction to the baseball/softball workshop. It will provide an opportunity to meet the coach and hear his philosophy on coaching techniques. Bring your questions.

Date: March
Time: 7 pm (Sunday)
Location: UPM Fireplace Room

The Baseball/Softball Workshop

The baseball/softball workshop is a hands-on clinic with an intense focus on the development of proper techniques for hitting and pitching in particular, but fielding and catching will be taught as well. A better understanding of playing the game and the mental approach needed for success will be emphasized.

Date: March 5
Time: 10 am - noon (Saturday)
Fee: $50 each class (RH-08 & RH-09)
Location: 608 Ponatskow Street

Judo

This course is designed to teach the fundamentals of sport judo. Students will learn basic throws, throwing and mat techniques as well as rules for contests. Each student will be given an opportunity to order a uniform the first night of class. The uniform is not required for the first three week of class, but will thereafter.

Date: January 20 - May 7
Time: 9:30 - 11:00 am (Saturday)
Location: Ahsearn Fieldhouse

Fencing

Fencing is the ancient art of sword play. It not only provides a great workout, but is a sport that teaches valuable life lessons. Students will learn to fence, and will also participate in local and national fencing tournaments.

Date: February 22, March 1,15,29, April 5,12 & 19
Time: 7:30 - 9:30 pm (Tuesday)
Location: Luckey High School Gym

Nippon Kempo Karate

Nippon Kempo's philosophy is deeply rooted in the traditional martial arts (Doto, Karate, Aikido and Kendo). It is an empty handed, full contact style of Karate. Kempo teaches self-defense, self-control, self-confidence and self-defence and is also a very good aerobic exercise. Students will learn basic movement, throwing and striking techniques without actual contact. Full contact sparring will only begin after basic moves are learned. A participation certificate will be provided for all 3 months of class an optional test to advance Kempo ranking is held.

Date: January 24 - April 29
No Classes March 23 or 24
Time: 7:30 - 7:50 pm (Mon, Wed & Fri)
Fee: $40
Location: Ahsearn Fieldhouse

School of Hard Knocks: Baseball Seminar

Here is your opportunity to develop the skills and confidence necessary to enjoy America's favorite pastime. Both The Preview Meeting and The Baseball/Softball Workshop will concentrate on improving the basic skills of the game to better your ball playing skills or learn more about effective coaching techniques. P.M. Morgan (76-0727), has been coaching baseball for 25 years. As a high school coach he was twice named Coach of the Year. He was coaching for the University of Missouri when they finished with a 5th place National ranking and for Kansas University for two seasons. P.M. finished 2nd in the Big 8. His experience with baseball includes American Legion coaching and coaching for professional baseball teams: the Kansas City Royals and the Pittsburg Pirates. Phil knows and loves the sport and is eager to share his experience.

The Preview Meeting RH-08

The preview meeting is an introduction to the baseball/softball workshop. It will provide an opportunity to meet the coach and hear his philosophy on coaching techniques. Bring your questions.

Date: March
Time: 7 pm (Sunday)
Location: UPM Fireplace Room

The Baseball/Softball Workshop RH-09

The baseball/softball workshop is a hands-on clinic with an intense focus on the development of proper techniques for hitting and pitching in particular, but fielding and catching will be taught as well. A better understanding of playing the game and the mental approach needed for success will be emphasized.

Date: March 5
Time: 10 am - noon (Saturday)
Fee: $50 each class (RH-08 & RH-09)
Location: 608 Ponatskow Street

Martial Arts

1221 THURSTON 539-8763

Tae Kwon Do Karate I MA-01

Tae Kwon Do is a traditional martial art designed to provide the optimum in muscle tone self-defense. Wearing traditional uniforms and self-confidence, Tae Kwon Do students develop balance, flexibility, and self-discipline while improving cardiovascular fitness. This class meets on Tuesdays and Thursdays at 7:30 - 8:30 pm.

Date: January 25 - April 28
No Class March 23 or 24
Time: 7:30 pm (Tues & Thurs)
Fee: $65
Location: Ahsearn Fieldhouse, KSU

Hakkro Ryu Jujitsu MA-03

Hakkro Ryu is a self-defense-oriented grappling type of martial art. It is not a sport form of martial arts. Students will concentrate on 2 person, without assistance, self-defense exercises, and self-defense theory and techniques. Hakkro Ryu is related to aikido, yet stresses a less active style, and more subtle, gentle techniques acceptable for use in modern society. 16 years of age and older.

Date: January 20 - April 24
No class March 20
Time: 4 - 6 pm (Sunday)
Fee: $20
Location: Ahsearn Fieldhouse, KSU

White Dragon Kung Fu I MA-04

This Kung Fu style combines hard, soft and internal methods of martial arts. Beginners will learn basic techniques, self-defense, skills, and one-on-one sparring. West comfortable clothing, 16 years of age and older.

Date: January 25 - March 9
Time: 7 - 9 pm (Tues & Thurs)
Fee: $30
Location: Ahsearn Fieldhouse, KSU

Nippon Kempo Karate MA-08

Nippon Kempo's indebtedness is deeply rooted in the traditional martial arts (Doto, Karate, Aikido and Kendo). It is an empty handed, full contact style of Karate. Kempo teaches self-defense, self-confidence and self-defence and is also a very good aerobic exercise. Students will learn basic movement, throwing and striking techniques without actual contact. Full contact sparring will only begin after basic moves are learned. A participation certificate will be provided for all 3 months of class. An optional test to advance Kempo ranking is held.

Date: January 24 - April 29
No Classes March 23 or 24
Time: 7:30 - 7:50 pm (Mon, Wed & Fri)
Fee: $40
Location: Ahsearn Fieldhouse, KSU

White Dragon Kung Fu II MA-05

Continuation of White Dragon Kung Fu I. Optional testing is available for an extra charge. 16 years of age and older.

Date: March 29 - May 5
Time: 7 - 8 pm (Tues & Thurs)
Fee: $30
Location: Ahsearn Fieldhouse, KSU

Thank you to our talented and willing volunteer instructors.
SHARP for Pre-Teens
This self-defense program is adapted from a national program designed specifically for women. The methodology and approach have been "softened" but the focus remains to empower females to better protect themselves and gain confidence in their social environments. There will be discussion dealing with situations from sexual harassment through actual attack. Appropriate for girls 10 - 13
Diana Tarver has been teaching women's self-defense classes for 9 years. She has adapted the program for teens and young girls. She is a 3rd degree Black Belt in Tae Kwon Do and has taught police defense tactics, but for this class she takes a very practical approach.
Date: February 26
Time: 1 - 3 pm (Saturday)
Fee: $10
Location: First Lutheran Church
900 Poyntz

Tang Soo Do for Youth
Tang Soo Do is a form of martial arts. Boys and girls aged 7 and up will learn the beginning movement and discipline. The class meets once a week for one hour.
Richard Barnett (339-3613), has been involved in martial arts for 26 years. He has taught Tang Soo Do for 6 years.
Date: February 1 - March 8
Time: 5 pm (Tuesday)
Fee: $11
Location: Manhattan Gymnastics Center
2305 Skyvue Lane

Tang Soo Do for Youth
Richard Barnett
Date: March 29 - May 3
Time: 5 pm (Tuesday)
Fee: $11
Location: Manhattan Gymnastics Center
2305 Skyvue Lane

Tang Soo Do for Youth
Richard Barnett
Date: March 31 - May 5
Time: 5 pm (Thursday)
Fee: $11
Location: Manhattan Gymnastics Center
2305 Skyvue Lane

Return of the Video Game Wizards
Are you a video game guru or a wanna be? Do you have secret codes for some games and wish you had some for others? Now you can learn to do nothing else but talk about video games. Talk about your favorite games, what's hot and what's not. You can even bring your favorite cartridge or play what's on hand. NES, N64, Sega Genesis, Turbo-Graphics, Neo Geo, Sega CD, Game Gear, whatever. We'll also talk about new systems coming out, like 3DO and Jaguar. Sign up for just one or for all of classes.
Tom D. Mahoney is a gamer player from back in the day. He is the former video game buyer for Blackburn Video, Inc. He managed Software Etc., and is now the owner of Game Guy, a used video game store.
Date: January 26
Time: 7 - 8:30 pm (Wednesday)
Fee: $2 initial
$3 each additional class
Location: Game Guy
706 N 12th

Return of the Video Game Wizards
Tom Mahoney
Date: February 23
Time: 7 - 8:30 pm (Wednesday)
Fee: $3 initial
$3 each additional class
Location: Game Guy
706 N 12th

Return of the Video Game Wizards
Tom Mahoney
Date: March 30
Time: 7 - 8:30 pm (Wednesday)
Fee: $3 initial
$3 each additional class
Location: Game Guy
706 N 12th

Return of the Video Game Wizards
Tom Mahoney
Date: April 27
Time: 7 - 8:30 pm (Wednesday)
Fee: $3 initial
$3 each additional class
Location: Game Guy
706 N 12th

JOIN US Sundays at 10:45
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- Childcare for those too young for classes
- Refreshments after programs
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Children’s Morning Playgroup
Join us for an ongoing support group for at-home parents.
Pre-school age children will play while parents visit with other adults. Parents are responsible for their own children, so no separation is necessary. During nice weather we will meet outside, and during inclement weather we will meet in the homes of participants. These groups have been in existence for 16 years.
Dawn McKenzie is interested in getting children together for play as well as giving at-home parents an opportunity to share and interact.
Date: January 27 - May 12
Time: 10 - 12 noon (Thursdays)
Fee: $5
Location: Coordinator will contact with location

Parent Teacher Conference Enrichment Days
Parents, provide an enriched environment for grades K-3 some supervised fun and activity during Spring Parent-Teacher Conference Days. Children join in for mini-workshops which may include arts and crafts, music, science, or horticulture. For further information call UFM (539-8763). We’ll have a great time! A fun lunch will be served.
UFM Staff
Date: April 7
Time: 8 - 9:30 pm (Thursday)
Fee: $12 half day
$19 full day
Location: Woodrow Wilson School
Juliette and Orage

Parent Teacher Conference Enrichment Days
UFM Staff
Date: April 5
Time: 8 - 9:30 pm (Friday)
Fee: $12 half day
$19 full day
Location: Woodrow Wilson School
Juliette and Orage

Tae Kwon Do for Youth
This class is designed to introduce young children ages 4-8 to the fun and excitement of Martial Arts while they begin learning the basics of hand-eye coordination, balance and self-discipline. Beginning Tae Kwon Do self-defense techniques will be taught in a safe, fun, and age appropriate manner by an experienced instructor.
Diana Tarver is a 3rd degree black belt in Tae Kwon Do, and a certified instructor with the American Tae Kwon Do Association. She has 19 years experience in Tae Kwon Do as a student and instructor. She is also a full-fledged member of the Women's National Guard as well as teaching women's self-defense. Mark Brown is an instructor for the Kansas State Tae Kwon Do Club and is a 2nd degree black belt. He has been in the Instructors training program with the American Tae Kwon Do Association for 2 years. He has experience in hapkido and Tai Chi.
Date: February 1, 2, 8, 10, 15 & 17
Time: 7 - 7:45 pm (Tues & Thurs)
Fee: $25
Location: Senior Center
412 LaVennworth

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776-4834
Childrens Gardening

Children, do you love digging in the soil? Put this interest to work and learn about planting a garden, soil preparation, weeding, harvesting, and garden maintenance throughout the growing season. This year is all self-assigned individual and group gardens. No registration required. Join us at the garden on Saturday mornings.

Dr. Richard Matton coordinate

Time: 10 am - noon (Saturday)
Fee: $6
Location: Manhattan Children's Garden 8th and Riley Lane

Antwering Machine

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

American Baptist Campus Ministry

Baptist Campus Center

1901 Anderson

Theology Classes, Resources in Social Issues, Sharing Groups, Personal Consultations, UFM Classes

Call for specific times and dates 539-3051
COMMUNITY REGISTRATIONS
For your convenience the following dates and locations have been scheduled for on-site registrations.

**FIRST SESSION REGISTRATION**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>LOCATION</th>
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<tbody>
<tr>
<td>Jan 10, M</td>
<td>10 am - 2 pm</td>
<td>KSU Union</td>
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<tr>
<td>Jan 12, W</td>
<td>10 am - 2 pm</td>
<td>KSU Union</td>
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<td>Jan 13, TH</td>
<td>4 pm - 7 pm</td>
<td>Wal Mart</td>
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<tr>
<td>Jan 18, T</td>
<td>4 pm - 7 pm</td>
<td>Public Library</td>
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**SECOND SESSION REGISTRATION**

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<td>6 pm - 7:30 pm</td>
<td>KSU Natorium</td>
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<td>Mar 3, T</td>
<td>6 pm - 7:30 pm</td>
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<td>Mar 7, M</td>
<td>4 pm - 7 pm</td>
<td>Public Library</td>
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<tr>
<td>Mar 10, TH</td>
<td>10 am - 2 pm</td>
<td>KSU Union</td>
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</table>

Registration continues throughout the semester at UFM House.

1221 Thurston
8:30 am - 5 pm; closed 12 Noon - 1 pm

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

MANHATTAN COMMUNITY GARDEN

Do you need space for a garden? Would you like to share in the fun, responsibility, and sense of accomplishment of being involved in a community garden and at the same time provide your family with fresh produce? UFM House.

The Manhattan Community Garden has over 150 plots (average size 20 ft. x 20 ft.) and provides water, compost, and some basic tools (paid for by plot rental fees). Besides tending your garden plot(s), you provide your enthusiasm and involvement on one of the garden management "working committees" to contribute to the garden's overall operation.

The plot rental fee is based on your income level and ranges from 2 1/2 cents to 5 cents per square foot. To complete the process, you must come prepared to verify your income category (by tax return) and must pay for your plots at the time of application. A $10.00 per plot deposit (refundable if you abide by all rules and leave it clean by Nov.) is also required.

To apply for a garden plot, please attend one orientation/application session listed below, held at UFM, 1221 Thurston.

RETURNING GARDENERS:
Wednesday, February 2 7:00 pm Greenhouse
Saturday, February 19 10:00 am Greenhouse

NEW GARDENERS:
Wednesday, March 2 7:00 pm Greenhouse Saturday, March 19 10:00 am Greenhouse Wednesday, April 6 7:00 pm Greenhouse Saturday, April 23 10:00 am Greenhouse Wednesday, May 4 7:00 pm Fireplace Room

If you'd like more information about the Gardens, call UFM at 539-8763 and leave a message. A Manhattan Community Garden Board Member will contact you.

**UFM MESSAGE NUMBER**
For information after business hours, call 539-8763

Listen to KQLA for UFM calendar update Monday through Thursday.

Catherine Lee Fung, Ph. D. Candidate hosts
UNIVERSITY FOR MAN
SIXTH SEASON, Pt. 2
On Channel 6, M/E/U where local cable originates

Tuesday at 5:00 p. m. & Wednesday at 4:30 p. m.

Jan 4 & 5: New Year Inspiration
Jan 11 & 12: Dulcimer and autoharp
Jan 18 & 19: Introduction to Bridge
Jan 25 & 26: Flower arrangement
Feb 1 & 2: Video Game Wizards
Feb 8 & 9: That Cooking
Feb 15 & 16: Picture Frames
Feb 22 & 23: fencing
Mar 1 & 2: Baseball
Mar 8 & 9: Introduction to Golf
Mar 15 & 16: ASIA Officers

Mar 22 & 23: Enhancing Life-Management
Mar 29 & 30: The "Spillway Canyon"
Apr 5 & 6: African Costume
Apr 12 & 13: Chinese Costume
Apr 19 & 20: Art League Artists
Apr 26 & 27: An Unusual Marriage
May 10 & 11: Vegetarian Cooking
May 17 & 18: Being Polish and Chopin
May 24 & 25: Outdoors Survival Tips
May 26 & 27: Doll Making

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

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

REFUND POLICY
We will give a full refund if a class is cancelled by UFM. If a student decides to withdraw before the class begins, we give 48 hours notice before the starting date, we will refund all but a $2 processing fee. No sooner than the last class brake.

REGISTRATION IS REQUIRED
All participants must be registered before attending a UFM class. This allows for adequate handouts and materials. A class may be cancelled due to insufficient pre-registration.

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 the third class meeting.
Thank You!

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