University for Mankind
Community Leisure Learning Opportunities

UFM
1995
Spring Classes
(January-May)
Dear Friends,

UFM was organized in 1968 as an experiment to provide an atmosphere for discovery with no grades or credits. UFM has evolved as a non-profit community-based education program. A central premise of the UFM philosophy is that within any community there are resources, including community agencies, residents, and facilities, which may be used to integrate education with living in both practice and concept.

Each year UFM brings together hundreds of volunteer teachers with thousands of learners. UFM helps connect the university and the people of the community as they share interests. The connections that have happened through classes have led UFM to become involved in other concerns and projects. If you would like to learn more about these projects, call UFM and ask for additional information.

Executive Director - Linda Inlow Teener
Educational Coordinator - Tresa Weaver
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In all these areas UFM helps make connections, bringing university and community resources together. It is the goal of UFM to continue to bring together people to identify other needs in the community and work to meet those needs. With the help of volunteers and student interns, UFM has often become an umbrella organization for new projects. Let us hear your ideas.

We hope you enjoy this catalog of Leisure Learning opportunities!

TABLE OF CONTENTS

Information
Cancellation of classes .................. 3
Inclement Weather .................. 3
General Policies .................. 3
Map .................................. 3
Registration Forms .................. 24
Registration Information .................. 24
University Credit .................. 3
Information .................................. 3

Classes
Aquatics ................................. 4-6
*Red Cross Learn to Swim *Scuba
*Lifeguard Training

Computer ................................. 7
*Beginning & Advanced – “User Friendly”

Creative Free Time .................. 8-11
*Handweaving *Needlework *Photography
*Ukrainian, Czech, & Slovakian Easter Eggs
*Food for Fun *Writing and more

Earth, Nature & Environment ........... 13
*Field Trips *Gardening

Languages ................................ 14
*English as a Second Language
*Sign Language *Foreign Languages

Martial Arts ............................. 15
*Wide variety of classes

Money Matters ............................ 16
*Investment Codes

Recreation ................................ 17
*Sports Lessons *Ballroom Dance

Personal Development .................. 18-19
*Self Defense for Women *Tai Chi
*Meditation and more

Youth .................................. 20-21
*Tumbling *Dance *Martial Arts

Wellness ................................ 22
*Check out this new section!

WHERE WE’RE LOCATED

UFM
1221 Thurston
KSU Campus
Thurston St.
KSU
Kearney St.
Anderson Ave.
Bertrand St.
Manhattan Ave.
Vatter St.
Bluemont Ave.

IN MEMORY OF ALBERT FRANKLIN
1909 - 1994

Albert Franklin was a long-time teacher, a board member, a loyal supporter and a true friend of University For Mankind. He had a profound impact on the institution. Mr. Franklin’s dedication to UFM served in numerous ways to assure the success and the growth that UFM has experienced over the past 26 years. Mr. Franklin was also instrumental in the formation of the Loui Douglas Lecture Series, named after one of his colleagues in the Political Science Department. Albert Franklin was a true benefactor in every sense of the word. The members of UFM will always be grateful for his loyalty and devotion.

BOARD OF DIRECTORS

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UFM provides a neutral site to discuss community needs. The views expressed by course instructors or those groups utilizing our meeting space are not necessarily those field by UFM programs, Board members, or staff.

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

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.

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

THANK YOU ADVERTISERS for your loyal support
INCEMENT WEATHER POLICY
UFM reserves hold 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 personal- ly that he or she will not be present a given class when the second- er is then responsible for arranging a make-up lesson. Weather sensi- tive courses will use the scheduled rain date. If a rain date is not sched- uled, instructor will be notified for students enrolled in it.

UFM CANCELLATION POLICY
When we cancel or reschedule a class, you will be notified, there- fore, 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 $2 processing fee. NO REFUND AFTER THE CLASS BEGINS.

REGISTRATION IS REQUIRED
All participants must be registered before attending a UFM class. This allows for adequate handouts and materials. A class may be can- celled 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 one-third of the 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 depending on the student's enrollment.
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 tran- script. 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 sched- uled 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 vol- unteerly elect to utilize KSU and UFM facilities and participate in pro- grams 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 con- nection 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.
Learn to Swim Classes

UFM and the Division of Continuing Education are pleased to present the American Red Cross Learn to Swim Level I - VII plus adult swim classes. Small classes allow for carefully guided instruction in stroke technique and water safety.

The first day of class each student is evaluated to assure they are in the proper class. They advance through the levels at their own rate and are moved to different class levels as space permits and skill advancement demands.

PARENTS DAY is scheduled to allow Parents on deck to observe their child's progress. Each child will receive a written report at this time as well as the end of the class.

Parents Day Dates: February 8, 9 -- April 12, 13 -- March 11
Check to see which date applies to your session.

SAFETY DAY is a special day set aside during the Learn to Swim Program to focus on and teach water safety and awareness.

Safety Day Dates: February 15, 16 -- April 19, 20 -- February 25
Check to see which date applies to your session.

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

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

BEGINNING & ENDING DATES Learn to Swim classes:

| Session I: | Mon/Wed | Jan 23 - March 7 |
| Session II: | Mon/Wed | March 27 - May 3 |
| Session III: | Saturday | April 21 - April 29 |

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. A student is ready for this level when they are mature enough to participate in a group setting without their parent.

| Session I: | (See dates above) |
| Session II: | (See dates above) |
| Session III: | (See dates above) |

Fees: $35 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 in Level I.

| Session I: | (See dates above) |
| Session II: | (See dates above) |
| Session III: | (See dates above) |

Fees: $35 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 coordiant the front and back crawl. They will be introduced to the elementary back stroke and to the fundamentals of reading 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: | (See dates above) |
| Session II: | (See dates above) |
| Session III: | (See dates above) |

Fees: $35 per session

Tot Transition

If your 3 - 4 year old tottler is ready to try the water without a parent, but not ready for Level I, this short class is for them. Emphasis will be on basic water safety and preparation activities for swimming. Some parent participation may be allowed.

| Session I: | (See dates above) |
| Session II: | (See dates above) |
| Session III: | (See dates above) |

Fees: $15.00 per session

The WELLNESS section of the catalog features COMMUNITY FIRST AID AND SAFETY classes that teach CPR as well as First Responder training.

How to Watch a Good Program Die

Nothing kills a UFM class faster than participants who wait until the last minute to enroll. Classes will be canceled if there is a low enrollment.

PLEASE REGISTER EARLY!

REGISTRATION INFORMATION on the back cover.
Level IV: Stroke Development

The objective of Level IV is to develop confidence in the strokes learned thus far and to improve other aquatic skills. Students will increase their endurance by swimming familiar strokes (elementary backstroke, front crawl, and back crawl) for greater distances. Students will be introduced to the breaststroke and sidestroke and the basics of turning at a wall. Students entering this course must have a Level III certificate or must be able to demonstrate all the completion requirements in Level III.

Session I: (See dates above)
AQ-71 Mon-Thurs 6:50 - 7:30 pm
AQ-72 Tues/Thurs 6:50 - 7:30 pm

Session II: (See dates above)
AQ-73 Tues/Thurs 6:50 - 7:30 pm

Level V: Stroke Refinement

The objective of Level V is coordination and refinement of key strokes. Students will be introduced to the butterfly, open turn, the free-style surface dive and springboard diving. Participants learn to perform the butterfly and sidestroke properly, and to perform the sidestroke and butterfly with coordination. Students entering this course must have a Level IV certificate or must be able to demonstrate all the course requirements in Level IV.

Session I: (See dates above)
AQ-16 Mon/Wed 6:30 - 7:30 pm
AQ-20 Mon/Wed 6:30 - 7:30 pm
AQ-21 Tues/Thurs 6:30 - 7:30 pm

Session II: (See dates above)
AQ-24 Mon/Wed 6:30 - 7:30 pm
AQ-25 Tues/Thurs 6:30 - 7:30 pm

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 and develop considerable endurance by the end of this course. 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: (See dates above)
AQ-22 Mon/Wed 6:30 - 7:30 pm
AQ-23 Tues/Thurs 6:30 - 7:30 pm

Session II: (See dates above)
AQ-26 Mon/Wed 6:30 - 7:30 pm
AQ-27 Tues/Thurs 6:30 - 7:30 pm

Session III: (See dates above)
AQ-28 Saturday 9:00 - 10:40 am

Fees: $25 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 their 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 competitive. 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: (See dates above)
AQ-29 Mon/Wed 6:50 - 7:30 pm
AQ-30 Tues/Thurs 6:50 - 7:30 pm

Session II: (See dates above)
AQ-31 Mon/Wed 6:50 - 7:30 pm
AQ-32 Tues/Thurs 6:50 - 7:30 pm

Session III: (See dates above)
AQ-33 Saturday 9:00 - 10:40 am

Fees: $25 per session

Hydroaerobics

Adult Swim Lessons

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

Session I: (See dates above)
AQ-43 Mon/Wed 6:00 - 6:55 pm
AQ-44 Tues/Thurs 6:00 - 6:55 pm

Session II: (See dates above)
AQ-45 Mon/Wed 6:00 - 6:55 pm
AQ-46 Tues/Thurs 6:00 - 6:55 pm

Fees: $35

Private Lessons for Special Populations

For people with special physical or mental needs. Arrangements will be considered for private swimming lessons. Soon after registration an instructor will contact the student to arrange 6 classes of 30 minutes each. The facility is equipped with a lift and a set of stairs leading into the pool.

Data/Time: By appointment
Fee: $38 per session of 6 lessons

Private Lessons

These lessons provide one-on-one instruction for any level of swimmer. All instructors are Water Safety Instructor certified by the American Red Cross. Soon after registration an instructor will contact the student to schedule 6 classes of 30 minutes each.

Data/Time: By appointment
Fee: $38.00 per session

Swim and Stay Fit for Parents

Are you tired of being just an observer at your child’s swimming lessons? Or do you think that the amount of time you spend watching and enrolling in our SPECIAL Parent’s Swim and Stay Fit Class. This class is available to you at a reduced rate of $15 and will meet every day you could be involved in swimming lessons. In this class you will be able to swim laps to meet your own needs and goals.

Session I: (See dates above)
AQ-75 Mon 6:00 - 6:55 pm
AQ-76 Tues/Thurs 6:00 - 6:55 pm

Session II: (See dates above)
AQ-77 Mon - Thurs 6:00 - 6:55 pm
AQ-78 Tues/Thurs 6:00 - 6:55 pm

Fees: $20 per session

Swim and Stay Fit for Parents

This class 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. Your commitments are increased so we have had to change the format for registration into Hydro.

Session I: (See dates above)
AQ-79 Mon/Wed 6:00 - 6:55 pm
AQ-80 Tues/Thurs 6:00 - 6:55 pm

Session II: (See dates above)
AQ-81 Mon/Wed 6:00 - 6:55 pm
AQ-82 Tues/Thurs 6:00 - 6:55 pm

Fees: $18 per session

Swim and Stay Fit for Parents

Join us Sundays at 10:45

• Stimulating programs
• Liberal religious education classes for children
• Childcare for those too young for classes
• Refreshments after programs
• Social events

Unitarian-Universalist Fellowship
481 Zandale Rd.
537-3249

Just 1/2 mile east of viduct on K-18

Activities for elementary children while they are out of school for Parent-Teacher Conferences on April 8 & 7 are described on page 20.

A Children’s Morning Playgroup is available in the YOUTH section of the catalog.

UFM MESSAGE NUMBER
For information after business hours
Call 539-8763

1304 Pillsbury Dr. Minneapolis, KS 61602
(913) 537-2273
HOURS: 10 a.m. to 6 p.m. Mon.-Sat.
1/4 mile south of viduct on 177

PATRONIZE OUR ADVERTISERS! Let advertisers know they saw your ad in the UFM catalog.
AQUATICS (Continued)

Climb Aboard the NEW American Red Cross State-of-the-Art Advanced Aquatics Program

The goal of this program is to create a new, effective, and technically advanced approach that emphasizes professionalism, injury prevention, surveillance techniques and communication skills in water safety. Courses included are Community Water Safety, Lifeguard Training, Head Lifeguard, and Lifeguard Instructor. Expanded skills instruction includes: addition of equipment-based rescue, deep water skills, spinal injury treatment and post rescue care. Courses are available to update individuals with current existing certifications without taking the complete course. Course fees reflect the increased class time and materials required by the American Red Cross to certify Lifeguards to be the first responders in case of a water emergency.

The Water Safety Instructor course trains instructor candidates to teach the Learn Swim and Water Safety courses. The program covers skills and knowledge in a logical progression for aquatic skill development.

To pick up books: the Riley County Chapter of the American Red Cross is located at 1014 Poyntz Ave.

Community Water Safety AQ-72

The water can provide opportunity for a lifetime of fun and fun especially if you know how to recognize and prevent aquatic emergencies, understand what to do in an aquatic emergency and understand what help skills for aquatic emergencies. It is imperative for anyone who has the ability to swim at level IV. If you have completed level VII, this class will challenge your aquatic skills and prepare you for Lifeguard Training. This is a perfect Scout belt opportunity! You will receive American Red Cross Certification.

Date: March 22
Time: 9 am - 2 pm (Saturday)
Fee: $35 NSU.Uatim
Textbooks must be paid and picked up at American Red Cross for $12
Location: KSU Natatorium

Lifeguard Training AQ-77

The American Red Cross Lifeguard Training teaches lifeguards the skills and knowledge needed to prevent and respond to water-related emergencies. Participants will learn to understand the value of behaving in a professional manner; how to recognize specific characteristics of distressed swimmers, and active and passive drowning victims; to rescue an aquatic emergency, and are prompt and appropriately; to perform equipment-based rescue skills and techniques used by professionals lifeguards; to recognize and care for a possible spinal injury; and, how to provide first aid and CPR. (This is the new, revised American Red Cross lifeguard certification.)

Prerequisites: minimum age 15; tread water for 2 minutes using legs only; swim 500 yards continuously with combinations of crawl, breaststroke, and side stroke; submerge; 7 feet; retrieve a 10-pound object and return to the surface.

Certification requirements: successfully complete all critical skills, pass 2 written tests, and pass 2 skills tests. Certification includes Lifeguard Training, First Aid, and CPR for the Professional Rescuer.

Sarah Forsyth
Date: May 11, 12, 13, 16, 21, 22 & 23
Time: 4 - 8 pm (Tues & Thurs)
Fee: $100
Textbooks & equipment must be paid and picked up at American Red Cross for $12
Location: KSU Natatorium

Lifeguard Instructor Training AQ-85

Lifeguard Instructor Training prepares instructor candidates to teach Lifeguard Training (including first aid), CPR for the Professional Rescuer, Lifeguarding Instructor Aide, and Community Water Safety by developing understanding of how to use the course materials, methods of conducting training sessions and evaluation. Successful completion of this program fulfills the minimum age 17, ITC certification or current Health and Safety Instructor authorization; and successfully complete Rescue for the Professional Rescuers, First Aid, CPR for the Professional Rescuer skills and knowledge evaluation. Certification requirements: successfully complete all critical skills, successfully complete all practice teaching assignments, and pass 2 written tests.

Sarah Forsyth
Date: May 10, 11, 12, 15, 16, 20, 21 & 23
Time: 5 pm - 8 pm
Fee: $100
Textbooks & equipment must be paid and picked up at American Red Cross for $12
Location: KSU Natatorium

Lifeguard Training Review AQ-83

This course provides an update from the existing Lifeguard Training in the skills and knowledge competencies in the new American Red Cross Lifeguard Training. It includes 8 hours of Lifeguard Training/First Aid and 4 hours of CPR for the Professional Rescuer. Prerequisites: current existing Lifeguard certification.

Sarah Forsyth
Date: February 7, 9, 11
Time: 4 pm - 8 pm (Tues & Thurs)
Fee: $50
Textbooks & equipment must be paid and picked up at American Red Cross for $12
Location: KSU Natatorium

Lifeguard Instructor Training AQ-84

Re-Entry/Cross Over
The Re-Entry/Cross Over class allows you to update current Lifeguard Instructor Certification to the new, revised American Red Cross Lifeguard Instructor Certification. Candidates include training in first aid and CPR for the Professional Rescuer, and new Lifeguarding skills. Prerequisites: current Lifeguard training Certification.

Sarah Forsyth
Date: February 21, 23 & 25
Time: 4 - 8 pm (Tues & Thurs)
Fee: $50
Textbooks & equipment must be paid and picked up at American Red Cross for $12
Location: KSU Natatorium

Head Lifeguard AQ-86

Head Lifeguard features development of leadership skills, techniques to supervise staff, and opportunity for professional advancement. Prerequisites include current American Red Cross LGI certification, current ARC LGI certification, or certification from another organization.

Sarah Forsyth
Date: May 26
Time: 4 - 10 pm (Friday)
Fee: $200
Textbooks & equipment must be paid and picked up at American Red Cross for $12
Location: KSU Natatorium

Water Safety Instructor AQ-78

How about a summer job by the pool? Receive WSI certification to teach the American Red Cross Learn to Swim and Water Safety courses. This course includes the screening and Instructor Candidate Training required by American Red Cross. Prerequisites: Participants must be 17 years of age by the first day of class and must successfully complete a pretest on their knowledge of aquatic and safety skills, as well as stroke proficiency and rescue skills.

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

Date: March 14, 15, 17 & 18
Time: 4 - 8 pm (Tues & Thurs)
Fee: $144
Textbooks & equipment must be paid and picked up at American Red Cross for $12
Location: KSU Natatorium

Scuba Diving AQ-79

This class will prepare students for Open Water One certification. The course includes the class fee for, however neither UFM nor KSU is responsible for this certification. Travel and lodging are at the student's expense. The certification dates will be explained at the class meeting. Minimum age 12. Parents of children under 18 must accompany children or provide a letter certifying that they are of suitable age. A complete physical is required for participants aged 45 and up.

Free Scuba Demonstrations will be held in the KSU Natatorium on Thursday, January 19 from 6:00 PM - 7:30 PM. This session will acquaint participants with the skills and techniques of safe underwater diving. Bring swimsuits and be prepared to enter the water.

Jeff Wilson, has been diving for 24 years and in instructing scuba for 14 years.

Date: Jan 14-16, Feb 11-12, & March 4
Time: 5 pm - 7 pm (Saturday)
Fee: $198
Location: KSU Natatorium

Free Scuba Demonstrations will be held in the KSU Natatorium on Thursday, January 19 from 6:00 PM - 7:30 PM. This session will acquaint participants with the skills and techniques of safe underwater diving. Bring swimsuits and be prepared to enter the water.

Jeff Wilson, has been diving for 24 years and in instructing scuba for 14 years.

Date: Jan 14-16, Feb 11-12, & March 4
Time: 5 pm - 7 pm (Saturday)
Fee: $198
Location: KSU Natatorium

Scuba Refresher AQ-80

The dive refresher program is designed to provide a controlled training environment for those certified divers who have not had recent diving experience. This program is recommended for:

1. Those with less than 25 open water dives in the past year.
2. Those with less than 25 open water dives in the past 6 months.
3. Those planning dives in an environment which is new to them.

Prerequisite: Open Water certification.

Scuba Refresher will be held in the KSU Natatorium on Thursday, January 19 from 6:00 PM - 7:30 PM. This session will acquaint participants with the skills and techniques of safe underwater diving. Bring swimsuits and be prepared to enter the water.

Jeff Wilson, has been diving for 24 years and has been instructing scuba for 14 years.

Date: Feb 14-16
Time: 5 pm - 7 pm (Saturday)
Fee: $198
Location: KSU Natatorium

Fundamentals of Kayak AQ-81

Experience the challenge of kayaking! We will study equipment, paddle techniques, water safety maneuvers, and practice American Red Cross safety techniques.

Mark Johnson, MS, PRT, USWA, CKI, Certified Kayak Instructor, has been kayaking for 11 years. He is a past president of the Kansas Canoe Association and the original director of the Kayak Center.

Date: February 19, 26, March 5 & 12
Time: 9 am - 1 pm (Sunday)
Fee: $55
Location: KSU Natatorium

Intermediate Kayak Workshop AQ-82

Workshop
This workshop is for those kayakers with some experience who desire to improve their skills. Informal critiques will be provided on rolls and strokes in indoor pool. Boats are available for rent at a nominal fee at the pool, or you can bring your own.

Rex Replinger and TJ Brittle, have been teaching Kayak classes for a number of years. They are certified Red Cross Kayak Instructors.

Date: December 12
Time: 6 - 9 pm, 1 pm (Sunday)
Fee: $28
Location: KSU Natatorium

Attention KSU Students!!

Need a place to study during Finals Week? UFM will be open 8:30 am-30 pm. Come by and find a quiet corner or call 339-8763 if you would like to reserve a particular location.
WordPerfect Basics

Learn how to use this popular word processing program. Create documents, set up margins and other page formatting, print and save documents. Learn features such as copy, move and end using two documents at once. Excel Codes, Spell Check, Revert and other special features will be included. Hands-on computer time is provided.
Linda Teener (539-8765), takes an easy to understand, practical approach to learning how to make your computer work for you.

Date: January 24 & 31
Time: 3 - 5 pm (Tuesday)
Fee: $20
Location: UFM Computer Lab

WordPerfect Basics

Linda Teener

Date: March 2 & 9
Time: 3 - 5 pm (Thursdays)
Fee: $20
Location: UFM Computer Lab

WordPerfect Basics

Linda Teener

Date: May 9 & 16
Time: 3 - 5 pm (Tuesday)
Fee: $20
Location: UFM Computer Lab

Advanced WordPerfect

Use WordPerfect to become more productive and improve the appearance of your documents. Try your hand at designing a newsletter, learn how to create tables, program macros and run mail merge. Create an attractive table of contents. Hands-on computer time is provided.
Linda Teener (539-8765), takes an easy to understand, practical approach to learning how to make your computer work for you.

Date: March 28, April 4 & 11
Time: 3 - 5 pm (Tuesday)
Fee: $44
Location: UFM Computer Lab

WordPerfect 6.0 Update

This class covers the new features included in WordPerfect 6.0. Look at the View, Mode options, learn about the button bar, new font options and other time savers. Print envelopes, run Grammar Check and review other improvements in this powerful program.
Linda Teener (539-8763), takes a practical and easy to understand approach to learning how to make your computer work for you.

Date: February 9
Time: 3 - 5 pm (Thursday)
Fee: $11
Location: UFM Computer Lab

Introduction to Lotus 1-2-3

Take advantage of this powerful software tool. Learn how to set up a spreadsheet with formulas and text. Explore sorting, linking, linking hide and other useful skills. This course will cover practical applications for using the spreadsheet power of Lotus 1-2-3. Hands-on computer time is provided during the course.
Linda Teener (539-8763), takes an easy to understand, practical approach to learning how to make your computer work for you.

Date: April 18 & 25 & May 2
Time: 6:30 - 8:30 pm (Tuesday)
Fee: $30
Location: UFM Computer Lab

Keyboarding Basics

Everyday goes faster when you know how to type!
This course is designed for the individual who has little or no typing experience. You will learn the basics of keyboarding through practicing on a computer using WordPerfect 5.1 software. You will have plenty of "hands-on" practice using the computer in our classroom.
Paula Watanenver has had years of experience with a keyboard and understands how important it is to polish this skill.

Date: April 17, 24 & May 26
Time: 7 - 8 pm (Wednesday)
Fee: $22
Location: UFM Computer Lab

You are registered unless you are otherwise notified.

Managing your Computer

This introductory course will teach the basics needed for effective use of your IBM compatible personal computer. Learn about hardware and software options. Practice basic DOS commands. The workshop will be spent learning how to manage your hard drive including how to store and organize files, creating batch files and modifying the push statement. Hands-on computer time is provided for each student at the end of the class.
Linda Teener

Date: March 1 & 8
Time: 7 - 9 pm (Wednesday)
Fee: $22
Location: UFM Computer Lab

Survival Windows

Microsoft Windows has become a fundamental part of many software applications. Come learn the basics for using this new software tool. You will learn how to operate the windows, work with program groups, customize your work area, manage files and other helpful features to let you feel more comfortable with this common software tool.
Linda Teener

Date: February 15 & 22
Time: 7 - 9 pm (Wednesday)
Fee: $22
Location: Computer Lab, KSU

Individual Computer Help

Having trouble figuring out how your computer works? Need help transferring those manuals or interpreting the icons? Get some help understanding how to make your computer work for you. Schedule a private evening session to answer your questions. This service is directed toward users with IBM compatible computers.
Linda Teener (539-8765) is Executive Director of UFM and is extremely knowledgeable about computers.

Date/Time: by appointment
Fee: $50 per hour
Location: as arranged

Celebrate Earth Day!

Earth Day will celebrate its 25th anniversary on April 22, 1995! Now is the time to renew our commitment to protecting the Earth. Please join us for an Earth Day organizer’s meeting on February 11th to begin planning our local Earth Day celebration. Local citizens, students, and community organizations are invited to participate. Bring your ideas and enthusiasm! Refreshments will be served! Sponsored by KSU Students for Sustainability. For more information, please contact Robert Wilson at 532-5961 (leave message).

EARTH DAY ORGANIZER’S MEETING
Saturday, February 11, 1995
12:30-2:30 p.m.
UFM Conference Room

Charleston and Wilson Insurance Agency

Telephone 913/357-1600
555 Poyntz Avenue, Suite 205, P.O. Box 1989
Manhattan Kansas 66502
For all your insurance needs

Charles Hostetler
Dan Messell · Jeff Kruse
Beginning Drawing
This class will focus on drawing as expression and play. We will explore unconventional uses of conventional drawing materials. Students can work from the unique still life set up provided for each class unless they choose to work from their imaginations. Classes will focus on drawings in black and white. Supply kit (over a $20 value) will be provided and included in the class fee.

Date: January 25, February 2, 9 & 16
Time: 7:30 - 9:30 pm (Thursday)
Fee: $30 includes all supplies
Location: UFM Multipurpose Room

Professional Novel and Story Writing
This class covers all phases of writing (nonfiction and fiction). Learn how to develop characters, dialogue, scenes, sub-plots, documentation, flashbacks, recollections, suspense, and other topics. The book To Be A Great Writer, written by the instructor, will be used in class.

Date: February 7, 14 & 21
Time: 7 - 9:30 pm (Tuesday)
Fee: $50
Location: UFM Conference Room

Safe and Creative Care of Family Photos
Are your photos stuffed in shoeboxes, or worst, in attics that are chemically destroying them? The workshop covers organizing your photos, photo safe materials, ideas for creative cropping and photo-journaling. You will receive assistance in helping you create a unique and lasting photo album. Bring a packet of pictures (8x10 and memorabilia plus a pair of scissors. First session is informative and educational and the second session is a hands on workshop where you will create your own album page. The fee includes a acid free album page and the use of photo safe materials and supplies. Additional pages are available for purchase from the instructor.

Pam Schmid (4-800-547-2652), has been a consultant with Creative Memories since 1989.

Date: February 9 & 16
Time: 7 - 9 pm (Thursday)
Fee: $17 includes some supplies
Location: UFM Fireplace Room

Safe and Creative Care of Family Photos
Pam Schmid

Date: March 6 & 13
Time: 7 - 9 pm (Monday)
Fee: $17 includes some supplies
Location: UFM Greenhouse

Handweaving
This class is an introduction to handweaving on the 4 harness loom. It will cover weaving terms, types of looms and materials. You will learn how to plan a weaving project, prepare the loom for weaving and weaving. Each student will prepare a small table loom and weave several samples and then will be able to weave a project on a foot loom. Interested students will also receive an introduction to computer assisted weaving.

George Eades (532-6044), learned to weave in a UFM class in 1986 and has been weaving ever since. He is a member of the West Tennessee Handweavers Guild. He owns a variety of looms and demonstrates the craft throughout the area at parks, schools, and historical events.

Date: January 21 & 28
Time: 9 am - 4 pm (Saturday)
Fee: $55
Location: Call for location

Handweaving
George Eades

Date: February 18 & 25
Time: 9 am - 4 pm (Saturday)
Fee: $55
Location: Call for location
Black and White Photography for Beginners

Date: February 25
Time: 7 pm (Wednesday)
Fee: $10
Location: UFM Conference Room

Black and White Film Developing for Beginners

Date: March 15
Time: 7 pm (Wednesday)
Fee: $13
Location: UFM Darkroom

Black and White Printing

Date: February 22
Time: 7 pm (Wednesday)
Fee: $14
Location: UFM Darkroom

Black and White Film Developing for Beginners

Harold Wellmeyer (539-8765) has a degree in Commercial and Industrial Photography. His style is known for its unique approach to black and white film. He believes in maintaining a balance between technique and creativity, and his work often pushes the boundaries of traditional photography. His classes will focus on developing black and white film, covering techniques such as exposure, development, and printing. Participants will learn how to handle different types of film and how to create stunning black and white images. The class will take place on February 22nd at 7 pm in the UFM Conference Room. Register today to secure your spot in this exciting exploration of black and white photography.

Black and White Film Developing for Beginners

Harold Wellmeyer (539-8765) is a renowned photographer with a degree in Commercial and Industrial Photography. His expertise in film developing is unparalleled, and he will guide participants through the process of developing black and white film. The class will be held on February 25th at 7 pm in the UFM Conference Room. Participants will gain hands-on experience in developing film, learning about different types of films and the techniques required for successful development.

In addition to these photography classes, there are also sessions on interior design and decorating. The first session, "Hang it Up: Home Decorating with Wallpaper," will be held on February 7th from 7 to 8 pm at the First Christian Church. Participants will learn about the history and techniques of wallpaper and will have the opportunity to apply their knowledge during a hands-on activity.

The second session, "Interior Design for You," is scheduled for March 12th from 7 to 8:30 pm in the UFM Conference Room. This workshop will provide a step-by-step guide to decorating your home, focusing on the selection and arrangement of furniture, lighting, and accessories. Attendees will learn practical tips and techniques for creating a beautiful and functional space.

For those interested in alternative therapies, Helen L. Bontrager, Ph.D., licensed psychologist, offers individual therapy sessions. Contact her at 1133 College Avenue, Manassas, KS 66002 (913) 537-3877.

Reader: Read a Good Book Lately?

Varney's carries a wide selection of books for your reading enjoyment. We also have a wide range of convenient school and art supplies. Since 1908, we have been serving the education community with quality products and services. Visit us at Varney's Bookstore for all your educational needs. We look forward to seeing you soon!"
So You Want to Make a Quilt! CF-39

Have you always wanted to make a quilt? But you didn’t know where to begin? From this class you should be able to glean some ideas and know how to take off and soar into the world of quilting. Come with questions and we will work together for solutions to your quilt queries, which will help you enjoy the Wonderful Art of Quilt Making. This class will be a one-time meeting, with the possibility of expansion if there is interest.

Carolyn Elliott (539-5795), has been quilting since the mid 1970’s. She was involved in organization of these quilt guilds: Kansas Prairie Quilt Guild, Kansas Quillets Organization and Prairie Star Quilt Guild. She was the coordinator of the first ever quilt exhibit in Kansas (1984) and has done quilt judging in the area. She loves the art of quilting, and to share her knowledge with others.

Date: January 26
Time: 7:15 (Thursday)
Fee: $13
Location: UFM Conference Room

Handwork with History CF-20

Crewel Embroidery

Enjoy the traditional art form of Crewel Embroidery. It has been shared and enjoyed by women through history. During this 3 session workshop we will learn the stitches and make a 6” x 7” floral picture done in crewel woods on quality linen background. Bring your embroidery hoop to class.

Cheryl Poister (261-8355), is an experienced needlework teacher and a member of Embroiderers Guild of America. Cheryl is interested in teaching the correct technique and use of the finest quality of materials for these needlecrafts to insure the lasting beauty of your projects. She thoroughly enjoys both doing and teaching needlework.

Date: January 30 & February 6
Time: 6 - 9 pm (Monday)
Fee: $34 includes all materials
Location: UFM Multipurpose Room

Needlepoint

Needlepoint has been used for centuries to create hangings, enjoy learning the basics of this craft, and techniques of design. We will explore the hundreds of stitches used in needlepoint as well as discuss finishing techniques. Combine texture and color in your own 12” x 12” sampler. Quality white cotton canvas and a selection of shaded 100% wool yarn is included in the course fee.

Cheryl Poister

Date: February 13, 20, 27 & March 6
Time: 6 - 9 pm (Monday)
Fee: $40 includes all materials
Location: UFM Multipurpose Room

Drawn Thread

Drawn Thread work is textured and typically a single color. It appears lacy but is very durable. We will explore the historic techniques as we make a pin cushion sampler using finest quality linens canvas and linen yarn. All materials included.

Cheryl Poister

Date: March 27 & April 3
Time: 6 - 9 pm (Monday)
Fee: $35 includes all materials
Location: UFM Conference Room

Bargello

Bargello is a colorful needlepoint style. Legend has it that a Hungarian princess named one of the powerful Medici princes of Florence, Italy. She taught the Bargello needlework to the ladies of her court from where it was popularized throughout Europe, and eventually brought to the New World. Museums such as the famous Bargello of Florence exhibit wonderful needlework dating back to the 1500’s. Bargello utilizes a wonderful play of color in it’s almost optical designs. We will learn while we work on your own 12” x 12” sampler.

Cheryl Poister

Date: April 10 & 17
Time: 6 - 9 pm (Monday)
Fee: $35 includes all materials
Location: UFM Conference Room

Blackwork Design

Blackwork at it’s very finest can be seen in portraits of the Elizabethan Era. It is a fun, lace-like needlework pattern often done in black. It was brought to England by Catherine of Aragon, first wife of Henry VIII, and was known as Spanish work. Symptomatic laws forbidding the lower classes to wear certain types of lace encouraged the development and use of Blackwork. Bring your embroidery hoop to class.

Cheryl Poister

Date: April 24 & May 1
Time: 6 - 9 pm (Monday)
Fee: $35 includes all materials & patterns
Location: UFM Conference Room

So You Want to Make a Quilt! CF-40

Carolyn Elliott

Date: February 23
Time: 7:15 pm (Thursday)
Fee: $13
Location: UFM Conference Room

A series of Gardening classes are in EARTH AND NATURE, page 13.

A fun Hairbraiding class is on page 21.

A guided tour of THE TUTTLE CREEK SPILLWAY is offered in the EARTH AND NATURE section of this catalog.

*GOLF *GOLF *GOLF Listed in the RECREATION section of the catalog.

Manhattan Civic Theatre

The Dining Room
February 3-5 & 9-12
Into the Woods
April 21-23 & 27-30
Call 539-6000
Box office at 1520 Poyntz opens 10 days prior to opening night.
MCT business office: 776-8591

Clafin Books and Copies is proud to be associated with the Lou Douglas Lecture Series.

CBC offers a wide variety of books for education, enrichment and entertainment. From Chomsky to Kerouac; Women’s Studies to ecologically sound living, we have it all. Of course, your special orders are always welcome.
A Stitch In Time

Have you given up on handmade garments because they take too much time? Here is a series of classes designed with speed in mind. Beginning sewers will learn new skills as well as how to design their own patterns. Experienced sewers will find it challenging and fun as they too learn new skills and speed sewing techniques. You must bring a sewing machine to class. A list of supplies for each class is available.

Karen Garra (776-0539), studied Home Economics Education at Buffalo College, in Buffalo, Ohio. She has first-lanced from her home. While living in Louisiana, Karin served as the In-House Designer for a Fine Fabrics, Bridal and Formalwear Boutique. While in Arizona she taught at the local Community College and at both the local and civilian and military recreation centers. Karin is a sewing enthusiast who enjoys designing and teaching others that sewing can be FAST, EASY and FUN!!

Sew Shiek Fashion Demonstration
(No sewing machine needed)

Karen Garra

Date: January 25
Time: 6:30 - 9:30 pm (Wednesday)
Fee: $11 no supplies necessary
Location: UFM Fireplace Room

U-Shape Fashion Cape

Karen Garra

Date: February 8
Time: 6:30 - 9:30 pm (Wednesday)
Fee: $13 and supply list
Location: UFM Fireplace Room

Amazing Circle Cape/Jacket

Karen Garra

Date: February 8
Time: 6:30 - 9:30 pm (Wednesday)
Fee: $11 and supply list
Location: UFM Fireplace Room

Straight Skirt

Karen Garra

Date: February 22
Time: 6:30 - 9:30 pm (Wednesday)
Fee: $15 and supply list
Location: UFM Fireplace Room

Vests for Everybody
(Uses a commercial pattern)

Karen Garra

Date: February 22
Time: 6:30 - 9:30 pm (Wednesday)
Fee: $15 and supply list
Location: UFM Fireplace Room

T-Blouse or Dress

Karen Garra

Date: March 1 & 8
Time: 6:30 - 9:30 pm (Wednesday)
Fee: $32 and supply list
Location: UFM Fireplace Room

Simple Pull on Pants
(Uses a commercial pattern)

Karen Garra

Date: March 18
Time: 6:30 - 9:30 pm (Wednesday)
Fee: $13 and supply list
Location: UFM Fireplace Room

T-Shape Soft Jacket (unlined)

Karen Garra

Date: March 25 & 29
Time: 6:30 - 9:30 pm (Wednesday)
Fee: $32 and supply list
Location: UFM Fireplace Room

Circle Skirt

Karen Garra

Date: April 1 & 8
Time: 6:30 - 9:30 pm (Wednesday)
Fee: $13 and supply list
Location: UFM Fireplace Room

Cocoon Jacket

Karen Garra

Date: April 15
Time: 6:30 - 9:30 pm (Wednesday)
Fee: $32 and supply list
Location: UFM Fireplace Room

Sleeveless Blouse, Dress or Caftan

Karen Garra

Date: May 10 & 17
Time: 6:30 - 9:30 pm (Wednesday)
Fee: $22 and supply list
Location: UFM Fireplace Room

Beauty and Bare Summer Wear

Karen Garra

Date: June 24 & 28
Time: 6:30 - 9:30 pm (Wednesday)
Fee: $22 and supply list
Location: UFM Fireplace Room

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Your Complete Natural Food Supermarket

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ON STAFF

MON-SAT: 9:30 TO 6
537-4571
3112 ANDERSON AVE. (ACROSS FROM VILLAGE PLAZA)

Food for Fun!

Espresso? Cappuccino?

Latte?

A simple cup of coffee? Not anymore! Come learn how to make "coffee-feel" and find out the mysteries behind the sudden growth of the coffee culture phenomenon. This class will cover coffee history, types of beans, flavoring, decaffeination, care and handling, grinding, brewing and coffee basics. We'll sample brewed coffee, espresso, cappuccino, lattes and yoghurt/coffee combinations that you'll make yourself.

Vicki Turner Biehler (537-1616), is a Mayhugg native. She and her husband John, purchased and run Can't Believe It's Yogurt store in May of '74. They graduated from Yogurt University in May at the "Yogurt College" in August. Coupons will be provided at the class for your newly acquired tastes.

The Wineries of California

Taste for yourself and gain an overview of California wines. Learn the basics of selecting the right wine to complement most foods and occasions. We will demonstrate and provide tips so that you can serve and drink wine with confidence and pleasure.

Scott Schneider (409-4441), a Food Science graduate from Kansas State University and was employed by Napa Wine and Spika for four years before he and his wife purchased the business last May.

Date: March 6, 11 & 27
Time: 7 - 9:30 pm (Monday)
Fee: $37
Location: 140 Heywood's Deli (inside Harry's)

Beginning Cake Decorating

Learn to add an icing decoration and a pretty border to impress your family and friends. Icing will be provided for practice in class. Bring your own cake to a later class and take home a masterpiece. Supply list at registration.

Tammy Simon began decorating cakes several years ago as a hobby. She first entered a cake decorating class. Currently she decorates cakes for dilation.

Date: April 6, 13, 20, & 27
Time: 7 - 9:30 pm (Thursday)
Fee: $39
Location: 144 Justin Hall, KSU

Reduce, Reuse, Recycle & Join...

Northern Flint Hills Audubon

Your local Audubon chapter invites members and the public to join us in learning about and helping protect the environment. Here are some highlights:

- Bird Seed Sales (To order, call Mike Rhodes at 537-4863)
- Field Trips to local natural areas
- Programs on topics ranging from natural landscaping to bird banding (programs are always on the 3rd Weds. of each month, 7:30 p.m. in Ackerst 22)
- Member educations in environmental issues

Watch for information on all activities in The Prairie Falcon, the chapter's newsletter. 1994-1995 program guides are still available from Chris Cortes (537-4413).

WE NEED YOU!

The SUMMER UFM CATALOG will be out May 16.
THE JOY OF HAND BUILDING

Adult

Instructor: Bee Dunn

We will work with slabs, coils, and pinch pots. We will build a slab bird house, a coil house, a decorated bowl, and a pressed tray.

Session 1:
CC 301 M
Feb. 6, 13, 20, 27 Mar. 6, 13 9 - 12 noon Fee: $24

CC 302 W
Feb. 8, 15, 22 Mar. 1, 8, 15

Session 2:
CC 321 M
Mar. 27 Ap. 3, 10, 17, 24 My. 1 9 - 12 noon Fee: $24

CC 322 W
Mar. 29 Ap. 5, 12, 19, 26 My. 3

INTRODUCTION TO CLAY: WHEEL OR HAND BUILT

Adult

Instructor: Gene Sivers

Come and introduce your hands and your mind to the joy of discovery in clay. No experience necessary. Those wanting to hone their skills are welcome to enroll also.

Session 1:
CC 303 T
Feb. 7, 14, 21, 28 Mar. 7, 14 9 - 12 noon Fee: $24

CC 304 Th
Feb. 9, 16, 23 Mar. 2, 8, 15

Session 2:
CC 323 T
Mar. 26 Ap. 4, 11, 18, 25 My. 2 9 - 12 noon Fee: $24

CC 324 Th
Mar. 30 Ap. 6, 13, 20, 27 My. 4

CLAY FOR SPECIAL NEEDS POPULATIONS

Adult

Instructor: Joyce Fumey

Beginning class to introduce the fun and joy of discovery of your hands making clay pots. Class designed to meet the needs of persons with developmental or physical challenges.

Session 1:
CC 305 W
Feb. 8, 15, 22 Mar. 1, 8 1 - 2:30 pm Fee: $32

Session 2:
CC 325 W
Mar. 29 Ap. 5, 12, 19, 26 1 - 2:30 pm Fee: $32

CLAY DISCOVERY FOR CHILDREN

1st - 6th Grade

Instructor: Robin Van Valkenburgh

Discover the fun and the joy of making clay pots with your hands. Slab construction techniques will be used to build projects from boxes to impressed design vases. Demonstrations of wheel thrown pottery will be given. School age children please. All materials included, no additional tools needed.

Session 1:
CC 306 M
Feb. 6, 13, 20, 27 Mar. 6, 13 3:30 - 5:30 pm Fee: $39

CC 307 W
Feb. 8, 15, 22 Mar. 1, 8, 15

Session 2:
CC 326 M
Mar. 27 Ap. 3, 10, 17, 24 My. 1 3:30 - 5:30 pm Fee: $39

CC 327 W
Mar. 29 Ap. 5, 12, 19, 26 My. 3

CLAY DISCOVERY - BASIC WHEEL THROWING

4th - 8th Grade

Instructor: Monique Severen

Basic wheel throwing techniques will be demonstrated, as well as simple decorating ideas, including Mahuma, scraffito, and chattering.

Enroll early, as space is limited to eight students.

Session 1:
CC 308 T & Th
Feb. 7, 14, 21, 28 Mar. 7, 14, 21, 28 3:30 - 5:30 pm Fee: $68

Session 2:
CC 328 T & Th
Mar. 26/30, Ap. 2/6, 9/13, 16/20, 25/27 My. 2/4 3:30 - 5:30 pm Fee: $68
Earth, Nature & Environment
1221 THURSTON 539-8763

Rocks of the Tuttle Creek Splitway: A Fieldtrip

Through Time

Imagine yourself walking an ancient seashore or an ancient landscape! On a three hour field trip we will explore some of the methods and principles used by geologists to reconstruct Earth's history. We will walk through geologic time and see what events and environments are recorded in the rocks. We will also discuss the processes that created the splitway during the flood of 93. Participants should prepare for moderate walking and climbing. Children under 10 grade age discouraged.

Raindate: Saturday, May 20

Krish Miller (532-7674), a paleontologist and sedimentsologist doing postdoctoral research with the geology department at U-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 in a way you can understand.

Date: May 14
Time: 10 am to 1 pm
Fee: $5 individuals; $15 couples
Location: Call for location with registration

Field Trip: Glacial Area

S.E. of Flush

How do we know that glaciers visited Kansas? . . . by the rocks from Minnesota they left behind! We'll visit Portage County south of Flush to collect glacial material including, jaeger, quartz, quartzite, peridot wood as well as others, some of which may be of gem quality. Bring a beverage and a container for your rocks. Become a rockhound for a day.

Raindate: April 29

Dr. F.C. Laming (357-7590), Professor Emeritus of Chemistry at Kansas State, is a long-time member of the Manhattan Mineral, Gem and Fossil Club.

Date: April 27
Time: 8:30 - 12 noon (Saturday)
Fee: $5 individuals; $15 couples
Location: Meet at UFM Parking Lot

Information for an Earth Day
Organizer's Meeting is on page 7.

Tornado Storm Chasing as a Hobby

If you have an interest in severe thunderstorms and tornadoes this class is for you! Join as and receive helpful hints and advice about safely chasing and observing severe thunderstorms. We will discuss storm chasing equipment and watch two videos designed for storm chasers. Severe weather handout will be available.

John Shae (576-7452) has been chasing severe thunderstorms for 25 years. He is an original member of the Kansas Storm Watch and has been leading tours since 1991 to help warn tornado victims in Kansas.

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

Fishing Northeast Kansas

This is truly a great fishing class. The instructors are willing to teach you how to do it yourself or to help you fish for the best sport fish. In 10 years, they have helped over 500 people learn to fish for bass, crappies, walleye, and many other species. You will learn how to catch these fish by using various techniques.

Paul F. Miller (539-7041), who recently retired from the KU Department of Biology, will be the instructor. He will cover topics such as equipment, techniques for fishing, and how to read water temperatures.

Date: February 23
Time: 7 - 9 pm (Tuesday)
Fee: $5
Location: UFM Fireplace Room

Gardening

Growing Cool-Season Vegetables

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

Colleen Hampton (539-9334), is a Master Gardener and a member of the Manhattan Community Garden. She enjoys sharing what she has learned with all interested members of the community and looks forward to sharing her insights with you.

Date: March 16
Time: 7 - 9 pm (Tuesday)
Fee: $8
Location: UFM Fireplace Room

Gardening in Small Places

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 in getting more produce out of a small space. A tour of one such garden is optional.

Colleen Hampton

Date: March 9
Time: 7 - 9 pm (Saturday)
Fee: $5
Location: UFM Fireplace Room

Growing Warm-Season Vegetables

What are your favorite block to harvest red, ripe tomatoes this summer? Learn about the weeds and needs of the common (and not so common) garden summer vegetables that are typically planted in late spring - early summer and how to have them ready for harvesting as early as June!

Colleen Hampton

Date: April 6
Time: 7 - 9 pm (Thursday)
Fee: $5
Location: UFM Greenhouse

Perennial Flower Gardening

Are you tired of buying and planting new flowers every year? Why not invest in some perennial flowers that will return each spring? We'll discuss how to get started, including what and how to plant, and some general care tips.

Colleen Hampton (539-9334), is a Master Gardener and a member of the Manhattan Community Garden. She enjoys sharing what she has learned with all interested members of the community and looks forward to sharing her insights with you.

Date: March 16
Time: 7 - 9 pm (Thursday)
Fee: $8
Location: UFM Fireplace Room

Be a Successful Gardener

(even if this is your first try!)

Got a purple (or black!) thumb but wish you could have pretty flowers or fresh vegetables? We'll take you through the process of planning, preparing, planting, and even harvesting your blooms and produce. We'll offer you some "secrets of the trade" to enable you to get better results from germination through harvest time. This class meets twice to help you get started gardening and then comes back to the second class to ask any questions or solve problems which may have arisen.

Colleen Hampton

Date: March 16 & April 27
Time: 7 - 9 pm (Thursday)
Fee: $12
Location: UFM Fireplace Room

Perennial Plant Swapping

As the perennials you have multiplied, do you wish you had less of them or some of something else? Repurpose your flower gardens, by dividing your perennials and bringing them in to trade for older varieties to enhance your color and variety. The small course fee will provide planting instructions. Call and register to let us know what you have to swap. Examples: Eru, poony, herbs, vines and cimetinum, etc. Note: Divide bulbs only if they have already bloomed.

Colleen Hampton and Dean Stewart, coordinators

Date: April 29
Time: 10:00 - 11:00 am (Saturday)
Fee: $7
Location: UFM Greenhouse

See page 14 for Manhattan Community Gardens information.

Gardening for Kids is described in the YOUTH section of the catalog.

Lanscaping Around the Home

Learn the basics of landscaping your home! Different resources, available locally, will be discussed with limited discussion on advantages and disadvantages of plant material. This course will be a must for new residents to the Manhattan community or those of us with "brown thumbs".

Alan Ladd (537-6350), is the Riley County Extension Director at the County Extension Office and coordinates the horticulture programs 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 Little, has used his degrees in Horticulture and Landscape Architecture to help design award winning landscape plans for over ten years. Little Landscape Architecture is the design firm that Tom operates and offers design services to commercial and residential clients in the area.

Date: March 30, April 6 & 13
Time: 7 - 9 pm (Thursday)
Fee: $12
Location: Potofee Hall, Cico Park

Listen to KQLA for UFM calendar update Monday through Thursday.
Basic Korean
Learning the Korean language will allow you to find out more about the nation of courtesy, amusement and of the fastest step. During the class, we will watch Korean movies, hear popular Korean songs as we develop conversational skills. Emphasis will be on skills that would make travel to Korea easier.

Jooa Lee, a native Korean, she enjoys learning new languages and believes it is the first step in learning other cultures. She loves to share her Korean culture with others.

Date: January 24 - March 14
Time: 7 - 9 pm (Tuesday)
Fee: $54
Location: 155 Blumental Hall, KSU

Beginning Conversational Danish
If you are planning to go to Denmark or if you simply are interested in the country and culture of Denmark, this class will offer you a basic training in the Danish language and some basic knowledge about the Danish culture like the Danish party, which by the way is called "knebrot" in Danish. Familiarity with common phrases and vocabulary dealing with traveling, dining and shopping will make traveling in Denmark more enjoyable.

Morten Landsgaard (532-1635) is a native of Denmark who currently is working on his Ph.D. in physics at KSU, wishes you "Vollkommen" to Denmark.

Date: January 31 - April 25
Time: 7:30 - 9 pm (Tuesday)
Fee: $40
Location: UFM Multipurpose Room

English as a Second Language
This conversational English course is for non-native speaking participants who would like to expand their knowledge of "Survival" English. The course will include exercises in conversation skills, pronunciation, spelling, and grammar. Class participation is a must. Certificate of completion will be awarded.

Freda Buda (776-7845) is an English education ESL major at KSU. She has an interest in foreign languages as well as different cultures. She has tutored foreign speaking students in English.

Date: January 21 - February 25
Time: 9 am - 12 noon (Saturday)
Fee: $59 includes student books
Location: UFM Conference Room

English as a Second Language
If you are ready to continue English as a Second Language I or are already fluent with English in its everyday usage, this class is for you. The emphasis of the class will be on reading, writing, vocabulary, grammar, and speaking. The class will also concentrate on the use of idiomatic expressions in the English language.

Freda Buda
Date: March 4 - April 15
Time: 9 am - 12 noon (Saturday)
Fee: $59 includes all student books
Location: UFM Conference Room

In honor of Women's History Month
The Riley County Historical Society & The Goodnow House Museum Proudly Present
Sunday, February 20
2:30 p.m.

Hearts and Hands...Examines the important roles of women and their quilts in the nineteenth century's great movements and events: Industrialization, the abolition of slavery, the Civil War, the growth of the middle class, and pioneer experience, temperance and the right to vote.

Sunday, March 5
2:30 p.m.

Heartland...A feature length film about a woman homesteading at the turn of the century. Adapted from the letters of Eliza Pratt Stewart.

Sunday, March 12
2:30 p.m.

Under This Sky...The story of Elizabeth Cady Stanton and Susan B. Anthony as they hammer rural Kansas in 1867 promoting voting rights for women.

All programs will be presented at the Riley County Museum. For further information, call 537-2210

Fifteenth Annual National Rural Families Conference
The Health and Well-Being of Our Families
September 27-29, 1995
K-State Union
Kansas State University
Manhattan, Kansas

A conference for professionals working with and helping families

University Credit and Continuing Education Units are available.

For more information call the KSU Division of
Continuing Education at 1-800-432-8222.

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 Signart.

Natalie Smith has a sign language for 7 1/2 years for UFM and Continuing Education. she has been a professional interpreter for 8 years. She grew up with two deaf parents.

Date: February 18, 18, 25, March 18, & 15
Time: 7 - 8 pm (Wednesday)
Fee: $45 includes book
Location: 156 Justin Hall, KSU

Beginning Russian
Forget the old myth that adults are inferior to children in learning a foreign language. You will learn the basics of the language in a relaxed atmosphere, as you enjoy the humor of Russian short stories. This class will be geared toward your learning interests.

Irina Khrustanova (512-5670), graduated from the Department of Philology, Moscow State University. At present, Irina is a doctoral student in Educational Psychology at Kansas State.

Date: January 21, February 6, 13, 20, & 27
Time: 7 - 8 pm (Monday)
Fee: $41
Location: UFM Conference Room

Beginning German
This class is designed for individuals who are interested in learning basic German skills. Emphasis will be on useful words and phrases that will enable you to participate in conversations on everyday topics. Make traveling in German speaking countries easier!

Susanne Stoenberg, a graduate student in the Department of Food and Agribusiness. She is from Germany and has taught private German lessons. Come and enjoy as she shares her culture.

Date: January 24 - May 2
Time: 6:30 - 7:30 pm (Tuesday)
Fee: $41
Location: 155 Blumental Hall, KSU

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

Manhattan Community Gardens has over 150 plots (average size 20' x 20') and provides water, fertilizer, and weekly trash pickup. You do not need to be a renter, just want to grow your own food. It is a 250 plot per plot deposit is also required.

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

RETURNING GARDENERS:
Wednesday, February 9: 7:30 p.m.
Saturday, February 16: 10:00 a.m.

NEW GARDENERS:
Wednesday, March 8: 7:30 p.m.
Tuesday, March 14: 6:30 p.m.
Saturday, April 14: 18:00 a.m.
Wednesday, April 20: 7:00 p.m.
Thursday, May 14: 7:30 p.m.
Wednesday, May 21: 11:00 a.m.
Sunday, May 22: 10:00 p.m.

If you'd like more information or cannot attend any of the above meetings, call UFM at 532-9793 and leave a message. A Manhattan Community Gardens Board Member will contact you.

REGISTRATION INFORMATION on the back cover.
Introduction to Jujitsu

Hakko Ryu is a self-defense-oriented grappling type of martial art. It is not an exercise form of martial art. Students will concentrate on self-defense, partner work, walking exercises, and self-defense theory and techniques. Hakko Ryu is based on a very active style, and more subtle, gentle techniques acceptable for use in modern society. 16 years of age and older. Stan Wilson (537-0732), has studied martial arts for 23 years and has taught for 15 years. He holds a black belt in Kung Fu, a 2nd degree belt in Hakko Ryu Jujitsu, and is a member of the Shukosha of the Jujitsu Society. He has studied judo, aikido, four styles of karate, and five styles of kung fu and various other martial arts. He has also written 15 manuals on martial arts.

Date: February 1 - April 26
Time: 7-8 pm (Wednesday)
Fee: $20
Location: Ahearn Fieldhouse, KSU

Basic Kung Fu

Techniques & Applications

This class will be a general introduction to the techniques used in Pai to Lung (White Dragon) Kung Fu. Emphasis will be given to learning basic hand, foot and body movements to generate offensive power. Balance, while moving and controlling an attacker, will be emphasized. This movement will be translated into practical applications for dealing with an attacker. Prerequisite will be the watch wood as we study the roots of the ancient Chinese Martial Arts.

Elza Howard B. Levy (537-7433), has studied a variety of martial arts with the Pai To Lung stylist in particular for seven years and has reached the rank of Second Degree Black. He has been teaching for three years, two of which have been teaching under a Masters degree under a 5th degree black belt. He considers the Pai To Lung style as the base of all martial arts.

Date: January 22 - May 4
No class March 20, 26 or 23
Time: 6:30 - 7:30 pm
Fee: $28
Location: Ahearn Fieldhouse, KSU

Tae Kwon Do Karate I

MA-03

Tae Kwon Do is a traditional martial art designed to provide the ultimate in unarmed self-defense. Blocking, punching, and kicking develop balance, flexibility, and agility while improving cardiovascular fitness and self-confidence. Teaching methods include class demonstration and practice without physical contact. Each student will be given an opportunity to purchase a uniform and belt at the first class. After two months of class an optional testing to advance in the Tae Kwon Do degree ranking is held in Toppeka. The cost is not included in the class fee and a uniform is required for testing. Age 7+

**Friday, January 20, 6:30 - 7:30 pm -- Public Demonstration and formal introduction of instructors in Ahearn Fieldhouse**

Grandmaster Chu San Yi (266-8642), an 8th degree black belt with over 38 years experience in Tae Kwon Do. Former Captain and Chief instructor of Tae Kwon Do for the ROK Army during Vietnam, he has held classes at KSU since 1973. Master James Creason, holds a 5th degree black belt with 13 years experience in Tae Kwon Do. Winner of several National titles in Tae Kwon Do Competitions he has assisted at KSU since 1979.

Date: January 22 - May 4
No class March 20, 26 or 23
Time: 6:30 - 7:30 pm (Mon & Thurs)
Fee: $28
Location: Ahearn Fieldhouse, KSU

Tae Kwon Do Karate II Advanced

MA-02

Grandmaster Chu San Yi & Master James Creason

Date: January 22 - May 4
No class March 20, 26 or 23
Time: 7:30 - 8:30 pm (Mon & Thurs)
Fee: $28
Location: Ahearn Fieldhouse, KSU

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

Ma-05

Ninjutsu Training Group

Ninjutsu has been called the Japanese art of espionage. This training group will work on the 9th Kyu requirements for the American Brazilian system of striking, rolling, opening ceremony, basic striking, the earth form, and stretching exercises.

Stan Wilson (537-0732), has been playing with Ninjutsu for 28 years. He has been associated with Steve Hayes Sensei since 1976, and is a member of the American Baptist Dojos and Shidos of Iga.

Date: January 4 - May 2
No class March 21
Time: 6:30 - 7:30 pm (Tuesday)
Fee: $36
Location: Ahearn Fieldhouse, KSU

Nippon Kempo Karate

MA-04

Nippon Kempo's inheritance is deeply rooted in the traditional martial arts (Judo, Karate, Aikido, and Kendo). It is an empty-handed, full contact style of Karate. Kempo teaches self discipline, self confidence, self defense and is also a very good aerobic exercise. Students will learn basic moves, including breaking and throwing techniques without actual contact. Full contact sparring will only begin after basic moves are learned. Protective gear will be provided for sparing. After 3 months of class an optional test to advance Kempo ranking is held.

Kojo Kubo (537-3794), has a 1st degree black belt in Nippon Kempo and a 1st degree black belt in Shotokan Karate. He studied martial arts for 32 years and is co-founder of the Nippon Kempo Federation of America.

Date: January 20 - May 5
No class March 2, 26 or 23
Time: 6:30 pm (Mon, Wed & Fri)
Fee: $42
Location: Ahearn Fieldhouse, KSU

Shotokan Karate

MA-07

Shotokan Karate, a forefather of modern Japanese karate was introduced in Japan from Okinawa in the early 1900's. Learn this self-defense art form through the correct study of body movement. Shotokan is on proper balance, posture, and correct breathing. You will learn a combination of kicks, punches, and blocks.

Chris Wampler (537-4000), has a 3rd degree in Pine Arts. He is a 1st degree black belt in Shotokan Karate, and has been practicing Shotokan for 6 years in Greeley, Colorado.

Date: January 31 - May 2
No class March 2, 26 or 23
Time: 5:30 - 6:30 pm (Tues & Fri)
Fee: $28
Location: Ahearn Fieldhouse, KSU

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Fri-Sat: 11 am-3 am • Sat-Sun: 11 am-2 am
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Ethical Investing
If you want your ethics to play a role in your investment decisions this is the class for you. Learn how to integrate your social consciousness with your saving, insurance & investments. We will take a common sense approach to investing in common stocks, bonds and mutual funds. It is possible to mix principle and profit!
Gray Barron (776-1966), has a Masters degree in agricultural economics and has been a stock broker for 12 years.
Date: February 18 & 15
Time: 7 - 9 pm (Wednesday)
Fee: $14 individual/$30 couple
Location: UFM Conference Room

Retirement Planning
Seminar on retirement planning continue to be the best attended financial planning seminars offered. This particular seminar is designed for both pre-retirees as well as individuals already enjoying their retirement years. We will provide an overview of this complex subject. Your perceptions and attitudes will be addressed as well as investment recommendations to meet your various goals and objectives.
Tom Fryer (927-1234), is a Vice President of Commerce Bank, Manhattan. He has been in the Commerce Bank since 1984 and has managed the brokerage department the last four years. Tom has two Master's degrees, including an MBA, and is a Certified Financial Planner (CFP). His licenses include Series 7 and Series 63 securities licenses and a Life Insurance license.
Date: February 7
Time: 7 - 9 pm (Tuesday)
Fee: $8 individual / $12 couple
Location: Commerce Bank

Financial Strategies for a Successful Retirement
Are you comfortable with your financial future? Attend this four session seminar designed to help you prepare financially for your retirement. You will learn how to generate a steady income, protect your assets from erosion, minimize taxes, and provide a secure retirement. Each participant will receive a 125 page workbook. In addition you are entitled to one private counseling session to ask questions about your personal situation. This seminar can confirm that you’re on the right track with retirement planning or identify other strategies you should consider.
Guy Alminton (366-8335), is in private financial planning practice and conducts individual consultation and seminars, throughout the region.
Date: February 21, 23, 28, March 2
Time: 6:30 - 9 pm (Tues & Thurs)
Fee: $50 individual
$90 couple
Location: 107 Blumental Hall, KSU

Continuing Education
For Helping Professionals and Volunteers
Attention Deficit and Hyperactivity Disorder
February 15
Manhattan
12:45-3:45 p.m.
February 22
Junction City
12:45-3:45 p.m.
Alzheimer's and Other Dementias
March 15
Manhattan
12:45-3:45 p.m.
(This workshop only at Houston Street Ballroom)
Ending Domestic Violence
April 19
Manhattan
12:45-4:45 p.m.
April 26
Junction City
12:45-4:45 p.m.
Co-sponsored by The Crisis Center, Inc.

Living Trust
What is a living trust? How is a trust established and administered? A comparison of a living trust with other types of estate planning techniques, the advantages and disadvantages of a living trust and a corporate trustee, and the costs associated with creating and maintaining a living trust will be presented. Bring your questions for discussion.
Mark Kouchakoff (557-7200), is President of the First Manhattan Trust Company. He graduated from the University of Kansas with the degrees of M.B.A. and J.D. He is a member of the Riley County Bar Association and has over 11 years of estate planning, trust, and investment experience.
Date: April 24
Time: 7 - 10 pm (Monday)
Fee: $8 individual/$12 couple
Location: 701 Peyton Ave
Enter 1st Bank building through 5 door

College Planning
Are you worried that escalating cost will keep you from being able to afford a college education for your son or daughter? This seminar is designed for both parents and grandparents who want advice on projecting education costs and developing a strategy for a viable financial plan. Time is planned for an ample Q & A session.
Tom Fryer
Date: April 18
Time: 7 - 9 pm (Tuesday)
Fee: $8 individual / $12 couple
Location: Commerce Bank

UFM on Channel 19
5:00 p.m. Tuesdays & 4:30 p.m. Wednesdays
Jan 10, 11
AutoShop
Jan 17, 18
Stitch & Enjoy
Jan 24, 25
Tap Dancing
Jan 31, Feb 1
Basic Korean
Feb 7, 8
Handicrafting
Feb 14, 15
St. Valentine's Day
Feb 21, 22
The Korean Do
Feb 28, Mar 1
Interior Design
Mar 7, 8
Landscapeing
Mar 14, 15
Coffee
Mar 21, 22
Spring Break
Mar 28, 29
College Planning
Apr 4, 5
Scultures
Apr 11, 12
Mind Matter
Apr 18, 19
Articnstructure
Apr 25, 26
Texture & Color
May 2, 3
Vietname History
May 9, 10
Writing your Novel
May 16, 17
Scents of the Writing
May 23, 24
Unusual Meditation

Special THANKS TO THE UFM INSTRUCTORS who volunteer their time.
Introduction to Golf

Jim Gregory (559-1041), PGA Professional, is the golf pro at Stagg Hill Golf Course.

**Introduction to Golf**

**RH-02**

**Jim Gregory**

Date: April 6, 13, 20, & 27
Time: 6 pm (Thursday)
Fee: $31
Location: Stagg Hill Golf Club
4441 Pl. Riley Blvd.

**Introduction to Golf**

**RH-03**

**Jim Gregory**

Date: May 4, 11, 18 & 25
Time: 6 pm (Thursday)
Fee: $31
Location: Stagg Hill Golf Club
4441 Pl. Riley Blvd.

Golf

**RH-04**

One hour optional KSU credit available.

This course covers the fundamentals of the full golf swing, short game techniques of chipping, putting, and sand shots. Rules of play, course etiquette, and selection of equipment will also be covered. Clubs, balls, and tax are provided. You may bring your own clubs if you prefer. Limit 15.

Jim Gregory (559-1041), PGA Professional, is the golf pro at Stagg Hill Golf Course.

**Golf**

**RH-05**

**Jim Gregory**

Date: March 2 - April 27
Time: No class March 31
Fee: $83 non-credit
Location: Stagg Hill Golf Club
4441 Pl. Riley Blvd.

Ballroom Dance I

**RH-06**

Jim Gregory (559-1041), PGA Professional, is the golf pro at Stagg Hill Golf Course.

**Ballroom Dance I**

Date: March 9, 16, & 30
Time: 5:30 pm (Thursday)
Fee: $31
Location: Stagg Hill Golf Club
4441 Pl. Riley Blvd.

Ballroom Dance II

**RH-08**

This course is designed 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 a team. Waltz, Foxtrot, and Tchatchka will be taught. Routine will be learned by the instructor. Must have completed Ballroom Dance I with Michael Bennett.

Michael Bennett & Nelli Weather

**RH-09**

**Tennis: Junior Beginners**

**Ages 7 - 16**

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 stroke, basic rules of play and beginning competition. We provide balls. Students provide their own rackets. If you don’t have one, give us a call and we may be able to help you locate one.

Mark Tessensohn, M.S. Kinesiology, has played tennis for over twenty years including varsity at Coe College, Cedar Rapids, Iowa. He recently served as an instructor at Meinzahn-Walsh Sports and Arts Center in Ontario, Canada.

**Date:**
March 28, April 11, & 18
**Time:**
6 - 7 pm (Tuesday)
**Fee:**
$33
**Location:**
LP Washburn Rec Complex, KSU

**Tennis: Beginners**

**Ages 17 and Up**

This class will focus on fundamentals of stroke, basic rules of play and beginning competition.

Mark Tessensohn

**Date:**
March 28, April 11, & 18
**Time:**
7 - 8 pm (Tuesday)
**Fee:**
$33
**Location:**
LP Washburn Rec Complex, KSU

**Learn the Fundamentals of Kayaking or refresh your kayaking skills on page 6.**

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Jim Gregory, PGA Professional

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Retraining the Mind for Inner Peace

What we experience in our state of mind projected outwardly. This workshop of this experience begins to recognize that we have a choice as to how we think about ourselves and the world around us. Principles and guidelines based on A Course in Miracles will be provided to help us change differently.

Mary B. Williams (719-4906), has been seeking inner peace for years! A Course in Miracles is a self-teaching tool for one's own spiritual transformation.

Date: March 9 & 16
Time: 7 - 9 pm (Thursday)
Fee: $10
Location: UFM Greenhouse

Retraining the Mind for Inner Peace

Mary B Williams

Date: April 19 & 26
Time: 7 - 9 pm (Wednesday)
Fee: $10
Location: UFM Multipurpose Room

Self Integration Seminar

Using guided imagery, we will meet and explore four "aspects" of ourselves - the female self, the male self, the judge and the self, and the self and a drink. There will be time for recording our individual experiences, group sharing and discussion, and a final activity to work on the positive integration of these aspects. Please bring a sack lunch and a drink.

Mary Bledett Williams (719-8401), will serve as facilitator for this workshop so that participants can do their own work. The information and materials come from the Center for Human Potential in Phoenix, Arizona.

Date: March 11
Time: 10 am - 3 pm (Saturday)
Fee: $10
Location: UFM Greenhouse

Self-Integration Seminar

Date: April 29
Time: 10 am - 3 pm (Saturday)
Fee: $10
Location: UFM Multipurpose Room

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Manhattan, Kansas

Introduction to Zen Buddhist Philosophy and Practice

Zen Buddhist philosophy aims for enlightenment by direct contact with meditation. Join us for discussion and practice of Zen meditation (Zazen) with a major focus on the zazen technique or "sitting." Other traditions will also be discussed. Please bring a cushion to sit on or in class.

Leon Rappaport (532-6850), a professor with the KSU Psychology Department, and Al Potter, a meditation technician in the Veterinary School, have studied Zen for several years and are affiliated with the Minneapolis Zen Center and the Manhattan Zen Group.

Date: April 12, 19 & 26
Time: 5 - 7 pm (Wednesday)
 Fee: $13
 Location: UFM Conference Room

Self-Esteem for Adults

We will see a set of 4 video tapes by Marilyn Grasshull as a self-help curriculum to learn the ways we sabotage ourselves and what tools can be used to reverse this trend. During each session we will see a video, have clarifying discussions and receive 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 Future Thinking Creates Future Events

Michael Cook (556-8763), is the Family Literacy Coordinator at UFM. She works with adult groups teaching literacy and life skills classes. She has seen, over the years of working with adults in many situations, that the state of their self-esteem is the one factor which most consistently affects their lives. Happily, it is one factor that we each are in control of and can change.

Date: February 2,9,16, & 23
Time: 5:30 pm (Thursday)
Fee: $15
Location: UFM Greenhouse

Chinese Tai Chi

Tai Chi known as joy through movement is a popular Chinese tradition. The purpose of Tai Chi is to circulate the vital force through the Yin Yang of the intrinsic Energy. It is relaxing and energizing in a gentle manner.

This class is designed for beginners. Students will learn basic movements through demonstration and practice. You'll like Tai Chi and enjoy practicing it.

Ping Wei (559-4147), is a graduate student in the Department of Biostatistics at KSU. When he was in China he taught many foreign students Tai Chi in Hunan University (The foreign students were from USA, Japan, Germany, Italy, and for other countries). His passion is to introduce Tai Chi to this area. Ping has been teaching Tai Chi for UFM since Fall 1999.

Date: January 23 - May 8
No class January 30 or March 20
Time: 7 - 8 pm (Monday)
Fee: $42
Location: Seven Dolors Grade School Gymnasium 306 S Taliafe

Qebalah: Psychology, Meditation, Metaphysics

Qebalah is an ancient system of organizing and explaining spiritual and metaphysical experience. Its roots are in Jewish mysticism, but as philosophy it is applicable for persons with varying religious and spiritual backgrounds. This class will be appropriate for those looking for an introduction to Qebalah as well as those already familiar with it. Subjects covered: The two names for God in Qebalah, The Qebalistic Tree of Life, Jesus and the Qebalah, Meditation, Prayers, and the Sephiroth. Class will include discussion and meditation.

Don Berks is a counselor at KSU. He has found Qebalah to be a useful guide to understanding human psychology and development, dreams and "inner" experience, as well as meditation in daily life.

Date: January 25, March 7
No Class March 22
Time: 7:30 - 9 pm (Wednesday)
Fee: $25
Location: UFM Greenhouse

HOW CAN I PROTECT MY KIDS FROM THE RISKS OF USING ALCOHOL AND OTHER DRUGS?

CALL THE NE KS REGIONAL PREVENTION CENTER 587-4372

Regional Prevention Center sponsored by Prevent Mental Health and "Toward A Drug-Free Kansas"

SP-06

SP-01

SP-03

SP-04

SP-05

SP-09

SP-10
Philosophy of Gurdjieff & Ouspensky

Explore the psychological system of the two Russian philosophers and teachers, Gurdjieff and Ouspensky. Their philosophy seeks to join Eastern traditions with Western needs, emphasizing a system of self-development grounded in verification through personal exercises, discussions, and reading about Ouspensky’s A Psychology of Man’s Possible Evolution.

David Stanov (539-6000), has been active with Gurdjieff’s work for 18 years. He has studied with J.G. Bennett, a pupil of both Gurdjieff and Ouspensky. Date: January 25 - March 1 Time: 7:30 - 9 pm (Wednesday) Fee: $10 Location: UFM Multipurpose Room

Metaphysics Discussion Group

This discussion group is meant for those who are just beginning to explore Metaphysics as well as those who are well acquainted with the subject. Members’ interests will determine the topic of discussion. The intention of the group is to provide a fellowship and learning experience for those on the path to enlightenment. Bring a pillow to sit on. New members may join at any time. Members under the age of 18 must enroll with an adult mentor.

Tracy Makehy, facilitator Date: January 24 - May 9 Time: 8 - 9:30 pm (Tuesdays) Fee: $10 Location: UFM Greenhouse

Introduction to the New Age

This class is for those who seek a general explanation of the New Age, whether they be seeking a path of enlightenment or are simply curious. An overview of several New Age topics will be covered. Come as you are with a list of any questions you might have.

Tracy Makehy (587-0489), has followed the New Age movement since the early 1980’s, follows a Christian Mysticism path, and has written several articles on the subject. Tracy facilitates a Metaphysics Discussion Group through UFM.

Date: January 30 Time: 7 pm (Monday) Fee: $10 Location: UFM Greenhouse

Befriend Your Angels

Open your heart to the Angelic Kingdom. To know the angel among us is to know the power of the miracles in your life. Do you have a guardian angel? How can you tell if an angel is near you? Learn the "how's" of creating your own angel to work with you in balancing and blessing your life. The role of spirit mediums and their ability to communicate directly with the spirit world (channeling) will be discussed but not demonstrated. Teens under 18 must enroll with an adult mentor.

Tracy Makehy (587-0489), has studied the topic extensively and has much personal experience with the spirit realm.

Date: February 20 Time: 7 pm (Monday) Fee: $10 Location: UFM Greenhouse

Coping with Adolescence

Adolescents may be defined as people who contradict themselves during the first 15 minutes of a conversation. Raging hormones as well as the maturing process of beginning to develop individuality and independence from the family contribute to tense and sometimes even explosive relationships. Caregivers need to be prepared to hear the brutal of adolescents’ claims, and recent parenting skills.

Richard W. Burnett, ACSW, LSCSW is a licensed clinical social worker with over 25 years experience working with adolescents and their families in both impatient and outpatient settings. He has published, lectured, and taught. Mr. Burnett is the Director of Family Care Center, Junction City.

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

When a Man Loves A Woman:

Family and Alcohol

This class for adults who have questions about addiction and recovery and how it affects all members of a family. Seeing from the movie “when a Man Loves A Woman” will be used as a springboard for discussion. Find out why it is often more difficult for women to seek substance abuse treatment in our society.

Marilee Kropf, helps women and men deal with problems caused by alcohol and other drugs. She is a substance abuse therapist at Parsons Mental Health Services and a licensed specialist clinical social worker. She also works with people who are affected by the chemical dependence of someone they love.

Date: March 19 Time: 7 - 8 pm (Wednesday) Fee: $8 Location: 2001 Chippewa Rd.

"A Job Description for Parents"

The author of this program is to provide parents with a working framework for understanding their job as a parent. Most of the content focus on setting limits and consequences. In addition to discussing parental responsibilities, we will also explore a job description for children... Where does one end and the other begin? A free booklet will be given each participant.

Phyllis Grover (587-4972), is a former classroom teacher and is employed by the Northeast Kansas Regional Prevention Center, a program of Pawnee Mental Health Services. She serves as a Community Prevention Consultant, Regional Coordinator of Kansas Family Initiative, and Co-Coordinator of Youth as Resources.

Date: February 22 Time: 6:30 - 8 pm (Wednesday) Fee: $10 Location: N.E. KS Regional Prevention Center 421 Houston

Options for Women Over 60

How do you feel about being 60+ in the 90's? As a part of this group you will be provided an opportunity to gain and share new skills for surviving and thriving in the 90's. We will discover new things about ourselves as we share our experiences and wisdom. We will get to know each other as strong, vulnerable women facing challenges and changes in this age abroad.

Bonnie Uffman (587-4300), is a psychologist who was in private practice in Oregon before returning to Kansas last summer. She is now an outpatient therapist and older adult specialist at Pawnee Mental Health Services. She wants to share what she’s learned about the experience of aging, and to learn from your experiences, too.

Date: February 7, 14, 21, 28 March 7, 14, 21 & 28 Time: 10am - noon (Tuesday) Fee: $15 Location: Senior Center 412 Leavenworth

The YOUTH section, pages 20-21, has a variety of activities fun for all ages.

The United Nations celebrates its 50th anniversary—learn more about how it affects our lives today on page 9.

Want to know all about hands-on healing arts?

A showcase of the "new" health options available today in the hands-on healing arts and sciences is coming to Kansas City. The nationwide High Touch Tour stops in Kansas City (Overland Park) on May 12-13, 1995. Bring this ad and get a $2 off the regular admission ticket price ($6.00 value). Come see and experience touch for the health of it.

High Touch Tour '95

May 12 - 13, 1995
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High Touch Tour is produced by Living Touch Productions
SHARP-Self Defense for Pre-Teens

Child's Morning Playgroup

Enrollment Workshop

Beginning Tae Kwon Do for Youth 1 Ages 4-5

Beginning Tae Kwon Do for Youth Ages 6-8

Beginning Tae Kwon Do for Youth Ages 9-14

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Children's Gardening

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

Dr. Richard Mastion coordinator
Date: April - October
Time: 10 am - noon (Saturday)
Fee: No Charge
Location: Manhattan Children's Garden
8th and Berry Lane

Manhattan Community Gardens
Information on page 14.

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

Introduction to Tap Dancing

An introductory class designed to provide exposure to tap for children 5 - 12 years old. Beginners will be on tap steps performed to popular music. This is a good opportunity to try tap and see if you like it. Formal dance shoes are not necessary, wear tennis shoes or tied shoes to class.

Randy Dole (539-5767), has taught dance for 20 years. Her dance class toured the Midwest and Europe in 1968. She is a certified teacher with a Masters degree in Education.

Date: January 28
Time: 9 - 9:45 am (Saturday)
Fee: $7
Location: 2416 Rogers Blvd.

Folding/Flying Paper Airplanes

The craft - a Big Chief tabloid paper - is out. Loopers, cutters, and gliders are in! There are dozens of easy-to-fold planes that perform marvelous stunts, amazed with distance, and delight with endurance. And we'll fold and fly a bunch of 'em as well as learn how to add tails, eyes, and even landing gear. A catalog of patterns will be given to each member at the second meeting. Must be at least 7 years old but 8 is better. Teenagers will also learn and enjoy. Parents welcome.

Leo Schell (539-6540), has a life-long love affair with paper airplanes and has a collection of over 20 books describing hundreds of different planes. He's taught this class twice before and enjoyed it as much as did the students.

Date: April 1 & 8
Time: 10:30 am - noon (Saturday)
Fee: $10
Location: Manhattan School Cafeteria

Home School Support Group

This is a non-denominational group open to all homeschoolers interested in getting their children together for play, activities, and field trips. In the monthly meeting, parents are expected to share ideas and information about the activities and encourage group participation.

Ann Higgs-Hanley (776-9115), has a Masters degree in Elementary Education. She works as a mother of four children at home. She has been homeschooling for one and a half years. Her home-schooled children are in 2nd grade, kindergartens and preschool levels.

Date: January 27, February 24, March 31
Time: 6 pm (Friday)
Fee: $15
Location: UFM Fireplace Room

Fashion Hair Braiding

Learn the secret to unique braided hair styles. In this demonstration and do-it-yourself class, we will practice basic styles that can be worn by all ages as well as more complicated braids and twists. Dress them up with or down and learn to add beads, ribbons and pins for your own personal touch. Great hair pieces for weddings, proms and special days. Bring covered elastic hair tie, hair ties and accessories to class with you.

Leah Mason (776-5601), has been working with hair for 18 years. She has taught braiding classes for a number of years in a wide variety of participants.

Date: March 29
Time: 7 pm (Wednesday)
Fee: 55 (individual) $20 (mother-child couple)
Location: UFM Conference Room

TENNIS**TENNIS**TENNIS
Tennis classes for Youth, see the RECREATION section.

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

The SUMMER UFM CATALOG will be available May 16.
Wellness
1221 THURSTON 539-8763

Overcoming Depression
The cause of depression can be as simple as habitual negative thought patterns. By working to change them, depression can often be overcome without medication. Make constructive changes and decisions in your life. Set new goals for yourself.
Helen Bontrager, Ph.D. (537-3877), is a local clinical psychologist in private practice.
Date: January 24
Time: 7 - 9 pm (Tuesday)
Fee: $7
Location: UFM Multipurpose Room

Fitness Walking
Fitness Walking or exercise walking, is growing in popularity as an exercise opportunity for people of all ages. Fitness walking is a healthy, aerobic alternative to jogging and aerobics dance. We will discuss ways to keep workouts safe and enjoyable, advantages of walking, places to walk, proper shoes and apparel, and starting and maintaining a walking program. Be a part of this group and learn how to improve your physical fitness through walking. It's fun of heart.
Teressa Hilliard, has been teaching aerobic fitness and weight training for over 12 years. She is certified through the American Council on Exercise and believes exercise should be efficient and fun.
Date: January 24
Time: 9:30 - 10:30 am (Tuesday)
Fee: $15
Location: Town Center Mall Food Court

Fitness Walking
Teresa Hilliard.
Date: January 26
Time: 7 - 9 pm (Thursday)
Fee: $15
Location: Seven Doloris Grade School Gymnasium 306 S Juliette

Getting More Fun Into Your Life
Increase your level of happiness by making a decision to allow yourself more fun. Have fun from an expert you can learn how to "get out and play." Life should not be too serious.
Helen Bontrager, Ph.D.
Date: February 28
Time: 7 - 8:30 pm (Tuesday)
Fee: $7
Location: UFM Multipurpose Room

Gentle Yoga
This class will explore subtle movements in the body through yoga postures. Each class will introduce and demonstrate the postures we will be experiencing. Yoga, done respectfully, is not painfully strenuous to the body, it is enjoyable. Our focus will be on creating space in the body, room for panta, the life force, to flow. Beginners and all levels of practice are welcome. The start and close of each class will include meditation. Please bring a blanket.
Janet McCurry (537-9004), has been practicing yoga for 10 years with her most recent concentration on Kippalas Yoga most simply described as meditation-in-motion.
Date: January 23, 30, February 6,13,20 & 27
Time: 7:30 pm (Monday)
Fee: $15
Location: Baptist Campus Center 1801 Anderson

Massage for the Individual
Learn the basic principles of therapeutic massage that will enable you to relieve muscular aches and pain, tension, and stiffness, as well as create relaxation for you. Participants will learn a self-massage routine that they can adapt to their personal needs. Participants should bring a blanket and/or pillow and wear loose clothes or shorts and tank top.
Bernice Martin (587-8582), is a graduate of the Downtown School of Massage and a registered massage therapist in the state of Matto. Her work is primarily Swedish Massage but incorporates aspects of deep tissue work and energy healing.
Date: January 24
Time: 7 - 8:30 pm (Tuesday)
Fee: $15
Location: Seven Doloris Grade School Gymnasium 306 S Juliette

Community First Aid and Safety
Be prepared! Know the fundamental principles and skills of first aid, contact CPR techniques for adult and infant victims of cardiac arrest, and other respiratory emergencies. This course will provide participants with information to reduce deaths from adult cardiovascular disease and childhood injury by recognizing a life-threatening emergency when it does occur, giving the right care and by preventing the situations that leads to the emergency. Red Cross Certification is given on successful completion of the course. Textbooks will be available at the first class and are included in the fee.
Enroll Forlater (537-2180).
Date: March 8 & 15
Time: 6 - 10 pm (Wednesday)
Fee: $60 includes books and materials
Location: American Red Cross 1014 Poynt

Community 1st Aid and Safety Progression
Act with confidence in an emergency situation. Learn how to identify and care for life-threatening bleeding, major injuries, and injuries. Prerequisites: Current certification within 1 year. Infant, Youth, and Adult CPR.
Enroll Forlater (537-2180).
Date: March 15
Time: 6 pm (Wednesday) Infant CPR 6 pm (Wednesday) 1st Aid
Fee: $30 includes books & materials
Location: American Red Cross 1014 Poynt

CPR for the Professional Rescuer
This revised BLS course is intended to teach individuals who are expected to enter an emergency. Rescuers will learn to interact in the EMS system, reduce the risk of cardiovascular disease, prioritize care, recognize, and provide care for respiratory and cardiac emergencies. You will learn to provide an untrained skill and techniques for two-person CPR and special rescue situations, including the minimization of movements and how to minimize the risk of disease transmission. Red Cross certification is given on successful completion of the course.
Enroll Forlater (537-2180).
Date: March 8 & 15 & 29
Time: 6 - 10 pm (Wednesday)
Fee: $90 includes books and materials
Location: American Red Cross 1014 Poynt

Introduction to Massage
Learn the basic principles of therapeutic massage and the role of massage in maintaining health. Swedish style massage uses long, flowing strokes and is the most common style of massage. Emphasis will be on the back and sides. Participants should wear loose fitting clothes. We will be working in pairs. Each pair will need a sleeping bag/blanket or comforter and 2 flat sheets.
Bernice Martin
Date: February 7
Time: 7 - 9 pm (Tuesday)
Cost: $20 a couple
Location: Seven Doloris Grade School Gymnasium 306 S Juliette

Wellness
1221 THURSTON 539-8763

Crisis Center
537-0999
Understanding is just a phone call away.

Kansas Lumber Company
HOMESTORE
776-4831 111 Seth Childs Road

Beginning Tai Chi is on page 18.

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Special THANKS TO THE UFM INSTRUCTORS who volunteer their time.
**REGISTRATION INFORMATION 3 WAYS TO REGISTER**

**Registration by Mail**

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

UFM Class Registrations
1221 Thurston
Manhattan, Kansas 66502-5299

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

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**Class #**

**Session**

**Title**

**Fee**

**Location**

**Date**

**Time**

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**Registration by Phone**

With your VISA, Discover or MasterCard number and expiration date ready, call (913) 539-8763 during regular business hours. A minimum of $5 can be accepted.

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**Registration in Person**

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

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