UFM
1996
Spring Classes
(JANUARY-MAY)
What is UFM?

UFM is a multi-faceted community education and resource program serving K-State, Manhattan and the surrounding area. UFM is dedicated to providing opportunities for life-long learning and self-development in ways that enrich the quality of our lives.

UFM is best known for its leisure learning classes represented in this catalog. Over 200 classes are presented each semester for your review and participation. UFM also sponsors the Lois Douglas Lecture Series, hosts the Manhattan Community Garden and assists other Kansas towns in starting their own community education programs.

The Clay Coalition and Arts Council classes, listed in the center of the catalog, are an example of UFM's commitment to cooperation with other organizations. The Clay Coalition and Arts Council organize the classes and UFM serves as the registrar. UFM works with the Manhattan Emergency Shelter and the Crisis Center to provide life skills and literacy improvement to homeless families. We have partnered with the Flint Hills Breadbasket to create the SHARE youth leadership project. The Wonder Workshop works with us to provide School's-Out activities for elementary school youth.

UFM is the concept of lifelong learning in action, making connections among those who want to share ideas and learn together all for the joy of gaining new ideas, making new friends, and improving our community.

UFM Staff:

Executive Director - Linda Inlow Teener
Educational Coordinator - Charlene Brownson
Associate Education Coordinator - Kathy Chandler
State Outreach Coordinator - Anita Madison
Lou Douglas Lecture Coordinator - Victoria Coits
Family Literacy Coordinator - Michael Cody
Office Coordinator - Rhonda Smartt

UFM is always looking for new ideas and new projects. Let us hear from you!

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UFM is committed to a policy of non-discrimination on the basis of race, sex, national origin, handicap, religion, age, sexual preference, or other non-merit reasons, in relation to admissions, educational programs or activities, and employment, all as required by applicable laws and regulations.

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

ANSWERING MACHINE
You can leave a message or receive current UFM information by calling 539-8763 between 5:00 pm and 8:30 am. A special thanks to the businesses and organizations who show support to UFM through their advertisements. We hope that the community of Manhattan will reinforce our thanks through their patronage of our advertisers!

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.

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COMMUNITY REGISTRATIONS

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

DATE TIME LOCATION  
Jan 11 Th 4pm - 5pm Public Library
Jan 18 Th 10am - 2pm USU Union
Jan 22 M 10am - 2pm USU Union

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

To advertise your business or organization in the next UFM catalog, contact the UFM Office (539-8763) by March 15.

MAILING YOUR REGISTRATION? 
Class confirmations will not be sent unless requested. Consider yourself registered unless you hear from us that the class is full. 
Feel free to call us to inquire about our receipt of your registration.

INCLEMENT WEATHER POLICY 
UFM courses held on campus follow the inclement weather policy of Kansas State University. Classes will be conducted unless all University courses are canceled. If the instructor informs his/her students personally that he or she will not be present at a given class meeting, the instructor is then responsible for arranging a make-up lesson. Weather sensitive courses may be canceled if no rain date is scheduled.

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

REFUND POLICY 
We will give a full refund if a class is canceled by UFM. If a student decides to withdraw before the class begins, and gives 48 hours notice before the starting date, we will refund all but a $3 processing fee. NO REFUND AFTER THE CLASS BEGINS.

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

LIABILITY STATEMENT 
Individual participants should be aware of the risks and hazards involved in recreational sports and fitness activities. They should voluntarily elect to utilize USU and UFM facilities and participate in programs recognizing present conditions and further agree to voluntarily assume all risks of loss, damage, or injury that may be sustained while using USU or UFM facilities or participating in programs.

USU Continuing Education/UFM assumes no responsibility for costs involved with individual injury or property loss incurred in connection with the use of University or UFM facilities. Individuals are reminded that they should review their own personal circumstances to determine if they have adequate insurance or protection in case of injury resulting from the use of University facilities or participation in programs. It is recommended that all participants have a complete physical prior to engaging in any physical recreation program.

SPECIAL POLICIES FOR CREDIT OPTIONAL CLASSES 
Credit Registration Refunds: After the second credit optional class meeting, but before one-third of the scheduled class sessions have met, fifty percent of the fee may be refunded if requested in writing. No refund is issued if it is requested after one-third of the class meetings have ended.

Credit Enrollment Fees: Courses taken for credit carry additional fees required for University administration of the credit program. A $15.00 late fee will be charged for enrollments taken after the second class meeting. A $35.00 late fee will be charged for enrollments taken after one-third of the class meetings. Additional student activity and health fees may be assessed for students enrolled in 6 or fewer KSU credit hours.

Withdrawals: A student may withdraw from a credit option class by written request to the completion of one-third of the scheduled class meetings without a grade being recorded on the student's transcript. If a student withdraws after one-third, but before two-thirds of the scheduled class meetings, a grade of W (withdrawn) will be issued. No withdrawals will be accepted after two-thirds of the scheduled classes have been completed.
Learn to Swim Classes

UMF and the Division of Continuing Education are pleased to present the American Red Cross Learn to Swim Program Level 3. This class is for adults/older children and includes safety drills, stroke instruction, and beginner swimming skills. Small classes allow for carefully guided instruction in stroke technique and water safety. Water Safety is reinforced with tips and practices each day.

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

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

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

BEGINNING & ENDING DATES:

Session A: Mon-Thurs Jan 22 - Feb 28
Session B: Mon-Wed March 4 - April 17
Session C: Saturday February 3, March 23 & 30

Parent/Infant and Parent/Tot

This water orientation program is designed to teach you how to work safely and effectively with your child and to teach basic water safety and self-help skills. The program emphasizes water safety and preparation activities for swimming and water enjoyment for you and your child.

Small children should wear snug-fitting lightweight pants covered by rubber pants. To participate, infants must have the ability to support their heads 90 degrees when lying flat on their stomachs. During the 6 meetings the parents will receive a letter on the week's homework and have opportunity to practice water techniques with their children.

Parent must accompany child.

Note: The Parent/Infant & Parent/Tot class sessions are:

Session A: Mon-Wed January 22 - February 7
Session B: Mon-Thurs January 22 - February 7
Session C: Saturday February 3
No Class: Saturday, February 3

Session A: (See dates above)
Session B: (See dates above)
Session C: (See dates above)

Fees: $11.00 per session

Tot Transition

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

Note: The Tot Transition class sessions are:

Session A: Mon-Wed March 4 - April 20
Session B: Mon-Wed March 4 - April 20
Session C: Saturday March 9 - April 27
No Class: Saturday, March 23 & 30

Session A: (See dates above)
Session B: (See dates above)
Session C: (See dates above)

Fees: $11.00 per session

Level I: Water Exploration

The objective of Level I is to help students feel comfortable in water and to enjoy swimming. 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 energetic enough to participate in a group setting without their parents.

Session A: (See dates above)
Session B: (See dates above)
Session C: (See dates above)
Session D: (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 in 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 A: (See dates above)
Session B: (See dates above)
Session C: (See dates above)
Session D: (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 swim with an emphasis on the front and back crawl. They will be introduced to the elementary backstroke and treading.

Students will also learn skills for safe diving and begin to learn to dive from the side of the pool. Students entering this course must have a Level II certificate or must be able to demonstrate all the completion requirements in Level II.

Session A: (See dates above)
Session B: (See dates above)
Session C: (See dates above)
Session D: (See dates above)
Fees: $35 per session

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OAK GROVE SCHOOL

Oak Grove School is a secular, nonprofit school providing children between the ages of 3-10 years with an innovative option to traditional education. Oak Grove School values diversity, and we welcome children of any race, color, religion and ethnic or national origin.

For information, call Oak Grove School at 537-2349 or Shawn Buch in 487-2380.
level IV: Stroke Development

Ages 16 plus

At 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.

Session A:
- Dates: Mon-Wed 6:00 - 6:55 pm
- Tues-Thurs 6:00 - 6:55 pm
- Fee: $28 per section of 6 lessons

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 the lesson time. The facility is equipped with a lift and a set of stairs leading into the pool. The facility is equipped with a lift and a set of stairs leading into the pool.

Session A:
- Dates: Mon-Wed 6:00 - 6:55 pm
- Tues-Thurs 6:00 - 6:55 pm
- Fee: $18 per session

Swim and Stay Fit

Swim and Stay Fit is for individuals ages 13 and up. The class will meet for 20 minutes of swimming and 10 minutes of fitness activities.

Session A:
- Dates: Mon - Thurs 6:00 - 6:50 pm
- Fee: $20 per session

Swim and Stay Fit for Parents

Are you tired of being just an observer at your child's swimming lessons? If so, then take advantage of the time you spend watching and enroll in our SPECIAL Parent's Swim and Stay Fit Class. This class is available at our reduced rate of $15 per session. Each week you will be able to enroll in swimming lessons. In this class you will be able to join in swimming to meet your own needs and goals.

Session A:
- Dates: Mon - Thurs 6:00 - 6:50 pm
- Fee: $20 per session

How to Get Organized Without Really Trying???

See the Self & Personal Development section.

How to Watch a Good Program

Nothing kills a UMF 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!

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Swimming I

*One hour optional KSU credit available

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

Carol Sites

Date: January 23 - May 9
No Class: March 26 & 28
Time: 8:30 am (Tues & Thurs)
Fee: $50 non credit
Location: $1.14 credit

Fitness Swimming

* One hour optional KSU credit available

Students interested in this course MUST be able to demonstrate the five basic strokes, using hygienic breathing. Emphasis will be on analyzing and refining stroke technique and additional competitive skills; improving/maintaining physical fitness and endurance through a progressive, conditioning swimming program; learning the components of well-balanced training; and designing a workout for conditioning swimming. Textbook required: Swim for the Health of It

Carol Sites

Date: January 22 - April 17
No Class: March 25 - 29
Time: 8:30 am (Mon, Wed & Fri)
Fee: $50 non credit
$1.14 credit
Location: KSU Natatorium

Fitness Swimming

* One hour optional KSU credit available

Carol Sites

Date: January 23 - May 9
No Class: March 26 or 28
Time: 2:30 pm (Tues & Thurs)
Fee: $50 non credit
$1.14 credit
Location: KSU Natatorium

- Credit classes require additional charges to cover KSU administrative costs. Students enrolled in less than 6 hours, will also be assessed for student activity and health fees.

Lifeguard Training

American Red Cross Lifeguard Training teaches lifeguards the skills and knowledge needed to prevent and respond to aquatic emergencies. Participants will learn to understand the value of behaving in a professional manner; how to recognize specific characteristics; behaviors of distressed swimmers, and active and passive drowning victims; to recognize an aquatic emergency, and not promptly and appropriately; to perform equipment-based rescue skills and techniques used by professional lifeguards; to recognize and care for a possible spinal injury, and how to provide first aid and CPR.

Prerequisites: Minimum age 15; read water for 2 minutes using logs only; swim 50 yards continuously with combination of crawl, breaststroke, and side stroke; submerge 7 feet, retrieve a 10-pound object and return to the surface.

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

Carol Sites

Date: May 2,7,9,12,14,16,21,23
Time: 4 - 8 pm (Tues & Thurs)
9 am - 1 pm & 2 - 5 pm (Sunday)
Fee: $159
Textbooks & equipment must be paid and picked up at American Red Cross for $50
Location: KSU Natatorium

Water Safety Instructor

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 Evaluation 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 test on their knowledge of aquatic and safety skills, as well as stroke proficiency and rescue skills.

Lifeguard Training is certified through the American Red Cross as a Water Safety Instructor./Training.

Carol Sites

Date: March 5,7,10,12,14,17,19,21
Time: 4 - 8 pm (Tues & Thurs)
9 am - 1 pm & 4 - 8 pm (Sunday)
Fee: $144
Textbooks & equipment must be paid and picked up at American Red Cross for $51
Location: KSU Natatorium

Intermediate Kayak Workshop

This workshop is for those kayakers with some experience who desire to improve their skills. Informal instruction 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 Replago and TJ Hittle have been teaching Kayak classes for a number of years. They are certified Red Cross Kayak Instructors/Trainers.

Carol Sites

Date: February 11
Time: 9 am - 1 pm (Sunday)
Fee: $35
Location: KSU Natatorium

SCHOOL'S OUT ACTIVITIES

K-3rd graders

Thursday, Feb. 29 & Friday, March 1
Thursday, April 4 & 5
For information, call UFUM, 539-8763.

Youth scholarships are available.
Connecting with the Internet

Are you interested in learning about the Internet but not sure where to start? This class will help you understand the terms and introduce you to the tools and social information on the Internet. Highly recommended, but not required, is a "basic" understanding of computer use.

Gil Hopkins, gil@hopson.com, is a graduate student in Journalism/Mass Communication. He is an Internet entrepreneur and has been surfing for five years.

Date: February 17
Time: 10 am - noon (Saturday)
Fee: $24
Location: UFV Computer Lab

Communicating on the Internet

Learn how to use electronic mail for personal communications and for networking. This class will cover e-mail basics, how to use listservs, and other topics. Highly recommended, but not required, is a "basic" understanding of computer use.

Gil Hopkins, gil@hopson.com

Date: February 24
Time: 7 pm - 9 pm (Wednesday)
Location: UFV Computer Lab

Windows 95

Take this chance to become familiar with Windows 95 as you decide whether to upgrade or are learning the system on a new computer. See what it does, how it looks and learn about the new features. Bring your questions.

Linda Toner

Date: April 10, 17 & 24
Time: 6:30 pm (Wednesday)
Fee: $30
Location: UFV Computer Lab

Individual Internet Instruction

One-on-One or One-on-a-Family. Learn how to surf the net and concentrate on the areas you wish to learn such as E-Mail, World Wide Web, Gopher. Download files, search libraries for subjects that interest you, or you wish to research. Learn to join listservs, read Internet News or just surf the net for pleasure. Work at your own speed. Individual instruction using Netscape and Windows 95.

Leonard Leeding has logged many hours surfing the net, and spends in previous Internet classes.

Date/Time: as arranged
Fee: $25 per hour
Location: will advise location upon registration

WordPerfect I

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 how to use two documents at once. Read Word, Spell Check, Repeat and other special features will be included. Available for 5.1, DOS 6.0 and Windows versions. Hands-on computer time is provided. Please indicate which version of WP you are interested in learning when you enroll.

Linda Toner (539-8763), takes an easy to understand, practical approach to learning how to make your computer work for you.

Date: February 11 & 20
Time: 3 - 5 pm (Tuesday)
Fee: $44
Location: UFV 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. Available for 5.1, DOS 6 and Windows 6 versions. Hands-on computer time is provided. Please indicate the version of WP you are interested in learning when you enroll.

Linda Toner (539-8763), takes an easy to understand, practical approach to learning how to make your computer work for you.

Date: March 12 & 19
Time: 3 - 5 pm (Wednesday)
Fee: $44
Location: UFV Computer Lab

Keyboarding Basics

gives you ways to improve your typing.

Individual Computer Help

Having trouble figuring out how your computer works? Need help translating those manuals or interpreting the prompts? Get some help understanding how to make your computer work for you. Schedule a private tutoring session to answer your personal questions. This service is offered to individuals for IBM compatible computers.

Linda Toner (539-8763), is Executive Director of UFV Labs to help others better understand their computers.

Date/Time: as arranged
Fee: $20 per hour
Location: will advise location upon registration

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All participants must register in advance.
**Self-Esteem for Adults**

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

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

Michael Cody (559-8763), is the Family Literacy Coordinator at UFM, she works with all groups teaching literacy and life skills classes. She has been, 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.

**Meditation and Creativity**

Meditation is a means to acquain us to the source of awareness and life. Creativity flows from this same source. The link between meditation and creativity will be explored experientially. Poetry and art will be used to express meditational awareness. Qigong, or Jewish mysticism, will be used to provide a conceptual framework.

**Dan Bekker** is a professional psychotherapist. He has studied various meditational practices including Buddhist, Tantric, Christian, and Jewish. In addition, Dan has studied art and also enjoys drama, poetry and music. He helps to assist students' personal expression of self and universe in this class.

**Improving Your Relationship**

This class is designed to help people improve their relationships with others. It will focus on improving communication and conflict resolution which are essential to a healthy relationship. The class will also explore the influence of our family of origin on our current relationships. In addition, the class will examine the differences between men's and women's styles of interaction, and how these can interfere with effective communication and conflict resolution.

**Charles Drew** (547-4310), is a registered marriage and family therapist in Kansas and a clinical member of the American Association for Marriage and Family Therapy.

**Conflict Resolution 101**

Develop new skills in dealing with conflicts at work and at home. Communication barriers and other difficulties that lead to conflict will be addressed. This class will include practicing conflict resolution strategies to apply to specific situations with coworkers, customers, friends, and family.

**Angela Payne**, provides training in conflict resolution for businesses and schools. An industrial psychologist, she coordinates the Employee Assistance Program and Business Consultation Services sponsored by Pawnee Mental Health Services.

**Introduction to Zen**

Buddhism and Zen Buddhism has always been a source of inspiration for me. I am also interested in the Zen philosophy of the East. I have been a Zen Buddhist for two years, and I am currently studying the Zen philosophy of the East.

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**Zen Meditation**

Meditation aims to develop self-awareness, to bring us closer to the present moment. It helps us to detach from our habitual patterns of thought and action, and to live more in the here and now. Meditation can be practiced in many forms, such as sitting, walking, or even sitting on a cushion.

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How to Get Organized without Really Trying??

Just Do It!!

Spend a few hours developing proven strategies to help you organize work, family, career, exercise, strands, and much more. We'll develop lists, ideas, and easy skills to help you get started. Participants should bring their personal or family/family-oriented calendars with them to class. Each participant will receive a "50 Time-saving Tips" handbook. Bring your biggest project to class with you and we'll start tackling it here.

Phyllis Stellas (238-5795), is a former public information officer of the Denver Housing Authority. In 1984, she organized her wedding long-distance using organizational and time-management techniques. She has professional experience organizing special events, household moves, and family reunions. Phyllis is currently a military spouse at Fort Riley and working on freelance projects.

Date: February 10
Time: 9 am - 12 noon (Saturday)
Fee: $15
Location: UFM Multipurpose Room

Individual Development

This seminar is designed to develop leadership skills and to help women achieve success in their personal, professional, and leadership skills and to help women achieve success in their personal, professional, and leadership roles. The seminar will focus on the following topics:

- Identifying strengths and weaknesses in leadership skills
- Developing effective communication skills
- Enhancing personal and professional confidence

Speaker:

Jane Magness, Karen Perry, and Ruth Williams have all completed the seminar. They have been involved in leadership roles in various organizations and have facilitated workshops on leadership development.

Date: January 25, February 18, March 25, 4, & 29
Time: 7 - 9:30 pm (Thursday)
Fee: $20
Location: Conference Room at Manhattan Parks and Recreation, 1101 Fremont

School's Out

UFM has activities for elementary school children during the Inservice & Parent/Teacher Conferences.

Thursday, February 29 & Friday, March 1
Thursday, April 4 & Friday, April 5

Scholarships Available

For more information call UFM, 539-8763 and see the Youth Section in this catalog

Limited space, register early!

Beginning Sign Language
Creative Freetime section

Massage for the Individual or Couples

can be found in the WELLNESS section.

P A W N E E
Mental Health Services

ATTN: Helping Professionals & Volunteers
1996 Continuing Education

Support Group Training
January 18 (no credit)
Co-sponsored with Memorial Hospital and The Saint Mary Hospital
Sheila Ziegler, LBSW, Community Services Coordinator, Self-Help Network of Kansas

Eating Disorders
February 21 (3 Hrs)
Ann Gabrick, LSCSW, Program Manager, Eating Disorders Unit, Baptist Medical Center

UEU's for social workers and others. Contact hours for nurses in cooperation with The Saint Mary Hospital. Fee is $7 per hour. Workshops begin at 12:45 p.m. All workshops at Saint Mary Hospital. 6th and 8th, except January 18 at 12:45 p.m. Pre-registration required.

Post-Traumatic Stress Disorder
March 20 (3 Hrs)
Denita Jones, RMLP, Program Manager, Pawnee Mental Health Services

The Faces of Anxiety
April 17 (3 Hrs)
Sherman Silco, LSCSW, Outpatient Therapist, Pawnee Mental Health Services

Call 587-4326 for Free Brochure

Thank you advertisers for your loyal support.
Beginning Fly Tying

Learn the basics of tying your own flies for that next fishing trip. We will cover hooks, tying tools, and the materials necessary to create flies to catch fish from trout to bass. Materials will be provided to tie dry flies, wet flies, and nymphs. Keep the flies you tie and give them a try!

Paul Sodeman (484-2340) is a seventh grade science teacher who likes to escape to cool running waters from time to time. He takes his fly-fishing from it all. He has been fly-fishing waters from Georgia to Montana, building his own flies and tying his own flies for four years. He primarily fishes for trout, but local outings for bass and panfish help keep his fly-fishing skills sharp.

Date: January 25, 24, 30, & 31
Time: 6:30 - 9:30 pm (Tues., Wed., & Thurs.)
Fee: $5
Location: UFM Multipurpose Room

Bird Feeding: Seed and Plants

This class is an opportunity to learn to select birdseed and feeders for winter feeding of birds. In addition, there will be discussion about planting around your house and yard which will attract and benefit resident and migrating bird populations.

Diane Kerr (456-2771), has been an active member of the local Audubon chapter for years and is an expert on bird identification and behavior. She has given presentations on ornamental landscaping as well as establishing a songbird haven around his own house.

Date: January 20
Time: 6 pm (Saturday)
Fee: $8
Location: UFM Fireplace Room

Your Environmental Community

Come and be introduced to your Manhattan and Kansas environmental groups. Information will be available on current conservation issues and field trips for adults and children. For people just arriving in the area or long-time residents, come meet this part of your community.

Leah Harrell (941-2255), has been active with environmental groups for over 15 years. Currently she is the president of the local chapter of the National Audubon Society, she also belongs to other Kansas organizations involved in environmental education and legislative activism.

Date: March 2
Time: 6 pm (Saturday)
Fee: 
Location: UFM Fireplace Room

Growing Cool-Season Vegetables

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

Colleen Hampton (539-3904) is a Riley County Extension Master Gardener and a member of the Manhattan Community Garden. Colleen enjoys sharing what she has learned throughout her 20 years of gardening. You will be supplied with lots of handouts to take home!

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

Growing Warm-Season Vegetables

Birds on your block to harvest red, ripe tomatoes this summer? Learn about the weeds and needs of the community. You'll enjoy learning about the annual 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: March 21
Time: 6 - 8 pm (Saturday)
Fee: $8
Location: UFM Greenhouse

Gardening in Small Places

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

Colleen Hampton

Date: March 26
Time: 7 - 9 pm (Tuesday)
Fee: $8
Location: UFM Greenhouse

Perennial Flower Gardening

Are you tired of buying and planting new flowers year after year? Why not invest in some perennial flower plants that will return every year? We'll discuss which flowers are perennial and when each blooms, how to get season-long color, and other planting and growing tips.

Be the envy of your neighborhood with minimal effort!

Colleen Hampton

Date: March 20
Time: 7 - 9 pm (Wednesday)
Fee: $12
Location: UFM Greenhouse

Be a Successful Gardener

Gardening is America's #1 hobby! In the last several years, there has been a renewed interest in growing your own vegetables, flowers and herbs. Would you like to try gardening, but feel that you have a purple (or black!) thumb? We'll take you through the process of planting, preparing, planting, and even harvesting your blooms and produce. Learn some "secrets of the trade" from generation to harvest. This class meets twice to let you begin gardening and then come back to the second class to ask any questions or resolve problems which may have arisen.

Colleen Hampton

Date: March 18 and May 13
Time: 6:30 - 8 pm (Monday)
Fee: $13
Location: UFM Greenhouse

Where the Sun Doesn't Shine (Shade Gardening)

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

Colleen Hampton

Date: May 15
Time: 7 pm
Fee: $8
Location: UFM Greenhouse
Manhattan Arts Center 1996 Spring Classes
Sponsored by the Manhattan Arts Council, Manhattan Civic Theatre, and Clay Coalition
January 3rd - May 18th
at the
Manhattan Arts Center
1520 Poyntz Ave., Manhattan, KS
and the
Arts Center Annex Pottery Studio
1508 Poyntz Ave., Manhattan, KS

Children and Youth classes at the Manhattan Arts Center are underwritten in part by the YES! Fund, a fund of the Robert R. McCormick Tribune Foundation. All children and youth through the 12th grade will receive a 67% reduction in class fees. Those students who qualify for the "free or reduced lunch program" will receive a 100% fee deferral.

FREE BUSING
The Manhattan YES! Fund has provided a grant to work in partnership with USD 383 in providing free busing. Students requiring busing will be picked up after school, transported to the Arts Center for classes and returned back to their school. When registering for after-school classes at UFM (539-8763) or Civic Theatre (539-8028), please indicate the need for transportation.

The Manhattan Arts Center, Inc. is a joint project of The Arts Council & Manhattan Civic Theatre, with funding provided in part by The City of Manhattan, Private and Business Donors, the Kansas Arts Commission, a state agency, and the National Endowment for the Arts, a federal agency.

ACT IT OUT!
Manhattan Civic Theatre Classes

- Puppet Theater
- Mime Class
- Reader's Theater
- Exploring Stereotypes Through Drama
- Experimental Theater Workshop
- It's My Life
- Intermediate and Advanced Wheel Throwing
- Clay for Special Needs Populations
- Introduction to Pottery
- The Joy of Hand Building for "Seniors"

Visual Arts Classes will be held in the Arts Center Main Building

- Painting Big and Making Murals
- Personal Images

MAKE IT IN CLAY!
Manhattan Clay Coalition Classes

- Dragons, Myths and Fairy Tales
- After School Clay Discovery
- Intro to Wheel Thrown Pottery
- Monday Night Open Studio with Laura Fatemi
- Family Clay Adventure

REGISTRATION INFORMATION:
- UFM will handle registration for all classes at 539-8763, except theatre classes which will be registered by calling 539-8028.
- Advance registration to reserve your spot is recommended.
- See the back of the UFM catalog for registration information and instructions.
EXPLORING STEREOTYPES THROUGH DRAMA
(Grades 7-12)
FEE: $30 a YES! Fund Class: you pay $10 or $0*
He said, she said, me Tarzan, you Jane. Explore the stereotypes abounding in dramatic literature.
T & Th Mar 12 - Apr 18 3:30-5:30 pm

EXPERIMENTAL THEATER WORKSHOP
(for high school students)
FEE: $25 (scholarships available)
A five-week program of study concentrating on the experimental movements of twentieth century avant-garde theater, with a performance recital June 21 and 22. Applications must be submitted by May 1. Contact instructor for application procedures.
Date: May 18 - Jun 22, days and times to be announced
Instructor: Jim Hamilton, 537-8808

Write It Down And Visualize!
Literary and Visual Arts Classes

PAINTING BIG AND MAKING MURALS
All ages, including families
Location: Arts Center Building
Instructor: Jane Wegscheider
FEE: $30 a YES! fund class: you pay $10 or $0*
Students will work individually and in small groups on large scale paper murals. Paper murals will be exhibited in the halls of the Arts Center. A historical survey of mural art will also be part of this class.
AC 532 W Jan 3 - Jan 31 3:45 - 5:15 pm
AC 542 W Feb 7 - Mar 27 3:45 - 5:15 pm
AC 552 W Apr 3 - May 15 3:45 - 5:15 pm

PERSONAL IMAGES
Adults/High School Students
Instructor: Jane Wegscheider
FEE: $30 a YES! Fund Class: you pay $10 or $0*
In a series of workshops, students will draw, paint, collage, write and possibly make short performances about themselves, tapping into childhood memories, family history, and their current lives to create "visual journals". The workshops are designed for both artists and "non artists", writers and scribblers, people who like to make things and people who thought they've "never been good at art".
AC 543 W Feb 7 - Mar 20 6:00 - 8:00 pm
AC 553 W Apr 3 - May 15 6:00 - 8:00 pm
CLASSES
for all ages and all skill levels. Jan. 3 - May 18

MAKE IT IN CLAY!
Inhattan Clay Coalition Classes
clay coalition classes held at the Arts Center Annex

INTRODUCTION TO WHEEL THROWN POTTERY
FEE: $48 a YES! Fund youth class: youth participants pay $16 or $0*
(limit 8 students, minimum of 6)
This class will focus on teaching the basic skills and techniques of using the potters wheel to create vessels you can use. All skill levels are welcome. (Adults may enroll if space is available)
Instructor: Gary Tyson
CC 308 grade 9-12 Sat Feb 10 - Mar 23 9:00 - 11:00 am
CC 318 grade 9-12 Sat Apr 6 - May 18 9:00 - 11:00 am
Instructor: Joyce Furney
CC 309 grade 4-8 Sat Feb 17 - Mar 30 1:00 - 3:00 pm
CC 319 grade 4-8 Sat Apr 6 - May 18 1:00 - 3:00 pm

MCC Classes for Pre-School Children

DRAGONS, MYTHS AND FAIRY TALES
Instructor: Jane Wegscheider
FEE: $27 a YES! Fund Class: you pay $9 or $0*
(limit 8 students, minimum 4)
In this class the children will listen to a story read to them by the teacher. Each child will be guided in the making of clay objects inspired by the stories they hear.
CC 300 Ages 4-5 yrs. T Feb 6 - Mar 19 10:30 - 11:30am
CC 310 Ages 4-5 yrs. T Apr 2 - May 14 10:30 - 11:30am
CC 301 Ages 4-5 yrs. T Feb 6 - Mar 19 1:00 - 2:00pm
CC 311 Ages 4-5 yrs. T Apr 2 - May 14 1:00 - 2:00pm
CC 302 Ages 4-5 yrs. T Feb 6 - Mar 19 2:15 - 3:15pm
CC 312 Ages 4-5 yrs. T Apr 2 - May 14 2:15 - 3:15pm

CLAY DISCOVERY: N D BUILT
$39 a YES! Fund class: you pay $13 or $0*
and discover the fun and the joy of your hands making clay
A special project will be taught to stimulate creativity and
the basics of handbuilt clay construction. All materials
ted; no additional tools needed.
10 students, minimum 5)
Instructor: Laura Fatemi
03 grades 5-8 M Feb 5 - Mar 18 3:45 - 5:15 pm
13 grades 5-8 M Apr 1 - May 13 3:45 - 5:15 pm
Instructor: Jane Wegscheider
04 grades 1-4 T Feb 6 - Mar 19 3:45 - 5:15 pm
14 grades 1-4 T Apr 2 - May 14 3:45 - 5:15 pm
Instructor: Stan Paskiewicz
05 grades 1-4 W Feb 7 - Mar 20 3:45 - 5:15pm
15 grades 1-4 W Apr 3 - May 16 3:45 - 5:15pm
06 grades 5-6 Th Feb 8 - Mar 21 3:45 - 5:15pm
16 grades 5-6 Th Apr 4 - May 16 3:45 - 5:15pm
Instructor: Chris Payne
07 Ogden grade school F Feb 9 - Mar 22 3:45 - 5:15pm
17 Ogden grade school F Apr 6 - May 17 3:45 - 5:15pm
MONDAY NIGHT OPEN STUDIO WITH LAURA FATEMI
LAB FEE: $20
Artist in residence, Laura Fatemi will have the studio open working on her clay art. Open Studio Members who enjoy working with others and want to work on their own projects may join her. CC 340
M  Feb 5 - Mar 18  7:00 - 9:00 pm
CC 350  M  Apr 1 - May 13  7:00 - 9:00 pm

FAMILY CLAY ADVENTURE
Fee: $48 for 1st adult family member, $12 for each thereafter
(a YES! Fund class: youth pay $4 or $0*)
(limit 10 students, minimum 6)
Discover the joy of clay creation with a special family member or mentor. Wheel and/or hand building.
Instructor: Ester Ikeda
CC 360  T  Feb 6 - Mar 19  6:30 - 8:30 pm
CC 370  T  Apr 2 - May 14  6:30 - 8:30 pm
CC 361  Th  Feb 8 - Mar 21  6:30 - 8:30 pm
CC 371  Th  Apr 4 - May 16  6:30 - 8:30 pm

INTERMEDIATE AND ADVANCED WHEEL THROWING
FEE: $48 a YES! Fund class: youth pay $16 or $0*
You have the basics and now are ready for the really "tough stuff": handles, lids that fit and the Tea Pot you always thought you could make. Whatever your next point of discovery goal is, come throw with Gary and explore.
(Limit 8 students, minimum 5)
Instructor: Gary Tyson
CC 380  W  Feb 7 - Mar 20  7:00 - 9:00 pm
CC 385  W  Apr 3 - May 15  7:00 - 9:00 pm

MCC Weekday Classes for Adults
CLAY FOR SPECIAL NEEDS POPULATIONS
FEE: $32 scholarships are available
class meets 3 days a week. Maximum 8 students.
This class is designed to meet the needs of persons with developmental or physical challenges.
Instructor: Joyce Furney
CC 320  W  Feb 21 - March 27  1:00 - 2:30 pm
CC 330  W  Apr 10 - May 15  1:00 - 2:30 pm

INTRODUCTION TO POTTERY
FEE: $44 for (MCC member) $49 (non member)
Have you ever wondered if you could throw a pot worth keeping?
Do you have one of the mornings listed below free? Then, perhaps one of these is for you! Enroll, and we will help you "find your hands in clay" as you learn the basics of functional pottery. Wheel and hand built projects will be made. No experience necessary. Those wanting to hone their skills are also welcome.
Minimum of 5, maximum of 8 students.
Instructor: Gene Sievers
CC 322  Th  Feb 6 - Mar 21  9:30 - 11:30 am
CC 332  Th  Apr 4 - May 16  9:30 - 11:30 am
Instructor: Joyce Furney
CC 323  W  Feb 21 - Mar 6  9:30 - 11:30 am
CC 333  W  Apr 10 - May 22  9:30 - 11:30 am

THE JOY OF HANDBUILDING FOR "SENIORS"
FEE: $49 (non-member) or $44 (MCC member)
Are you retired and have time on your hands? Then come get them dirty with Bee. Explore your wide range of creative whimsy as you design and make diverse things such as a bird house or dishes you can eat off when finished. No prior experience necessary!
Minimum of 5, Maximum of 10 students
Instructor: Bee Dunn
CC 324  M  Feb 5 - Mar 18  1:00 - 3:00 pm
CC 334  M  Apr 1 - May 13  1:00 - 3:00 pm
CC 325  Th  Feb 8 - Mar 21  1:00 - 3:00 pm
CC 335  Th  Apr 4 - May 16  1:00 - 3:00 pm

OPEN STUDIO
(Facility use only, no instruction)
Open Studio enrollment is available for people who need no instruction but wish to have use of a well-equipped studio, access to glazes and knowledge that their work will be fired with professional care and attention. Individuals enrolling in Open Studio may sign up for specified times and/or work whenever the studio is not being used by classes.
Times reserved for Open Studio are: Sat. 3-9 pm. & Sun. 12-9 pm.
CC 390  Registration Fee: $10.00, paid at time of enrollment
Studio Use Fee: $2.75 / use hour, billed monthly
Clay Fee: $6.25 / 25 lbs. clay used, billed monthly
To be eligible for Open Studio Use one must:
1. Be a current member of the Clay Coalition,
   (Annual membership: $15 for an individual; $25 for a family; $5 for students)
2. Agree to adhere to all studio policies & procedures,
3. Enroll in Open Studio and agree to pay relevant fees
4. Arrange to meet with the Studio Manager, (see below)
5. Keep "Open Studio Monthly Use Card" and turn it in on time.
   Hourly fee includes: use of the wheels, slab roller, toos, shelf area, glazes and kiln space. Each person who enrolls in Open Studio is responsible to call the studio manager, Ronna Tyson at 539-0187, to arrange an initial meeting time. This required meeting is designed to go over appropriate use and safety policies and procedures and to answer any questions you may have.
**Tae Kwon Do Karate I**

Tae Kwon Do is a traditional martial art designed to promote 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 Tokyo. The cost is not included in the class fee and a uniform is required for testing. Age 7+

**Friday, January 19, 6:30 - 7:30 pm** -- Public Demonstration and formal introduction of Instructors at Aeina Gymnasium, KSU

**Date:** January 23 - May 9

**Time:** 5:00 - 7:00 pm (Tues & Thurs)

**Fee:** $77

**Location:** Aeina Fieldhouse, KSU

**Tae Kwon Do Karate II Advanced**

Granda master Chan Yi (256-8662), is an 8th degree black belt with over 30 years experience in Tae Kwon Do. Former Captain and Chief instructor of Tae Kwon Do for the KOR Army during Vietnam, he has held classes at KSU since 1975. Corey Lewis is a 3rd degree black belt with over 12 years experience in Tae Kwon Do.

**Date:** January 23 - May 9

**Time:** 5:30 - 8:30 pm (Tues & Thurs)

**Fee:** $77

**Location:** Aeina Fieldhouse, KSU

**Combat Grappling**

Combat Grappling is a method of training in the White Phoenix system. The teachings are adapted from judo, wrestling, and other martial arts forms. We will start by working on falls and escapes from the mount position.

Sun Wilson (537-0712), is the founder of the White Phoenix System. He has participated in martial arts for 26 years. Sun Wilson has both black belts in Styke Fa and Aikido.

**Date:** January 24 - March 13

**Time:** 6:30 - 7:30 pm (Wednesday)

**Fee:** $55

**Location:** Aeina Fieldhouse, KSU

**The Fighting Art of White Dragon Kung Fu**

This class will be taught by Pei Te Lung Kung Fu or White Dragon Kung Fu. Techniques and applications will emphasize the martial aspect of the art. Kicking, punching, grappling. The course will cover solo and two person drills, self-defense and an introduction to forms (Kata).

Sifu Howard Levy (397-7633) has studied a variety of martial arts with 5 years experience in the Pei Te Lung System in particular. His emphasis on technique and application makes for an intellectually stimulating experience as well as a physical one. His motto, "a punch is not always a punch" and "If you don't know what it means, it's useless" mirror much of his classroom experience and attitude.

**Date:** January 20 - May 6

**Time:** 7:30 pm (Monday)

**Fee:** $25

**Location:** Aeina Fieldhouse, KSU

**Shotokan Karate**

Shotokan Karate is a classical martial art introduced to Japan from Okinawa in the early 1900's. It is a linear style of karate characterized by low stances, correct pointes, and the ability to deliver powerful blows. Students will learn basic stances, punches, kicks, blocks, katas, and sparring techniques. Shotokan promotes mental control, balance and aesthetic presentation.

Chris Wynn (397-4506), has studied Shotokan for 8 years. He is a 1st degree black belt in Shotokan karate and is currently a graduate student in drawing at KSU.

**Date:** February 1 - May 1

**Time:** 5:00 - 6:00 pm (Mon & Wed)

**Fee:** $45

**Location:** Aeina Fieldhouse, KSU

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**BEGINNING AIKIDO**

Aikido is a martial art in which one trains to be calm and lead a conflict to a peaceful resolution. This is a beginning class taught by instructor Aliki. We will learn Aikido techniques of defense, and develop the movement criteria to perform them. The techniques can also be readily combined into a short performance program called "Talia" which we will learn. Instruction will also consider the spontaneous interests and needs of the participants. This class is for men and women, young and old.

Paul Gennis (399-3869), began practicing Aikido in 1985 at Cloud County Community College. He assisted the instructor and worked with beginners before leaving the area in 1992. His training is in K Society Aikido. He has passed testing for three levels of Aikido & KI development with Kashaawa Izumo, chief instructor in the United States for KI Society Aikido.

**Date:** February 5 - May 6

**Time:** No class March 25 & 28, or April 4

**Fee:** $44

**Location:** Aeina Fieldhouse, KSU

**BEGINNING TAE KWON DO for Adults**

Have you always wanted to try the martial arts but aren't sure that its for you? Do you need to work on your flexibility and coordination? This class is designed for people who 1) want to learn Tae Kwon Do in a non-threatening environment, 2) are not sure they're physically capable of being a martial artist, 3) want to work on flexibility and balance and defense, or 4) just want a great way to get in shape. Are you up to the challenge?

DC Lehan (352-6340), is a 1st degree black belt in the American Tae Kwon Do Association and is an instructor with the K-State/Maranthian Tae Kwon Do Club. She also has extensive experience in height training, strengthening, and adaptive stretching (for those with physical limitations).

**Date:** February 7, 14, 16, 21, & 23

**Time:** 4 - 5:05 pm (Wed & Fri)

**Fee:** $28

**Location:** EFM Student Center

**TAE KWON DO for Adults**

DC Lehan

**Date:** February 28, March 6, 8, 13, & 15

**Time:** 4 - 5:05 pm (Wed & Fri)

**Fee:** $28

**Location:** EFM Student Center

**BEGINNING TAE KWON DO for Adults**

DC Lehan

**Date:** April 1, 10, 17, 19, & 24

**Time:** 7:30 - 8:30 pm (Wed & Fri)

**Fee:** $28

**Location:** EFM Student Center

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**LEARN TO FLY**

Creative Freetime section

**SHARP - SELF DEFENSE FOR WOMEN**

Offered in the PERSONAL DEVELOPMENT section of this catalog.

**TAE KWON DO classes**

for children ages 4-5, 6-8, 9-14 are found on page 22.

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**SECONDHAND BOOKSELLERS**

**THE DUSTY BOOKSHELF**

BOOKS BOUGHT, SOLD & EXCHANGED

709 NORTH MAIN STREET AVENUE

539-289

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**UFM CLASSES MAKE great gifts!**
Safe and Creative Care of Family Photos

Are you photos stuffed in shoeboxes, or worse, in albums that are chemically destroying them? The workshop covers organizing your photos, photo-safe materials, ideas for scrapbooking and photo-journaling. You will receive assistance in helping you create your own family photo album. The workshop is two sessions, the first is informative and educational and the second is a hands-on workshop where you will create your own album pages. The fee includes an acid-free album page and the use of photo-safe materials and supplies. Additional pages are available for purchase from the instructor.

Pam Schmid (1-800-347-2625), has been a consultant with Creative Measures since 1989.

Date: February 6
Time: 7 - 9:30 pm (Tuesday)
Fee: $14 includes supplies
Location: UFM Fireplace Room

Safe and Creative Care of Family Photos

Pam Schmid

Date: March 4
Time: 7 - 9:30 pm (Thursday)
Fee: $14 includes some supplies
Location: UFM Fireplace Room

Nail Art

Nail Art has been a popular trend in the world of Cosmetology for nearly 10 years. In this class you will learn how easy and inexpensive it is to do nail art for yourself. Come in to class with your nails polished in your favorite color. The instructor will demonstrate the finer details on an example to allow you to take notes. No other supplies needed.

Karen Garza (714-6350), staffed Nail Technology at the DeVoe College of Beauty in Sierra Vista, Arizona.

Date: May 7
Time: noon - 2 pm (Tuesday)
Fee: $14
Location: UFM Fireplace Room

Nail Art

Karen Garza

Date: May 7
Time: 7 - 9:30 pm (Tuesday)
Fee: $14
Location: UFM Fireplace Room

Professional Novel and Story Writing

This class covers all phases of writing (narration and fiction). Learn how to develop character, dialogue, long scenes, short scenes, documentation, foreshadowing, time transitions, flashbacks, revelations, interpolation, action and other topics. The book Does To Be A Great Writer written by the instructor, will be used in class.

Leonard Bishop has taught writing courses for over 25 years, has published nine novels, and has written two professional books on writing entitled How to Get Published and Write Best-Selling (and You Weigh) and How to Be a Great Writer.

Date: February 14, 21 & 28
Time: 7 - 9:30 pm (Tuesday)
Fee: $20
Location: UFM Conference Room

Learn to Fly

Explore the idea of becoming a private airplane pilot. Learn about the requirements to obtain a private pilot certificate including eligibility requirements, aeronautical knowledge, flight proficiency, aeromotional experience, private pilot privileges and limitations. Time will be allowed for your questions and to provide miscellaneous information. We will also discuss the options for ground school and flight training available in Manhattan.

Hugh Aime (559-5128), has been a pilot and K-State Flying Club member since 1976. He has been a flight mechanic since 1983 and has been single-engine, multi-engine, instrument, commercial, ATP, and private pilot certified. He has 3,300 hours and an Airline Transport Pilot (ATP) certificate.

Date: February 10
Time: 10 - 11:30 am (Saturday)
Fee: $8
Location: UFM Conference Room

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 weave. Each student will prepare a small table loom and weave several samples and their will be able to weave a project on a floor loom. Interested students will also receive an introduction to computer assisted weaving.

George East (537-0634), learned to weave in a UFM class in 1985 and has been weaving ever since. He is a member of the local weaving guild, the Manhattan Area Weaver's and Spinners Guild. He owns a variety of looms and demonstrates the craft throughout the area at parks, schools, and historical events.

Date: February 3 & 10
Time: 9 am - 4 pm (Saturday)
Fee: $35
Location: Call for location

Black and White Film

Developing for Beginners

This class will cover the basics of Black and White film processing and developing techniques. We will limit the class size to provide hands-on experience. Each student will develop their own roll of Black and White film.

Note: Student needs to bring an exposed roll of 35x400 ISO film class. All other materials are included in the fee. Class size is limited.

Harold Wellnauer (539-8765) has a degree in Commercial and Industrial Photography. He enjoys black and white photography, and enjoys processing his own film.

Date: February 18
Time: 9 am (Sunday)
Fee: $15
Location: UFM Darkroom

Black and White Printing

Feel the satisfaction of turning your own Black and White negatives into prints. Each student will gain hands-on darkroom experience in this procedure. Bring 2 Black & White negatives of your choice to process and print in class. Processing and printing materials included in class fee. Class size is limited.

Harold Wellnauer

Date: March 10
Time: 9 pm (Sunday)
Fee: $15
Location: UFM Darkroom

Bird Feeding

Earth & Nature section

Ben Franklin Crafts

Your Creative Outlet

CRAFT SUPPLY HEADQUARTERS

Everything for the Crafter (or the would-be crafter)

Westloop Shopping Center

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Sewing or Crafts
Instructor for Individuals
Are you stuck in the middle of a sewing or craft project, and can't finish because you can't solve the problem? Well, Karen can assist you in solving those SNAFU's with a private lesson. She can help with sewing and fitting, as well as a variety of beginner needle arts or crafts like knitting, crocheting, cross-stitch, embroidery, yo-yo quilting, clothing decoration and costume.
Karen Garra (776-6150), studied Home Economics Education at Buffalo College, in Medina, Ohio. She has five children from her husband. While living in Louisiana, Karen taught at the Junior League School and at the Junior High and Junior High School, and served as a Junior League Director for the Junior League Club. As a Junior League Director, she developed programs and teaching others that sewing can be Fast, Easy and Fun!
Due/Time: By appointment
Fee: $30.00 per hour
Location: Student's home

Conquering the Fear of Sewing (Part 1)
CF-15
This intensive seminar is for anyone who has been intimidated by the challenge of learning to sew. We will explore the world of traditional sewing techniques. You will learn to use: needle and thread, basic and hand embroidery, simple sewing, basic and home decor techniques. For the more advanced, you will learn to use: class in class, slip, sleeve, zipper, and neckline. In this first part, you will be given instructions on how to buy a basic sewing machine. These instructions are aimed at home sewers and are written to be straightforward and easy to understand. The class is open to anyone who wants to learn to sew, and is designed for beginners as well as more advanced sewers. It is the first in a series of four classes that will cover all aspects of sewing, from beginner to advanced levels. The classes will be held weekly on Sunday afternoons, from 2:00 p.m. to 4:00 p.m. Each class will cover a different topic, with hands-on instruction and plenty of opportunity for questions and discussion. The cost is $30.00 per class, or $120.00 for the series. For more information, please contact Karen Garra at 776-6150.

Karen Garra
Date: January 20, 30, February 1, 2, 5, 6, 8, 9
Time: 10:00 a.m. - 3:00 p.m. (Mon, Tues, Thurs & Fri)
Fee: $30.00
Location: UFM Multipurpose Room

Conquering the Fear of Sewing (Part 2)
CF-16
You will enjoy this class. If you have completed Part 1 of this seminar, you will learn to use the basic skills taught in Part 1. You will also learn to use the more advanced techniques taught in Part 1. The class is open to anyone who wants to learn to sew, and is designed for beginners as well as more advanced sewers. It is the second in a series of four classes that will cover all aspects of sewing, from beginner to advanced levels. The classes will be held weekly on Sunday afternoons, from 2:00 p.m. to 4:00 p.m. Each class will cover a different topic, with hands-on instruction and plenty of opportunity for questions and discussion. The cost is $30.00 per class, or $120.00 for the series. For more information, please contact Karen Garra at 776-6150.

Karen Garra
Date: March 5, 26, April 1, 2, 4, 5
Time: 10:00 a.m. - 3:00 p.m. (Mon, Tues, Thurs & Fri)
Fee: $75.00
Location: UFM Multipurpose Room

Caring for Your Sewing Machine
CF-17
If you are interested in learning how to care for your sewing machine, this class is for you. You will learn to clean, oil, and maintain your sewing machine. You will also learn to troubleshoot common sewing machine problems. The class is open to anyone who wants to learn to sew, and is designed for beginners as well as more advanced sewers. It is the third in a series of four classes that will cover all aspects of sewing, from beginner to advanced levels. The classes will be held weekly on Sunday afternoons, from 2:00 p.m. to 4:00 p.m. Each class will cover a different topic, with hands-on instruction and plenty of opportunity for questions and discussion. The cost is $30.00 per class, or $120.00 for the series. For more information, please contact Karen Garra at 776-6150.

Karen Garra
Date: March 26, April 29, May 6, 7, 9, 10
Time: 10:00 a.m. - 3:00 p.m. (Mon, Tues, Thurs & Fri)
Fee: $150.00
Location: UFM Multipurpose Room

Conquering the Fear of Sewing (Part 3)
CF-18
This intensive seminar is for anyone who has been intimidated by the challenge of learning to sew. We will explore the world of traditional sewing techniques. You will learn to use: needle and thread, basic and hand embroidery, simple sewing, basic and home decor techniques. For the more advanced, you will learn to use: class in class, slip, sleeve, zipper, and neckline. In this second part, you will be given instructions on how to buy a basic sewing machine. These instructions are aimed at home sewers and are designed for beginners as well as more advanced sewers. It is the third in a series of four classes that will cover all aspects of sewing, from beginner to advanced levels. The classes will be held weekly on Sunday afternoons, from 2:00 p.m. to 4:00 p.m. Each class will cover a different topic, with hands-on instruction and plenty of opportunity for questions and discussion. The cost is $30.00 per class, or $120.00 for the series. For more information, please contact Karen Garra at 776-6150.

Karen Garra
Date: April 21, 22, 25, 26, 29, 30, May 2, 3
Time: 10:00 a.m. - 3:00 p.m. (Mon, Tues, Thurs & Fri)
Fee: $75.00
Location: UFM Multipurpose Room

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Don't Dream It - Be It: The Rocky Horror Picture Show

This class is a 4-run session in which you will learn to construct a quilt, contract your quilt and quilt your project. You will provide your own materials and choose the patterns you wish to construct. Bring your sewing machine to the classroom session. You have the opportunity to construct a quilt for a special person in your life.

Caroline Elliot (529-7256), has an extensive background in quilting, including involvement in the Kansas Prairie Quilt Guild, the Kansas Quilters' organization and the Prairie Star Quilt Guild. She co-authored the first ever quilt interest in Kansas and has judged for county fairs and Wakayn. She has been quilting for 2 decades, and enjoys sharing her love of quilting with others.

Date: March 2, March 9 & 16
Time: 5:00-9:00 am (Saturdays)
Fee: $55 plus supplies
Location: UFM Multipurpose Room

For the Love of Music

This class is ideal for parents or teachers with children from the wushu to early school age. We will explore why music is instrumental in our own lives and how to cultivate a life-long love of it in your child. You will be provided with songs and games to share with your children and hands-on practice in making your own instruments. We will also discuss different instrument methodologies, such as modern.

Jennifer Finlayson (776-1922), is a recent graduate of Ithaca College in Ithaca, NY where she studied music education with a voice emphasis. She has taught Pre-kindergarten through 12th grade general music classes and clinics. She has also worked with groups of young women, grades 1-6, through Girl Scouting for 6 years. In the past year she has begun to compile information for a book with the same topic as this class.

Date: January 26 - March 19
Time: 7:30 - 8:30 pm (Tuesday)
Fee: $20 includes materials
Location: UFM Conference Room

Cartooning and Drawing
also see Youth section

Check the Earth & Nature section for classes on Gardening

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Money Matters

Principles of Investing

This class begins with the very basics of finance, including examining some of the most common reasons people fail to meet their investment goals, money management tips that can help make sure you don’t fall into these traps and rules every investor should know and follow. We will discuss many of the investments available today, including certificates of deposit, bonds, mutual funds, annuities, and more.

Jason Kang (539-6777) is a Manhattan native, a Columbia University graduate, and has been an Investment Representative with Edward D Jones & Co. for 3 1/2 years.

Date: January 23, 30, and February 6
Time: 7 - 9 p.m. (Tuesday)
Fee: $14 individual
$20 couple
Location: UFM Greenhouse

UFM Wish List

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5:00 p.m. Tuesdays & 4:30 p.m. Wednesdays

Jan 2, 3
Friendship
Jan 8, 9
Meeting of Charlie
Jan 15, 16
Fly Tying
Jan 22, 23
Bird Feeding
Jan 29, 30
Kung Fu Philosophy
Feb 6, 7
Seeding Machine
Feb 13, 14
Beautiful Poland
Feb 20, 21
Environmental Community
Feb 27, 28
Around the Home
Mar 5, 6
Wild Flowers
Mar 12, 13
Wild Flowers 2
Mar 19, 20
People’s Grocery
Mar 26, 27
People’s Grocery (resum)
Apr 2, 3
Occupational Therapy

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**Tennis: Junior Beginners**

**Ages 7 - 16**

Join us for fun and skill development in this great sport! This class is designed for beginner players and will provide instruction in fundamentals of strokes, 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 Tessemer, M.S. Kinesiology, has played tennis for 20 years, including collegiate tennis at Clee College, Cedar Rapids, Iowa. He recently taught at Marshall-Wakening Sports and Arts Center in Ontario Canada.

**Date:** April 29, 16 & 23  
**Time:** 6 - 7 pm (Tuesday)  
**Fee:** $35  
**Location:** LP Washburn Rec Complex, KSU

**Ballroom Dance I**

Ballroom dancing is back! Newsweek and Smithsonian report ballroom dancing is popular throughout the U.S. Manhattan is no exception. Now the hundreds of people who have learned to dance through UFM. You will learn to Foxtrot, Waltz, Swing and more. You will be dancing around the expansive floor. So, sign up with a friend, or two, and learn how to dance with someone in your area. Classes fill rapidly. It is advisable to register early.

**No Street Shoes**  
Michael Bennett (716-757), has trained in Ballroom Dance at U.C Berkeley, Mandala Ballroom, San Francisco, Allhuffs Ballroom, Oakland CA. Chicago Dance Studio, Chicago, IL and Avenue Ballroom, San Francisco. He was the 1979 San Francisco Avenue Ballroom Jamboree Champion. Sara Sanders is a dance student at Kansas State University. She has danced Balles nearly all her life and recently attended the Arthur Murray School of Dance.

**Date:** February 2, March 3  
**Time:** 7:30 - 8 pm (Tuesday)  
**Fee:** $35  
**Location:** Sever Dolores Grade School Gymnasium 306 S Juliette

**Ballroom Dance II**

This course is for those who would like to attempt more challenging ballroom dance variations. Couples are encouraged to attend so that they may learn to dance as one. Waltz, Foxtrot and Swing are taught. Classes fill rapidly. It is encouraged to attend so that they may learn to dance as one. Waltz, Foxtrot and Swing are taught. Classes fill rapidly. It is encouraged to attend so that they may learn to dance as one. Waltz, Foxtrot and Swing are taught.

**Date:** February 9, 16, 23  
**Time:** 5 - 6 pm (Tuesday)  
**Fee:** $35  
**Location:** Sever Dolores Grade School Gymnasium 306 S Juliette

**Hawaiian Dance**

The mix in Hawaiian culture is reflected in their dance. Learn the Hawaiian way of dancing from the colorful Hula dance to the vibrant Tahitian dance. This is a excellent form of exercise for children, teenagers and adults.

Marie Odagar is a KSU graduate student. She started dancing Hawaiian folk dance when she was 4 years old. She danced with the Filipino Dance Troupe during the time she was in high school and college.

**Date:** January 23 - March 9  
**Time:** 9:30 - 11 am (Saturday)  
**Fee:** $25  
**Location:** UFM Fireplase Room

**SCHOLARSHIPS for YOUTH**

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**Introduction to Golf**

A short course geared for beginners and intermediate players. The fundamentals of the full swing, and techniques of short game pitching, chipping, putting will be covered. Get some fresh air and find out if golf is the sport for you. Some class times will be revised to equipment used to play golf, rules, etiquette, courtesy, conduct on the course, registering to play, use of scorecard and handicap.

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

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

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**Tennis: Beginners**

**Ages 17 and Up**

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

**Mark Tessemer, M.S. Kinesiology, has played tennis for 20 years, including collegiate tennis at Clee College, Cedar Rapids, Iowa. He recently taught at Marshall-Wakening Sports and Arts Center in Ontario Canada.**

**Date:** April 29, 16 & 23  
**Time:** 6 - 7 pm (Tuesday)  
**Fee:** $35  
**Location:** LP Washburn Rec Complex, KSU

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**Golf**

**One hour optional KSU credit available.**

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

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

**Date:** March 5 - April 30  
**Time:** 5:30 - 7:30 pm (Tuesday)  
**Fee:** $80  
**Location:** Stagg Hill Golf Club 4441 Ft. Riley Blvd.

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**Tennis: Intermediate**

**Ages 17 and Up**

This class is designed to develop your stroke and strengthen your game. We will work primarily on doubles strategy and competition.

**Mark Tessemer, M.S. Kinesiology, has played tennis for 20 years, including collegiate tennis at Clee College, Cedar Rapids, Iowa. He recently taught at Marshall-Wakening Sports and Arts Center in Ontario Canada.**

**Date:** April 29, 16 & 23  
**Time:** 6 - 7 pm (Tuesday)  
**Fee:** $35  
**Location:** LP Washburn Rec Complex, KSU

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**Swimming classes for all ages are listed in the Aquatics Section.**

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**SCHOLARSHIPS for YOUTH**

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**ATTENTION!**

The following is a list of frequently requested classes that UFM would like to include in the next catalog:

- Yoga  
- Bike Repair  
- Beginning Photography  
- Chinese Calligraphy  
- Stained glass

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**Wellness**

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**Chinese Tai Chi- Beginners**

Tai Chi known as Joy through Movement is a popular Chinese tradition. The purpose of Tai Chi is to cultivate the vital force and balance the Yin-Yang of this dynamic 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 (539-4147), is a graduate student in the Chinese Department at KSU. When he was in China he taught many foreign students Tai Chi in Nanning University. (The foreign students were from USA, Japan, Germany, Russia, the Netherlands, and other countries). Ping is very interested in introducing Tai Chi to this area. Ping has been teaching Tai Chi for UFM since Fall 1992.

**Date:**
- January 23 - May 7
- 5:30 - 6:30 pm (Tuesday)
- No class March 30
- Fee: $24
- Location: Seven Dolors Grade School Gymnasium 306 S Juliette

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**Chinese Tai Chi-Advanced**

This class is for those who have participated in the beginner level Tai Chi and want to continue to practice and improve Tai Chi skills. In this level we will work to achieve smooth movements and increase the number of Tai Chi movements you have learned.

Ping Wei

**Date:**
- January 25 - May 9
- No class March 28
- Time: 5:30 - 6:30 pm (Tuesday)
- Fee: $30
- Location: Seven Dolors Grade School Gymnasium 306 S Juliette

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**Community First Aid and Safety**

Be prepared! Know the fundamental principles and skills of first aid, correct CPR techniques for adults 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 and by performing the immediate action that leads to the emergency. Red Cross Certification is given to on successful completion of the course. Textbooks will be available at the first class and are included in the fee.

Emil Foerster (537-2180).

**Date:**
- February 13 & 20
- Time: 6 - 10 pm (Tuesday)
- Fee: $60 includes books and materials
- Location: American Red Cross 1014 Poyntz

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**Community 1st Aid and Safety Progression**

Act with confidence in an emergency situation. Learn how to identify and care for life threatening bleeding, sudden illness, and injuries. Emphasis: Current certification within 1 year Infant, Youth, and Adult CPR. CPR Certification.

Emil Foerster (537-2180).

**Date:**
- February 20
- Time: 6 pm (Tuesday) Infant CPR
- Fee: $30 includes books & materials
- Location: American Red Cross 1014 Poyntz

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**UFM has activities for elementary school children during Inservice & Parent/Teacher Conferences, See the Youth Section.**

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**CPR for the Professional Rescuer**

This revised BLSc course is intended to teach individuals who are expected to respond to an emergency. Emphasis in this course is on recognition, decision-making and basic CPR. CPR training will be given with emphasis on adults and children. CPR certification is a requirement for UFM personnel. Participants will have 100% CPR success and will have more confidence in performing CPR in an emergency situation.

Emil Foerster

**Date:**
- February 11 & 27
- Time: 6 - 10 pm (Wednesday)
- Fee: $60 includes books and materials
- Location: American Red Cross 1014 Poyntz

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**Massage for the Individual**

Learn the basic principles of therapeutic massage that will enable you to relieve muscular aches and pains, tension and stiffness, as well as create relaxation for you. Participants will learn self-massage routines that they can adapt to their personal needs. Participants should bring a blanket and/or pillow and wear loose clothes or shorts and a t-shirt.

Bernice Martin (587-9262), is a graduate of the Downstate School of Massage and is a registered massage therapist in the state of Kansas. Her work is primarily Swedish Massage but incorporates aspects of deep tissue work and energy healing.

**Date:**
- January 20
- Time: 7 - 9 pm (Tuesday)
- Fee: $25
- Location: UFM Banquet Room

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**Introduction to Massage**

Learn the basic principles of therapeutic massage and the role of massage in maintaining health. Swedish style massage incorporates long, flowing strokes and is the most common style of massage. Emphasis will be on the neck and back. Participants should wear loose fitting clothes. We will be working in pairs. Each pair will need a sleeping bag, thick blanket or comforter and 2 flax sheets.

Bernice Martin

**Date:**
- March 19 & 26
- Time: 7 - 9 pm (Tuesday)
- Fee: $25 per couple
- Location: UFM Banquet Room

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Look under service units and support programs, page down to University for Mankind.
Parent Teacher Conference

School’s Out Activities

Parent Teacher Conference

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School’s Out

School’s Out

School’s Out

Hawaiian Dance

Hawaiian Dance

Beginning Tae Kwon Do for Youth Ages 4-5

Beginning Tae Kwon Do for Youth Ages 6-8

Beginning Tae Kwon Do for Youth Ages 9-14

Children’s Gardening

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

UFM Class Registrations
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Social Security No. _________________________________________________
Age Under 18 exact age _______ 19-24 _______ 25-59 _______ 60+ ______
Parent's Name If Student Is Under Age 18 ________________________________

CLASS # ____________________________ Session ________________________
TITLE ___________________________________________________________
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Age Under 18 exact age _______ 19-24 _______ 25-59 _______ 60+ ______
Parent's Name If Student Is Under Age 18 ________________________________

CLASS # ____________________________ Session ________________________
TITLE ___________________________________________________________
FEE $__________________________ LOCATION __________________________
DATE ___________ TIME ___________

TAX DEDUCTIBLE DONATION
Total $________________

I hereby authorize the use of my ____________________ Card ____________
Visa ○ MasterCard ○ Discover ○

Signature _________________________________________________________

Card Cardholder's Name (Please Print) _________________________________
Card Number ____________________________ Expiration Date ____________

Participant Activities: KSU Student ○ KSU Faculty/Staff ○ Ft. Riley ○ Other ○
Where did you obtain your catalog? ___________________________________

A class I would like offered __________________________________________

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

Signature* __________________________ Date ___________

*Signature of Parent or Guardian required for minors.

Office Use Only Date Staff
Date Received ______ Date ______
Entered ______ Computer ______

Amount Check ______ Visa _______
Cash ______ Date ______
M/C ______
Discover ______

Total Paid ______