Take a look at UFM Spring classes...

Creative Freetime     Recreation & Dance     Business & Professional
Languages            Personal Development    Earth, Nature & Environment
Martial Arts          Youth                  Wellness       Computer       Aquatics
Welcome to UFM...

UFM is an unusual organization, sometimes hard to define, but important to the quality of life at KSU and in Manhattan. For 29 years, UFM has made it possible for diverse people to come together to learn from each other and to organize projects that improve our lives. This catalog of classes is UFM’s best known activity. Enjoy looking at the wide array of classes made possible by the persons who spend their time to teach for us.

A lesser known role has been in initiating community projects. Through the years, UFM has helped launch nineteen different community activities from the nationally award winning community garden, Women’s Resource Center, Zone Crisis Center and Lou Douglas Lecture Series to the Downtown Farmers’ Market, People’s Grocery Cooperative, Home Owner’s Maintenance and Energy Program and others as well.

If you’ve not experienced UFM first hand, give it a try. Take a class, teach a class, or stop by and learn about UFM’s special campus and community projects.

UFM Staff
Executive Director - Linda Inlow Teener
Education Coordinator - Charlene Browson
Swim Coordinator - Andrea Fair
State Outreach Coordinator - Anita Madison
Lou Douglas Lecture Coordinator - Victoria Choltz
Office Coordinator - Rhonda Smarrt

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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.

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.

WHERE WE’RE LOCATED

UFM 1221 Thurston

Average campus

Bertrand St.

KSU Campus

Thurston St.

Kearney St.

Vattier St.

Anderson Ave.

Manhattan Ave.

Bluemont Ave.

BOARD OF DIRECTORS
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Current Hits ~ Classic Favorites

THANK YOU ADVERTISERS for your loyal support
COMMUNITY REGISTRATIONS

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

DATE TIME LOCATION
Jan 11, Th 10am-3pm Manhattan
Jan 16, Th 4pm-6pm Manhattan
Jan 21, Tues 10am-2pm Public Library
Jan 22, W 10am-2pm KSU Union

Registration continues throughout the semester:

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

Visit the UFM Information table at the KSU Union Fair
Jan 15, Wed - 4pm-2pm
Jan 16, Thur 9am-3pm
Jan 17, Fri 9am-3pm

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.

About UFM Classes

UFM adheres to the philosophy that anyone can teach and anyone can learn. We rely on the credentials provided by instructors, class observation and participant feedback as tools for evaluating a class and an instructor's abilities.

UFM classes are not a forum for selling a product or service from which the instructor might benefit. Materials specifically oriented to an instructor's financial interests are not to be distributed in class. Participants who wish to pursue a relationship with an instructor outside class time do so on their own responsibility. Please share any concerns you may have about class material or an instructor by calling Charlene at 539-8763.

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

UFM Wish List

Office Chairs Meeting Room
Card Tables Chairs
Volunteers to help with Gardening
Rebuilding the cold frame
Thanks to those who responded to our wish list and donated a typewriter, couch and chair, a fax machine and a printer stand last semester.

USE REGISTRATION FORM on the back cover.

GAS Roots Education Award

Don Cukait is the recipient of UFM’s 17th annual Gas Roots Education Award. The purpose of the award is to recognize someone who has made a lasting contribution to the growth of gas roots community education and community development. For 13 years, Cukait has been the coordinator of programs in the Park, the Little Apple Festival and other arts related activities sponsored by the City of Manhattan.

Community Garden Awarded Peace Pole

The Manhattan Community Garden, a UFM sponsored project, has been presented the International Peace Pole Award. At a ceremony July 10, 1986, a Peace Pole was erected at the Garden. The award was given by the International Peace Pole Society and the America the Beautiful Fund, recognized this program as the oldest community garden in Kansas and the second oldest in the United States. Visit the Garden and see the Peace Pole at 9th and Riley Lane.

Inclenent weather policy

UFM courses held on campus will follow the inclenent weather policy of Kansas State University. Courses will be conducted unless all University courses are canceled. If the instructor informs his/her students personally that he or she will not be present at a given class meeting, the instructor is then responsible for making up the class session. Weather sensitive courses will use the scheduled rain date. If a rain date is not scheduled the instructor is responsible for rescheduling.

UFM Cancellation Policy

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

Refund Policy

We will give a full refund if a class is canceled by UFM. If a student decides to withdraw before the class begins, they will receive a 48-hour notice before the starting date, we will refund all but a $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 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 select to utilize KSU and UFM facilities and participate in programs recognizing potential conditions and further agree to voluntarily assume all risks of loss, damage, or injury that may be sustained while using KSU or UFM facilities or participating in programs. KSU Continuing Education/UFM assumes no responsibility for costs involved with individual injury or property loss incurred in connection with the use of KSU or UFM facilities. Individuals are reminded that they should have adequate insurance or protection in case of injury resulting from the use of UFM facilities or participation in programs. It is recommended that all participants have a complete physical before 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 been held.

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 8 or fewer KSU credit hours.

Withdrawals: A student may withdraw from a credit option class by written request prior to the beginning of the first class meeting. No grade shall be recorded on the student's transcript. If a student withdraws after one-third of the scheduled class meetings, a grade of W (withdrew) will be assigned. No withdrawals will be accepted after two-thirds of the scheduled classes have been completed.

Carol Sites
Sun Yi Academy
Diana Tarver
Linda Tremor
Mark Tessendorf
Paula Walawender
Monica Ward
Evelyn Milanier
Georganne White
Jeff Wilson
Stan Wilson
Aquatics

Learn to Swim Classes

UFM and the Division of Continuing Education are pleased to present the American Red Cross Learn to Swim Program Levels I - VII plus adult swim classes. Small classes allow for carefully guided instruction in stroke technique and water safety. Water Safety is reinforced with tips and practices each day. The first day of class each student is evaluated to assure they are in the proper class. Students advance through the levels at their own rate and are moved to different class levels as space permits and skill advancement demands.

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 at the end of class.

Parents' Day Dates: Wednesday, Feb. 12; Thursday, Feb. 13; Wednesday, Apr. 2; Thursday, Apr. 3; Saturday, Mar. 1. Check to see which date applies to your session.

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 3 enroll, classes of the same level may be combined or cancelled.

BEGINNING & ENDING DATES

Learn to Swim classes

Session A: Mon. Wed. Jan 27 - March 5
Tue. Thurs. Jan 28 - March 6

Session B: Mon. Wed. March 10 - April 23
Tues. Thurs. March 11 - April 24
No classes Mar. 24, 25, 26, and 27

Session C: Saturday Feb. 1 - May 3

No classes March 29 and Feb 8

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 adjustment, preparatory 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 voluntarily raise their heads 90 degrees when lying flat on their stomachs. During the 6 meetings the parents will receive instruction and have opportunity to practice water techniques with their children.

Parent must accompany child.

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

Session A: Mon. Wed. January 27 - February 12
AQ-02A $60.00 - 40 pm

Session B: Tues. Thurs. March 11 - April 3
AQ-02B $60.00 - 40 pm
No Class: March 25 and 27

Session C: Saturday February 1 - March 15
AQ-02C 9:30 - 10 am
No Class: Saturday, February 8

Fee: $16.00 per session

Tot Transition

If your 3 - 4 year old toddler is ready to try the water without a parent, but not ready for Level 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.

Note: The Tot Transition class sessions are:

AQ-03A 6:10 - 6:40 pm

Session B: Mon. Wed. March 10 - April 2
AQ-03B 6:10 - 6:40 pm
No Class: March 24 and 26

Session C: Saturday March 22 - May 3
AQ-03C 9:30 - 10 am
No Class: March 29

Fee: $16.00 per session

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 A: (See dates above)
AQ-04A Mon. Wed. 6:00 - 6:40 pm
AQ-04B Mon. Wed. 6:50 - 7:30 pm
AQ-04C Tues. Thurs. 6:00 - 6:40 pm
AQ-04D Tues. Thurs. 6:50 - 7:30 pm

Session B: (See dates above)
AQ-05A Mon. Wed. 6:00 - 6:40 pm
AQ-05B Mon. Wed. 6:50 - 7:30 pm
AQ-05C Tues. Thurs. 6:00 - 6:40 pm
AQ-05D Tues. Thurs. 6:50 - 7:30 pm

Session C: (See dates above)
AQ-06C Saturday 9:30 - 10:10 am
AQ-06C Saturday 10:20 - 11:00 am

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 A: (See dates above)
AQ-06A Mon. Wed. 6:00 - 6:40 pm
AQ-07A Mon. Wed. 6:50 - 7:30 pm
AQ-07B Tues. Thurs. 6:00 - 6:40 pm
AQ-07C Tues. Thurs. 6:50 - 7:30 pm

Session B: (See dates above)
AQ-08A Mon. Wed. 6:00 - 6:40 pm
AQ-09A Mon. Wed. 6:50 - 7:30 pm
AQ-10A Tues. Thurs. 6:00 - 6:40 pm
AQ-10B Tues. Thurs. 6:50 - 7:30 pm

Session C: (See dates above)
AQ-11C Saturday 9:30 - 10:10 am
AQ-11C Saturday 10:20 - 11:00 am

Fee: $36.00 per session

Level III: Stroke Readiness

The objective of Level III is to build on the skills in Level II by providing additional guided practice.

Students will learn to coordinate the frog and back crawl. They will be introduced to the elementary back stroke and to the fundamentals of treading water.

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

Session A: (See dates above)
AQ-12A Mon. Wed. 6:00 - 6:40 pm
AQ-14A Mon. Wed. 6:50 - 7:30 pm
AQ-15A Tues. Thurs. 6:00 - 6:40 pm
AQ-16A Tues. Thurs. 6:50 - 7:30 pm

Session B: (See dates above)
AQ-12B Mon. Wed. 6:00 - 6:40 pm
AQ-14B Mon. Wed. 6:50 - 7:30 pm
AQ-15B Tues. Thurs. 6:00 - 6:40 pm
AQ-16B Tues. Thurs. 6:50 - 7:30 pm

Session C: (See dates above)
AQ-12C Saturday 9:30 - 10:10 am
AQ-14C Saturday 10:20 - 11:00 am

Fee: $38 per session

Level IV: Stroke Development

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

Session A: (See dates above)
AQ-17A Mon. Wed. 6:00 - 6:40 pm
AQ-19A Mon. Wed. 6:50 - 7:30 pm
AQ-19A Tues. Thurs. 6:00 - 6:40 pm
AQ-20A Tues. Thurs. 6:50 - 7:30 pm

Session B: (See dates above)
AQ-17B Mon. Wed. 6:00 - 6:40 pm
AQ-19B Mon. Wed. 6:50 - 7:30 pm
AQ-19B Tues. Thurs. 6:00 - 6:40 pm
AQ-20B Tues. Thurs. 6:50 - 7:30 pm

Session C: (See dates above)
AQ-17C Saturday 9:30 - 10:10 am
AQ-19C Saturday 10:20 - 11:00 am

Fee: $38 per session

Level V: Stroke Refinement

The objective of Level V is coordination and refinement of key strokes. Students will be introduced to the butterfly, open turns, the foot-first surface dive and otterboard diving. Participants learn to perform the front crawl and back crawl for increased distance and to perform the sidestroke and breaststroke. Students entering this course must have a Level IV certificate or must be able to demonstrate all the completion requirements in Level IV.

Session A: (See dates above)
AQ-21A Mon. Wed. 6:00 - 6:40 pm
AQ-23A Mon. Wed. 6:50 - 7:30 pm
AQ-23A Tues. Thurs. 6:00 - 6:40 pm
AQ-23B Tues. Thurs. 6:50 - 7:30 pm

Session B: (See dates above)
AQ-21B Mon. Wed. 6:00 - 6:40 pm
AQ-23B Mon. Wed. 6:50 - 7:30 pm
AQ-23C Tues. Thurs. 6:00 - 6:40 pm
AQ-23D Tues. Thurs. 6:50 - 7:30 pm

Session C: (See dates above)
AQ-21C Saturday 9:35 - 10:10 am
AQ-22C Saturday 10:20 - 11:00 am

Fee: $38 per session

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 cancelled if there is no low enrollment.

PLEASE REGISTER EARLY!
Level VI: Skill Proficiency

The objective of Level VI is to polish strokes so students swim them with more ease, efficiency, power, and smoothness over greater distances. Students develop considerable endurance by the end of this course. Additional practice is helpful to develop and maintain the strength necessary in Level VII. Participants will be introduced to additional strokes as well as the yoke and turn surface dives. 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 A: (See dates above)
AQ-22A  Tues/Thurs  6:00 - 7:30 pm
AQ-22B  Tues/Thurs  6:30 - 7:30 pm

Session B: (See dates above)
AQ-22C  Tues/Thurs  6:00 - 7:30 pm
AQ-22D  Tues/Thurs  6:00 - 7:30 pm

Session C: (See dates above)
AQ-22C  Tues/Thurs  6:00 - 7:30 pm
AQ-22D  Tues/Thurs  6:00 - 7:30 pm
Fee: $38 per session

Level VII: Advanced Skills

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

Session A: (See dates above)
AQ-23A  Tues/Thurs  6:00 - 7:30 pm
AQ-23B  Tues/Thurs  6:30 - 7:30 pm

Session B: (See dates above)
AQ-23B  Tues/Thurs  6:00 - 7:30 pm
AQ-23C  Tues/Thurs  6:00 - 7:30 pm

Session C: (See dates above)
AQ-23C  Tues/Thurs  6:00 - 7:30 pm
AQ-23D  Tues/Thurs  6:00 - 7:30 pm
Fee: $38 per session

Hydroaerobics

Ages 18 plus

This is a 3-minute water exercise class that uses water resistance to give participants a great workout. This class is designed to use water exercises for the development of physical fitness, muscle tone, flexibility and cardiovascular endurance. Exercises are done in a vertical position with head and shoulders out of the water. Both the swimmer and the non-swimmer will benefit from this class.

Session A: (See dates above)
AQ-31A  Mon/Wed  6:00 - 6:45 pm
AQ-31A  Mon/Wed  6:45 - 7:30 pm

Session B: (See dates above)
AQ-32B  Mon/Wed  6:00 - 6:45 pm
AQ-32B  Mon/Wed  6:45 - 7:30 pm

Session C: (See dates above)
AQ-31C  Sat  9:30 - 10:15 am
AQ-31C  Sat  10:15 - 11:00 am
Fee: $16 per session

Adult Swim Lessons

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

Session A: (See dates above)
AQ-27A  Mon/Wed  6:00 - 6:45 pm
AQ-27A  Mon/Wed  6:45 - 7:30 pm

Session B: (See dates above)
AQ-28B  Mon/Wed  6:00 - 6:45 pm
AQ-28B  Mon/Wed  6:45 - 7:30 pm
Fee: $38

Open Swim Appreciation

*For UFM swim participants and their parents

Parents are invited to join the swimmer in the water and practice swimming together. There is no charge for this activity; however, registrations with the number of participants planning on attending is requested so we can provide adequate lifeguards.

Date: March 2 (Sunday)
Time: 3 - 7 pm
Fee: N/C
Location: KSU Natatorium

Open Swim Appreciation

Date: April 20 (Sunday)
Time: 3 - 7 pm
Fee: N/C
Location: KSU Natatorium

Tae Kwon Do classes

for children ages 4-5, 6-8, 9-14
are found on page 25.
Swimming 1

*One hour optional KSU credit available

This course is designed ONLY for students who have a fear of the water and/or those with little or no water experience. It will address the needs of the truly beginning swimmer. Emphasis will be on acquiring 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 28 - May 1
No Class March 25 & 27
Time: 6:30 am (Tues. & Thurs.)
Fee: $60 noncredit
$110 credit
Location: KSU Natatorium

Fundamentals of Kayak

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

Rex Repple (537-2663), and TJ Hittle have been teaching for nearly 15 years. They are both certified Red Cross Kayak Instructors.

Date: February 2, 9, 16, and 23
Time: 9 am - Noon (Sunday)
Fee: $55
Location: KSU Natatorium

Intermediate Kayak Workshop

This workshop is for those kayakers with some experience who desire to improve their skills. Instructive critiques will be provided on rolls and strokes in moving water.

Rex Repple and TJ Hittle have been teaching Kayak classes for more than 15 years. They are certified Red Cross Kayak Instructor/Trainers.

Date: March 9
Time: 9 am - 1 pm (Sunday)
Fee: $10
Location: KSU Natatorium

Scuba Diving

This course will prepare students for Open Water Diver certification. The certification is included in the class fee, however, neither UPF nor KSU is responsible for this certification. The certification dives will be explained at the first class meeting. Students must provide their own mask, fins, and snorkel. The class fee includes instruction, the dive manual and equipment rental during a minimum of five dives. (Estimated cost for mask, $50-$90; snorkel, $50-$85; fins, $40-$70. Limit: 10 students. Minimum age: 12. Parents of 12-15 year olds must accompany children or youth groups. A complete physical is required for participants aged 45 and up.

Free Scuba Demonstration will be held in the KSU Natatorium on Friday, January 24, 6 - 7:30 pm. This session will acquaint participants with the basic skills and techniques of safe underwater diving. Bring overalls and be prepared to enter the water.

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

Scuba Refresher

The dive refresher program is designed to provide a convenient training program for those certified divers who have not had recent diving experience. This program is recommended for:
1. Those with less than 6 open water dives in the past year.
2. Those with no diving in the past 6 months.
3. Those planning dives in an environment which is new to them.

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

Youth Self-Defense & Safety Classes

are found on Page 24

WIN $51 off any UFM Class...
by finding the "FAKE CLASS" included in this catalog! Identify it when you register and receive $51.00 off your registration for one class.

ATTENTION: WATER FITNESS INSTRUCTORS

UPF will be hosting a United States Water Fitness Association National Certification Course for Water Fitness Instructors this Spring. For more information contact Charlene at UPF 539-8763.
Aquatics (Continued)

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 American Red Cross Intermediate water safety instructor candidate training. 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.

Carol Sias

Date: March 3, 4, 5, 7, 8, 9, 11, 12, 13, & 14
Time: 4 - 7:30 pm (Mon & Fri)
Fee: $144
Textbooks & equipment must be paid and picked up at American Red Cross for $51
Location: KSU Natatorium

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 behavior in a professional manner; how to recognize specific characteristic Behaviors of distressed swimmers, and active and passive drowning victims; to recognize an aquatic emergency, and act promptly and appropriately to perform equipment-based rescue skills and techniques used by professional lifeguards, to recognize and use a for a possible spinal injury; and, how to provide first aid and CPR.

Prerequisites: Minimum age 15; tread water for 2 minutes using legs only; swim 500 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 tests, and pass 2 skill tests. Certification includes Lifeguard Training, First Aid, and CPR for the Professional Rescuer.

Carol Sias

Date: April 21, 22, 23, 24, 25, 28, 29, & 30 May 1-2
Time: 4 - 7:30 pm (Mon - Fri)
Fee: $110
Textbooks & equipment must be paid and picked up at American Red Cross for $50
Location: KSU Natatorium

Lifeguard Training Review

This class provides an update for the existing Lifeguard Training to the skills and knowledge competencies in the new American Red Cross Lifeguard Training. The review course includes 8 hours of Lifeguard Training/First Aid and 7 hours of CPR for the Professional Rescuer.

Prerequisites: current existing Lifeguard certificate.

Jason Hampel

Date: May 17 & 18
Time: 9 am - 1 pm and 2 - 5 pm (Saturday)
Fee: $52
Textbooks & equipment must be paid and picked up at American Red Cross for $50
Location: KSU Natatorium - Saturday

Red Cross Office - Saturday

1014 Peony Avenue

Lifeguard Instructor Training

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 evaluating participants' progress. Prerequisites: minimum age 17, ICT certification or current Health and Safety Instructor certification, and successfully complete preparatory sessions, consisting of Lifeguard Training, First Aid, CPR for the Professional Rescuer, and knowledge evaluation. Certification requirements: competency perform all critical skills, successfully complete all practice teaching assignments, and pass 2 written tests.

Carol Sias

Date: April 10, 21, 22, 23, 24, 25, & 26
Time: 9 am - 1 pm (Sat, April 19)
4:30 pm - 7:30 pm (Mon - Fri)
9 am - 11 pm (Sat, April 26)
Fee: $50
Textbooks & equipment must be paid and picked up at American Red Cross for $66
Location: KSU Natatorium

Head Lifeguard

Head Lifeguard features development of leadership skills, techniques to supervise staff and trainees, development of professional career development. Prerequisites: current ARC-ILF certification, of credential from another organization.

Carol Sias

Date: May 5 and 6 (Mon and Tues)
Time: 4 - 7 pm
Fee: $23
Textbooks and equipment must be paid and picked up at American Red Cross for $12
Location: Ahearn Fieldhouse Room 2

How to Watch a Good Program Die

Nothing kills a UFM class faster than participants who arrive late or fail to attend. Classes will be canceled if there is a low enrollment.

PLEASE REGISTER EARLY!

The Manhattan Center for the Arts - Theatre Company (formerly MCT)

Proudly Presents the Spring Shows of its 1996-1997 Season

SYLVIA "The story of a man, his dog and his wife, by A.R. Gurney February 7-9 & 13-16

CARNIVAL "Discover the magic & fun of a carnival in this musical by Bob Merrill April 4-6, 10-13 & 18-19

HOW THE OTHER HALF LOVES Rollicking comedy by Alan Ayckbourn May 9-11, & 15, 17-18

For more information, call 539-4420
http://www.flinthills.com/~arts/

This program is supported in part by the Kansas Arts Commission, a state agency, the National Endowment for the Arts, a federal agency. Additional funding comes from the City of Manhattan.

MANHATTAN Center for the Arts

THEATRE COMPANY

All participants must register in advance.
How To Start an Investment Club

A few members of the Blue Chip Investment Club will discuss how to start and run an investment club. Some members have been in the club for over ten years and will share their experiences.

Blue Chip Investment Club members.

Date: February 17 (Monday)
Time: 7 - 9 pm
Fee: $4
Location: UFM Conference Room

Successful Money Management

Learn how to manage your money, reduce taxes, save and invest. Look at new ways to allocate your investments, reduce insurance costs, and a potential financial plan will be provided to achieve your objectives.

Fred Freedy (537-4405), has been a district manager, a division manager and is now a senior account executive with Wadell and Reed Inc. Fred has 21 years experience in helping families with their financial needs.

Date: February 11 (Tuesday)
Time: 7 - 9:30 pm
Fee: $5 individual/$10 couple
Location: 555 Popzes Avenue, Suite 280

Successful Money Management

Fred Freedy

Date: March 4 (Tuesday)
Time: 7 - 9:30 pm
Fee: $5 individual/$14 couple
Location: 555 Popzes Avenue, Suite 280

Successful Money Management

Fred Freedy

Date: April 2 (Tuesday)
Time: 7 - 9:30 pm
Fee: $5 individual/$14 couple
Location: 555 Popzes Avenue, Suite 280

Consumer Beware: How To Make Your Money Work For You

Lynn Bohnenblust

Date: January 27 (Monday)
Time: 7 - 9 pm
Fee: $5 individual/$12 couple
Location: UFM Conference Room

Consumer Beware: How To Make Your Money Work For You

Lynn Bohnenblust

Date: March 4 (Tuesday)
Time: 7 - 9 pm
Fee: $5 individual/$12 couple
Location: UFM Conference Room

Consumer Beware: How To Make Your Money Work For You

Lynn Bohnenblust

Date: May 6 (Tuesday)
Time: 7 - 9 pm
Fee: $5 individual/$12 couple
Location: UFM Conference Room

How To Whine Your Way To Success

This class will teach participants a variety of whining techniques that are designed to annoy and irritate. Participants will learn how to accomplish any goal by using these techniques. The key to a successful career and career advancement is learning the art of whining. Guest speakers will include Doug and Wendy Whirton, authors of "How To Be A Nuisance Rather Than A Help".

Amelia Naples, an infant, learned how to whine to get whatever she wanted from her parents. After having a successful childhood of whining, Amelia further developed this technique to include career whining.

Date: April 1 (Tuesday)
Time: 12:30 pm
Fee: $5 (this fee may be reduced if you can whine straight)
Location: UFM Whirter Room

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555 Popizes Avenue, Suite 205
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For all your insurance needs

Charles Hostetler
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Do you have a skill or interest you would like to share?
Become a UFM instructor!! Call the UFM office, 539-8763.

Find the new & exciting computers and programs at the K-State Student Union Bookstore!

Stop by the K-State Student Union Bookstore and let us help you choose a computer that will fit your needs.
Priced at higher education discounts for faculty, staff, and students of KSU!
Individual Development

This seminar is designed to develop skills that will assist you in achieving personal and professional success. If you want to learn to communicate better, both one-on-one and in a group, learn to network, practice public speaking, lead meetings more effectively, build self-confidence in personal, professional and community settings; then this seminar is for you. Other interesting topics to be covered include dealing with the media more effectively and "How to create your own Personal Annual Report."

Marilyn Schriener and Joan Bramwell (587-4326), have both completed this seminar. Marilyn and Joan have competed in speech competition at the state level of Business and Professional Women. Marilyn was chosen as the state champion in 1996 and went on to represent Kansas at the BPW/USA National Conference in Washington D.C.

Date: January 21, 28, February 4,11,18,25
Time: 7 - 9:30 pm (Tuesday)
Fee: $25
Location: Conference Room at Manhattan Parks

Principles of Investing

This class begins with the very basics of finances, including 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 those traps, and rules every investor should know and follow. We’ll point out many of the investments available today, including certificates of deposits, bonds, mutual funds, annuities and more.

Jayson Koss (539-6777) is a Manhattan native, a Creighton University graduate, and has been an investment representative with Edward Jones for 4 years.

Date: January 23, 30, and February 6
Time: 7:30 pm (Thursday)
Fee: $16 individual/$25 couple
Location: UFM Conference Room

Principles of Investing

Jayson Koss

Date: February 27, and March 6
Time: 7 - 9 pm (Thursday)
Fee: $16 individual/$25 couple

Computer

Keyboarding Basics

Everything 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 keyboard touch typing on a computer using WordPerfect 5.1 software. You will have plenty of "hands on" practice using computers in our classroom.

Pamela Wallendor has had years of experience with a keyboard and understands how important it is to polish this skill.

Date: April 2 - April 30
Time: 6 - 9 pm (Wednesday)
Fee: $50
Location: UFM Computer Lab

Beginning WordPerfect

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 multiple documents at once. Resolve Codes, Spell Check, Repeat and other special features will be included. Available for 5.1, DOS 6 and Windows 6 versions. Hands-on computer time is provided. Please indicate which version of WP you are interested in learning when you enroll.

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

Date: February 5, 12, and 19
Time: 6 - 8 pm (Wednesday)
Fee: $35
Location: UFM Computer Lab

WHAT DID WE FORGET?

Name

Address

City

Phone

A good addition to the brochure would be:

I am willing to lead a class on:

________________________

I want to be on the mailing list for class brochures.

Return or mail this form to:

UFM

1221 Thurston

Manhattan, KS 66502

Learn how to decorate cakes, make Russian blintzes, cook with a wok, or cook vegetarian dishes—see page 19.

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THANK YOU ADVERTISERS for your loyal support.
Growing Cool-Season Vegetables

Don’t plant your green beans in March! Plant peas instead. When is it too late to plant your cabbage? We’ll discuss when and how to plant the March and April peas (or any other crop you want to grow) and then focus on the more common problems associated with these. So you can enjoy a beautiful harvest beginning in August. You’ll also learn how to garden both indoors and outdoors for 365 days of the year! Growing warm-season vegetables is a challenge, but we’ll make it easier for you. You’ll learn about the unique needs of these crops and how to grow them successfully.

Collen Hampton
Location: UFM Greenhouse
Date: March 1 (Saturday)
Time: 10 a.m. - Noon
Fee: $5

The Basics of Gardening

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 planning, preparing, planting, and even harvesting your blooms and produce. Learn some “secrets of the trade” from a professional in the field. This unique class is designed for beginners and will prepare you to start back to the second class to ask any questions or resolve problems which may have arisen.

Collen Hampton
Date: March 15 and April 26
Time: 1:30 p.m
Fee: $11
Location: UFM Conference Room and Greenhouse

Growing Warm-Season Vegetables

Do you want to grow vegetables but don’t feel that you have the space needed? Are you a veteran gardener who needs to have enough room to plant everything you want to grow? Do you want to plant and grow produce and flowers in your garden? We’ll teach you how to approach getting started and grow produce and flowers in your garden. This unique class is designed for beginners and will prepare you to start back to the second class to ask any questions or resolve problems which may have arisen.

Collen Hampton
Date: April 5 (Saturday)
Time: 10 a.m. - Noon
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 flower plants that will return every year? We’ll discuss which flowers are perennial and when each blooms, how to get them into the garden, and how to prepare and grow them. Be the envy of your neighborhood with minimal effort!

Collen Hampton
Date: March 22 (Saturday)
Time: 10 a.m. - Noon
Fee: $10
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 plants and partial shade plants (plants that grow under a tree) that will give you both foliage and blooms!

Collen Hampton
Date: April 26 (Saturday)
Time: 10 a.m. - Noon
Fee: $5
Location: UFM Greenhouse

Birdscaping Your Yard

By selecting certain plant materials and design features for your home’s landscape, you can add a whole new element to your environment — birds. We’ll talk about trees, shrubs, vines, perennials, and annuals that are attractive to both people and birds. We’ll also discuss sources for information and for the plants themselves. After our discussion, we will tour the landscaper’s yard to observe many of the plants up close.

Duane Kerr (456-2771), has been an active member of the local Audubon Society Chapter. He will give an expert on bird identification and behavior. He has given presentations on this topic as well as helping to establish a songbird nest around his own house.

Date: April 19 (Saturday)
Time: 1 p.m.
Fee: $5
Location: 31110 6th Street Road, Wamsgo
Instructor will contact participants with directions or they may call him.

Attracting Butterflies and Hummers

Have you wondered how some gardens seem to have lots of butterflies or hummingbirds? The secret is to provide for their needs! We’ll discuss what types of plants attract these little wonders and the other amenities they need so they’ll return to your garden time and again.

Collen Hampton
Date: April 19 (Saturday)
Time: 1 p.m.
Fee: $5
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 veteran gardener who needs to have enough room to plant everything you want to grow? You may have little space and growing potential but don’t despair! We’ll teach you how to approach getting started and grow produce and flowers in your garden. This unique class is designed for beginners and will prepare you to start back to the second class to ask any questions or resolve problems which may have arisen.

Collen Hampton
Date: April 19 (Saturday)
Time: 10 a.m. - Noon
Fee: $10
Location: UFM Greenhouse

Starting Plants from Seed

Grow those seasonal or heirloom plants this summer that you can’t find at your local bedding plant outlet by starting them from seed yourself! We’ll guide you through the process step-by-step and you’ll see how easy it can be when you supply the seedlings with their basic needs.

Collen Hampton
Date: February 8 (Saturday)
Time: 10 a.m. - Noon
Fee: $10
Location: UFM Fireplace Room

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Collen Hampton
Date: February 8 (Saturday)
Time: 10 a.m. - Noon
Fee: $10
Location: UFM Fireplace Room

Landsaping Around the Home

Learn the basics of landscaping your home! Different resources, available locally, will be discussed with limited discussion of our UFM. Over 150 plants are available on an annual basis. A small plant fee is charged to cover costs of operating the program. Rent is charged on a sliding fee scale to allow all income groups to participate. Water, mulch, tools, seeds and advice are available.

For more information, call UFM at 539-8763. You will be in touch with the Garden Coordinator. The spring oriention and sign-up schedule is as follows. Orientation meetings will start promptly at the time listed.

RETURNING GARDENER:
February 5 Wednesday 7:30 pm UFM Greenhouse
February 8 Saturday 10:00 am UFM Greenhouse

NEW GARDENERS:
March 5 Wednesday 7:30 pm UFM Greenhouse
March 15 Saturday 10:00 am UFM Greenhouse
April 12 Saturday 10:00 am Manhattan Community Garden, 9th St. & Riley Lane

Late gardeners, call UFM at 539-8763 for an appointment for the orientation.
Archaeology of Northeast Kansas

This class will introduce participants to the people who lived in our state during the last 12,000 years. It is designed to introduce participants to the types of evidence left by earlier populations. Particular attention will be directed to studying stone tools, including seeing how they were made. Other types of artifacts and physical remains will also be discussed, and we will talk about past lifeways as we understand them from studying these remains. Information will be provided on how and why to become involved in studying the past while also pointing our efforts to preserve the past for the future. Participants who have artifact collections and would like to learn more about them are encouraged to bring them to the class.

Donna C. Roper (787-3772), has been involved in archaeological investigations in the Central Plains and Midwest for over 25 years. She currently works as a research archeologist in the Kansas-Nebraska area. She has taught archaeology at Kansas State and holds an adjunct faculty appointment at the University.

Date: March 4, 12, and 19
Time: 7:30 pm (Wednesday)
Fee: $14 per person/ $17 per couple
Location: Justin Hall 341, KSU

Fishing Area Waters

EN-07

This class will cover fishing around the local area and some of the better waters might be best for a special species of fish. We will talk about the type of fish you are targeting, when to go and when not to go, what lures to use, etc. This class will be at the level of the participant. If you want to catch fish, you’ll like this program.

Paul Miller (539-7941), is a life long resident of Kansas and for the past 25 years has lived in the Manhattan area. He was a Conservation Officer for 20 years and now manages Turtle Creek State Park. He has spent numerous hours fishing the waters around the Manhattan area.

Date: March 19 (Wednesday)
Time: 7 pm
Fee: Free
Location: UFM Multipurpose Room

Beginning Fly Tying

EN-10

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

Paul Sedelmeier (494-2340), is the owner of Sedel’s Fly Shop and a seventh grade science teacher who likes to escape to cool running waters time to time to get away from it all. He has been fly fishing waters from Georgia to Montana, building his own rods and tying his own flies for four years. Paul primarily fishes for trout, but local contours for bass and pan fish help keep his fly fishing skills sharp.

Date: February 12, 13, 19, and 20
Time: 6:30 - 8:30 pm (Week & Thurs)
Fee: Free
Location: Sedel’s Fly Shop
6300 Rockhamt Road, St. George
Call UFM for directions

The Oregon-California Trail

EN-03

Learn information and history about the Oregon Trail. Two class sessions will prepare participants for a field trip on the Oregon Trail. Areas of discussion will be: why it began, equipment, supplies, route and decisions, and dangers along the way.

Vern and Carol Osborne both have a fascination for history, the trail, and particularly, Vern is a civil engineer and Carol is a horticulturist.

Date: April 1, 8, and 12
Time: 7 pm (Tuesday), 9 am (Saturday)
Fee: $10 individual/$21 family
Location: UFM Conference Room

Children’s Gardening

Youth section

EN-13

Comet Hale-Bopp

Join us to learn about the spectacular winter sky, where Orion rules! Learn some of the brightest stars in the sky, including the red giant Betelgeuse, super hot Rigel, and the blue giant Deneb. We’ll show you the highlights of the winter sky, and lots of information about the comet in the general. LAB Day at the shows include a FREE lesson on the comets and the Northern Lights! There will also be an opportunity to observe, and plenty of information on environment and sky conservation. This will be an INDOOR program, but maps will be provided so you can find your own favorite sky and join us whatever time you can get out.

Date: February 10 (Monday)
Time: 7 pm
Fee: Free
Location: Manhattan High School Little Theater

The Winter Sky

Join us to learn about the spectacular winter sky, where Orion rules! Learn some of the brightest stars in the sky, including the red giant Betelgeuse, super hot Rigel, and the blue giant Deneb. We’ll show you the highlights of the winter sky, and lots of information about the comet in the general. LAB Day at the shows include a FREE lesson on the comets and the Northern Lights! There will also be an opportunity to observe, and plenty of information on environment and sky conservation. This will be an INDOOR program, but maps will be provided so you can find your own favorite sky and join us whatever time you can get out.

Date: February 10 (Monday)
Time: 7 pm
Fee: Free
Location: Manhattan High School Little Theater

The Oregon-California Trail

Two class sessions will prepare participants for a field trip on the Oregon Trail. Areas of discussion will be: why it began, equipment, supplies, route and decisions, and dangers along the way.

Vern and Carol Osborne both have a fascination for history, the trail, and particularly, Vern is a civil engineer and Carol is a horticulturist.

Date: April 1, 8, and 12
Time: 7 pm (Tuesday), 9 am (Saturday)
Fee: $10 individual/$21 family
Location: UFM Conference Room

Children’s Gardening

Youth section

EN-13

The Summer Sky

The summer sky isn’t as spectacular as the winter sky, but we’ll still have fun and maybe find something new! (This class will teach you to find your way using the stars. We’ll point you to the center of our galaxy, and explore the summer constellations. Again: you get a FREE lesson on the comets and the Northern Lights! Maps will be available; take them on a vacation, or camp trip, or plan your own star-gazing sessions. This is also an indoor program.

Dean Stramler (593-1931), teaches Earth Science classes at Manhattan High School. He has been sharing his knowledge of the sky for years, and loves to meet people who share his interest in the night sky.

Date: May 12 (Monday)
Time: 7 pm
Fee: $5 individual class/$12 family
Location: Manhattan High School Little Theater
2100 Poyntz Avenue

Dark-Sky Telescope

Observing Session

We’ll set up at least one mid-sized telescope, (a C-8, for those who know what that is), and "scope out" wherever we can find in the sky. We’ll see Saturn and its rings, a comet, the Great Nebula in Orion, and whatever else we can catch. We’ll also share the information you need to view comet Hale-Bopp, which is going to be visible through May. It’s winter, folks, so dress WARMLY! Wear warm boots, lots of clothes, and a Hat! Bring a thermos of coffee or coors. Remember, you’ll be out in the sun is much more frequent than you might think. (As will map will be available, and you’ll get a pretty good tour of the sky. We’ll try to see as many objects as we can, as long as the sky is clear to our eyes. If you’re unsure about the weather or conditions on class night, call Dean to be sure. If we’re noshed or closed out, we’ll use Monday the 18th as a backup, or call everyone enrolled to set up a time.

Dean Stramler

Date: March 14 (Friday)
Time: 6:30 pm
Fee: $5 individual class/$12 family
Location: Manhattan High School Little Theater

Reduce, Reuse, Recycle

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 530-4603)
• Plant Trips to local natural areas
• Programs on topics ranging from anti-environmental radio shows to family camping. Look for details in our newsletter!
• Members classes on the Audubon's mission, activities, bird watching, etc.

Watch for information on all these activities in The Prairie Ford, the chapter’s newsletter. For more information, call Chris Cooke (637-4143)

WE NEED YOU!
Beginning Taekwondo for Adults

Have you always wanted to try martial arts but aren’t sure that it’s for you? Do you need to work on your flexibility and coordination? This class is designed for people who 1) want to learn Taekwondo 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 basic self-defense, or 4) just want a great way to get in shape. Are you up to the challenge?

DC Lehman (521-6340), is a first degree black belt in the American Taekwondo Association and is an instructor with the K-State/Madison Taekwondo Club. She also has extensive experience in weight training, stretching, and adaptive training (for those with physical limitations).

Date: January 28, 31, Feb 4, 7, 11, & 18
Time: No class February 14
Fee: $7.75 per class (Tues & Fri)
Location: First Lutheran Church (Parish basement)
900 Poppy Avenue

Beginning Taekwondo for Adults

MA-09

DC Lehman

Date: February 25, 28, March 4,7,11,14 and 18
Time: 7:45 pm (Tues & Fri)
Fee: $33
Location: First Lutheran Church (Parish basement)
900 Poppy Avenue

Taekwondo Karate I

MA-01

Taekwondo 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 overall-physical 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 test to advance in the Taekwondo degree ranking is held in Topeka. The cost is not included in the class fee and a uniform is required for testing. Age 7+

** Thursday, January 23, 6:30 - 7:30 pm - Public Demonstration and Formal Introduction of Instructors in Ahearn Gymnasium, KSU

Grandmaster Chae San Yi (266-8662), is an 8th degree black belt with over 12 years experience in Taekwondo. Former Captain and Chief instructor of Taekwondo for the ROK 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 Taekwondo.

Date: January 23 - May 15
Time: 6:30 - 7:30 pm (Tues & Thurs)
Fee: $77
Location: Ahearn Fieldhouse, KSU

The Fighting Art of White Dragon Kung Fu

MA-04

This class will be taught in introduction to White Dragon Kung Fu. Techniques and applications will be emphasized on the martial aspect of the art, i.e. punching, blocking, grappling. The course will cover solo and two person drills, and defense and an introduction to forms (kata).

Sifa Howard Levy (530-7433) has studied a variety of martial arts with 8 years experience in the Po Tzu System in particular. His emphasis on technique and applications renders the art an artistically 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" mirrors much of his classroom experience and attitude.

Date: January 27 - May 15
Time: 4:30 - 5:30 pm (Mon/Thurs)
Fee: $41
Location: Ahearn Fieldhouse, KSU

White Phoenix Basics

MA-05

The White Phoenix System is composed of basic techniques from Kung Fu, Karate, Kenpo, Taekwondo, and Jujitsu self-defense, as well as mental training from Nigishi. This class will cover the basics of the White Phoenix System, both grappling and striking. Class fee includes 4 manuals.

Stan Wilson is the founder of the White Phoenix System. He has black belts in Jujitsu and two styles of Kung Fu and has studied martial arts for 35 years.

Date: April 6 - May 11
Time: 5 - 6 pm (Wed/Thu)
Fee: $39
Location: Ahearn Fieldhouse

Youth Self-Defense & Safety classes are found on Page 24

SHARP - SELF DEFENSE FOR WOMEN is 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 25.
Manhattan Arts Center    1997 Spring Classes
Sponsored by the Manhattan Center for the Arts
January 27 – May 30
Manhattan Center for the Arts
1520 Poyntz Ave., Manhattan KS
and the
Annex Pottery Studio
1508 Poyntz Ave., Manhattan KS

Children and Youth classes at the Manhattan Center for the Arts 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 school lunch program” will receive a 100% fee deferment.

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 at home or their area school, transported to the Center for the Arts for classes and returned back to their pick-up point. Depending upon final registration for each class, busing may or may not be available. When registering for classes at 537-4420, please indicate the need for transportation.

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.

YES! Fund, a fund of the Robert R. McCormick Tribune Foundation

Featuring classes in:

Clay:
Hand Built Pottery
Wheel Thrown Pottery

Visual Arts:
2D Mixed Media
Painting

Theatre:
Drama Workshops

REGISTRATION INFORMATION:
• The Manhattan Center for the Arts will handle registration for ALL its classes (clay, visual arts & theatre) at 537-4420.
• Advance registration to reserve your spot is recommended.
• Please indicate the need for busing when registering for classes.
"Scholarships for children & youth classes are available through the YES! Fund, a fund of the Robert R. McCormick Tribune Foundation.

MAKE IT IN CLAY!
Manhattan Clay Coalition Classes

All Clay Coalition classes held at the Manhattan Center for the Arts Annex unless specified elsewhere. Please call 537-4420 to register.

Classes for Preschool Children

STORY TELLING IN CLAY
Fee: $33 a YES! Fund Class; youth pay $11 or $0*
(limit 8 students, minimum 4)

In this class children will listen to a story, draw a picture and be guided in making a clay object inspired by the stories they hear.

Instructors: Susan Denson-Guy, Suzanne Hake & Fran Bellucci-Johnson (w/ interns from KSU Child Development)

Ages 3-6 Children must be the minimum age at the time of enrollment!

<table>
<thead>
<tr>
<th>Class</th>
<th>Day</th>
<th>Time</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>CC 119</td>
<td>M</td>
<td>9:00 - 10:15 am</td>
<td>Jan 27 - March 10</td>
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<tr>
<td>CC 219</td>
<td>M</td>
<td>9:00 - 10:15 am</td>
<td>March 31 - May 12</td>
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<td>CC 110</td>
<td>M</td>
<td>10:30 - 11:45 am</td>
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<td>CC 210</td>
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<td>April 1 - May 13</td>
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<td>CC 120</td>
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<td>CC 250</td>
<td>F</td>
<td>10:30 - 11:45 am</td>
<td>April 4 - May 15</td>
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After School Clay Discovery Series for Children and Youth

Discover the fun and joy of making clay pots. Special projects will be taught to stimulate creativity and teach the basics of hand and wheel built clay construction. All materials included; no additional tools needed. (A small tool deposit may be required for some classes.)

Fee: $39 a YES! Fund Class; youth pay $13 or $0*
(limit 8 students/class, minimum 4)

Crittters in Clay

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<tr>
<th>Class</th>
<th>Grades</th>
<th>Time</th>
<th>Instructor</th>
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<tr>
<td>CC 113</td>
<td>4-6</td>
<td>3:45 - 5:15 pm</td>
<td>Jan 27 - March 10</td>
</tr>
<tr>
<td>CC 213</td>
<td>4-6</td>
<td>3:45 - 5:15 pm</td>
<td>March 31 - May 12</td>
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Hand Built Creations

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<th>Class</th>
<th>Grades</th>
<th>Time</th>
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<tr>
<td>CC 123</td>
<td>1-6</td>
<td>3:45 - 5:15 pm</td>
<td>Jan 28 - March 11</td>
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<td>CC 223</td>
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Hand Built Creations

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<th>Class</th>
<th>Grades</th>
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<tr>
<td>CC 134</td>
<td>Ogden Elem.</td>
<td>4:00 - 5:30 pm</td>
<td>Jan 29 - March 12</td>
</tr>
<tr>
<td>CC 234</td>
<td>Ogden Elem.</td>
<td>4:00 - 5:30 pm</td>
<td>April 2 - May 14</td>
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Wheel Thrown Pottery

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<th>Class</th>
<th>Grades</th>
<th>Time</th>
<th>Instructor</th>
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<tr>
<td>CC 143</td>
<td>7-12</td>
<td>3:45 - 5:15 pm</td>
<td>Jan 30 - March 13</td>
</tr>
<tr>
<td>CC 243</td>
<td>7-12</td>
<td>3:45 - 5:15 pm</td>
<td>April 3 - May 15</td>
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Clay Discovery for Special Needs

This class is designed to meet the needs of children with developmental or physical challenges.

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<thead>
<tr>
<th>Class</th>
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<tr>
<td>CC 153</td>
<td>3:45 - 5:15 pm</td>
<td>Jan 31 - March 14</td>
</tr>
<tr>
<td>CC 253</td>
<td>3:45 - 5:15 pm</td>
<td>April 4 - May 16</td>
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Daytime Classes for Adults

The Joy of Hand Building

<table>
<thead>
<tr>
<th>Class</th>
<th>Time</th>
<th>Instructor</th>
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<tr>
<td>CC 111</td>
<td>M</td>
<td>1:00 - 3:00 pm</td>
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<tr>
<td>CC 211</td>
<td>M</td>
<td>1:00 - 3:00 pm</td>
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CLASSES

SURFACE DECORATION
Fee: $44 (MCC member) $49 (non member)
(limit 10 students/class, minimum 4)

Want to try a different way of decorating your pots? Explore different methods of surface treatment including sgrafito, and mishima, carving and others. No prior experience necessary!

Instructor: Fran Bellucci-Johnson
CC 121 T 1:00 - 3:00 pm Jan 28 - March 11
CC 221 T 1:00 - 3:00 pm April 1 - May 13

CLAY FOR SPECIAL NEEDS POPULATIONS
Fee: $32 (scholarships are available)
(limit 8 students)

This class is designed to meet the needs of adults with developmental or physical challenges.

Instructor: Aaron Hinrichs
CC 131 W 1:00 - 3:00 pm Jan 29 - March 12
CC 231 W 1:00 - 3:00 pm April 2 - May 14

INTRODUCTION TO POTTERY: WHEEL THROWN
Fee: $44 (MCC member) $49 (non member)
(limit 8 students/class, minimum 4)

Yes, you can make a pot on the wheel! Enroll and we will help you “find your hands in clay” as you learn the basics of functional wheel thrown pottery. No experience necessary. Those wanting to hone their skills are also welcome.

Instructor: Fran Bellucci-Johnson
CC 141 Th 1:00 - 3:00 pm Jan 30 - March 13
CC 241 Th 1:00 - 3:00 pm April 3 - May 15

COMBINING FORMS: “HAND BUILDING & WHEEL THROWN”
Fee: $44 (MCC member) $49 (non member)
(limit 8 students/class, minimum 4)

Work at improving your skills, make lidded pots, spouts that pour without dribbling, and combined forms. This is a great opportunity to improve your skills while learning new techniques.

Instructor: Fran Bellucci-Johnson
CC 151 F 1:00 - 3:00 pm Jan 31 - March 14
CC 251 F 1:00 - 3:00 pm April 4 - May 16

Evening Classes for Adults and Children

INTERMEDIATE & ADVANCED WHEEL THROWING
Fee: $60 a YES! Fund class: youth pay $28 or $0*
Adult Fee: $55 (MCC member) $60 (non member)

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 would make. Whatever your next point of discovery goal is, come throw and explore.

Instructor: Ester Ikeda
CC 117 M 7:00 - 9:30 pm Jan 27 - March 10
CC 217 M 7:00 - 9:30 pm March 31 - May 12

OUTDOOR SCULPTURE - “YARD ART”
Fee: $44 (MCC member) $49 (non member)

Create the focal point for your garden or patio in this unique sculpture class. In this class you will have the opportunity to create a single large form that you will work on for the entire class. Create the bird bath or “bust” that you have dreamed of.

Instructor: Vickey Grochowski
CC 127 T 7:00 - 9:00 pm Jan 28 - March 11
CC 227 T 7:00 - 9:00 pm April 1 - May 13

JEWELRY MAKING WITH CLAY
Fee: $44 (MCC member) $49 (non member)

Discover the diversity of clay jewelry forms. Create your own earrings, pendants, beads, pins, or barrettes. You will use stoneware & porcelain clay bodies to make your own wearable art! There will be a small additional charge for jewelry findings depending upon what you create.

Instructor: Lori Kovash
CC 136 W 6:00 - 7:45 pm Jan 29 - March 12
CC 236 W 6:00 - 7:45 pm April 2 - May 14

OPEN studio night
Fee: $30 Lab Fee

Open studio night provides studio time for experienced potters to work on their own projects. This is the ideal time to develop new ideas and obtain feed back from others. (Open studio members must enroll in this lab time separate from their other studio enrollment, this provides a small break in lab fees).

Facilitator: Bee Dunn
CC 138 W 8:00 - 10:00 pm Jan 29 - March 12
CC 238 W 8:00 - 10:00 pm April 2 - May 14

FAMILY CLAY ADVENTURE
Fee: $48 for 1st adult family member, $12 for each thereafter
A YES! Fund class: youth pay $4 or $0*

Discover the joy of clay creation with a special family member or mentor. Wheel and/or Hand building.

Instructor: Ester Ikeda
CC 146 Th 6:30 - 8:30 pm Jan 30 - March 13
CC 246 Th 6:30 - 8:30 pm April 3 - May 15

*S scholarships for children & youth classes are available through the YES! Fund, a fund of the Robert R. McCormick Tribune Foundation.
Weekend Classes for Adults and Youth

INTRODUCTION TO WHEEL THROWN POTTERY
Fee: $48 a YES! Fund class: youth pay $16 or $0*
(limit 8 students, minimum of 4)
This class will focus on teaching the basic skills and techniques of using the potter’s wheel to create vessels you can use. All skill levels are welcome. (Adults may enroll if space is available.)
Instructor: Gary Tyson
CC 160: Grades 9 & up S 10:00 - noon Feb 1 - March 15
CC 260: Grades 9 & up S 10:00 - noon April 5 - May 17
Instructor: Lori Kovash
CC 161: Grades 6 & up S 1:00 - 3:00 pm Feb 1 - March 15
CC 261: Grades 6 & up S 1:00 - 3:00 pm April 5 - May 17

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 3:00-8:00 pm & Sun noon-9:00 pm CC 380
Registration Fee: $10, paid at the time of enrollment
Studio Use Fee: $2.75/use hour, billed monthly
Clay Fee: $6.25/25 lbs. clay, billed monthly (subject to change)
To be eligible for Open Studio Use one must:
1. Be a current member of the Clay Coalition, (Annual membership:
   $15 individual; $25 family; $5 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 Use Card* and turn it in on time.
Hourly fee includes: use of the wheels, slab roller, tools, glazes and kiln space. Each person who enrolls in Open Studio is required to call Vicki Grocholewski, Studio Manager at 537-4984 or 776-3334, 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. You may be required to bring several clay pieces that you have made to determine open studio eligibility. Open Studio privileges may be revoked if studio policies are not followed.

COMMUNITY OUTREACH CLAY CLASSES
The Manhattan Clay Coalition would like to bring a clay class to you! If your group (any age) would like to experience a hand building clay class taught by a professional and enthusiastic instructor please contact Susan Denison-Guy, MCC Education Coordinator at 776-8356 or 776-3334 to discuss your group’s needs. Fees and dates will be set on an individual basis. Enjoy the clay experience - while everything is brought to you!

Theatre Classes for Youth

DRAMA WORKSHOPS (Grades 1-6)
ONCE UPON A TIME...
FEE: $24; a YES! Fund class, you pay $8 or $0*
Come and join in the fun. Let your imagination take the lead, as you learn the art of story-telling.
M & W 3:45 - 5:15 p.m. Jan 27 - Feb 26
CREATIVE DRAMATICS
FEE: $24; a YES! Fund class, you pay $8 or $0*
"All the world loves a clown!" In this class you will learn the art of clowning around. So sign up, and be a clown.
T & Th 3:45 - 5:15 p.m. Mar 4 - Apr 17 (6 weeks)
AM I YOU OR AM I ME?
FEE: $24; a YES! Fund class, you pay $8 or $0*
Do you like to do impressions of other people? Join us and see how much fun it can be to pretend you’re someone else for a while!
M & W 3:45 - 5:15 p.m. Apr 21 - May 21

DRAMA WORKSHOPS (Grades 7-12)
B&B - BECKETT & BRECHT
FEE: $30; a YES! Fund class, you pay $10 or $0*
T & Th 3:30 - 5:30 p.m. Jan 28 - Feb 27
STAGECRAFT
FEE: $30; a YES! Fund class, you pay $10 or $0*
M & W 3:30 - 5:30 p.m. Mar 3 - Apr 16 (6 weeks)
EXPERIMENTAL THEATER FOR HIGH SCHOOL STUDENTS
FEE: $30 (scholarships available)
Days and times to be announced; Jul 6 - Aug 9

Visual Arts Classes for Youth

PASTEL, WATERCOLOR AND COLLAGE
(Grades 4-6)
Fee: $27; a YES! Fund class, you pay $9 or $0*
In a series of five sessions, students will explore a variety of 20 media. Art history and artists’ biographies will be incorporated into each lesson for inspiration.
Sat 9:00 - 10:30 a.m. Feb 8 - Mar 15
Th 3:45 - 5:15 p.m. Apr 3 - May 1
Location: Gallery A, Manhattan Arts Center

REGISTRATION INFORMATION:
- The Manhattan Center for the Arts will handle registration for ALL its classes (clay, visual arts and theatre) at 537-4420.
- Advance registration is recommended.
- Please indicate the need for transportation when registering for classes.
Hawaiian Dance

The mix in Hawaiian culture is reflected in their dance. Learn the Hawaiian way of dancing from the mellow Ho'ola dance to the vibrant Tahitian dance. This is an excellent form of exercise for children, teenagers and adults.

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

Date: February 20 - April 10
Time: No class March 27
Time: 6:30 - 7:30 pm (Thursday)
Fee: $25
Location: UFM Fireplace Room

Tennis: Junior Beginners

Age 7 - 16

Join us for fun and skill development in this great sport! This class is designed for beginners playing 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 Tesendorf, M.S., Kinesiology, has played tennis for 30 years, including collegiate tennis at Cal College, Cedar Rapids, Iowa. He recently taught at Minneapolis-Whitewater Sports and Arts Center in Canada. Minnesota.

Date: April 7, 14, 21, & 28
Time: 6:30 - 7:30 pm (Monday)
Fee: $16
Location: LP Washburn Rec Complex, KSU

Introduction to Golf

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

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

Date: April 3,10,17 & 24
Time: 6:30 - 7:30 pm (Thursday)
Fee: $24
Location: Stagg Hill Golf Club

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 fees are provided. You may bring your own clubs if you prefer. Limit 15.

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

Date: March 5 - May 1
Time: 9:30 - 11:30 am (Thursday)
Fee: $55 non-credit
$128 credit
Location: Stagg Hill Golf Club

Aerobic Instructor Training Course

Information will be provided and classes will be conducted. Certification through AFPA, AICE or ACSM. The essentials of aerobic exercise such as Anatomy and Physiology, Body Composition, General Nutritional Needs, Class Design and more will be covered. Fee includes training booklet.

Kim Davis (539-0704), has a B.A. in Exercise Science from Texas Lutheran College. She has been certified with AFPA since 1992. She is a second year GAT at KSU Department of Kinesiology. She is currently working on her Masters of Science in Exercise Physiology.

Date: January 18 - March 18
Time: 7 - 8:30 pm (Tuesday)
Fee: $57
Location: AWACS Fieldhouse Room 4, KSU

RH-01

RH-02

RH-03

RH-04

RH-05

RH-06
Safe and Creative Care of Family Photos

Are your photos stuffed in shoeboxes, or worse, in albums that are chemically destroying them? The workshop covers organizing your photos, photo safe materials, ideas for creative cropping and photojournalism. You will receive assistance in helping create a unique and lasting photo album. Bring a packet of pictures (12) and memorabilia plus a pair of scissors. The fee includes 1 acid-free album pages and the use of photo-safe materials and supplies. Additional pages are available for purchase from the instructor.

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

Date: February 6 (Thursday)
Time: 7 - 9:30 pm
Fee: $15
Location: UFM Fireplace Room

Safe and Creative Care of Family Photos

CF-01

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!

Ben Franklin
Craft Store & Frame Shop
Your Creative Outlet
CRAFT SUPPLY HEADQUARTERS
Everything for the Crafter (or the would-be crafter) Westcopt Shopping Center
716-6910
Mon.-Fri. 9-9, Sat. 9-7, Sun. 1-6

Great Hands on a Bernina

BERNINA

Sewing and Quilting Center
300 North 4th Street
Manhattan, KS 66502
913-357-8919

Listen to KQLA for UFM calendar update Monday through Thursday.

Creative
FreeTime

1221 THURSTON
539-8763

Ben Franklin
Craft Store & Frame Shop
Your Creative Outlet
CRAFT SUPPLY HEADQUARTERS
Everything for the Crafter (or the would-be crafter)
Westcopt Shopping Center
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Mon.-Fri. 9-9, Sat. 9-7, Sun. 1-6

GET YOUR HANDS ON A BERNINA.

Bernina

Sewing and Quilting Center
300 North 4th Street
Manhattan, KS 66502
913-357-8919

The People's Grocery
Co-op
Open to everyone
Organic Produce
Large Selection of Cheeses
Vegetarian Food
Have a Food Allergy? Come see us!
811 Colorado
539-4811

Creation of a Three Dimensional Mosaic Seed Bird

The instructor will demonstrate and assist you in creating a three dimensional seed mosaic bird, a craft invented and developed by him. Use Elmer's glue to fancy seeds, pods and other plant materials to a simple wooden figure (provided) to make one of a variety of small bird species. (Examples can be seen at the Country Gift Shop in the Botanical.) Materials for creating your seed-bird, glass dome and wooden base are included in class fees.

Date: January 25 - February 25
Time: 7 - 9 pm (Tuesday)
Fee: $35
Location: UFM Conference Room

Learning to Write and Sell Speculative Fiction

A workshop where students learn through participation, this class will introduce the fundamentals of writing and selling novels, stories, and teleplays, especially those in the genres of science fiction, fantasy, and horror. General topics will be covered, such as what to write, how to write, and where to sell the finished product. Please bring a sample piece of work in progress or begin a project after the first class session. Work will be critiqued by the instructor and by other members of the class.

Glenn Sidbury has been writing and selling science fiction and fantasy for nearly 90 years. His credits include science fiction, fantasy, and horror stories published in magazines and in national hard-cover and paperback anthologies. Over 100,000 copies of his stories exist in print, including international versions in both French and German. He is currently working on a science fiction novel and a Star Trek Voyageur script.

Date: April 1, 8, and 15
Time: 7:30 - 9:30 pm (Tuesday)
Fee: $24
Location: UFM Fireplace Room

Historic Fort Riley

This one night session will acquaint you with the rich history of this famous frontier and modern-day Army post. From its founding in 1852 to the present, participants will learn about the role Fort Riley has played in the history and development of our country, some of the famous soldiers and wars who have served here, and its current historical activities. During the class, students will be able to visit the U.S. Cavalry Museum and other points of interest on Main Post.

Bill Mалек (359-2737), is the Museum Specialist in the Museum Division on Fort Riley.

Date: March 27 (Thursday)
Time: 7 pm
Fee: $8
Location: meet at Patton Hall
Fort Riley, Main Post

Ben Franklin
Craft Store & Frame Shop
Your Creative Outlet
CRAFT SUPPLY HEADQUARTERS
Everything for the Crafter (or the would-be crafter)
Westcopt Shopping Center
716-6910
Mon.-Fri. 9-9, Sat. 9-7, Sun. 1-6

How to Watch a Good Program Die

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Food for Fun!

Cake Decorating FF-01

Learn to add an artistic 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 late class and take home a masterpiece. Supplies list available at time of registration.

Tammy Sene began decorating cakes several years ago as a hobby. Her first lessons were at a USFM cake decorating class. She currently decorates cakes for Dilworth.

Date: April 3, 10, 17, and 24
Time: 2:30 pm (Thursday)
Fee: $25
Location: USFM Kitchen

How To Make Russian Blintzes FF-02

Learn how to prepare Russian Blintzes. Blintzes are thin rolled pancakes which are often stuffed with meat, rice, vegetables, honey and jam or cottage cheese. Everyone gets a taste!

Liuba Roman graduated from the Department of Modern Languages at Leningrad University. She has taught foreign language in Russia. Liuba has taught USFM Russian Language and she now invites you to learn some Russian cooking.

Date: January 27 (Monday)
Time: 7 - 9 pm
Fee: $15
Location: USFM Kitchen

Vegetarian Cooking For The Beginner FF-03

Vegetarian cuisine can be more creative than choose pizza and grilled cheese sandwiches. This course will expose students to basic vegetarian cooking with many products, meats and snacks and other nutritious foods. Students will learn how to create their own dishes that suit their tastes. Make sure to come to class hungry. Dinner will be provided!

Mike Bowella (599-4811), is the current manager at the People's Grocery, a natural food store in Manhattan. He is an experienced vegetarian cook and enjoys cooking healthy meals for his friends.

Date: February 5, 12, 19, and 26
Time: 6 pm (Wednesday)
Fee: $27
Location: USFM Kitchen

A "Wok" on the Light Side FF-04

Low fat nutritional meals that taste good are easily prepared using stir-fry techniques. This is a "low fat" class that covers the preparation of foods for stir-frying and concludes with a feast of nutritious, colorful and flavorful dishes. You will also learn which oils are best for stir-frying, how to use fresh ginger, experimentation with different season for stir-fry dishes, and try some foods, which may be new to you. If you have an electric wok, please bring it to class along with a sharp knife, a cutting board, and 3 - 4 quart size (approximate size) containers.

Shakuysha Fleming (537-6350) is a Riley County Extension Agent. She has taught many wok cooking workshops.

Date: March 13 (Thursday)
Time: 7 - 9 pm
Fee: $14
Location: Potter Hall, Cico Park

Black and White Film Developing for Beginners CF-07

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

Note: Students need to bring an exposed roll of Tri-X ISO 3200 film to class. All other materials are included in the fee. Class size limited.

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

Date: February 12 (Wednesday)
Time: 7 pm
Fee: $14
Location: USFM Darkroom
Registration deadline Feb 10

Black and White Film Developing for Beginners CF-08

Harold Wellman

Date: March 12 (Wednesday)
Time: 7 pm
Fee: $14
Location: USFM Darkroom
Registration deadline March 10

Black and White Film Developing for Beginners CF-09

Harold Wellman

Date: April 9 (Wednesday)
Time: 7 pm
Fee: $14
Location: USFM Darkroom
Registration deadline April 7

Introduction to Skydiving: Why Would I Want To Jump Out Of a Perfectly Good Airplane? CF-16

This class will cover basic information on the sport of skydiving, including types of training, equipment used, and explanation of the experience and activities of skydiving. The class is designed for those considering skydiving training or those who would simply like to learn more about the sport.

Tonia Bannister (776-1154) made her first skydive 8 1/2 years ago as part of a 50th birthday gift with her husband. Sh has now approximately 250 jumps under her belt. When not jumping out of planes, she works at K-State Research and Extension Office Of Community Health.

Date: February 6 (Thursday)
Time: 7 pm
Fee: $15
Location: USFM Multipurpose Room

HANSEN NUTRITION CENTER

"DIET CURES WHAT DIET CAUSES"

Your Complete Natural Food Supermarket

- NATURAL FOOD SUPPLEMENTS
- WEIDER PRODUCTS
- WHOLE GRAIN CEREALS
- SUNDRIED REGERERATION PRODUCTS

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

Special THANKS TO THE USFM INSTRUCTORS who volunteer their time.
SHARP-Self Defense for Women
This course has been designed to offer women quick, easy to learn, and extremely effective techniques to defend themselves against violent physical attack and rape. By empowering women to better protect themselves, they gain confidence in social and professional environments. All material is taught from a practical approach with techniques that require little physical strength and therefore are useful to women of all ages and physical conditions.

Diana Turner (827-7950), in a Black belt in Taekwondo and Heiki-do and is a certified instructor with the American Taekwondo Association. She has twelve years experience teaching martial arts, police defensive tactics and Sexual Harassment Assault and Rape Prevention for Women.

Date: February 24
Time: 6:30 - 10 pm (Monday)
Fee: $100
Location: First Lutheran Church
505 Poyntz Avenue

Introduction to Zen
Buddhist Philosophy and Practice
Zen Buddhist philosophy aims for enlightenment by direct insight through meditation. Join us for discussion and practice of Zen meditation (Zazen) with a major focus on the soto tradition or "school." Other traditions will also be discussed. Please bring a cushion to sit on in class.

Leona Yappaport (532-6850), is Professor of Psychology at KSU and has been a student of Zen Buddhism for approximately 20 years, practicing under the direction of Soto masters Daisaku Kegarui and Shokaku Okumura. He is affiliated with the Minneapolis Zen Meditation Center.

Date: April 9, 16, 23
Time: 7:30 - 9 pm (Wednesday)
Fee: $10
Location: UFM Conference Room

“Children at Risk: The UN Convention on the Rights of the Child”
Discussion of this UN Convention (treaty), the first legally binding international document to recognize the political, economic, social, and cultural rights of children. It was approved by the UN in 1989 and applies to children everywhere. Further discussion will occur on the implications of “Parental Rights” legislation proposed in some state legislatures.

Roady Bigger (539-5293), has long studied and supported the work of the United Nations which the United States was instrumental in founding. He feels we should all be knowledgeable about this UN Convention, (which has the support of nearly 180 nations) and the hope it holds for millions of the world’s children who suffer abuse.

Date: March 6 (Thursday)
Time: 7 - 9 pm
Fee: $10
Location: Presbyterian Church-Fisher Hall
301 Locustworth

SPRITUAL PSYCHOLOGY
Spirituall psychology includes the enhancement and development of awareness as a primary aspect of human growth. This class will use an open discussion format to explore the development of spiritual awareness in the life path of each student. Concepts presented in this class will be derived from Buddhist, Jewish,yygian, psychology, and Isalu-Christian mysticism. Meditation will be included as part of each class.

Don Barkow (532-6927), is a practicing psychologist and mediator. He has pursued various avenues of exploration on the path of spiritual development including the work of Carl Jung, Zen and Tibetan Buddhism, Taoism, Jewish and Christian mystics. His approach to this class is eclectic, flexible, relaxed, but focused.

Date: January 27 - May 13
Time: 7:30 - 9 pm (Monday)
Fee: $28
Location: UFM Greenhouse

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

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

Michael Cody (539-8763), 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: April 21 - May 12
Time: 7 - 9 pm (Monday)
Fee: $15
Location: UFM Conference Room

JUSTICE THROUGH NONVIOLENCE
The methods of Gandhi, Martin Luther King Jr. and others will be described, videos of the civil rights movement and the movie Gandhi will be shown and discussed. Diverse, effective nonviolent movements will be described and analyzed. The relative effectiveness of violence and nonviolent protests under diverse conditions and for different acts of goal will be considered.

Charles Perkins (537-7699), is an experimental psychologist who has been a long-time peace activist.

Date: January 28 - April 8
Time: 7 - 9 pm (Tuesday)
Fee: $15
Location: UFM Fireplace Room

HEALTH & HARMONY PATHWAYS
Personal service in your home
- Therapeutic Touch
- Meditation
- Aromatherapy Parties

The private alternative
Helen L. Bontrager, Ph.D.
Licensed Psychologist

Handing depression without medication
Women’s issues
Parent-child problems
Teen problems
Marital & family therapy
All types of insurance accepted

1133 College Avenue
Manhattan, KS 66502
(913) 537-3877

Meet Your Guardian Angels
Do angels exist? Do you have a guardian angel? Have you ever wanted to make closer personal contact with your angel? Angels are here to inspire and guide us with Divine and loving wisdom. In this workshop, we will share angel stories and lore. Learn a process for opening to this unlimited guidance. Allow yourself to explore your heart and open your wings... and meet your angel.

Monica Ward is a certified massage therapist and owner of Manhattan Bodywork; she is a thespian. She brings her light to Manhattan with the intention of helping hearts and bodies heal by recognizing their innate perfection.

Date: February 5 (Wednesday)
Time: 7 - 9 pm
Fee: $15
Location: Manhattan Bodyworks
823 Berrend Street

For more information, please call 537-8946.
The Kerygma: Discovering The Bible

Kerygma: Discovering the Bible is a basic comprehensive introduction to the Bible as a whole. The phrase "The Bible as a Whole" is used to convey a concern for more than learning about each book and its contents. It seeks to underscore an interest in seeing the interconnections among the many parts of the entire Bible, as it applies to us of God and faith and people. Through a process of reading, reflection, discussion, and creative expression you will discover people, events and places and encounter a variety of biblical ideas. This session will take the form of a new Testament.

Rev. Donald Longbottom (527-7006), is a graduate of Arizona State University and Concordia Seminary where he received a Master's of Divinity degree. In addition, he has done doctoral studies in social ethics at the Graduate Theological Union and the University of California at Berkeley.

**Child care provided, $1 per session. Book included in fee.

Date: February 2 - May 18
Time: 7 pm (Sunday)
Fee: $35
Location: First Congregational Church 700 Peavy Avenue

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Down-Shifting: A New American Trend

Learn the secrets of how to have a more fulfilling, enjoyable, and simpler lifestyle. Down-shifting (voluntary simplicity) is a rediscovered American movement that surfaced on the west coast a few years ago and is making its way rapidly across the nation. It is estimated that by the year 2000 around 15% of the baby boom population will be down-shifting as a way of life. Come join the "new global rennaissance" and start planning for a better future.

Sharon Rice (339-5830), has been tracking the Voluntary Simplicity Movement since the early 1990's. Initially, her interest in the movement was personal, but after seeing the beneficial impact down-shifting can have on a person's life, emotionally and physically, she would like to help others employ down-shifting in order to improve their own lifestyles.

Date: February 25 (Tuesday)
Time: 7 - 9 pm
Fee: $5
Location: UFM Banquet Room

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Down-Shifting: A New American Trend

Sharon Rice

Date: April 15 (Tuesday)
Time: 7 - 9 pm
Fee: $8
Location: Multipurpose Room

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Parents Together

Are you being pushed to the limit by your teen? Do you think you are alone? Is your teen behaving in a different manner, and how is everyone else parents who have been in your shoes. Parents Together is a free group for parent's who may have been experiencing problems with trauma, alcohol/substance, pregnancy and legal issues. If you are in a hurting situation with any of these issues, you may want to attend. Meetings are held the 3rd and 4th Tuesday of each month. The first meeting of the month is a supportive talking circle. The second is an educational program that deals with important issues you and your teen face.

Sponsored by NorthEast Kansas Regional Prevention Center. For questions about the group, call Jaime at 567-4732.

Date: January 14 (First Meeting)
Time: 7:30 - 9 pm (Tuesday)
Location: UFM House

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Death: The Final Frontier

A LECTURE SERIES ON THE DEATH EXPERIENCE

John Skues has been a UFM instructor on many arrays of different topics. He thought it would be interesting to demystify the subject of death. He has assembled four experts in their respective fields to help take the mystery out of a daily occurrence in America. On an average day 5,000 people in America die.

Death Investigation

Police Detective Al Rinder of the Riley County Police Department will cover the topics of murder, suicide and accidental death.

Date: March 5 (Wednesday)
Time: 7 - 8 pm
Fee: $8 one class/$20 for series
Location: UFM Conference Room

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Autopsy

Dr. Eric Berg a pathologist at Irvin Army Hospital will cover clinical and biological death and the autopsy procedure. Precautionary warning: a slide presentation of the autopsy procedure will be shown. If you are of a sensitive nature and are easily distressed by viewing the dissection of the human body, you may leave the presentation at any time during the class.

Date: March 12 (Wednesday)
Time: 7 - 8 pm
Fee: $8 one class/$20 series
Location: UFM Conference Room

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The Funeral Home

Eric Louden is the Funeral Director at Edwards-Yergensen-Meuse Funeral Home in Manhattan and will cover the embalming procedure, the death scene, the role of the Funeral Director, Kansas state laws and service options. He will also show a video on the funeral service.

Date: March 19 (Wednesday)
Time: 7 - 8 pm
Fee: $8 one class/$20 for series
Location: UFM Conference Room

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Coping with Death

Jennifer Boyad a social worker at Hospice in Manhattan will cover the stages of grief and how to deal with grief.

Date: March 26 (Wednesday)
Time: 7 - 8 pm
Fee: $8 for class/$20 for series
Location: UFM Conference Room

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Sexual Harassment Assauli Rate Prevention (SHARP)

Self-defense workshops are available for organization, groups or schools. Contact UFM, 339-8763, to coordinate a workshop.

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Oak Grove School is a secular, nonprofit school for children between the ages of 3-10 years. We offer an innovative option to traditional education.

Oak Grove School encourages and assists children in their quest for knowledge. Subjects are taught the way children learn best—by doing.

Low student-teacher ratio, flexible scheduling, affordable tuition. For more information, call Oak Grove School at 537-2249 or Shawn Bunch at 494-2830. Summer program available.

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Wellness
1221 THURSTON 539-8763

Healing Workshop
WE-15
With openness and trust, the body can be encouraged to be its own powerful healer. In this workshop we will examine different modes of healing used throughout the ages and encourage our own growth and healing through various physical and energy exercises. Ancient Hawaiian kahuna healing, aromatherapy, massage, spiritual healing and meditation will be explored. We will learn to cooperate with the healer within and assist others in their healing of mind, body and emotions.

Monica Ward is a certified massage therapist and owner of Manhattan Bodyworks Therapies Massage. She brings her light to Manhattan with the intention of helping hearts and bodies heal by recognizing their innate perfection.

Date: February 26 (Wednesday)
Time: 7 - 9 pm
Fee: $18
Location: Manhattan Bodyworks
823 Bertrand Street

Hatha Yoga for Health and Longevity
WE-20
Yoga means union of mind, body and spirit, through practicing meditation, postures and complete breathing, resulting in a state of total relaxation with alertness and overall well being. This course will focus on developing this state within each one of us. We will begin with some insights into the principles and philosophy of yoga and some simple stretching exercises. More advanced postures, breathing exercises and meditation will follow. The course is self contained and the only equipment is regularly and devotional. All instructor fees for this course will be used to help improve the lives of the poor and less privileged and in and around the instructor's native village.

Bharnar Narayan (537-8968), is from South India. He is a graduate student in math and physics at K-State. He has been practicing Hatha Yoga for several years and enjoys teaching it.

Date: February 5, 12, 19, and 26
Time: 7:15 pm (Wednesday)
Fee: $35
Location: UFM Conference Room

*Free introductory session will be offered on Wednesday, January 29 at 7:15 pm

Opening to Channel
WE-16
Some call it telepathy, some call it a connection, some call it intuition, some call it impossible, but we are all capable of being "channeled" of information that is available beyond the five senses. In this two-part workshop, we will explore collections of ancient and modern channeled writings and learn to open ourselves more fully to the wise and loving multidimensional guidance that is available to us all.

Monica Ward

Date: February 12 and 19
Time: 7 - 8 pm (Wednesday)
Fee: $18
Location: Manhattan Bodyworks
823 Bertrand Street

Hatha Yoga for Health and Longevity
WE-21
Bharnar Narayan

Date: February 7, 15, and 22
Time: 9:15 am (Saturday)
Fee: $35
Location: UFM Conference Room

*Free introductory session will be offered on Saturday, January 25 at 9:15 am

Feng Shui
WE-17
Feng Shui is the Chinese system of design and placement as applied to one's living environment. The objective being to promote a harmonious living environment and a feeling of well being. We will show ways to enhance your career, family life, health, prosperity, and the mysticism of this ancient art form. Feng Shui will appeal to all those who wish to live in harmony with nature and achieve their fullest potential.

Don L. Terhune (539-4277), is a Feng Shui practitioner with Feng Shui Design Studio of Manhattan, Kansas. He is schooled in Tantric Black Sect Feng Shui as taught by professional Lin Yun, Great Master of Feng Shui in Berkeley, California. Mr. Terhune received in-depth training in a professional level from the nationally-known Feng Shui consultants, writers, and video producer, Helen and James Lawrence, the Lawrence Designing Center in Nevada City, California.

Date: February 6 (Thursday)
Time: 7 pm
Fee: $8
Location: UFM Greenhouse

Tuttle's Antique Market
WE-18
Featuring a variety of antiques and collectibles!
Furniture Refinishing
Antique Appraisals

2010 Tuttle Creek Blvd., Manhattan, Ks 66502
(913) 537-4884
1.7 miles north of Manhattan Town Center
Open Daily 9:30-6:30 Sunday 1-5 Closed Wednesday

All participants must register in advance.
Health, Healing and Harmony Series

Introduction to Therapeutic Touch
Therapeutic Touch is the subtle balancing of the human energy field to remove or balance wound healing, reduce stress and decrease pain. Therapeutic Touch is a unique relaxation technique where the practitioner uses hands three to five inches away from the client to assess, then balance the energy field, thus helping the client tap into his or her own natural healing ability.

Kris Barnard has been a Licensed Practical Nurse for 20 years. She has practiced and used Meditation and Therapeutic Touch for many years. She owns her own business, Health and Harmony Pathways.

Date: April 10 (Thursday)
Time: 6:30 - 7:30 pm
Fee: $5 one class/$20 for series
Location: UFM Conference Room

Introduction to Aromatherapy
Aromatherapy is the art of using essential oils for healing. The olfactory membrane is the only place in the human body where the central nervous system is directly exposed to the environment. Through the sense of smell, we tap into the limbic portion of the brain where emotions, imagination, memory, and our animal drive are evoked. Essential oils can soothe, relax, energize or stimulate the body, mind and spirit. Known for their pleasing aroma, they also have antiseptic, antibacterial, and antiviral properties.

Kris Barnard

Date: April 3 (Thursday)
Time: 6:30 - 7:30 pm
Fee: $5 one class/$20 for series
Location: UFM Conference Room

Foot and Face Massage
Participants will learn to do a relaxing facial massage, while enjoying a warm herbal foot bath. Students will then learn foot massage techniques to revitalize tired, aching feet. Please bring 2 towels and bowl/container large enough for your feet to rest comfortably inside.

Bernice Martin

Date: May 6 (Tuesday)
Time: 6:30 - 7:30 pm
Fee: $15
Location: UFM Conference Room

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 a self-massage routine that they can adapt to their personal needs. Participants should bring a clean blanket to lie on and wear loose clothes or shorts and t-shirt.

Bernice Martin (SR7-9382), is a graduate of the Downtown School of Massage and is a registered massage therapist in the state of Maine. Her work is primarily Swedish massage but incorporates aspects of deep tissue work and energy balancing.

Date: April 15
Time: 7 - 9 pm (Tuesday)
Fee: $15
Location: UFM Banquet Room

Introduction to Massage for Couples
Learn the basic principles of therapeutic massage and the role of massage in maintaining health. Swedish style massages uses 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 flat sheets.

Bernice Martin

Date: April 22 & 29
Time: 7 - 9 pm (Tuesday)
Fee: $25 a couple
Location: UFM Banquet Room

Introduction to Meditation
Meditation does not have to be difficult, painful or stressful. Learning to quiet our minds helps to instill a feeling of calm and inner peace. Some of the benefits are: increased energy, improved sleep patterns, improved memory and decreased stress level.

Kris Barnard

Date: April 17 (Thursday)
Time: 6:30 - 7:30 pm
Fee: $5 one class/$20 for series
Location: UFM Conference Room

Introduction to Meditation

Kris Barnard

Date: May 8 (Thursday)
Time: 6:30 - 7:30 pm
Fee: $5 one class/$20 for series
Location: UFM Conference Room

Introduction to Meditation

Kris Barnard

Date: May 8 (Thursday)
Time: 6:30 - 7:30 pm
Fee: $5 one class/$20 for series
Location: UFM Conference Room

Spring 1997 Continuing Education
For Health & Helping Professionals & Volunteers

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For more information, call 587-4326.

Ben Franklin Crafts and Frame Shop

- Basic Craft Supplies
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- Creative Activities for Kids
- Ribbon & Fabric
- Craft Classes & Expert Advice

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776-4910
Westloop Shopping Center | Manchester, KS 66502

UFM Classes make great gifts.
SHARP-Self Defense for Preteens
This self defense program is adapted from a national program specifically for women. The terminology and approach have been "modified" to a younger audience but still focus on teaching females to better protect themselves and gain confidence in their social environments. There will be discussion dealing with situations from sexual harassment through actual attack. Appropriateness for girls 10 - 13. Parents are encouraged to sign up with their child and learn about self defense together.

Diana Turner (923-5315), has been teaching women's self defense classes for 5 years. She has adapted the program for teens and young girls. She is a 6th degree Black Belt in Taekwondo and has taught police defense tactics, but for this class she takes a very practical approach.

Date: March 26 (Monday)
Time: 6:30 - 8:30 pm
Fee: $15 child/$17 parent & child
Location: First Lutheran Church
950 Pompy Avenue

SASSY/Safety Awareness and Street Smart Youth
This program teaches children personal safety in an increasingly dangerous society. The program helps build self confidence, increases awareness and teaches effective defense techniques as well as reinforcing safety precautions taught at home and school. This is a fun, safe program for children that teaches very important self protection skills. This class will help young people and their parents feel safe by discussing and practicing ways such as staying home alone, stranger danger, using 911 and how to escape from an abductor, how to get help in an emergency. Parents are encouraged to sign up with their child and learn how children can stay safe. Boys and girls ages 8 - 9.

Diana Turner teaches the SHARP self defense classes for UFM.

Date: March 8 (Saturday)
Time: 9:00 - 11:30 am
Fee: $12 child/$15 parent & child
Location: First Lutheran Church
950 Pompy Avenue

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

JOIN US Sundays at 10:45
- Stimulating programs
- Liberal religious education classes for children
- Centuries-old traditions
- Church for those too young for classes
- Refreshments after programs
- Social events

Unitarian-Universalist Fellowship
481 Zeendale Rd.
537-2349
Just 1/2 mile east of venduct on K-45

Folding/Flying Paper Airplanes
The diet - made of Big Chief tablet paper - is out. Loops, spoilers, curves, and gliders are in! There are dozens of easy-to-fold planes that perform marvelous stunts, amaze with displays, and delight with exclamations. And we'll fold and fly a bunch of 'em as well as learn how to add tails, flaps, 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.

Date: April 5 and 12
Time: 10 am - Noon (Saturday)
Fee: $10
Location: Maysville School Multipurpose Room
2743 Hobbs Drive

Kids Crafts
This class is designed to develop fine motor skills and skills of listening and following directions, all the while making things and having fun! We will be painting scenes and other painting projects. A new project every week to add to your collection of Keepsakes. This class is geared toward 4 - 7 year olds. All supplies are included in class fees.

Lisa Hurter (762-4405), is in a K-State student. She has enjoyed working with her own daughter with arts and crafts. She is looking forward to sharing art projects with other children.

Date: January 27 - February 17
Time: 6 - 7 pm (Monday)
Fee: $22
Location: UFM

Kids Crafts

Lisa Hurter

Date: February 24 - March 17
Time: 6 - 7 pm (Monday)
Fee: $22
Location: UFM

Kids Crafts

Lisa Hurter

Date: March 31 - April 28
Time: 6 - 7 pm (Monday)
Fee: $22
Location: UFM

Kids On Campus
Join us for a fun-filled educational field trip of the Kansas State Campus. We will visit several departments with interesting activities, take time out for recreation, eat lunch in the Union and return to UFM. This program is geared for children 4th - 6th grade. Call UFM, 537-8763 for a complete list of activities. Fee includes lunch and a game of bowling at the K-State Union.

UFM Staff

Date: April 3 (Thursday)
Time: 5 pm - 5 pm
Fee: $25
Location: Meet at UFM House

Beginning Sign Language
Language section

All participants must register in advance.
Beginning Taekwondo for Youth Ages 4-5

Taekwondo is a Korean martial art form which teaches discipline and self-confidence at the same time. This class is designed for young children to learn discipline, following directions, and attitude. Participants will learn a variety of moves. To register, call Nancy Grider, 956-7528, or drop by the Recreation Center.

DC Lehman is a first-degree black belt in the American Taekwondo Association and is an instructor with the Kansas/Marshall Taekwondo Club. She has experience with children and adults. Registration is limited to 10 participants.

Date: February 25 - March 24
Time: 6:00 - 6:45 pm (Tuesday)
Fee: $30
Location: First Lutheran Church (Parish Building), 600 First Street

Safe and Fun Dating

It is so confusing - trying to know what that other person is really feeling, expecting or not wanting. What can or should be done at any time to be safe and OK in dating relationships? These 5 videos show dating situations and relationships where sexual harassment, date rape, and emotional abuse can happen. It's easy to understand why teens want to avoid these situations. Dating is supposed to be fun! Ages 13 and older.

- Date: March 31 and April 7 and 14
- Time: Tuesday, 6:30 - 7:30 pm (Monday)
- Fee: $13
- Location: UFM Conference Room

Children's Gardening

Children, do you love digging in the soil? Put this interest to work and learn about planting a garden, soil preparation, weeding, harvesting, and garden maintenance throughout the growing season. Children ages 5-12 will be assigned individual and group gardens. Registration necessary. Join us at the garden on Saturday mornings.

Dr. Richard Mathisen coordinator

Date: April - October
Time: 9:30 am - noon (Saturday)
Fee: $10
Location: Manhattan Children's Garden, 8th and Riley Lane

Teenagers and Auto Insurance

This class is designed to help teenagers understand the responsibilities and costs that go along with their driver's license. Participants will learn what they can do to keep their auto insurance payments low and what will make payments increase. Responsibilities and liabilities will also be discussed.

Steve Ratter has been an insurance agent with Kansas Farm Bureau for 15 years.

Date: March 11 (Tuesday)
Time: 7:00 - 8:30 pm
Fee: $5
Location: UFM Conference Room

Hawaiian Dance

The maile Hawaiian culture is reflected in these dances. The Hawaiian style of dancing from the mellow hula dance to the vibrant Tahitian dance. This is a simple form of exercise for children, teenagers and adults.

Maria Odjar is a KSU graduate student. She started dancing Hawaiian Folk dance when she was 4 years old. She danced with the Fijianna Dance Troop during the time she was in high school until college.

Date: February 20 - April 10
Time: 6:30 - 7:30 pm (Thursday)
Fee: $25
Location: UFM Conference Room

Hawaiian Dance

Maria Odjar

Date: February 23 - April 12
Time: 7:00 - 7:45 pm (Saturday)
Fee: $25
Location: UFM Conference Room

American Red Cross

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

Have a hard time finding the right art supplies?

whether you like acrylics, watercolor or drawing we have all the supplies you'll need to create your own masterpieces.

Special thanks to all UFM INSTRUCTORS who volunteer their time!
**Beginning Sign Language**

This course is for anyone interested in Sign Language, the class is intended to introduce a basic understanding of Sign Language and the deaf community. Students will develop a signed vocabulary of approximately 300 signs. Fee includes book Gallaudet's Survival Guide to Signing.

Collette Hernandez has studied deafness and sign language for 16 years. She has an Associate degree from Johnson County Community College in Sign Language Interpreting and a baccalaureate degree in psychology. Collette lived and worked at Kansas School for the Deaf during those two years. She has been a professional interpreter for 6 years. Her parents-in-law are deaf and her husband has deaf family members. Collette is inspired to work to bridge the gap between hearing and deaf people.

- **Date:** January 26 - March 19
- **Time:** 7 - 8 pm (Wednesday)
- **Fee:** $48
- **Location:** Justin Hall 149, KSU

**Survival Skills in Czech**

This practical class is intended especially for those who are going to travel to Czech Republic. The participants will learn the Czech alphabet, basic vocabulary and phrases. Special emphasis will be placed on correct pronunciation and on the ability to ask, understand and reply to simple questions. Information will also be provided on the culture, lifestyle and living expenses in the Czech Republic and other topics necessary for basic ‘survival’.

Petr Burian (599-6088), is an exchange student from Charles University and Czech Technical University in Prague. He can also be reached by e-mail: PBU4968@KSU.KSU.

- **Date:** January 27 - May 12
- **Time:** No class March 24
- **Time:** 6:30 - 7:30 pm (Monday)
- **Fee:** $62.50
- **Location:** Eisenhower Hall 16, KSU

**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. This course will start at a beginning level, including exercises in conversation skills. The class will continue toward an advanced level. The emphasis of the class will be reading, writing, vocabulary, grammar, and speaking. The class will also concentrate on the use of idiomatic expressions in the English language. Book is included in class fee.

Garrett Martin has tutored Arabic and Chinese-speaking students in English. His degree is in History and he enjoys teaching English to foreign students.

- **Date:** January 27 - May 12
- **Time:** No class March 24
- **Time:** 7 - 8:30 pm (Monday)
- **Fee:** $32
- **Location:** Justin Hall 341, KSU

**Beginning Japanese**

Learn the basics of the Japanese language. We will cover basic conversation, correct pronunciation, and common expressions including greetings, requests, questions, anyware and other survival Japanese language skills. You will also learn some of the Japanese culture.

Yuriko Fukahara and Senju Inouke are visiting instructors of Japanese at KSU.

- **Date:** Jan 22 - Apr 30 (Wednesday)
- **Time:** No class March 26
- **Time:** 7:00 - 8:30 pm
- **Fee:** $62.50
- **Location:** To be announced

**Thanks for your support of the Union Pacific Depot Project. Fundraising continues.**

Prints of the Depot Watercolor are still available for sale from the Preservation Alliance. For more information stop by the Riley County Historical Museum, 2309 East Martin, or call UFM at 539-8763.
Thank You!

We wish to thank the following contributors for their financial assistance during 1996. Class fees and donations make up the primary source of UFM funding. These donations help underwrite general operating costs that make the overall program possible.

Lifelong Learner
Anonymous
Arrow Trash Service
KMAN Radio
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Kansas Lumber Homestore
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Forest Butler

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Bened & Enne Poertner
Nancy Franklin
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Dolly Guider
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Herald & Elaine Henning
Joleen Hill
Ruth Hoeslein
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Dan Kersch
Jeunes & Philip Kimmser
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David & Lee Stutzman
Barbara Wilson

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Harold & Alline Deters
Michael Dixon
LG Duva
Nelda Elder
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Charleston-Wilson Insurance
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# 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.

For you... One participant per form, please

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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.

---

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

Youth Scholarships are available.

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

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### UFM 1221 Thurston
Manhattan, KS 66502
539-8763

<table>
<thead>
<tr>
<th>Student Name</th>
<th>Day Phone</th>
<th>Address</th>
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<tbody>
<tr>
<td>City</td>
<td>State</td>
<td>Zip</td>
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<tr>
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<td>Credit</td>
<td>Non Credit</td>
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<tr>
<td>Age: Under 18 exact age</td>
<td>19-24</td>
<td>25-59</td>
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Parent's Name if Student is Under Age 18

### CLASS 
<table>
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<th>Session</th>
<th>TITLE</th>
<th>FEE</th>
<th>LOCATION</th>
<th>DATE</th>
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1. I hereby authorize the use of my VISA □ MasterCard □ Discover □

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### Card Number

Expiration Date

Cardholder's Name (Please Print)

Cardholder's Signature

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Participant/Family Statistics: KSU Student □ KSU Faculty/Staff □ Film □ Other □

Where did you obtain your catalog?

A class I would like offered:

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

Signature**

*Signature of Parent or Guardian required for minors.

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<th>Date</th>
<th>Staff</th>
<th>Amount</th>
<th>Total Paid</th>
</tr>
</thead>
</table>

Check
Cash
Visa
MasterCard
Discover

Signature**

*Signature of Parent or Guardian required for minors.