Help Us Celebrate...  
It's Our 30th Anniversary

UFM Community Learning Center

1998 Spring Classes  
(January-May)

OR CURRENT RESIDENT
Welcome to UFM Community Learning Center...

Look at us! It's hard to believe UFM is turning thirty. Our look today, with 230 classes in this catalog, is much different than the nine classes found in the original brochure. Changing times have brought different projects, different emphases and different looks. Our new name is meant to keep the comfortable UFM initials while better defining for those new in the community what we do. Yet, through all the years and changes, the philosophy "anyone can teach—anyone can learn" has remained strong. Teachers have ranged in age from 11 to 94. In the last 30 years, 4,674 people have taught at least one class for UFM. The variety of volunteers that teach classes, serve on project boards and assist with special projects is testimony to the community's support for UFM activities. As we begin our 30th year, we wish to thank the community for its ongoing support. We also wish to rededicate our programs to continuing to serve as a catalyst for new ideas and dialogue through our classes and community service projects. We will be hosting several anniversary activities during the year. Watch the catalog for details. We look forward to seeing you there!

UFM Staff:
Executive Director - Linda Inlow Teener
Education Coordinator - Charlene Brownson
Swim Coordinator - Andrea Parr
State Outreach Coordinator - Anita Madison
Lou Douglas Lecture Coordinator - Beverly Earles-Law
Office Coordinator - Rhonda Smartt

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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 nonmerit 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. If you have ideas or requests for classes that are not being offered, call Charlene at UFM 539-8763.

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

THANK YOU ADVERTISERS for your loyal support
COMMUNITY REGISTRATIONS

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

DATE   TIME   LOCATION
Jan 20, Tu 10am - 2pm    KSU Union
Jan 21, Wed 10am - 2pm    KSU Union

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

MAILING YOUR REGISTRATION?
Class continuations 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 record of your registration.

Instructors Wanted to teach the following:
Beginning Italian    Ballet Dancing
Interior Decorating    Upholstery

Please share any concerns you may have about class material, an instructor, or any other problems by calling Charlene at UFM 539-8763.

Got an idea for a UFM class? UFM is always looking for new ideas and new projects. Let us hear from you! Call us at 539-8763 or e-mail ufm@ksu.ksu.edu to share your ideas!

To advertise your business or organization in the next UFM catalog, contact the UFM Office (539-8763) by March 2.

UFM Wish List

String Weed Trimmer    Lawn Mower
Window Air Conditioners    Carpeting
Folding Chairs

Volunteers to help with:
Gardening
Office Work
Rebuilding the cold frame
General Building Maintenance

Thanks to those who responded to our wish list last semester!

UFM INSTRUCTORS

Pam Alger
Troy Aurman
Carolyn Baugh
Liz Beikman
Scott Benjamin
Michael Bennett
Daniel Berkow
Lynn Bohlenblust
Mike Bonella
Vicki Buening
Erie Carter
C.S. Castelo
Cheryl Collins
Maureen Conn
Mike Christian
Duane Daily
Randi Dale
Larry Dall
Helen Davis
Jerry Dishman
Bill Doreett
Charles Drees
Terri Derry
Jeff Endacott
Patricia Fettes
Paul Gleese
Jim Gregory
Jason Hampl
Colleen Hampton

Collette Hernandez
Roger Hernandez
June Hunzeke
Claudia Jones
Jayson Kauss
Mark Knackendorf
John Kyle
Alan Land
Sharone Landrith
D.C. Lehman
Corey Lewis
Chad Lothen
Kathy Lyman
Deidre McLoughlin
Jan McWilliams
Pat McWilliams
Bernice Martin
Paul Miller
Bharath Narayanan
Dwight Nowth
Vera Orloch
Vern Osborne
Carol Osborn
Angie Pfeffer
Tom Phillips
Leon Rappoport
Lowell Regehr
Brian Root
Laura Sales
Sara Saunders
Ann Scott
David Seamon
Pam Schmid
Tammy Sinn
Bruce Snead
Sandy Snyder
Laurne Speights
Paul Soadman
Carol Stiles
Edith Strunkel
Sun Yi Academy
Diana Tarver
Douglas Teener
Linda Teener
Don L. Terhune
Mei Hwa Ternhune
Mark Tesslerdoff
Anita Van Nevel
Christa Vizner
Isaac Wabkabashi
Cheri White
Paula Walawender
Doug Walter
Harold Wellmeier
Georganne White
Tanya Williams
Jeff Wilson
Stan Wilson
Jack Windhorst

INLEMENT WEATHER POLICY

UFM courses held on campus follow the inclement weather policy of Kansas State University. Courses will be conducted unless all University courses are canceled. If the instructor informs his/her students personally that he or she will not be present at a given class meeting, the instructor is then responsible for arranging a makeup lesson. Weather sensitive courses will use the school's declared date. If a rain date is not scheduled, instructor will be responsible for rescheduling. During electrical storms, swim classes will be asked to leave the water.

UFM CANCELLATION POLICY

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

REFUND POLICY

We will give a full refund if a class is canceled by UFM. If a student decides to withdraw before the class begins, and gives 24 hours notice before the starting date, we will refund all but a $3 processing fee. NO REFUND AFTER THE CLASS BEGINS.

PRE-REGISTRATION IS REQUIRED

All participants must pay registration fees before attending a UFM class. This allows for adequate handouts and materials. You are not registered until we receive your registration fee. A class may be canceled due to insufficient pre-registration.

LIABILITY STATEMENT

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

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

UFM and the Division of Continuing Education are pleased to present the American Red Cross Learn to Swim 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 practice 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: Session A: Monday, March 16 and Wednesday, March 18; Session B: Tuesday, March 31; Session C: Saturday, March 21; Session D: Tuesday, April 14

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

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

BEGINNING & ENDING DATES:

Session A: Monday, Feb 16 - Apr 27
   Wednesday, Feb 18 - Apr 29
   No class March 23 and 25

Session B: Tues/Thurs, Feb 17 - March 19

Session C: Saturday, Feb 28 - May 9
   No class March 28

Session D: Tues/Thurs, March 31 - April 30

Parent/Infant and Parent/Tot

This water orientation program is designed to teach you how to work safely and effectively with your child and to teach basic water safety and self-help skills. The program emphasizes water adjustments, 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 5 meetings the parents will receive instruction and have opportunity to practice water techniques with their children. Parent must accompany child.

Session A: February 17 - March 3
   AQ-01A
   Tues/Thurs 8:10 - 8:45 pm

Session B: February 15 - March 16
   AQ-01B
   Monday 8:10 - 8:45 pm

Session C: February 23 - March 4
   AQ-01C
   Saturday 10:30 - 10:55 am
   Fee: $16 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 course is for them. Emphasis will be on basic water safety and preparation activities for swimming. Some parent participation may be allowed.

Session A: February 16 - March 18
   AQ-02A
   Tuesday 8:10 - 8:45 pm

Session B: March 23 - April 14
   AQ-02B
   Tues/Thurs 8:10 - 8:45 pm

Session C: April 11 - May 8
   AQ-02C
   10:30 - 10:55 am
   No class March 28
   Fee: $16 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 canceled if there is a low enrollment.

PLEASE REGISTER EARLY!

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-03A
   Monday 6:30 - 6:40 pm
   AQ-03B
   Wednesday 6:30 - 6:40 pm
   AQ-03C
   Saturday 9:30 - 10:10 am

Session B: (See dates above)
   AQ-04A
   Tuesday 6:30 - 6:40 pm
   AQ-04B
   Tuesday/Thurs 6:30 - 7:30 pm

Session C: (See dates above)
   AQ-05A
   Saturday 9:30 - 10:10 am
   AQ-05C
   Saturday 10:30 - 11:00 am

Session D: (See dates above)
   AQ-06A
   Thursday 6:30 - 6:40 pm
   AQ-06B
   Thursday 6:30 - 7:30 pm

Session E: (See dates above)
   AQ-07A
   Tuesday 6:30 - 7:00 pm
   AQ-07B
   Tuesday/Thurs 6:30 - 7:30 pm

Session F: (See dates above)
   AQ-08A
   Tuesday 6:30 - 7:00 pm
   AQ-08B
   Tuesday/Thurs 6:30 - 7:30 pm

LEVEL II: PRIMARY SKILLS

The objective of Level II is to give students success with fundamental skills. Students learn to floor support and to move 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-12A
   Monday 6:30 - 6:40 pm
   AQ-12B
   Wednesday 6:30 - 6:40 pm

Session B: (See dates above)
   AQ-13A
   Wednesday 6:30 - 6:40 pm
   AQ-13B
   Wednesday 6:30 - 6:40 pm

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

Session D: (See dates above)
   AQ-15A
   Tuesday 6:30 - 6:40 pm
   AQ-15B
   Tuesday 6:30 - 6:40 pm

LEVEL III: STROKE READINESS

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

Session A: (See dates above)
   AQ-22A
   Monday 6:30 - 6:40 pm
   AQ-22B
   Monday 6:30 - 6:40 pm
   AQ-22C
   Wednesday 6:30 - 6:40 pm
   AQ-22D
   Wednesday 6:30 - 6:40 pm

Session B: (See dates above)
   AQ-27A
   Tuesday/Thurs 6:30 - 7:30 pm
   AQ-27B
   Tuesday/Thurs 6:30 - 7:30 pm

Session C: (See dates above)
   AQ-28A
   Saturday 9:30 - 10:10 am
   AQ-28B
   Saturday 10:30 - 11:40 am

Session D: (See dates above)
   AQ-29A
   Tuesday/Thurs 6:30 - 7:30 pm
   AQ-29B
   Tuesday/Thurs 6:30 - 7:30 pm

Session E: (See dates above)
   AQ-30A
   Tuesday/Thurs 6:30 - 7:30 pm
   AQ-30B
   Tuesday/Thurs 6:30 - 7:30 pm

Session F: (See dates above)
   AQ-31A
   Tuesday/Thurs 6:30 - 7:30 pm
   AQ-31B
   Tuesday/Thurs 6:30 - 7:30 pm

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

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

Session A: (See dates above)
AQ-33A Monday 6:30-7:30 pm
AQ-34A Monday 6:30-7:30 pm
AQ-35A Monday 6:30-7:30 pm
AQ-36A Monday 6:30-7:30 pm

Session B: (See dates above)
AQ-37A Tues/Thurs 6:30-7:30 pm
AQ-38A Tues/Thurs 6:30-7:30 pm
AQ-39A Tues/Thurs 6:30-7:30 pm
AQ-40A Tues/Thurs 6:30-7:30 pm

Session C: (See dates above)
AQ-41A Tues/Thurs 6:30-7:30 pm
AQ-42A Tues/Thurs 6:30-7:30 pm
AQ-43A Tues/Thurs 6:30-7:30 pm
AQ-44A Tues/Thurs 6:30-7:30 pm

Session D: (See dates above)
AQ-45A Tues/Thurs 6:30-7:30 pm
AQ-46A Tues/Thurs 6:30-7:30 pm

Level V: Stroke Refinement

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

Session A: (See dates above)
AQ-47A Monday 6:50-7:30 pm
AQ-48A Monday 6:50-7:30 pm
AQ-49A Monday 6:50-7:30 pm
AQ-50A Monday 6:50-7:30 pm

Session B: (See dates above)
AQ-51A Tues/Thurs 6:50-7:30 pm
AQ-52A Tues/Thurs 6:50-7:30 pm
AQ-53A Tues/Thurs 6:50-7:30 pm
AQ-54A Tues/Thurs 6:50-7:30 pm

Session C: (See dates above)
AQ-55A Tues/Thurs 6:50-7:30 pm
AQ-56A Tues/Thurs 6:50-7:30 pm
AQ-57A Tues/Thurs 6:50-7:30 pm
AQ-58A Tues/Thurs 6:50-7:30 pm

Session D: (See dates above)
AQ-59A Tues/Thurs 6:50-7:30 pm
AQ-60A Tues/Thurs 6:50-7:30 pm
AQ-61A Tues/Thurs 6:50-7:30 pm
AQ-62A Tues/Thurs 6:50-7:30 pm

Level VI: Skill Proficiency

The objective of Level VI is to polish strokes so students swim faster with more ease, efficiency, power, and smoothness over greater distances. Students develop the skills necessary to complete all of the course. Additional practice is helpful to develop and maintain these skills. Students entering this course must have a Level V certificate or must be able to demonstrate all the skills required to complete Level VI.

Session A: (See dates above)
AQ-63A Monday 6:30-7:30 pm
AQ-64A Monday 6:30-7:30 pm
AQ-65A Monday 6:30-7:30 pm
AQ-66A Monday 6:30-7:30 pm

Session B: (See dates above)
AQ-67A Tues/Thurs 6:30-7:30 pm
AQ-68A Tues/Thurs 6:30-7:30 pm
AQ-69A Tues/Thurs 6:30-7:30 pm
AQ-70A Tues/Thurs 6:30-7:30 pm

Session C: (See dates above)
AQ-71A Tues/Thurs 6:30-7:30 pm
AQ-72A Tues/Thurs 6:30-7:30 pm
AQ-73A Tues/Thurs 6:30-7:30 pm
AQ-74A Tues/Thurs 6:30-7:30 pm

Session D: (See dates above)
AQ-75A Tues/Thurs 6:30-7:30 pm
AQ-76A Tues/Thurs 6:30-7:30 pm
AQ-77A Tues/Thurs 6:30-7:30 pm
AQ-78A Tues/Thurs 6:30-7:30 pm

Level VII: Advanced Skills

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

Session A: (See dates above)
AQ-79A Monday 6:30-7:30 pm
AQ-80A Monday 6:30-7:30 pm
AQ-81A Monday 6:30-7:30 pm
AQ-82A Monday 6:30-7:30 pm

Session B: (See dates above)
AQ-83A Tues/Thurs 6:30-7:30 pm
AQ-84A Tues/Thurs 6:30-7:30 pm
AQ-85A Tues/Thurs 6:30-7:30 pm
AQ-86A Tues/Thurs 6:30-7:30 pm

Session C: (See dates above)
AQ-87A Tues/Thurs 6:30-7:30 pm
AQ-88A Tues/Thurs 6:30-7:30 pm
AQ-89A Tues/Thurs 6:30-7:30 pm
AQ-90A Tues/Thurs 6:30-7:30 pm

Session D: (See dates above)
AQ-91A Tues/Thurs 6:30-7:30 pm
AQ-92A Tues/Thurs 6:30-7:30 pm
AQ-93A Tues/Thurs 6:30-7:30 pm
AQ-94A Tues/Thurs 6:30-7:30 pm

Adult Swim Lessons

Are you tired of sitting on the sidelines watching everyone else swim? Well, you don't have 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 preregistration. If enrollment is low, the class will be moved to private or semi-private lessons.

Session A: (See dates above)
AQ-95A Monday 6:30-7:30 pm
AQ-96A Monday 6:30-7:30 pm
AQ-97A Monday 6:30-7:30 pm
AQ-98A Monday 6:30-7:30 pm

Lap Swimming

Lap Swimmers are for individuals who want to keep fit. Lap swimming is available to adults and advanced swimmers who swim regularly and frequently. You may choose your 40-minute block of time during the scheduled times.

Session A: (See dates above)
AQ-99A Mon/Wed/Fri 6:05-7:00 pm
AQ-100A Mon/Wed/Fri 6:05-7:00 pm
AQ-101A Mon/Wed/Fri 6:05-7:00 pm
AQ-102A Mon/Wed/Fri 6:05-7:00 pm

Session B: (See dates above)
AQ-103A Tues/Thurs 6:05-7:00 pm
AQ-104A Tues/Thurs 6:05-7:00 pm
AQ-105A Tues/Thurs 6:05-7:00 pm
AQ-106A Tues/Thurs 6:05-7:00 pm

Session C: (See dates above)
AQ-107A Wed/Fri 6:05-7:00 pm
AQ-108A Wed/Fri 6:05-7:00 pm
AQ-109A Wed/Fri 6:05-7:00 pm
AQ-110A Wed/Fri 6:05-7:00 pm

Session D: (See dates above)
AQ-111A Tues/Thurs 6:05-7:00 pm
AQ-112A Tues/Thurs 6:05-7:00 pm
AQ-113A Tues/Thurs 6:05-7:00 pm
AQ-114A Tues/Thurs 6:05-7:00 pm

Lap Swimming for Parents

Are you tired of being just an observer at your child's swimming lesson? Perhaps you take advantage of the time you spend watching and enroll in Lap Swimming at a special price. This class will meet every day your child is enrolled in swimming lessons. In this class you will be able to swim laps to meet your own needs and goals.

Session A: (See dates above)
AQ-115A Mon/Wed/Fri 6:05-7:00 pm
AQ-116A Mon/Wed/Fri 6:05-7:00 pm
AQ-117A Mon/Wed/Fri 6:05-7:00 pm
AQ-118A Mon/Wed/Fri 6:05-7:00 pm

Session B: (See dates above)
AQ-119A Tues/Thurs 6:05-7:00 pm
AQ-120A Tues/Thurs 6:05-7:00 pm
AQ-121A Tues/Thurs 6:05-7:00 pm
AQ-122A Tues/Thurs 6:05-7:00 pm

Session C: (See dates above)
AQ-123A Sat 6:05-7:00 pm
AQ-124A Sat 6:05-7:00 pm
AQ-125A Sat 6:05-7:00 pm
AQ-126A Sat 6:05-7:00 pm

Session D: (See dates above)
AQ-127A Mon/Tues 6:05-7:00 pm
AQ-128A Mon/Tues 6:05-7:00 pm
AQ-129A Mon/Tues 6:05-7:00 pm
AQ-130A Mon/Tues 6:05-7:00 pm

WANTED:

Volunteers for Teen Mentoring Program

Provide friendship and support to a local teen. Group and individual activities. Give about three hours of your time per week.

Make a difference in a teen's life!!

Call Linda at UFM, 539-8763 for an application or for more information.
Open Swim Appreciation

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

Date: April 4
Time: 11 am - 1 pm (Saturday)
Fee: SNC
Location: KSU Natatorium

Open Swim Appreciation

Date: April 18
Time: 11 am - 1 pm (Saturday)
Fee: SNC
Location: KSU Natatorium

Family Swim

The indoor outdoor pools are closed, so take advantage of the outdoor pool at K-State. Bring the family out for a refreshing soaking of swimming. Swimmers in April are Open Family swim times. UFM will provide lifeguards. Practice what you have learned in lessons or just relax for a while. You must register in advance so we can plan for adequate lifeguards.

Date: April 4, 11, 18, and 25
Time: 11 am - 1 pm (Saturday)
Fee: $10 individual/$16 couple
300 family
Location: KSU Natatorium

Water Safety Instructor

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

Carol Stites

Date: April 20, 21, 22, 23, 24, 25, 27, 28, 29, 30
Time: Monday, April 21, 4-7:30 pm (Mon. - Fri.)
9 am - 1 pm (Saturday)
Fee: $144
Textbooks & equipment must be paid and picked up at American Red Cross for $31
Location: KSU Natatorium

Lifeguard Training

Americans 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 behavior 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 care 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 3 feet, retrieve a 10-pound object and return to the surface.

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

Carol Stites

Date: March 3, 4, 5, 6, 10, 11, 12, and 13
Time: Tuesday, February 27, 4-7:30 pm
Fee: $110
Textbooks & equipment must be paid and picked up at American Red Cross for $50
Location: KSU Natatorium

Lifeguard Instructor Training

Lifeguard Instructor Training prepares instructor candidates to teach Lifeguard Training (including first aid), CPR for the Professional Rescuer, Lifeguarding Instructor Aids, 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, I.C. certification or current Health and Safety instructor authorization and successfully complete prerequisite session, consisting of Lifeguard Training, face sit, CPR for the Professional Rescuer skills, and knowledge evaluation. Certification requirements: completely perform all critical skills, successfully complete all practice teaching assignments, and pass 5 written tests.

Carol Stites

Date: February 23, 24, 25, 26, 27
March 1, 2, 3, 6, 7, 10, 11, 12, 13
RegISTRATION DEADLINE: February 16
Time: 4-7:30 pm (Mon - Fri)
Fee: $60
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 from 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 2 & 3
Time: 9 am - 1 pm and 2 pm - 5 pm (Saturday)
8 am - noon and 1 pm - 5 pm (Sunday)
Fee: $52
Textbooks & equipment must be paid and picked up at American Red Cross for $50
Location: KSU Natatorium - Sunday
Red Cross Office - Saturday
1610 Perkins Avenue

Head Lifeguard

Head Lifeguard features development of leadership skills, techniques to supervise staff, and opportunity for professional career development. Prerequisites: current ARC LOT certification, or certificate from another organization.

Carol Stites

Date: March 16 and 17
Time: 4-7 pm (Mon and Tues)
Fee: $12
Textbooks and equipment must be paid and picked up at American Red Cross for $12
Location: Abilene Pasehouse, Room 2

THE MADHATTER'S
CHIMNEY SWEEP

CALL (913) 539-5217
WE'RE SOOTED FOR YOU!

Owners: Bob & Tina Bartholic
P.O. Box 716, Ogden, Kansas 66517

Would you like to teach a class? Call us at 239-8763. We'd love to hear your idea!
**Conversational Spanish for Beginners**

Laurene Speights (532-6705) is fluent in the Spanish language. This level is geared toward students who want to improve their basic conversational skills. Classes will focus on improving pronunciation and stress patterns of the Spanish language. For more information, contact Laurene Speights.

**Intermediate Conversational Spanish**

This course focuses on improving pronunciation, stress patterns, and vocabulary. It is geared toward students who are comfortable using the Spanish language in daily life and who want to improve their conversational skills. Classes will focus on improving pronunciation, stress patterns, and vocabulary.

**Conversational Spanish for Beginners**

Laurene Speights (532-6705) offers this level of Spanish for those who are new to the language. Classes will focus on basic vocabulary, grammar, and pronunciation.

**Beginning Sign Language**

This course is for anyone interested in Sign Language. The class will introduce the basic understanding of Sign Language and deaf culture. Students will develop a vocabulary of approximately 100 signs. The textbook, *Street Signs* by Ginn and American Sign Language, is available at Valley's Bookstore.

**Sign Language II**

This class will be a continuation of Beginning Sign Language. It will build on students' knowledge of Sign Language and deaf culture. Students will develop a vocabulary of approximately 100 signs.

**Survival Skills in Czech**

This practical class is intended especially for those who are going to travel to the Czech Republic. The class will focus on Czech alphabet, basic vocabulary, and phrasal elements. Students will be placed on correct pronunciation and use of the alphabet to basic phrases. Information will also be provided on Czech culture. Information will also be provided on Czech culture. Information will also be provided on Czech culture.

**How to Watch a Good Program Die**

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

---

**Riley County Historical Museum**

- 2309 Clifton
- Exhibits of Riley County History—pioneer days to the present
- Research library by appointment
- Educational programs
- Speakers’ bureau
- 8:30-5:00 Tuesday-Friday
- 2:00-5:00 Saturday-Sunday

**Goodnow House Museum**

- 2301 Clifton
- Home of Isaac Goodnow
- Free state advocate
- Educator (common school to college)
- KSU and Manhattan founder
- Call 585-6490 for hours
- A State Historic Site

**Wolf House Museum**

- 630 Fremont
- 1868 stone house served as a boarding house and private home
- Furnished with period antiques
- Special exhibits
  - 1:00-5:00 Saturday
  - 2:00-5:00 Sunday
- and by appointment

**Pioneer Log Cabin**

- Manhattan City Park
- Walnut log cabin built in 1916
- Pioneer home and tool exhibit
- Open April-October
- Sunday 2:00-5:00 and by appointment

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**UFM is on the Web!**

Our address is www.ksu.edu/ufm

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**English as a Second Language (ESL) Seminar**

This ESL seminar has been designed primarily to help non-native English speakers with their composition and grammar problems. Good writing forms a cornerstone of successful relationships with good speaking. The seminar will be adapted to address the most prevalent problems found among class participants. This class is for individuals who have a firm basic knowledge of English.

Helen Davis received a B.A. in English Literature, summa cum laude, from Washburn University and a minor in Art History. She was an ESL volunteer near at the International House at Washburn University and an ESL instructor at UFM in the 1997 Fall semester.

**Conversational Spanish for Beginners**

The beginner's Spanish class will be geared toward students who possess minimal vocabulary and knowledge of the Spanish language. This 6-week course is recommended. Classes will focus on survival Spanish using core vocabulary and frequently used phrases for traveling. Excellent for students who are planning a spring break vacation in Mexico or other Spanish-speaking country. Course book will be provided by instructor that includes vocabulary, phrases, and exercises.

Laurene Speights (532-6705) has been a fluent speaker of the Spanish language for more than 20 years. She studied in Santa Cruz, Bolivia, and has lived and traveled extensively throughout Central and South America. She also gives lectures on Latin American culture. She graduated from the University of Colorado with a B.A. in Communication and a minor in Spanish. Currently, Laurene works for Backhere Space Technologies (a K-State program under the Division of Biology), as a Marketing Coordinator.

**Intermediate Conversational Spanish**

Intermediate Conversational Spanish class will be geared toward students with a working knowledge of the Spanish language (2 yrs of college work or experience living in a Spanish-speaking country suggested). Class will focus on improving pronunciation, grammar, and vocabulary.

**Conversational Spanish**

Intermediate Conversational Spanish class will be geared toward students with a working knowledge of the Spanish language (2 yrs of college work or experience living in a Spanish-speaking country suggested). Class will focus on improving pronunciation, grammar, and vocabulary.

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**How to Watch a Good Program Die**

Nothing kills a UFM session faster than participants who wait until the last minute to enroll. Classes will be canceled if there is a low enrollment. PLEASE REGISTER EARLY!
Consumer Beware: Learn How To Make Your Money Work For You

Lynn Bohneblatt (716-3666), is Regional Vice President with Princentia Financial Services. He received a B.S. degree from Fort Hays State University in secondary education. Lynn has been with Princentia Financial Services for 6 years, teaching families how to get ahead in the money game.

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

Investing In YOUR Future

Individuals who are in the accumulation phase of their lives - at the beginning or middle of their careers and typically 25 to 55 years of age, or those who need to save for a home or future college tuition will benefit from this course. Discussion will cover important money management concepts with practical, easy-to-understand language, using examples you can put into practice. Topics include investment basics, types of products, and developing a personal financial plan that will help you plan a secure future for you and your family. No matter how much or how little money you have, these principles apply to you. Invest an evening of your time to learn how you can accumulate more wealth and have a better quality of life. Every one attending this seminar will have the option of receiving a complimentary Financial Needs Analysis to help establish their roadmap for the various goals and dreams.

Date: January 21
Time: 7 - 9 pm (Wednesday)
Fee: $5 individual/$12 couple
*taken with the New Tax Laws class

Investing In YOUR Future

Lynn Bohneblatt

Date: March 10 (Tuesday)
Time: 7 - 9 pm
Fee: $5 individual/$12 couple
Location: UFM Conference Room

Investing In YOUR Future

Lynn Bohneblatt

Date: February 2
Time: 7 - 8 pm (Monday)
Fee: $12 individual/$16 couple
*taken with the New Tax Laws class

Investing In YOUR Future

Lynn Bohneblatt

Date: March 30
Time: 7 - 8 pm (Monday)
Fee: $12 individual/$16 couple
*taken with the New Tax Laws class

The New Tax Laws: How They Can Benefit You!

Take advantage of the new tax laws. The new laws can benefit you only if you know about them and use them! In this class, participants will receive the latest information about the changes in the new tax laws: New Roth IRA, New Education IRA, and Estate and Gift Tax Relief, Increased Deduction for Self-Employed Health Insurance, Home Office Deduction, New Child Tax Credit and more.

Date: January 26
Time: 7 - 8 pm (Monday)
Fee: $5
Location: UFM Conference Room

Direct Mail Fundraising

With the deluge of fundraising solicitations received by the public these days, it is important that the mailing your organization sends is noticed, opened and gets a response. Learn how to organize a direct mail campaign, write an appeal letter, handle mailing issues and other related topics. Bring a letter you have written for feedback.

Linda Turner (539-8765), Executive Director at UFM, has been involved in fundraising activities for many years.

Date: April 9
Time: 1:30 - 4:30 pm (Thursday)
Fee: $5
Location: UFM Conference Room

Understanding Long-Term Care

Long-Term Care - What is it? How much does it cost? Do you need insurance? What does Medicare cover? Would you like the answers to these questions and others? Learn about different kinds of policies, how they work, what's covered, what's not, and how qualified brokers or agents can help you.

Vicki Easing is the Consumer Education Coordinator for Kansas Insurance Department. She has helped publish shopper guides for Medicare supplement insurance, long-term care, auto and homeowners insurance.

Date: March 10
Time: 7 - 9 pm (Tuesday)
Fee: $5
Location: Senior Service Center
412 Lenawood Street

Tuttle's Antique Market

Featuring a variety of antiques and collectibles!
Antique Appraisals

2010 Tuttle Creek Blvd., Manhattan, KS 66502
and (785) 734-6850
1.7 miles north of Manhattan Town Center
Open Daily 10-5:30 Sunday 1-5 Closed Wednesday
Debt-Free and Prosperous Living

Lynn Bohnehlbus

Date: February 16
Time: 7 - 8 pm (Monday)
Fee: $6
Location: UFM Conference Room

Basics of Investing

Jayson Kaas

Date: February 1, 10, & 17
Time: 7 - 9 pm (Tuesday)
Fee: $22 (individual), $28 couple
Location: UFM Conference Room

Computer

1221 THURSTON 539-8763

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 software. You will have plenty of "hands-on" practice using computers in our classroom.

Paula Watsonen has years of experience with a keyboard and understands how important it is to polish this skill.

Date: April 1 - April 29
Time: 7 - 8 pm (Wednesday)
Fee: $21
Location: UFM Computer Lab

Windows 95

Take the mystery out of this operating system. Learn the language, symbols and new approaches it takes.

Linda Teener enjoys sharing practical computer information.

Date: February 11
Time: 7 - 8:30 pm (Wednesday)
Fee: $21
Location: UFM Computer Lab

Computer Shopping

Linda Teener

Date: January 27
Time: 7 - 8:30 pm (Tuesday)
Fee: $10
Location: UFM Fireplace Room

Computer Shopping

Linda Teener

Date: March 11
Time: 7 - 8:30 pm (Wednesday)
Fee: $10
Location: UFM Fireplace Room

Personalized Computer Help

Having trouble figuring out how your computer works? Need help examining those manuals or interpreting the screen? Want some help understanding your software? Schedule a private tutoring session to answer your personal questions. This service is directed toward users with IBM compatible computers.

Linda Teener (539-8763) is Executive Director of UFM and likes to help others better understand their computers.

Date/Time: By appointment
Fee: $20 per hour
Location: as arranged

Stigge Vision Care

DR. DOUGLAS STIGGE
DR. NORBERT STIGGE
Optometrists
(913) 539-6051
3002 Maine
Manhattan, Kansas 66502

THANK YOU ADVERTISERS for your loyal support.
Black and White Film Developing for Beginners
This class will cover the basics of black and white film processing and darkroom procedures. We will limit the class size to provide hand-on experience. Each student will develop their own roll of black and white film.
Note: Student needs to bring an exposed roll of Tri-X 400 ISO film to class. All other materials are included in the fee. Class size is limited.
Harold Wellmeier has a degree in Commercial and Industrial Photography. He enjoys black and white photography, and enjoys processing his own film.

Black and White Film Developing for Beginners
Harold Wellmeier
Date: April 6
Time: 7 pm (Monday)
Fee: $15
*No refunds on class; instructor must buy chemicals that can't be used if students drop out or don't come.
Location: UFM Darkroom

Black and White Film Developing for Beginners
Harold Wellmeier
Date: April 13
Time: 7 pm (Monday)
Fee: $15
*No refunds on class; instructor must buy chemicals that can't be used if students drop out or don't come.
Location: UFM Darkroom

Beginning Photography
Learn to do more than print and shoot with your camera. This beginner photography class will cover the basic camera parts, how photography works, camera handling and care, film types, composition, light, exposure, and attachments. Participants will have fun creating photographs in the darkroom. Participants should bring camera, camera manual, and film. This course will be geared to 35mm cameras.

UFCM Photography
Date: April 3
Time: 7:30 pm (Tuesday)
Fee: $15
*No refunds on class; instructor must buy chemicals that can't be used if students drop out or don't come.
Location: UFM Darkroom

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

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

Black and White Printing
Harold Wellmeier
Date: February 9
Time: 7 pm (Monday)
Fee: $15
*No refunds on class; instructor must buy chemicals that can't be used if students drop out or don't come.
Location: UFM Darkroom

Safe and Creative Care of Family Photos
Are your photos stuffed in shoeboxes, or worse, in albums that are chemically deteriorating? This workshop covers organizing your photos, photo-safe materials, ideas for creative cropping and photo-journaling. Receive assistance in helping you create a unique and lasting photo album. Bring a packet of pictures (12) and memorabilia plus a pair of scissors. The first session is informative and educational and the second session is a hands-on workshop where you will create your own album page. The fee includes 1 acid-free album page and the use of photo-safe materials and supplies. Additional pages are available for purchase from the instructor.
Pam Schmid (1-800-347-3625), has been a consultant with Creative Memories since 1989.

Safe and Creative Care of Family Photos
Pam Schmid
Date: March 16
Time: 7-9:30 pm (Monday)
Fee: $15 includes some supplies
Location: UFM Fireplace Room

Safe and Creative Care of Family Photos
Pam Schmid
Date: April 16
Time: 7-9:30 pm (Thursday)
Fee: $15 includes some supplies
Location: UFM Fireplace Room

Beginning Sewing
Beginning sewing is designed for the non-sewer, the adult sewer who hasn't picked up a needle in years or the beginning sewer who desires lifetime hobby of trying a more complex pattern or an extra-special fabric. Participants are encouraged to wait until after the first class to choose patterns and fabrics. Measurements will be made and supply lists provided then. Some sewing to be covered include color coordination, fitting, garment construction, finishing and accessorizing with notions. Please bring your own sewing machine in good working order.

Get Your Hands on a Bernina
Creative Memories classes teach people to organize, preserve and display their photos and memorabilia in a way that is not only entertaining and informative to view, but also fun to do, and will last for generations.
Creative Memories instructors provide:
- Classes/Workshops
- Seminars to clubs and organizations
- Career opportunities (full or part-time)
- Photo safe albums and supplies

For more information call:
Pam Schmid (Creative Memories Director)
1-800-347-3625 Council Grove

Bernina Sewing and Quilting Center
330 North 4th Street
Manhattan, KS 66502
913-537-8919
Fax: 913-537-9011
Toll free 1-800-Sew-1
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 of a work in progress or begin a project after the first class session. Work will be submitted by the participants and by other members of the class.

Glen Smith has been writing and selling science fiction and fantasy for ten years. His stories 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.

Date: April 14, 21
Time: 7:00-9:00 pm (Tuesday)
Location: UFM Conference Room
Fee: $14

Creation of a Three-Dimensional Mosaic Seed-Bird

The instructor will demonstrate and assist you in creating a three-dimensional mosaic seed bird, a craft invented and developed by him. Use Emur’s glass to fossil seeds, pods, and other plant materials in a simple wooden structure (provided) to make one of a variety of small birds. The result is an amazing Emurite bird model. (See an example at the Country Gift Shop in the Quad.) Materials for creating your seed bird, glass dome and wooden base are included in the class fee.

Dwight Nenhum (776-5015), retired Engineering Professor, has been making the "Seed-Birds" for about 25 years - an original hobby which turned out to be quite successful. He was an invited craftsperson at the Fall National Craft Festival at Silver Dollar City for 15 years, and after a 6 year hiatus, returned again in '96 and '97.

Date: February 24
Time: 7-9 pm (Tuesday)
Fee: $31
Location: 2121 Meadowlark Road, Apt 209
Manhattan, KS

Personalize Your Home with Wallpaper!

Do you enjoy your friends’ homes that are all decorated with wallpaper and coordinated borders and paint? Take the first step in decorating with wallpaper by attending this class. See how easy it is to find wallcoverings that will jazz up your home and help to reflect your interests and personality as well as making your home a “quiet refuge” or a “party palace.”

Claudia Jones (776-4442) has a degree in Interior Design from Kansas State University. She has been working with customers for 10 years in Crown Decorating and is a certified Wallpaper Consultant.

Date: February 18
Time: 7-9 pm (Thurs/Thurs)
Fee: $40
Location: UFM Banquet Room

Stained Glass

Would you like to become a stained glass artist? In this class students will learn the basics of stained glass using the copper foil technique. Please bring an old window and glass cutouts to class the first night for practice. Methods of cutting glass - straight lines and curves. Students are required to purchase their own supplies and glass. Estimated supply costs could be $60 - $80. Stained glass costs $5-$10 per square foot. After students have developed their design and colors, they will complete a small project.

Dawna Daily has worked with glass for over 15 years. He is a retired high school teacher. He has a great interest in making stained glass, teaching in competitive glass riding and traveling in the Middle East.

Date: February 17, 24, 25, March 3
Time: 7-9 pm (Tuesday/Thursday)
Fee: $40
Location: UFM Multipurpose Room

The Manhattan Center for the Arts Theatre Company

presents its Spring 1998 shows:

"ALL IN THE TIMING" - a zany one act comedies by David Ives Feb 6, 8, 12-15

"HMS PINAFORCE" - musical comedy by Gilbert & Sullivan Apr 24, 26, 30, May 1, 3, 8-9

Watch for information on our "Theatrical Potpourri" in March - fun for the whole family.

And don’t miss "KIRK & NICK" our one hour staged readings of works by local and nationally known playwrights. Presented informally at 7 p.m. on impromptu Sundays. Readers also welcomed.

For more information on all theatre activities, call 532-4420 or visit our Web page at http://www.fishbills.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.

The Wood Lathe for Beginners

The wood lathe is the most interesting and creative woodworking tool ever. It is the oldest of woodworking machines and the only one in which the work rather than the tool is turned around. Beginners will learn basic spindle and bowl turning and complete a small project.

Lowell Regelna (776-1660), is a cabinet maker in Manhattan. He has three wood lathes.

Date: January 19, 26 & February 2
Time: 7 - 10 pm (Monday)
Fee: $18
Location: 1001 Colorado Street, Manhattan

Downtown Manhattan Walking Tour

Join us for a walking tour of downtown Manhattan. You will learn some history about the buildings, the people, and the development of downtown Manhattan.

Cheryl Callies is the director of the Riley County Historic Museum. Her interest and knowledge of history is evident in her tours.

Date: April 28
Fee: $5 individual/$15 family
Location: Meet at Courthouse Plaza

Beginning Chess

Chess is an entertaining game that stimulates analytical and spatial thinking skill. This class is designed for those who want to learn the basics of the game. We will cover the rules, movement of the pieces and some basic strategies and tactics for play.

Doug Teeterman (357-0089), has been playing chess for over 20 years, and wants to see as many people as possible learning this exciting and exciting game.

Date: January 20, February 12 and 26
Time: 7 pm (Thursday)
Fee: $15
Location: UFM Multipurpose Room

Destination Good Mental Health

Professional development for health and helping professionals and volunteers.

♦ Building Bridges with Adolescents
Feb. 18-M Feb. 25-JC

♦ Overcoming Anxiety and Worry Mar. 18-M

♦ Appreciating Differences: Cultural Diversity Apr. 22-M Apr. 29-JC

♦ Depression in the Older Adult Jun. 17-M
M-Manhattan JC-Junction City
All classes are 12:45 to 3:45 p.m.
For information call 507-4326
Food for Fun!

Fun with Breads  
Everyone will enjoy this program featuring demonstrations and instruction about bread baking. The instructor will demonstrate how to mix and bake a variety of breads, including various types of French breads and a few unusual items. Attendees will receive a booklet with all of the recipes. Enter to win a prize!  

Date: May 27  
Time: 9:30 - 11:30 am (Saturday)  
Fee: $5  
Location: Kansas Wheat Commission  
2801 Claflin Road

Cake Decorating  
Join us for this hands-on class where you will learn to make and decorate cakes of your choice. Bring your own recipe and come early to practice with the instructor. Come early to practice with the instructor.  

Date: April 9 - April 10  
Time: 9:30 am (Saturday)  
Fee: $24  
Location: UFM Kitchen

Vegetarian Cooking for the Beginner  
Vegetarian cooking is not only delicious but also nutritious. Learn the basics of vegetarian cooking and how to prepare delicious and healthy meals.  

Date: April 2 and 4  
Time: 7 - 9:30 pm (Monday)  
Fee: $15  
Location: UFM Fireplace Room

Wines of the World  
Join us for a tasting session and learn about the history and production of various wines from around the world.  

Date: January 26 - March 9  
Time: 7 - 8:30 pm (Monday)  
Fee: $33  
Location: UFM Fireplace Room

Patronize Our Advertisers! Let advertisers know you saw their ad in the UFM Catalog.
Classes for children and adults in:

Clay
Visual Arts
Theater

Registration
- Fee payment reserves class places.
- Advance registration is highly recommended.
- Registration can be done by mail or call 537-4420.
- Please indicate the need for busing or scholarships when enrolling.

Scholarships
Children and youth classes at the Manhattan Center for the Arts are underwritten in part by a grant from the YES! Fund, a fund of the Robert R. McCormick Tribune Foundation. All children and youth through the 12th grade will receive a reduction in class fees. Students who qualify for the “free and reduced lunch program” will receive up to a 95-percent fee deferment. The minimum charge is $5.00 per family.

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 from their area school, transported to the Center for the Arts for classes and returned to their home. Depending on final registration in each class, busing may or may not be available. When registering for classes, please indicate the need for transportation.
Manhattan Center for the Arts Enrollment Form

Parent Name: ____________________________
Telephone (daytime): ____________________
Telephone (evening): ____________________

I am interested in busing to the Center: ______
home from the Center: ______
I am interested in scholarships: ______
I am eligible for free lunch: ______
or reduced lunch: ______

(If eligible, please call for scholarship rates.)

Cut out and mail to: Manhattan Center for the Arts
Spring Classes 1520 Poyntz Ave.
Manhattan, KS 66502

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Make it in Clay

Classes for Preschool Ages

Story Telling in Clay
Fee: $33 (limit 8, minimum 5)

In this class children will listen to a story, draw a picture and be guided in the making of a clay object inspired by the stories they hear. This class changes every time it is offered.

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<th>Time</th>
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<th>End Date</th>
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<tr>
<td>CC 329 T</td>
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<td>Jan 20 - Feb 24</td>
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<td>9:00 - 10:15 am</td>
<td>April 1 - May 6</td>
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<td>CC 421 W</td>
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Instructors: Susan Denson-Guy and Jan Neal

After School Clay Discovery Series for Children and Youth

Discover the fun of making clay pots. Special projects will teach the basics of hand-built and wheel-thrown pottery.

Clay Creations (limit 10, minimum 4)
Fee: $39 A YES! Fund class you pay $24, $12 or $5.

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<td>CC 413 M</td>
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<td>March 30 - May 4</td>
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Instructor: Stan Paskiewicz

Hand Built Creations (limit 10, minimum 6)
Fee: $39 A YES! Fund class you pay $24, $12 or $5.

Ogden Elementary Students
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<thead>
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<th>Time</th>
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Instructor: Staff

Grades 1-4
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<td>CC 453 F</td>
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<td>April 3 - May 8</td>
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</tbody>
</table>

Instructor: Jan Neal

Wheel-thrown Pottery (limit 8, minimum 6)
Fee: $39 A YES! Fund class, you pay $24, $12 or $5.

Grades 5 - 8
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<th>Course Code</th>
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<tr>
<td>CC 323 T</td>
<td>3:45 - 5:15 pm</td>
<td>Jan 20 - Feb 24</td>
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<td>CC 423 T</td>
<td>3:45 - 5:15 pm</td>
<td>March 31 - May 5</td>
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Instructor: Staff

Grades 5 - 12
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<th>Course Code</th>
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<td>CC 343 Th</td>
<td>3:45 - 5:15 pm</td>
<td>Jan 22 - Feb 26</td>
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<tr>
<td>CC 443 Th</td>
<td>3:45 - 5:15 pm</td>
<td>April 2 - May 7</td>
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Instructor: Jan Neal

Adult Daytime Classes

The Joy of Hand Building and Surface Decoration
Fee: $56 (limit 10, minimum 4)
Create unique hand-built stoneware pottery items from birdhouses to dishes that you can eat from when finished. Along with creating pots you will learn different methods of surface decoration including sgraffito, mishima, carving, and others. No prior experience necessary. However, all skill levels are welcome in these classes.

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<th>Course Code</th>
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<tr>
<td>CC 319 M</td>
<td>9:00 - 11:00 am</td>
<td>Jan 19 - Feb 23</td>
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<tr>
<td>CC 219 M</td>
<td>9:00 - 11:00 am</td>
<td>March 30 - May 4</td>
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Instructor: Esther Ida

Hand Built and Wheel Thrown Pottery
Fee: $56 (limit 8, minimum 4)
Yes, you can make a pot on the wheel or just with your hands! Enroll and we will help you “find your hands in clay” as you learn the basics of functional wheel thrown and hand built pottery. No experience necessary. Those of you wanting to hone your skills are also welcome. All tools and materials are included in the class fee.

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<td>CC 341 Th</td>
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<td>CC 441 Th</td>
<td>1:00 - 3:00 pm</td>
<td>April 2 - May 7</td>
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<td>CC 350 F</td>
<td>10:00 - noon</td>
<td>Jan 23 - Feb 27</td>
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<tr>
<td>CC 450 F</td>
<td>10:00 - noon</td>
<td>April 3 - May 8</td>
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Instructor: Fran Bellucci-Johnson

Clay for Special Needs Populations
Fee: $56 (scholarships available) (limit 8)
During this class you will create unique hand built stoneware pottery that is functional and fun to build. This class is designed to meet the needs of adults with developmental or physical challenges. One on one assistance will be provided as needed.

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<tr>
<td>CC 351 F</td>
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<td>Jan 23 - Feb 27</td>
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<tr>
<td>CC 451 F</td>
<td>1:00 - 3:00 pm</td>
<td>April 3 - May 8</td>
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Instructor: Aaron Heinrichs
### Evening/Weekend Classes for All

**Intermediate and Advanced Wheel Throwing**  
Fee: $79 two nights, $56 one night (limit 8, minimum 5)  
This class is designed to meet the needs of everyone interested in creating wheel-thrown pottery. Whatever your next point of discovery goal is, come throw and explore. Depending on your individual preferences you may enroll in this class for one or two nights a week.  
CC 316 M/W  
7:00 - 9:00  
Jan 19 - Feb 25  
CC 416 M/W  
7:00 - 9:00  
March 30 - May 6  
CC 317 M only  
7:00 - 9:00  
Jan 19 - Feb 23  
CC 417 M only  
7:00 - 9:00  
March 30 - May 4  
**Instructor:** Esther Ikeda

**Hand-Built Ceramic Sculpture and Surface Design**  
Fee: $56  
(limit 10, minimum 4)  
Create a focal point for your home or garden in this unique sculpture class. Begin with the basics of hand building and advance to sophisticated surface design techniques such as sgraffito, mishima, and carving. In this class you will have the opportunity to create large, single pieces or smaller. No prior experience necessary!  
CC 327 T  
7:00 - 9:00 pm  
Jan 20 - Feb 24  
CC 428 T  
7:00 - 9:00 pm  
March 31 - May 5  
**Instructor:** Esther Ikeda

**Family Clay Adventure**  
Fee: $40 plus $5 per family member  
(limit 10, minimum 4)  
Discover the fun of clay creation with a special family member or mentor. Everyone over the age of four is welcome to participate with an adult, Wheel and Hand building.  
CC 346 T h  
6:00 - 7:30 pm  
Jan 22 - Feb 26  
CC 347 T h  
7:30 - 9:00 pm  
Jan 22 - Feb 26  
CC 446 T h  
6:00 - 7:30 pm  
April 2 - May 7  
CC 447 T h  
7:30 - 9:00 pm  
April 2 - May 7  
**Instructor:** Staff

**Design Your Own Pottery**  
Fee: $15 - $30/finished piece  
(limit 10, minimum 4)  
You don’t have to be an artist to design or glaze your own set of dishes. Create your own personal set that is microwave and dishwasher safe. We offer ready-made stoneware cups, plates, and bowls that you can decorate for your everyday dishes or special occasions. Preserve those special memories by capturing the hand, foot, or paw print of your favorite little one. These items will make great gifts! For this class you pay by the piece - so you can come only one week or as many as you would like. This is great fun for the entire family. Please call the center to let us know when you plan to attend.  
CC 726 T  
7:00 - 9:00 pm  
Jan 20 - May 5  
**Instructors:** Studio Staff

### SPECIAL SEMINARS AND CLAY OPPORTUNITIES

**Primitive Firing Workshop**  
Fee: $15  
(limit 10, minimum 5)  
Location: Wild Cat Village Pottery, 329 Lower McDowell Creek Road. Call 539-0187 for more information.  
This class will present a Kansas version of the southwestern Native American tradition. You will learn to fire your own bisque vessels (closed forms preferred, large or small) using dried cow manure as the fuel. Please bring your own bisque vessels, lunch, drinks and garden gloves. Be prepared to collect the fuel.  
CC 701 S  
8:00 am - 2:00 pm  
April 18  
**Instructors:** Donna and Gary Tyson

**Raku Glazing and Firing Workshop**  
(minimum 6)  
Fee: $15 plus, $5/piece (except miniatures)  
Location: Clay Cellar Studio, 415 Lincoln, Wamego, KS.  
Phone: 785-456-2114  
Bring your bisque pots to glaze and Raku fire. Glazing from 9:00 a.m. to noon. Firing 1:00 pm until finished!  
CC 702 S  
9:00 am - until?  
March 14, 1998  
**Instructor:** Joyce Farney

### The Garzio class will cover advanced methods in clay.

**Fresh Approach to Pot Making**  
(minimum 10, minimum 4)  
Intermediate to advanced wheel potter will enjoy this intensive seminar focusing on pouring vessels, handles, bowl shapes and feet plus unique surface decorating techniques using engobes and stains. Local master potter Angelo Garzio will lead this class which will also include a discussion and slide presentation about the history and development of clay.  
CC 703 T h  
6:30 p.m.-9:30 p.m.  
March 3-March 26  
**Instructor:** Angelo Garzio

**Open Studio**  
(Facility use only, no instruction)  
Fee: $20/month plus clay  
For more information contact the studio at (785) 776-3334 or call the Arts Center to leave a message (785) 537-4420.  
Open studio enrollment is available for people who need no instruction, but wish to have the use of a well-equipped studio, access to glazes and knowledge that their work will be fired with professional care and attention.

**Community Outreach Clay Classes**  
The Manhattan Clay Coalition would like to bring a clay class or special seminar to you! If your group (any age) would like to experience a hand building class taught by a professional or schedule a team building workshop utilizing pottery design to improve office relations, please contact Karen Lauseng, Program Director, at 537-4420 to discuss your group’s needs. Fees and dates will be set on an individual basis. Enjoy the clay experience. Everything is brought to you.

### Visual Arts Classes

**Adult Painting, Drawing and Design**  
Fee: $50.00  
(Minimum 6)  
This six-week course will include techniques in design. Students will learn about composition, color theory, and design vocabulary. Behind every good painting is a well thought out drawing. Classes will cover black and white value studies to include methods of hatching with a pencil, charcoal drawings, etc. Painting techniques in acrylic, watercolor and oils will be demonstrated. Each student will be asked to do research on at last five of the old masters.  
VA 112 T  
9:00-noon  
Jan 13-Feb 17

**Advanced Adult Watercolor Class**  
(Minimum 6)  
Fee: $50  
Anyone feeling comfortable with watercolors but desiring to advance and improve techniques should join our group of advanced students. Paintings will be done during the six class sessions and individual consultations, critiques, and advice will be ongoing.  
VA 113 W  
9-noon  
Jan 13-Feb 17
Introduction to Visual Art for Preschoolers (Minimum 6)
(Grades 3-6)
Fee: $28
The objective of the class would be to introduce the young student to different media of the fine art. They will be read stories and shown pictures about famous artists. After the readings, a demonstration will be given on how to accomplish a certain art project. Each class session will stress a different media such as drawing, painting, sculpture, jewelry making, etc.
VA 112 T 1:30-2:45 pm Jan 20-Feb 24
VA 212 T 1:30-2:45 pm March 3-April 7
VA 312 T 1:30-2:45 pm April 14-May 19

Hatches, Scratches and Other Fun Things (Limit 10)
(Grades 1-6)
Fee: $34 A YES! Fund class, you pay $18, $9 or $5.
The objective of this six week class will be to instruct the students in the use of different drawing instruments including pencil, pen, brush and ink, conte crayon, and charcoal. Students will practice techniques leading toward a final drawing. The "Old Masters" drawings will be viewed and discussed with a focus on drawing and design principles and design vocabulary.
VA 102 T 3:45-5:15 Jan 20-Feb 24

Cartoons and Caricatures
(Grades 1-6)
Fee: $28 A YES! Fund class, you pay $16, $8 or $5.
In a series of five sessions, students will explore cartoon and caricature drawing. Students will develop individual comic strips based on events from their lives.
VA 202 T 3:45-5:15 March 3-April 7

Landscape Painting in Water Color
(Grades 1-6)
Fee: $34 A YES! Fund class, you pay $18, $9 or $5.
The objective of this six-week class is to instruct the student in basic watercolor techniques which will lead to a completed landscape painting done outdoors. Design principles, and vocabulary of design will be stressed plus composition, drawing, and water color techniques.
VA 302 T 3:45-5:15 April 14-May 19

Drawing
(Grades 7-12)
Fee: $34 A YES! Fund class, you pay $18, $9 or $5.
In a series of six sessions, students will learn the basics of drawing. After developing confidence in drawing contour shapes, students will learn to use volume and shading. Projects will be geared toward each student's starting level and interests.
VA 222 F 3:45-5:15 pm March 6-April 17
Instructor: Colleen Falacci

Theater Classes
Preschool Fairy Tale Theater (minimum 6)
(Grades 3-6)
Fee: $28
Preschool children will be able to get a taste of theater by acting out their favorite fairy tales. A fun, educational environment that helps kids overcome shyness.
TC 112 M 9:30-10:45 am Jan 20-Feb 24
TC 212 M 9:30-10:45 am March 3-April 7
TC 312 M 9:30-10:45 am April 14-May 19

Creative Dramatics
(Grades 1-6)
Fee: $60 A YES! Fund class, you pay $26, $13 or $5.
Students will experiment with a variety of theatrical activities emphasizing learning and singing songs for presentation purposes.
TC 101/3 M/W 3:45-5:15 Jan 26-Feb 25

Stories In Action
(Grades 1-6)
Fee: $72 A YES! Fund class, you pay $30, $15 or $5.
Come and join in the fun. Let your imagination take the lead as you learn the art of story-telling.
TC 201/3 M/W 3:45-5:15 March 2-April 15

Just Imagine
(Grades 1-6)
Fee: $60 A YES! Fund class, you pay only $26, $13 or $5.
Do you like to do impressions of other people? See how much fun it can be to pretend you're someone else for awhile.
TC 301/3 M/W 3:45-5:15 April 20-May 20

Barrier-Free Theater
(Grades 1-6)
Fee: $25
Theater experience for special needs teens and adults. Students will put on a play and learn basic performance and stagecraft skills. This class is jointly sponsored by the Manhattan Parks & Recreation Department.
TC 114 Th 4:30-6 pm Jan 16-April 30
Instructor: Kathryn Foss Pitman

Experiment Theater for High School Students
10th Anniversary Class
(Fund class, you pay $24, $12 or $5.
This four-week course introduces the student to the art of mask making. Students study the history of masks and create a variety of masks including a traditional commedia mask, a half mask, a freestyle mask and a hand-held flat mask.

Workshops
Mask-making Workshop
(Grades 1-6)
Fee: $55 A YES! Fund class, you pay $24, $12 or $5.
This four-week course introduces the student to the art of mask making. Students study the history of masks and create a variety of masks including a traditional commedia mask, a half mask, a freestyle mask and a hand-held flat mask.
MM301/4 M/Th 6 pm-8 pm May 4-28

Sensual Knitting Workshop
(Grades 1-6)
Fee: $25
Forget traditional patterns. Saturate your senses with the glorious colors, textures and tactile sensations of yarn by experimenting with knitted swatches. These sensual swatches, plus your imagination and simple techniques (cast-on, knit, purl, increase, decrease, and bind-off) become the basis of knitted garments, accessories, and toys. Learn how to design a simple project, develop yarn swatches and use them to devise a stitch and row knitting guide for your design.

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Drawing Techniques Workshop
(Grades 1-6)
Fee: $20
Learn how to experiment with drawing materials to produce exciting graphic effects. Whether you are interested in drawing for personal enjoyment or to create accurate, aesthetically pleasing illustrations, these techniques will help you to improve your work. Media includes pencils, pen and ink, and colored pencils and stampings. After a demonstration period there will be an individual work and practice session. Please bring a sack lunch. Materials are included.

DT 262 Sat 10 am-2:30 pm Feb 21
Instructor: Gail Selfridge
Personal Development
1221 THURSTON 539-8763

SHARP/Self-Defense for Women
This course has been designed to offer women quick, easy-to-learn, and personally-effective techniques to defend themselves against violent physical assault and rape. By empowering women to believe in 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 Tarver (827-7383), is a black belt in Taekwondo and Hapkido 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 2
Time: 6:30 - 10 pm (Monday)
Fee: $18
Location: First Lutheran Church
900 Pyeatt Avenue

Spiritual Psychology
Spiritual 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 of each student. Content presented in this class will be derived from Buddhism, Jungian psychology, self psychology, and Judaeo-Christian mysticism. Meditation will be included as part of each class.

Dan Berkow (532-0927), is a practicing psychologist and writer. He has pursued various avenues of exploration on the path of spiritual development including the work of C.G. Jung, Zoroastrian Buddhism, Tantric Jewish, and Christian mystics. His approach to this class is eclectic, flexible, relaxed, but focused.

Date: January 26 - May 11
Time: No class on March 23
7:00 - 9 pm (Monday)
Fee: $275
Location: UFM Greenhouse

Communication for Lovers
Poor communication is one of the most common relationship problems. It affects all facets of a relationship and contributes to dissatisfaction that can eventually lead to break-up. This seminar will explore the ways men and women communicate and teach techniques that can improve communication between lovers and enhance the relationship.

Charles Dreex LSCSW, LAMFT (587-4336), a licensed clinical social worker and licensed marriage and family therapist, is a therapist at Pawnee Mental Health Services. He has many years of experience in helping couples work at improving their relationships.

Date: January 20
Time: 6:30 - 9 pm (Tuesday)
Fee: $8 individual/$10 couple
Location: Houston Street Ballroom
5th and Houston

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

David Shonos (539-0931), has been active with Gurdjieff's work for 21 years. He has studied with J.G. Bennett, a pupil of both Gurdjieff and Ouspensky.

Date: February 4 - March 4
Time: 7:30 - 9 pm (Wednesday)
Fee: $18
Location: UFM Greenhouse

Introduction to Zen
Buddhist Philosophy and Practice
Zen Buddhist philosophy aims for enlightenment by direct realization 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.

Leon Rapoport (532-6850), is a Professor of Psychology at KSU and has been a student of Zen Buddhism for approximately 21 years, practicing under the direction of Soto master Daito Kanget and Shoshaku Okumura. He is affiliated with the Minneapolis Zen Meditation Center.

Date: April 8, 15, and 22
Time: 7:00 - 9 pm (Wednesday)
Fee: $16
Location: 1714 South 4th Street, Room 211

Remarital Quality
In this class participants will learn the latest research on remarital satisfaction, understand more about step-families, learn the processes to remarital satisfaction, and how to cope with the many complex issues in remarriage. Computerized on-line presentation of the latest ideas on step-families will be shown and more.

C.S. Caudillo is a graduate student in Family Studies and Human Services at Kansas State University. He has a B.A. in Psychology from California State University, San Bernardino. This workshop is based on his Master's Thesis and the early stages of program development.

Date: January 15, 22, and 29
Time: 7 - 9:30 pm (Thursday)
Fee: $14 individual or family
Location: UFM Greenhouse

For Couples Only
Marriage Checkup
February 9-13
For free appointment call 587-4300
A community service of Pawnee Mental Health Services

The Bahá’í Faith: An Introduction
What is the second most widely-spread religion in the world? You may be surprised to learn that it is the Bahá’í Faith, according to the World Religion Database 1995 yearbook. Now well-established in more countries than any other religion except Christianity, this emerging global religion has an international reputation for humanitarian work, including education for world peace and the elimination of racial, gender and religious prejudices. This course will provide information about the history, beliefs and practices of the Bahá’í Faith.

Annie Van Noord has lived in Manhattan for 9 years. She has been a Bahá’í for 12 years. Maureen Cone has been a Bahá’í for 23 years and has lived in Manhattan since 1976.

Date: February 4
Time: 7 - 9:30 pm (Wednesday)
Fee: $5
Location: UFM Conference Room

Parents Together
Are you being pushed to the limit by your teen? Do you think you are alone? Is your teen behaving in a disruptive way? Talk with other parents who have been in your shoes. Parents Together is a free group for parents who may have teenage experiencing problems with truancy, alcohol and/or drugs, pregnancy and legal issues. If your teen is having a problem with any of these issues, you may want to attend. Meetings are held the 2nd and 4th Thursday of each month. The first meeting of the month is a supportive talking circle. The second is an educational programs that deals with important issues you and your teen face.

Funded by the City of Manhattan. For questions about the group, call Linda at 539-8763.

Date: January 15 (First Meeting)
Time: 7 - 9:30 pm (Thursday)
 Fee: $5
 Location: UFM House

A balanced approach...

... to breaking through

Daniel N. Berkow
LICENSED PSYCHOLOGIST

Assistance with:
- Depression
- Anxiety
- Relationships
- Learning Disabilities/Addictions
- Habitual Behaviors/Addictions

evening hours at Southwind Counseling Services
225 Southwind Place
Manhattan, KS 66503
for appointment, call during
913-776-5858
all types of insurance accepted

Special THANKS TO THE UFM INSTRUCTORS who volunteer their time.
Earth, Nature & Environment
1221 THURSDAY
539-8763

The Oregon Trail in Pottawattamie County
Learn information and the history of the Oregon Trail. Two classes will prepare participants for a field trip on the Oregon Trail. Areas of discussion will be: why go, equipment, supplies, route and timing, destination, and dangers along the way.

Verna and Carol Osborne both have a fascination for history, the trail in particular. Verna is a civil engineer and Carol is a homemaker.

Date: May 5 and 9
Time: 7:30 pm (Tuesday) 9 am (Saturday)
Fee: $7.50 Individual/10 Family
Location: UFM Greenhouse

Sustainable Manhattan Rowan Table Series
Sustainable Manhattan is hosting a series of round tables to inform Manhattan citizens on how sustainability relates to current, pressing issues facing our community. These round tables are an excellent way to not only learn a new way of looking at our community, but to discuss new, innovative ways of thinking with other interested individuals and people with experience in these areas. These sessions are offered at no cost and you may sign up for any that interest you, from one or two to all four.

What Does It Take to Build a Sustainable Community
What does it mean to be sustainable? Why should we strive to be more sustainable? Come join Sustainable Manhattan in an enlightening discussion around these questions. Discover the link between a sustainable community and a healthy local business base, healthy community with a high quality of life for generations to come. Discover what you can do to improve your quality of life and make Manhattan more sustainable at the same time.

Bruce Swales (532-6868), an engineering extension specialist at KSU with a focus on household energy issues and rooftop gas. He is also a Manhattan city commissioner and currently mayor of Manhattan. Bruce has provided much leadership and energy in the founding of Sustainable Manhattan.

Date: January 26
Time: 7:30 pm (Thursday)
Fee: $5
Location: UFM Conference Room

Can Saving Energy Also Save You $$$
Energy is a necessary ingredient in our everyday lives. We use energy to heat our homes, cook our food, and power our cars. Our relationship with energy is changing. Today, energy provides the power to produce goods and services that we use every day. To make the most of our energy resources, let's take a look at some local examples that demonstrate how energy can be saved.

Bill Dorrance (525-6868), has been teaching and working with photovoltaics since the early 1980's. He has taken advanced PV's in Colorado, worked with pumping, radio and power systems and is particularly interested in renewable energy for developing countries.

Date: February 12 (Thursday)
Time: 7:30 pm
Fee: $5
Location: UFM Banquet Room

Ag 101
This class is designed to expose participants to the crops and livestock that are raised in the area. We will cover some basics about each of these areas. This would be an excellent program for landowners, or small scale livestock producers.

Mike Christian (537-6550), is the Riley County K-State Research and Extension Agriculture Agent. He has been working with farmers and ranchers in Riley County for 18 years.

Date: March 5, 12, and 19
Time: 7-9 pm (Saturday)
Fee: $10
Location: Riley County Office Building 110 Courthouse Plaza, Manhattan

Should We Plan Our Community Around Cars or for People?
For years, communities have been built around the automobile as the expense of pedestrains and other modes of transport. This has made taking your car everywhere you go a virtual necessity in our modern society, complete with all the consequences of owning a car and maintaining its streets. Come learn about exciting and cheaper ways to get around and how we can plan our community for its citizens, not our machines, and discuss how these ideas might be used to make a more sustainable Manhattan.

Edith Sweeney (352-6868), has conducted extensive research on rural public transportation through her work at the KSU Center for Aging. She served two terms as a city commissioner, serving as mayor during her second term. She has been heavily involved with the development of the Riley County Transportation Task Force and city's Social Services Advisory Board. She was the primary author of the Community Summit transportation sections and the city's 1997 Community Development Grant proposal that would have expanded public transportation in our community.

Date: February 26
Time: 7-9 pm (Saturday)
Fee: $5
Location: UFM Firehouse Room

How Can Our Community Provide Attractive, Affordable Housing for All?
A sustainable community provides a safe, comfortable place for its citizens to live. It is a community's ethical responsibility to provide adequate housing for all, but how can we do it? Where should our housing be located? Are we sacrificing open space for people of all income? Come join other Manhattan citizens in a lively discussion on what our community can do. Discover how other communities have dealt with these questions and have maintained their neighborhoods' character. Discuss ways the Manhattan can address these difficult questions.

Tom Phillips (532-6868), is a private community planning consultant working in the Manhattan area, specializing in housing issues. He has also been a guest lecturer at K-State in the college of Architecture, Planning, and Design. Tom is the former Director of Planning for the community of Leavenworth, KS. He currently serves as the chair of the Manhattan Urban Area Planning Board and is well-versed in planning issues.

Date: March 12
Time: 7:30 pm (Thursday)
Fee: $5
Location: UFM Conference Room

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

Paul Sudomans (694-2540), a seventh grade science teacher and owner of Suddo's Fly Shop, likes to escape to cool running waters from 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 many years. Paul patiently ties his trout, but local outings for bass and panfish help keep his fly fishing skills sharp.

Date: January 28 and 29
Time: 6 - 9 pm (Wed/Thursday)
Fee: $30
Location: Suddo's Fly Shop 6390 Rock Cameron Road, St. George

Fishing Area Waters
This class will cover fishing around the local area and which lake or stream might be best for a special species of fish. We will talk about the type of fish you are interested in. We will also touch on what lakes have the best populations of what kind of fish. This class will be taught at the level of the participant. If you like to catch fish, you'll like this program.

Paul Miller (539-7941), is a lifelong resident of Kansas and for the past 25 years has lived in the Manhattan area. He is currently a Police Officer for 20 years and managed Tascosa Creek State Park for four years. He is a Kansas resident who enjoys fishing the waters around the Manhattan area. Jerry Dobson is also a lifelong resident of Kansas and truly an outdoorsman. He works for the City of Manhattan, Parks and Recreation Department and spends many hours pursuing his love of the outdoors, i.e., fishing and hunting. Jerry has many skills and is always willing to share them with someone who wants to learn.

Date: March 11
Time: 7 - 9:30 pm (Wednesday)
Fee: $5
Location: UFM Conference Room

Herbs: Everything You've Wanted To Know About Growing & Using Herbs
Herbs have many benefits. They are easy to grow, they smell great in the garden, they add spice to everyday dishes, they have many medicinal properties, and they will provide us with fresh herbs year-round. We'll discuss all these points in this 4-hour class. We'll also make plans to attend a Kansas City area annual herb sale.

Angie Pfieffer gardens at the Manhattan Community Garden. She has been an herb enthusiast for many years and uses herbs for medicinal and cooking purposes.

Date: April 9
Time: 9 am - Noon (Saturday)
Fee: $4
Location: UFM Greenhouse

Spring Plant Swapping
As the perennials you have multiply, do you wish you had less of them and more of something else? Rejuvenate your flower garden by dividing your perennials and bringing them in to trade for other varieties to enhance your color and variety. Call and register today to let us know what you will have to swap. Examples: Iris, petunias, herbs, vines and columbine, etc. Divide bulbs only if they have already bloomed.

Colleen Hampton is our feature instructor this semester.

Date: April 18
Time: Rain date: April 25
Fee: $5 (2 - 4 Noon; Saturday)
Location: UFM Greenhouse
MANHATTAN COMMUNITY GARDEN

The Manhattan Community Garden is a cooperative gardening project located in the south part of Manhattan. Land is provided by the City and supervised by UFM. Over 150 plots are available on an annual basis. A small plot rental fee is charged to cover costs of operating the program. Rent is charged on a sliding scale to allow all income groups to participate. Water, tools, benches, seeds and advice are available.

Orientation and plot rental occurs each year beginning in February and continuing until all plots are rented. A plot rental fee is based on income and ranges from 2.12 cents to 5 cents per square foot. A $10.00 plot deposit is also required. For more information, call UFM at 530-6763.

RETURNING GARDENERS:

February 4, Wednesday, 7:30 pm, UFM Greenhouse
February 7, Saturday, 10:00 am, UFM Greenhouse

NEW GARDENERS:

March 4, Wednesday, 7:30 pm, UFM Greenhouse
March 14, Saturday, 10:00 am, UFM Greenhouse
April 4, Saturday, 10:00 am, Community Garden, 9th & Riley Lane

"The Basics of Gardening"

Date: March 14
Time: 10 am - Noon (Saturday)
Fee: $5
Location: UFM Greenhouse

Growing Cool-Season Vegetables

Date: March 14
Time: 1 - 3 pm (Saturday)
Fee: $5
Location: UFM Greenhouse

Where the Sun Doesn't Shine (Shade Gardening)

Date: April 18
Time: 1 - 3 pm (Saturday)
Fee: $5
Location: UFM Greenhouse

Growing Warm-Season Vegetables

Date: April 14
Time: 1 - 3 pm (Saturday)
Fee: $5
Location: UFM Greenhouse

"That Special Touch"

What makes a garden special? In design, statutory, plant types, the wildlife it attracts? We'll discuss the various aspects of designing your garden with the seven principles of landscape design in mind so that your garden will not only reflect your interests, but will also gain the positive comments of friends and passersby!

Colleen Hampton

Date: March 21
Time: 10 am - Noon (Saturday)
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 never seems to have enough room to plant everything you want to grow? You may have more space and growing potential than you think! We'll discuss several approaches to getting more produce out of a small space. A tour of one such garden is included.

Colleen Hampton

Date: March 21
Time: 1 - 3 pm (Saturday)
Fee: $5
Location: UFM Greenhouse

Perennial Flower Gardening

Are you tired of buying and planting new flowers year after year? Why not invest in some of the flowering plants that will return every year? We'll discuss which flowers are perennial and when each blooms, how to get season long color, and other planting and growing tips. Be the envy of your neighborhood with minimal effort!

Colleen Hampton

Date: April 11
Time: 10 am - Noon (Saturday)
Fee: $5
Location: UFM Greenhouse

The Surgeon General has determined that lack of physical activity is detrimental to your health.

Try Hydroaerobics!

(water exercises)
See page 5

THANK YOU ADVERTISERS for your loyal support.

EN-09
EN-10
EN-14
EN-15
EN-11
EN-12
EN-13
Wellness

Self-Treatment with Acupuncture
This class is designed to teach basic acupuncture techniques that can be used for treatment of minor ailments. The main focus will be on the effects of acupuncture using the body’s meridians. Class fee includes book and handouts.

Dr. Larry Dall (530-9113) has practiced chiropractic care in Manhattan for the last 13 years. He believes in assisting the body with the healing process, which is why he has expanded his treatment techniques to include acupuncture/acupressure. He is a Fellow in the Acupuncture Society of America.

Date: January 26 - March 2
Time: 7 - 9 pm (Monday)
Fee: $27.50
Location: 1130 Westport Drive, Suite 5, Manhattan

A Good Night’s Sleep: What You Can Do About Insomnia
Trouble sleeping? Insomnia is a common, but nonetheless frustrating experience. This class will explore insomnia and its many causes, both physical and psychological. You will learn a variety of methods to help improve your sleep.

Patricia Fites, Ph.D., is a licensed psychologist at Pavilion Mental Health Services. She completed postdoctoral training in behavioral medicine at the Mayo Clinic.

Date: February 23
Time: 7 - 9:30 pm (Monday)
Fee: $15
Location: Pavilion Mental Health Services, 2001 Clapton Road

Stress Busters
This course will introduce various approaches for balancing body and mind. Through exercises involving body awareness, simple movement, patterning and self-massage techniques, participants will explore ways to cope with stress by relaxing and energizing both body and mind. Participants can use these skills for themselves, family members, or friends. Lists of related readings and resources will be provided for those who want to further pursue material presented in class. Wear loose, comfortable clothing.

Jack Windhorst is a certified Rolfer® and massage therapist with a long-term interest in bodywork and psychology. Vera Giroeck (522-6887) is an Assistant Professor of Dance at KSU. She is a certified Movement Therapist, specializing in Structural Integration and Body-Mind Centering®. Vera teaches workshops in movement and somatic integration throughout the USA and Europe.

Date: February 2 & 9
Time: 7 - 9 pm (Monday)
Fee: $20 per class
Location: Acorn Gymnasium Room 301

Introduction to Feng Shui
Feng Shui is the Chinese system of design and placement as applied to one’s home and workplace. The objective is to improve a harmonious living environment and add a feeling of well-being. We will discuss ways to enhance your career, family, love, health, prosperity, and the mysticism of this ancient tradition. Feng Shui will appeal to all those who wish to live in harmony with nature and achieve their fullest potential.

Don Teshume (539-4277), is a Feng Shui practitioner with Feng Shui Designs, Studio of Manhattan, Kansas. He is scheduled in February, 1992, at the Spencer Business School in Manhattan, Kansas. Don Teshume received in-depth training in the professional level of the internationally-known Feng Shui consultants, writers and video producers, Helen and James Stanley of the Feng Shui Designs Learning Center in Nevada City, California.

Date: April 15
Time: 7 - 9 pm (Wednesday)
Fee: $15
Location: UFM Greenhouse

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- improve posture, alignment and flexibility
- enhance emotional health, physical performance and physiological efficiency
- reduce stress, tension, aches and pains

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Manhattan Kansas

Introduction to the Essential 7
This class will introduce the concepts of holistic health, Universal Life Energy, subtle body physiology, and Rolfing® — a holistic health practice. Handouts included in fee.

June Hastaker has worked with holistic health practices many years. He is a Second Degree Reiki practitioner in the Usui System of Natural Healing. She has completed Gemisphere Energy Medicine I, toward certification, being among the first class of 25 students from around the world to do so. She started her own business, Flint Hills Reiki practitioners, in 1993. "My heart sings every time a different holistic practice is presented for my study/week. They are the personal makers," she says, "I'm simply the happy sennist.".

Date: February 12
Time: 7 - 9 pm (Thursday)
Fee: $30 individual/$27 for series
Location: UFM Greenhouse

Introduction to Reiki

June Hastaker

Date: April 16
Time: 7 - 9 pm (Thursday)
Fee: $30 individual/$27 for series
Location: UFM Greenhouse

Introduction to Gemisphere Energy Medicine
This class will introduce the concepts of holistic health, Universal Life Energy, subtle body physiology, and Gemisphere Energy Medicine — a holistic health practice. Handouts included in fee.

June Hastaker

Date: February 19
Time: 7 - 9 pm (Thursday)
Fee: $30 individual/$27 for series
Location: UFM Greenhouse

Introduction to Gemisphere Energy Medicine

June Hastaker

Date: April 23
Time: 7 - 9 pm (Thursday)
Fee: $32 individual/$27 for series
Location: UFM Greenhouse

Introduction to the Essential 7
This class will introduce the concepts of holistic health, Universal Life Energy, subtle body physiology and holistic health practices using 7 essential oils. Handouts included in fee.

June Hastaker

Date: February 26
Time: 7 - 9 pm (Thursday)
Fee: $30 individual/$27 for series
Location: UFM Greenhouse

Introduction to the Essential 7

June Hastaker

Date: April 30
Time: 7 - 9 pm (Thursday)
Fee: $30 individual/$27 for series
Location: UFM Greenhouse
Massage for the Individual

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

Bernetta Martin (587-9182), a graduate of the Downtown School of Massage and a registered massage therapist in the state of Montana. Her work is primarily Swedish massage, but she focuses on specific areas of deep tissue work and energy healing.

Date: January 20
Time: 7-9 pm (Tuesday)
Place: $15
Location: UFM Banquet Room

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Introduction to Massage for Couples

Learn the basic principles of therapeutic massage and the role of massage in maintaining health. Swedish-style massage uses long, flowing strokes and is the most common style of massage. Reflexology will be on the back and leg. Participants should wear loose fitting clothes. We will be working in pairs. Each pair will need a sleeping bag or blanket or comforter and 3 flat sheets.

Bernetta Martin

Date: February 3 & 10
Time: 7-9 pm (Tuesday)
Place: $25 per couple
Location: UFM Banquet Room

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Parent/Infant Massage

Infant Massage is an ancient tradition in many cultures which has been rediscovered in the west. Clinical evidence shows that loving, soothing, nurturing contact between caregiver and infant has a positive impact upon subsequent development. Many studies reveal the benefits of positive contact and its integral part of a baby’s healthy development. The outcomes result from this early attention is lacking. Infant Massage is one of the newest and most effective methods of providing this early positive interaction. Many newborn nurseries are now adopting Infant Massage as a regular part of their parent education programs, to help provide skill-building and the loving bonds between parents and their babies. Bring a pad or mat to lay your child on and either or both parents.

Sandy Snyder (537-3607), is a Licensed Massage Therapist with 25 years experience. She is the owner of Leduc, Idaho's Bodywork Therapy, and has extensive training in Thai Massage, Sports Massage, Reflexology and Infant and Pet Massage.

Date: April 20
Time: 7 pm (Monday)
Place: $13
Location: UFM Multipurpose Room

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Hatha Yoga for Health and Longevity

Yoga means union of mind, body, and spirit, through practicing meditation, posture and complete breathing resulting in a state of total relaxation with awareness and overall well-being. This course will focus on developing this state within one of us. We will begin with basic 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 requirement is regularity and devotion. All instructor fees for this course will be used to help improve the lives of the poor and less privileged in and around the instructor’s native village.

Bharath Narayan 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 2, 9, 16, and 23
Time: 7:30 pm (Monday)
Place: ECM Student Center 1021 Demison Avenue

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Hatha Yoga for Health and Longevity

Bharath Narayan

Date: March 2, 9, 16, and 30
Time: 7:30 pm (Monday)
Place: ECM Student Center 1021 Demison Avenue

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Hatha Yoga for Health and Longevity

Bharath Narayan

Date: April 6, 13, 20, and 27
Time: 7:30 pm (Monday)
Place: ECM Student Center 1021 Demison Avenue

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Tai Chi Ch’uan for Beginners

Tai Chi Ch’uan is an ancient Chinese exercise to increase the balance and harmony of the body, mind, and spirit. The practice of Tai Chi Ch’uan will improve health and provide a positive mental outlet. It is a system of physical exercise based on the principle of effortless breathing, rhythmic movement, and weight distribution. In this class we will learn the basic movement and techniques of Tai Chi Chi’uan style, the most popular form of Tai Chi Ch’uan inside and outside of China today, and can be practiced by young and old, any time, any place.

Mei Hwa Yehu (539-4277), is a native of China where she acquired her knowledge of Tai Chi Ch’uan while attending Ming Chiang College, Taipei, Taiwan. Her interest in Tai Chi Ch’uan has been ongoing and she has studied with several of today’s prominent Chinese practitioners of the art.

Date: March 16 - May 11
No class March 23
Time: 6 - 7 pm (Monday)
Place: $50
Location: ECM Student Center 1021 Demison Avenue

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Self-Defense for Preteens

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

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

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Clafin Books and Copies
will be featuring book titles by Lou Douglas Lecturer

Dr. Timothy E. Quill
Date: Monday, February 2, 1998
Time: 7:30 p.m.
Where: McCain Auditorium

Dr. Quill’s speech for the evening is entitled “Physician-Assisted Death: Progress or Peril?” Dr. Quill is the Associate Chief of Medicine at the Genesee Hospital and Professor of Medicine and Psychiatry at the University of Rochester School of Medicine and Dentistry.

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National Anxiety Screening Day
May 6, 1998
Call for information, 587-4326
Sponsored by PAMMIE Mental Health and Riley County Health Department
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 self-defense techniques such as stranger danger, use of 911, defense against abduction, using parent orders, and home alone skills. This is a fun, safe program for children that teaches very important skills. Parents may take this class with their child for a fun family activity. Ages 10 and under.

Diane Turner teaches the SHARP self-defense classes for UPF.

**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 Student Union and return to UPF. This program is geared for children 3rd - 6th grade. Call UPF, 539-8763 for a complete list of activities. Fee includes lunch and a game of bowling at the K-State Union.

**UPF Staff**

Date: April 2
Time: 9:00 - 5:00 pm (Thursday)
Fee: $23
Location: Meet at UPF House

**BEGINNING TAEKWONDO FOR YOUTH AGES 4-5**

Tae kwon do is a Korean martial art form which teaches discipline and self-confidence at the same time. Participants are learning new artistic techniques. Those classes are designed to introduce young children to the fundamentals of martial arts. Beginning Tae kwon do self-defense techniques will be taught in a safe, fun, and age-appropriate atmosphere by experienced instructors.

Troy Aman is a first degree black belt in the American Tae kwon do Association and is an instructor with the K-State/Manhattan Tae kwon do Club. He also has extensive experience in weight training, stretching, and adaptive training for those with physical limitations.

Date: January 19 - February 6
Time: 6:00 - 6:30 pm (Mon/Fri)
Fee: $35
Location: First Lutheran Church (Parish House) 930 Poyntz Avenue

**BEGINNING TAEKWONDO FOR YOUTH AGES 6-8**

This class is designed for 6-8 year old or 5 year olds who have taken Tae kwon do before.

Troy Aman

Date: February 16 - March 13
Time: 6:00 - 6:45 pm (Mon/Fri)
Fee: $35
Location: First Lutheran Church (Parish House) 930 Poyntz Avenue

**BEGINNING TAEKWONDO FOR YOUTH AGES 9-14**

This class is designed for youth who are 9 - 14 years old and wanting to develop their martial arts skills. Younger children must have instructor's permission to join this class.

Troy Aman

Date: March 19 - April 22
Time: 6:00 - 6:45 pm (Mon & Wed)
Fee: $35
Location: First Lutheran Church (Parish House) 930 Poyntz Avenue

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**Mom 'n Dad's Future Stars!!**

Here's a chance for you to introduce your young person to a wide variety of lifetime sports activities. IN THIS PARENT PARTICIPATION CLASS, a teacher helps you guide your 5 to 6 year old child through introductory skills in the lifetime activities of: Scooter, Miniature Golf, Basketball, Peddle Sports, Gymnastics, Tumbling, and Obstacle Course & Playground. Everything needed to participate is provided, and the entire 5000 square foot area is lined padded for safety. One again, THIS IS A PARENT PARTICIPATION CLASS.

Pat and Jan McWilliams (539-3613), are the owners of Manhattan Gymnastics Center. Between them, Pat and Jan have 47 years of experience performing and teaching Movement Education through the vehicle of gymnastics.

Date: January 22 - February 26
Time: 10:10:45 am (Thursday)
Fee: $35 parent and child
Location: Manhattan Gymnastics Center 2305 Skyvue Lane

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**Mom 'n Dad's Future Stars!!**

Pat and Jan McWilliams

Date: March 5 - April 16
Time: 10:10:45 am (Thursday)
Fee: $35 parent and child
Location: Manhattan Gymnastics Center 2305 Skyvue Lane

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**Mom 'n Dad's Future Stars!!**

Pat and Jan McWilliams

Date: January 22 - February 26
Time: 1:25 pm (Thursday)
Fee: $35 parent and child
Location: Manhattan Gymnastics Center 2305 Skyvue Lane

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**Mom 'n Dad's Future Stars!!**

Pat and Jan McWilliams

Date: March 5 - April 16
Time: 1:25 pm (Thursday)
Fee: $35 parent and child
Location: Manhattan Gymnastics Center 2305 Skyvue Lane

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**Mom 'n Dad's Future Stars!!**

Pat and Jan McWilliams

Date: January 24 - February 28
Time: 10:10:45 am (Saturday)
Fee: $35 parent and child
Location: Manhattan Gymnastics Center 2305 Skyvue Lane

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**Mom 'n Dad's Future Stars!!**

Pat and Jan McWilliams

Date: March 7 - April 18
Time: 10:10:45 am (Friday)
Fee: $35 parent and child
Location: Manhattan Gymnastics Center 2305 Skyvue Lane

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**American Red Cross**

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

This class is for children ages 8 through 11, who would like to increase their drawing skills. They will learn the basic tricks of drawing objects, and human and animal figures. Supply list at Yarzeys Bookstore and at UFM office.

Erin Carter (539-2899), enjoys teaching children and would love for them to improve on their drawing skills. She has training, and has been drawing, for ten years.

Date: February 6 - March 13
Time: 7 - 7:45 pm (Friday)
Fee: $17
Location: UFM Fireplace Room

Beginning Irish Step Dancing for Children

This class will teach the basic steps in traditional Irish step dancing. This dance has been seen in "Riverdance" and "Lord of the Dance." We will begin with the reel and progress into the jig and slip jig. This class is appropriate for children 2 years of age and older. Students can wear socks or soft ballet shoes.

Deirdre McDoughlin has been an Irish Step Dancer for 21 years. She has competed nationally, internationally and at the World Championships earning a national title. She has also performed several times in Radio City Music Hall, New York. After completing her competitive years, she is a certified Irish Dancing Teacher by the Irish Dancing Commission in Dublin, Ireland.

Date: January 28 - March 4
Time: 6 - 7 pm (Wednesday)
Fee: $60
Location: ECM Auditorium

Building Assertiveness

Are you shy? Do you want to be more of a leader? Learn how to increase your chances of winning cooperation with classmates, friends or adults. In this class girls ages 8 to 14 will learn assertiveness techniques that build self-confidence.

Laura Salves, LMSW, is an in-home family therapist, and Pam Major, RSW, is a child and family case manager, at Pawsos Mental Health Services.

Date: March 7
Time: 10 am - Noon (Saturday)
Fee: $8 individual/$10 with friend or family
Location: Pawsos Mental Health
2001 C Clairn Road

UFM Catalog Trivia

Answer the questions by exploring this catalog.

1. The largest catalog section
2. The optometrist advertiser
3. Photography starts in
4. Stories from Gina is used in
5. Perk up your palace with
6. A stained glass technique
7. The February Lou Douglas Speaker
8. A good water exercise
9. The featured instructor
10. Divide bulbs after they
11. UFM's website address
12. Tai chi chuan comes from
13. The Union Bookstore has books on
14. No. of credit classes this semester
15. Safety Training for Coaches Teacher
16. UFM celebrates its 30th anniversary
17. The People's Grocery Co-op carries this produce
18. A free marriage checklist is offered by
19. Find an investment class in this section
20. First day for Community Garden sign up is a

Name:

Address:

City: St.: Zip:

Home Phone: Work Phone:

Visit UFM on the Web at www.ksu.edu/ufm

Beginning Irish Step Dancing for Children

Deirdre McDoughlin

Date: March 11 - April 22
Time: 6 - 7 pm (Wednesday)
Fee: $60
Location: ECM Auditorium

Propagating Odoriferous Fungi

Did you know that there are more germs and bacteria growing in your refrigerator than any other place in the house? In this class participants will learn how to cultivate fungi from spores and forgotten food containers.

Dr. Penny Cilins is the director of Spore Studies at the Fungi State Research Laboratory in Medicine Lodge, KS.

Date: March 24
Time: 9 am - 11 am
Fee: $2.50
Location: UFM Kitchen

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http://minnesota.ksu.edu/bookstore/main.htm 785-532-6515
Ballroom Dance I

Come dance with us! If you want to learn to dance with a partner, plan to attend a wedding, or you just want to brush up your steps, this class is for you. The Swing, Fox trot, Waltz, and Latin dancing are just a few of the steps you will learn. Come experience the elegant world of Ballroom Dance. Partners are not required and single people are encouraged to attend. Classes fill rapidly. It is advisable to register early. No street shoes.

Michael Bennett (776-7557), has trained in Ballroom Dance at U.C. Berkeley, Manhattan Ballroom, San Francisco; Allisha Ballroom, Oakdell, CA; Chicago Dance Studio, Chicago, IL; and Avenue Ballroom, San Francisco. He was the 1986 San Francisco Avenue Ballroom Dancing Champion. Sara Sanders is a dance major at Kent State University. She has danced Ballet nearly all her life and has taught at the Arthur Murray School of Dance. She has taught for UPM for three years.

Date: January 23 - April 17
Time: 8:30 - 9:30 pm (Friday)
Fee: $33 individual/$60 couple
Location: ECM Student Center
1021 Division Avenue

Intermediate Ballroom Dance

This class will emphasize dancing with your partner and learning the routine. Foxtrot, Waltz, Rumba, and Tango are interactively scheduled. However, specific dances will depend upon the interest of the class; these dances may change. These weeks will be spent on each step and participants will be provided with a choreographed dance routine. Prior dance lessons are required; students who have taken classes from Mike and Sara are encouraged to enroll.

Michael Bennett & Sara Sanders

Date: January 22 - April 17
No class March 27
Time: 7:30 - 8:30 pm (Friday)
Fee: $53 individual/$80 couple
Location: ECM Student Center
1021 Division Avenue

Irish Ceili Dancing

This class will focus on the traditional "ceili" dances performed in Ireland. These dances bear some resemblance to square dancing and require 4 to 16 dancers depending on the dance. The dances are all taken from the official handbook from the Irish Step Dancing Commission in Dublin, Ireland, and we are still performing today both in competition and in lively socials with plenty of Irish singing and music.

Diondre McGouthen (537-2206), has been an Irish Step Dancer for 21 years. He has competed regionally, nationally and at the World Championships in earning a national title. He has also performed several times at the Radio City Music Hall, New York. After completing his competitive years, he became a certified Irish Dancing Teacher by the Irish Dancing Commission in Dublin, Ireland.

Date: January 28 - March 4
Time: 7:15 - 8:15 pm (Wednesday)
Fee: $50
Location: ECM Auditorium
1021 Division Avenue

Irish Ceili Dancing

Diondre McGouthen

Date: March 11 - April 22
No class March 25
Time: 7:15 - 8:15 pm (Wednesday)
Fee: $50
Location: ECM Auditorium
1021 Division Avenue

All participants must register in advance.

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 used to play golf, rules, etiquette, grooming, conduct on the course, registering to play, use of scorecard and handicaps.

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

Date: April 2, 9, 16 & 23
Time: 6 pm (Thursday)
Fee: $35
Location: Stagg Hill Golf Club
4441 F St, Riley Blvd.

Introduction to Golf

Jan Gregory

Date: April 30, May 7, 14, & 21
Time: 6:30 pm (Thursday)
Fee: $35
Location: Stagg Hill Golf Club
4441 F St, Riley Blvd.

Tennis: Junior Beginners

Ages 7 - 16

Join us for fun and skill development in this great sport! This class is designed for beginning players and will provide instruction in fundamentals of strokes, basic rules of play and beginning competition. We provide balls. Students provide their own racquets. If you don't have one, we will give you a call and we may be able to help you locate one.

Mark Tesendorf, M.S., Kinesiology, has played tennis for 20 years, including collegiate tennis at Colby College, Castine, Maine. He recently taught at Mankato Westing Sports and Arts Center in Ontario, Canada.

Date: April 6, 13, 20 & 27
Time: 6:30 - 7:30 pm (Monday)
Fee: $20
Location: LP Washburn Rec Complex, KSU

Tennis: Beginners

Ages 17 and Up

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

Mark Tesendorf

Date: April 6, 13, 20 & 27
Time: 7:30 - 8:30 pm (Monday)
Fee: $20
Location: LP Washburn Rec Complex, KSU

"Calling All Coaches"

Safety Training for Coaches

This course provides participants with knowledge and skills necessary to provide a safe environment for athletes while they are participating in sports. In an emergency, the trainer will gain knowledge needed to help sustain life and minimize the consequences of injury or sadness until medical help arrives. This class includes First Aid and CPR certification with additional information on sprains and sport emergencies. Participants will also receive an American Red Cross Sport Safety Training card.

Christa Byrnes is the Sports Trainer for Manhattan High School Teams and an American Red Cross Instructor in First Aid and CPR.

Date: March 3 and 10
Time: 6:30 - 9 pm (Tuesday)
Fee: $42 includes book and material fee
Location: Red Cross Office
1410 Poyntz Avenue

STAGG HILL GOLF CLUB
K-15 West

For all your golfing needs
Fully equipped "discount" pro shop
Professional golf instruction available
Club regrinding & repair
539-1041

Jim Gregory, PGA Professional
Martial Arts
1221 THURSTON 539-8763

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 cardiovascular fitness and self-confidence.
Teaching methods include class demonstration and practice without physical contact. Each student will be given an opportunity to purchase a uniform and belt at the first class. After two months of class, an optional testing to advance in the 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+

** Tuesday, January 30, 6:30 pm, Public Demonstrations and formal introduction of instructors in Ahearn Fieldhouse, KSU

Grandmaster Choe Sun Yi (539-4716), is an 8th degree black belt with over 38 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 Lowry is a 3rd degree black belt with over 13 years experience in Taekwondo.

Date: January 20 - May 7
No class March 24 & 26
Time: 6:30 - 7:30 pm (Tu & Th)
 Fee: $72
Location: Ahearn Fieldhouse, KSU

White Phoenix Kung Fu
MA-03
This class (previously called White Dragon or Pai Lum Kung Fu) will teach the basic forms, stances, punches, kicks, and strikes of the style, plus one-step sparring and some basic self-defense. This style has a hard and soft elements in it. It combines Chinese Kung Fu and Okinawan Kempo.

Stan Wilson (939-7722), has done martial arts for 28 years and this style for 16 years. He has a Third Degree Black Sash in Pai Lum Kung Fu and a First Degree Black Sash in Mow Hing 18 T'ai Chi Form. He has a Black Belt in Jujitsu. He is the founder of The White Phoenix System, a combination of nine different methods of martial arts. Jeff Endacott has studied martial arts for six years. He has a First Degree Black Sash in Pai Lum Kung Fu.

Date: February 4 - April 1
(no class March 25)
Time: 7 - 8:30 pm (Wednesday)
Fee: $54
Location: Ahearn Fieldhouse, KSU

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Beginning Taekwondo for Adults
MA-06
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 want to learn the basics in a non-threatening, easy-to-learn environment. It is physically capable of being a martial art, just aren’t to work on flexibility and basic self-defense skills.

Troy Aumack (537-4861), is a first degree black belt in the American Taekwondo Association and is an instructor with the K-State/Manhattan Taekwondo Club. He also has experience in personal protection, stretching, and adaptive training (for those with physical limitations).

Date: January 19 - February 6
Time: 6:45 - 7:30 pm (Mon & Fri)
Fee: $33
Location: First United Church 500 Poyntz Avenue

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

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

SEXUAL HARASSMENT ASSAULT RAPE PREVENTION
SHARP self-defense workshops are available for organization, groups or schools. Contact UUM, 539-8763, to coordinate a workshop.

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Special thanks to all UFM INSTRUCTORS who volunteer their time!
Swimming I  
KIN 104  
This course is designed ONLY for students who have a fear of the water 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 swim others in an aquatic emergency by performing elementary forms of rescue. *Textbook required: Swimming and Diving*  
*Instructor: Carol Stites*  
Date: January 27 - April 16  
Time: 8:30 - 9:30 am (Tues/Thurs)  
Fee: $121  
Location: KUS Natatorium

Fitness Swimming  
KIN 107A  
Students interested in this course MUST be able to demonstrate the five basic strokes, using rhythmic breathing. Emphasis will be on analyzing and refining stroke technique and additional competitive skills; improving/maintaining physical fitness and endurance through a progressive, conditioning swimming program; learning components of well-balanced training, and designing a workout for conditioning swimming. *Textbook required: Swim for the Health of It*  
*Instructor: Carol Stites*  
Date: January 27 - April 16  
Time: 1:30 - 2:30 pm (Tues/Thurs)  
Fee: $123  
Location: KUS Natatorium

Fitness Swimming  
KIN 107B  
*Instructor: Carol Stites*  
Date: January 26 - March 13  
Time: 8:30 - 9:30 am (MW/RF)  
Fee: $123  
Location: KUS Natatorium

Fitness Swimming  
KIN 107C  
*Instructor: Carol Stites*  
Date: March 16 - May 8  
Time: 8:30 - 9:30 pm (MW/RF)  
Fee: $123  
Location: KUS Natatorium

Scuba Diving  
RRES 200  
This course will prepare students for Open Water Diving certification. Areas to be covered include: pre-test, information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of dive tables, diving environment, and general information. The date for certification will be determined at a later date. The certification is included in the class fee, however, neither UFM nor KUS is responsible for this certification. Travel and lodging are at the student's expense. Students must provide their own mask, fins, and snorkel.  
*Instructor: Jeff Wilson*  
Date: January 31 - March 14  
Time: 9 am - 1 pm (Saturday)  
Fee: $222  
Location: KUS Natatorium

Judo I  
KIN 144  
Judo I is intended not for gaining proficiency, but to gain understanding of how principle dynamics (force, acceleration, momentum, work, rotation, moment of inertia, etc.) are used to gain physical advantage (including the opponent). Techniques are selected for safety of participants and for demonstrating fundamental principles.  
*Instructor: Isaac Wakabayashi*  
Date: January 15 - May 7  
Time: 7:30 - 8:30 pm (Tues/Thurs)  
Fee: $98  
Location: Ahern Fieldhouse

Judo II  
KIN 145  
In Judo II participants continue to gain understanding of how principle dynamics are used to gain physical advantage. New and advanced skills are taught along with safety techniques. Preparations for competitive effectiveness, techniques will be tailored to fit the individual physique.  
*Instructor: Isaac Wakabayashi*  
Date: January 15 - May 7  
Time: 9:00 - 10 pm (Tues/Thurs)  
Fee: $108  
Location: 111 Mero Street

Fly Fishing  
RRES 200  
This course will cover the proper techniques for performing four basic fly casting techniques: roll casting, pick up and put down, false casting and shooting a line. We will also cover tying flies and fly fishing equipment.  
*Instructor: Paul Sodemann*  
Date: February 4 - February 26  
Time: 6:30 - 8:30 pm (Wed/Thurs)  
Fee: $142  
Location: Easton School 600 Walters Drive

Beginning Bowling  
RRES 200  
This course will cover the basic fundamentals of bowling: how to choose a ball, stance, four step approach, aim, grip bowling, proper release and spin conversion system. Scoring and tournament play, rules and tips will also be taught.  
*Instructor: Terri Eddy*  
Date: January 21 - May 6  
Time: 10:00 am - 11:30 am (Wednesday)  
Fee: $108  
Location: KUS Student Union

Enrollment, withdrawal and refunds are determined by University policy and handled at the Division of Continuing Education Registration office. Call 532-5668 for questions or information.
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Complete the registration form and mail the form with your check, money order, or credit card number to:
UFM Class Registrations
1221 Thurston
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You will be notified if the class is full. All registration is on a first-come, first-served basis. No other class confirmations will be sent out unless requested.

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