Welcome to UFM Community Learning Center...

UFM believes that anyone can teach and anyone can learn. In the last 30 years, over 5000 persons have taken time to share something they know with others. Our instructors have ranged in age from 11 to 94. Many of our instructors volunteer their time to share their skills with others. Some receive a stipend for their efforts. Instructor reimbursement, learning tools, facility costs and UFM overhead expenses determine the fee charged for a class. Since 1991, UFM has been totally self-supporting and class fees make up over 2/3 of our budget.

Classes have run the A to Z of topics. Some of our most popular classes include ballroom dance, golf, taekwondo, cake decorating, and swimming. Our language and gardening classes are also popular. Wellness and personal development are areas that have been growing in recent semesters. We often offer classes you won't find anywhere else.

We rely very much on the interests and involvement of the community to make our programs work. Without the class ideas and willingness of the community to volunteer to teach our classes, UFM could not exist. We are a unique program where our "faculty" is the entire community. UFM is a unique program that truly puts the community in education.

UFM STAFF:
Executive Director - Linda Inlow Teener
Education Coordinator - Charlene Browson
Swim Coordinator - Andi Parr
State Outreach Coordinator - Anita Madison
Lou Douglas Lecture Coordinator - Beverly Earles-Law
Office Coordinator - Tabitha Wehl

Plus all the teachers who share their talents!

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

The UFM office is at 1221 Thurston, Manhattan, KS 66502; (785) 539-8763. Visit our Web site at ksu.edu/ufm or email us at ufm@ksu.edu.

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BOARD OF DIRECTORS

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President & Executive Director, UFM .......... Candace White
Robert Wilson

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 and 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.

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THANK YOU ADVERTISERS for your loyal support

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

For your convenience the following dates and locations have been scheduled for on-line registration.

DATE  TIME  LOCATION
Jan 19  Tu  10 am - 2 pm  K-State Union
Jan 20  Wed  10 am - 2 pm  K-State Union
Jan 15  Fri  5 - 6:30 pm  Manhattan

Registration continues throughout the semester:

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

MAILING YOUR REGISTRATION?

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

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.edu to share your ideas!

SPECIAL THANKS

The UFM staff would like to thank Anita Van Nevel for proof reading the UFM catalog. We appreciate the time donated by Anita to help us.

Thank you, Anita!

UFM INSTRUCTORS

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Eunice Dorst
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Madonna Stallmann
Carol Stites
Stan Stitz
Jamie Stutzman
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Diane Tarver
Don Terhune
Mark Tesselendorf
Isaac Wakahachi
Harold Wellmeier
Keith Westervelt
Cathy Williams
Ruth Williams
Stan Wilson
Jeff Wilson
Robert Wilson
Chae Sun Yi

INCLEMENT 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 make-up session. Weather sensitive courses will use the scheduled rain 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 48 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 hand-outs 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 volunteer to elect to use KSU and UFM facilities and participate in programs recognizing present conditions and further agree to voluntarily assume all risks of loss, damage, or injury that may be sustained while using 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 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.

UFM Wish List

String Weed Trimmer  Card Tables
Folding Chairs
Volunteers to help with:  Lawn and Garden Care
Creating Signage for UFM

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

USE REGISTRATION FORM on the back cover.
Learn to Swim Classes

UPM 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 activities each day. The first day of each class is evaluated to assure that the students 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.

PARENT’S 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.

Parent’s Day Dates:
Session A: Monday, March 15
Session B: Wednesday, March 17
Session C: Saturday, April 10
Session D: Tuesday, March 2
Session E: Tuesday, April 13

LOCATION: KSU Natatorium - Abearm Complex

Aquatics

Learn to Swim Classes

Aquatics
1221 THURSTON 539-8763

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Session E: Tuesday, April 13

LOCATION: KSU Natatorium - Abearm Complex

Participants must supply towels and swimsuits.

Showerers are required before entering the water.

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

BEGINNING & ENDING DATES:
Session A: Mondays, February 15 - April 26
Session B: Mondays, February 17 - April 28
Session C: Saturdays, February 17 - May 8
Session D: Tues/Thurs, February 16 - March 18
Session E: Tues/Thurs, March 30 - April 29

No lessons on March 22 - 27

How to Watch a Good Program Die

Noting what a UPM class looks like is difficult for many to do. However, you can make it a point to watch a class and note what is happening. The class should be active, with the instructor actively engaging the students. The students should be participating and learning.

Some key points to look for:

• Oak Grove School is a private arts and science magnet school for children ages 3-8.
• Parent-run, non-profit, non-religious, state licensed, certified teachers.
• SRS provider, reasonable rates, van transportation available.
• Oak Grove School activities vary and depend on the specific class.
• More information can be found at LaRhonda Williams, Executive Director, 537-2202 (days) or 615-8189 (evenings).
Lap Swimming for Parents

Are you tired of being just an observer at your child's swimming lesson? If so, then take advantage of the time you spend working out and come to Lap Swimming for Parents. 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-16A Mon/Wed 6:00-7:30 pm
AQ-16C Mon/Wed 9:30-11:00 am
AQ-16D Tues/Thurs 6:00-7:30 pm
AQ-16E Tues/Thurs 6:00-7:30 pm
Fees: $18 per session

Hydroeroics: Water Exercise

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

Session A: February 23 - March 24
AQ-17A Mon/Wed or Tues/Thurs 6:30-7:30 pm
AQ-17B Mon/Wed or Tues/Thurs 6:30-7:30 pm
AQ-18B Mon/Thurs 6:30-7:30 pm
Session C: February 27 - May 27
AQ-19 Satellite
No Class March 27
Fees: $15 per session for Mon/Wed or Tues/Thurs
$20 per session Mon/Thurs
$30 per session Sat

Sunday Evening Family Swim

The summer outdoor pools are closed, so take advantage of the indoor pool at K-State. Being the family out for a refreshing evening of swimming and recreation on Saturday evenings.

February 23 thru May 2, are Open Family swim times. UFM will provide lifeguards. Parents must ensure that you have practiced in lessons or just relax for a while. YOU MUST register in advance as we can plan for adequate lifeguards.

Date: February 21 - May 2 (Saturday)
Time: 6:30-7:30 pm
Location: K-State Natatorium
Fees: $14 individual/$34 family
UFM swim participants discount $9 individual/$23 family

Water Safety Instructor

How about a job by the pool? Receive WSI certification and teach the American Red Cross Learn to Swim and Water Safety course. You must complete the instructor training required by the American Red Cross. Prerequisites: (1) Minimum age of 17 yrs by the first day of class and must successfully complete a pre-test and have knowledge of aquatic and safety skills, as well as stroke proficiency and rescue skills.

Dates: March 9-19, 2001
Fees: $90

Location: No Class March 25 & 28

Private Lessons for Special Needs

For people with special physical or mental needs. Arrangements must be discussed and scheduled before the session begins.

Session A: (See dates above)
AQ-15A Mon/Wed 6:00-7:30 pm
AQ-15B Mon/Wed 9:30-11:00 am
AQ-15C Tues/Thurs 6:00-7:30 pm
Fees: $2 per session of 6 lessons

Private Lessons

Fees: $2 per session of 6 lessons

LifeGuard Training

AQ-24
American Red Cross LifeGuard Training teaches lifeguards the skills and knowledge needed to prevent and respond to aquatic emergencies. Participants will learn to understand the value of being in a professional manner, how to recognize specific characteristics, drown behaviors of distressed swimmers, and active and passive drowning victims; to recognize an aquatic emergency, and act promptly and appropriately; to perform unassisted and assisted rescue skills and to recognize and care for a possible spinal injury; and how to provide first aid and CPR.

Certification requirements successfully complete all critical skills, pass 2 written tests, introduce 2 information for Certification includes LifeGuard Training, First Aid, and CPR for healthcare-related facilities.

Jenny Watts & Elizabeth Smith
Date: April 9 - May 1 (Friday & Saturday)
Fee: $169
Feedback and equipment must be paid and returned.

Open Swim Appreciation

AQ-25
For UFM swim participants and their parents.
Parents are invited to join their children in the water and personal swimming together. There is no charge for this activity, however, registration with the number of participants planning to attend is requested so we can provide adequate lifeguards.

Date: March 7 (Sunday)
Time: 7-7:30 pm
Location: K-State Natatorium
Fees: N/C

Open Swim Appreciation

AQ-26
For UFM swim participants and their parents.
Parents are invited to join their children in the water and personal swimming together. There is no charge for this activity, however, registration with the number of participants planning to attend is requested so we can provide adequate lifeguards.

Date: April 11 (Sunday)
Time: 9-9:30 pm
Location: K-State Natatorium
Fees: N/C

Scuba Diving

AQ-27
This class will prepare students for Open Water certification. Prerequisite to be covered include a PADI certification, knowledge of the equipment, physics of diving, and medical readiness. Includes a dive table, diving environment, and general information. The date of certification will be determined later. The fee is includ-

ed in the class fee. However, neither, UFM nor K-State, are responsible for this certification. Travel and lodging are at the students expense. Students must provide their own suit, mask, fins, and snorkel.

Jeff Wilcox has been diving for 25 years and instructing scuba for 15 years.

Date: January 23 - March 13 (Saturday)
Time: 9 am - 1 pm
Fee: $210
Location: Abilene Natatorium
No Class Feb 6 & 20

For more information, call UFM at 785-537-0989.
Public Speaking—You Can Do It  

Making a presentation to your boss, selling a product, getting your point across at a public forum or becoming the dictator of a small country. All these situations require the basic skills of a good public speaker. Teaching these skills is the goal of the Manhattan Toastmasters. If you break out in a cold sweat at the thought of public speaking as if you like public speaking, but just need somewhere to show your skill, this could be for you. At this event you will witness a typical Toastmasters meeting and have the option (if you choose to accept it) to participate in the meeting. Don't let your fear of public speaking keep you from achieving your goals and dreams! Every great speaker was nervous.

Overcoming our fears and harnessing our nervous energy is the path to greatness.

Manhattan Toastmasters has been meeting in Manhattan since football helmets were made of leather. Many graduates of Manhattan Toastmasters have gone on to live normal productive lives. For more information call Tom Mahoney (507-4699) or Charles Clark (507-0030).

Date: February 1 (Monday)  
Time: 7:30 pm  
Fee:  
Location: KISU Studio  
Basement of McCain Auditorium  
East side, rear of building

Family Budgeting Basics and Financial Planning  

You don't need to win the lottery or be a millionaire to reach your financial goals. Incorporating a few sound financial principles can help you get the most out of your money. Learn about good debt, bad debt, emergency funds and tax reduction by attending this class.

Jeff Elter (944-2636) is a financial advisor with Waddell & Reed. He has an accounting degree from Kansas State University.

Date: February 3 (Wednesday)  
Time: 7:15 pm  
Fee:  
Location: Waddell & Reed Conference Room  
555 Poyntz Ave., Suite 280

Family Budgeting Basics and Financial Planning  

Jeff Elter (944-2636)  

Date: March 12 (Monday)  
Time: 7:00 pm  
Fee:  
Location: Waddell & Reed Conference Room  
555 Poyntz Ave., Suite 280

Retirement Planning for Women  

Because of higher divorce rates, longer life expectancies, and lower average salaries and benefits, women need to be particular self-sufficient in retirement. Women can begin to close the retirement savings gap by taking responsibility for their financial futures. With some disciplined saving and a smart investment strategy you can achieve options to help fulfill your retirement goals. Other financial planning will be discussed as well.

Dane Freeby (977-4905) is a financial advisor with Waddell & Reed. She is a graduate of Kansas State University and holds a degree in education and business management.

Date: February 22 (Monday)  
Time: 7 - 8:30 pm  
Fee:  
Location: Waddell & Reed, Conference Room  
555 Poyntz Ave., Suite 280

Personal/Professional Development  

Develop skills that will make you more promotable! Learn to network, represent your company or organization well at all times, and lead meetings more effectively. Develop your communication skills for small group discussion and public speaking. Begin showing how healthy, wealthy women need to be particular self-sufficient in retirement.

Date: January 30 (Saturday)  
Time: 9:30 am - 4:00 pm  
Fee: $25 (Fee includes lunch & workbook)

Location: Parsons Mental Health Services  
2001 Cliff Rd

LSAT Preparation Course  

This is a comprehensive 28 hour review presented over a 6-week period of meetings on Tuesday and Thursday. A practice test is scheduled on a Saturday morning.

Date: April 27 - June 3 (Tues/Thurs)  
Time: 7 - 9:30 pm  
Fee: $220 (Fee includes in-class & home study materials)

Location: Downtown Ball Room 361, KISU  
Practice test Sat., May 29, 8 am - noon

"Teaching kids to count is fine, but teaching them what counts is best." — Bill Pelzer

Investing in Your Future  

Individuals who are in the accumulation phase of their lives, at 25 to 50 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 game 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. Everyone attending this seminar will have the option of receiving a complimentary Financial Needs Analysis to help establish their road map for their various goals and dreams.

Lynd Bohlshausen (776-3666) is Regional Vice President with Primerica Financial Services. He received a B.S. degree from Fort Hays State University in secondary education. Lynd has been with Primerica Financial Services for 6 years, teaching families how to get ahead in the money game.

Date: January 26 (Tuesday)  
Time: 7 - 9 pm  
Fee: $8 individual/$12 couple

Location: UFM Conference Room

Debt-Free Prosperous Living  

Anyone, that means YOU, can become debt-free. You can pay off all debts, excluding your mortgage, with the money you're currently earning! This class teaches a simple, viable system for eliminating ALL of your debts. You can achieve financial independence as you discover how to operate 100% on cash and quickly and safely build retirement wealth. You will complete this class knowing you can become debt-free. Everyone attending this seminar will have the option to get an individual consultation to establish their debt-free date.

Lynd Bohlshausen (776-3666)  

Date: February 16 (Tuesday)  
Time: 7 - 9 pm  
Fee: $8 individual/$12 couple

Location: UFM Conference Room

Innovating and Debt-Free Classes:  
$12 individual/$14 couple

Location: UFM Conference Room

Special THANKS TO THE UFM INSTRUCTORS who volunteer their time.  

Stigge Vision Care  

DR. DOUGLAS STIGGE  
DR. NORBERT STIGGE  
Optometrists  
(785) 539-6051  
1202 Main Manhattan, Kansas 66502

Investing in YOUR Future  

Lynd Bohlshausen (776-3666)  

Date: March 30 (Tuesday)  
Time: 7 - 9 pm  
Fee: $8 individual/$12 couple

Both Investing and Debt-Free Classes:  
$12 individual/$14 couple

Location: UFM Conference Room
Recreation & Dance
1221 THURSTON 539-8763

Middle Eastern Dance
(Belly Dancing) RH-03

Fadwa Afifi (365-2720) is Half Palestinian and has lived in Saudi Arabia for many years. She received an Arts degree from NY University. She is familiar with the Middle Eastern culture and dance. She speaks Arabic fluently and is very active with Arab students at KSU.

Date: February 1 - March 29 (Monday)
Time: 7 - 8:30 pm
Fee: $37
Location: UPB Banquet Room
No Class March 22

Middle Eastern Dance
(Belly Dancing) RH-04

Fadwa Afifi (365-2720)

Date: February 3 - March 31 (Wednesday)
Time: 7 - 8:30 pm
Fee: $37
Location: UPB Banquet Room
No Class March 28

Middle Eastern Dance
(Belly Dancing) RH-05

Fadwa Afifi (365-2720)

Date: January 28 - March 18 (Thursday)
Time: 7 - 8:30 pm
Fee: $37
Location: UPB Banquet Room

Ballroom Dance RH-06

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 on your steps, this class is for you. The Swing, Foxtrot, Waltz, and Latin dancing are just a few of the steps you will learn. Come experience the elegance of Ballroom Dance. Partners are not required and single people are encouraged to attend. Classes fill rapidly. It is advisable to register early.

Michael Bennett (776-7557) has trained in Ballroom Dance at U.C. Berkeley, Mendota Ballroom on San Francisco, All About Ballroom, CAC Dance Studio, Chicago, IL, and Avenue Ballroom, San Francisco. He was the 1986 San Francisco Avenue Ballroom Jimmery Champion.

Date: February 5 - April 30 (Friday)
Time: 8:30 pm
Fee: $35 individual/$60 couple
Location: ECM Auditorium
101 Demson Ave.

Tennis: Junior Beginners Ages 7-16 RH-08

Jim Gregory, PGA Professional, is the pro at Stagg Hill Golf Course.

Date: April 1-22 (Thursday)
Time: 6 - 7 pm
Fee: $35
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

Tennis: Beginners Ages 17 and Up RH-09

Mark Tesendorf

Date: April 6 - 27 (Tuesday)
Time: 7:30 - 8:30 pm
Fee: $30
Location: UPB Washburn Rec Complex, KSU

"The nice thing about our kids is that they don't talk about other kids." —Lucille S. Harper

Fencing RH-10

Steve Sin (539-3508) is a level one certified instructor with the U.S. Fencing Coaches College, and he has 18 years experience. He practices at the University of Texas and was assistant coach for the University of Texas Women's Team. He studied under Vincent Bradford, Pastional Director of Fencing Coaches College, and a three time Gold Medalist of the Pan-American Games.

Date: January 25 - May 3 (Monday)
Time: 7 - 8:30 pm
Fee: $30
Location: Abham Baldwin Gym, KSU
No Class March 22

"I'd rather be a failure at something I enjoy than be a success at something I hate." —George Burns

STAGG HILL GOLF CLUB K-18 West

For all your golfing needs
Fully equipped "discount" pro shop
Professional golf instruction available
Club regripping & repair
539-1041
Jim Gregory, PGA Professional
Universal Design - Accessible Kitchen & Bathroom Equipment

The Universal Design facility at Justin Hall has kitchen and bathroom equipment that has been designed to meet the needs of people with many kinds of abilities and disabilities. This class offers participants the opportunity to try out this equipment. Some examples of the type of equipment are motorized stands that rise or lower to the lowest height for the user, a bathtub with a door to allow access for people who have difficulty getting in and out of the tub, and roll-down shelves in a kitchen cupboard.

Marilyn Bale (S7-9006), is the extension housing specialist with K-State Research and Extension. She conducts workshops on housing accessibility for many audiences.

Date: February 9 (Tuesday)
Time: 7 - 9 pm
Fee: $8
Location: Justin Hall, Room 327, KSU

Writers Group

This class is intended for the person who is enthusiastic about creative writing. Those who have published work and those who still aspire to have their work published are welcome. Class participants will be given the opportunity to read their work and learn from the constructive criticism of others in class. Both prose and poetry are welcome. This class is intended to help the writer refine a short story, poem, or part of a large work for publication. In the process we intend to have some fun along the way.

Pen Smith (293-5007) is active in writer's organizations and is working on a book which highlights her experiences as a woman in the corporate world. She has published several feature articles in the Hutchinson News. Robert Smith is recently retired after 30 years in education. His inspiration for creative writing began many years ago as a student at KSU in a writing class taught by Professor Russell Lamm.

Date: January - May (the 2nd Sunday of every month)
Time: 2 - 5 pm
Fee: $12
Location: University Park 7202 Hi-Vue Dr.

Writing and Marketing

Children’s Books

If you’re interested in writing for children but don’t know how to begin or how to market your work, this class will get you started. You’ll learn about resources that will answer your questions, how the publishing market works, and problems to avoid. The class is not primarily a writing technique or critique session, but there will be an opportunity at each class for participants to share manuscripts if they wish.

Date: February 13 & 20 (Saturday)
Time: 2 - 5 pm
Fee: $42
Location: UFM Fireplace Room

Self-Publishing Your Book

Whether you have a family history, children’s story, guidebook, poetry or how-to book, you can publish it yourself. Jerri Garrett, who established Ravenstone Press in 1997, will show you the basics from budget to binding, whether your goal is personal or a business project.

Date: January 3 (Saturday)
Time: 2 - 5 pm
Fee: $23
Location: UFM Conference Room

The Manhattan Depot—History & Future

Would you like to learn about both the history of the Manhattan Depot and its future? Did you know that Theodore Roosevelt stopped at Manhattan depot on his way to Whirley Peak? What is going to happen to our depot? Attend this class and find answers to these questions and more.

Cheryl Gailis (566-6490), is the director of the Riley County Historical Museum. Her interest and knowledge is evident in her lectures. Rearl Dawes (257-2245), is the director of community development for the city of Manhattan.

Date: March 1 (Monday)
Time: 7 - 9 pm
Fee: $8
Location: UFM Fireplace Room

Juggling for All

Would you like to learn to juggle? Or just improve your juggling skills? This class will give you beginning instruction in the basic techniques of juggling. Shared tricks and improvisational ideas will be shared with the class. Participants are not limited to passing balls and/or clubs (no fire or chainsaw, please). Students must bring their own equipment—beginners only need two balls (3 or other type balls).

Paul Huston is the vice-president of KSU Juggling Club. He has 15 years juggling experience. Paul has experiences at jugg- ling for bands with Mike Gaffney and the birthday parades of public and private organizations. His goal is to teach juggling to every willing body that he can.

Date: January 21 - May 6 (Thursday)
Time: 7 pm
Location: UFM Greenhouse  No Class March 25

Moving Into Flow

“Movement into Flow” unites the mind and body tensions that limit or block creative expression. We use warm-ups and improvisational exercises developed by Ruth Zaporah, Eugerio Barba, and Augusto Boal to remold the body image and build self-esteem through the free experience of “in-the-moment” physical movement. These physical actions integrate thought and feelings, increase stamina and awareness of how humans interact and connect. We end each session with a period of reflective solo or partner work to clarify and absorb our experiences. All participants are encouraged to share and/or jot down their ideas, emotional responses, and inner imagery throughout the course of these sessions.

John Sullivan & Michelle Lee (589-7207) directed Theatre Degree Zero, a bilingual, alternative improvisational company which performed throughout the United States and Northern Mexico. They have used Movement into Flow workshops to improve the body image and build self-esteem in such organizations as Arta-Fin Art Education providers in Arizona, Montana, and Pennsylvania. They are currently graduate students in Drama Therapy at Kansas State University under the direction of Dr. Norman Feidler. They are experienced prac- titioners of Augusto Boal’s Forum Theater techniques and have taught these workshops at Long Beach and at the International Open Air Theater Festival in Seoul. John Sullivan is also an instructor in K-State’s English Department.

Date: January 16, 23, 30, Feb 6, 13 (Saturday)
Time: 9:30 am - 12:30 pm
Location: Absent Dance Studio, Room 304

Moving Into Flow

John Sullivan & Michelle Lee

Date: April 3 - May 1 (Saturday)
Time: 9:30 am - 12:30 pm
Location: Absent Dance Studio, Room 304

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 white glue to host seeds, pods, and other plant materials to a simple wooden structure (provided) to make one of a variety of small bird species.

The result is an amazing seed bird model. (See an exam- ple at the Country Gift Shop in the Holden.) Materials for creating your seed bird, glass dome and wooden base are included in the class fee.

Dwight Neinholth (776-5053) is a retired Engineering Professor and has been making the seed birds for about 25 years—an original hobby which turned out to be quite successful. He was an Silver Dollar City for 15 years. After a 6-year hiatus, he has returned each fall since 1996. Dwight was the recipient of the 1996 Greater Education Award.

Date: February 16 - March 9
Time: 7 to 9 pm (Tuesday)
Fee: $36
Location: 7212 Meadowlark Road, Apt 209

Manhattan, KS
Safe and Creative Care of Family Photos

Are your photos stuffed in shoeboxes or, worse, in albums, that have chemically discolored them? This workshop covers organizing your photos, photo-safe materials, ideas for creative cropping and photo-journaling. You will receive assistance in helping you create a unique and lasting photo album. Bring a pocket of pictures, and meeting will plan a pair of scissors. The fee includes 1 acid-free album page and the necessary materials and supplies. Additional pages are available for purchase from the instructor.

费: $25 includes all supplies
日期: 1月11日 (Thursday)
时间: 7 - 9:30 pm
地点: UFM Fireplace Room

Preserving Family Treasures: Books, Papers, Photographs & Textiles

We've all heard about the destructive acids in paper. But did you realize that other factors, light, heat, humidity, "creases", and household cleaning products are also harmful to books, papers, photographs, textiles, and other fabric horridities? This course will cover a variety of simple preservation and conservation methods which can be performed cheaply and effectively in your own home. The instructor will bring examples of materials on hand and discuss each in depth.

Rogers Adams (332-7455) has been Rare Books Librarian at Hale Library since September 1989. Before moving to Manhattan, he was curator of special collections & archives at Stebbins Library, Northern Kentucky University, from 1994-1999. He has served as a preservation/conservation consultant for several museums and historical groups including The DeWitt Homestead in Burlington, KY, The Cincinnati Fire Museum, and the Skirvin-Chavez Museum in Covington, KY.

日期: 3月9日 (Tuesday)
时间: 7 - 9 pm
费用: $8
地点: UFM Conference Room

Computers

Personalized Computer Help

Having trouble figuring out how your computer works? Need help translating those manuals or interpreting the screens? 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 Turner (539-8763) is Executive Director of UFM and can help you better understand your computer.

日期/时间: By appointment
费用: $20 per hour
地点: As arranged

Understanding Windows 95

Get the most out of the most powerful operating system. This class will cover the look, language and basic everything you need to know about this operating system. This will be a basic class, with limited hands-on opportunities. Bring your questions and problems.

Linda Turner (539-8763) is the Executive Director at UFM and enjoys sharing computer skills with others.

日期: 9月9日 (Tuesday)
时间: 7:30 - 8:30 pm
地点: UFM Office

Black and White Film Developing For Beginners

Harry Wolfson

This class will cover the basics of black and white film processing and darkroom procedures. We will limit the class size to provide hands-on experience. Each student will develop their own roll of black and white film. Note: Students need to bring an exposed roll of Tri-X 400 ISO film

日期: 1月4日 (Monday)
截止日期: 1月4日
地点: UFM Darkroom
费用: $10

Black & White Printing

Feel the satisfaction of turning your own black and white negatives into prints. Each student will gain hands-on darkroom experience in print procedures. Bring 2 black and white negatives of your choice to process and print in class.

Harry Wolfson

日期: By appointment
费用: $10

黑与白印制

感觉将你自己的黑白负片转化为照片的满足感。每个学生都将获得在课堂上进行暗房体验的机会。带上两幅黑色和白色的负片。”

日期: 由约
费用: $10

Black & White Film Developing For Beginners

Harry Wolfson

This class will cover the basics of black and white film processing and darkroom procedures. We will limit the class size to provide hands-on experience. Each student will develop their own roll of black and white film. Note: Students need to bring an exposed roll of Tri-X 400 ISO film

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Harry Wolfson

日期: By appointment
费用: $10

IN MEMORY OF A.C. JOHNSON

"This is the beginning of a new day. God has given me this day to use as I will. I can waste it or use it for good. What I do today is important because I'm exchanging a day of my life for life. When tomorrow comes, this day will be gone forever, leaving in its place something that I have traded for it. I want it to be pure, not loss; good, not evil, success, not failure—in order that I shall not regret the price I paid for it!"

—Heartsill Wilson
**Food for Fun!**

**Herbs in the Kitchen II**  
FF-01

Herbs - what goes with what? What flavors do they have? How can they enhance cooking? These are some of the lessons we will cover. Participants will get to explore more varieties of herbs and foods. There will be new recipes and more.

Renar Cashin (776-2350) is a Health Educator with a Masters Degree in Clinical Holistic Health Education. She has over 20 years teaching experience, and her goal is to help people help themselves with informed choices.

**Date:** February 20 (Saturday)  
**Time:** 1:30 - 3 pm  
**Fee:** $20  
**Location:** UFM Kitchen

**Herbs from A to Z**

FF-02

Find out the research on the healing properties of certain herbs. Participants will learn the best ways to use herbs, and how to make your own extracts, tinctures and more. Examples of herbs and handouts will be provided.

Renar Cashin (776-2350)  
**Date:** March 10, April 14, 24 and May 1 (Saturday)  
**Time:** 1:30 - 3 pm  
**Fee:** $20  
**Location:** UFM Kitchen

**Bread Baking for Beginners**

FF-03

Dream about your ability to bake with yeast? This class will help eliminate these doubts and help you develop “good sense.” Participants will make a variety of yeast breads from “scratch” during class and will be encouraged to practice between sessions. Supplies – you may completely lose your taste for store-bought bread after taking this class.

Jocelyn Deagle (a social worker/college professor by day and bread baking enthusiast at night and on weekends). Her handmade breads and made deserts for various community functions for the past 15 years. She also teaches informally on the skills of bread making and has an extensive collection of books in her home.

**Date:** February 15, 22 (Monday)  
**Time:** 7 - 9 pm  
**Fee:** $12  
**Location:** To be announced

**The Great Wines of the U.S.**

FF-07

This class will give participants an in-depth study into how to best enjoy and understand the wines of our great land. There will be an analysis of the same types of wines produced in the US and the production techniques. You will have an opportunity to taste and analyze almost fifty wines during the course. Expect to have fun and learn a great deal.

Claud Leaone (539-9441) is a graduate of K-State and is the owner of Neperos Wine and Spirits. Scott Benjasin is a wine salesperson with Standard Beverage Vintages.

**Date:** February 2, 9, 23, March 2 (Tuesday)  
**Time:** 7 - 9:30 pm  
**Fee:** $45  
**Location:** UFM Fireplace Room

**The Secret Language of Flowers**

LA-05

Have you ever wondered what flowers really say to each other? Have you ever wondered why some gardens are always full of life and color and yours isn’t? Join Dr. Mary Gold, foremost expert on floral languages as she demystifies the secret language of flowers. You will learn the language spoken by most flowers across the US. Learn how you, too, can have a colorful flower garden simply by knowing how to talk to your flowers and finding out what they need.

Mary Gold, Ph.D., graduate of Bloomingdale College, has studied flower languages for over twenty years. She is fluent in the common American languages of Rose, Pansy, Geranium and Lilium as well as several others.

**Date:** May 1 (Saturday)  
**Time:** 7:00 am  
**Fee:** $15.99  
**Location:** UFM Rose Garden

**Language**

**Beginning Sign Language I**

LA-01

This class will give the student a knowledge of basic sign language fundamentals and a brief overview of Sign Language and Deaf culture. Basic Stenotrans (539-4005) is a candidate for May 1999 graduation at Manhattan Christian College. She has taken both summers of Sign Language offered at KSU and plans to get her interpreter certification in the future. She has experience in both music and conversational signing.

**Date:** January 19 - February 25  
**Time:** 7 - 8 pm  
**Fee:** $43  
**Location:** 266 Justin Hall, KSU

**Sign Language II**

LA-02

This class is a continuation of the first session and will give the student more extensive knowledge of basic sign language and Deaf culture. The first session must be taken (or have equivalent signing background) to take this session.

Jane South (539-4005)  
**Date:** March 19 - April 20 (Tuesday)  
**Time:** 7 - 8 pm  
**Fee:** $36  
**Location:** 256 Justin Hall, KSU

**ESL English Language as A Second Language**

LA-04

This conversational English course is for non-native speaking participants who would like to expand their knowledge of Survival English. Audio and Video cassettes will be used to practice basic conversation.

Avid Smith (776-0694)  
**Date:** February 2 - 25 (Tues & Thurs)  
**Time:** 7 - 8 pm  
**Fee:** $36  
**Location:** UFM

**ESL English Language as A Second Language**

LA-05

Avid Smith  
**Date:** April 6 - 29 (Tues & Thurs)  
**Time:** 7 - 8 pm  
**Fee:** $36  
**Location:** UFM

**Intro to Czech**

LA-03

This practical class is intended especially for those who are going to travel to the Czech Republic. The participants will learn the Czech alphabet, basic vocabulary and phrases. Specific topics will be placed on correct pronunciation and on the ability to ask, understand and reply to simple questions. Information will also be provided on the culture, lifestyle and living expenses in the Czech Republic and other topics necessary for basic survival. The book and tape Teach Yourself Czech is available in the trade section at the Union Bookstore. This class is intended for those who have never taken a Czech language class before.

A exchange student from the Czech Republic will be the instructor for this class.

**Date:** January 25 (Monday first meeting)  
**Time:** 7 pm  
**Fee:** $36  
**Location:** UFM Fireplace Room

**Chinese Cooking**

LA-03

Chinese cooking is fun, flavorful and simpler than it looks. This course will introduce you to the sliding and cooking techniques, and unique sauces that make Chinese food one of the most popular cuisines in the U.S. Both meat and vegetable dishes will be on the menu as well as mild and spicy dishes. Classic dishes such as Kung Pao Chicken, Wontons Soup, and Monkey Face will be among the recipes taught. Generous samples will be part of each class.

**Date:** March 2, 9, 16 (Tuesday)  
**Time:** 7 - 8:30 pm  
**Fee:** $38  
**Location:** UFM Kitchen

**Chinese Cooking**

LA-05

**Date:** April 7, 14, 21 (Wednesday)  
**Time:** 7 - 8:30 pm  
**Fee:** $38  
**Location:** UFM Kitchen

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"Seeing is deceiving. It's eating that's believing."  
—James Thurber
The Goal of This Directory
To provide information about alternative and complimentary health options that are available in the Manhattan Area. Each participant in this directory has a written description of what they offer and services they provide. We hope you will be able to make a connection that will help improve your whole health: mind, spirit and body.

What is Holistic Health?
The whole person is one's physical, mental, emotional, and spiritual being. Each affects the others. Holistic Health focuses on the whole being and can be complimentary to conventional health practices.

Liability Statement
The Holistic Health Directory provides advertising services. Participants choose to assume all risk of loss, damage, or injury that may be sustained. UFM assumes no responsibility for costs involved with individual injury or property loss incurred. It is recommended that all participants consult a medical physician and have a complete physical before engaging in any physical recreation program or seeking alternative health care. The information in this directory does not constitute medical advice.

Look for the UFM Catalog on the web at www.ksu.edu/ufm
PRACTITIONERS

Flint Hills Peacemakers
4531 McDowell Creek Rd.
Manhattan, KS 66502
(785) 539-0370

Universal Life Energy therapies that promote holistic self-healing naturally:
- Reiki
- Gemisphere Energy Medicine
- Aromatherapy
- Numerology
- Color & Sound

Evening & weekend appointments available.
For appointment call Jane Hunzecker 539-0370.

Integrative Bodywork
(785) 776-9804
Jack Windhorst
- Rolffing
- Massage Therapy
Vera Orlick
- Body - Mind Centering
- Structural Integration
- Cranial - Sacral Therapy

Chiropractic Natural Health Care
1130 Westport Dr.
Manhattan, KS 66502
(785) 539-9113

Dr. Larry Dall
- Kinesiology
- Total Body Modification
- Neuro Emotional Technique
- Bio-Energetic Synchronization Technique
- Acupuncture
- Nutrition

Reflexology
1925 Vermont St
Manhattan, KS 66502
(785) 539-6638
Stacie Blubaugh

By properly stimulating reflexes found in the feet and hands, which correspond with each and every organ and all parts of the body, many health problems can be helped in a natural way. Reflexology is a serious advance in the health field and should not be confused with massage. Nutritional Health Assessment Services are also available.

Manhattan Bodyworks
823 Bertrand St.
Manhattan, KS 66502
(785) 539-5992
Monica Ward
- Certified Massage Therapists
- Relieves Stress
- Reduces Neck, Shoulder and Back Pain
- Eases Discomfort from Arthritis, Injury, Carpal Tunnel Syndrome, Fibromyalgia, Headaches and Sports Overuse.
- Calming Herbal Massage Oils

Enell Foerster
920 Ratone
Manhattan, KS 66502
(785) 537-0577

- Body Recall
- Chi Le
- The Heart Meditation
- Sunrider Herbal foods and Kandesn skin care products available.

The Yoga Connection
1428 Beechwood Terr. #12
Manhattan, KS 66502
(785) 537-8224

Ana Franklin
- Open (come when you can) yoga classes & private lessons by appointment
- Herbal Products for health and consultations also available
- For more information call Ana Franklin at 537-8224.

Jane Klimek
520 N. Juliette Apt. #1
Manhattan, KS 66502
(785) 565-9223

- Reiki
- Angelic Bodyworks
- Chakra Balancing

manhattan bodyworks
1234 Swedish St.
Manhattan, KS 66502
(785) 539-5992

LIFE. Everyone.

CLASSES
Step To It
Hard Bodies
Combo Class
Motivator
Basic Step
Aqua Aerobics

SERVICES
Weight Management
Consultation
Fitness Training & Prescription
Exercise Instruction

FACILITIES
Two Weight Rooms
Cardiovascular Equipment Area
Swimming Pool
Basketball Courts
Indoor Track

Semester Rates: $94 (individual), $55 (family)
Stop by Ahearn Natatorium, Room 3 (LIFE office)
539-0704 or 532-0706

HEALTH

A MATTER OF BALANCE

"Therapies" are only successful if they "Remove The Blocks" to allow the body's own healing wisdom to express itself.

Chiropractic Natural Health Care
539-9113
Dr. Larry Dall
1130 Westport Dr., Ste. 5

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ORGANIC

The People's Grocery Co-op
Open to everyone
Organic Produce
Natural Dairy Products
Vegetarian Food
Bulk Foods & Herbs
Have a Food Allergy? Come see us!
811 Colorado 539-4811

12

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PRACTITIONERS

Therapeutic Bodyworks
319 Sugarbush Ln
Manhattan, KS 66502
(785) 537-2051

Dahris Weingartner
- Practitioner is a registered nurse and a certified massage therapist
- Therapeutic Massage
- Cooperative Chair Massage
- Cranio Sacral Therapy
- Lymphatic Drainage
- Reflexology
- Trigger Point Therapy
- Body Wraps
- Myofascial Release

Lifecenter Bodywork
(785) 537-3607
Sandra Snyder
- Reiki
- Deep Tissue Massage
- Sports Massage
- Reflexology
- Infant Massage
- Pets Massage

Four Winds Therapeutic Massage
1114 Laramie St.
Manhattan, KS 66502
(785) 539-8763
Bernice Martin
- Licensed Massage Therapist
- Therapeutic Massage
- Seated Massage
- Hot Tub
- Sauna
- Meditation Area
- Self-Help Library
- Creative Play Area

WELLNESS/EXERCISE PROGRAMS

UMF Hydroaerobics: Water Exercise
KSU Ahearn Natatorium
K-State Campus
(785) 539-8763
This is a 55-minute water exercise that uses water resistance to give participants a great workout. This class is designed to use water exercises for the development of physical fitness, muscle tone, flexibility, and cardiovascular endurance. Exercises are done in a vertical position with head and shoulders out of the water. Both the swimmer and non-swimmer will benefit from the class. Classes will be held Mon/Wed, Tues/Thurs or Mon-Thurs at 6:35 - 7:30 pm. To register, please call UFM at 539-8763.

Life Programs
KSU Ahearn Natatorium
K-State Campus
(785) 532-0704
- Affordable prices
- Personal assistance available as requested
- Fitness assessments and consultations
- Two weight rooms
- Cardiovascular equipment
- Aerobics classes
- Swimming pools
- Water aerobics
- Running/walking track
- Basketball courts
For more information call 532-0704.

HEALTH PRODUCTS

People's Grocery Co-op
811 Colorado
Manhattan, KS 66502
(785) 539-4811
- Community-Owned—Open to Everyone!
- Quality Natural Foods at Co-op Prices.
- A Variety of Natural Foods, Health & Beauty Products and Supplements
- Organic Produce and Dairy Products
- Domestic and Imported Cheeses
- Fresh Ground Peanut Butter
- Organic Grains and Flours
- Food Allergies? Come See Us!

Advertising Information
Please call Charlene at UFM, 539-8763, for information about placing an Ad in the Holistic Health Directory.

ROLFIN®
JACK WINDHORST
Certified Rolfator®
Certified Massage Practitioner
National Therapeutic Massage and Bodywork Board Certified

AN APPROACH TOWARD THE WHOLE HUMAN BEING
- Improve posture, alignment and flexibility
- Enhance emotional health, physical performance and physiological efficiency
- Reduce stress, tension, aches and pain

587 • 776 • 9804
Manhattan, Kansas

Four Winds Therapeutic Massage
Bernice Martin
Licensed Massage Therapist
AMTA Professional Member

Therapeutic Massage
Seated Massage
Business Wellness Programs
Meditation Area
Stress Free Activity Center

539-5919
1114 Laramie St., Manhattan

UFM classes make great gifts.
Reflexology by Stacie Blubenhg
Reflexology is a science which deals with the principle that there are reflexes in the foot relative to each internal organ and all parts of the body. Stimulating this reflex property can help many health problems in a natural way, a type of preventative maintenance.

Nutritional Muscle Testing by Dr. Larry Dall
Dr. Dall will offer nutritional muscle testing using Acupuncture and Total Body Modification.

Chi Lei by Enell Foester
A slow exercise of healing Chi Gong. When practicing Chi Lei, we use the inner Chi of our bodies and the outer Chi surrounding the space around our bodies. We amplify the natural exchange process as we practice.

Body Recall by Enell Foester
A proven, tested method of easy exercise for all adults. Isolated exercises for each part of the body, program designed by Dorothy Chrianas of Berea, Kentucky.

Yoga by Ana Franklin
Yoga is an ancient system, which is still very useful to us today, for bringing peace and harmony to the body/mind and ultimately to bring total physical, mental and emotional well-being. This class will focus on the body and breath, with some information on various other practices.

Intuitive Arts by Sharon Landrith
Learn to access your intuitive connection, opening inner doors for answers to your questions about life paths, relationships, and your spiritual quest.

Zen Therapy by Erika Morgan
Combining the best of several proven therapies into a unique form of deep Bodywork, Zen Therapy promotes greater health, more vitality, better physical performance, and enhanced mental and emotional attributes.

Jin Shin Jyutsu by Karma Smith
Jin Shin Jyutsu is an art that involves the application of hands for gently balancing the life flow energy of the body, giving ourselves renewed vitality, deep relaxation, pain relief, easier breathing, and decreased stress. More generally it is the art of reawakening awareness and self-understanding.

Massage and Relaxation Techniques for Pain by Sandra Snyder
Participants will learn relaxation techniques and stretching instructions to relieve daily tension and pain due to stress. An on-site massage chair will be used; the concentration will be on neck and shoulder relief.

Massage Therapy by Monica Ward
Experience the healing touch of therapeutic massage! Massage is one of the best-known therapies for stress. Massage can relieve any types of muscle tightness and soreness; sprains or strains; and relieve pain from arthritis or injury, headaches, shoulders and back. Massage can help you recharge and restore the energy and creativity you need to live life with joy. Monica Ward uses an integrative method of therapeutic massage with energy therapy.

Benefits of Massage by Douglas Sellers
A chair massage will be used along with a 15-minute presentation of the benefits of massage.

CranioSacral Therapy
The CranioSacral System consists of the membranes and cerebrospinal fluid (CSF) that surround and protect the brain and spinal cord. Since this vital system influences the development and performance of the brain and spinal cord, an imbalance or restriction in it could potentially cause any number of sensory, motor or neurological disabilities. CranioSacral Therapy is a gentle method of detection and correction that encourages your own natural healing mechanisms to dissipate these negative reactions to stress on your central nervous system. You also benefit from better overall health and resistance to disease. The client is fully clothed for his therapy and the amount of pressure used is equal to the weight of a nickel. CranioSacral therapy strengthens your body’s ability to help alleviate a range of illness, pain and dysfunctions:

- Traumatic brain and spinal cord injuries
- Migraine headaches
- Chronic fatigue
- Motor-coordination impairments
- Chronic neck and back pain
- Scoliosis
- Central nervous system disorders
- Emotional difficulties
- Temporomandibular joint syndrome (TMJ)
- Learning disabilities
- Stress and tension related problems
- Post-traumatic stress disorders
- Orthopedic problems

Rolfing by Jack Windhorst
This session of Rolfing will include a video followed by a discussion with questions and answers.

Cranio Sacral Therapy & Lymphatic Drainage by Dahrin Weingartner
Lymphatic drainage works to activate fluid circulation and stimulate the functioning of the immune system and parasympathetic nervous system. Learn about these therapies and their benefits.

Reiki by Jane Kilmer
Reiki is an ancient Japanese healing technique that promotes the well-being of mind, body, and spirit. This healing method is natural, gentle, safe and nurturing. It works well with all other medical/therapeutic techniques to relieve medical side effects and promote recovery. In addition, Reiki helps to bring about a sense of peace, relaxation, and inner balance.

- The People’s Grocery will be providing food samples.
- KSU’s L.I.F.E. Program will be giving free blood pressure checks and information about the program.

Lectures
The Art of Jin Shin Jyutsu by Karma Smith
Yoga for the Stress of Life by Ana Franklin
The Triangle of Health by Dr. Larry Dall
The Human body can be compared to a triangle. Each side of the triangle directly influences the other two sides. We are healthy when our structural, biochemical, and emotional aspects are harmoniously balanced. Learn how to achieve this balance in your life, the Natural Way. These and other lectures will be offered at no cost.

Space is still available for practitioners and related health products and programs. For more information, please call Charlene at UFM 539-8763.

Special thanks to all UFM INSTRUCTORS who volunteer their time!
Martial Arts

1221 THURSTON 539-8763

Combat Grappling

MA-03

This class will cover 50% ground grappling and 50% standing self-defense. We will go over breakdowns, the mount, how to escape from it, the guard, how to pass it, and finishing holds.

Sise Wilson (539-7723) is the founder of the White Phoenix system, a modern adaptation of classical martial arts. He has black belts in three schools of martial arts, and knowledge of dozens more. He has been doing martial arts for 25 years.

Date: January 20 - March 10 (Wednesday)
Time: 6 - 9 pm
Fee: $40 (Fee includes 3 manuals)
Location: Ahearn Field House

Beginning Aikido

MA-08

Aikido is a martial art in which one strives to be calm and learn how to be a peaceful resolution. In this beginning class, we will learn some Aikido techniques of defense, and develop the movement qualities to perform them. The techniques can also be easily combined into some short performance programs called "Iads" which we will learn. The instructor will also consider the spontaneous interests and needs of the participants. This class is for men and women, young and old.

Paul Glover (565-0154) began practicing Aikido in 1986 at Cloud County Community College. He assisted the instructor and worked with beginners before leaving the area in 1996. His training is Ki Society Aikido. He has passed testing for three levels of Aikido and is presently developing with Ichiyusai Sensei, chief instructor in the United States for Ki Society Aikido.

Date: February 1 - May 5 (Monday & Wednesday)
Time: 7:45pm
Fee: $85
Location: Ahearn Field House, KSU (No class March 22 & 24)

Children have more need of models than critics.
—Caroline Coats

An Important Program for All Parents

For information about program dates and times in your area, call
(785) 587-1999

A free program to help you talk with your child about the risks children face in today's world.
Information will be provided on the following topics:
- AIDS
- STD's
- Drugs & alcohol
- Sexual Assault
- Gang Membership
- Gun/Violence
- Depression/Suicide

A Program sponsored by The Regional AIDS Project in cooperation with the Riley County Health Dept., and funded by the Kansas Blood Services Fund with the Topeka Community Foundation

Look for the UFM Catalog on the web at www.ksu.edu/ufm
Butterfly Gardens—"If You Build It They Will Come" EN-01

Butterflies are beautiful creatures! You can attract them to your garden by growing plants that provide nectar for adults, foliage for larvae, and cover for pupae and other overwintering stages of the butterflies' life cycle. We will talk about these plants and the species of butterflies they will attract. What better way is there to pull you out of the winter blues?

Maudine Stillman (539-4305) is the caregiver to the Audubon Society's butterfly garden at 804 Jerome Truth Park in Manhattan, KS. She's passionate about gardening and is thrilled that her hobby provides habitat for wildlife.

Date: February 10 (Wednesday)
Time: 7 - 9 pm
Fee: $5
Location: UFM Conference Room

Landscaping Around the Home EN-02

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

Alan Laidl (537-6560) is the Riley County Extension Director at the County Extension Office and coordinates the horticulture program in Riley County. He believes that education is a life long process and everyone needs to keep updated on areas of interest to them. Tony Hite has used his degree in Horticulture and Landscape Architecture to help design award winning landscape plans for over ten years. Hite's Landscape Architects is the design firm that Tony operates and offers design services in commercial and residential clients in the area.

Date: March 22,16 (Tuesday)
Time: 2:00 - 4:00 pm
Fee: $22
Location: Foster Hall - Civic Park

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- Crafts
- Poetry
- Nature
- Gardening
- Photography & Art
- Book Club

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BOOKSTORE
539-6563

Sustainable Manhattan Roundtable Series
EN-06

The Sustainable Manhattan Roundtable Series returns this spring, with panels and discussions focusing on current critical issues. Topics that are expected to be covered include living wages, transportation planning, affordable housing, and growth/land use issues. Watch the local news briefs in the Manhattan Mercury for full details.

The goal of these discussions is to get community involvement and input into projects and processes that help Manhattan move toward a sustainable future. These sessions are offered at no cost and you may sign up for any that interest you.

Carol Beck (532-4665) and various speakers.

National Town Meeting for a Sustainable America—Local Organizers’ Meeting EN-07

Motivation is building for the notion that communities like Manhattan can prosper economically without sacrificing the environment or quality of life. The President's Council on Sustainable Development will present the first ever National Town Meeting for a Sustainable America on May 25, 1999 to highlight the work of communities, business and individuals across the country who are finding new ways to balance economic, environmental and social goals.

You can contribute to an improved quality of life in Manhattan by helping to organize events that promote the long-term economic, environmental and social sustainability of our community. Individuals, businesses, governmental agencies, and community organizations are invited to help plan Manhattan’s participation in the National Town Meeting.

Robert Wilson (532-7823) is a community planner with the Office of Local Government at K-State Extension. He has been active in environmental and sustainability issues in Manhattan for several years and is a founding member of Sustainable Manhattan and founder of the First Hill's Sees Club. He is also a member of the UFM Board of Directors.

Date: January 23 (Saturday)
Time: 2 pm
Fee: N/C
Location: UFM Fireplace Room

Tour of Ft. Riley Recycling Facility EN-08

Ft. Riley has a national award-winning recycling program and facility just a few miles away. Let's learn the why's and how's of our neighbor's program and talk about Manhattan recycling initiatives and what we can do to increase recycling. This class will tour that facility in March (or a date to be determined).

Brace Swad (532-4992), a city commissioner, wants to find ways to make recycling more convenient for more people.

Date: To Be Determined
Call in your reservation to UFM, 539-8763, and you will be contacted with details.

Fee: N/C
Location: Meet at UFM

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Andrea Blair, M.Ed.
Specializing in Learning Disabilities and Attention Deficit Disorder

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- Employer Education

Call for Information
234 Summit Ave, Manhattan, KS 66502
785-776-6597

REGIONAL AIDS PROJECT
1021 Denison, Manhattan, KS 66502
1038 W. 8th, Junction City, KS 66441
(785) 557-1999 (785) 238-5338

Helping people infected and affected with HIV/AIDS
providing education to groups and individuals

Special thanks to all UFM INSTRUCTORS who volunteer their time!
Gardening 101: The Basics
Welcome to American #1 hobby! As a new gardener, you may be wondering about the selection, soil types, when to plant cool-weather vs. warm-season vegetable crops, pest control, and dealing with Kansas weather extremes. We will discuss all of these questions and more. Your specific questions are welcome.

Colleen Hampton has been a UFM Instructor since the spring of 1998, teaching a wide variety of gardening classes. She was UFM's featured instructor in the Spring of 1998. Her background includes a Bachelor's and Master's degree in Biology and Secondary Education and memberships in Riley County Master Gardener (1994), Prairie Roots Garden Club and The Flint Hills Horticultural Club.

Maximizing Vegetable Production - EN-10 Do you need to expand a list of time and money on your vegetable garden but have little to show for your efforts? Maybe some different strategies are in order! We will discuss everything from raised beds, planting blocks, space-saving techniques, minimizing pest damage, watering, better pollination, and more.

Colleen Hampton
Date: March 6 (Saturday)
Time: 9 am - 12 noon
Fee: $8
Location: UFM Greenhouse

Perennial Flowers - EN-11 Are you tired of buying and planting new flowers every year? Why not invest in some perennial flowering plants that will return every year? We will discuss which flowers are perennial and when each blooms, how to get seedling color, and other planting and growing tips. Be the envy of your neighbors with minimal effort!

Colleen Hampton
Date: April 3 (Saturday)
Time: 1 - 3 pm
Fee: $8
Location: UFM Greenhouse

The Best Plants for Shady Sites - EN-12 Do you have areas in your yard where the sun doesn't shine? Where you haven't been able to grow anything despite your best efforts? Maybe if you knew what to plant, you would have better luck. We will discuss the growing requirements of shade-loving, native, and partial shade plants (annuals and perennials) that will give you both foliage and blooms!

Colleen Hampton
Date: April 3 (Saturday)
Time: 1 - 3 pm
Fee: $8
Location: UFM Greenhouse

Color for All Seasons
Learn what to plant so that you will always have color in your yard. Keith Wetterom from Blaylawn Nursery will show his expertise on this topic.

Water Gardening I
Learn everything you need to know about water gardening. Session I will cover design and construction. Del Spencer from Water's Edge in Lawrence, Kansas, professionally helps individuals with all their needs when planting and constructing their water gardens.

Water Gardening II
Learn everything you need to know about water gardening. Session II will cover planting, stocking, and maintenance. The instructor for this class will be Del Spencer, from Water's Edge in Lawrence, Kansas.

Gardening for the Birds
How you landscape your yard and what you plant in your garden can influence what birds and other wildlife visit you. Learn how to arrange your planting and what plant material you can utilize that will attract birds and other wildlife to your yard.

Solar Greenhouses
Everyone enjoys the fresh smells of greenhouse life. Attached to your home and properly designed, they can help warm your home, contribute moisture and fresh winter greens. In this class we will discuss possibilities we've learned in 20 years of passive solar experience. Bill Dorcillo has been working for 30 years to put solar energy to use in Manhattan.

Gardening with Herbs
Learn the basics of growing herbs from Renee Corner who is a Health Educator with a Masters Degree in Clinical Herbal Health Education.

Tomatoes
Learn the how-to's of growing tomatoes and the advantages of growing the new varieties. The instructor Chuck Merr, is a professor at KSU in Horticulture, Forestry & Recreation Resources. He will be sharing his knowledge and experience with others at this class.

Butterfly Gardening
Find out how to attract butterflies to your yard and the best plants for continuous bloom. Learn what plants caterpillars like. Slides and handouts on butterflies of Kansas will be given. For Freeman will share her enjoyment of butterflies.

Call UFM at 539-8763 to enroll in the classes of your choice. The cost is $10 for individual and $30 for a couple for all day or $8 per class.

MANHATTAN COMMUNITY GARDEN
The Manhattan Community Garden is a cooperative gardening project 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 cost of operating the program. Rent is charged on a sliding scale to allow all income groups to participate. Water, mulch, tools, seeds and advice are available.

Gardeners are required to work at least two hours per week and attend monthly meetings. Applications are available at the UFM Greenhouse or by calling 539-8763.

MANHATTAN COMMUNITY GARDEN
Gardeners' Application Deadline: April 15, 2004

RETURNING GARDENERS
February 5, Wednesday, 2:30 pm, UFM Greenhouse
February 20, Saturday, 1:30 pm, UFM Greenhouse

NEW GARDENERS:
March 3, Wednesday, 7:30 pm UFM Greenhouse
March 20, Saturday, 10:00 am, UFM Greenhouse
April 10, Saturday, 10:00 am, Community Garden
14th & Riley Lane

Take a Peek at the Past
(All visits including picnics, looks & stares - are free) That's right free!

Riley County Historical Museum
2309 Claplin
- Exhibits of Riley County history
- Research library by appointment
- Educational programs
- Speakers bureau
- Monday - Friday 8:00 - 5:00
- Tuesday - Saturday 8:30 - 5:00
- Open April - October
- Sunday 2:00 - 5:00
- By appointment

Goodnow House Museum
2309 Claplin
- Home of Isaac Goodnow
- Free state advocate
- Educator (common school to college)
- A State Historic Site
- Call 565-6490 for Hours

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

Wolf House Museum
630 Fremont
- 1863 stone home also served as a boarding house
- Furnished with period antiques
- Special exhibits
- 1:00 - 5:00 Saturday 2:00 - 5:00 Sunday
- By appointment

For more information, call 565-6490

USE REGISTRATION FORM on the back cover.
Let's Talk About It

A program for parents to help them talk with their children about the risks that face them in today's world. Giving your child the facts to help him to be a wise, healthy, and productive adult is a vital part of parenting. This program is designed to help parents talk about the realities of the world. It is appropriate for parents of children ages 5 to 12.

Date: February 12 (Friday)
Time: 6:30 - 8:00 pm
Fee: $8
Location: Locust Grove Church (Basement)
900 Priestly

Let's Talk About It

Bunice Dorsi (SP-1999)

Date: April 14 (Wednesday)
Time: 7:00 - 8:00 pm
Fee: N/C
Location: UFM Fireplace Room

Demystifying Meditation

This class can best be described as a necessity prerequisite to understanding meditation practices. It is aimed at those who are interested in knowing more about the art of meditation and those wanting to take up a meditation practice and are looking for "the how" to start on their correct path. It is 70% lecture and discussion, and 30% experiential. Although there can be other objectives, meditation is basically a tool that helps one reach the higher states of consciousness. There are many reasons to achieve these states as we are all people. Consequently, there are also different methods of meditation. How does one choose which is the right practice for you? This class will teach you some of the more successful methods and also provide you with the method that is best for you. Please bring a cushion or blanket and your loose clothing.

Location: Industrial Park next to the Animal Shelter
613 Leeds

"It's what you learn after you know it all that counts.

-John Wooden

For Couples Only

Marriage Check-Up '99

Make it your Valentine's gift to each other. Explore insights to making your partnership grow and glow. Take a short survey, then go over it together with a marriage specialist to reveal your special strengths. For all couples in committed relationships. Free appointments February 8 - 13. Call for information, 507-432-66

A community service of PAWNEE Mental Health

Biological Terrorism

This presentation will cover the threat of terrorism to the United States. A video entitled "Killer Virus" will also present the biological threat to the United States. The video running time is 45 minutes. There will be a discussion on biological protection and decontamination with a display of a gas mask and alert bag.

John Stone (776-7942) is a former Air Force medical officer with knowledge of law enforcement and terrorism operations. He is also a freelance security and survival consultant. He is a licensed amateur radio operator and has been trained as an emergency medical technician. When he is not pumping out of perfectly good aircraft he is a dedicated to your opponent. He is a retired CAP tour guide.

Date: April 3 (Saturday)
Time: 2:45 pm
Location: UFM Conferance Room

Who is My Neighbor? Economics as if Values Matter

Originally, economics described the activity involved in caring for the home. Now, we and our neighbors have enough to eat, have a home to live in, and a car to drive. We then can buy more. Our economic questions are, therefore, political and moral, and they relate to the heart, questions about values, visions, and theory. This class will encourage participants to think about their relationship with economic ethics and to act upon their reflections.

Date: January 28 - April 8 (Thursday)
Time: 8:00 - 9:00 pm
Fee: $18 (Fee includes a study guide)
Location: ECM Campus Center
1001 Dakota Ave.
No Class March 25

Who is My Neighbor? Economics as if Values Matter

Date: January 27 - April 7 (Wednesday)
Time: 8:00 - 9:00 pm
Fee: $18 (Fee includes a study guide)
Location: ECM Campus Center
1001 Dakota Ave.
No Class March 24

Intuitive Arts

We will learn to access our intuitive connection, opening inner doors for answers to questions about our life paths, relationships and our systems of economics allow whether the more subtle forms of the senses assists in our self-healing and a deeper understanding of our daily challenges. Our healing, intuitive diagnosis, channeling, receiving information from the personal self and a personal awareness of a collective bias. During one of our meetings, Sharing will provide an opportunity to ask your life questions and receive answers from the intuitive perspective.

Sharon Landrath (448-3553) has been intuitive all of her life. She has been a professional counselor for 15 years working with individuals and as a group facilitator.

Date: February 6 & 10 (Wednesday)
Time: 7:00 - 9:00 pm
Fee: $14
Location: UFM Conference Room, UFM Greenhouse

Intro to Zen Buddhism Philosophy & Practice

Zen Buddhism simply means enlightenment by direct intuition and meditation. Join us for discussion and practice of Zen meditation (Zazen) with a master focused on the Soto tradition or "school." Other traditions will also be discussed.

Lee Rapoport (552-4850) is a Professor of Psychology at K-State and has been a student of Zen Buddhism for approximately 12 years, practicing under the direction of Shoko master Daisen Katagiri and Shorenbohok Oguma. He is affiliated with the Minneapolis Zen Meditation Center.

Date: April 7 & 14 (Wednesday)
Time: 7:00 - 9:00 pm
Fee: $14
Location: Industrial Park next to the Animal Shelter
613 Leeds Rd.

SHARP Self-Defense for Women

This course has been designed to offer women quick, easy to learn, and extremely effective techniques for defending themselves against violent physical assault and rape. By empowering women to better protect themselves, they gain confidence in social and professional environments. All material is taught from a practical approach with techniques that require little physical strength and therefore are useful to women of all ages and physical conditions.

Diana Turner (807-5420) is a black belt in Takedo and Hayakido and is a certified instructor with the American Takedo and Hayakido Association. She has 34 years experience teaching martial arts, police defensive tactics and Sexual Harassment Assault and Rape Prevention for Women.

Date: February 22 (Friday)
Time: 10:00
Fee: $10
Location: Pennsylvania Mental Health Services, 208 Cadwall Rd., Community Room

Communication for Lovers

Poor communication is one of the most common and troublesome relationship problems. It affects all areas of the relationship and contributes to dissatisfaction that can eventually lead to breaking. At this seminar you will gain insight into the different ways men and women communicate and express their needs and use techniques to improve communication between you and the one you love.

Charles Dres (807-4327), is a licensed clinical social worker and licensed marriage and family therapist specifically interested in gender communication. He recently became the coordinator of the Employee Assistance Program offered by Pennsylvania Mental Health Services where he has been a therapist since 1991.

Date: February 26 (Thursday)
Time: 6:30 - 6:30 pm
Fee: $10
Fee: $8 per couple
Location: Pennsylvania Mental Health Services, 208 Cadwall Rd., Community Room

New Developments in Psychotropic Medications

February 10, Manhattan

Healing Through Doing

Play, Paint, Draw

March 10, Manhattan

Substance Abuse Risk

Life Through Spa

April 21, Manhattan

April 28, Junction City

Grief and Grieving

June 16, Manhattan

All workshops 12:30 to 3:45 p.m., three hours, in Manhattan at Houston Street Center, 5th & Houston; in Junction City, at 814 Caroline Avenue. The fee is $21 each. Credit for nurses, social workers, others. Enrollment is open to everyone. Please pre-register. Call today for information and brochure.

Call 507-432-66 PAWNEE Mental Health Services Make Every Day Count For good mental health
**Youth**

1221 THURSTON  539-8763

**Folding/Flying Paper Airplanes**

YO-01

The dear, made of Big Chief flelter paper is not. Loops, curves, and gliders are in! There are dozens of easy-to-fold planes that perform miraculous feats, delighting with distance and acrobatics with audacity. We'll fold and fly a branch of them! Plus we'll learn how to add flaps, tails, and even landing gear. A catalog of patterns will be given to each class member at the second meeting. Must be 7 years old, but 6 is preferred. Teenagers will also learn and enjoy. Parents invited!

Lee Schell (529-6660) has a long love affair with paper airplanes and has over 40 books describing hundreds of different planes. He's taught this class before and enjoyed it as much as the students did.

**Date:** April 7 and 14 (Wednesday)
**Time:** 7-9 pm
**Fee:** $10
**Location:** Mattson Hall, Multi-Purpose Room

2713 Hobbs Dr

**Fishing Kansas - Ages 8 to 80**

YO-02

Excellent fishing of all kinds abounds in our area. Bass, crappie, catfish, blue Gill, walleye, even trout! This class will cover both basic and fine points of where, when, and how (you already know who and why), from equipment to lines to times of day, from "backcasting" to trolling. The second session will be a general overview. The second session will be on crappie and will include more information about crappie than you ever imagined existed. Especially for beginning anglers. A stash of free or inexpensive materials plus door prizes.

Paul Miller (529-7154) is a lifetime resident of the State of Kansas. He has fished most waters of the state and found the most prolific species of fish. Paul has recently retired from the State Wildlife and Parks Department. He is now a licensed guide on the local lakes around Manhattan. He is willing to share lots of fishing information with students of this course. Mr. Miller is an avid crappie fisherman and former elementary school teacher who has taught fourth grade math and has written a handbook on the topic "Kids and Crapppie in Kansas, A Primer for Beginners." Baskett will be a great first step in fishing.

**Date:** March 3, 10 (Wednesday)
**Time:** 6:30 - 9 pm
**Fee:** $25
**Location:** Manhattan Public Library Auditorium

**Kids On Campus**

YO-03

Join us for a fun-filled, educational field trip of the K-State campus. We will view several departments with interesting activities, take time out for bowling, eat lunch at the Student Union and return to UMF. This program is geared for children 3rd-6th grade. Call UMF, 539-8763 for a complete list of activities. Fee includes lunch and a game of bowling at the K-State Union.

**Date:** March 18 (Thursday)
**Time:** 9 - 10 am
**Fee:** $25
**Location:** Meet at UMF

**Introduction to the Nutcracker Ballet**

YO-04

This is an introductory class designed to provide synchronized ballet, jazz, and tap steps, plus other dance styles, for children ages 6-12. No dance experience or formal dance attire is needed. Rock and Roll and popular music will make learning jazz and tap techniques fun. Randi Davis (529-9767) has taught dance for 35 years. Her dance school located the Midwest and Europe in 1968. She is a certified teacher with a Masters Degree in Education.

**Date:** January 16 (Saturday)
**Time:** 9 - 10 am
**Fee:** $6
**Location:** 2416 Rogers Blvd.

**Youth Scholarships are available through the YES! Fund.**

**Children's Gardening**

YO-07

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

**Dr. Richard Mattson**

**Date:** April - October (Saturday)
**Time:** 10 am - noon
**Fee:** N/C
**Location:** Manhattan Children's Garden
9th and Riley Lane

**Acting Basics for Youth**

**Ages 9-12**

YO-05

Acting basics will give young actors a chance to learn improvization techniques, script analysis, character development, and stage movement. All actors will participate in a "work in progress" presentation at the end of four weeks.

**Christian Scott** (532-8650) is a doctoral candidate in Social Psychology at K-State. She received her undergraduate degree in Psychology and Theater from Occidental College in California and continues to pursue her love of acting and directing through teaching and community productions.

**Date:** January 23, 30, February 6, 13 (Introductory)
**Time:** 10 am - noon
**Fee:** $52
**Location:** 1st Lutheran Church basement
900 Peppertree Ave
**Performance Date:** February 13, 1-2 pm

**Acting Basics for Youth**

**Ages 10-15**

YO-06

Acting basics will give young actors a chance to learn improvization techniques, script analysis, character development, and stage movement. All actors will participate in a "work in progress" presentation at the end of four weeks.

**Christian Scott** (532-8650)

**Date:** February 20, 27, March 6, 13 (Saturday)
**Time:** 10 am - noon
**Fee:** $52
**Location:** Decision 115A, KSU
**Performance Date:** March 13, 1-2 pm

**American Red Cross Learn to Swim classes are found on pages 4-5.**

**Storytelling for Children**

YO-08

We invite you to bring your kids from Kindergarten to 3rd grade to a new and exciting program at UMF. Take the night off while we entertain your children with storytelling. There will be arts and crafts to do after each story. Rules for an hour and a half of fun are the reading. Many volunteers from the K-State Education Program will be guest readers. Fan and educational books will be read and a craft for each story will follow.

Shannon Per (565-9188) is a K-State student studying elementary education. She has worked with children for many years in camps and classrooms. She is currently working with the UMF mentoring program. All guest speakers will be K-State students with experience in literature and children.

**Date:** February 1 - 22 (Monday)
**Time:** 6 - 7 pm
**Fee:** $18
**Location:** UMF, Fireplace Room

**Storytelling for Children**

YO-09

Shannon Per (565-9188)

**Date:** March 1 - 29 (Monday)
**Time:** 6 - 7 pm
**Fee:** $18
**Location:** UMF, No Class March 22

**Storytelling for Children**

YO-10

Shannon Per (565-9188)

**Date:** April 5 - 26 (Monday)
**Time:** 6 - 7 pm
**Fee:** $18
**Location:** UMF

**"To love and be loved is to feel the sun from both sides."**

—David Viscott, M.D.

**776-5577**

**PIZZA SHUTTLE DELIVERIES**

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THANK YOU ADVERTISERS for your loyal support.
Introducing Jin Shin Jyutsu: A Self-Help Class

WE-01
Jin Shin Jyutsu translates as the "Art of the Creater through knowing and compassionate person." It is an ancient art of releasing the tensions which are the causes of various symptoms of discomfort. In Jin Shin Jyutsu philosophy, our bodies contain energy pathways which become blocked through daily physical, mental, emotional or spiritual stress, resulting in pain and discomfort. We can unblock these pathways through non-forceful application of the hands to various locations on the body, giving ourselves renewed vitality, deep relaxation, pain relief, easier breathing and decreased stress. This course will introduce you to hands-on techniques for self and others, and to the history, philosophy, and theory of Jin Shin Jyutsu. Jin Shin Jyutsu self-help books will be available for purchase (optional). Please bring a blanket with you to class.

Date: March 1, 8, 15 (Monday)
Time: 7 - 9 pm
Fee: $14
Location: Inland Park next to the Animal Shelter

Herbal First Aid

WE-05
Would you like to learn how to make herbal salves? You will learn the basics of growing and using fresh and dried herbs. Participants will make salves to be used on themselves or to give as gifts.

Date: March 6 (Saturday)
Time: 10 am - 1 pm
Fee: $20
Location: UFM Kitchen

Herbs from Head to Toe

WE-06
Learn how to create your own personalized cosmetics and beauty products. Create your own personal blend as well as receive recipes for many more. Everyone will get to make and take home their own body splash.

Date: January 23 (Saturday)
Time: 10 am - 1 pm
Fee: $20
Location: UFM Kitchen

Introduction to Massage for Couples

WE-19
Learn the basic techniques of therapeutic massage and the role of massage in maintaining health. Swedish-style massage will be used. Relaxing strokes and the most common style of massage. Participants should wear comfortable clothes. The class will be held in pairs. Each pair will need a sleeping bag/blanket or comforter and 2 flat sheets.

Date: February 9, 16 (Tuesdays)
Time: 7 - 9 pm
Fee: $25 per couple
Location: UFM Banquet Room

Massage for the Individual

WE-20
Regular self-massage can promote relaxation and relieve tension, stress, pains, aches, and mental stress. Participants will learn the basic principles of therapeutic massage and a variety of massage strokes that can be adapted to meet their personal needs. Participants should bring a blanket and/or pillow and wear loose clothing or shorts and no socks.

Date: February 2 (Tuesday)
Time: 7 - 8 pm
Fee: $15
Location: Four Winds, 1114 Luminary

Massage, Meditation and More

WE-21
During this class participants will learn three ways they can manage stress on a daily basis. The activities are designed to fit into busy schedules. In the first class we will discuss basic principles of massage and learn several face massage that can be done anywhere. In the second class we will discuss meditation and learn a simple meditation that can be used throughout the day. In the third class we will discuss the role of creative play in stress reduction. Participants will have a variety of activities available to experiment with and individual projects they can work on.

Date: March 2, 9, 16 (Tuesday)
Time: 7 - 8 pm
Location: Four Winds, 1114 Luminary

Massage & Relaxation Techniques for Pain Relief

WE-24
In this class participants will learn relaxation techniques and stretching instructions to relieve daily tension and pain due to stress. An on-site massage chair will be used for a five-minute demonstration that concentrates on neck and shoulder relief.

Date: April 21 (Wednesday)
Time: 7 - 8 pm
Fee: $15
Location: UFM Firestone Room

Self-Treatment with Acupressure

WE-22
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 effect of acupuncture using the body’s own natural healing abilities to release and balance energy. The instructor will discuss acupuncture history, its use in Chinese Medicine, and how to use it for self-treatment.

Date: January 20 - February 14 (Wednesday)
Time: 7 - 8:30 pm
Fee: $25
Location: 1320 Westport Dr. Suite 5

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 support system for parents who have teens experiencing problems with truancy, drugs, alcohol, pregnancy or legal problems. If you need someone to talk to, call Linda at 539-3199.

This group is funded as part of a grant from the City of Manhattan. For questions, call Linda at 539-4765.

Wellness

1221 THURSTON 539-8763

Nutrition for Menopause

WE-04
Discover what foods can help your transition from this time of your life with more comfort and ease. Recipes and a guide to super foods will be provided.

Renee Cushing (76-2350) is a Health Educator with a B.S. in Clinical Health Education. She has over 15 years experience, and her goal is to help people help themselves with informed choices.

Date: February 6 (Saturday)
Time: 1:30 pm
Fee: $10
Location: UFM Kitchen

For more information call 587-1999

Special THANKS TO THE UFM INSTRUCTORS who volunteer their time
Introduction to Gemisphere Energy Medicine
WE-12
Gemisphere Energy Medicine (G.E.M.) is a holistic health practice involving the use of therapeutic gemstone mortars. The use of gemstones for this purpose dates to ancient cultures on Earth. We are now ready for new practices with gemstone energy medicine. We will discuss the concepts of holistic health, Universal Life Energy, subtle body physiolo-
gy, and Gemisphere Energy Medicine. Four hardships included in fee. NOTE: This class is a prerequisite for enrollment in G.E.M. and the 7 Color Rays.
June Huszcar
Date: February 11 (Thursday)
Time: 7 - 9 pm
Fee: $145/$39 both intro to Gemisphere and 7 Color Rays
Location: UPM Greenhouse

Introduction to Gemisphere Energy Medicine
WE-13
June Huszcar
Date: March 3 (Wednesday)
Time: 7 - 9 pm
Fee: $125/$39 both intro to Gemisphere and 7 Color Rays
Location: UPM Greenhouse

Introduction to Gemisphere Energy Medicine
WE-14
June Huszcar
Date: April 22 (Thursday)
Time: 7 - 9 pm
Fee: $160/$39 both intro to Gemisphere and 7 Color Rays
Location: UPM Greenhouse

G.E.M. and the 7 Color Rays
WE-15
This class provides information about the 7 color rays, which are necessary for life and health. We will discuss the 7 gemstones that "carry" the color rays, your main color ray and how it defines your greatest strength, and the effects of the color rays on strengths and weaknesses. Book included in fee. Prerequisite: Introduction to Gemisphere Energy Medicine Class.
June Huszcar
Date: February 18 (Thursday)
Time: 7 - 9 pm
Fee: $25/$39 for both intro to Gemisphere
and 7 Color Rays
Location: UPM Greenhouse

G.E.M. and the 7 Color Rays
WE-16
June Huszcar
Date: March 10 (Wednesday)
Time: 7 - 9 pm
Fee: $225/$39 for both intro to Gemisphere and 7 Color Rays
Location: UPM Greenhouse

G.E.M. and the 7 Color Rays
WE-17
June Huszcar
Date: April 29 (Thursday)
Time: 7 - 9 pm
Fee: $225/$39 for both intro to Gemisphere and 7 Color Rays
Location: UPM Greenhouse

Introduction to Feng Shui
WE-18
Feng Shui is the Chinese system of design and placement as applied to one's home and workplace. The objective is to promote a harmonious living environment and a feeling of well-being. We will discuss ways to enhance your career, family, life, 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.
June Huszcar
Date: April 1 (Thursday)
Time: 7 - 9 pm
Fee: $18
Location: UPM Greenhouse

Chi Lei: Chi Gong
WE-23
Chi Lei is a self-healing method prescribed by the world's largest medicineless hospital in Quahuangdu, China. Chi Lei is a slow exercise that gathers and concentrates the Chi (vital life energy) and moves it through the body. As we work with this healing energy it helps to balance our inner energies to improve our health responses and the mind becomes tranquil. The exercises are done standing, but can be practiced while seated.
June Huszcar
Date: January 28 - March 18 (Thursday)
Time: 5:30 - 6 pm
Fee: $40
Location: UPM Conference Room
The courses on this page are offered for credit through The Division of Continuing Education with the cooperation of various KSU departments. Register for these at 131 College Court. Fees for these classes differ depending on special instructor and equipment needs. Enrollment, withdrawal and refunds are determined by University policy and handled at the Division of Continuing Education Registration office. Call 532-5566 for questions or information.

**Souba Diving**

**RRES-200**
This course will prepare students for Open Water certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving 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 KSU is responsible for it. Travel and lodging are at the student's expense. Students must provide their own mask, fins, and snorkel.

Instructor: Jeff Weller
Date: January 23 - March 13 (Saturday)
Time: 6:00 - 7:30 pm
Fee: $235
Location: KSU Natatorium
No Class Feb 6 & 20

**Golf**

**KIN 140 A, B, C, D**
This course will emphasize the fundamentals of the full swing; the shot game techniques of chipping, pitching, and sand shots; rules of play; course etiquettes, selection and use of equipment.

Instructor: Jim Gregory
Date: March 7, 14, 28 (Tuesday)
Time: 5:30 - 7:30 pm
Date: March 15, 22 (Tuesday)
Time: 5:30 - 7:30 pm
Date: March 24, 31 (Thursday)
Time: 9:30 - 11:30 am
Date: April 7, 14, 21 (Thursday)
Time: 9:30 - 11:30 am
Fee: $195
Location: Stoots Hill Golf Club
4441 Pt. Riley Blvd.

**Ballroom Dance**

**DANCE - 599 C**
Introduction to the principles of ballroom dancing, convert body alignment and posture, and partner techniques such as open and close positions, leading and following, and a variety of steps will be emphasized.

Instructor: Michael Bennett
Date: January 15-May 7 (Friday)
Time: 6:30 - 7:30 pm
Fee: $127
Location: KCM Auditorium
1021 Denison Ave.

**Intermediate Ballroom Dance**

**DANCE - 599 D**
This class will emphasize dancing with your partner and learning the routines. Foxtrot, Waltz, Rumba and Tango. Prior dance lessons are required.

Instructor: Michael Bennett
Date: January 15-May 7 (Friday)
Time: 7:30 - 9:00 pm
Fee: $127
Location: KCM Auditorium
1021 Denison Ave.

**Judo I**

**KIN 144**
Judo I is intended not for gaining proficiency, but to gain understanding of how principles of dynamics (force, acceleration, momentum, work, reaction, moment of inertia, etc.) are used to gain physical advantages (subduing the opponent). Techniques are selected for safety of participants and for demonstrating fundamental principles.

Instructor: Isaac Watahayashi
Date: January 14 - May 6 (Tuesday/Thursday)
Time: 7:30 - 8:30 pm
Fee: $100
Location: Arenas Fieldhouse

**Judo II**

**KIN - 145**
In Judo II participants continue to gain understanding of how principles of dynamics are used to gain physical advantages. New and advanced skills are taught along with safety techniques. In preparation for competitive effectiveness, techniques will be divided to fit the individual's physique.

Instructor: Isaac Watahayashi
Date: January 14 - May 6 (Tuesday/Thursday)
Time: 8:00 - 10:00 am
Fee: $110
Location: Arenas Fieldhouse

**Beginning Bowling**

**RRES-200**
This course will cover the basic fundamentals of bowling; how to choose a ball, stance, four-step approach, aim, spot bowling, proper release and spare converters system. Scoring, tournament play, rules and tips will also be taught.

Instructor: Terri Eddy
Session I
Date: January 20 - May 5 (Wednesday)
Time: 10:30 - 11:20 am
Session II
Date: January 21 - May 6 (Thursday)
Time: 11:00 - 11:50 am
Fee: $110
Location: Student Union Bowling Alley

**Fly Fishing**

**RRES-200**
This course will cover the proper techniques for performing 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. The class will be broken into two sections. The first section will cover casting. Fly rods, reels, lines, tippets, and leaders. The second section will cover fly tying equipment and techniques to tie dry flies, wet flies, and nymphs. All equipment needed will be provided by the instructor.

Instructor: Paul Sedemann
Session I
Date: February 17 - March 11 (Wednesday/Thursday)
Time: 6:00 - 8:00 pm
Session II
Date: March 31 - April 22 (Wednesday/Thursday)
Time: 6:00 - 8:00 pm
Fee: $184
Location: Blanchard Middle School
800 Walters Dr.

**DID YOU KNOW...** Foster parents provide a lifeline to children in need of care? These children are ages 0-17 and have been abused, neglected, or are facing family crises. Foster parents can be married or single, working in or outside the home, and be parents or childless. They receive extensive training, reimbursement for expenses, plenty of ongoing support, and the satisfaction that they have positively impacted the life of a child. To find out more, please call Mitti Fritzke at the Kansas Children's Service League at 1-888-977-3193 x 14.

Would you like to teach a class? Call us at 539-8763. We'd love to hear your idea!
Thanks for Your Support!

We wish to thank the following contributors for their financial assistance during 1998.
These donations help underwrite the general operating costs and scholarships that make other programs and services possible.

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Caroline Peine

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UFM Can Accept Donations in Many Forms
We will be glad to find a way to make a UFM donation fit your budget and convenience.

• Teach a Class—Donating your time to teach a UFM class can be deducted from your taxes at a dollar value.

• Stocks and Securities—UFM has a brokerage account that can accept donations of appreciated stock and other securities.

• Put Us in Your Will for future assistance.

• Equipment, Supplies or Services—UFM often has need for carpentry, yard care, miscellaneous equipment and specialty supplies. A donation in this area is also tax deductible.

• Cash—One-time payments, monthly or quarterly installments, credit card, billed or direct deposit.

Call Linda at 539-8763 for details.

What will a donation buy?
Gifts to UFM may be designated in several ways.

• General Operations—Keeps the catalog coming with a wide array of class choices and supports service projects.

• General Endowment—Supports long term program success.

• Scholarship Fund—Provides scholarships to adults and children with financial challenges.

• Program/series Endowment—A gift of $5,000 or more can ensure a regular series of classes/lectures around a topic of your interest.

Call Linda at 539-8763 to discuss these options.

It’s not too late to become a UFM Sponsor. Just return the coupon below with your deductible contribution.

YES!
I WANT TO SUPPORT UFM!

I wish to donate: $10 $25 $50 $100 Other
I would like to be billed in installments.
Call me regarding a gift to UFM.
Name: ____________________________ Home Phone ____________________________
Address: ____________________________ Work Phone ____________________________
City: ____________________________ State: ____________________________ Zip: ____________________________

E-mail ideas to: ufm@ksu.edu
REGISTRATION INFORMATION 3 WAYS TO REGISTER

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

UFM Class Registrations
1221 Thurston
Manhattan, Kansas 66502-5299

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

FOR YOU... One participant per form, please

UFM 1221 THURSTON
Manhattan, KS 66502 539-8763

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January authorize the use of my Visa | MasterCard | Discover

Card Number
Expiration Date

Card Holder's Name (Please Print)

Participant Statistics:
KSU Student | KSU Faculty/Staff | Ft Riley | Other

Where did you obtain your catalog?
A class I would like offered

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

Signature
Date

Registration by Phone
With your VISA, Discover or MasterCard number and expiration date ready, call (785) 539-8763 during regular business hours.

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

Youth Scholarships are available.

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

UFM 1221 THURSTON
Manhattan, KS 66502 539-8763

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