Leap into the New Year with a UFM spring class!

Classes for Everyone...
- Basics of Keyboard
- Fishing Kansas, Ages 8 to 80
- Intro to the Internet
- Cake Decorating
- Personal Strengths In & Out of Conflict
- Archery for Adults
- and much more...

UFM Community Learning Center
Teaching + Learning + Growing
2000 Spring Classes
OR CURRENT RESIDENT
Welcome to UFM Community Learning Center...

UFM Community Learning Center is a creative educational program serving Kansas State University, the Manhattan area and the state of Kansas. Based on the philosophy that everyone can learn and everyone can teach, UFM provides opportunities for lifelong learning and personal development. UFM serves as a forum for the exchange of ideas and as a catalyst for new programs and services that enhance the quality of life for all.

UFM is a unique program where the “facility” is the entire community. We rely very much on the interests and involvement of the community to make our programs work. In the past 31 years, over 8000 people have taken the time to share something they know with others. Our instructors have ranged in age from 11 to 94. Many volunteer their time. Others receive a small 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 two-thirds of our budget. Classes have run the A to Z of topics. Some of our most popular classes include: ballroom dance, golf, Tai Kwon Do, cake decorating and swimming. We are also known for offering unique classes you won’t find elsewhere. Look through the catalog for what’s new this semester.

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WHERE WE'RE LOCATED

UFM
1221 Thurston
Kearney St.
Thurston St.
Vattier St.
Anderson Ave.
Bluemont Ave.

GRASSROOTS COMMUNITY EDUCATION AWARD 1999

James D. Braden, a life insurance and investment broker in Clay Center, KS was the 1999 UFM Grassroots Community Education Award recipient. The 20th annual presentation of this award was made at the Lou Douglas Lecture held September 20 on the Kansas State University campus.

Braden was recognized for his efforts in creating the now 20-year-old Community Resource Act Program (CRA) that has helped 86 Kansas communities create their own community education programs using the volunteer model created by UFM Community Learning Center.

Braden served in the Kansas Legislature for 8 terms or 16 years as State Representative from the 64th Legislative District representing Clark, Dickinson, Geary and Riley Counties. During his tenure in the legislature, Jim served as Speaker of the House, House Majority Leader and Chair of several state, regional and national committees.

In 1975, UFM Community Learning Center, then known as University for Man, was awarded a grant to start community education in small rural towns in Kansas. An ACTION grant provided for 12 VISTA volunteers to coordinate program development in these small towns. Using UFM's model of utilizing community volunteers as teachers to share what they know with others, UFM selected 6 communities to begin programs. The next year another 6 communities were selected.

By 1978, more towns wanted to begin programs than UFM could assist. With the help of Jim Braden, legislation was written and introduced in the House of Representatives Education Committee. Members of several rural community education programs as well as UFM staff testified. In only a few weeks, the legislation passed both the house and the senate and the governor signed the bill into law in 1979. This effort has fueled community education and community development in 86 Kansas towns to date.

Braden was presented a windmill sculpture, the symbol of UFM's grassroots education program. The purpose of the award is to recognize someone who has made an outstanding contribution to grassroots community education and learning.

BOARD OF DIRECTORS

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The UFM office is open Monday-Friday 8:30 am - 5 pm (closed 12 Noon - 1 pm). Call if you need to visit the office at lunchtime and we will make arrangements to be open for you.

THANK YOU ADVERTISERS for your loyal support

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

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

DATE       TIME       LOCATION
Jan 18 Tues  10 a.m. - 2 p.m.  KSU Union
Jan 19 Wed   10 a.m. - 2 p.m.  KSU Union
Jan 14 Fri   5 - 6:30 p.m.  Manhattan Public Library

Registration continues throughout the semester:

UFM House—1221 Thurston
8:30 a.m. - 5 p.m. closed 12 noon - 1 p.m.

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@ksou.edu to share your ideas!

SPECIAL THANKS

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

To advertise your business or organization in the next UFM catalog, contact the UFM office 539-8763 by March 19th.

UFM accepts donations of money and usable office items. Private monetary donations help underwrite the costs of maintaining the UFM building, coordinating the catalog of classes and special projects such as scholarships, youth projects, literacy improvement or gardening.

Tax deductible contributions may be sent to UFM at 1221 Thurston, Manhattan, KS 66502.

UFM can also accept donations of office and household items. Our current wish list includes items listed below.

UFM Wish List

- String Weed trimmer
- Couch and chair
- Card tables
- New signage
- Folding chairs
- Volunteers to help with lawn and garden care
- Volunteers to paint the building

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

About UFM Classes

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

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

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

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

Learn to Swim Classes

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

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 13
Session B: Wednesday, March 15
Session C: Saturday, March 18
Session D: Tuesday/Thursday, February 29
Session E: Tuesday/Thursday, April 11

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

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

BEGINNING & ENDING DATES:
Session A: Mon., Feb. 14 - Apr. 24
Session B: Wed., Apr. 16 - Apr. 26
Session C: Sat., Feb. 26 - May 6
Session D: Tues./Thurs., Feb. 15 - Mar. 16
Session E: Tues./Thurs., Mar. 20 - Apr. 27

No lessons on March 20 - 25

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

Level II: Primary Skills
The objective of Level II is to give students success with fundamental skills. Students learn to float without support and to recover to a vertical position. This level marks the beginning of trial locomotion skills and adds to self-help and basic rescue skills begun in Level I. Students entering this course must have a Level I certificate or must be able to demonstrate all the completion requirements of Level I.

Session A: (See dates above)
AQ-MA Monday, 6:30 - 6:50 pm
Session B: (See dates above)
AQ-3B Wednesday, 6:30 - 6:50 pm
Session C: (See dates above)
AQ-SC Saturday, 10:30 - 11:30 am
Session D: (See dates above)
AQ-3D Tues./Thurs., 6:45 - 7:25 pm
Session E: (See dates above)
AQ-3E Tues./Thurs., 6:45 - 7:25 pm
Fees: $38 per session

Level III: Stroke Readiness
The objective of Level III is to build on skills in Level II by providing additional guided practice. Students will learn to coordinate the front and back crawl. They will be introduced to the elementary back stroke and to the fundamentals of treading water. Students will also learn roles for safe driving and begin to learn to dive from the side of the pool.

Students entering this course must have a Level II certificate or must be able to demonstrate all the completion requirements in Level II.

Session A: (See dates above)
AQ-7A Monday, 6:30 - 6:50 pm
Session B: (See dates above)
AQ-7B Wednesday, 6:30 - 6:50 pm
Session C: (See dates above)
AQ-7C Saturday, 9:30 - 10:10 am
Session D: (See dates above)
AQ-7D Tues./Thurs., 6:30 - 7:10 pm
Session E: (See dates above)
AQ-7E Tues./Thurs., 6:45 - 7:25 pm
Session F: (See dates above)
AQ-8E Tues./Thurs., 6:45 - 7:25 pm
Fees: $38 per session

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

Session A: (See dates above)
AQ-10A Monday, 6:30 - 6:50 pm
Session B: (See dates above)
AQ-10B Wednesday, 6:30 - 6:50 pm
Session C: (See dates above)
AQ-10C Saturday, 9:30 - 10:10 am
Session D: (See dates above)
AQ-10D Tues./Thurs., 6:45 - 7:25 pm
Session E: (See dates above)
AQ-10E Tues./Thurs., 6:45 - 7:25 pm
Fees: $38 per session

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

Aquatics

1221 THURSTON 539-8763

Level I: Water Exploration
The objective of Level I is to help swimmers feel comfortable in water and to enjoy the water safely. Students will be introduced to some necessary aquatic skills which will be built on as they progress through the Learn to Swim program. A student is considered Level I when they are mature enough to participate in a group setting without their parent.

Session A: (See dates above)
AQ-01A Monday, 6:30 - 6:50 pm
Session B: (See dates above)
AQ-01B Wednesday, 6:30 - 6:50 pm
Session C: (See dates above)
AQ-01C Saturday, 9:30 - 10:10 am
Session D: (See dates above)
AQ-01D Sunday, 10:30 - 11:50 am
Session E: (See dates above)
AQ-01E Tues./Thurs., 6:45 - 7:25 pm
Session F: (See dates above)
AQ-01E Tues./Thurs., 6:45 - 7:25 pm
Fees: $38 per session

Do you have any BRIGHT ideas for classes? Call Charlene at UFM, 539-8763

Youth Scholarships are available through the YES! fund. Call UFM at 539-8763 for details.

We now have E-mail access: ufm@ksu.edu

4
Scuba Diving
This class will prepare students for Open Water certification. Areas to be covered include: introductory information for certification, knowledge of the equipment, photos of diving, medical problems related to diving, use of dive tables, diving environment, and general information. The date of certification will be determined later. The certificate is included in the class fee. However, neither, UFM nor KSU, is responsible for this certification. Travel and airfare are at the student’s expense. Students must provide their own mask, fins, and snorkel.

Jeff Wilson (776-2563) has been diving for 25 years and instructing scuba for 15 years.

Date: January 22 - March 11 (Sat)
Time: 9 a.m. - 1 p.m.
Fee: $235 credit/$310 non-credit
Location: YMCA, 1700 McFarland
Junction City, KS

Scuba Diving III

Jeff Wilson

Date: Feb. 6 - March 12 (Sunday)
Time: 9 a.m. - 3 p.m.
Fee: $235 credit/$310 non-credit
Location: YMCA, 1700 McFarland
Junction City, KS

Water Safety Instructor

AQ-34
How about a job by the pool? Receive a WSF certification to teach the American Red Cross Learn to Swim and Water Safety courses. This course includes the swimming and Instructor Candidate Training required by the American Red Cross. Prerequisites: Participants must be 17 years of age by the first day of class and must successfully complete a pretest on their knowledge of aquatic and safety skills, as well as stroke proficiency and rescue skills.

Cindy Smith (599-1)
Date: May 15 - 26 (Mon - Fri)
Time: Monday - Friday, 9 - 5 p.m.
Fee: $144 (Textbooks and equipment are included and picked up at the American Red Cross for $46)
Location: KSU Natatorium

Lifeguard Training

AQ-35
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 behavior of a professional manner, how to recognize significant characteristics of drowning behaviors of disoriented victims, and active and passive drowning victims; to recognize an aquatic emergency, and act promptly and appropriately; to perform equipment-based rescue skills and techniques used by professional lifeguards to recognize and care for a possible spinal injury; and how to provide first aid and CPR.

Powers: A minimum of 15, head-to-toe water for 2 minutes using legs only; swim 500 yards continuously with combination of crawl, breaststroke, and side stroke; submerge 7 feet, retrieve a 10-pound object and return to the surface. Certification requirements successfully complete all critical skills, pass 2 written tests, and pass 2 skills tests. Certification includes Lifeguard Training, First Aid, and CPR for the Professional Rescuer.

Chris Brunton (597-3064)
Date: May 22 - June 26 (Mon-Fri) 30
Time: 9 a.m. - 1:30 p.m.
Fee: $109 (Textbooks and equipment are sold for $46)
Location: KSU Natatorium

look for the UFM Catalog on the web at www.ksu.edu/ufm
Gain Control of YOUR Money

Are you tired of paying too much for the things you want? Do you have money set aside for a rainy day or an emergency? Do you have a plan for your retirement years? These are all important questions that most people need to consider when managing their finances. Today's seminar will provide you with practical tips and strategies to help you take control of your money and plan for the future.

Date: March 13 (Monday)
Time: 7:00 - 9:00 pm
Fee: $20
Location: Waddell & Reed, Suite 280
555 Poyntz Ave.

KIDS & MONEY

As parents, we often teach our children that "money doesn't grow on trees," but do we explain how money grows? The goal of this class is to help young people understand the value of money and how it works. Basic money concepts will be covered, including the importance of saving and budgeting, understanding credit scores, and the impact of financial decisions on their future.

Date: April 3 (Tuesday)
Time: 7:00 - 9:00 pm
Fee: $10 individual/$10 couple
Location: UFM Conference Room
CAREER & FINANCE (Continued)

Financial Needs of Small Business Owners FC-13a

Designed to meet the needs of busy small business owners and those who are planning to start a new business, class topics include cash management tools, financing, retirement plans available to small business owners and tax considerations for small businesses. Participants will evaluate their current and expected future needs and explore planning methods to achieve long-term business goals.

D.C. Lehmun (765-9102)

Date: January 32 (Thursday)
Time: 8 a.m. - 11 a.m.
Location: College Square, 2nd floor conference room
55S Pointe Ave.

Financial Needs of Small Business Owners FC-13b

A New Look at Business Management: Activity Based Costing FC-13c

This is a growing system used by government, international and private sectors. This method goes beyond or replaces the traditional book keeping. Activity based costing is a new way of looking at how you run your business. The seminar will cover the activities and ask questions of why and how. Any Woodsawyer (239-0425) is the current manager of the Activity Based Costing program for the Directorate of Environment and Safety at Ft. Riley. She worked as accountant/auditor to pay college and post graduate studies. She has expertise in the management of Music and Theater Divisions, youth activities, recreation centers, arts and craft shops, and a new executive and management/budget training professional.

Date: April 10 - May 1 (Monday)
Time: 7 a.m. - 9 a.m.
Location: UPM Firepoe Room

Personal Strengths In & Out of Conflict FC-14a

Learn ways to manage conflict more effectively. Objectives of this session include: To increase your understanding of kinds of conflict and different ways conflict is managed. To identify sources of conflict. To become aware of personal strengths in relating to others under two conditions: when everything is going well and when they are faced with conflict. To provide effective mechanisms for resolving personal conflict.

Terrie R. McCane (532-9958) is a summum cum laude, Phi Beta Kappa graduate of the University of Colorado in Denver. She is known statewide for her organizational efforts in leadership development and training. She is a 17-year Kansas resident who has served in leadership capacities as the co-founder and chair of the Kansas State Leadership Forum, serving as its first president. She was also a member of the 1988 class, board member, and 1992 program chair of Leadership Kansas. Professionally certified in mediation, she is a 1994 graduate of the Center for Dispute Resolution (CDR) Associates of Boulder, Colorado. She has received advanced training in Divorce and Child Custody mediation, Case Management of Domestic Case Disputes, Public Policy Mediation, and Cross-Cultural Mediation. Prior to her returning as a graduate student in Psychology at KS-State, she was also a partner in Consensus Mediation.

Date: February 10 (Thursday)
Time: 9:30 a.m.
Fee: $139 includes all readings and score information
Location: UPM Conference Room

Understanding Your Finances FC-14b

This class will help you understand and organize your finances. Many times people do not really understand their own situation. They own mutual funds, life insurance, savings accounts, CDs or other investments because it seems like a good idea when they bought them. We will determine what investments are appropriate and inappropriate for you.

Jeff Donald (484-2436) has been a financial advisor with Waddell & Reed for 11 years. He has an accounting degree from K-State.

Date: March 14 (Tuesday)
Time: 7 p.m.
Fee: $6
Location: Waddell & Reed, Conference Room
55S Pointe Ave.
Earth, Nature & Environment
1221 THURSTON 539-8763

Landscaping Around the House
Learn the basics of landscaping your home. Different
resources, available locally, will be discussed with limited
discussion on advantages and disadvantages of plant materi-
al. This course will be a must for new residents to the
Manhattan Community or those of us with "brown thumbs."
Ales Ladd (507-6150) 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-
ing process and everyone needs to keep updated on areas of
interest to them. Two Little has used his degree in
Horticulture and Landscape Architecture to help design
award-winning landscape plans for over 10 years. Hittle
Landscape Architects is the design firm that Tom operates and
offers design services to commercial and residential
clients in the area. Gregg Evertson has used his horticulture
degree from KSU as a County Extension Agent for 9 years.
He has presented many landscaping classes and is looking
forward to working with individuals with landscaping chal-
lenges.

Date: February 15, 22 & 29 (Tuesday)
Time: 7 - 9 pm
Fee: $5
Location: Riley County Extension Office
110 Courthouse Plaza

Fishing Kansas: Ages 8 to 80
Paul Miller (559-7154) is a resident of Kansas who has
fished on and around the state and caught all sorts of fish.
He recently retired from the State Wildlife and Parks
Department and is now a licensed guide on waters around
Manhattan. He is willing to share bits of fishing information
with students in this class. Leo Schott is an avid crappie fish-
ermen and former elementary school teacher who previously
taught a UMF class titled "Kids and Crappie in Kansas" and
wrote a handbook, "Paul and Leo Take You Fishing Kansas:
Ages 8 to 80." Last spring also.

Date: March 15 & 29 (Wednesday)
Time: 6:30 - 9 pm
Fee: $6 individual/$12 child and parent/guardian
Location: Manhattan Public Library Auditorium

Fly Fishing
This course will cover the proper techniques for performing
four basic fly casting techniques: roll casting, pick up and put
down, false casting and shooting a line. We will also cover
fly tying, fly and fishing equipment. The class will be bro-
ten 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 fly, wet,
flies, and nymphs. All equipment needed will be provided by
the instructor.

Paul Saudamer (494-2340)
Date: January 19 - February 10 (Wed/Thurs)
Time: 6 - 8 pm
Fee: $144 credit/$85 non-credit
Location: To Be Announced

Northeast Community Park—How to Turn a Dream into Reality
Presenters will give a close look at the grass-
root effort that is bringing a new community
park to Manhattan. Unique aspects of this park
include a natural area, hiking/hunting trail,
woodland, prairie, and educational nature trails.
Find out how northeast community residents successfully
obtained grants, support from the local Audubon Chapter, and
negotiated the political process to turn the dream into a
park into reality. Also, find out how you can get involved
as construction of the park begins later this year.
Presenters will include: Steve and Mary Fellen, Lee
Harrell, Wayne Con, Doug Benner, and other area residents.
A discussion will follow, but we hope you will provide ideas
and incentive for others. For more information, contact
Rhonda Janke at 352-0069.

What Does Organically Grown
Really Mean?
This discussion is for consumers, gardeners, and
curious farmers. What does the word "organic"
really mean? Is it the same thing as "natural"? Is
"certified" organic different from just organic?
How do you know if something really is organic? Is it
pesticide free? For the latest scoop on these and other
issues, come and find out what is happening internationally,
nationally, and on local Kansas farms. Join us to learn more
about what you can become a savvy organic consumer.
Rhonda Janke (532-0409) is the Sustainable Cropping
Systems Extension Specialist at KSU. She has conducted
research at the Rodale Institute in Pennsylvania and on
organic farms in Kansas for over 14 years. She also grows
organic vegetables, poultry, and bees on her farm outside
Wamego. Mike Bondt (539-4813) is manager of People's
Grocery and an organic gardener.

Sustainable Manhattan Community Roundtable Series
Sustainability is the new way of thinking about
an age-old concern — ensuring that our chil-
dren and grandchildren inherit a tomorrow that
is at least as good as today, and preferably bet-
"er. We want to make sure that the way we live
our lives is sustainable — that it can continue and keep
improving for a long, long time. Sustainability is about
finding new ways of doing things that can both solve
problems and improve our quality of life, both now and in
the future.
These sessions are offered at NO COST and you may sign
up for any that interest you. Join Sustainable Manhattan
as we explore the issues that will shape the future of our
community.

What Does it Take to Build
a Sustainable Community?
What does it mean to be sustainable? Why
should we strive to be a sustainable communi-
ty? What other communities are working
toward this goal? What does Manhattan have that we can
point to as examples? What principles should guide our
decisions today to preserve options for future generations?
Join Sustainable Manhattan for a discussion of these and
other important questions that are at the core of our community's
present and future quality of life.

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Fly Fishing
Paul Saudamer (494-2340)
Date: February 16 - March 9 (Wed/Thurs)
Time: 6 - 8 pm
Fee: $144 credit/$85 non-credit
Location: To Be Announced

Interested in learning about and protecting
the environment?
Join the Northern
Filinthills Audubon Society
• Monthly educational programs on a variety of local, state,
national and international environmental topics
• Field trips and bird watching to local natural areas
(children welcome); call Gerald Wiens 555-9282 or
Patricia Yaeger 776-9993
• Informative monthly newsletter, The Prairie Falcon,
in your mailbox or on the web at http://www.ksu.edu/
audubon/falcon.htm
• Active involvement in a variety of local, state, national
and global conservation issues (we need your help)
• Birdseed sales (Mike Proctor 539-4083)
• For more information call Dolly Guider 537-4102

SUNWRIGHTS
Solar Electric Hardware & Design Services
Bill Dorsett
1715 Leavenworth
PV (915) 539-1956
Manhattan, KS 66502

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

UFM classes make great gifts.

EN-02
EN-06
EN-13
EN-14
EN-15
0
0
0
Spring Plant Swapping
EN-17
As the perennials you have multiply, do you wish you had less of them and more of something else? Rejuvenate your flower garden by dividing your perennials and bringing them in to trade for other varieties to enhance your color and variety. Call and register to let us know what you will have to swap. Examples: Iris, peony, buddleia, viburnum, and columbine etc. Note: Divide bulbs only if they have already bloomed. You may drop off your plants to UFM on April 20 and 21.
Colleen Hampton & other gardeners
Date: April 22 (Saturday)
Time: 10 am - 1 pm
Fee: N/C
Location: UFM Greenhouse

The Best Plants for Shady Sites
EN-22
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 more luck! We will discuss the growing requirements of any shade-loving and partial shade plants (annuals and perennials) that will give you both foliage and bloom!
Colleen Hampton (639-5934)
Date: April 15 (Saturday)
Time: 10 am - 12 pm
Fee: $8
Location: UFM Greenhouse

Gardening 101 the Basics
EN-19a
Welcome to America’s #1 hobby! As a new gardener, you may be wondering about site selection, soil types, what to plant cool-season 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
Date: March 11 (Saturday)
Time: 10 am - 12 pm
Fee: $8
Location: UFM Greenhouse

Perennial Flowers
EN-20
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 perennials and when each blooms, how to get season-long color, and other planting and growing tips. Be the envy of your neighborhood with minimal effort!
Colleen Hampton
Date: April 1 (Saturday)
Time: 10 am - 12 pm
Fee: $8
Location: UFM Greenhouse

Growing Cool-Season Vegetables
EN-18
Don’t plant your green beans in March! Plant peas instead! When is the right time to plant your cabbages? We’ll discuss when and how to plant the March and April season vegetables (and the common problems associated with them) so you can enjoy a bountiful harvest beginning in April.
Colleen Hampton has been a UFM instructor since the spring of 1995, teaching a wide variety of gardening classes. She was UFM’s Naturalist 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 Hemerocallis Club.
Date: March 7 (Tuesday)
Time: 7 - 9 pm
Fee: $8
Location: UFM Greenhouse

A Brain Teaser for You
EN-16
Connect the dots with four straight lines. The catch—you may not pick up the pencil as you make the lines.

Growing Warm-Season Vegetables
EN-21
Be the first on your block to harvest red, ripe tomatoes this summer! Learn about the soils and needs of the common (and not so common!) grown summer vegetables that are typically planted in late spring early summer and how to have them ready for harvesting as early as June!
Colleen Hampton
Date: April 4 (Tuesday)
Time: 7 - 9 pm
Fee: $8
Location: UFM Greenhouse

Important Rocks & Fossils in N.E. Kansas
EN-23
There are wide varieties of stones and fossils as they came from Pennsylvania, Pennsylvanian times, and one brought down by the Kansas Glacier form as far away as the Lake Superior region. After a brief discussion of the geological periods, actual specimens will be shown and their importance considered. Locations where they can be found will be given. This class is suitable for adults and children. Free samples will be available.
Dr. J.C. Lanning (637-7990) Professor Emeritus of Chemistry at K-State, is a long-time member of the Manhattan Mineral, Gem and Fossil Club.
Date: February 22 (Tuesday)
Time: 7 - 9:30 pm
Fee: $8 (individual)/$12 family
Location: UFM Fireplace Room

Do you have any BRIGHT ideas for classes? Call Charlene at UFM, 539-8763

Manhattan Community Garden
Plot Sign-up
The Manhattan Community Garden is a UFM-sponsored cooperative project located on 2 1/2 acres in the south part of Manhattan. Over 160 plots are available on an annual basis. Rent per plot is charged on a sliding scale basis. Water, tools, mulch and advice are provided. Plot rental fees range from 2.5 to 5 cents per square foot. Plots are available in various sizes. A $10 deposit is also required.

Spring 2000 sign-up dates
Returning Gardeners
Feb. 2, Wednesday, 7:30 pm at UFM
Feb. 12, Saturday, 10 am at UFM
New Gardeners
March 1, Wednesday, 7:30 pm at UFM
March 11, Saturday, 10 am at UFM
April 8, Saturday, 10 am at the garden, 9th and Riley Lane
Call 539-8763 for more information

THANK YOU ADVERTISERS for your loyal support.
Exploring Varieties of Christian Spirituality
1221 THURSTON 539-8763

SP-11

Participants will learn about and experience a variety of Christian spiritual traditions. Some of the traditions we may explore include those of the early church fathers, monastics, mendicants, Calvinists, Lutherans, Ignatians, Anglicans, Unitarians, Afro-Americans, Marxists, and feminists. Class time will be divided equally between lecture and practice.

Res: David Iowa (309-430) is the campus pastor at the Ecumenical Campus Ministry at K-State. He received a Ph.D. in Church History from Vanderbilt University.

Date: January 31 - April 10 (Monday)
Time: 8 - 9 pm
Fee: $8
Location: ECM Campus Center
201 Dension Ave.

Balancing the Four Corners of Your Life
SP-02

This course takes an introspective approach to acknowledging and balancing the four aspects of your self—intellectual, physical, emotional, and spiritual.

Angela Hayes (776-2070) has a bachelor's degree in Psychology and a master's degree in Industrial/Organization Psychology. She has been teaching and counseling with individuals and groups since 1987 in areas such as conflict management, communication skills and goal setting. She has done work on the national and international level. Carmen Ruiz-Harmon is a recovering attorney who believes her true calling is to help others learn how to manage and resolve their personal, interpersonal, and organizational conflicts in ways that make the journey simple and fulfilling.

Date: January 21, 26 & February 2 (Wednesday)
Time: 7:30 - 9:30 pm
Fee: $34
Location: UFM Conference Room

SHARP Self-Defense for Women
SP-01

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 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.

Dina Tavrow (827-7320) has a black belt in Taekwondo and is a certified instructor with the American Taekwondo Association. She has 14 years experience teaching martial arts, police defensive tactics and Sexual Harassment Assault and Rape Prevention for Women.

Date: January 31 (Monday)
Time: 6:30 - 9:30 pm
Fee: $18 (individual)/$30 mother-daughter
Location: First Lutheran Church (Basement), Enter at North Doors, 95 Poyntz

The Art of Evasiveness
SP-13

This course will be an experience in being two people. Participants will learn a variety of techniques to confuse and divert the other person while dominating the conversation.

Dr. A. Void is a professor at Division University with a specialty in sidetracking. He has a B.S. in Communication.

Date: April 1 (Saturday)
Time: 6:00 - 8:30 pm
Fee: $50
Location: Diversionary Hall, Room 11

Personal Strengths in & Out of Conflict
FC-16

Learn ways to manage conflict more effectively. Objectives of this session include: To increase your sense of conflict and different ways conflict is managed, To identify sources of conflict, To become aware of personal strengths in relating to others under two conditions: when everything is going well and when they are faced with conflict. To provide effective mechanisms for resolving personal conflict.

Terr R. McCants (520-530) is a master's student in human relations, Phi Beta Kappa graduate of the University of Colorado, is known statewide for her organizational efforts in leadership development and training. She is a 17-year Kansas resident who has served in leadership capacities as the co-organizer and first chair of the Kansas State Leadership Forum, serving as its first president. She was also a member of the 1988 class, board member, and 1992 program chair of Leadership Kansas. Professionally certified in mediation, she is a 1994 graduate of the Center for Dispute Resolution (CDR Associates) of Boulder, Colorado. She has received advanced training in Divorce and Child Custody mediation, Case Management of Domestic Case Disputes, Public Policy Mediation, and Cross-Cultural Mediation. Prior to her returning as a graduate student in Psychology at K-State, she was also a part of a Kansas Mediation Center.

Date: February 10 (Thursday)
Time: 7 - 9:30 pm
Fee: $15 fee includes inventory with score information
Location: UFM Conference Room

Manhattan Arts Center
Community Theatre
PRIVATE LIVES
by Noel Coward
Feb 25-27, Mar 2-5

Noel Coward's classic comedy about two couples haying a meeting of adversaries who discover (too late) that they have married the wrong people.

COMPANY
Apr 28, May 4-7
Music & lyrics: Stephen Sondheim, Book & Furch A business musical, winner of 8 Tony Award citations, contemporary look at the ups and downs of ownership and marriage by the brilliant creator of Into the Wood and Sweetie Pood.
Call 539-6000 / email boxoffice@ManhattanArts.org for information and tickets.

ALSO at THE MANHATTAN ARTS CENTER:
Hear & Now staged readings
The Black Music Connection
Film Society—a year of high quality films
Educational programs—visual & performing arts for all ages
Galleries—featuring local, regional and national artists

Free Internet Classes
Sign up at Manhattan Public Library Information Desk, 629 Poyntz Ave., or call 776-4741 ext. 173.

Internet Basics
Learn about the World Wide Web, computer terminology, and how to use a mouse. This hands-on session is specifically for people who have limited or no computer experience.

Eager for E-Mail
Set up a free account on the World Wide Web, send electronic messages. Prerequisite: Internet Basics or comparable computer experience.

Manhattan on the Web
Explore Manhattan through the CORE home page; become familiar with web sites created and maintained by a variety of community organizations.

Using the Library from Home
Using Manhattan Public Library's website: search for materials, place holds, renew, find out when materials are due; connect to dozens of recommended online information resources.

Internet for Parents and Kids
Learn about opportunities and support available for family use of the internet: issues of safety and validity, good sites for fun and information, filtering.

We now have email access: ufm@ksu.edu

Community Technology Center
A collaborative project of Manhattan Public Library
<http://www.manhattan.lib.ks.us>

Community Online Resource Exchange (CORE)
<http://www.core.manhattan.lib.ks.us>
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.

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

**Integrative Bodywork**
2750 Brittany Terr. #10
Manhattan, KS 66502
(785) 776-9904

- **Jack Windhorst**
- **Role of**
- • Massage Therapy
- Vera Orlot
- • Body - Mind Centering*
- • Structural Integration
- • Cranial - Sacral Therapy

**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
339-9113
Dr. Larry Dall
1130 Westport Dr.
Manhattan, KS 66502
(785) 539-9113

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

**Resco Chiropractic**
3230 Kimball Ave.
Manhattan, KS 66502
(785) 537-7500

Dr. Resco
Resco Chiropractic "for kids and their families" features computerized spinal analysis, allowing you to see how your nerve system is functioning. Children’s Chiropractic Information Center™ a free resource library on a drug-free approach to health care. Resco Chiropractic is located in the Candlewood Shopping Center.

**Body First**
2316 Anderson Ave.
Manhattan, KS 66502
(785) 867-8300

- **Doug Sellars/Laura Ebert**
- • Swedish Massage
- • Reflexology
- • Neuro-Muscular
- • Acupuncture
- • Hydrotherapy

Hours: Mon-Fri 8 am - 7 pm; Sat 9 am - 6 pm
- • Gift Certificates
- www.bodyfirst.com

**Dot Tucker**
2810 Johnson Valley Dr.
Manhattan, KS 66503
(785) 776-6776

• Specializing in massage for women
- Graduate of Central California School of Body Therapy
- For more info call or e-mail dotdot676@aol.com

**Enell Foerster**
920 Ratone
Manhattan, KS 66502
(785) 537-0977

- • Body Recall
- • Chi Lei
- • The Heart Meditation
- • Sunriver Herbal foods and Kandesan 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

**Four Winds Therapeutic Massage**
1114 Laramie St.
Manhattan, KS 66502
(785) 539-8763

- **Bernice Martin**
  - Licensed Massage Therapist
  - Therapeutic Massage
  - Sessel Massage
  - Hot Tub
  - Sauna
  - Meditation Area
  - Self-Help Library
  - Creative Play Area

**Lifecenter Bodywork**
(785) 537-3607

- **Sandra Snyder**
  - Reiki
  - Deep Tissue Massage
  - Sports Massage
  - Reflexology
  - Infant Massage
  - Pets Massage

**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 Flour
- Food Allergies? Come See Us!
UFM’s Holistic Health Directory

WELLNESS/EXERCISE PROGRAMS

L.I.F.E.
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.

L.FM 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 the non-swimmer will benefit from the class. Classes will be held Mon/ Wed, Tues/Thurs or Mon-Thurs at 6:35 to 7:30 pm. To register, please call UFM at 539-8763.

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

UFM’s Holistic Health & Body Works Fair
Saturday, April 8, 10 am to 3 pm
Free Admission

Learn about the alternative/complementary health options that are available in the Manhattan area.

* Ann Zimmerman’s musical performance at 1pm,
  Ann’s compact disc & cassettes available
* The Art of Jin Shin Jyutsu lecture by Karma Smith at 2pm
* Naturopathy - Natural Medicines with focus on herbs by Mark Miller at 11am

* Massage Sessions * Chiropractic Practitioners
* Alternative Therapies * Health Products
* Wellness Topics * Lectures
* Products * Crafts * Music * Fun * Food * Door Prizes

Massage Therapy by Sandy Snyder
Chiropractic Spinal/Nerve System Screening by Dr. Royce Resco
Chi Lel, Body Recall, & Essential Oils by Enell Foerster to schedule, call 537-0977
Gemsphere Energy Medicine by June Hunzeker to schedule, call 539-0370

Space is available for practitioners and related health products and programs.
For more information, call Charlene at UFM, (785) 539-8763
UFM Wellness Classes

UFM continues to offer a variety of wellness and personal development classes. These classes give individuals opportunities to learn about holistic health and other alternative/complementary health options. The classes also create networking opportunities, where people can meet and share similar interests. Many of the instructors have studied extensively to learn ancient healing arts from different countries and cultures. Classes offered this spring include the following:

Introducing Jin Shin Jyutsu: A Self-Help Class
An ancient art of releasing the tensions which are the causes of various symptoms of discomfort. Our bodies contain energy pathways which become blocked through daily physical, mental, emotional or spiritual stress, resulting in pain and discomfort. 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.

Continuing Jin Shin Jyutsu: Self-Help
In this class we will focus on developing a deeper understanding and experience of the Safety Energy Locks and the Deeps in order to be better able to release our tensions and support the body/mind’s natural healing and harmonizing capacities.

Yoga for Everyone
Yoga is a useful tool to help anyone with the physical, mental and emotional challenges we all encounter in our lives. The focus will be on the practice of asana (postures) and pranayama (breathing exercises) as well as developing a personal practice for each individual.

Introduction to Reiki
An ancient holistic health practice in which Universal Life Energy supports the body’s natural ability to heal itself. These techniques promote the well-being of mind, body and spirit and a sense of peace and relaxation. Reiki involves light hand placement on the body. It can ease pain and relieve stress and tension.

Massage for the Individual
Learn the basic principles of the therapeutic massage and a self-massage routine that can be adapted to meet your personal needs.

Massage for Couples
Basic principles of therapeutic massage and the role of massage in maintaining health will be covered in the class. (Swedish Style)

Massage, Relaxation Techniques for Pain Relief
Learn relaxation techniques and stretching instructions to relieve daily tension and pain due to stress. An onsite massage chair will be used for a five minute demonstration that concentrates on neck and shoulder relief.

Tai Chi for Ages 55+
This class is designed for individuals 55 and older. Participants will learn nine movements, which are simplified. This ancient Chinese exercise is slow moving exercise that increases the balance and harmony of the body, mind and spirit.

Introduction to Feng Shui
An ancient Chinese system of design and placement as applied in one’s home and workplace. The objective is to promote a harmonious living environment and a feeling of well-being.

Pre-Natal Partners Massage
Couples will learn basic massage techniques to use throughout pregnancy and help the expectant mother to relax. This class will focus on ways of easing tension and tech specific points to relieve the discomforts of pregnancy.

Infant Massage
New parents will learn how to create an amazing bond with their child through massage. You will learn basic massage techniques to help circulation, promote relaxation, and give both parent and child a positive, healthy attitude.

For Information contact:
Karma Smith 785-539-3723
Ana Franklin 785-537-6224
Lexi Rappaport 785-532-0616
Bob and Kay Sinnett 785-539-5748
Christine Van Swaay 785-539-5439
Stan Stitz voice mail 800-204-4851 or email: dragons@networkplus.net

The Pure Mind Center has been organized and is being developed through the cooperative efforts of several practitioners and teachers of the meditative arts in Manhattan.

“The Dome” has been donated for this use by the Pure Mind Foundation, 1228 Westloop, Manhattan, KS 66502

 PURE MIND CENTER FOR THE MEDITATIVE ARTS

- Its purpose is to provide facilities for the study and practice of a variety of spiritual, meditative, and holistic health practices. The Pure Mind Center welcomes practitioners and teachers from different traditions who are seeking space for their practices or would like to offer teachings or workshops.
- Presently we have scheduled the Manhattan Zen Group; The Yoga Connection with Ana Franklin; Introductory, Beginning and Advanced Meditation Classes; Jin Shin Jyutsu Self-help Classes and Individual Sessions with Karma Smith; Silent Sitting Practice; Tai Chi Practice; Advanced Pure Mind Practice with Stan Stitz.
- We also host several UFM classes. See the UFM catalogue for information.

631 Levee Drive
next to the Animal Shelter

Special thanks to all UFM INSTRUCTORS who volunteer their time!
Beginning Sign Language
This class is designed for individuals who are interested in learning the basic skills of American Sign Language. Students will be instructed in the Manual Alphabet & a vocabulary of about 200 functional signs. Gallaudet's Survival Guide to Signings is available at Walden Books.

Date: January 18 - February 22 (Tuesdays)
Time: 7 - 8:30 pm
Fee: $46
Location: 341 Justin Hall, KSU

Linguistics
LA-09

Linguistics is the scientific study of human language and languages. This course will be an introduction to the fundamentals of linguistics and linguistic thinking. We will see how languages study the world's languages by looking at the various sounds (phonetics, phonology), word and sentence structure (morphology, syntax), how languages are classified (typology), language history and reconstruction of older forms of language (historical linguistics). Other topics could include attempts toward language in light of English-only policies and Ebonics. It is not necessary to know other languages to take this course.

Julie Kyle (537-9070) has lived in Manhattan for much of his life and is currently working on a Ph.D. in Linguistics at the University of Kansas. He has done work on Native American languages in the areas of phonology and also language revitalization.

Date: February 2, 9, 16 & 23 (Wednesday)
Time: 7 - 8:30 pm
Fee: $46
Location: UFM Multi-Purpose Room

"Things work out best for those who make the best of the way things work out."
—Anonymous

ESL English Language as a Second Language
LA-01a

Improvisational English course is for those who would like to expand their knowledge of Survival English. The class will start at an elementary level and progress toward higher levels of English. The course will include exercises in speaking, reading, and listening.

Agnes Chlud has a degree in teaching ESL. She has taught English on different levels. She enjoys helping students develop their English skills from stemmering sentences to fluency. She is an enthusiastic language learner herself. Her native tongue is Hungarian. She has studied English, Russian and French languages.

Date: January 13 - March 2 (Tuesday/Thursday)
Time: 7 - 8:30 pm
Fee: $46
Location: UFM Multi-Purpose Room

ESL English Language as a Second Language
LA-01b

Agnes Chlud

Date: March 7 - May 4 (Tuesday/Thursday)
Time: 7 - 8:30 pm
Fee: $46
Location: UFM Multi-Purpose Room

Survival Skills in Czech
LA-07

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

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

Date: January 19 (Wednesday) - dates will be issued at the 1st meeting
Time: 7:00 pm
Fee: $46
Location: UFM Conference Room

French
LA-02a

Are you planning a trip to France or would you like to learn the language? This class is an introduction to French. The emphasis will be on conversation, grammar, proper pronunciation, and everyday vocabulary, including greetings, telling time, weather, family, travel, food and restaurant words.

Emile Rabib (537-9033), a naturalized citizen, was originally from Tanta, Egypt. His training course, "Stage de Formation Pedagogique," was from the Catholic University of West-Anjou, France. He received a French Diploma from the Egyptian Government and the Embassy of France in Cairo, Egypt. His teaching experience includes working with adult Egyptian teachers, primary level students and teaching French for 20 years at a Jesuit French School in Cairo.

Date: January 16 - February 16 (Monday/Wednesday)
Time: 7 - 8:30 pm
Fee: $87
Location: UFM Greenhouse

French
LA-02b

Emile Rabib

Date: February 1 - March 15 (Monday/Wednesday)
Time: 7 - 8:30 pm
Fee: $87
Location: UFM Greenhouse

French
LA-02c

Emile Rabib

Date: March 27 - April 19 (Monday/Wednesday)
Time: 7 - 8:30 pm
Fee: $87
Location: UFM Greenhouse

For more information, call 539-0873

Riley County Historical Museum
2309 Clifton
• Exhibits of Riley County history—pioneer days to the present
• Research Library by appointment
• Educational programs
• Speakers bureau
8:30-5:00 Tuesday-Friday
2:00-5:00 Saturday-Sunday

Goodnow House Museum
2309 Clifton
• Home of Isabel Goodnow (founder of KSU and Manhattan)
• Free state advocate
• Educator (common school to college)
• A State Historic Site
Call 565-6490 for Hours

For more information, call 565-6490

Riley County Historical Museum
Goodnow House Museum
Pioneer Log Cabin
Manhattan City Park
• Walnut log cabin built in 1916
• Pioneer home and tool exhibit
• Open April-October
Sunday 2:00-5:00
and by appointment

Wolf House Museum
630 Perrou
• 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
and by appointment

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

Reserve Goodnow Park's Limestone Cabin
(See p. 18) and visit Ponder's Rock (located on the slope of Braverman Hill)

For more information, call UFM at 539-8763

Look for the UFM Catalog on the web at www.ksu.edu/ufm
Safe and Creative Care of Family Photos  
Are your photos stuffed in shoeboxes or, worse, in albums that are désormais destroying 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 packet of pictures (12) and memorabilia plus protecting materials. The fee includes 1 acid-free album page and the use of photo-safe materials and supplies. Additional pages are available for purchase from the instructor.

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

Date: February 10 (Thursday)
Time: 7 - 9:30 pm
Fee: $15 includes supplies
Location: UFM Fireplace Room

Safe and Creative Care of Family Photos  
Pam Schrauf (1-800-347-2625)

Date: March 13 (Monday)
Time: 7 - 9:30 pm
Fee: $15 includes supplies
Location: UFM Fireplace Room

Safe and Creative Care of Family Photos  
Pam Schrauf (1-800-347-2625)

Date: April 13 (Thursday)
Time: 7 - 9:30 pm
Fee: $15 includes supplies
Location: UFM Fireplace Room

A Local Antique Roadshow  
Is it real or is it a reproduction? Antique glass, pottery, crystal, jewelry, silver and porcelain will be discussed during this class. Participants will learn about marks and other items of identification as well as resources to use. Have the garage sale, flea market or estate sale finds drippery? Find out about specialty shops in the area. There will also be a discussion about what to do with grandma's stuff.

Joyce Barnes (760-778-93) is a retired principal and community member of 32 years. He is an antique collector and dealer, and the manager of One More Time Antiques.

Date: February 10 (Thursday)
Time: 7:20 pm
Fee: $8
Location: One More Time Antiques

One More Time Antiques, Collectibles & Vintage Furniture
10 am till 6 pm—7 days a week
1405 Pillsbury Drive
Highway 177 South
Manhattan, KS 66502
Phone: (785) 770-8811

Creative FreeTime
1221 THURSTON 539-8763

Creating Padded Baskets  
CF-25
Have you seen padded baskets at craft fairs but thought the price was too high? Make a beautiful padded basket for a fraction of the cost! These unique baskets can be personalized and are ideal for gifts for the holiday season or anytime throughout the year. Bring the basket of your choice and enough material and trim to honestly cover it—you can do just the inside, just the outside, or both, as you prefer. If you have a hot glue gun, please bring it to class to expedite the projects.

Deb Rossey
Date: April 15 (Saturday)
Time: 10 am - Noon
Fee: $11
Location: UFM Multi-Purpose Room

Making Covered Books/Albums  
CF-26
Covered albums are one of the easiest and most practical gifts to make for your family and friends. They can be used for wedding photos, baby, birthday or Christmas gifts, and personalized to suit any style. Bring 3/4 yard of material and 3 yards of trim. The notebooks are provided. Bring a hot glue gun to class, if you have one, to expedite the projects.

Deb Rossey
Date: April 15 (Saturday)
Time: 1 - 3 pm
Fee: $11
Location: UFM Multi-Purpose Room

Beginning Calligraphy (for Right-Handers)  
CF-23
Do you enjoy using the elegant script of calligraphy, but can’t imagine creating anything as lovely? Learn the basics in a variety of styles. With a little practice, beautiful letters and words will flow from your pen. Soon, with only a little effort, you will be able to progress to the more difficult styles.

Deb Rossey
Date: March 2 (Thursday)
Time: 9 - 11 am
Fee: $12
Location: UFM Banquet Room

Creative Twist Easter Baskets  
CF-24
Would you like to have a very distinctive basket for your Easter goodies this year? If so, all you need to bring are two 6-yd packages of creative twist paper, one as a primary color and the other in a secondary or contrasting color. Any two colors you like together will fit the bill. We'll cut down a paper bag to baste these on. To expedite the process, if you have a hot glue gun, please bring it along.

Deb Rossey
Date: April 6 (Thursday)
Time: 6:30 - 9 pm
Fee: $9
Location: UFM Multi-Purpose Room
The Story of Manhattan's Limestone Cave in Goodnow Park

CF-17a

If you are a local history or nature lover, this new story has something to offer you. Manhattan's 1958 limestone building "A 130-foot long "cave," and comple-
ies of stone walls and steps — in the city's Goodnow Park — was built in cooperation with the National Youth
Association to train area boys in building skills. The city not only created a valuable recreation facility, but also provided a permanent structure for community use.

preserving Family Treasures: Books, Papers, Photographs & Textiles

CF-21

You've heard about preserving antiques, but did you know that other objects such as books, papers, photographs, and textiles can also decay? Safe handling and proper care of these materials is important to ensure their longevity. This course will cover a variety of topics, including the proper techniques for cleaning and maintaining these items, and will provide hands-on practical experience.

Native Americans of Kansas: Kansas History & Arts of the Southwest

CF-18

Would you like to learn more about the Native Americans of Kansas? This course will provide an overview of their history and culture, including the importance of their traditional arts and crafts. You will have the opportunity to view artifacts and hear from guest experts.

Repainting Exterior Trim on an Older Home

CF-19

Preserving the exterior of your home is an important aspect of maintenance. This course will cover the basics of exterior painting, including techniques for preparing surfaces, choosing the right paint, and applying it to different materials. You will have the chance to practice these skills in a hands-on setting.

Who gets Grandma's Yellow Pie Plate?

CF-15

A personal property transfer is an issue frequently ignored by families, but it can make a significant difference. This course will address the legal and financial implications of transferring personal property, especially when it comes to complex assets like antiques or valuable art collections. You will learn how to navigate the legal process and ensure that your wishes are carried out.

Black & White Filming

CF-18

Do you want to learn how to create enchanting black and white films? This course will teach you the basics of filming in black and white, including best practices for lighting, composition, and post-production. You will have the chance to experiment with different techniques and develop your own unique style.

Black & White Printing

CF-10

Feeling 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.

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CF-21

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The Magic of Reading Music  
**CF-31**
Learn the magic of turning sound and rhythm into symbols on a page. Get acquainted with the staff and the keyboard. After the class, you will be able to pick you simple melodies and harmonize on a keyboard. Unlock the wonderful mysteries of musical notation—sing and play from the printed page. Students need a three ring binder, pencils, and a cardboard keyboard (optional). Instructor will provide sheets of music and paper.

**Anne Woodhouse**
*Date: January 13, 18, 20 & 25 (Tuesday/Thursday)*
*Time: 7 - 8:30 pm*
*Fee: $22*
*Location: 1st Lutheran Church 300 Poynt Ave*

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**Basics of the Keyboard**
See it—Play it!  
**CF-33**
With a cardboard keyboard, an electric or an actual keyboard, you will learn the basics of piano notation technique and types of beginning musical concepts. Explore the possibilities of moving into piano lessons. It is recommended to have taken a music reading class before taking this class. Students need a three ring binder, pencils, and a cardboard keyboard, which is available at Glenn's Music.

**Anne Woodhouse**
*Date: March 7-16, 28, 30, April 4 & 6*  
*Tuesday/Thursday*  
*Time: 7 - 8:30 pm*
*Fee: $28*
*Location: 1st Lutheran Church 300 Poynt Ave*

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**PIANO I**
This group keyboard class designed for the adults begins with no previous keyboard experience. This popular class teaches basic concepts which include note reading, rhythm reading, sight reading, and group solo playing. Outside practice is essential for progress in this class.

**Shyloh Radko**  
*(776-2098)*
*is an assistant instructor at K-State and owner of a private piano studio. Her graduate work was in piano pedagogy. She is a member of KMTA, MMSTA, and MTNA. In March of 1996, she had performance broadcast on public radio.*

**Date: January 12 - May 3 (Mon/Wed)**
*Time: 11:00am - 12:30 pm*
*Fee: $110*
*Location: McCain, Room 127, K-State*

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**PIANO II**
This group keyboard class is designed for adults with limited previous keyboard experience, ideal follow-up to Piano I. The focus will be on theory, practical skills, group and solo performance. A skills assessment will be conducted the first class. If you are unsure of your level of experience is appropriate for this class, please contact the instructor.

**Shyloh Radko**
*Date: January 13 - May 4 (Tues/Thurs)*  
*Time: 11:30 am - 12:20 pm*
*Fee: $110*
*Location: McCain, Room 127, K-State*

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**LISTEN! CLASSICAL MUSIC FOR PEOPLE WHO DON'T KNOW CLASSICAL MUSIC**  
**CF-29**
Participants in this class will be introduced to classical (as opposed to pop) music, with a brief history, descriptions of types of compositions and performing groups. Learn the parallels between folk, jazz, etc. and classical values. Listen to some of the great pieces and performers, basics of structure, and programmatic exercises. This class will be a casual one. Basic of voice are always challenging, you might laugh, a bit, but, you will gain confidence. Some of the greats of the classics.

**Anne Woodhouse**
*Date: April 13 - May 3 (Wednesday)*
*Time: 7 - 9 pm*
*Fee: $14*
*Location: UFM Greenhouse*

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**Act Up! Act It Out! Live It Up!**  
**CF-28**
Come have fun while learning the basics of acting. Participants will learn about stage directions, memorization, exercises, memorization techniques, solo and group work. The classes will be chosen by class participants.

**Anne Woodhouse**  
*(330-9269)*
*a graduate of Oberlin, Ohio Conservatory of Music. She studied and did professional work in Ohio, the East Coast and Germany, she was the Music and Theater Director with the U.S. Army Morale Support Activities in Westbaden, West Germany. She has taken piano lessons for 22 years, and voice lessons for 26 years. She has done professional work in opera, oratorio, recital, musicals, as a performer, producer and director. She has been a part of the Manhattan Civic Theater. Locally she has worked with the Manhattan Civic Theater.*

**Date: April 11 - 27 (Tuesday/Thursday)**
*Time: 7 - 9 pm*
*Fee: $20*
*Location: UFM Fireplace Room*

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**SING OUT! VOICE TECHNIQUE, PRESENTATION, AND INTERPRETATION**  
**CF-32**
Participants will learn voice basics of technique, vocalization, presentation and interpretation. There will be group and individual work. Basics of vocal interpretation will be covered. Auditioning techniques, memorization techniques will be taught. Students will work on music of their choice and sing for each other. The instructor can coach in German, French and Italian. If possible it is recommended to have taken Magic of Reading Music class or be able to read music. Students need a three ring binder, pencils and music of their choice.

**Anne Woodhouse**
*Date: February 9 - March 2 (Tuesday/Thursday)*
*Time: 7 - 8:30 pm*
*Fee: $20*
*Location: 1st Lutheran Church 930 Poynt Ave*

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**INTRO TO THE WORLD**
Are you tired of tuning into the news and not knowing why some places are hot to the World is made for you! As our world gets "smaller" through high-speed communications technology, knowing about war-ravaged places becomes vital even for the average citizen. In this 2-lesson "crash course" you will learn where places are and why they are important to us. Please bring a tape recorder and loose leaf paper to make your own "guide to the world." You will also need a small, but current, world atlas.

**Miguel Siminovitch**
*a soprano at K-State. She is majoring in History and International Studies and minoring in Political Science. She decided to teach this course after discovering many of her friends didn't know the capital of Korea. Do you?*

**Date: January 24, 31, February 7, 21 & 28 (Mondays)**
*Time: 7 - 8:30 pm*
*Fee: $14*
*Location: UFM Conference Room*

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**COMPUTERS**
**CF-01**
Personalized Computer Help  
Having trouble figuring out how your computer works? Need help troubleshooting? Have manuals or interpreting the screen? Want some help understanding your software? Schedule a private tutoring session to answer your personal questions. This service is directed toward users with IBM compatible computers.

*Linda Turner*  
*(539-8703)*
*is Executive Director of UFM and likes to help others better understand their computers.*

**Date/Time:** By appointment  
**Fee:** $30 per hour  
**Location:** As arranged

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**INTRODUCTION TO THE INTERNET**
**CF-03**
Does the Internet confuse you? Do you have difficulty finding information? Then this class is for you. Internet basics will be discussed in the introductory class, along with tips for conducting searches. The class includes hands-on experience at the K-State Computer Lab. Class meets twice so that you can practice for a week and then return to class with questions and challenges.

*Joybritt* is webmaster for three web sites and uses the Internet daily.

**Date:** April 19 & 26 (Wednesday)**
*Time: 7 - 9 pm*
*Fee: $12*
*Location: Firebird Room 202, K-State*

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**WOMEN & MADNESS ON THE KANSAS FRONTIER**  
**CF-34**
Hysteria and other forms of madness were reportedly epidemic among women in the 19th century, including "crazy" early settlers. What kinds of behaviors defined female lunacy? What treatments and cures were available for women in Kansas? This program is co-sponsored with K-State Women's Center as part of the 200 Women's History Month Celebration. Admission is free.

*Susan Carson’s* literary research explores madness and depression among 19th century Americans and British writers. She is a member of the Kansas Humanities Council’s Speaker’s Bureau and teaches as professor in the Department of English at Pittsburg State University.

**Date:** March 28 (Tuesday)**
*Time: 7 - 9 pm*
*Fee: N/C*
*Location: Firebird Room, K-State Union*
Vegetarian Cooking

FF-05a

Besides tasting great, a vegetarian diet is healthy and economical. This class is designed to inspire your imagination and your palate. We will learn how to prepare a variety of greens, vegetables, fruits, nuts and seeds. Recipes will come from various cultures. Bring your appetite, we'll enjoy a meal at each class.

Ana Franklin (539-8226) has been preparing and enjoying vegetarian foods more than 20 years. Having lived in many foreign countries, she has a special appreciation for international cuisine.

Date: January 13, 20 & 27 (Thursday)
Time: 7 pm
Fee: $44
Location: UFM Kitchen

Vegetarian Cooking

FF-05b

Date: February 10, 17 & 24 (Thursday)
Time: 7 pm
Fee: $44
Location: UFM Kitchen

Vegetarian Cooking

FF-05c

Date: March 9, 16 & 30 (Thursday)
Time: 7 pm
Fee: $44
Location: UFM Kitchen

Manhattan Restaurants

Bredeau's Pizza
Costello's Pizza
Gold Fish Restaurant
Java
Kathy's Sake
Minn. Clyde's Kansas Steak House
Pat's Blue Ribbin BBQ
Patty's Last Chance
Shi N-Su
12th St. Pub

Manhattan Retailers

Sim Connection
Sun Forests
*Bonus: 2 June get 3 free

Topka Restaurants

Amar's El Faro
Billiard Airport Cafe
Champion's BBQ
Don's Steak House
The Downtown
Chesapeake Bagel
Cir's Pizza
Margie's Java Cafe
P'ts Cafe
Quino's Subs
Randall's Steakhouse

Topka Retailers

Village Cleaners
10th & Waterfront
Kelly Gas Station
19th & Waterfront
Magic Forest-Bonus Entry

Lawrence Restaurants

Brown Bear Brouery
Coco Love
Lawrence Pizza Co.
Mr. Otto's Pizza
Pat's Blue Ribbin BBQ
G. Wilkins

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Beginning Fencing

Fencing is the ancient art of sword play. Soldiers and noblemen were all once required to know the way of the sword. Now a modern Olympic sport, fencing builds lightning fast reaction, speed, and agility. Classes will include introduction to the foil for recreation and competition. Towns to grandmas welcome. Equipment provided. Course may be repeated.

Bill Meyer (987-9990): began fencing as a child in Germany in the now illegal practice of mentor fencing. Not to worry! He has been retained in modern full foil, espée, and saber at Washington State University and the University of Idaho. He is a semi-retired tournament fencer having taught at UFM and at the University of Missouri.

Date: January 31 - May 1 (Monday)
Time: 7 - 8:30 pm
Fee: $32 if you have your own equipment/62 to use instructor's equipment
Location: All Saints Fieldhouse, KSU
No Class March 20

Intermediate Fencing

This class will focus on boasting. Emphasis is on technique refinement, theory of attack, second intention, flask, coup, glets, Ruaconnais, right of way issues, differentiation, attack into preparation, Radae timing and waiting. Prerequisites: at least a beginning course in foil-only fencing. Course may be repeated.

Bill Meyer (987-9990)
Date: February 1 - May 2 (Tuesday)
Time: 7 - 9 pm
Fee: $32 if you have your own equipment/62 to use instructor's equipment
Location: All Saints Fieldhouse, KSU
No Class March 21

Introduction to Golf

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

Jim Gregory (559-1041), a PGA professional, is the golf pro at Stegg Hill Golf Course.

Date: April 5, 19, 26 (Thursday)
Time: 6 - 7 pm
Fee: $35
Location: Stegg Hill Golf Club
4441 Pt. Riley Blvd.

Tennis: Junior Beginners Ages 7-16 RH-05

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

Parking may be a challenge to plan accordingly and come early.

Mark Tisdell has an M.S. degree in Kinesiology and has played tennis for over 20 years, including recently at Cow College, Cedar Rapids, Iowa. He recently served as an instruc- tor at Marathon/Walking Sports and Arts Center in Oregon.

Date: April 4 - 25 (Tuesday)
Time: 6:30 - 7:30 pm
Fee: $36
Locations: LF Waubunac Rec Complex, KSU

Tennis: Beginners Ages 17 and Up RH-06

This class will focus on fundamentals of strokes, basic rules of play and beginning competition. Parking may be a challenge to plan accordingly and come early.

Mark Tisdell

Date: April 4 - 25 (Tuesday)
Time: 7:30 - 8:30 pm
Fee: $36
Locations: LF Waubunac Rec Complex, KSU

Archery for Adults

This course provides men and women with instruction in target style archery. Emphasis is on the archery form currently used in Olympic competition. Participants will learn safety rules, scoring, stance, release of arrow, and execution of follow through. Information on basic equipment selection and set-up will also be taught and all equipment will be provided by the instructor. Techniques will be tailored to fit individual levels of advancement.

Tori Kest is a certified national archery instructor NAA level 3. He has many years of coaching experience including the Army Archery Instructor for 4H, Shooting Sports Director for Boy Scouts of America, and Assistant Coach for Junior Olympic Archery Development. He is presently coaching JOAD club, Manhattan Royal Archers.

Date: March 2 - April 13 (Thursday)
Time: 8 - 9:30 pm
Fee: $32 includes range and equipment use
Location: 1125 Lamarra Plaza (opposite)

"Life is like riding a bicycle: you don't fall off unless you stop pedaling.

—Ken J. Wattenberg

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539-1041
Jim Gregory, PGA Professional

If you are interested in helping develop the UFM Fencing Program, please send a tax deductible contribution to UFM, 1221 Thurston St. Manhattan, KS 66502. If you know of such equipment for sale, please contact Linda or Charlene at UFM, (785) 539-8763.

UFM's Fencing Program Needs Your Help

UFM has started fencing classes and the program is growing! However, the program is in desperate need of electronic scoring equipment. Currently, the program must use the pre-World War II method of "dry" fencing, somewhat like playing tennis without a net. This severely limits the ability of our fencers to compete with Salina or Kansas City groups, not to mention any national aspirations. Electronic scoring devise at around $1,600.
Swing and Salsa Dancing  RH-02
Have some fun learning classic big band swing dance and salsa. Learn swing, salsa and Lindy basics, lifts, spins, and jumps. You will learn to move around the dance floor to lively music and add some special moves as well. Learn closed and open positions, pretzels, drops and rolls. Roman handshakes and other hot steps. Class emphasis will be on learning the steps cleanly and precisely. No prior dance experience is required! Wear comfortable clothing and non-slip shoes. Having fun is the only requirement.

Michael Brown (776-7555)
Date: February 12 - May 6 (Saturday)
No Class March 25
Time: 7:30 - 9:00 pm
Fee: $35 individual/$60 couple
Location: ECM Auditorium
1021 Denison Ave.

Ballroom Dance  RH-03
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, Fosse, Waltz, and Latin dancing are just a few of the steps you will learn. Come experience the dynamic world 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, Mandola Ballroom, San Francisco, Aladdina Ballroom, Oakland, CA, Chicago Dance Studio, Chicago, IL, and Avenue Ballroom, San Francisco. He was the 1986 San Francisco Avenue Ballroom Jetsetter Champion.

Date: February 11 - May 5 (Friday)
No class March 24
Time: 8:30 - 9:30 pm
Fee: $35 individual/$60 couple
Location: ECM Auditorium
1021 Denison Ave.

Intermediate Ballroom Dance  RH-04
This class will emphasize dancing with your partner and learning the routines. Fox trot, waltz, rumba, and tango are tentatively scheduled. However, specific dances will depend on the interests of the class; those dances may change. These weeks will be spent on each step and participants will be pro- vided with a choreographed dance routine. Prior dance lessons are required. Students who have taken classes from Mike are encouraged to enroll.

Michael Bennett (776-7557)
Date: January 14 - May 5 (Friday)
No class March 24
Time: 7:30 - 9:30 pm
Fee: $40 individual/$75 couple
Location: ECM Auditorium
1021 Denison Ave.

Middle Eastern Dance (Belly Dancing)  RH-11a
Middle Eastern Dance is a very basic introduction to Arabic dancing. Its focus is fun and fitness. Students will learn the most basic moves of the dance and then learn to combine these moves. Arabic dancing allows the dancer a considerable amount of freedom and creativity. During the course of the class, students will also be introduced to Middle Eastern culture and learn how dancing has been integrated into the culture. This class is appropriate for women and children of all ages.

Ferdaas Afidi (985-2720) is half Palestinian and has lived in Saudi Arabia for 16 years where she attended an Arabic school. She is familiar with the Middle Eastern culture and dance. She speaks Arabic fluently and is very active with Arabic students at KSU.

Date: January 26 - March 15 (Wednesday)
Time: 7:30 pm
Fee: $37
Location: UPM

Advanced Middle Eastern Dance (Belly Dancing)  RH-11b
This class is a continuation of the beginning belly dancing class.

Ferdaas Afidi
Date: January 26 - March 15 (Wednesday)
Time: 8:00 pm
Fee: $37
Location: UPM

"Shoot for the moon, even if you miss you'll be among the stars."

—Anonymous

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Wellness

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Yoga for Body and Mind — WE-03
Yoga is a useful tool to help anyone with the physical, mental and emotional challenges we all encounter in our lives. We will focus on the practice of static (postures) and proprioceptive (breathing exercises) as well as developing a personal practice which meets each individual’s needs. This class is for men, women, couples and seniors. Please bring a mat or towel and wear comfortable clothes that do not restrict movement. For your safety and comfort, please do not eat for at least three hours before class (a piece of fruit is ok).

Ana Prestin (537-4224) has been practicing yoga for more than 25 years. She teaches in the Tradition of Iyengar, Krishnamacharya’S son. She enjoys teaching Pilates, Fasit Nature, and yoga classes.

Date: January 17 - February 21 (Monday)
Time: 5:00 pm - 6:00 pm
Fee: $62
Location: 630 Lavie Rd.
Industrial Park next to the Animal Shelter

Chi Lei: Chi Gong — WE-17
Chi Lei is a self-healing method prescribed by the world’s largest medical institution in Qiqingtang, China. Chi Lei is a slow exercise that gathers and concentrates the Chi (life energy) and moves it through the body. As we work with this life 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.

Emel Forrester (537-0077) has studied under Luke Chan, the only Chi Lei master teacher outside of China. She has taught and organized a series of workshops at the university. She is a certified Body Recall exercise instructor. She has taught The Cross CPR and First Aid. Yoga and other classes are also available.

Date: February 3 - March 9 (Thursday)
Time: 7:00 pm - 9:00 pm
Fee: $36
Location: UFM Conference Room

Children and Prescription Drugs: Effects & Alternatives — WE-18
Protect your most prized possession! In this four-part series, Dr. Dale will examine the popular use of prescription drugs on your child’s life from birth through adolescence. You’ll learn a safe and natural approach to dealing with childhood asthma, allergies, diarrhea, infections, and even attention deficit disorder. Your child can grow up happy and healthy without the use of labeling drugs. Remove the roadblocks and allow the wisdom that created the body to heal the body.

Dr. Dale (539-1113)

Date: February 1 - 22 (Tuesday)
Time: 7:30 pm - 9:30 pm
Location: 1130 Westport, Manchester

Introduction to Feng Shui — WE-13
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.

Den Toshuke (539-4277) is a Feng Shui practitioner with Feng Shui Design Studio of Manhattan, KS. He is schooled in Taomei Black Sect Feng Shui as taught by professor Lin Yun, Grand Master of Feng Shui in Berkeley, CA. He received in-depth training at a professional level from the nationally known Feng Shui consultants, writers and video producers, Helen and James Hay at Feng Shui Designs Learning Center in Nevada City, CA.

Date: April 11 (Tuesday)
Time: 7:00 pm - 9:00 pm
Fee: $38
Location: UFM Greenhouse

Introduction to Reiki — WE-04a
Reiki, pronounced “ray-key,” is an ancient holistic health practice in which Universal Life Energy supports the body’s natural ability to heal itself. We will discuss the history of Reiki and how to use it to balance the body, “tune up” the body and mind, and get your body moving properly.

June Hanauer has been working with holistic health therapists for many years. She is a Reiki Master Teacher in the Usui System of Natural Healing. She is among the first class of 25 students from around the world to complete Gemstone Energy Medicine. Aromatherapy and Nutritional therapy are additional services she offers. Her studies and work with energy therapies continue to expand. June uses intuitive healing practice, First Lines Practitioners. “My heart singer each time a different holistic health practice is presented for my study/work. They are the practitioners,” she says: “I’m simply the happy assistant.”

Date: February 5 (Saturday)
Time: 10:00 am - 3:00 pm
Fee: $36
Location: UFM Greenhouse

Introduction to Reiki — WE-04b
June Hanauer

Date: March 6 (Saturday)
Time: 1:00 pm - 4:00 pm
Fee: $38
Location: UFM Greenhouse

Weight Control — WE-20a
Would you like to lose weight, but are confused with all the different diet plans? Then this class is for you. Discussion will be based on fad diets, balanced and planned meals and new theories of weight loss (i.e. water, calorie reduction, and exercise), body types and realistic expectation. The goal is to fuel your body and maximize your activity.

Kathy Damarie (537-4164) is a registered dietitian with a BS degree in dietetics. She is a graduate of the University of Alabama in Alexander. She completed a U.S. Army Dietetic Internship at Brooks Army Medical Center in San Antonio, Texas. She has been doing community health work, and community wellness have been her focus.

Date: February 1 (Tuesday)
Time: 7:30 pm - 9:30 pm
Fee: $33
Location: UFM Conference Room

Weight Control — WE-20b
Kathy Damarie

Date: March 8 (Wednesday)
Time: 7:30 pm - 9:30 pm
Fee: $33
Location: UFM Conference Room

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Wellness

Tel Chi For Ages 55+

This Tel Chi class is designed for individuals 55 and older. Participants will learn 9 movements, which are simplified. The movements are designed to improve breathing, posture and balance. The class will help you breathe better and maintain a healthy spine. This class will be held in the Conference Room.

Date: March 9, April 5, 12, & 19 (Wednesday)
Time: 6:00 pm - 7:00 pm
Fee: $38
Location: ECM Auditorium
1021 Division Ave.

Healing Herbs for Women — WE-21
This beginning class will cover herbal healing for women. Information will be given about herbs that help with PMS and menopause. A hair rinse and bath salt recipe will be given to participants.

Barbara Cloutier (774-3390) works at People’s Garden and has been interested in herbs for over 5 years. She has a background as a dental assistant.

Date: April 3 (Monday)
Time: 7:00 pm - 8:30 pm
Fee: $24
Location: UFM Multi-purpose Room

Why Essential Oils? — WE-19
From Egyptian hieroglyphs and Chinese manuscripts, we know that plants and physicians have been using essential oils for thousands of years. There are 188 references to essential oils in the Bible. The use of oils must be based on pure (grade A) essential oils. The instructor would like to share what she has learned about these oils. They are powerful and wonderful to use. The presentation will work on each other’s feet. A packet of information and pamphlets will be included in the class fee.

Dale Forrester

Date: March 13 (Monday)
Time: 7:00 pm - 8:30 pm
Fee: $32
Location: UFM Conference Room

Pre-Natal Partners Massage — WE-14a
How can pregnancy and childbirth become an enjoyable experience? Couples can learn basic massage techniques to use throughout pregnancy and help the expectant mother to relax. This class will focus on ways of easing tension and teach specific ways to relieve the discomfort of pregnancy. It is a wonderful way for couples to bond and relax during this precious time. Couples should bring their own pillows and wear loose clothing.

Nicole Davis (776-4606) is a graduate of the Institute of Natural Healing Sciences and is a registered massage therapist. She has been doing massage therapy in Manhattan for three years and is an active member of Associated Bodywork and Massage Professionals. She has Swedish massage techniques but specializes in Pre-Natal and Infant Massage.

Date: February 8 & 15 (Tuesday)
Time: 6:30 - 7:30 pm
Fee: $24
Location: UFM Fireplace Room

Pre-Natal Partners Massage — WE-14b
Nicole Davis

Date: April 3 & 10 (Tuesday)
Time: 6:30 - 7:30 pm
Fee: $24
Location: UFM Fireplace Room

Infant Massage — WE-15
New parents will learn how to create an amazing bond with their child through massage. Childhood is a precious time in life, take advantage of the time when they’re still little enough to develop a special relationship! Participants will learn basic massage techniques to help circulation, promote relaxation and give both parent and child a positive, health attitude.

Nicole Davis

Date: May 3 (Wednesday)
Time: 6:30 - 7:30 pm
Fee: $24
Location: UFM Multi-Purpose Room

Infant Massage — WE-15b
Nicole Davis

Date: May 3 (Wednesday)
Time: 6:30 - 7:30 pm
Fee: $24
Location: UFM Fireplace Room

UFM CLASSES make great gifts!
Introducing Jin Shin Jyutsu:
A Self-Help Class

WE-01

Jin Shin Jyutsu translates as the "Art of the Creator through knowing and compassionate presence." It is an ancient art of releasing the tensions which are the causes of various symptoms of disorder. In Jin Shin Jyutsu philosophy, our bodies contain energy pathways which become blocked through daily physical, mental, emotional or spiritual stresses, 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.

Karma Smith (539-3733) is a Licensed Practical Nurse, and Certified Massage Therapist whose education during the last twenty years has been to study and practice a variety of bodywork modalities: Swedish/Esalen Massage, Therapeutic Touch, and Shiatsu. Since 1985 she has focused on Jin Shin Jyutsu and is a certified Jin Shin Jyutsu practitioner and self-help instructor.

Date: January 24 - February 7 (Monday)
Time: 7 - 9 pm
Fee: $14
Location: 631 Levee Rd.
Industrial Park next to the Animal Shelter

Continuing Jin Shin Jyutsu
Self-Help

WE-02

Prerequisite: Introducing Jin Shin Jyutsu
In this class we will focus on developing a deeper understanding and experiences of the Safety Energy Locks and the Depths in order to be better able to release our tensions and support the body/mind's natural healing and harmonizing capacities.

Karma Smith (539-3733)
Date: February 28 - March 13 (Monday)
Time: 7 - 9 pm
Fee: $14
Location: 631 Levee Rd.
Industrial Park next to the Animal Shelter

The Lou Douglas Lecture Series Presents:

Barney Frank
New Deal vs. Trickle Down:
The International Context

(Barry Frank's take on the WTO Struggle)

Democratic Congressman,
Massachusetts 4th District Member,
Judiciary Committee,
outspoken voice for liberalism
and hard-nosed pragmatism.

Monday, Feb. 7, 2000
7:30 p.m.
Forum Hall, K-State Student Union

FREe ADMISSION TO ALL LECTURES

WE DEEPLY APPRECIATE YOUR STAYING FOR THE BRIEF QUESTIONS AND ANSWERS PERIOD FOLLOWING THE LECTURE.

E-mail ideas to: umf@ksu.edu
Martial Arts

1221 THURSTON
539-8763

Beginning Aikido

MA-05

Aikido is a martial art in which one trains to be calm and lead a conflict to a peaceful resolution. In this beginning class, we will learn Aikido techniques of defense, and develop the movement qualities to perform them. The techniques can also be easily combined into a short performance program called "Forg" which we will learn. Instruction will also consider the spontaneous interests and needs of the participants. This class is for men and women, adults and teens ages 12+. Paul Cloer (565-0346) began practicing Aikido in 1988 at Clack County Community College. He assisted the instructor and worked with beginners before leaving the area in 1992. His training is KI Society Aikido. He has passed testing for these levels of Aikido and KI development with Kishinawa Sensei, chief instructor in the United States for KI Society Aikido. Paul has taught at UFM since 1995.

Date: February 2 - May 3 (Mon/Wed)
Time: 7 - 8:30 pm
Fee: $35
Location: Abearm

About UFM Classes

UFM adheres to the philosophy that anyone can teach and anyone can learn. We rely on the credentials provided by instructors, class observation and participant feedback as tools for evaluating a class and an instructor's abilities. UFM classes are not a forum for selling a product or service from which the instructor might benefit. Materials specifically oriented to an instructor's financial interests are not to be distributed in class. Participants who wish to pursue a relationship with an instructor outside class time do so on their own responsibility. Please share any concerns you may have about class material or an instructor by calling Charlene at 539-8763.

White Phoenix Kung Fu Basics

MA-04

Participants will work on solo techniques (skeletons, stances, hard and soft style blocks, punches, strikes, and kicks), one step sparring, and two person drills. Kung Fu basics are somewhat like Karate or Tae Kwon Do, with more soft style techniques. White Phoenix Kung Fu is part of the White Phoenix System, which is a self-defense oriented system.

Sue Wilson has been practicing martial arts for 30 years. Jujutsu for 28 years and Kung Fu for 17 years. He has a 3rd degree black belt in White Dragon Kung Fu, a 2nd degree black belt in Hakko Rya (Nak) Jujutsu and a 3rd degree black belt in Hsing's 19 Taege Palms Kung Fu. He is the founder of the White Phoenix System.

Date: January 24 - March 6 (Monday)
Time: 7 - 8 pm
Fee: $40 fee includes 3 manuals
Location: Abearm Fieldhouse, KSU

Modern Aikijujutsu Basics

MA-06

This class will focus on Aikijujutsu basic techniques, Jujutsu self-defense techniques, breathing, and walking exercises. Aikijujutsu is a self-defense oriented style of martial arts. It is related to Aikido and Jujutsu. Modern Aikijujutsu is a part of the White Phoenix system.

Sue Wilson

Date: March 13 - April 24 (Mondays)
Time: 8 - 9 pm
Fee: $40 fee includes 3 manuals
Location: Abearm Fieldhouse, KSU

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

Try Hydroaerobics!
(water exercise)
See page 5

Solution to the Brain Teaser:

24

PATRONIZE OUR ADVERTISERS! Let advertisers know you saw their ad in the UFM Catalog.
**Youth**

1221 THURSTON 539-8763

**Kids & Money**

FC-09

As a parent we often tell our children, “Money doesn’t grow on trees,” but do we explain how money does grow? The goal of this class is to help young people understand the value of money and how it works. Basic money concepts will be covered including: needs versus wants, compound interest, setting short-term and long-term goals, inflation and understanding credit cards. Helping your child establish good money habits at a young age can have a powerful impact on their financial future. For children 13 years & up and their parents/guardians.

Robbie Sipit (776-3666)

Date: April 25 (Tuesday)

Time: 7 - 8:30 pm

Fee: $10 child/poarent

Location: UFM Conference Room

**Children and Prescription Drugs:**

Effects & Alternatives

WE-18

Protect your most prized possession! In this four part series, Dr. Dull examines the effects prescription drugs have on your child’s ability to learn through adolescence. You’ll learn a safe and natural approach to dealing with childhood asthma, allergies, eczema, and even attention deficit disorder. Your child can grow up happy and healthy without the use of debilitating drugs. Remove the roadblocks and allow the wisdom that created the body to heal the body.

Dr. Dull (539-9113)

Date: February 1 - 22 (Tuesday)

Time: 7 pm

Fee: $25

Location: 1330 Westport, Manhattan

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**Youth Scholarships are available through the YES! fund. Call UFM at 539-8763 for details.**

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**Winter Science Activities for Kids and Families**

Try one of these on a cold winter day!!

**Make a Wave Bottle**

Stuff you need:
- A clear bottle with a tight lid—a 16-20 oz. water or soda bottle works fine.
- Vegetable oil
- Water
- Mineral spirits, turpentine or paint thinner
- Food coloring

Wash out the bottle and remove the label. Fill half full with water. Add food coloring until you like the color. Fill about 2/3 of the remaining space in the bottle with vegetable oil. Then add turpentine to fill the rest of the bottle. Put the cap on tightly. Turn the bottle on its side and allow to settle for a few minutes. The water should sink to the bottom and you should be able to see a clear line between the water and the oil/turpentine mixture. Tip the bottle back and forth to make waves.

**Goop**

Stuff you need:
- Newspapers spread on a table
- A cereal-size bowl half filled with cornstarch
- A measuring cup of water (about half a cup)

Pour the water into the bowl of cornstarch. Stir with your hands or a spoon.

Pick up a fistful of goop. Squeeze it. Open your hand and hold the goop in your palm.

Roll a ball of it into a snake. Hold the snake by its tail and see what happens.

Pick some up and rub it together until it crumbles, then let it sit on your palm for a few seconds.

See what else you can do with this goop.

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**Fishing Kansas:**

Ages 8 to 80

EN-06

Excellent fishing of all kinds abounds in our area: bass, crappie, walleye, catfish, saugeye, and even trout. This class will cover basic lures and line points of when, where, and how. (You already know who and why.) It will cover equipment, lures, times of day, local locations, “banktomp- ping,” and trolling. Especially for novice anglers but all levels of experience can benefit! A stack of free material will be given to each class member.

Paul Miller (539-7154) is a lifetime resident of Kansas who has fished most waters of the state and caught all species of fish. He recently retired from the State Wildlife and Parks Department and is now a licensed guide on waters around Manhattan. He is willing to share lists of fishing information with students in this class. Leo Saeed is an avid crappie fisherman and former elementary school teacher who previously taught a UFM class titled “Kids and Crappie in Kansas” and wrote a handbook for the class. Paul and Leo taught “Fishing Kansas - Ages 8 to 80” last spring also.

Date: March 25 & 29 (Wednesday)

Time: 6:30 - 9 pm

Fee: $8 individual / $12 couple or parent and child

Location: Manhattan Public Library

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**Introduction to the Dance:**

Ballet, Tap & Jazz

YO-02

This is an introductory class designed to provide exposure to ballet, jazz, and tap steps for children ages 4-12. Students will learn the basic steps to ballet. No dance experience or formal dance attire is needed. Rock and Roll will make learning jazz and tap steps fun.

Randi Dole (539-5767) has taught dance for 38 years. Her dance choir toured the Midwest and Europe in 1968. She is a certified teacher with a master's degree in education.

Date: January 14 (Friday)

Time: 5:30 - 6:30 pm

Fee: $6

Location: 2416 Rogers Blvd.

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

*Special and health fees and non-resident fees may also be assessed—contact the Division of Continuing Education, 532-5566 for addition information.

**Scuba 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 Wilson has been diving for 25 years and instructing scuba for 15 years.  
**Session I**  
**Date:** January 22 - March 11 (Saturday)  
**Time:** 9 am - 1 pm  
**Session II**  
**Date:** February 6 - March 12 (Sunday)  
**Time:** 9 am - 1 pm  
**Fee:** $251  
**Location:** YMCA  
**Golf**  
KIN-140 A, B, C, D or RRES-200  
This course will emphasize the fundamentals of the full golf swing, the short game techniques of chipping, pitching, and sand shots; rules of play, course etiquette, selection and use of equipment.  
Instructor: Jim Gregory  
**Session I**  
**Date:** March 1 - May 2 (Tuesday)  
**Time:** 4:00 - 6:30 pm  
**Session II**  
**Date:** March 1 - May 3 (Thursday)  
**Time:** 5:30 - 7:30 pm  
**Session III**  
**Date:** March 1 - May 3 (Saturday)  
**Time:** 1:30 - 3:30 pm  
**Session IV**  
**Date:** March 1 - May 4 (Thursday)  
**Time:** 10 am - 12:30 pm  
**Fee:** $215  
**Location:** Stagg Hill Golf Club  
4441 Ft. Riley Blvd.

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**Ballroom Dance**  
DANCE - 599 C, D  
Introduction to the principles of ballroom dancing. Includes dance terminology, dance position, correct body alignment and position, and partnering. Techniques such as open and close positions, leading and following, and a variety of steps will be emphasized. The jitterbug, American waltz, foxtrot, and Latin steps will be taught.  
Instructor: Michael Bennett  
**Beginning**  
**Date:** January 14 - May 5 (Friday)  
**Time:** 6:30 - 7:30 pm  
**Intermediate**  
**Date:** January 14 - May 5 (Friday)  
**Time:** 7:30 - 8:30 pm  
**Fee:** $33  
**Location:** BCM Auditorium  
1001 Denison Ave.

**Judo I**  
KIN 144 or RRES-200  
Judo is intended not for gaining proficiency, but to gain understanding of how principles of dynamics (force, acceleration, momentum, work, friction, moment of inertia, etc.) are used to gain physical advantage (including the opponent). Techniques are selected for safety of participants and for demonstrating fundamental principles.  
Instructor: Isaac Wallahaskyi  
**Date:** January 13 - May 4 (Tuesday/Thursday)  
**Time:** 8:45 - 10:00 pm  
**Fee:** $114  
**Location:** 1111 Moro, Manhattan, KS

**Judo II**  
KIN-145 or RRES-200  
In Judo II participants continue to gain understanding of how principles of dynamics are used to gain physical advantage. New and advanced skills are taught along with safety techniques. In preparation for competitive effectiveness, techniques will be tailored to fit the individual’s physique.  
Instructor: Isaac Wallahaskyi  
**Date:** January 13 - May 4 (Tuesday/Thursday)  
**Time:** 8:45 - 10:00 pm  
**Fee:** $114  
**Location:** 1111 Moro, Manhattan, KS

**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, rods, lines, tippet, and leaders. The second section will cover fly tying equipment and techniques to be dry flies, wet flies, and nymphs. All equipment needed will be provided by the instructor.  
Instructor: Paul Sedman  
**Session I**  
**Date:** January 19 - February 10 (Wed./Thurs)  
**Time:** 6:00 - 8:00 pm  
**Session II**  
**Date:** February 16 - March 9 (Wed./Thurs)  
**Time:** 6:00 - 8:00 pm  
**Fee:** $114  
**Location:** Eisenhower Middle School  
800 Walters Dr.

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Manhattan Community Foundation  
UFM now has a permanent endowment fund set up by the Manhattan Community Foundation!  
About the Community Foundation  
The Manhattan Community Foundation serves as an umbrella to pool charitable funds for our community.  
Donations to the Manhattan Community Foundation stay in Manhattan to improve the quality of life right here at home.  
Funds may be designated for a specific purpose or given for the general good of the community. The Manhattan Community Foundation can endow community priorities for decades to come.  

UFM Establishes Endowment Fund!  
Help UFM’s unique programs thrive in the 21st century!!  
Gifts may be made in many forms:  
* Cash  
* Bequests  
* Stocks and Securities  
* Life Insurance  
* Real Estate  
* Gift Annuity  
We can discuss how best to support UFM’s programs regardless of the size or nature of the gift.  
For more information, contact Linda Teener at (785) 539-8763.
Thanks for Your Support!

We wish to thank the following contributors for their financial assistance during 1999.

These donations help underwrite the general operating costs and scholarships that make other program services possible.

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- Sam and Yvonne Lacy
- Manhattan Mercury
- Caroline Peine

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**UFM Can Accept Donations in Many Forms**

We will be glad to find a way to make a UF M donation fit your budget and convenience.

- **Teach a Class**—Donating your time to teach a UF M 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**—ufm offers a variety of planned giving opportunities.
- **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 UF M 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 UF M Sponsor. Just return the coupon below with your deductible contribution.**

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

UFM 1999 Donor List

Special THANKS TO THE UF M INSTRUCTORS who volunteer their time.
REGISTRATION INFORMATION 3 WAYS TO REGISTER

Registration by Mail
Complete the registration form and mail the form with your check, money order, or credit card number to:
UFM Class Registrations
1221 Thurston
Manhattan, Kansas 66502-5299
You will be notified if the class is full. All registration is on a first-come, first-served basis. No other class confirmations will be sent out unless requested.

FOR YOU... One participant per form, please

UFM 1221 THURSTON
Manhattan, KS 66502
539-8763

UFM Community Learning Center
Registration Form
1221 Thurston
Manhattan, KS 66502
539-8763

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Participant Statistics: KSU Student | KSU Faculty/Staff | Pt. Pay | 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 freely agree, for myself and all who may hereafter claim through or for me, to assume all risks of personal harm or injury relating to or resulting from my participation in any class or classes for which I have registered and to hold UFM Community Learning Center harmless as to liability for such injury.

Signature* | Date

*Signature of Parent or Guardian required for minors.

Office Use Only | Date | Staff | Amount | Total Paid | Date
|--------------|------|------|--------|-----------|

Date Received
Entered
Computer

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

UFM Community Learning Center
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1221 Thurston
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Office Use Only | Date | Staff | Amount | Total Paid | Date
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The document contains a registration form for UFM Community Learning Center with sections for student information, class details, payment methods, and signatures. It also includes instructions for registering by mail, phone, or in person, along with details about the UFM House and youth scholarships.