Turn a New Leaf on Learning this Spring!

Spring Classes Jan-May, 2002

Stained Glass

Prep Courses: PPIST

Reptiles & Amphibians

Scuba Diving

Women's Self Defense
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WHERE WE'RE LOCATED

UFM
1221 Thurston
Bertrand St.
Thurston St.
Keeney St.
Vatter St.
Anderson Ave.
Manhattan Ave.

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

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

DATE                TIME        LOCATION
Jan 22 Tues          10 am - 2 pm    KSU Union
Jan 23 Wed           10 am - 2 pm    KSU Union
Jan 26 Sat           1 - 3 pm       Manhattan

Registration continues throughout the semester.

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

MAILING YOUR REGISTRATION?

Class confirmations will not be sent unless requested. Consider yourself registered after you receive payment unless you have told 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 problem by calling Kristen at UFM 539-8763.

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, or gardening.

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

BOARD OF DIRECTORS

Larry Fry - Chair
Robert Wilson - Vice Chair
Migette Keup - Treasurer
Sharon Brookshire - Secretary

Mary Kidd
Sue Maas
Dick Hoyt
Carole White
Robert Schaffter
Imrie Faison
Jim Hard
Shane Branks
Tyler Adams
Janet Potter
Jared Stewart
Elena Rodrigues
Bill Pfister

ANSWERING MACHINE

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

USE REGISTRATION FORM on the back cover.

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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 umfksu.edu to share your ideas.

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 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.

UFM CANCELLATION POLICY

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

REFUND POLICY

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

PRE-REGISTRATION IS REQUIRED

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

INCLEMENT WEATHER POLICY

All courses held on campus follow the inclement weather policy of Kansas State University.

USE REGISTRATION FORM on the back cover.
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 11
Session B: Wednesday, March 13
Session C: Saturday, April 13
Session D: Tuesday, February 26
Session E: Tuesday, April 9

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

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

BEGINNING & ENDING DATES
Session A: Mondays, February 11 - April 22
Session B: Wednesday, February 13 - April 24
Session C: Saturday, February 23 - May 11
Session D: Tues/Thurs, February 12- March 14
Session E: Tues/Thurs, March 26 - April 25

No lessons March 16 - 24

Parent/Infant and Parent/Tot
This water orientation program is designed to teach you and your child to teach basic water safety and self-help skills. This program emphasizes water adjustment, preparatory activities for swimming and water enjoyment for you and your child. Small children should wear appropriate swim diapers. To participate, infants must have the ability to voluntarily raise their heads 90 degrees when lying flat on their stomachs and be 6 months old. During the 6 meetings the parents will receive instruction and have opportunity to practice water techniques with their children. Parent must accompany child.

Session A: Monday, February 4 - March 11
Session B: Saturday, March 30 - May 4
Session C: 9:30 - 10 am
Session D: Tues/Thurs, February 22 - 21
Session E: Tues/Thurs, March 26 - April 11
Session F: 6 - 6:30 pm

Fee: $21 per session

Tot Transition
If your 3-4 year old toddler is ready to try the water without a parent, but not ready for Level 1, this short class is for them. Emphasis will be on basic water safety and preparation activities for swimming. Some parent participation may be allowed.

Session B: Wed, February 6 - March 13
Session C: Saturday, March 30 - May 4
Session D: Tues/Thurs, February 26 - March 14
Session E: Tues/Thurs, April 16 - May 2
Session F: 6 - 6:30 pm

Fee: $21 per session

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

Session A: (See dates above)
Session B: (See dates above)
Session C: (See dates above)
Session D: (See dates above)
Session E: (See dates above)
Session F: (See dates above)

Fee: $43 per session

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

Session A: (See dates above)
Session B: (See dates above)
Session C: (See dates above)
Session D: (See dates above)
Session E: (See dates above)
Session F: (See dates above)

Fee: $43 per session

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

Session A: (See dates above)
Session B: (See dates above)
Session C: (See dates above)
Session D: (See dates above)
Session E: (See dates above)
Session F: (See dates above)

Fee: $43 per session

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

Session A: (See dates above)
Session B: (See dates above)
Session C: (See dates above)
Session D: (See dates above)
Session E: (See dates above)
Session F: (See dates above)

Fee: $43 per session

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

Session A: (See dates above)
Session B: (See dates above)
Session C: (See dates above)
Session D: (See dates above)
Session E: (See dates above)
Session F: (See dates above)

Fee: $43 per session

E mail ufm@ksu.edu
AQUATICS (Continued)

Level VI: Skill Proficiency
The objective of Level VI is to polish strokes so students swim them with more ease, efficiency, power, and smoothness over greater distances. Students develop considerable endurance by the end of this course. Additional practice is helpful to develop and maintain the strength necessary in Level VII. Participants will be introduced to additional turns as well as the pike and tuck surface dives. Students entering this course must have a Level V certificate or be able to demonstrate the skills required to complete Level V.

Session C: (See dates above)
AQ-16C Saturday 10:15 - 10:55 am
Session E: (See dates above)
AQ-16E Tues/Thurs 6:40 - 7:20 pm
Fee: $43 per session

Level VII: Advanced Skills
The objective of Level VII is to perfect strokes and to develop good fitness habits. Participants are urged to use aquatic activities throughout life to maintain their physical condition. They will be taught springboard diving and advanced rescue skills. Participants entering this course must have a Level VI certificate or must be able to demonstrate all the completion requirements in Level VI.

Session C: (See dates above)
AQ-19C Saturday 10:15 - 10:55 am
Session E: (See dates above)
AQ-19E Tues/Thurs 6:40 - 7:20 pm
Fee: $43 per session

Introduction to Competitive Swimming - Mini Team
This class will focus on the four competitive strokes: butterfly, backstroke, breaststroke, and freestyle, as well as, competitive starts and turns. Stroke refinement and endurance will be the main objectives. Swimmers on average will swim between 500 and 1000 yards each lesson. This class is designed for participants who have completed Level VII of the Learn to Swim program or those who would like preparation for a swim team. While enrolled in this class individuals can practice with the Manhattan Marlins Swim Team at no charge. Prior to participating with the Marlins, contact Kathy Much 776-1742 or Jerry Carpenter 539-1894. For more information concerning Manhattan Marlins, see brochure near pool entrance.

Session D: (See Dates Above)
AQ-107A Tuesday/Thursday 6:40 - 7:20 pm
Session E: (See Dates Above)
AQ-107B Tuesday/Thursday 6:40 - 7:20 pm
Fee: $43 per session

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

Session A: (See dates above)
AQ-22A Monday 6:30 - 7:30 pm
Session E: (See dates above)
AQ-22E Tues/Thurs 6:40 - 7:20 pm
Fee: $43 per session

Lap Swimming Ages 13 plus
Lap swimming is for individual work-out. The lap pool is available to adults and advanced swimmers to swim regularly and frequently. You may choose your own minute block of time during the below scheduled times.

Session A: (See dates above)
AQ-24A Monday 6 - 7:30 pm
Session B: (See dates above)
AQ-24B Tuesday 6 - 7:30 pm
Session C: (See dates above)
AQ-24C Wednesday 6 - 7:30 pm
Session D: (See dates above)
AQ-24D Thursday 6 - 7:30 pm
Session E: (See dates above)
AQ-24E Friday 6 - 7:30 pm
Fee: $19 per session

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

Session A: (See dates above)
AQ-22A Monday 6 - 7:30 pm
Session B: (See dates above)
AQ-22B Tuesday 6 - 7:30 pm
Session C: (See dates above)
AQ-22C Wednesday 6 - 7:30 pm
Session D: (See dates above)
AQ-22D Thursday 6 - 7:30 pm
Session E: (See dates above)
AQ-22E Friday 6 - 7:30 pm
Fee: $16 per session

Hydroaerobics: Water Exercise
This is a 55 minute water exercise class that uses water resistance to give participants a great workout. This class is designed to use water exercises for the development of physical fitness, muscle tone, flexibility, and cardiovascular endurance. Exercises are done in a vertical position with head and shoulders out of the water. Both the swimmer and the non-swimmer will benefit from this class.

Session A: January 7 - February 7
(No class Jan 21, Mon)

AQ-26A Mon/Wed or Tues/Thurs 6:35 - 7:30 pm
AQ-27A Mon/Thurs 6:35 - 7:30 pm
Session B: February 11 - March 14
AQ-25B Mon/Wed or Tues/Thurs 6:35 - 7:30 pm
AQ-27B Mon/Thurs 6:35 - 7:30 pm
Session C: February 23 - May 11
AQ-26C Saturday 10:05 - 11:00 am
Session D: March 25 - April 25
AQ-26E Mon/Wed or Tues/Thurs 6:35 - 7:30 pm
AQ-27D Mon - Thurs 6:35 - 7:30 pm
Session E: April 30 - May 31
AQ-25E Mon/Wed or Tues/Thurs 6:35 - 7:30 pm
AQ-27E Mon - Thurs 6:35 - 7:30 pm
Fee: $15 per session for Mon/Wed or Tues/Thurs
$20 per session Mon/Thurs
$22 per session Saturday

Deep Water Hydroaerobics
This semester we will be offering a deep water hydroaerobics class. This will be done in the diving well the Natatorium. The participants of the class will be issued an aquajogger belt to help provide buoyancy in the water. The structure for this class will be similar to the regular hydroaerobics classes. This class is intended to add variety to your work out. Only swimmers who can tread water without a breathing device are allowed to participate in the class.

Session B: February 14 - March 11
AQ-28B Thursday 6 - 6:30 pm
Session D: March 30 - April 25
AQ-28D Thursday 6:40 - 6:30 pm
Session E: May 2 - May 30
AQ-28E Thursday 6 - 6:30 pm
Fee: $12 per session

Private Lessons for Special Populations
For people with special physical or mental needs. Arrangements will be considered for private swimming lessons. A few days after group lessons begin, an instructor will contact the student to arrange 6 classes of 30 minutes each. The facility is equipped with a lift to the lower deck and leading into the pool.

Date/Time: See Private Lessons Schedule for Dates/Times.
Fee: $66 per session of 6 lessons

MANHATTAN MARLINS
SWIM TEAM
A non-profit organization dedicated to providing children the chance of participating in competitive swimming. Primary emphasis is on positive self image, physical conditioning and development to the child’s fullest potential.

Ages: 5 years thru College level
Four Practice Groups: Developmental Bronze Silver Gold

For more information contact: Kathy Much at 776-1742 or Jerry Carpenter at 539-1384

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

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AQUATICS (Continued)

Private Lessons AQ-30
These lessons provide one-on-one instruction for any level of swimmer, 6 classes of 35 minutes each. To improve scheduling and better serve our families, you will be able to reserve specific days and times for private lessons when you enroll. Options include:

- February 11 - May 11
- Once a week - M, T, W, TH, Sat
- Times: 6:30-7:30 pm, M - TH
- 6:45 - 7:30 pm, M - TH
- 9:30 - 10:00 am, Sat
- 10:15 - 10:45 am, Sat
- Fee: $56 per session of 6 lessons

* UFM office staff will reserve the first available dates. There will be very little flexibility for re-scheduling.

Open Swim Appreciation AQ-31a
For UFM swim participants and their parents. Parents are invited to bring their children in the water and practice swimming together. There is no charge for this activity, however, registration with the number of participants is requested so that we can provide adequate lifeguards.

- Date: April 6 (Saturday)
- Time: 5 - 7 pm
- Fee: $7/Couple
- Location: KSU Natatorium

Open Swim Appreciation AQ-31b
For UFM swim participants and their parents.

- Date: April 23 (Sunday)
- Time: 5 - 7 pm
- Fee: $7/Couple
- Location: KSU Natatorium

Sunday Family Swim AQ-32
Bring the family out for a refreshing evening of swimming. Take advantage of the indoor pool at K-State on Sunday evenings! You may register in advance so we can plan adequate lifeguards.

- Date: April 7 - 28 (Sunday)
- Time: 5 - 7 pm
- Fee: $7/Couple
- Location: KSU Natatorium

WSI Water Safety Instructor AQ-34
WSI Water Safety Instructor AQ-34
How about a job by the pool? Receive a WSI certification to teach the American Red Cross Learn to Swim and Water Safety Courses. This course includes the Fundamentals of Instructor Training course. Prerequisites: Minimum age 17, on or before the final scheduled session of the instructor course. Fundamentals of Instructor Training. Successfully complete a pretest of aquatic and safety skills. Successfully demonstrate Freestyle, Backstroke, Butterfly, Elementary Backstroke, and Sidestroke. Successfully demonstrate rescue skills. Certification Requires: Demonstrate competency in all required skills, and correctly answer at least 80 percent of the written tests.

- Date: March 28 (Thursday)
- Time: 6:00 - 7:00 pm (Prerequisites)
- Fee: $195 (Fee includes text book and can be picked up at UFM)

Deposit: To reserve a spot in the class a deposit of $20.00 needs to be paid before the prerequisite date. This deposit is non-refundable (even if you do not pass the prerequisites) and will go toward the cost of the class. You will pay for the class and books in the UFM office after successful completion of the prerequisites. There is a minimum of 12 people per class.

Red Cross Lifeguard Training (ECC 2000) AQ-35a
American Red Cross Lifeguard Training teaches life-saving skills and knowledge needed to prevent and respond to aquatic emergencies. This course will certify you in Lifeguarding, CPR for the Professional Rescuer, and First Aid.

Prerequisites: Minimum age 15, Swim 500 yards continuously, using these strokes in the following order: 200 yard front crawl with rhythmic breathing and stabilizing, propulsive kick, 100 yard breaststroke, and 200 yards of either front crawl using rhythmic breathing or breaststroke. These 200 yards may be a mixture of front crawl and breaststroke. Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7 - 10 feet, retrieve a 10-pound brick, return to surface, and swim 20 yards back to the starting point with the object.

Certification Requires: Demonstrate competency in all required skills, demonstrate competency in the three final skill scenarios, and correctly answer at least 80 percent of the written tests.

- Date: April 22 - May 3 (Monday - Friday)
- Time: 6:30 - 7:30 pm (Prerequisites)
- Fee: $152 (Fee includes text book and pocket mask w/o 1st aid and can be picked up at UFM.)
- Location: KSU Natatorium

Red Cross Lifeguard Training (ECC 2000) AQ-35a
American Red Cross Lifeguard Training teaches the instructor candidates to teach Lifeguard Training. This course prepares the instructor to teach Lifeguarding, First Aid, Instructor Aide, CPR for the Professional Rescuer, Aide, Oxygen Administration, Automated External Defibrillation Essentials, Preventing Disease Transmission, Child and Water Safety, and Basic Water Rescue. Selected Lifeguard instructors may be eligible to teach Safety Training for Swim Coaches. Fundamental of Instructor Training course will be included in the Lifeguard Instructor Training course.

Prerequisites: Minimum age 17, on or before the final scheduled session of the instructor course. Fundamentals of Instructor Training/Pass a pre-course exam written exam 80 percent or better. Successful completion of swimming, Lifeguarding, First Aid, and CPR for the Professional Rescuer skills. Complete three Lifeguarding training course skillset training.

Certification Requires: Demonstrate competency in all required skills, and correctly answer at least 80 percent of the written tests.

- Date: April 15 - May 3 (Monday - Friday)
- Time: 4 - 7 pm (Prerequisites)
- Fee: $89 (Fee includes test book and can be picked up at UFM, after completion of prerequisites) Deposit: To reserve a spot in the class a deposit of $20.00 needs to be paid before the prerequisite date. This deposit is non-refundable (even if you do not pass the prerequisites) and will go toward the cost of the class. You will pay for the class and books in the UFM office after successful completion of the prerequisites. There is a minimum of 12 people per class.
- Location: KSU Natatorium

Red Cross Lifeguard Instructor Training (ECC 2000) AQ-36
American Red Cross Lifeguard Instructor Training teaches instructor candidates to teach Lifeguard Training. This course prepares the instructor to teach Lifeguarding, First Aid, Instructor Aide, CPR for the Professional Rescuer, Aide, Oxygen Administration, Automated External Defibrillation Essentials, Preventing Disease Transmission, Child and Water Safety, and Basic Water Rescue. Selected Lifeguard instructors may be eligible to teach Safety Training for Swim Coaches. Fundamental of Instructor Training course will be included in the Lifeguard Instructor Training course.

Prerequisites: Minimum age 17, on or before the final scheduled session of the instructor course. Fundamentals of Instructor Training/Pass a pre-course exam written exam 80 percent or better. Successful completion of swimming, Lifeguarding, First Aid, and CPR for the Professional Rescuer skills. Complete three Lifeguarding training course skillset training.

Certification Requires: Demonstrate competency in all required skills, and correctly answer at least 80 percent of the written tests.

- Date: January 28 - March 4 (Monday)
- Time: 6 - 10 pm
- Fee: $210 (non-cedit)/$255 credit
- Location: YMCA, 1703 McFarland Junction City, KS

Scuba Diving AQ-103
This class will prepare students for Open Water certification. Areas to be covered include: introductory information for certification, knowledge of the equipment, principles 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 lodging are at the student's expense. Students must provide their own mask, fin, and snorkel.

- Jeff Wilson (776-2763) has been diving for 25 years and instructing scuba for 15 years.

Special THANKS TO THE UFM INSTRUCTORS who volunteer their time.
Red Cross - AFI: Aquatic Fitness Instructor

AQ-104

Love to work out and get paid? New this year is a course sponsored by the American Red Cross on how to be a Water Aerobics Instructor. This course is an educational and recreational program designed to teach aquatic fitness. Instructor certification. Swim constantly for 200 yards demonstration: 50 yards Freestyle, 50 yards Breaststroke, 50 yards Backstroke, and 50 yards your choice. (Not timed and can be done with head out of water.) Basic water rescue will be reviewed in class.

Carol Sites

Prerequisites: May 4 (Saturday)
Date: May 3 and 11 (Sunday and Saturday)
Time: 9am-4 pm (Prerequisites)
3 - 9 pm (Monday - Friday)
9 am - 4 pm (Saturday)
Fee: $20 (Non includes gloves and can be picked up at UFM) (Fee does not include text books, they can be picked up at the UFM Office)
Deposit: To reserve a spot in the class a deposit of $20.00 needs to be paid before the prerequisites date. This deposit is non-refundable (even if you do not pass the prerequisites) and will go toward the cost of the class. You will pay for the class and books at the UFM office after successful completion of the prerequisites course. There is a maximum of 12 people per class.
Location: KSU Natatorium

Swim I

AQ-105

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

Carol Sites

Date: January 28 - March 15 (Monday/Wednesday)
Time: 1:30 - 2:30 pm
Fee: $25 non-credit/ $125 credit
Location: KSU Natatorium, KSU

Fitness Swimming

AQ-116

Students interested in this course MUST be able to demonstrate the five basic strokes, using rhythmic breathing. Emphasis will be on analyzing and refining stroke technique and additional competitive skills, improving/maintaining physical fitness and endurance through a progressive conditioning swimming program. Students will learn the components of well-balanced training and how to design a workout for conditioning swimming.

Carol Sites

Date: January 29 - March 14 (Tuesday/Thursday)
Time: 6 - 7:30 pm
Fee: $25 non-credit/ $125 Credit
Location: Natatorium, KSU

Tae Kwon Do I

Tae Kwon Do is a traditional Korean martial art designed to provide the ultimate in unarmed self-defense. Blocking, punching, and kicking develop balance, flexibility, and agility while improving cardiovascular fitness and self-confidence. Teaching methods include class demonstrations and practice without physical contact. Each student will be given an opportunity to purchase a uniform and belt at the first class. After two months of class an optional testing to advance in the Tae Kwon Do degree ranking is held in Topera. The cost is not included in the class fee and a uniform is required for testing. Age 9+

**Thursday, January 24, at 7:00 pm, a Public Demonstration and formal introduction of instructors will be conducted in Ahearn Field House, KSU.

Grandmaster Chae Soon Yi (266-8662) is an 8th degree black belt with over 41 years experience in Tae Kwon Do. He is a former captain and chief instructor of Tae Kwon Do for the KOK Army National Team, and he has held classes at KSU since 1975. Instructor David Moore (539-6786) is a 4th degree black belt with over 11 years experience in Tae Kwon Do.

Date: January 24 - May 9 (Tuesday/Thursday)
Time: 6:30 - 7:30 pm
Location: Ahearn Fieldhouse, KSU

No class March 19 & 21.

Judo I

MA-05

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

Instructor: Isaac Wadabuaidi
Date: January 22 - May 9 (Tuesday/Thursday)
Time: 7 - 8 pm
Fee: $72 non-credit
Location: Ahearn Room 303, KSU
No Classes March 19 and 21.

Judo II

MA-06

Instructor: Isaac Wadabuaidi
Date: January 22 - May 9 (Tuesday/Thursday)
Time: 8 - 9 pm
Fee: $72 non-credit
Location: Ahearn Room 303, KSU
No Classes March 19 and 21.

White Phoenix System Basics

MA-07

In this class we will go over Kung Fu basics and the 20 White Phoenix self-defense Jujutsu techniques. The White Phoenix System is a self-defense oriented martial art that is physically a combination of Kung Fu, Jujutsu and other martial arts, with emphasis on the mental approach of Shindojujutsu, or the art of deceiving the attackers mind.

Sun Wilson has been practicing martial arts for 32 years. He has a 2nd degree black belt in Hakkoryu (Aiki) Jujutsu, a 3rd degree black sash in Pai Lum Kung Fu, an 8th degree black in Zetu Luymi Kung Fu, a 1st degree black in Dave Hing Taolu Palms Kung Fu, and is the founder of the White Phoenix System. Stan has studied and done research into many martial arts and self-defense. He has produced one book, ten videos, and 20 manuals on self-defense and the martial arts, and is the owner of Yamabushikai Martial Arts.

Date: March 25 - May 6 (Monday)
Time: 8 - 9 pm
Fee: $59 fee includes 3 manuals
Location: Ahearn Fieldhouse, KSU

Modern Aiki Ju Jutsu

MA-11

In this class we will work on breakfalls, Hakkoryu basic Faaj, Hakkenon walking exercises, and the 20 White Phoenix self-defense/Jujutsu techniques. Aiki Ju Jutsu is a self-defense martial art that uses some of the same principles as Aikido. This class is an introduction to methods taught by the Yamabushikai.

Instructor: Stan Wilson
Date: January 28 - March 11 (Monday)
Time: 8 - 9 pm
Fee: $59 fee includes 3 manuals
Location: Ahearn Fieldhouse, KSU

All participants must register in advance.
Gain Control of Your Money & Become Debt-Free

FC-01
Is there too much month at the end of your paycheck? Do you have a plan to control the money that you make, spend and save? Are you spending too much on debt and insurance? This class will cover fees and charges to watch out for with credit cards and mortgages. You will learn to identify problem areas in your finances, so you can start to take control of your money. Learn to buy wisely and reach your financial dreams. Everyone attending this seminar will have the option to get individual consultation to establish their debt-free date.
Robin Sipp (776-3660) works with a local financial service company. She has 20 years experience teaching in the public schools. Robin enjoys teaching and helping families take control of their finances.

FC-06
Women cut out men or average by about seven years, according to the U.S. Department of Labor, and the average age of widowhood in the United States is 56. Since most women will eventually handle finances on their own, it's critical for them to take an active role in managing their money and preparing for the future. What can you do to create the financial future you want? This class is designed to help women of all ages learn how they can achieve their financial goals.

Marlise Tomich is a financial advisor with Waddell & Reed in Manhattan. She earned her B.A. at the University of Delaware and has completed over 20 hours of graduate study at Kansas State University.

Date: February 5 (Tuesday)
Time: 7 - 8:30 pm
Fee: $8
Location: Waddell & Reed
555 Poyntz Avenue, Suite 280

Investing in YOUR Future

FC-02
Individuals who are in the accumulation phase of their lives, 25 to 55 years of age, or those who need to save for a home or future college tuition will benefit from this course. Discussion will cover important money management concepts with practical, easy-to-understand language, using examples you can put into practice. Topics include investment basics, types of products, and developing a personal financial game plan that will help you plan a secure future for you and your family. No matter how much or how little money you have, these principles apply to you. Invest an evening of your time to learn how you can accumulate more wealth and have a better quality of life! Everyone attending this seminar will have the option of receiving a complimentary Financial Needs Analysis to help establish their road map for their various goals and dreams.
Robin Sipp

Date: March 14 (Thursday)
Time: 7 - 8:30 pm
Fee: $8 individual/$12 couple
Series: Gain Control & Investing
Location: UFM Conference Room

Long-Term Care

FC-15
What exactly is it? Should you be covered by long-term care insurance? Can you afford to pay for the expense of a nursing home or in-home care when the need arises? The Census Bureau reports that there are over 34 million Americans ages 65 or older, and the number will increase to 82 million by 2050. The national average yearly cost for nursing home care is $50,000 and increasing. A healthcare aide providing non-medical assistance in your home costs anywhere from $12 to $18 per hour. Medicare supplemental insurance does not cover long-term care expenses. This class is for anyone wanting to learn more about this subject.

Marlise Tomich

Date: February 27 (Wednesday)
Time: 7 - 8:30 pm
Fee: $8
Location: Waddell & Reed
555 Poyntz Avenue, Suite 280

Vision to Action, An Approach to Planning

FC-33
Vision to Action is a process that offers guidance to organizations who are focused on and committed to continuing progress. David Darling will teach about different planning procedures and their applications to organized efforts. The newest material is now printed and titled Vision to Action: This information is useful at many different levels including: personal, family, church, social clubs, community organizations, and local governments.

David Darling is a community development economist. For the last 18 years he has provided education assistance to community groups addressing economic issues. He is a K-State Research and Extension Specialist.

Date: January 28 - February 18 (Monday)
Time: 7 - 8 pm
Fee: $15
Location: UFM Conference Room

Fund Raising and Promotion Process Workshop

FC-32
Build it (fund raise, promote & work your tail off) and they will come. This workshop is a comprehensive overview of the fund raising and promotion process for events, museums, tourism attractions, and projects. Topics include grant writing, long-range planning, special events, endowments, publicity and marketing. Morning and afternoon snack provided, lunch will be on your own.
Shannon Thom & Heather Fussc, SHE enterprises, strives to provide quality training, management and support for non-profit organizations, schools and local governments in the areas of fund raising and marketing to enable these organizations to make a difference. Shannon Thom's background is in grant writing, while Heather Fussc specializes in marketing. Both provide a practical hands-on approach with an understanding of rural communities.

Date: February 12 (Tuesday)
Time: 9 am - 4 pm
Fee: $73
Location: First Lutheran Church Basement 930 Poyntz

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.

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

UFM classes make great gifts.
Money Management, Making the Most of Your Financial Future  

Are you concerned that you might not have enough money to cover unforeseen emergencies? Is saving for retirement a challenge? This workshop begins by asking the question: "What is important about money to you?" We will then help participants explore where their money goes and if they have enough cash reserves. Each person will be given assistance on establishing his or her financial goals and objectives. This workshop will also look at how money works, taxes, education funding and insurance of all types. Each participant will be provided a worksheet to calculate his or her own cash flow statement, life insurance needs and retirement income.

Rob Hayes is a financial advisor with Waddell & Reed in Manhattan. He graduated from Kansas State University with a Bachelor's degree in Family Financial Planning. Before finishing his education, he and his wife owned and operated a supermarket. He has over 20 years of experience in management. Rob is a member of the Financial Planning Organization. He is licensed to develop and analyze financial plans for families, individuals and businesses. He enjoys helping families and individuals identify and reach their financial goals.

Date: February 5 (Tuesday)  
Time: 7 pm  
Fee: $31 individual/$18 couple  
Location: Waddell & Reed  
555 Poyntz Avenue, Suite 280

Asset Allocation, Balancing the Risk of Investing  

Asset allocation is one of the most important factors in determining the returns of a portfolio. This workshop is designed to break down the mystery of asset allocation by looking at several issues. The components of asset allocation, different asset classifications, performance factors, and portfolio strategies. We will also address your need to understand your goals, time horizons, and risk tolerance.

Rob Hayes  
Date: March 5 (Tuesday)  
Time: 7 pm  
Fee: $31 individual/$18 couple  
Location: Waddell & Reed  
555 Poyntz Avenue, Suite 280

Entrepreneurship: Ownership  

Have you ever thought about starting your own business? This class will look at areas to consider. Today many people are looking for a second job or a "side business" for extra income. Others want to be a full-time entrepreneur. Guest Speakers, who are local business owners, will share their experiences. Find out what motivated them, what their considerations were, and how they got started building their business.

Guest speakers include: Shelli Keeler, a small business owner of an Internet service and consultant with KSU Small Business Development Center; Lynn Bohmblatt, Regional Vice President of his own financial service company; and Tim Helcomb, owner of Little Apple Toyota Honda car dealership.

Date: February 21 (Thursday)  
Time: 7 - 8:30 pm  
Fee: $30 individuals/$12 couples  
Location: USM Conference Room

KSU Preparation Course  

PPST Prep  
Pre-Professional Skills Test Review Course for Teachers  

- Review & practice the three subject areas of reading, mathematics and writing  
- Learn strategies for successful test taking, problem solving, and quizzes

Date: March 26 - April 18 (Tues/Thurs)  
Time: 7 - 9 pm  
Fee: $160 (includes Cambridge Test Prep plus textbook, and The PPST Guide test with answer explanations, skill review and practice test)  
Location: Justin Hall, Rm 341, KSU  
Location: Justin Hall, Rm 341, KSU  
*Dates may be subject to change.

PAWNEE Mental Health Services  
— Continuing Education —  
For health and helping professionals, others  
Call for Information 587-4226  
www.pawnee.org  
— Helping people help themselves —  
Adults Children Families  
Professional • confidential • affordable  
2001 Claffin Rd.  
587-4300

All participants must register in advance.
Safe and Creative Care of Family Photos

CF-02a

Are your photos stuffed in shoeboxes or, worse, in albums that are chemically 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 a pair of scissors. The fee includes 1 acid-free album page and the use of photo-safe materials and supplies. Additional pages are available for purchase from the instructor.

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

Date: February 4 (Monday)
Time: 7 - 9:30 pm
Fee: $15 includes some supplies
Location: UFM Fireplace Room

Black & White Film Developing for Beginners

CF-09a

This class will cover the basics of black and white film processing and darkroom procedures. We will limit the class size to provide hands-on experience. Each student will develop their own roll of black and white film. Note: Student needs to bring an exposed roll of Tri-X 400 ISO film to class. All other materials are included in the class fee. Class size is limited.

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

Date: March 5 (Tuesday)
Time: 7 pm
Fee: $15 No refunds on class; instructor must buy chemicals that can’t be used if students don’t attend.
Location: UFM Darkroom
Deadline to enroll in this class is February 26.

Safe and Creative Care of Family Photos

CF-02b

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

Date: March 5 (Tuesday)
Time: 7 - 9:30 pm
Fee: $15 includes some supplies
Location: UFM Fireplace Room

Safe and Creative Care of Family Photos

CF-02c

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

Date: April 8 (Monday)
Time: 7 - 9:30 pm
Fee: $15 includes some supplies
Location: UFM Fireplace Room

Pillows Galore

CF-08

No need to purchase decorative pillows. Sign up for the class and learn how to turn your old pillows into stylish decorations. Pin-tucks, welting, piping, inserting zippers, pleats, working with fringes, and the oh, so popular tassels are just a few of the things we will tackle. Bring your sewing machine and materials.

Petra Barnes

Date: April 3, 10 (Wednesday)
Time: 11:30 - 2 pm
Fee: $22
Location: 103 N. 3rd Street, Suite B

Black & White Printing

CF-10

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

Harold Wellmeier

Date: By appointment
Time: As arranged
Fee: $15 No refunds on class; instructor must buy chemicals that can’t be used if students don’t attend.
Location: UFM Darkroom
Faux Fur Fun
Preserve wildlife by making a coat, muff, or throw out of fake fur. It is light, it is warm and it is less expensive, but it looks and feels real. Specialty fur may be purchased through instructor before class. You need to bring your own sewing machine, pattern if needed, fake fur, and notions.

Pete Barnes
Date: January 17, 24, 31 (Thursday)
Time: 1 - 4 pm
Fee: $41
Location: UFM 103 N. 3rd Street, Suite B

Learning to Write & Sell Fiction
A workshop where students learn through participation, this class will introduce the fundamentals of writing and selling novels, stories, and teleplays, especially those in the genres of science fiction, fantasy, mystery, and horror (although the principles taught apply to all genre fiction). General topics will be covered as well as specific issues related to the student’s manuscript. Please bring a sample of work in progress or begin a project after the first class session. Work will be critiqued by the instructor and by other members of the class.

Glenn Sizemore, has been writing and selling science fiction and fantasy for thirteen years. His credits include science fiction, fantasy, horror, and children's stories published in magazines and international hardcover and paperback anthologies. Over 100,000 copies of his stories exist in print, including international versions in both French and German. His first novel is scheduled for publication by Tor Publishing in April, 2002.

Date: February 11, 18, & 25 (Monday)
Time: 7:30 - 9:30 pm
Fee: $14
Location: UFM Greenhouse

Traveling on Your Own
Do you want to travel but don’t like the idea of going with a large group on a “canned” tour? Then learn about how to travel independently! This class will focus on traveling alone in big cities and other countries. It will also help beginning travelers with questions about airlines, passports, finding hotels, and other helpful information.

Joyce Britz has traveled independently both in this country and abroad.

Date: February 26 (Tuesday)
Time: 7 pm
Fee: $8 individual/$12 couple
Location: UFM Conference Room

Paper Baskets
Woven baskets from recycled paper bags are fun to make. Decoration of the finished baskets is the maker’s choice. These sturdy baskets can be used for plant containers, goody-giving, desk accessories or for wherever a container is needed.

Marie Burgess taught this class previously for UFM. She is a weaver and teacher who is fascinated with finding ways to reuse paper.

Date: April 6 (Saturday)
Time: 8 - 11 am
Fee: $18 includes supplies
Location: UFM Fireplace Room
Deadline to enroll in this class is April 3.

Working with Polymer Clay
Polymer Clay is the craft of today - versatile and multifaceted. Learn the basic techniques. Polymer Clay requires only your standard oven, so you can do it at home as well. You will be using translucent fimo, goldleaf, and rubber stamps to make a unique pendant.

Pete Barnes
Date: April 19, 26 (Friday)
Time: 9 - 12 pm
Fee: $22 includes some supplies
Location: 103 N. 3rd Street, Suite B

Tailoring
Tailoring for the experienced sewer who wants to learn some shortcuts of the industry and tricks of the trade. You may bring your own projects or ask for demonstrations.

Pete Barnes
Date: February 11, 18, 25 (Monday)
Time: 1 - 4 pm
Fee: $49
Location: 103 N. 3rd Street, Suite B

Drawing Basics
The more you draw the better you get at it. But there are a few steps that will help you get better faster. Learn how to make a circle look like a sphere and how color can help to achieve a 3D look. Drawing clothing realistic and shading will be some of the other subjects we will cover. An supply list will be provided when you enroll.

Pete Barnes
Date: March 6 and 13 (Wednesday)
Time: 6 - 8 pm
Fee: $27
Location: 103 N. 3rd Street, Suite B

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.

Slipcovers - A dress for your chair
Dress up your old furniture with slip covers and give your home the look that makes your friend say Wow! One pattern lets you create a new look every time you feel like it. Please bring the following to the first class: your chair of choice (lounge or dining), about 6 yards of medium tabby rouslin, long pins, and scissors. More information at first meeting.

Pete Barnes
Date: March 7, 14, and 28 (Thursday)
Time: 7 - 1 pm
Fee: $55
Location: 103 N. 3rd Street, Suite B
No Class March 21.

Wardrobe Consultation
Knowing your body shape and color type will save you not only money and time but also space. Bring some of your clothing and be prepared for some eye openers.

Pete Barnes
Date: March 12 (Tuesday)
Time: 12 - 1 pm
Fee: $13
Location: 103 N. 3rd Street, Suite B

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

Cyndi Kuder (776-2090) is an adjunct instructor at K-State and owner of a private piano studio. Her graduate work was in piano pedagogy. She is a member of KMTA, MAMTA, and MTNA. In March of 1996, she had a performance broadcast on public radio.

Date: February 4-March 8 (Monday/Wednesday)
Time: 11:30 am - 12:20 pm
Fee: $117
Location: McCain, Room 127, KSU
No classes March 18 and 20.

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 and practical skills, group and solo performance. A skills assessment will be conducted the first class. If you are unsure whether your level of experience is appropriate for this class, please contact the instructor.

Cyndi Kuder (776-2090)
Date: February 5 - May 9 (Tuesday/Thursday)
Time: 11:30 am - 12:20 pm
Fee: $117
Location: McCain, Room 127, KSU
No classes March 19 and 21.

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

Learn the basics of knitting and come away with a headband and hat designed to take you through each step of the process. Materials will be provided for the first project and a list of further materials needed will be available at the 1st class session for the 2nd project.

Krenita Tully is the sole proprietor of Wildflower knitwear and has had her designs published in several national knitting magazines.

Date: February 6, 15, 20, and 27 (Wednesday)
Time: 7 - 8:30 pm
Fee: $26
Location: 103 N. 3rd Suite B

Beginning Hardanger Embroidery

Hardanger is a counted thread embroidery technique which is said to have originated hundreds of years ago in the Hardanger fird of Norway. This class will include the basic Kloster block stitch, cutting, and removing threads and 5-6 needlelace filling stitches.

Rona Robertson has been doing and teaching Hardanger embroidery for 5 years.

Date: February 21 and 28 (Thursday)
Time: 7 - 9 pm
Fee: $22 - Kit Included in fee
Location: 1717 Kingwood Drive

Create a DVD or Video Tape

You have a stack of video tapes at home? Old 8 mm tapes? Lots of slides? You want to transfer these to a video? CD or DVD? Want to make a movie of a special occasion such as a birthday, anniversary, wedding, reunion, honeymoon, hobby, vacation? Look no further.

Briggy and her students will teach you how to produce a finished video project. Learn editing, scanning, editing titles, music background, and voice over. Your finished product will also be demonstrated and discussed. Bring a blank video tape for your project.

Date: February 4 (Monday)
Time: 7 - 9:30 pm
Fee: $23
Location: UFM Greenhouse

Monday Morning Sewing

The purpose of this class is to help you with all your sewing questions and projects and to help you gain confidence to tackle more advanced patterns.

Date: February 4 (Monday)
Time: 9 - 12 noon
Fee: $17
Location: 103 N. 3rd Street, Suite B

Monday Morning Sewing

Date: March 4 (Monday)
Time: 9 - 12 noon
Fee: $17
Location: 103 N. 3rd Street, Suite B

Monday Morning Sewing

Date: April 1 (Monday)
Time: 9 - 12 noon
Fee: $17
Location: 103 N. 3rd Street, Suite B

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.

Look for the UFM Catalog on the web at www.ksu.edu/ufm
Book Club for Women

The women's book club members will choose a book to discuss once a month. Meeting locations will vary. The group is open to anyone of all ages who wish to explore different genres.

Terry Murray enjoys reading books from a variety of genres. She started the Opal book club this summer and enjoyed the group discussions.

Date: January 21 (Monday)
Time: 6:30 pm
Fee: $5
Location: UFM Conference Room

Stained Glass - Stepping Stones for Your Garden

Decorate your garden with your favorite colors and designs made with stained glass. You will learn to cut and grind glass and how to finish your "stone" with mortar and concrete. The instructor will supply concrete, mortar, and stone, and you will need to bring the glass, cutters, snippers, and safety glasses.

Petra Barnes

Date: April 6, 13, 20 (Saturday)
Time: 1 - 4 pm
Fee: $48
Location: 3464 Stonehenge Drive

Stained Glass

Learn the basics of stained glass. Cutting, grinding, fusing, and soldering are some of the techniques you will learn. Take home a piece of window art that you created yourself. Stained glass is an interesting hobby that you can do at home and that can lead you to making tiffany lamps, 3D creations, windows, and more. A supply list will be provided when you enroll.

Petra Barnes

Date: March 1, 8 and 15 (Friday)
Time: 9 - 12 pm
Fee: $48
Location: 3464 Stonehenge Drive

Stained Glass

Petra Barnes

Date: April 6, 13, and 20 (Saturday)
Time: 9 - 12 pm
Fee: $48
Location: 3464 Stonehenge Drive

Dress for Success

Essential "dos" and "don'ts" for every occasion, especially for business and job hunting. Do you wear perfume or high heels to an interview? Your chances for that job have already dropped about 50%! There is more to looking your best than looking attractive. Meet us during lunch and you will also find out how to save money and space by knowing your color type.

Petra Barnes

Date: February 13 (Wednesday)
Time: 12 - 1 pm
Fee: $13
Location: 310 N. 3rd Street, Suite B

Dress for Success

Petra Barnes

Date: April 17 (Wednesday)
Time: 12 - 1 pm
Fee: $13
Location: 103 N. 3rd Street, Suite B

Submitting Your Manuscript

You wrote it, now what? If you are interested in submitting your writing for publication but don't know how to go about it, this workshop is for you. Jerri will cover query letters, manuscript format, "unsolicited submissions," the submission process, how to find possible markets for your work and what to expect after you send it out. You may also learn about some marketable writing possibilities you may not have known about, such as rejection.

Jerri Garrettson has published feature articles and columns in newspapers in Germany, Japan, and the USA. Her non-fiction for children has appeared in several national children's magazines including Highlights for Children. She is the "veteran" of the writing submission process including book proposals and book manuscripts. As owner/publisher of Foreverstone Press, she has published four of her own books.

Date: February 26 (Tuesday)
Time: 7:30 - 9:00 pm
Fee: $30
Location: UFM Multipurpose Room

Pattern Drafting

If you are an experienced sewer or even a novice, you may have come to the point where you would like to get into changing already existing patterns or putting your own designs into reality. If you do not have the "perfect" figure you will learn how to adjust your pattern. Drafting is a very complex field and we can not possibly cover everything, so bring you project and learn how to adapt some of the rules to other patterns.

Petra Barnes

Date: March 14, and 28 (Thursday)
Time: 1 - 4 pm
Fee: $49
Location: 103 N. 3rd Street, Suite B
No Class March 21.

Making Booklets

We will explore different styles of journal binding using papers from the mundane to the wonderful. Each participant will make several journals. Bring your own scissors!

Marit Briggs has been "playing with paper" for years, and is an English teacher she is very interested in keeping journals. She has found that writing in journals is much more pleasant when the journals are hand made.

Date: March 2 (Saturday)
Time: 8 - 11 am
 Fee: $19
Location: UFM Multipurpose Room

Deadline to enroll in this class is February 27.

Sewing for Your Baby/Toddler

Sewing with terry cloth, knits, and stretchy materials are some of the subjects we will cover, also snap buttons, zippers, etc. You may pick a pattern from hooded towels, bunny washcloth, personalised baby books made from fabric, rompers, or "sleeping bags" that may reduce the risk of SIDS. The first meeting will be informational, lasting only an hour. You will need to bring fabric, notions, and sewing machine to the second meeting. We offer the use of a serger and iron. We will embroider items for a small fee if you like.

Petra Barnes

Date: March 29, and April 5-26 (Friday)
Time: 12 - 2:30 pm
Fee: $39
Location: 103 N. 3rd Street, Suite B

Ideas for Your Home

Decorating a room can be challenging if you do not know where to start. This class will break it down for you into simple steps. You will see some eye opening "before and after" pictures.

Petra Barnes

Date: April 2 and 9 (Tuesday)
Time: 12 - 2 pm
Fee: $23
Location: 103 N. 3rd Street, Suite B

"Good judgement comes from experience, and experience comes from bad judgement."

— Barry LePatner

UFM classes make great gifts.
Introduction to Golf
Get some fresh air and find out if golf is the sport for you. This is a short course geared for beginners and intermediate players. The fundamentals of the full swing, short game, playing etiquette, and putting will be covered. Some class time will be devoted to equipment used to play golf, rules, and scoring cards and handicaps.

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

Date: April 4-25 (Thursday)
Time: 6:30-7:30 pm
Fee: $36
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

Swing and Salsa Dancing
Have some fun learning classic big band swing dance and salsa. Learn swing, salsa, and Lindy basics, feet, 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, grape and yoke, 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 Bennett (776-7557)

Date: February 2 - March 9 (Saturday)
Time: 7:30 - 8:30 pm
Fee: $56 individual/$94 couple
Location: ECM Auditorium
1021 Denison Ave.

Ballroom Dance
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 skills, this class is for you. Swing, foxtrot, waltz, and Latin dancing are just a few of the steps you will learn. Come experience the elegant world of Ballroom Dance. 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; Allibaba Ballroom, Oakland, CA; Chicago Dance Studio, Chicago, IL; and Avenue Ballroom, San Francisco. He was the 1986 San Francisco Avenue Ballroom Jitterbug Champion. He choreographed and performed in Ballroom Suite, Winter Dance 1998, KSU. He is a member of the United States Amateur Ballroom Dancers Association.

Date: April 6- May 11 (Saturday)
Time: 7:30 - 8:30 pm
Fee: $72 individual/$494 couple
Location: ECM Auditorium
1021 Denison Ave.

Tennis: Junior Beginners Ages 7-16
Join us for fun and skill development in this great sport! This class is designed for beginning players and will provide instruction in fundamentals of strokes, basic rules of play and beginning competition. We provide the balls; students provide their own rackets. If you don't have a racket, give us a call and we may be able to help you locate one. Parking may be a challenge so please accordingly and come early.

Mark Tesedelf has an M.S. degree in Kinesiology and has played tennis for over 20 years, including varsity at Coe College, Cedar Rapids, Iowa. He recently served as an instructor at Manitou-Wabing Sports and Arts Center in Ontario.

Date: April 2 - 23 (Tuesday)
Time: 6:30 - 7:30 pm
Fee: $56
Location: LP Washburn Rec Complex, KSU

Tennis: Beginners Ages 17 and Up
This class will focus on fundamentals of strokes, basic rules of play, and beginning competition. Parking may be a challenge so please accordingly and come early.

Mark Tesedelf

Date: April 2 - 23 (Tuesday)
Time: 7:30 - 8:30 pm
Fee: $36
Location: LP Washburn Rec Complex, KSU

Golf
This course will emphasize the fundamentals of the full swing; the short game techniques of chipping, pitching, and sand shots; rules of play, course etiquette, selection and use of equipment.

Mike Webe, golf pro at Rolling Meadows Golf Course, Junction City.

Date: March 8 - May 8 (Wednesday)
Time: 9:30 - 11:30 am
Fee: $115
Location: Rolling Meadows Golf Course
7500 Old Millford Rd, Junction City
No Classes March 20 or April 10.

Golf

Date: March 7 - May 9 (Thursday)
Time: 2:30 - 4:30 pm
Fee: $115
Location: Rolling Meadows Golf Course
7500 Old Millford Rd, Junction City
No Classes March 21 or April 11.
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. Minimum age 13. Equipment provided. Course may be repeated. Bill Meyer (587-9990) began fencing as a child in Germany. Not to worry! He studied modern foil, epee, and saber at Washington State University and the University of Idaho, and is 1-1 certified through USFA Coaches College.

Date: January 28 - May 6 (Monday)
Time: 6 - 7:30 pm
Fee: $42 if you have your own equipment/$72 to use instructor’s equipment
Location:Abearn Fieldhouse, KSU

Intermediate Fencing
This class will focus on fouling. Emphasis is on technique refinement, theory of attack, second intention, fleche, coup, glides, flankamode, right-of-way issues, inflightting, attack into preparation. Prerequisites: at least a beginning course in foil-only fencing. Course may be repeated.
Bill Meyer (587-9990)

Date: January 28 - May 6 (Monday)
Time: 7:30 - 9 pm
Fee: $42 if you have your own equipment/$72 to use instructor’s equipment
Location:Abearn Fieldhouse, KSU

Middle Eastern Dance: Beginner’s
Beginner’s class will learn the basic movements to the dance. You will gain muscle control, core stability, and flexibility. You will also learn how to put the steps together in a basic format. Saturday classes include watching tapes, learning about costume, culture, etc.
Christine Harley has been dancing for 7 years. She was taught by Amira of Wichita. Middle Eastern Dance is the traditional dance of the Middle East and is the oldest known form of dance.

Date: January 22 - March 5 (Tuesday)
February 2 and 16 (Saturday)
February 13 (Saturday)
Time: 6:30 - 7:30 pm (Tuesday)
6:30 - 7:30 pm (Saturday)
2 - 4 pm (Saturday)
Fee: $30
Location:UFM Greenhouse (Tuesday)
UFM Conference Room (Saturday)
UFM Banquet Room ONLY on March 5

Middle Eastern Dance: Beginner’s Advance
The advanced class will learn a choreographed routine, a different one will be taught each session, one using veils, and one not. A handout will be available at UFM upon enrolling. Saturday classes include watching tapes, learning about costume, culture, etc.
Christine Harley

Date: January 22 - March 5 (Tuesday)
February 2 and 16 (Saturday)
Time: 7:30 - 8:50 pm (Tuesday)
2 - 4 pm (Saturday)
Fee: $30
Location:UFM Greenhouse (Tuesday)
UFM Conference Room (Saturday)
UFM Banquet Room ONLY March 5

Middle Eastern Dance: Advance
Christine Harley

Date: March 26 - April 30 (Tuesday)
April 6 and 20 (Saturday)
Time: 7:30 - 8:30 pm (Tuesday)
2 - 4 pm (Saturday)
Fee: $30
Location:UFM Conference Room (Tuesday)
UFM Conference Room (Saturday)

Beginner Line Dance Lessons
Come and have fun and learn two new line dances each night. We will start at a beginning level and move toward intermediate as classes continue. You will learn the moves and name of each dance move, including Cha Cha, 2-step dances and some group dances. Emphasis on understanding the beat, rhythm, and feel of music. Class starts with warm-up dances after which you get a great work-out dancing. Many of the dances that will be taught were created in Nashville, TN and taught at the Wild Horse Saloon. “No black slates on shows.” This class is geared towards individuals, not couples.
Lucia Frazier (776-7912) has been dancing for several years. She enjoys Line dancing and is excited to help others learn to have fun dancing. Lucia has a B.A in Psychology. She has learned many dances on her own, and at Colorado Springs, Co and Nashville, TN.

Date: February 1 - 22 (Friday)
Time: 6:30 - 8 pm
Fee: $28 individual/$48 couple
Location:Abearn, Room 303, KSU

Beginner Line Dance Lessons
Lucia Frazier (776-7912)

Date: March 1 - 29 (Friday)
Time: 6:30 - 8 pm
Fee: $28 individual/$48 couple
Location:Abearn, Room 303, KSU
No Class March 22

Beginner Line Dance Lessons
Lucia Frazier (776-7912)

Date: April 5 - 26 (Friday)
Time: 6:30 - 8 pm
Fee: $28 individual/$48 couple
Location:Abearn, Room 303, KSU

Competition Fencing
This course covers drills and skills in preparation for local and national tournaments in electric foil and epee. Some topics covered include: equipment tuning, referee reading, corpo-a-corps, cards, tactical wheel, right-of-way, counter attack, and evasion. USFA membership or FIE license will be required. By permission only.
William Allger

Date: January 30 - May 8 (Wednesday)
Time: 7 - 9 pm
Fee: $42 if you have your own equipment/$72 to use instructor’s equipment
Location:Abearn Fieldhouse, KSU

Ballroom Dance in Salina
Introduction to the principles of ballroom dancing. Includes dance terminology, dance position, correct body alignment and positioning, 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. Partners are not necessary. Class is co-sponsored with KSU at Salina Recreation Center.
Audrey Umekosho

Date: January 28 - May 13 (Monday)
Time: 7 - 8 pm
Fee: $80
Location:KSU at Salina, Recreation Center
3142 Scollan Avenue, Salina
No Class March 18.

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

WE-01

Jin Shin Jyutsu translates as the "Art of the Creator through knowing and compassionate person." It is an ancient art of releasing the tensions which are the causes of various symptoms of discomfort. In Jin Shin Jyutsu physiology, 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). Part II may be taken before Part I.

Karri Smith-Grindell (539-3733) is retired from professional careers in teaching and housekeeping and hospice nursing. Her association for more than twenty-five years has been the study of a variety of mind-body practices including Alexander Technique Swedish/Esalen massage, Therapeutic Touch, and Jin Shin Jyutsu. Since 1995 her main focus has been Jin Shin Jyutsu. She is a certified Jin Shin Jyutsu practitioner and self-help instructor.

Date: February 11, 18, 25 (Monday) 7 - 9 pm
Fee: $14
Location: UFM Multipurpose Room

Jin Shin Jyutsu Self-Help Part II

WE-02

In this class we will focus on developing a deeper understanding and experience 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. Part II may be taken before Part I.

Karri Smith-Grindell (539-3733)

Date: March 4, 11, 25 (Monday) 7 - 9 pm
Fee: $14
Location: UFM Multipurpose Room

Yoga for Body and Mind

WE-03a

"India's great gift to humanity is an accessible, practical approach to happiness. This is the gift of YOGA." T.K.V. Desikachar Yoga is useful for everyone. This class will use the breath and the body to help focus the mind. The student will participate in developing a personal practice which meets her/his unique needs. This class is open to everyone. Please wear comfortable clothing that allows for full range of movement. It is best not to eat within two hours of class (a piece of fruit is ok). Bring a towel, sitting-cushion, and a small note pad.

Ana Franklin (337-8224) has been practicing yoga for more than 25 years. Her parents were both students of T. Krishnamachary and his son, T.K.V. Desikachar. Ana has been teaching since 1984. She took Teacher Training from Gary Krafton, also a student of T.K.V. Desikachar and author of Yoga for Wellness.

Date: January 23 - February 27 (Wednesday) 7:30 - 8:45 am
Fee: $77
Location: UFM Fireplace Room

Yoga for Body and Mind

WE-03b

Ana Franklin

Date: January 23 - February 27 (Wednesday) 9 - 10:30 am
Fee: $77
Location: UFM Fireplace Room

Yoga for Body and Mind

WE-03c

Ana Franklin

Date: January 23 - February 27 (Wednesday) 4:30 - 6 pm
Fee: $77
Location: Ahearn Room 303, KSU

Yoga for Body and Mind

WE-03d

Ana Franklin

Date: January 23 - February 27 (Wednesday) 6 - 7:30 pm
Fee: $77
Location: Ahearn Room 303, KSU

Yoga for Body and Mind

WE-03e

Ana Franklin

Date: April 3 - May 8 (Wednesday) 4:30 - 6 pm
Fee: $77
Location: Ahearn Room 303, KSU

Yoga for Body and Mind

WE-03f

Ana Franklin

Date: April 3 - May 8 (Wednesday) 6 - 7:30 pm
Fee: $77
Location: Ahearn Room 303, KSU

Yoga for Body and Mind

WE-03g

Ana Franklin

Date: April 4 - May 9 (Thursday) 4 - 5:30 pm
Fee: $77
Location: UFM Fireplace Room

Yoga for Body and Mind

WE-03h

Ana Franklin

Date: April 4 - May 9 (Thursday) 4 - 5:30 pm
Fee: $77
Location: UFM Fireplace Room
Yoga for Body and Mind

Ana Franklin

Date: April 4 - May 9 (Thursday)
Time: 5:30 - 7 pm
Fee: $77
Location: UFM Fireplace Room

Intro to Self-Massage

Learn some self-massage routines to help with promotion of relaxation and relief of muscular aches, pains, and tension. You will become familiar with basic principles of therapeutic massage that can be adapted to meet your personal needs. Bring a blanket and/or pillow and wear loose clothing or shorts and T-shirt.

Sanny Snyder (SST-3607) is a licensed Massage Therapist with 26 years experience. She is the owner of Lifecenter Bodywork and is experienced with Deep Tissue Massage, Sports Massage, Reflexology, Baby and Pet Massage.

Date: May 3 (Friday)
Time: 7 - 9 pm
Fee: $15
Location: Lifecenter
1004 Colorado

Introduction to Feng Shui

Feng Shui is the Chinese system of design and placement as applied to one’s home and workplace. The objective is to 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 mysticisms of this ancient tradition. Feng Shui will appeal to all those who wish to live in harmony with nature and achieve their fullest potential.

Don Trehare (539-4277) is a Feng Shui practitioner with Feng Shui Design Studio of Manhattan, KS. He is schooled in Transcendental 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 Design Learning Center in Norwalk, CA.

Date: February 16 (Saturday)
Time: 1 - 3 pm
Fee: $15
Location: UFM Greenhouse

Intro to Massage for Two

Come learn the basic principles of therapeutic massage and understand how massage can help maintain health. Swedish style massage, the most common style of massage, uses long flowing strokes. Emphasis of the class will be on the neck and back. Wear sports shorts and T-shirt. Each pair will need to bring a sleeping bag or thick blanket and 2 flat sheets. Pair may include mother/daughter, friends, or couples.

Sanny Snyder (SST-3607)

Date: May 10 (Friday)
Time: 7 - 9 pm
Fee: $25 per couple
Location: UFM Fireplace Room

Panneurhythmy

Panneurhythmy is a sacred exercise to music created by a Bulgarian spiritual writer and composer Peter Doanov (Binnisa Doanou). It consists of a series of 26 graceful movements done in a circle. You do not need any dance experience to learn these easy movements. Each of them has symbolic significance and expresses a particular thought or feeling. The dance energizes and renews the spirit, mind, and body. If you would like to learn more about the dance or its creator, you may go to www.vega.bg/~britma/dounou/

Irina Khramtskova (395-5843) has been practicing Panneurhythmy for 3 years. She enjoys it so much that she is looking forward to sharing her experience with others.

Date: April 15, 22, 29, and May 6 (Monday)
Time: 7 - 8 pm
Fee: $15
Location: UFM Fireplace Room
No Class April 8.

More Yoga to Heal the Body

This class is a good way to continue Yoga for returning as well as new students. We will learn restorative asanas (poses) for back and should pain, headaches and digestive problems. Barbara will assist you with your physical needs and help you to develop your personal practice. We do Flow/Iyengar style practice, breathing and have more time to meditate. This is a great class for beginners.

Barbora Charlotte (776-4396) has been a Yoga student for 6 years. She uses Hatha Iyengar Style. Barbara has been teaching for 2 years. In her free time she studies to become an herbalist and helps out at the herbal department at People's Grocery.

Date: February 18 - March 11 (Monday)
Time: 7 - 8:15 pm
Fee: $35
Location: UFM Fireplace Room

Chi Lei - Chi Gong

Chi Lei is a self-healing method prescribed by the world's largest medicine hospital in Qihuangdog, China. Chi Lei is a slow exercise that gathers and concentrates the Chi (vital life energy) and moves it through the body. As we work with this healing energy, it helps to balance our inner energies, to improve our health responses and the mind becomes tranquil. The exercises are done standing, but can be practiced while seated.

Endel Freers (SST-977) has studied under Luke Chan, the only Chi Lei master teacher outside of China. She has taught Jackie Sorensen's Aerobic Dancing, aquatic exercises and is currently a certified Body Recall exercise instructor. She has taught Red Cross CPR and First Aid, Yoga and other classes for UFM.

Date: February 7 - March 7 (Thursday)
Time: 5:30 - 6:15 pm
Fee: $35
Location: UFM Multipurpose Room

Tai Chi Chaun

The popular Yang style 'Short Form' of Tai Chi Chaun will be introduced. Each class will focus on the strengthening postures of the form. The ancient art of Tai Chi Chaun has proven to be an effective method for achieving relaxation, overall health and well being. Tai Chi Chaun can be practiced by young and old alike. Please wear comfortable and loose clothing and flat soled shoes.

Karena Kimble is an artist and Tai Chi Chaun practitioner. She is fortunate to have studied under the tutelage of June and Bataan Faigo, advanced students of Master Chong Man-Chiang. She has been dedicated to the practice for eight years.

Date: January 15  - February 18 (Monday/Wednesday)
Time: 5:30 - 6:30 pm
Fee: $65
Location: UFM Fireplace Room
No Class January 21.

Karena Kimble

Date: February 20 - March 27 (Monday/Wednesday)
Time: 5:30 - 6:50 pm
Fee: $65
Location: UFM Fireplace Room
No Class March 18 and 20.

2002 is the YEAR TO QUIT

For information on classes using the Fresh Start Program from the American Lung Association call 776-4779 ext 266. Classes will be held in January and February.

STOP putting stress on your body with DRUGS that do not solve the PROBLEMS! Dr. Dall's holistic approach is effective and painless!

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Look for the UFM Catalog on the web at www.ksu.edu/ufm
Body Detox with Herbs

WE-27

We will discuss herbs for cleansing and recharging your body, cleansing diet, juicing, and seasonal eating. You will receive recipes and Barbara will show you at People’s Grocery what is available.

Barbara Ouellette (776-4396)

Date: April 8 (Monday)
Time: 7 - 8:30 pm
Fee: $10
Location: People’s Grocery 17th & Umana Street

Intro to Yoga with Barbara

WE-29a

This is a great way to learn about Yoga. You will be introduced to basic poses, breath exercises, and meditation. Yoga can be used to relieve back and shoulder pain, headaches, and for relaxation. Required: Wear comfortable clothing, bring a exercise mat or bath towel, and a firm blanket for sitting.

Barbara Ouellette

Date: March 13 - April 10 (Wednesday)
Time: 7 - 8:15 pm
Fee: $36
Location: Fireplace Room
No Class March 20.

Intro to Yoga with Barbara

WE-29b

Barbara Ouellette

Date: March 11 - April 8 (Monday)
Time: 10 - 11:15 am
Fee: $36
Location: UFM Greenhouse
No Class March 18.

Young Living Essential Oils

WE-31

Are you interested in finding out about the use and application of essential oils? How can this ancient knowledge improve our health and lifestyle today? This ancient system described in the Bible, also used by the Egyptian, Indian, Greek and Chinese Cultures has been brought up to date by Dr. Gary Young. Using modern distillation and new formulations Dr. Young has given us insight into this use of ancient healing. Learn about the background, development and the many uses of different oils. You will receive information and a sample kit of some of the basic oils. There will be a video introduction to Young Living by Dr. Young and to the basic oils; information on the different formulas and some hands on procedures.

Emil Forster has studied and used essential oils. He has organized this class so that you can learn about the benefits of using essential oils. Ellen Becker, a guest speaker, has completed 30 hours of training at Young Living Essential Oils Workshops. She uses the oils for herself, family and pets including her horses.

Date: March 2 (Saturday)
Time: 9:30 - 3 pm
Fee: $18 includes the Basic Oils kit
Location: UFM Conference Room
There will be a break for lunch.

Enneagram: Nine Ways of Being in the World

WE-32

The Enneagram (pronounced ANY-s-gram and meaning 9 models, or world views) is a system of personality typing from sacred psychology which helps us to identify the central motivations of our own character, the particular patterns of how we think, feel, and act. It also is a tool for helping us enter the reality of people different from ourselves, to see the world as they see it. Thus it is a tool for compassion as well as self-knowledge. The system is dynamic, explaining the nuances of personality as well as the relationships among types. Knowledge of the Enneagram can bring positive change into our life and relationships. The class will provide an overview of this profound system.

Karma Smith-Geidel has been teaching and using the Enneagram since she was first introduced to it when a student at Pendle Hill (a Quaker center for study and contemplation) in 1984-85 and has found it helpful in her personal and professional life. She has studied with several preeminent teachers in the newly emerging field of Enneagram Studies, most intensively with Helen Palmer; also with Riso and Hudson; Bessing and O’Leary and others. She attended the first International Enneagram Conference at Stanford University in 1994. She has, by request, taught to small groups in private settings several times over the last ten years.

Self Treatment with Acupressure

WE-33

This class is designed to teach basic acupressure techniques that can be used for treatment of minor ailments. The main focus will be on the effects of acupressure on the body’s macro system. Look available for purchase at first class.

Dr. Larry Dell (539-9113) has practiced chiropractic care in Manhattan for the last 16 years. He believes in assisting the body with the healing process, which is why he has expanded his treatment techniques to include acupuncture/acupressure. He is a Fellow in the Acupuncture Society of America.

Date: March 25 - April 15 (Monday)
Time: 7 - 8:30 pm
Fee: $18
Location: 1530 Westport Dr. Suite 5

Special thanks to all UFM INSTRUCTORS who volunteer their time!
ESL: English as a Second Language LA-01a
This class is designed for beginners with a minimal knowledge of English or intermediate level students who wish to develop skills in speaking, reading, and writing. Emphasis will be on conversation and everyday situations such as making an appointment or speaking with a doctor. Students may register for either or both sessions. There will be a recommended book.

Rachel Greenwood has 25 years teaching experience and has taught ESL for 10 years. She has a Master's degree in Adult Education from K-State and has taught in the U.S. and in Latin America.

Date: February 11 - March 20 (Mon & Wed)
Time: 5 - 6:30 pm
Fee: $65
Location: UFM Multipurpose Room

ESL: English as a Second Language LA-01b

Rachel Greenwood

Date: March 25 - May 1 (Mon & Wed)
Time: 5 - 6:30 pm
Fee: $65
Location: UFM Multipurpose Room

French Language LA-02a
This class is an introduction to the French language. The emphasis will be on conversation, grammar, proper pronunciation and every day vocabulary.

Emilie Rabbat (867-9036), a naturalized citizen, is originally from Tanta, Egypt. Her training course, "Stage de Formation Pedagogique," was from the Catholic University of West-Angers, France. She received a French Diploma from the Egyptian Government and the Embassy of France in Cairo, Egypt. Her learning experience includes working with adult Egyptian teachers, primary level students and teaching French for 20 years as a Jouliet French School in Cairo.

Date: February 5 - 27 (Tues. & Wed.)
Time: 10 - 11 am
Fee: $40
Location: UFM Greenhouse Room

French Language LA-02b

Emilie Rabbat

Date: April 2 - 30 (Tues. & Wed.)
Time: 10 - 11 am
Fee: $40
Location: UFM Greenhouse Room

"I never feel age... if you have creative work, you don't have age or time."
— Louise Nevelson

Beginning Sign Language LA-03a
This class covers the basics of American Sign Language, including vocabulary used in everyday conversation. It will also cover a little about the culture of the deaf community. Participants should leave the class with a better understanding of American Sign Language.

Toni Kooli has over 11 years experience with sign language. She graduated with an Associates Degree, ITT in American Sign Language in 1989. Toni was an interpreter in Washington D.C. for 3 years, and was involved with the deaf community. She also worked for 7 years in Seattle as an interpreter.

Date: January 23 - March 13 (Wednesday)
Time: 7:30 - 8:30 pm
Fee: $56
Location: Justin Hall, Room 149, KSU

Beginning Sign Language LA-03b

Toni Kooli

Date: March 27 - May 1 (Wednesday)
Time: 7:30 - 8:30 pm
Fee: $41
Location: Justin Hall, Room 149, KSU

Spielden Deutsch Lernen - German for Beginners LA-04a
Spielden has two meanings: "easy" as well as "in a playing way." Both are true for the way we intend to learn the language. Statistics prove that you remember better if you can make associations. Explaining game rules, playing the game and maybe inventing a new one will challenge you more than just a book, and might be a nice change from your daily routine. Come join us for some educational fun. You'll be surprised how much you can learn "Spielden!"

Petra Barnes was born and raised in Germany and has a degree in Fashion Design and Drafting; she is fluent in English, Italian, and of course her native language German. She earned a "Diploma di Profitt" at "Università degli Studi di Firenze" in Italy.

Date: January 24, 31, and February 7, 14, 21 (Thurs.)
Time: 6 - 8 pm
Fee: $65
Location: 133 N. 3rd Street, Suite B

Spielden Deutsch Lernen - German for Beginners LA-04b

Petra Barnes

Date: January 30, and February 6, 13, 20, 27 (Wed.)
Time: 1:30 - 2:30 pm
Fee: $58
Location: 133 N. 3rd Street, Suite B

Intermediate German LA-09a
Freshen up on your high school German and take it to the next level. By the end of the session you should be able to hold a conversation in German.

Petra Barnes

Date: January 29, February 5, 12, 19, 26 (Tuesday)
Time: 9:30 - 11:30 am
Fee: $56
Location: 103 N. 3rd Street, Suite B

Intermediate German LA-09b

Petra Barnes

Date: February 28, and March 7, 14, 28, and April 4 (Thur.)
Time: 6 - 8 pm
Fee: $58
Location: 103 N. 3rd Street, Suite B

Deutsch fur Fortgeschrittene - Advanced German LA-13a
The intensity level of this class will depend on the knowledge of the students and will be adjusted accordingly. In diesem Kurs arbeiten wir an perfekten Aussprache, verfeinern die Grammatik und lesen kurze Geschichten, die danach diskutiert werden. Abschluss des Kurses ist eine Reise durch Manhatten. Wir werden versuchen ausschliesslich deutsch zu sprechen.

Petra Barnes

Date: Jan 30, and February 6, 13, 20, 27 (Wednesday)
Time: 9:30 - 11:30 am
Fee: $64
Location: 103 N. 3rd Street, Suite B

Deutsch fur Fortgeschrittene - Advanced German LA-13b

Petra Barnes

Date: April 11, 18, 25, and May 2, 9 (Thursday)
Time: 6 - 8 pm
Fee: $65
Location: 103 N. 3rd Street, Suite B

Beginning Italian LA-01a
"You do not really see the world if you only look through your own windows" (Ukrainian Proverb). Knowing the language of the country you are visiting will open doors and hearts.

Petra Barnes

Date: January 29, and February 5, 12, 19, 26 (Tues.)
Time: 1:30 - 3:30 pm
Fee: $58
Location: 103 N. 3rd Street, Suite B

Beginning Italian LA-01b

Petra Barnes

Date: April 5, 12, 19, 26, and May 3 (Friday)
Time: 6 - 8 pm
Fee: $58
Location: 103 N. 3rd Street, Suite B

Survival Skills in Russian LA-06
This class will cover the basics of the language, including the Russian alphabet. It will help you better understand the culture if you intend to travel to Russia or if you interact with Russians who live in this country.

Irina Krasnou is a native Russian who came to this country in 1990. She has 10 years teaching experience.

Date: January 28 and February 4, 11, 18, 25 (Mon.)
Time: 7 - 8 pm
Fee: $39
Location: UFM Banquet Room

** Martial Arts **
Tae Kwon Do & other Martial Arts
See Page 7.
Goa1 Setting and Self-Esteem for Adults SP-08
We will use a set of 4 video tapes by Marilyn Groball as a core curriculum to learn the ways we sabotage ourselves and what tools can be used to reverse this trend. During each session we will view a video, have clarifying discussion and receive related hand-outs.
Class 1: Self Acceptance - The Key to Self-Esteem
Class 2: You're in Charge of Your Life - Believe it or Not
Class 3: The Choice is Yours - Accept or Resist
Class 4: Your Present Thinking Creates Future Events

Michael Cody (539-1818) has worked with adults for many years teaching literacy and life skills classes. He has seen in many situations that the state of a person's self-esteem is the one factor which most consistently affects their lives. Happily, it is the one factor that we each are in control of and can change.

Date: March 28 - April 18 (Thursday)
Time: 7 - 8 pm
Fee: $16
Location: UFM Conference Room

Conquering the Fear of Answering Machine Anxiety
SP-05
Are you overcome by anxiety when you are forced to leave a message on an answering machine? Do you talk fast just so you can get the torture over with? Come and conquer your fear in just two hours. You'll learn the steps to leaving a well thought out message speak clearly and slowly, leave your name and a clear phone number, and keep your message clear cut and to the point. Cisely talking, a local speaking and dictation expert, will lead you through the three step process.

Date: April 11 (Saturday)
Time: 1 - 2 a.m.
Fee: $19.95
Location: Clear Speech Academy

KANSAS
A new slate of classes! A 8-week fitness motivation program that begins March 16. Exercise may include walking, cycling, swimming, weight training, etc. The cost is $10 per person, which includes a T-shirt and a newsletter sent weekly throughout the event. For more information, contact Sharon Jackson at the Riley County Extension Office 785-337-6350, e-mail - sharonj@k-state.edu, or stop by the Extension Office at 110 Courthouse Plaza. Scholarships available.

Health Fair 2002
April 11, 12, 17, 18, 19 from 7-9 a.m.
Screening blood tests available at a nominal fee for cholesterol, triglycerides, HDL, LDL, glucose, TSH (thyroid) and PSA (prostate cancer). Displays and educational opportunities on April 19th only. Call 778-4779 ext 596 for more information. 2002 is the YEAR TO QUIT For more information on classes using the Fresh Start Program from the American Lung Association call 778-4779 ext 596. Classes will be held in January and February.
Aging Series

UFM is offering this series on aging at no cost to participants. However, enrollment is needed for planning purposes. Call 539-8763. Underwriting has been provided.

With aging comes new challenges and issues we need to understand and plan for, whether planning for yourself or for a family member or a friend. This series is intended to complement the "Finding Our Way Living with Dying in America" newspaper series on end-of-life issues and "End of Life" panel discussions by the Manhattan Caring Community Project Council.

Making Death Real

Legal Issues As We Age

Who Gets Grandma's Yellow Pie Plate?

Making death real can be a very difficult process. The newspaper series "Finding Our Way: Living with Dying in America," Homecare and Hospice Panels, and UFM's Aging Series were steps in the direction of helping us see the wisdom of living in the light of death. Conscious awareness of our own death, a practice encouraged in most of the world's major spiritual traditions, helps us become more fully alive. It helps us to live more intentionally in the knowledge of what really matters, to be more compassionate companions to relatives and friends who are facing life-threatening illnesses or losses of other kinds. This session will focus on ways we can make our own death real to us, befriending it, and allowing it to illuminate our daily lives.

Karen Smith-Grindell has been teaching the Art of Jin Shin Jyutsu at UFM since 1998. She first became aware of the importance of living in the light of death many years ago through her work in homecare and hospice nursing and her daily meditation practice. But it was in being a companion to a good friend through her dying in 1995, and more recently in accompanying her husband through his final illness, that she has come to fully appreciate the many ways we can become more alive by living in the light of death.

Date: April 25 (Thursday)
Time: 7 - 8:30 pm
Fee: N/A
Location: UFM Conference Room

Thank you to Linda Morse for helping sponsor this series in memory of her husband.
Tom Morse.

In Memory:
Dr. Robert Poresky

Dr. Bob Poresky, a long time UFM supporter and past instructor, died this past November. Dr. Poresky was an associate professor at the school of Family Studies and Human Services in the College of Human Ecology at Kansas State University.

Bob volunteered his time to UFM for many years as a cross instructor. He took pleasure in camping, hiking, and outdoor activities. His research interests included the relationships between people and their pets, child care, and child development issues.

Volunteers for Teen Mentoring Program

WANTED:

Provide friendship and support to a local teen. Group and individual activities. Meets Tuesday and Wednesday, 3:30 - 5:00 p.m.

Make a difference in a teen's life!!

Call UFM, 539-8763 for an application or for more information.

Funded by the City of Manhattan Alcohol Program Fund and the YES! Fund.

Teen Mentoring Program

- Open to Middle and High School ages
- Get extra help and support
- Gain a new friend
- Learn and improve life skills
- Have fun and new activity
- Meets Tuesday or Wednesday after school

Call UFM, 539-8763, for an application or for more information.

Funded by the City of Manhattan Alcohol Program Fund and the YES! Fund.

Look for the UFM Catalog on the web at www.ksu.edu/ufm
**Computer & Technology**

**1221 THURSTON  539-8763**

**Cyber-Street Project Instructors**
Ralph Waasern (fax 776-1415) is the current outreach ambassador for the Great Inland Sea Computer User's Group (gis@flinthillsills.com). He is the founder of the Plane Apple Club in Wichita, Ks, and he has worked at call centers for many years providing direct support for users of many computer products. Jamie Allen a co-director of Cyber street project, will also help with these workshops. Brian Bates is a member of the Great Inland Sea Computer User Group and is a very avid online game player and computer user.

**Beginning AOL by Cyber-Street**
CP-03
15 plus million users make America On Line (AOL) the nations largest ISP and portal. With this class learn more about AOL and how to make the most of your online time. Topics to be covered: Getting Started (install or use pre-installed), how to get in touch e-mail, instant messaging and chatting, how to find and get the information you need, online shopping, online travel, job searches, and how to have fun. With attachments and FTP the moving of files will seem like second nature after the class.

**Ralph Waasern (fax 776-1415)**
**Jamie Allen**
**Brian Bates**

**Date:** February 2 (Saturday)
**Time:** 1 - 4 pm
**Fee:** $29
**Location:** UFM Office

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**Introduction to the Internet: By Cyber-Street**
CP-02
The Internet, the web, the gold watch, and everything. A quick moving non-typed spin around the Internet for those that are now to the use of the Internet. Details about how you can find what you want, and how to move within this new medium. Special topics will include tips from Netscape Communicator and how to select the E-mail program, knowingly how to get and send messages free over the Internet. Other topics include transfer of data files over the Internet as well as how to send attachments, browsers, people, E-mail strategies, survival tips, program choices, file handling and web pages. Supplemental information may be acquired in hard copy form from Copy Co in Aggieville. A list of documents will be available at the class session. Catalogs of technical book vendors will also be available at the class session. Optional handouts, demo software, and other items will be on CD that will be available for purchase from The Great Inland Sea Computer User Group at the class session. (Cost $15.00) Co-Sponsored with Community On-Line Resource Exchange (CORE), Manhattan Public Library.

**Ralph Waasern (fax 776-1415)**
**Jamie Allen**

**Date:** January 26 (Saturday)
**Time:** 1 - 5 pm
**Fee:** $29
**Location:** Manhattan Public Library, Computer Lab

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**Technology Tuesdays**
Community Technology Center
Manhattan Public Library
Spring 2003

Learn how to make the computer and Internet a resource tool for your daily life. No registration required. Sessions are on Tuesdays from 12 - 1 PM.

**Become an Ebay Entrepreneur**
January 29
Learn to buy and sell on Ebay, the world's largest Internet flea market garage sale!

**Finding Your Roots**
February 5
Search out your past ancestry with the help of the Web.

**Investments, Taxes and Personal Finance**
March 26
Watch a demo of popular personal finance and tax software. Discover online resources of investments and banking.

**Expand Your Career Opportunities**
April 30
Create a professional resume, build for jobs and advertise yourself on the Internet.

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**Introduction to Online Gaming**
CP-01
Using your Machine to Game - Setting up your own Server Learn how to set up your home machine for use as a game server. Learn how to host LAN parties for gaming. Lots of fun and learn a bit of networking, too.

**Ralph Waasern (fax 776-1415)**
**Jamie Allen**
**Brian Bates**

**Date:** March 2 (Saturday)
**Time:** 1 - 5 pm
**Fee:** $29
**Location:** Manhattan Public Library, Computer Lab

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**Computer Programming Overview by Cyber-Street**
CP-04
Overviews of HTML, JAVA applets, Javascript, Perl, plus BASIC, and other programming languages. The class will let you see how easy and sometimes fun it is to write computer programs. This is a no experience-required class. However, some basic computer knowledge or experience will be helpful. You will be able to get a handle on Web Programming as well as work with sounds and data structures. This is not a hard core, techie class but a fun class to get to know how to do some neat stuff with the computer.

**Ralph Waasern (fax 776-1415)**
**Jamie Allen**

**Date:** February 12, 19,26 (Tuesday)
**Time:** 6:30 - 8:30 pm
**Fee:** $34
**Location:** Manhattan Public Library, Computer Lab

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**Beginning HTML by Cyber-Street**
CP-05
By working on a project for a web site, HTML will be taught. Working on a project for a web site will cover the elements of FTPing the HTML from the desktop to the server. No prior knowledge of HTML is required.

**Ralph Waasern (fax 776-1415)**
**Jamie Allen**

**Date:** March 7, 14, 28 (Thursday)
**Time:** 6:30 - 8:30 pm
**Fee:** $34
**Location:** Manhattan Public Library, Computer Lab

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**Building a Web Site (Site Design) by Cyber-Street**
CP-06
Overviews of HTML to get started with and then progress into what makes a site good, bad, or ugly. Concentration will be given to site preparation and planning rather than to coding. Several web sites will be critiqued for overall style, and content. Each student will create a web site or a group project will help instill better knowledge of the use of HTML. No knowledge of HTML is required for the class. [HTML will be taught as needed for the project.] Beginning HTML is suggested.

**Ralph Waasern (fax 776-1415)**
**Jamie Allen**

**Date:** April 9, 16, 23 (Tuesday)
**Time:** 6:30 - 8:30 pm
**Fee:** $34
**Location:** Manhattan Public Library, Computer Lab

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**Information Warfare by Cyber-Street**
CP-07
by finding the "Fake Class" included in this catalog? Identify it when you register and receive $1 off your registration for one class.

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**Win $1 off any UFM Class...**

UFM classes make great gifts.
A look at the world of hacking and cracking on the Internet and the "warfare" of the new technology age. With recent events, and the long-standing Email virus problems, IWI has been doing well. Find out what is going on, and how you can protect yourself in this new age. Web sites with spiders, bugs, traps, zombie computer attacks, denial of service, and other dangers will be discussed. A discussion of terrorism both Cyber and physical will also be included. Supplemental information may be acquired in hard copy form from Copy CO in Aggierville. A list of documents will be available at the class session. Catalogs of technical book vendors will also be available at the class session. Optional handouts, demo software, and other items will be on CD that will be available for purchase from The Great Inland Sea Computer User Group at the class session. (Cost $15.00). Lab Fee for copies and required CD is not refundable.

Ralph Warner (fax 776-1415)
Jamie Allen

Date: April 13 (Saturday)
Time: 1 - 5 pm
Fee: $25
Location: UFM Office

Club and Users Group Direct Mail Game

Plans by Cyber-Street
Overview of what Direct Mail is and is not. For this class it does not matter if you are new to direct mail or an experienced hand with it. There is something for everyone. From creating your direct mail copy to designing an attractive mail order piece. How to choose the right paper and ink, as well as understanding the whole process all done with dash of humor and fun. Clubs, user groups, entrepreneurs, small business owners, retailers, sales managers, ad managers, marketing managers, professionals, and fund-raisers all can find ideas that will be of help. Different software and options for mailings will be explained.

Ralph Warner (fax 776-1415)
Jamie Allen

Date: April 6 (Saturday)
Time: 1 - 4 pm
Fee: $25
Location: UFM Office

Select the Right Digital Camera for You by Cyber-Street
A tutorial on what a digital camera is and what it is not. How to pick the right one for you. What to look for in the software. Limited discussions on how to clean up pictures and use the software that comes with the cameras. Demo's of several cameras will be held at the class with a field trip to look at many more cameras at local retail vendors.

Ralph Warner (fax 776-1415)
Jamie Allen

Date: February 9 (Saturday)
Time: 1 - 3 pm
Fee: $25
Location: UFM Office

Computer Pre-Purchase Seminar by Cyber-Street

Before buying a computer for yourself or as a gift for someone else, attend this workshop. Computer experts will be sharing their knowledge to prevent you from being hurt by buying the wrong computer.

Ralph Warner (fax 776-1415)
Jamie Allen
Brian Bates

Date: April 27 (Saturday)
Time: 1 - 5 pm
Fee: $26
Location: UFM Office

The Doctor is In Computer Workshop by Cyber-Street
A hands-on workshop - The Doctor is IN! This is an answer time with advice and maintenance tips. (You may bring your computer to the afternoon session. Bring your unit and the hardware or software that you wanted to add. Moreover, neither UFM nor the instructors are responsible for any damage done in transporting your computer.) Each seminar will end with an open discussion from 4 - 5 pm with coffee, chat, supper, etc., as the group chooses.

Ralph Warner (fax 776-1415)
Jamie Allen

Date: May 4 (Saturday)
Time: 1 - 3 pm
Fee: $26
Location: UFM Office

** Martial Arts **
- Tae Kwon Do & other Martial Arts
See Page 7.

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

"Education is when you read the fine print. Experience is what you get if you don't."
- Pete Seeger

If the writings of
Deepak Chopra
Oprah Winfrey
Gary Zukav
Louise Hay
inspire you, then you'll love
Unity Church of Manhattan
1021 Denison Ave.
537-8120
Sunday Service 11 a.m.

Please stop by and visit us at our new location
3115 Dickens Ave.
(Across from Civic Park)
- An innovative Curriculum
- Montessori & Arts Emphasis
- Serving children ages 3-6 up to 8 in summer sessions
- Parent-run, Not-for-profit, since 1961
- 501(c)(3) Tax-Exempt
- Open 7:30 a.m. to 6:30 p.m. year round
- No religion, we welcome diversity, and do not discriminate

For more information, call 539-7910.
Welcome to Oak Grove!

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704 N. 11th Manhattan, KS
(785) 537-0989
1-800-895-GAME
www.game-guy.com

Special thanks to all UFM INSTRUCTORS who volunteer their time!
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 tying flies, and fly fishing equipment.

The class will be broken into two sections. The first section will cover casting, fly rods, reels, lines, tippets, and leaders. The second section will cover fly tying equipment and techniques to tie dry flies, wet flies, and nymphs. All equipment needed will be provided by the instructor.

Paul Solomann (494-2340)
Date: April 1 - 11 (Mon, Tues, Wed, Thurs)
Time: 6 - 8 pm
Fee: $85 non-credit
Location: Susan B. Anthony Middle School
2501 Browning

Fly Fishing
EN-01b
Paul Solomann
Date: April 15 - 25 (Mon, Tues, Wed, Thurs)
Time: 6 - 8 pm
Fee: $85 non-credit
Location: Susan B. Anthony Middle School
2501 Browning

Landscaping Around the House
EN-02a
Learn the basics of landscaping your home! Different resources, available locally, will be discussed with limited discussion on advantages and disadvantages of plant materials. This course will be a must for new residents to the Manhattan community or those of us with "brown thumbs."

Alan Ladd (307-6300) 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 lifelong process and everyone needs to keep updated on areas of interest to them. Greg Eyestone 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 challenges.

Date: January 14, 28, & February 4 (Monday)
Time: 12:30 - 3:30 pm
Fee: $22 individual/$33 couple
Location: Riley County Extension Office
110 Courthouse Plaza

Prairie Chickens on Konza Prairie
EN-12b
Date: April 13 (Saturday)
Time: 4:30 am
Fee: $13
Location: North end of Country Kitchen parking lot
Date is subject to change due to research taking place on the Konza.

Shane Anderson
Date: April 6 (Saturday)
Time: 8:30 - 11:30 am
Fee: $18.50 parent and child/$4.50 for additional child
Location: Sunset Zoo
2333 Oak Street

Zookeeping 101
EN-13a
Did you ever wonder what it would be like to be a zookeeper? Now is your chance to find out! You will discover what is needed to be a zookeeper and work alongside an animal keeper at Sunset Zoo. Participants must bring appropriate attire and sign a release form to participate with an animal keeper. Enrollment is limited to 6 adults.

Schane Anderson
Date: March 3 (Sunday)
Time: 12:30 - 3:30 pm
Fee: $6
Location: Sunset Zoo
2333 Oak Street

Zookeeping 101
EN-13b
Schane Anderson
Date: April 27 (Saturday)
Time: 12:30 - 3:30 pm
Fee: $6
Location: Sunset Zoo
2333 Oak Street

Zookeeping 101
EN-13c
Schane Anderson
Date: May 4 (Saturday)
Time: 12:30 - 3:30 pm
Fee: $6
Location: Sunset Zoo
2333 Oak Street

Be My Valentine or I Will Eat You!
EN-14
Why do some praying mantis eat their mate after copulation? Can you dance like a prairie chicken to attract a female? Be creative this Valentine’s Day and bring your special someone to Sunset Zoo and discover more about animal relationships on the wild side.

Shane Anderson has been the curator of Education at Sunset Zoo since 1992. She has a BA in Environmental Service and a MS in Elementary Education. Her hope is to inspire conservation of the natural world through fun, educational activities.

Date: February 14 (Thursday)
Time: 9:30 - 9 pm
Fee: $12 individual/$30 couple
Includes zoo admission and refreshments.
Location: Sunset Zoo
2333 Oak Street

"Zoo"logy - Behind the Scenes at Sunset Zoo
EN-15
Discover behind-the-scenes at Sunset Zoo. You and your family will explore areas of the zoo not open to the public, as well as make enrichment items for some animals! A lot goes into running a zoo. Find out how AZA, SSP, and CAPS assist the zoo in its animal collection, Donuts and juice will be provided. Parents must accompany their child.

Shane Anderson
Date: April 6 (Saturday)
Time: 8:30 - 11:30 am
Fee: $18.50 parent and child/$4.50 for additional child
Includes zoo admission, snacks, and supplies.
Location: Sunset Zoo
2333 Oak Street
Perennial Flowers
Are you tired of buying and planting new flowers year after year? Why not invest in some perennial flowering plants that will return every year? We will discuss which flowers are perennial and when each blooms, how to get season-long color, and other planting and growing tips. Be the envy of your neighborhood with minimal effort.

Extension Master Gardener
Date: April 1 (Monday)
Time: 7 - 9 pm
Fee: $8
Location: UFM Greenhouse

Growing Warm-Season Vegetables
Be the first on your block to harvest red, ripe tomatoes this summer! Learn about the wants and needs of the commodity (and not so commonly) grown summer vegetables, that are typically planted in late spring/early summer, and how to have them ready for harvesting as early as June!

Extension Master Gardener
Date: April 3 (Wednesday)
Time: 7 - 9 pm
Fee: $8
Location: UFM Conference Room

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

Extension Master Gardener
Date: April 15 (Monday)
Time: 7 - 9 pm
Fee: $8
Location: UFM Greenhouse

Night Sky Indoors
Dean Stramazu teaches Earth Science classes at Manhattan High School, East Campus. He has been sharing his knowledge of the sky for years and loves to meet people who share his interest in the night sky.

Date: February 5 (Tuesday)
Time: 7 pm
Fee: $8
Location: Manhattan High School’s Little Theater (just inside the front door)

Reptiles and Amphibians
We will begin the class with a photographic slide show to review common amphibians and reptiles of eastern Kansas. This review will be followed by a field trip in which we will carpool to one or more sites in Riley County to search for and capture amphibians and reptiles. Topics covered will include identification, handling, natural history (habitat and food items), safety, and responsible study of amphibians and reptiles in their natural habitats. This class will be entertaining and provide useful information for all age groups.

Ryan Rehmier is a Ph.D student in Biology at Kansas State University. He is a mammologist by trade but has an interest in the natural history of birds, amphibians, and reptiles, as well. For the past four years, he has traveled throughout the state to observe reptiles and amphibians in their native habitat.

Date: April 20 (Saturday)
Time: 8:30 am - 2 pm
Fee: $8 individual/$12 family
Location: UFM Conference Room

Manhattan Community Garden
Plot Sign up
The Manhattan Community Garden is a UFM sponsored cooperative project located on 2 ½ 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 plot deposit is also required.

Spring 2002 sign up dates are:
Returning Gardeners:
February 6, Wednesday, 7:30 pm, UFM
February 9, Saturday, 10 am, UFM

New Gardeners:
March 6, Wednesday, 7:30 pm at UFM
March 9, Saturday, 10 am at the Garden, 9th and Riley Lane

Call 539-8763 for more information.
Kids On Campus
YO-01
Join us for a fun-filled, educational field trip of the KSU campus. We will visit several departments with interesting activities, take time out for bowling, eat lunch at the Student Union and return to UFM. This program is geared for children 3rd - 6th grade. Call UFM, 539-8763 for a complete list of activities. Fee includes lunch and a game of bowling at the K-State Union.
Date: March 14 (Thursday)
Time: 8 am - 5 pm
Fee: $26
Location: Meet at UFM

Children’s Garden
YO-03
Children, do you love digging in the soil? Put this interest to work and learn about planting a garden, preparing soil, weeding, harvesting, and maintaining a garden throughout the growing season. Children (ages 5-12) will be assigned individual and group gardens. No registration necessary. Join us at the garden on Saturday mornings.
Dr. Richard Mattson
Date: April - October (Saturday)
Time: 10 am - 12 pm
Fee: N/C
Location: Manhattan Children’s Garden 8th and Riley Lane

Introductory Spanish for Children 
YO-08a
This class is designed for children grades 3 through 6th. Students will learn the basics of the Spanish language, providing a solid foundation to grow on. This is an opportunity for children to get a head start on one of the fastest growing languages in the U. S.

Merah Anderson (565-9233) is a sophomore at K-State. She is majoring in Elementary/Middle School Education, and minoring in Spanish. Merah has completed Spanish 4 at the university and spent a few weeks in Mexico last summer learning about the culture and native tongue.

Date: February 4 - 27 (Monday/Wednesday)
Time: 5:30 - 6:30 pm
Fee: $19
Location: UFM Conference Room

Introductory Spanish for Children
YO-08b
Merah Anderson (565-9233)
Date: March 25 - April 17 (Monday/Wednesday)
Time: 5:30 - 6:30 pm
Fee: $19
Location: UFM Conference Room

Archery for Youth
YO-09a
The main focus of this course will be to introduce youth to Archery and learn the all important basics of the sport. This is a great sport geared toward individual achievement. Classes will be structured around key points needed for good form, safety, and introduction to the world of archery. Tom has helped his students compete at a national level and produced a National Champion. All equipment will be provided by the instructor. Ages 8+.

Tom Korte is a certified national archery instructor NAA level 4. He has many years of coaching experience including Archery Instructor for 4-H and Shooting Sports Director for Boy Scout Camp. He is presently coaching ROA club, Manhattan Royal Archers.

Date: February 7 - 28 (Thursday)
Time: 6:30 - 8 pm
Fee: $18
Location: 1125 Laramie Plaza (upstairs)

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

Live Theatre
As fee is divided among tickets to $22 (sold out until Sep 20)

Classes for adults only
Painting Violin Drawing Musical Meal Improvisation and more.

Birdhouse Acoustic Music Series
Upcoming events:
Samara to Mac 8
Tom Franklin Live Tonight
For Information, to become a member or to be added to our mailing list, call 537-4420

For more information, call 565-6490
E-mail ufm@ksu.edu
**Biscotti**

FF-08

Biscotti is the twice-baked cookie sold in coffee shops. Come see how easy it is to make, sample several flavor combinations and find out how great it is to mail to friends and family. Decaf coffee and tea will be available.

Ronna Robertson has been demonstrating her biscotti technique for three years while living in the Northwest.

Date: March 14 (Thursday)
Time: 7 - 9 pm
Fee: $12
Location: 1977 Kingwood Dr.
Manhattan, KS

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

FF-09

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

Chad Lohman (539-9444) is a graduate of K-State and is the owner of Nespor's Wine and Spirits. Scott Benjamin is a wine salesperson with Standard Beverage Vintage Marketing.

Date: February 4, 11, 25, and March 4 (Monday)
Time: 7 - 9 pm
Fee: $90
Location: UFM Multipurpose Room
No Class February 18.

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Your children can be covered by **healthwave** even if you have **health insurance**.

**Community Access Program**

Access to health care in Riley and Pottawatomie counties.

Call the Community Access Program (CAP) for help with your children's health needs:

- **785-539-1610**
- or toll free **1-888-216-0198**

Special thanks to all UFM INSTRUCTORS who volunteer their time!
KSU Credit Courses

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 courses 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 by the Division of Continuing Education Registration office. Call 532-5566 for questions or information.

Scuba Diving

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, laws of diving tables, diving environments, 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 the certification. Travel and equipment are at the student’s expense. Students must provide their own mask, fins, and wetsuit.

Instructor: Jeff Wilson
Date: January 28 - March 4 (Monday)
Time: 6:30 - 11:30 pm
Fee: $255
Location: MAC, 1705 McFarland
Kennett City, KS

Ballroom Dance - DANCE 599C

Introduction to the principles of ballroom dancing. Includes dance terminology, dance position, correct body alignment and positioning, and partnering. Techniques such as open and close positions, leading, and following, and a variety of steps will be emphasized. The jitterbug, the American Waltz, Foxtrot, and Latin steps will be taught.

Instructor: Michael Bezemek
Date: January 29 - March 8 (Wednesday)
Time: 6 - 8 pm
Fee: $145
Location: EMU Auditorium
1021 Division Ave

Ballroom Dance II - DANCE 599D

Instructor: Michael Bezemek
Date: January 25 - May 10 (Friday)
Time: 6:30 - 9:30 pm
Fee: $145
Location: EMU Auditorium
1021 Division Ave

Scuba Diving - 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 6 - April 30 (Tuesday)
Time: 2:30 - 4:30 pm
No Class March 19

Session II
Date: March 6 - May 1 (Wednesday)
Time: 2:30 - 3:30 pm
No Class March 20

Session III
Date: March 6 - May 1 (Wednesday)
Time: 5:30 - 7:30 pm
No Class March 20

Session IV
Date: March 7 - May 2 (Thursday)
Time: 1:30 - 3:30 pm
No Class March 21
Fee: $158
Location: Haggen Golf Club
2441 H. Haggen Blvd.

Golf - Salina - 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: Serena Haranley
Date: March 13 - May 8 (Wednesday)
Time: 1:00 - 3:00 pm
Fee: $125
Location: Salina Municipal Golf Course
2800 East Crawford
Salina, KS

Scuba Diving - Salina - RRES 200

Date: January 31 - March 14 (Thursday)
Time: 7:30 - 10:30 pm
Fee: $253
Location: UFM Center
555 YMCA Dr., Salina, KS

Golf - Junction City - 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: Mike Wald
Session I
Date: March 6 - May 8 (Wednesday)
Time: 9:30 - 11:30 am
No Classes March 20 and April 10

Session II
Date: March 7 - May 9 (Thursday)
Time: 9:30 - 11:30 am
No Classes March 21 and April 11
Fee: $175
Location: Rolling Meadows Public Golf Course
7800 Old Mill Road
Milledge

Fly Fishing - RRES 200

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

Instructor: Paul Sodeman
Date: April 3 - 14 (Mon, Tues, Wed, Thurs)
Time: 6:00 - 8:00 pm
Fee: $152
Location: Susan B. Anthony Middle School
2561 Browning

Fly Fishing - RRES 200

Date: April 15 - 26 (Mon, Tues, Wed, Thurs)
Time: 6:00 - 8:00 pm
Fee: $152
Location: Susan B. Anthony Middle School
2561 Browning
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| Judo I                         | RSOS-20| #92413 Judo I is intended not to gain proficiency, but to gain understanding of how principles of dynamics (force, acceleration, momentum, work, rotation, moment of inertia, etc.) are used to gain physical advantage (subduing the opponent). Techniques are selected for safety of participants and for demonstrating fundamental principles. Instructor: Isaac Washizuyoki  
Date: January 22 - May 9 (Tuesday/Thursday)  
Time: 7 - 8 pm  
No Classes March 19 and 21  
Fee: $118  
Location: UFM  
1221 Thurston |
| Archery for Adults             | RSOS-220| #92404 This course provides men and women with instruction in target style archery. Emphasis is on the archery form commonly used in Olympic sports. 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. Instructor: Tom Korte  
Date: January 24 - March 14 (Thursday)  
Time: 8 - 9:45 pm  
Fee: $140  
Location: 1125 Laramie Plaza |
| Beginning Fencing              | RSOS-220| #92407 Beginning Fencing is an introduction to the fundamentals of modern sport fencing. Of the three weapon types (foil, epee, sabre) sanctioned in international competitions, only foil is taught in beginning fencing. Fencing entails progressive conditioning of the shoulders, lower torso and legs along with fine motor enhancement of the fingers and wrists. Understanding fencing has wide application off the strip-integrating diplomacy, aggression, speed and skill. This course may not be repeated for credit. Instructor: William Meyer  
Date: January 28 - May 6 (Monday)  
Time: 6 - 7:30 pm  
Fee: $140  
Location: UFM  
1221 Thurston |
| Intermediate Fencing           | RSOS-220| #92408 Intermediate Fencing continues with the concepts presented in beginning foil fencing. Emphasis is on technique refinement, theory of attack and boutting. The course may be repeated for credit. Instructor: William Meyer  
Date: January 23 - May 6 (Monday)  
Time: 7:30 - 9 pm  
Fee: $140  
Location: UFM  
1221 Thurston |
| Fitness Swimming               | RSOS-20| #92423 Students interested in this course MUST be able to demonstrate five basic strokes, using rhythmic breathing. Emphasis will be on analyzing and refining stroke technique and additional competitive skills improving/maintaining physical fitness and endurance through a progressive conditioning swimming program. Students will learn the components of well-balanced training and how to design a workout for conditioning swimming. Instructor: Carol Stites  
Date: January 29 - March 14 (Tuesday/Thursday)  
Time: 6 - 7:30 pm  
Fee: $125 Credit  
Location: Natatorium, KSU Pools |
| Swim I                         | RSOS-20| #92424 This course is designed only for students who have a fear of the water and/or those with little or no water experience. It will address the needs of the truly beginning swimmer. Emphasis will be on acquiring the skills, knowledge and attitudes necessary to become safe in or near the water. Students will learn basic stroke technique, survival skills, and how to assist others in an aquatic emergency by performing elementary forms of rescue. Textbook required: Swimming and Diving. Instructor: Carol Stites  
Date: January 28 - March 13 (Mon/Wed)  
Time: 1:30 - 2:30 pm  
Fee: $125 credit  
Location: Natatorium, KSU Pools |
| Ballroom Dance in Salina       | DANCE 599| #9110 Introduction to the principles of ballroom dancing. Includes dance terminology, dance position, correct body alignment and positions, 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. Partners are not necessary. Class is co-sponsored with KSU at Salina Recreation Center. Audrey Lembke  
Date: January 28 - May 13 (Monday)  
Time: 7 - 8 pm  
Fee: $139.66  
Location: KSU at Salina, Recreation Center  
3142 Scantlen Avenue, Salina |
| 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 Kristen at 539-8763. |

Special thanks to all UFM INSTRUCTORS who volunteer their time!
Art Classes For All 2002

Manhattan Arts Center
1250 Poyntz Ave * Tel 537-4420
program@manhattanarts.org * www.manhattanarts.org

Children
Session 1: Jan 22 – Feb 14
Session 2: Feb 18 – Mar 14
Session 3: Mar 25 – Apr 18
Session 4: Apr 4 – May 15


Theatre Improv: Work toward becoming an improv artist by learning to listen, be spontaneous, and engage your audience. Sessions 1-4. Mon/Fri – Grades 1-3. 3:45-5:15 p.m.

Color: Learn the basics of color theory; the color wheel, color value, hue, shades, color combinations, and the special effects of color. Session 2. Mon/Wed – Grades 7-9. 3:45-5:15 p.m.

Suzuki Violin School: A marvelous opportunity to invoke your child at an early age in the joy of making music. Tues & Thurs. Grades K-4. 4:15-5:00 p.m. Sessions are offered, please pay by the month.

Expressive Yourself!!: Discover the creative potential within, express the beauty and power of human emotion, get beyond writer's block, and achieve your writing goals. Ages 14-18. sessions/weekends/10A.

Kids Drawing & Collage: Explore drawing with color and values, exploring what happens when colored paper is placed over a mold. Collage is easy to do and fun to create. All found materials. Grades 1-3 & 4-6. sessions/thursdays/10A.

Kids Watercolor: Watercolor basics, color mixing, wet-on-wet and wet-on-dry are some of the techniques we will learn. All the watercolor class, exploration fun and can give result wondrously. Grades 4-6. sessions/thursdays/10A.

Freehand Drawing: Learn to draw with pencils, some charcoal, and ink. No brush. Grades 1-6. 3:45-5:15 p.m. Session 1. Mon/Wed/Fri – Beginners. 11/5-1/30 p.m.

Beginning Watercolor: Learn to watercolor with emphasis on brush control, washes, wet-on-wet, color mixing, and other techniques. Grades 1-3. Mon/Wed/Fri – Beginners. 2/2-4/12 p.m.

Figure Drawing: Explore the human figure and the way we are posed. Grades 1-6. Mon/Wed/Fri – Beginners. 5/6-7/22 p.m.

Adults
Session 1: Jan 23 – Feb 27
Session 2: Feb 28 – Apr 9
Session 3: Apr 10 – May 14

Children classes
Full Price: $5/session
Reduced Lunch: $3/session
Suzuki Violin
Full program: $5/session
Reduced Lunch: $3/session

Classes are limited to 10 students, please enroll early.

The Manhattan Arts Center is funded in part by the Kansas Arts Commission, a state agency, and the National Endowment for the Arts, a federal agency. Additional funding comes from the City of Manhattan and MAC members and friends.

DO YOU LIVE IN RILEY OR POTTAWATOMIE COUNTY?
Are you uninsured? Are you underinsured?
Do you have insurance, but no transportation?

DO YOU NEED ONE OF THE FOLLOWING?
Medical Care • Prescription Drugs • Dental Care • Transportation • Mental Health Services

The Community Access Program can help you!
Call 785-539-1610 or toll free 1-888-216-0198

COMMUNITY ACCESS PROGRAM (CAP): A collaborative program offered through the

COMMUNITY HEALTH COUNCIL

DO YOU HAVE INSURANCE, BUT NO TRANSPORTATION?

UHF classes make great gifts.
Thanks for Your Support!

We wish to thank the following contributors for their financial assistance during 2001. These donations help underwrite the general operating costs and scholarships that make other program services possible.

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

- **Teach a Class**—Donating your time to teach a UFM class can be deducted from your taxes at a dollar value.
- **Stocks and Securities**—UFM has a brokerage account that can accept donations of appreciated stock and other securities.
- **Put Us In Your Will** for future assistance.
- **Equipment, Supplies or Services**—UFM often has need for carpentry, yard care, miscellaneous equipment and specialty supplies. A donation in this area is also tax deductible.
- **Cash**—One-time payments, monthly or quarterly installments, credit card, billed or direct deposit.

Call Linda at 539-8763 for details.

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

- **General Operations**—Keeps the catalog coming with a wide array of class choices and supports service projects.
- **Endowment Fund**—Supports long term program success.
- **Scholarship Fund**—Provides scholarships to adults and children with financial challenges.
- **Program/Series Sponsorship**—Sponsor a class, a series, or an entire section of the catalog that interests you.
- **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.
# 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.

## 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.

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### FOR YOU... One participant per form, please:

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

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- **MasterCard**  
- **Discover**

- **Card Number**
- **Cardholder’s Name (Please Print)**
- **Cardholder’s Signature**
- **Participant Statistics:**  
  - **KSU Student**  
  - **KSU Faculty/Staff**  
  - **Fr. Riley**  
  - **Other**

Where did you obtain your catalog?

A class I would like offered:

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

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

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  - **Other**

Where did you obtain your catalog?

A class I would like offered:

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### Signature**

*Signature of Parent or Guardian required for minors.*

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