



FREE UNIVERSITY

FREE UNIVERSITY IS A SERIES OF NON-CREDIT MINI-COURSES TAUGHT BY VOLUNTEER TEACHERS WHO FEEL THAT THEY HAVE A HOBBY, A TALENT, OR KNOWLEDGE OF A SUBJECT THAT IS WORTH SHARING WITH OTHERS.

1. TATTING FOR BEGINNERS (Julie Feizien)

Time: 7:00-9:00 pm, Tuesdays: February 21, 28 & March 6
Tattooing is a disappearing form of lacemaking. Many people have an older relative who tattooed, but few people are learning how now. A shuttle and thread and hands are the only materials necessary. Learn how to make a dainty lace edging suitable for decorating clothing or linen, how to read printed instructions in books, and, if time permits, make a small dolly.
*4.00 fee for supplies.

2. MAKING MAPLE SYRUP (Stan Wallen)

Time: 7:00 pm, February 21
(remaining times to be arranged)
A chance for students to get hands-on experience in the art of maple syrup-making. Techniques will include tapping the trees and gathering and boiling the sap. Some work will be accomplished in the field.

3. BASIC YOGA (Dipendra Narayan Sinha)

Time: 4:00-5:00 pm, Wednesdays: February 22, 29 & March 7, 14, 21
Yogic exercises involving stretching, breathing & relaxation.
*Students should wear comfortable clothing and bring blanket or rug for class.

4. MOTORCYCLE SAFETY FOUNDATIONS BETTER BIKING PROGRAM (BBP)

Time: Saturday, March 17
One-day course to improve your riding skills, classroom range, and Nebraska rules of the road. Possible 2 points reduction on drivers license penalty points. Must supply motorcycle and full protective wearing apparel.
*\$10.00 lab fee

5. MOTORCYCLE RIDER COURSE

(Kile Nightingale)
Time: 5:30-9:30 pm, Monday-Friday March 19, 20, 21, 22, 23
Learn before you ride or improve your riding skills. This 20 hour course deals with motorcycle skills, defensive riding skills, and safety. The successful completion of this course will be accepted by the Department of Motor Vehicles in lieu of a motorcycle riding test. Bring gloves and boots or shoes covering the ankle. Helmets and motorcycles can be supplied or bring your own.
*\$10.00 lab fee

6. MAKING PLANS FOR YOUR PERFECT FUTURE

(Jan Deeds and Jackie Caverter)
Time: 7:00-9:00 pm, Tuesdays February 21, 28 & March 6
This course uses structured activities and group discussion to help people assess where they are, and to plan their career and personal lives. We will take a holistic approach to life planning and decision making.

7. FTM (Fitness Through Music)

(Bety Finley)
Time: 4:00-5:00 pm, Mondays & Wednesdays February 20, 22, 27, 29 & March 5, 7, 12, 14, 19, 21
Beginning physical fitness through simple dance movements combined with exercises. Learn correct ways of stretching and how to design your own aerobic exercises. Wear leotards, sweats, or comfortable stretch clothes and flexible shoes. (NOT running shoes)

8. A RISING PHOENIX (THEORIES OF POSITIVE DEVIANCE) (Phoenix Rising, Inc.)

Time: 7:00-8:30 pm, Sundays February 19 & 26 March 4, 11, 18
A multiple perspective presentation of alternative lifestyles including Gay and Lesbian as a positive experience (negative aspects will also be discussed). Workshops in psycho drama, Transactional Analysis, Self Actualization, Interpersonal Contracting, communication, advocacy, legitimation and social pressures.
*\$10.00 fee for materials.

9. CARDIOPULMONARY RESUSCITATION (CPR)

(American Heart Association)
Time: 7:00-10:00 pm
NOTE: There are 6 separate sessions
Mondays: February 20 & 27
Tuesdays: February 21 & 28
Thursdays: February 23 & March 1
Tuesdays: March 6 & 13
Wednesdays: March 14 & 21
Thursdays: March 8 & 15
*\$2.00 material fee collected at the first class.

10. SOCIAL DANCE-BALLROOM (Dee Hughes)

Time: 7:00-8:00 pm, Wednesdays February 29 & March 7
(There may be a third evening on March 14)
Need to have an equal number of men and women. Bring a partner if you wish. Polka, Two-Step, Jitter Bug, Country Swing, and possibly Waltz. No tennis shoes or composition. A good leather shoe has best results. No ragged jeans.

11. MEDITATION: PHILOSOPHIES AND PRACTICE

(Gary Morse)
Time: 7:30-9:00 pm Mondays February 20 & 27, March 5, 12, 19
Through discussion and practice of meditative techniques, we will explore various levels of consciousness and the resulting psychological, physiological, and spiritual benefits. Will include Zen, Mantra Meditation, Visualization, and Breath Awareness Techniques.

12. WARDROBE PLANNING

(Marti Baker)
Time: 7:00-8:00 p.m., March 6
This class explores important wardrobe planning for your prospective career. Learning to purchase the maximum amount of clothing for the minimum amount of money is an important aspect of this class.

13. KARATE

(Shorei Kan Karate and Judo, 2117 O St.)
Time: 6:00-7:30 p.m., Mondays February 20 & 27, March 5, 12, 19
Beginning students will learn basic techniques and philosophical aspects of karate.
*Bring sweats and towel

14. JUDO

(Shorei Kan Karate and Judo, 2117 O St.)
Time: 6:00-7:30 p.m. Tuesdays February 21 & 28, March 6, 13, 20
Beginning students will learn philosophy and basic techniques of Judo.
*Bring sweats and towel

15. FAMILY TREES & COATS OF ARMS

(T. Stanford Mommaerts)
Time: 8:00-9:00 p.m. Tuesdays February 21 & 28, March 6, 13, 20
A study of the Art and Science of Genealogy and the related field of study, Heraldry. A brief history, how to's and discussion of the meaning of these areas.
* Bring notebook and drawing paper

16. RELAXATION-A GIFT TO YOURSELF AND OTHERS

Time: 12:15-1:30 p.m. (Brown Bag), Wednesdays February 22 & 29, March 7, 14, 21
Place: Commonplace (333 N. 14th)
Convener: Margaret Rickers
Our daily lives are sometimes a series of small and large stresses. We spend \$10 of adrenalin on a 10 cent problem. We will discuss some ways of putting things in perspective and explore some relaxation techniques which can help make our lives not only more manageable, but more pleasant. By becoming more relaxed, we can better deal with life's stresses, we are nicer people to be around and we can share what we have learned with our friends, roommates and family.

17. THE STRUGGLE FOR A LIFE OF PRAYER

Time: 8:30-10:00 p.m., Thursdays February 23, March 1, 8, 15
Place: Commonplace Chapel (333 N. 14th)
Convener: Larry Doerr
Some find it easy to pray, but for others of us, it is always a struggle. What difference does it make? How does it make a difference? What is it appropriate to ask for? We will read what some others say about prayer. We will share our experiences of success and failure. We will experiment with some differing styles and methods. This is a group for searchers.

18. CREATIVE CHRISTIAN CARE IN THE MIDST OF CONFLICT

Time: 3:30-5:00 p.m., Tuesdays February 21 & 28, March 6 & 13
Place: Wesley House (640 N. 16th)
Convener: Mark Randall
There is widespread confusion that conflict is somehow the opposite of Christian care and love, indeed, something which needs to be carefully contained, if not extinguished. Our time together will be spent on cooperatively, rather than competitively, resolving or reducing our conflicts with others. How can we turn conflict into a sign of care for another?

19. DIETRICH BONHOEFFER-CONTEMPORARY CHRISTIAN

Time: 3:30-5:00 p.m., Thursdays February 23, March 1, 8, 15
Place: Wesley House (640 N. 16th)
Convener: Mark Randall
Dietrich Bonhoeffer was a well-known theologian, author, and martyred by the Nazis at the end of World War II. Our time together will be designed to learn of Bonhoeffer's life and writings and the contemporary significance he has for us today. We will read and reflect on such writings as *Life Together*, *The Cost of Discipleship*, *Letters and Papers from Prison*, and *Christ the Center*.

20. WALKING IN THE LIGHT

Time: 3:30-5:00 p.m., Thursdays February 23, March 1, 8, 15, 22
Place: St. Mark's on the Campus, 1309 R Street
Convener: Father Don Hanway
This is Bible Study seeking to engage the whole person with the Biblical text; in this case New Testament passages describing salvation as decision and as growth process in terms of light and darkness. Christianity will be contrasted with Gnosticism and related to the stages of faith development, with particular focus on John 1-12, I John, and several of the Pauline epistles. Bring a Bible (RSV preferred) and a notebook.

Register for classes February 6-8, 10, 13-15 at booth in Nebraska Union lobby from 10 AM-2 PM and February 9 from 7-9 PM. East Campus registration will be February 9 in Nebraska East Union lobby from 10 AM-2 PM

REGISTRATION FORM

Name _____ UNL Student \$1.00
Non-Student \$2.00

Address _____ Zip Code _____

Phone _____ Student ID # _____

COURSE NAME _____

Send mail-in registrations to: UPC Free University, 200 Nebraska Union, University of Nebraska-Lincoln, Lincoln, NE 68588-0465. Check or money order only, payable to UPC Free University. All mail-in registrations are \$2 per class.

REGISTRATION FEE PER CLASS:

UNL Students: \$1.00
Non-Students: \$2.00

