Looking for something special this spring?

Try these classes...
Verbal Self-Defense
Horseshoeing
Oil Painting
Teen Series
Kids’ Section
Investing
Handwriting Analysis
Fossil Field Trip
Dance Of Anger
How To Create Prosperity
Cross Country Skiing
Cheesecake
Reptile Round-up
Real Estate Series
TV Performance
Home Sharing
Mental Energies
Fathering

UFM
FREE CATALOG
CLASSES BEGIN FEB. 2
REGISTER NOW
UFM News

Dear Friends:

There were many changes at UFM during 1986. Some staff members moved on to other things and, although it is always sad to see people leave, staff moved in to fill the void and very quickly became part of the UFM family. The latest addition, a new staff member, moves around the building as if he owns the place. He is demanding, obstinate, and refuses to do any work other than pawing through someone else’s papers. He has even been seen slopping on the job, but what else do you expect from a kitten?

Changes have been also taking place to the interior of UFM. The receptionist and Campus/Community staff moved downstairs, and although it’s sometimes crowded, noisy, and generally crazy, we are all very happy with our new office. We are even getting used to the smell of paint as the interior gets a face lift. All we need now is some new furniture. Do any of you have some used furniture in good condition you would like to donate?

You will also notice some changes to the catalog. We will not be publishing the Mid-Spring catalog, but new classes will be starting each month all the way through May, and many of these classes will be held more than once. Now you don’t have to miss any classes because of conflicting dates. During this semester, we will also be having special classes which are not in this catalog. They will be announced at registration.

To make it easier to register, we will be having onsite registration every month. (See schedule below.) But remember, you can always register at UFM any time during business hours (8am-7pm). For those of you in Junction City, the Campus/Community staff will be in the Dorothy Bramlage Library each month for registration.

During the Mid-Summers, we asked people to bring in canned goods for the Flint Hills Bread Basket in lieu of the registration fee. The response was overwhelming and many families benefited from your generosity. However, we should remember that people are hungry throughout the year, and if anyone wishes to continue to donate food (non perishables please) bring your cans by UFM and we will see that they are delivered to the Flint Hills Bread Basket.

The Campus/Community staff would like to thank the teachers who so generously give of their time and energy. They really embody the true meaning of volunteerism. So many have taught at UFM every semester, year in, year out, and yet they are always so enthusiastic. THANK YOU UFM could not exist without you.

REGISTRATION SCHEDULE

*Registration Forms are on the back page

JANUARY

Wednesday, January 14
Manhattan Public Library
5pm - 7pm

Thursday, January 15
USTF
10am - 2pm
Manhattan Public Library
5pm - 7pm

Friday, January 16
Manhattan Public Library
11am - 2pm

Saturday, January 17
USTF
2pm - 4pm

Sunday, January 18
USTF
2pm - 4pm

Monday, January 19
USTF
5pm - 8pm

Tuesday, January 20
USTF
10am - 2pm

Wednesday, January 21
Manhattan Public Library
11am - 2pm
5pm - 7pm

Thursday, January 22
USTF
10am - 2pm

Saturday, January 24
USTF
2pm - 4pm

Sunday, January 25
USTF
2pm - 4pm

Monday, January 26
Manhattan Public Library
11am - 2pm

Tuesday, January 27
USTF
10am - 2pm

Wednesday, January 28
USTF
11am - 2pm
5pm - 7pm

Thursday, January 29
Manhattan Public Library
2pm - 4pm

Saturday, January 31
USTF
5pm - 7pm

FEBRUARY / MARCH

Wednesday, February 25
USTF
10am - 2pm
K-State Union
11am - 2pm
Manhattan Public Library
11am - 2pm
5pm - 7pm

Thursday, February 26
USTF
2pm - 4pm

Saturday, February 28
USTF
2pm - 6pm

Sunday, March 1
USTF
2pm - 6pm

Monday, March 2
K-State Union
10am - 2pm

Wednesday, March 4
USTF
10am - 2pm
Manhattan Public Library
3pm - 7pm

MARCH / APRIL

Monday, March 30
K-State Union
10am - 2pm
Manhattan Public Library
11am - 2pm

Tuesday, March 31
USTF
5pm - 7pm

Wednesday, April 1
USTF
10am - 2pm
K-State Union
11am - 2pm

Thursday, April 2
USTF
3pm - 7pm

Saturday, April 4
USTF
2pm - 4pm

Sunday, April 5
USTF
2pm - 4pm

APRIL / MAY

Wednesday, April 29
USTF
10am - 2pm
K-State Union
11am - 2pm
Manhattan Public Library
3pm - 4pm

Thursday, April 30
USTF
2pm - 4pm

Saturday, May 2
USTF
3pm - 4pm

Sunday, May 3
USTF
2pm - 4pm

Why We Need Your Support

Sixty percent of our support (Grants and Contracts) comes from sources external to the Manhattan community. These sources of funds have been declining and will continue to decline through this decade.

Nearly 30 percent of our expenditures support programs in Manhattan. As external sources of funds decline, many of these programs will be in jeopardy.

We need your support in establishing a community-wide base of financial support that will enable us to continue serving the Manhattan community.

Why We Charge Fees

UFM charges a class fee to help offset the ever-increasing operating costs. These fees partially help to pay the cost of bringing UFM classes and programs to our community.
Business Skills

HOW TO WRITE A SUCCESSFUL RESUME C-1

Lori Fox 532-6350

Your resume is only one of many sitting on someone's desk, and being selected for an interview depends excruciatingly on this piece of paper. However, the decision is not made on the flip of a coin, a wellwritten resume is essential. In this class you will learn resume writing skills, examine different styles and formats and we will discuss the most important parts of your resume. You will also get some hands-on experience. (Lori is a graduate student in Education and has a degree in Secondary Business Education. She has written and taught others how to write resumes many times.)


INTERVIEWING C-2

Lori Fox 532-6350

When the job market gets tight and there are many highly qualified applicants for each position, you need an edge - something that will make you stand out. You can have your resume professionally prepared, but when it is time for the interview you are on your own. Now is the time to learn the skills and techniques for a successful interview, what questions you should ask, and appropriate follow-up after the interview. Role-playing will be included in this class.

(Lori has taught interviewing on previous occasions.)


PROFESSIONAL EMPLOYMENT INTERVIEWING C-3

Cindy Weihnann 776-9239

Your resume may open the door to a job opportunity, but it's the interview that determines whether or not you get the job. If you are graduating this spring, or looking for a job, this is a class you shouldn't miss. Participants will view themselves in a mock job interview which will be viewed and evaluated by a career planning and placement expert at EOU.

(Cindy is the Program Director at Channel 9 and has a B.S in Communication.)

Tues & Thurs. April 30 & June 4, 7-9pm. Class Fee: $6. Pay at registration. Materials Fee: None. Pay at class. Limit: Min. 5 / Max. 10

SUPERVISION AND MANAGEMENT C-5

Lori Fox 532-6350

Supervising others looks easy from 'below,' but when that wonderful day arrives and you are promoted, it does not seem quite so easy. We will look at effective supervisory skills, what is expected, the relationship between the supervisor and peers in correlation with management, and professionalism. Your ideas and experiences are welcome.

Sec. I: Tues/Thurs. Feb.17, 24. 7-9pm. Sec. II: Tues. March 17, 7-9pm. Class Fee: $5. Pay at registration. Materials Fee: None. Pay at class. Limit: Min. 4 / Max. 10

TIME MANAGEMENT C-6

Kathy Corpus 776-1179

Ever say "there are not enough hours in the day"? Busy people, whether at home or work need to gain control over their use of time or they will end up "reining their wheels". This class will cover understanding the concept of time: how to view time as a resource and look at the common problems of time management; and the myths and strategies for efficient time use.

(Fathy is a Ph.D candidate in family economics with a particular interest in time management.)

Wednesday, February 4, 7-9pm. Class Fee: $5. Pay at registration. Materials Fee: None. Pay at class. Limit: Min. 3 / Max. 10

PUBLIC SPEAKING MEANS BUSINESS C-9

Leota Dye 532-6785

Give your business communication skills a promotion. This class will consist of lectures and activities for discovering ideas, building speeches, using visual aids, and developing a more confident style for presentations in the work place. (Leota teaches Speech at EOU and has participated in speech competitively for 10 years.)

Wednesday, Feb. 11,18,25. 7-9pm. Class Fee: $5. Pay at registration. Materials Fee: None. Pay at class. Limit: Min. 4 / Max. 15

Kinchos' 1110 Laramie 537-7340

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KEEP REACHING -- MOTIVATION S-24
Joe Younger 532-6177

What makes you do what you do? Everyone has a motivator within themselves that says "do it" for whatever reason. Explore the dynamics of motivation and de-motivation! (Joe is the manager of staff training and development programs at EOU which provide skills building, professional development enhancement and all levels of management training.)

Sec. I: Thurs., Feb.19. 7-8:30pm. Sec. II: Thurs., Mar.1, 7-8:30pm. Class Fee: $5. Pay at registration. Materials Fee: None. Limit: Min. 6 / Max. 15

MANAGING YOUR Time AND Stress S-10

Lori Fox 532-6350

Deadlines! Beat the Clock! Produce More! When the pressures raise your stress level, your ability to control your time decreases, and you become even more stressed out. Within a short period of time you are caught in a vicious cycle. We will look at ways of managing time effectively and dealing with stress. (Lori is a graduate student in Education at EOU.)

Sec. I: Tues. March 24, 7-9pm. Sec. II: Tues, April 7, 7-9pm. Class Fee: $5. Pay at registration. Materials Fee: None. Pay at class. Limit: Min. 4 / Max. None

DEALING WITH DIFFICULT PEOPLE AT WORK C-4

Ron Downey, Ph.D 532-5712

Discussion will deal with techniques for handling difficult people in your work situation. We will focus on the motivations, attitudes, and situations that can lead to these problems. Your ability to cope with difficult people will make your job a lot easier to handle.

(Ron is a EOU psychology professor.)

Wednesday, Feb.18, 7pm. Class Fee: $5. Pay at registration. Materials Fee: None. Pay at class. Limit: Min. 5 / Max. 10

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Investing in Real Estate can be very profitable, yet could end up in the hole. It is not a question of luck or know-how, it is how quickly you can recover from the losses. The reasons for these losses can be found in this class. Alfred R. J. Balloqui III

Buying Real Estate Effectively

When you invest in a house for rental property, you are making a decision for the future. But when it is to be your home, there is a chance for a change. If you own a property, you are responsible for its growth, upkeep, and maintenance. You must keep up with the trends of the real estate market. 

**Selling Your Home**

**Wednesday, March 10, 7:15-9:30 pm**

Class Fee: $4, pay at registration.

Materials Fee: None

Limit: Min. 10 / Max. None

**Etc.**

**Wednesday Morning Play Group**

**Bar Stork**

This is an ongoing "Support Group" for mothers and their pre-school age children. A "Mother's Morning In" with children playing and singing together with other adults. Mothers are responsible for their own children, no separation necessary. During nice weather we will be meeting outside and during cold weather months we will be meeting in homes of participants. The group has been in existence for about nine years.

Register and you will be contacted for first meeting.

Materials Fee: None

Limit: 15 / Max. None

**Post Office Tour**

A behind-the-scenes look at your local Post Office. Find out what happens to your letters and packages from the time they arrive at the Post Office to their delivery at your home. You may get some surprises and perhaps even some hands-on experience.

**SAFETY HARRASSEMENT**

**Sunday, April 11, 10:30 am**

Class: Fee: $25, pay at registration.

Materials Fee: None

Limit: Min. 15 / Max. None

**TELEVISION SELF-DEFENSE**

**Sunday, April 11, 10:30 am**

Verbal abuse is a common experience that we don't always recognize it as such. How often have you felt defensive about being attacked by a friend, a relative or a stranger? If so, the chances are you have been verbally abused. This class will be based on the book "Self-Defense by Sean McEwen" and will include discussion, sharing of ideas and role playing. You will learn how to defend yourself from verbal abuse and know how to evoke your anger in an effective way.

(Justice believes that abuse is the normative and that is how one behaves in real life and handling verbal abuse.)

Classes are closed for low enrollment. Register early and assure your place.

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HARDWARE SOFTWARE SELECTION FOR BUSINESS, INDUSTRY & EDUCATION

C-27
Jim Sharp

Selecting the proper Hardware/Software is a critical and complicated process. Knowing the sequence and the rules to make this selection gives you a tremendous advantage, and can save you and your organization dollars, headaches and frustration. Literally millions of dollars have been wasted by business and other organizations, because they were mired in something they didn’t understand, didn’t need, or it failed to meet their requirements. Proper selection of hardware/software is the key to the short-term successful implementation processes, but you are on its long-term use and cost justification.

Jim Sharp is a founder and manager of System Information Systems for a large firm and Information Systems for Computers. He has hands-on experience in selecting hardware/software and has extensive experience in selecting hardware/software for large organizations. He also offers assisted sessions in selecting hardware/software, giving an unbiased opinion on any of the thousands of products available to fit your requirements.

Wednesday, Feb. 15, 7:30-9:00am
Class Fee: $5, pay at registration.
Material Fee: None
Limit: Min. 5 / Max. 15

THE CONSUMER IN THE PERSONAL COMPUTER

C-28
Paul & Jane Palemsky

The purpose of this class is to acquaint the consumer with information they should know before purchasing a computer to show all the pitfalls, i.e., programs are not included, warranties, and repair expenses. You will learn what to do if you are purchasing a computer without knowing what it does or what the cost of a computer is. A self-analysis should be done before you purchase a computer. We will also discuss the care and feeding of the computer and how to work with kids on the computer. Students should bring any copies of Consumer Reports they have which include ratings of PCs. You should also bring a computer manual. We will want to take a look at your computer in this class. For the past few years the Mr. Computer web team will be considered one person and the class fee will be $10, which includes a class fee for one user and the computer manual. (Paul and Jane operate Creative Computing Services. Paul has involved with computers while making a 30 year retirement career change. While testing different systems, they started keeping a log of their successes and mistakes.)

Sect. 1: Mon. & Wed., March 2 to April 4; 7:30-9:00pm
Class Fee: $25.60, $20.60, Apr. 15, $19.60
Class Fee: $5, pay at registration.
Material Fee: $5 - $10, pay at class
Limit: Min. 4 / Max. none

BASIC HP 41 CALCULATOR

C-29
Tom Westbrook

This is a basic course for those students who are regular users of the HP 41 calculator but you should have a knowledge of HP41. Please bring your own calculator. (Tom has used the HP 41 extensively.)

Thursday, Feb. 12, 19, 26, 7pm
Class Fee: $5, pay at registration.
Material Fee: $5, pay at class.
Limit: Min. 4 / Max. 15

Class locations will be noted on your receipt.
Potpourri of Knowledge

DIVORCE LAW
C-30
Drew Frackowiak 337-2943

This class will present a general overview of Kansas and federal laws relating not only to divorce but also to separations, annulments, custody, visitation, child support, etc. This will be a do-it-yourself training, held for informational purposes only, not related to any specific legal case. (Drew is a attorney with Flint Hills Legal Services, no compensation or physical danger to self. His cases involve domestic disputes.)

Monday, April 13, 7-9pm Class Fee: $5, pay at registration.
Materials Fee: None Limit: Min. 4 / Max. 10

COMPARABLE WORTH
C-32
Carol L. Nemecek 776-3057

We will discuss the principle "Equal pay for equal work" and the arguments supporting or opposing it. How does our legal system reflect the worth of women's work? (Carol has been at Bennenger-Hayhurst andlegalized and paid the pay equity concept) (Carol has spoken on this subject many times before.)

Tuesday, March 24, 5:30-9pm. Class Fee: $4, pay at registration.
Materials Fee: None Limit: Min. 3 / Max. 12

HOW TO GO BACK TO SCHOOL (WHEN YOU DON'T KNOW WHERE OR HOW MUCH YOU'VE LOST)
And you're not eighteen anymore
Dr. Ruth Haeflim 522-8432

Going to college as an adult can be exciting, but are you wondering whether you have to study to take exams? Will help you find the right school. (Most of this was developed through the discovery process.)

Class Fee: $5, pay at registration.
Materials Fee: $1.00, pay at first class. Limit: Min. 6 / Max. 10

THE FIVE-TRACKED JUDGE EXECUTIVE
C-40
Susan Hartside 1-948-2381

Learn about how two married women, both married to former school teachers, have created a unique system that transformed the мире of four children. Using a spreadsheet and hands-on activities, you will find the right judge for your case. (Susan has been using this system for two years and it is very satisfying.)

Thursday, May 7, 7-9pm. Class Fee: $5, pay at registration.
Materials Fee: $1.00, pay at class. Limit: Min. 5 / Max. 10

HOME BUYING
C-39
Nancy Anderson L.B.S.W. 788-1574

Ever considered buying a home? Could you afford a home that suits your lifestyle? Know how to manage your money to increase your financial security? How can you find the most effective person to purchase a home? Nancy and Kyle will help explain how to purchase a home.

Tuesday, April 12, 7-9pm. Class Fee: $10, pay at registration.
Materials Fee: None Limit: Min. 6 / Max. 10

LIFE IN THE PEOPLES REPUBLIC OF CHINA
C-45
Don Dobson 776-1137

For those planning to travel to the PRC or other countries in the far east, who would like to know more about the life of the average person in rural areas, the tour is for you. Al Hoy and I will share experiences of tours we have taken in China, including visits to a rural village and a large city. (Don has traveled to China many times on business and has visited 29 by 150 students from 95 schools and on a trip to China.)

Tuesday, April 7, 5:30-9pm. Class Fee: $5, pay at registration.
Materials Fee: None Limit: Min. 7 / Max. 10

MANHATTAN ALLIANCE ON CENTRAL AMERICA
C-54
The Manhattan Alliance on Central America is an organization of local citizens with the sponsorship of several Manhattan churches and congregations who are working to inform and educate the community about the realities of Central American and Latin American life.

The Alliance meets once each month for a discussion of issues related to Central American and Latin American life. (The Alliance meets once each month for a discussion of issues related to Central American and Latin American life.)

Class Fee: $5, pay at registration.
Materials Fee: None Limit: Min. 4 / Max. 12

ADVANCED GEOLOGY
C-34
J. Harvey Littrell 330-3166

This class is designed for students who have had beginning geology or who have had practical experience. We will be concerned with kinds of information, special techniques and their applications for making geologic decisions, and their applications for making geologic decisions, and for making geological observations, and for publishing your geological data. (J. Harvey Littrell is a retired ESU professor. He is currently the president of the Esu Geologists Society.)

Friday, March 6, 10 am - 1 pm. Class Fee: $5, pay at registration.
Materials Fee: None Limit: Min. 4 / Max. 12

TALKING ABOUT MODERN PHYSICS
C-37
Larry Weaver 332-6786

This class will cover questions, some answers, and some questions about topics in modern physics, quantum mechanics and relativity. (Larry teaches and does research in the physics department of Kansas State University.)

See Class for # of classes.
Materials Fee: None Limit: Min. 3 / Max. 15

LOCAL GOVERNMENT
C-27
Carol Peak 559-6913

Local government will look at the structure of government and the role of government in local society. (Carol is currently the president of the League of Women Voters of Manhattan/Bellevue County.)

See Class for # of classes.
Materials Fee: None Limit: Min. 5 / Max. 20

GENEALOGY FOR BEGINNERS
C-33
J. Harvey Littrell 330-2646

Where are the roots of your family tree? Do you know how to trace your ancestry, or are you completely lost? Learn the basics of genealogy and the methods of researching the elusive past. This is a class for beginners wanting to know the basics of genetic research. (J. Harvey Littrell is a retired ESU professor. He is currently the president of the Esu Geologists Society.)

See Class for # of classes.
Materials Fee: None Limit: Min. 4 / Max. 12

ADVANCED GEODETICS
C-34
J. Harvey Littrell 330-2646

This class is designed for students who have had beginning geology or who have had practical experience. We will be concerned with kinds of information, special techniques and their applications for making geologic decisions, and making geological observations, and for publishing your geological data. (J. Harvey Littrell is a retired ESU professor. He is currently the president of the Esu Geologists Society.)

Friday, March 6, 10 am - 1 pm. Class Fee: $5, pay at registration.
Materials Fee: None Limit: Min. 4 / Max. 12

MEDI-MATE
C-21
MED-MATE is a 24-hour emergency response system that enables anyone to subscribe to automatic dialing help in time of emergency.

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DEPOSTING YOUR LAWMAVER

Ray Stockman
532-5869

Over the joy of trying to start a lawmower for the first time after it has been sitting the better part of half-a-year? This class is centered around removing the grass and poles of this spring ritual through the basics of lawnmower revival. Included will be tips on upkeep, proper operating procedures and troubleshooting. (Ray was the co-owner of a lawn service in the 70s and has worked on a wide variety of small engines.)

Saturday, March 28 & April 4, 3-5pm.
Class Fee: $5, pay at first class.
Limit: Min. 3 / Max. 10

CAP CARE BASICS

Ray Stockman
532-5869

Has the air been zapped from your means of transportation? If so, why not try to restore some of that health to your car and add value to your pocket. This class teaches the basics of car care that prolong the life of your car so you won’t have to replace it. We will learn how to check and change oil, all fluids levels and maintenance items. Bring your car. (Ray does his own car care at a hobby since 1978 and as a necessity since 1980)

Friday, March 27 & April 3, 6-8pm.
Class Fee: $10, pay at registration.
Limit: Min. 4 / Max. 8

H.O.M.E.

UPH sponsors the Home Owner’s Maintenance and Energy (HOME) Program. HOME provides free labor for home repairs and maintenance for low-income, elderly, and handicapped homeowners in Manhattan, Labor, provided by churches, campus organizations, and other programs, the SES Community Work Experience Program and others, has enabled HOME to complete over 200 jobs for 70 different clients in 1986. This is triple the number of jobs completed in 1985, the first full year of the program. Since many homeowners cannot afford to pay for the materials needed for repairs, HOME has established the Re- volving Materials Fund, financed by contributions. This fund makes it possible for homeowners to pay for the materials needed for repairs. This year, HOME is providing free snow removal for those physically unable to shovel snow themselves. HOME is financially unable to hire someone else. For an application form, contact HOME at 532-5869. Three able to hire someone can contact the Roll Country Roommate Program at 539-1313 or the Manhattan Emergency Shelter at 537-3313.

HOME CAN USE YOUR HELP!!! WE NEED:

- Contributions to the Revolving Materials Fund
- Donations of supplies or tools
- Work groups

Color of Money

PEER-RETIRED PLANNING

Gill Sabache 776-8073

This class is designed for people age 35 or older who are interested in proper planning techniques concerning risk management, tax planning, and portfolio management for pre-retirement planning. (Gill operates a financial planning firm in Manhattan and his professional credentials include the Chartered Life Underwriter (CLU), Chartered Financial Consultant (ChFC), and Certified Financial Planner (CFP).

Monday, March 2, 7-8:30pm
Class Fee: $6, pay at registration.
Limit: Min. 6 / Max. None

INVESTING AND PLANNING

Fred Freyay 537-4505

This class will consist of 1-1/2 hour of interesting slides and discussion about investing and insurance. Subjects to be covered are investments (all types), insurance (all types), wills, trusts, limited partnerships, and retirement programs. Special feature of this class will be a Financial Plan for each participant equivalent to a plan costing several hundred dollars if purchased. (Fred has been associated with Weidell & Reed for 30 years and is a senior account executive with offices located at 485 East Postway (Town East) Manhattan)

Sect. 1: Tues, Feb. 17, 7:30pm
Sect. 2: Mon. Mar. 16, 7:30pm
Sect. 3: Tues. Mar. 30, 7:30pm
Class Fee: $6, pay at registration.
Limit: Min. 2 / Max. None

The Basics of Investing

Greg Burrow 776-1066

This class will take the confusion out of the investment world. You will leave the class with a working knowledge of stocks, bonds, mutual funds, and partnerships. We will discuss the risk/reward relationships in the various investment vehicles. Investment alternatives for the smaller investor will also be examined (as low as $500).

Tuesdays, Mar. 10 & 17, 7-9pm
Class Fee: $10 or $10 for both CIB & C19.
Limit: Min. 4 / Max. None.


Gill Sabache 776-8073

This class is designed to review financial planning principles used in accumulation through income tax planning, investment planning and retirement planning with consideration given to the tax reform act of 1986. (Gill operates a financial planning firm in Manhattan and his professional credentials include the Chartered Life Underwriter (CLU), Chartered Financial Consultant (ChFC), and Certified Financial Planner (CFP).

Monday, Feb. 16 & 23, 7-9:30pm
Class Fee: $6, pay at registration.
Limit: Min. 4 / Max. None.

The Sheriff’s Pursue Gig

Barbara Reid 539-1520

Topics that will be covered included: how to prepare all property for major financial tasks; affordable ways to invest; the "cost of waiting" for tax and retirement benefits of paying oneself every month. (Barbara is a Registered Representative with Weidell & Reed, Inc. She is a 1982 BS graduate in Family Economics and specializes in Financial Plans and Estate Planning.

Thursday, April 2, 7-9pm.
Class Fee: $6, pay at registration.
Limit: Min. 6 / Max. None

How to Shop for Insurance

Paul Palenke 537-2624

They knock on your door, it comes through the mail and you see it as PT - buy, buy, buy, insurance. How do you sort through all the ways to shop for insurance? How do you find the best insurance for the lowest cost? Do you know what you need and what you're getting for your money? This class will take a realistic look at the insurance market, help you determine your needs and explain how to shop for insurance.

(Faul, was connected with the insurance business for five years and is now able to share your unbiased expertise.)

Wednesday, April 1, 7-9pm.
Class Fee: $5, pay at registration.
Limit: Min. 4 / Max. 10

Continued...
**The Color of Money (continued)**

**INVESTMENT BASICS**

C-22

Sheri Prawl

537-5700

This is your opportunity to understand some of the basics and fundamentals necessary for effective financial planning. Topics discussed will include money market funds, stocks, bonds, mutual funds, insurance and tax advantages opportunities. (Sheri has been a financial counselor for the past 12 years, specializing in stocks, bonds, and mutual funds.)

Thursdays, Feb. 12 & 19, 7-9pm

Class Fee: $6, pay at registration.

Materials Fee: None

Limit: Min. 8 / Max. 16

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**ADVANCED INVESTING**

C-19

Greg Barron

776-1066

For those folks who have a beginning knowledge of investing, this class will help you take it to the next level. We will focus on specific strategies, and many methods of investing and how to use them to your benefit.

Tuesdays, Mar. 17 & 24, 7-9pm

Class Fee: $6 or $10 for both C18 & C19.

Class Fee at registration

Materials Fee: None

Limit: Min. 4 / Max. None

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**THE WORK-OVER**

COLOR ANALYSIS

COLOR EFFECT IMAGE CLASS

S-31

Dorrie Hansen

776-3434

Color affects everything we do and especially how other people respond to you. Each participant in our Men’s Color Fitness class will have their personal color harmony analyzed by a professional certified Color Consultant and their color palette determined. Most professional colors as well as personality expression will be given. Excellent information for those going for job interviews, etc. Many handouts and information.

(Dorrie has been in the color analysis business for over 20 years. She owns the Color Studio and gives classes and lectures on color and image throughout the Midwest.)

Thursday, Feb 19, 7:30-9:30pm

Class Fee: $6, pay at registration.

Materials Fee: 50% per at class

Limit: Min. 8 / Max. 8

BE AN ENTREPRENEUR IN COLOR

S-41

Deanna Plierson

1-625-2730

If you have been looking for a creative new dimension in your life, explore the career in the business opportunities Color Analysis has to offer. This business can be operated from your kitchen table or it can be a business to appeal scores, or interior design businesses (Designers, decorators, etc. just the beginning). Deanna supports herself on the income derived from her business. Deanna Plierson — you can too!

(Deanna is an executive director and corporate instructor with Beauty for All Seasons, a leader in the hair color world. Deanna has vast knowledge of color who has shared it with her opportunities for travel from Orlando to L.A., where she has taught extensively under color experts from around the world.)

Sect. I: Friday, Feb. 27, 7pm

Sect. II: Friday, Apr. 24, 7pm

Class Fee: $5, pay at registration.

Materials Fee: None

Limit: Min. 0 / Max. None

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**FINDING OUT ABOUT YOURSELF**

HAIRWRITING ANALYSIS

S-1

Miriam Field

539-5586

This class offers an overview of the traits revealed in handwriting. This is a unique opportunity to learn more about yourself through analysis of your handwriting.

(Miriam is a certified "graphologist." She also teaches more in-depth introductory courses as well.)

Mondays, Feb. 25 & Mar. 4, 7-9pm

Class Fee: $6, pay at registration.

Materials Fee: None

Limit: Min. 10 / Max. None

WRITING FOR YOURSELF

S-2

Jedid Pniel

776-0942

Journals, poems, songs, stories, and other forms of creative verbal expression can help you come to know, love, and understand yourself and the world around you. There is no right or wrong, no good or bad, no rules except the rules you set for yourself — which when you are an experienced self-writer, or would just like to get started, come and join this class.

(Jedid has been writing for herself for over 10 years.)

Wed., Feb. 8, 28, March 4, 11, 7-9pm

Class Fee: $5, pay at registration.

Materials Fee: None

Limit: Min. 3 / Max. 10
HELPING YOURSELF
KEEP REACHING - MOTIVATION
S-30
Joe Younger 534-6377
What makes you do what you do? Everyone has a motivator within themselves that makes you do what you do. Explore the dynamic of motivation and the breakdown of why people keep reaching to satisfy needs. (Joe is manager of staff training and development programs at EIU which provide skills building, professional development enhancement and awareness.)
Sec. 1: Thurs. Feb. 19, 7:30-8:30pm
Sec. 2: Thurs. May 21, 7:30-8:30pm.
Class Fee: $5, pay at registration.
Materials Fee: None
Limit: Min. 6 / Max. 15

MANAGING YOUR STRESS AND TIME
S-10
Glor Fax 532-6350
Dwellers! Beat the Clock! Produce More! What pressures raise your stress level your ability to control your time decreases and you become more stressed out. Within a short time you find yourself in a vicious cycle. We will look at ways of dealing with stress, and managing your time effectively which in itself will help lower your stress level. You are not born with the ability to efficiently handle three things at once. There are simple techniques which anyone can learn.
Sec.: 1 Tues. March 24, 7-9pm.
Sec. 2: Tues. April 7, 7:30pm.
Class Fee: $5/sec. Limit: Max. 8, pay at class.
Limit: Min. 4 / Max. None

MENTAL STRESSES
S-14
David G. Danzkin 532-6927
Our thoughts/mental energies affect us All the time. Learning some fascinating and pot-odious ways this goes on daily. Practical techniques for dealing with stress and mental energies for health. (Dave has worked in the EIU Counseling center for years and has long-standing interests in voluntary self-regulation and self-enhancement.)
Sec. 1: Tues. Feb. 17, 7-9:30pm.
Sec. 2: Tues. April 7, 7-9:30pm.
Class Fee: $5, pay at registration.
Materials Fee: None
Limit: Min. 4 / Max. None

HOW TO CREATE PROSPERITY
S-13
Grace Keichua, D.C. 537-9300
Does it seem like you never have enough money? Learn how to create prosperity and abundance! Tips and techniques to help you create prosperity in your life for many years.
Sec. 1: Sun. March 22, 2-4pm
Sec. 2: Sun. April 19, 2-4pm
Class Fee: $10, pay at registration.
Materials Fee: None
Limit: Min. 5 / Max. 15

HYPNOSIS FOR THE SERIOUSLY CURIOUS
S-15
Dr. Greg Poonter 537-0076
The very worthwhile tool of hypnosis is misunderstood not only by the general public but many health care professionals. This class will discuss the myths, benefits, precautions and will include a demonstration. Hypnosis at the Institute.
Ethical Hypnosis Training Center under Dr. Poonter's supervision. Hypnosis frequently in his private practice.
Tuesday, Feb. 10, 7-9:30pm
Class Fee: $5, pay at registration.
Materials Fee: None
Limit: Min. 4 / Max. 15

THE PRACTICE OF ANGER
S-7
Suzanne M. Shaver 776-9411
We all have different styles for (mis-) managing anger. Some may become aggressive, pretend everything is all right or freeze and leak nowhere. What is the price we pay to keep in control? This goal of the class is to learn to recognize anger as a signal and face it so that it does not affect you. Optional Reading: The Dance of Anger by Suzanne M. (Suzanne is a Marriage and Family Therapist.)
Thursday, Feb. 26, Mar. 26, 7-30-9:30pm
Class Fee: $6, pay at registration.
Materials Fee: None
Limit: Min. 5 / Max. 8

DEALING WITH ANGER
S-8
Jadin Park 770-9642
Not happy with the way you react to some people or situations? We will discuss various techniques to help you to control your anger and keep your feelings from being hurt. We will talk about accepting feelings, avoiding unwanted feelings, not letting feelings make you do things you will regret and other emotional topics.
(Jadin has been a volunteer for a crisis hotline for several years and has dealt with lots of troublesome emotions.)
Wednesday, Begin March 25, 7-9pm.
Class Fee: $5, pay at class.
Materials Fee: $3 / Min. 3 / Max. 15

VISUALIZATION - A TOOL TO ACQUIRE YOUR DESIRES
S-17
Kendra Dorsch 532-5866
Whoever your goals are - losing weight, quitting smoking, stopping bad habits, improving self-esteem, or working on relationships - visualization is a very powerful tool. The class will practice the techniques and look at various topics and how visualization can help you in your life to produce positive changes. You will learn visualization techniques in your own life and wishes to share the benefits with you.
Wednesday, Feb. 25, 7pm.
Class Fee: $10, pay at registration.
Materials Fee: None
Limit: Min. 4 / Max. 10

THE HAPPINESS PURSUIT
S-16
Dr. Greg Poonter 537-0076
Regardless of what you've been taught in the past, happiness isn't something to be earned, won or postponed. Life is today and you are to live it well. This class explores the pursuit of happiness.
(Greg is a counselor in private practice. He loves his work and others to live the "Happiness Pursuit" with the same zeal, joyfulness and desire or imprisoning on the rights of others.)
Tuesday, Feb. 24, 7-9:30pm
Class Fee: $5, pay at registration.
Materials Fee: $1, pay at class.
Limit: Min. 4 / Max. 15

INTRODUCTION TO ASSERTIVE BEHAVIOR
S-9
Caroline Peine 532-6432
Being assertive means standing up for our rights in a way that does not infringe on the rights of others. We will explore ways to be assertive in some situations with alternatives to those situations. (Caroline has made many presentations on assertive behavior.)
Wednesday, April 6, 7-9pm
Class Fee: $5, pay at registration.
Materials Fee: None
Limit: Min. 4 / Max. None

RELAXATION AS STRESS MANAGEMENT
S-11
Grace Reischak, D.C. 537-9330
Body stress is a major factor in disease and ill health. Knowing how to relax and release and technique of relaxation will contribute to an enhanced sense of well-being. We will explore and experience different ways to relax your body and yourself.
(Grace is a chiropractor in Manhattan and has been practicing and teaching relaxation skills for the past seven years.)
Sec. 1: Sun. Feb. 15, 2-4pm
Sec. 2: Sun. April 19, 2-4pm.
Class Fee: $5, pay at registration.
Materials Fee: None
Limit: Min. 5 / Max. 20

BASIC Masseur
Bob Parr 1-782-5359
This class will introduce you to traditional Swedish massage for the purpose of relaxation and circulation and total relaxation. Please sign up with a partner. Lotion, oils and handouts will be provided. Participants should wear shorts and T-shirts or other loose clothing. Bring towels and a pad of some type to lie on.
You will be notified of date at registration.
Class Fee: $10 per couple, pay at registration.
Materials Fee: $1, pay at class.
Limit: Min. 4 couples / Max. 7 couples

INTERPRET YOUR DREAMS
S-18
Gary Plumberg
The interpretation of dreams is as old as the human race. Do you understand the meaning of your dreams or does it cause you to wake up and worry? dreamy all day. Let's figure out what your dreams are trying to tell us. Be sure to bring a "dream" chart for your dreams.
(Cary has been a student of Esh-Yaar for several years.)
Thursday, March 5 & 12, 7-9pm.
Class Fee: $6, pay at registration.
Materials Fee: None
Limit: Min. 4 / Max. None

PHYSIOLOGICAL HEALTH WITH ACUPUNCTURE
Saturday, February 28, 8:30am-5pm
Surebody Valhalla Community Center
Cost: $25
All registrations must be received by 5pm Monday, February 23.
At one time, acupuncture was the main form of healing in the Orient, having been used exclusively by our own scientific medical community in the past with many other holistic thera-pies. In this workshop we will look at some of these holistic therapies and practice them on our own.
FOR FURTHER INFORMATION CALL TESS CARBAJAL - 539-6697

Class locations will be noted on your receipt.
The Religious and Mystical

INTRODUCTION TO ZEN

Leon Rapoport
533-8850

The origins and history of Zen philosophy and practice will be described. Emphasis is given to the Soto tradition of Zen meditation, including instructions and demonstrations. Wear loose clothing and bring a cushion to sit on.

Wednesdays, Mar. 13, Apr. 10, May 8, 7:30-9pm.
Class Fee: $6, pay at first class.
Materials Fee: None.
List: Min. 4 / Max. None.

THE RELIGIOUS SOCIETY OF FRIENDS: QUAKERISM

Dorothy Danakis
539-4676

Modern Quakers no longer wear plain clothes or use special language, but they still believe that the original Quaker concerns are important: simplicity, individual responsibility, the "Inner Light," silent meditation, constructive social criticism, and a religion without creeds. This class is based on material interesting in learning about the history and practices of the Religious Society of Friends (Quakers and Friends). The course will be started at the Quaker Friends Meeting which meets Sunday mornings at the Baptist Student Center, 18th and Anderson.

Sec. 1: Wed. Jan. 28, 7:30-9pm.
Sec. II: Tues. Feb. 24, 7:30-9pm.
Class Fee: $6, pay at registration.
Materials Fee: $10, pay at first class.
List: Min. 4 / Max. None.

NATIVE AMERICAN SYMBOLISM AND CEREMONY

Joyce Treadover
539-8700
Pat Ebers
539-2819

This is a mini-course of 3 classes. The first two are lecture/discussions and the third is hands-on experience. Topics covered will be: ancient and native power cycles, the medicine wheel, purification through the pipe and the burning of sage, cross-cultural symbols of native and western legancy, and the native approach to spirituality. This third class will be held outdoors to connect with the Earth Mother. Two sets of extensive hands-outs will be available for copying (one for adults, one for children). These will cover written material, drawings, and diagrams from the West, Native American astrology from Hymenohystis Storm and The Medicine Wheel by Sun Bear and Wabun, and from other sources.

This class is not Native American but have felt and experienced strong inclinations towards the native tradition.

Wednesday, April 1, 8, 7-9pm
Saturday, April 11, 10-12 noon
Wednesday, April 29, 7-9pm
Class Fee: $6, pay at registration.
Materials Fee: Not known.
List: Min. 6 / Max. None.

PAGANISM

Flyer
539-7723

What is Paganism? We will look at historical and contemporary attitudes and functions of the Pagan religion. Did you know Goddes worship is the oldest religion in the world? Come and explore an alternative religion that has grown up with mankind. (After exploring a number of religions, flight became a Pagan in 1981, and now leads retreats and classes in the Manhattan area.)

Saturday, April 4, 8-10pm
Class Fee: $5, pay at registration.
Materials Fee: None.
List: Min. 4 / Max. None.

MEMO

Dr. Anne Wigglesworth
1-456-9202

What does "memopause" really mean? Is it a precipice at the end of life's pathway, a welcome relief from an oppressive burden, or a disaster? We will explore both the facts and the fables of menopause. (Dr. Anne Wigglesworth is a board certified obstetrician - gynecologist, a partner in the Raw Valley Women's Health Center in Wasawaga, and a consultant to the Women's Life Center at St. Mary Hospital. She is just about the right age for menopause.

Wednesday, April 29, 7pm
Class Fee: $5, pay at registration.
Materials Fee: None.
List: Min. 6 / Max. None.

 proposal for an event or activity. The text contains information about health-related topics, religious and mystical studies, and a discussion on Paganism. It also includes a section for registering for classes or events, with details on class fees, materials fees, and limits on the number of participants. The text is organized in a clear, logical manner, with topics grouped under headings for easy reference. It appears to be aimed at an audience interested in personal growth and spiritual development, with a focus on providing educational opportunities in various religious, philosophical, and cultural areas. The text is presented in a straightforward, informative style, with a strong emphasis on accuracy and detail. No additional context or analysis is required to understand the content of the text. The text is well-suited for a variety of audiences, including those interested in religious and spiritual study, personal growth, and holistic health practices. The text is a valuable resource for anyone looking to expand their knowledge and understanding of these topics.
FOODS FOR FUEL
Bonnie Hansen
776-3438
Learn new food strategies for the market. We will discuss intuitive eating, how the body processes foods to use for fuel and when to eat to maintain good health, optimal energy & ideal weight. (Enrollment is a certified diet counselor and has owned the Diet Center for the past 12 years. She has an authority on weight management and gives many talks and seminars on weight control and nutrition.)

Tuesday, Feb.17, 10:30am.
Class Fee: $45. Non-registration.
Materials Fee: None
Limit: Min. 4 / Max. None

PARENTS & FRIENDS OF LESBIANS AND GAYS
Although we may not be aware of it, research indicates that most of us have a close friend or relative who is gay. The parents and mental health professionals are beginning to give attention to this important issue. Please join us for open dialogue and support meetings. (Sue and Cherri are in the mental health field and Ann is a librarian. All three have professional and personal interests in this area.)

Thursday, Jan.29, 7pm.
Location: UPH, 1221 Thruston
No registration necessary. For further information please call Ennice, UPH, 532-5566.

DISCUSSION ON EATING DISORDERS
Dr. Tom Coleman
Eating disorders are very prevalent among teenagers today and can lead to some very serious problems requiring professional help. Because of the nature of this problem, it is often hidden from family and friends and only recognized when the teenager is seriously ill. We will discuss these problems and how parents can recognize the signs of bulimia or anorexia, and what help is available today. This class is also open to teenagers.

Dr. Coleman is a clinical psychologist and has worked with people with eating disorders and has given many presentations.

Tuesday, Feb.17, 7pm.
Class Fee: $4, pay at registration
Limit: Min. 5 / Max. None

The Female Gender
BOOKS BY AND ABOUT WOMEN
Horrie Cross
539-5537
Women writers may special topics. Women reader is interested in them. This class provides time for women to talk with each other about novels, non-fiction works, humor and satire. Dimensions of self-image shaped by literary models are examined as we discuss books selected by group. We have recently read Women on Water Place by Gloria Naylor and The Ballad by Margaret Laurence. (Horrie has been a member of this informal reading group since 1976.)

Jr. Meeting: Wed., Feb. 4, 7:30-9pm
Class Fee: $3, pay at registration.
Materials Fee: None
Limit: Min. 1 / Max. None

UFN T.V.
Focus on the Community
Need something interesting to do on Monday Night? Well, UPH has a program at 6pm on Cable Channel 352. Many of the programs cover social issues which impact us on Manhattan. Have a concern or want an up-date on an issue in topic? Call UPH at 532-5566.

UFN T.V.

TEEN SERIES
The following series is designed specifically for teenagers and each class will be led by an expert in that particular field. Should any students have any questions or information about these classes, please contact Ennice, 532-5566.

TEENAGE STRESS MANAGEMENT: WARM UP TO YOUTH OUT
Clifford G. Schuette
532-6927
This session will focus on identifying your sources of stress and experimenting with ways to lower your stress level. You can expect to learn skills which will help you concentrate as well as improve academic and social abilities. Learning how to let go is the first step to chilling out. (Cliff is a counselor at ESU and has taught stress management many times for UFN.)

Thursday, Feb. 5, 7:30-9pm.
Class Fee: $4, pay at registration.
Materials Fee: None
Limit: Min. 8 / Max. 20

COPIING WITH YOUR PARENT'S DIVORCE 5-34
Charlie Dress
532-6564
This class will examine ways that teenagers can cope with their parents' separation and/or divorce. We will explore various issues, feelings, emotions, and problems that might arise for the teenager during this time. It is not necessary for you to have experienced your parents separation or divorce, if you come to this class maybe you will be able to understand and help your friends. (Charlie is in graduate student in Marriage and Family Therapy focusing on the divorce process.)

Sect. 1: Tues., Feb.10, 7-9pm.
Sect. II: M/W/F, Jan.14, 7-9pm.
Class Fee: $6/Seqt. pay at registration.
Materials Fee: None
Limit: Min. 4 / Max. 15

Families
PARENTING - BRINGING THE BEST IN YOUR FAMILY INTO THE CROSS FAMILY LIFE CENTER
Nancy Heaya, RN, BSN
776-2000
Dads - learn basic survival skills in caring for your baby. This class will prepare you for involvement with your child right from the start. Babies are invited to attend with Dad. Give Mom a break! (Nancy is a registered nurse and childbirth instructor and has been active with the Red Cross for 10 years.)

Saturday, Feb. 7-21, 10am-12n (3 times)
Class Fee: $10, pay at registration.
Materials Fee: $10, pay at class
Limit: Min. 1 / Max. 8

HOW TO STEP PARENT - A RED CROSS FAMILY LIFE CENTER
Lynda Frey, Nancy Heaya
537-2180
We will focus on the joys and strengths of step-families. There will be group discussions, sharing experiences and building strengths for step families. (Lynda and Nancy are graduate students in Family Life Education and have been associated with Red Cross for many years.)

Tuesday, April 7, 7-9pm
Class Fee: $10/person or $10/family.
Materials Fee: None
Limit: Min. 4 / Max. None

Making IT AS A Step-PARENT in the 60's
Debbie Newton, M.S.W.
539-5537
Marilee Scholl, M.S.W.

By 1990 more than half of American families are expected to be non-traditional families. Step-families will comprise a major portion of these non-traditional families. This workshop will help step-parents understand and cope with the problems and issues they face. We cover: 1) Stages in the Life cycle of Step-family 2) 2) Striving skills for step-parents; and 3) Information on additional resources. (Debbie and Marilyn are both Social Workers practicing in Manhattan and have worked with many step-families.)

Thursday, Mar.12, 7-9pm.
Class Fee: $5/person or $10/family
Pay class and fee registration.
Materials Fee: None
Limit: Min. 5 / Max. None

ROOMS FOR RENT
No, you cannot move into the UPH house, but if you are planning a meeting, potluck or just a fun function, UPH has rooms available with kitchen facilities for a reasonable price. Call UPH at 532-5566 for details.

Class locations will be noted on your receipt.
**Beads, Lace, Flowers**

**BEGINNING WEAVING**
FA-27
Susan Laos 537-9610
Become comfortable with the basics of weaving. Learn to prepare your yarn and loom for weaving. You will take a small loom home with you the first three weeks, each time weaving a set of samples. The fourth class will include a video review. (Susan has been weaving for 20 years and is active in the local state and national weaving organization.)

Monday, Feb. 9 - Mar. 2, 6:30-9:15pm.
Class Fee: $10; pay at first class.
Limit: Min. 3 / Max. 5

**BEGINNING KNITTING**
FA-26
Jean Johnston 776-3391
This is a class for all ages, male as well as female. The only item you need are knitting needles, size 10, and light colored 4 ply yarn. The rest is easy—just knit one purl one. I will be there to help you do it.

(Jean has been knitting for over 20 years and has taught knitting for UPM several times.)

Wednesdays, Feb.4, 11, 18, 25, 7-9pm.
Class Fee: $10, pay at registration.
Materials Fee: None
Limit: Min. 3 / Max. 10

**INTERMEDIATE KNITTING**
FA-29
Jean Johnston 776-3391
We will learn how to do different fancy stitches like shaker knit, easy cables, two color knitting, and more. Just bring size 10 knitting needles, a cable needle, and light colored 4 ply yarn.

(Jean has been knitting for over 20 years and has taught knitting for UPM several times.)

Wed, March 4,11,25 & April 1, 7-9pm.
Class Fee: $10, pay at registration.
Materials Fee: None
Limit: Min. 4 / Max. 10

**SIDE LANGUAGES**

Say it in sign language! Experience the world of silent communication in which the hearing-impaired live. This class will cover the basic sign alphabets and some conversational phraseology (with multiple signs). Come prepared to learn your own language.

Tuesdays, Mar.3 - May 5, 7pm.
Class Fee: $10, pay at registration.
Materials Fee: $3, pay at first class.
Limit: Min. 5 / Max. 20

**ARTS**

**FINE ARTS**

532-6866
1221 Thurston

**RIBBON QUILTING**
FA-30
Peggy Min 539-0904
Make a colorful calico/ribbon quilt (36" x 36") for a wall-hanging. Strip-quilting is by machine. Cutting, sewing, and new-sewing-machine provided. Please bring to class seven different-designed calico ribbons (each 2 1/2" to 3 3/4" wide) of 36" length each. Suggestions: you can get calico ribbons from "Apple Tree" or "Ben Franklin". (Peggy has been ribbon quilting the past two years).

Sect. 1: Saturday, Feb. 7, 12-6pm.
Sect. 2: Saturday, Feb. 14, 12-6pm.
Class Fee: $6, pay at registration.
Materials Fee: None
Limit: Min. 4 / Max. None

**Bead Jewelry**
FA-31
Jeannie Kikel 539-0997
Have you been to a craft fair lately and noticed all of the beautiful, handmade jewelry? Well, here is your chance to design and make your very own necklace, bracelet or earrings. A materials fee will be charged if you choose to make jewelry and will depend on the beads you wish to use. Options include blue lace, oaks, rose quartz, fresh water pearls, hematite, mother of pearl, and gold filled or sterling silver beads.

(Jean has been operating Stones and Stuff in Manhattan for over a year.)

Sect. 1: Saturday, Feb.7, 1-3pm.
Sect. 2: Saturday, April.14, 1-3pm.
Class Fee: $20, pay at registration.
Materials Fee: Explained in description.
Limit: Min. 4 / Max. 10

**PERFUMES AND POTIONS**
FA-35
Carol Ebert 456-2841
Now you can concoct your own special body perfumes. Learn to mix your body oils, hair rinses, cologne, bath oils, and signature perfumes. Be creative and discover the uniqueness of your own signature scents.

(Carol owns an herb shop and makes many of her herbal products.)

Thurs. Apr. 13, 2-3:30
Class Fee: $5, pay at registration.
Materials Fee: $1.00, pay at class.
Limit: Min. 4 / Max. 10

**POPPOURRI VALENTINE CARDS**
FA-34
Jayne Lisk 539-7805
Learn different techniques to incorporate the use of potpourri in making a variety of scented Valentine cards. (Not suggested for people with sinus allergies.)

(Jayne has been making her own potpourri for 4 years and has her own herb business, "Fragrant Memories".)

Wednesday, February 4, 6:30pm.
Class Fee: $5, pay at registration.
Materials Fee: $4, pay at class.
Limit: Min. 3 / Max. None

**TEA TASTING**

**THE ART OF MAKING LACE**
FA-32
Jessie Poupon 776-6806
Tasting, or fripperies, as the French call it, is a very old art. The process of making lace is interesting and melancholy. A single strand of thread on a small hook can create a lace effect. Modern tasting has shorter and fewer pieces, some heavier thread, and will outwear the cloth it is on. Please bring a plastic tasting shuttle, a pair of tasting thread, crochet hook or needle, and a basic tasting instruction booklet.

Sect. 1: Mon. March 2, 9, 16, 7-9pm.
Sect. 2: Mon. April 13,20,27, 7-9pm.
Class Fee: $10, pay at registration.
Materials Fee: None
Limit: Min. 2 / Max. 4

**To Learn A New Language**

**ENGLISH AS A SECOND LANGUAGE**
FA-1
Theresa Pratt 537-7577
This class is designed for those whose native language is not English. This class offers practical instruction and practice in English as it is spoken in the United States. Other areas of study will depend upon the level and needs of the students in the class. Students will need to bring pen and paper to class.

(Theresa taught ESL for two years while working for the Peace Corp in Morocco.)

Begin Wednesday, Feb.11, 6:30-8pm.
This class will continue through the semester.
Class Fee: $12, pay at registration.
Materials Fee: $2, pay at class.
Limit: Min. 5 / Max. 20.

UPM's "Little Apple" Banks, our pre-Christmas fundraiser, were a huge success with orders quickly outstripping production, but everyone received their orders before Christmas. We are still making "Little Apple" Banks to order as of now. If you missed us in Ithaca, call 532-5866 and place your order now.
A New Medium

BEGINNING OIL PAINTING
PA-13
For the beginning painter or someone who would like to learn more, no experience necessary.
(Charlie has an MA in Art, and is a pub-
lishing and internationally traveled artist.)
Wednesday, Feb. 4 - Mar. 11 (6 x's) 7-10pm
Class Fee: $12, pay at registration
Materials Fee: $5, pay at first class
Limit: Min. 6 / Max. 15
ADVANCED OIL PAINTING
PA-14
Charlie Fraise
359-0874
For painters who would like "another opinion" but don't need step by step assistance, or people who just enjoy painting.
Wednesdays: 7-10 p.m. April 15, 22, 29, and May
Class Fee: $11, pay at registration
Materials Fee: $5, pay at class
Limit: Min. 6 / Max. 15
BEGINNING WHEEL THROWSING
PA-17
Courtney Clark
359-4035
Have you always loved the look of hand-thrown pottery, but didn't know how to begin? This is your chance to learn in four cheerful, low-pressure sessions (plan a little extra space time practice). We will cover the basics of preparing, centering, and rolling clay on your

INTERMEDIATE WATERCOLOR PAINTING VIA PHOTOGRAPHY
PA-24
Gene Ernst and Ernie Peck
537-9883
Nearly famous stone buildings and landscapes during the first Saturday session, with Ernie dir-
cussing color selection, photo composition and technique. Students will obtain photos of their favorite places and bring them to the first UFH studio session. The studio sessions will select the painting subjects from the color photo's, show painting demonstrations; value studies; and lay down the initial watercolor

BEGINNING GUITAR
FA-3
Nancy Stover
537-1219
This class is for beginners and improvers. We will learn various types of music such as folk, spiritual, and simple contemporar-
y. At the end of the course, you will have the option of continuing on an individual basis.

Celtic Music Workshop
FA-6
Paul MacIntyre
359-4805
Griffin
465-2702
We'll spend an evening playing, singing, and dancing to traditional Irish music, played on the fiddle, concertina, penny

TECHNICAL wrTHERAPY
PA-18
Courtney Clark
359-4035
This is a cooperative studio-access class open to anyone with experience in pottery who feels confident working alone. There is no instruction provided. As a coop member you will have access to the studio for three hours per week, 12-1/2 lb of clay, plus all the recycled clay you can pro-

TRI-CHEM CRAFTS
PA-15
Linda Rice
776-2226
Need a unique gift for someone special? Want to make that gift extra special, then personalize it with Tri-Cheh. Tri-Cheh is a washable liquid paint that can be used on many different sur-
faces. Lessons are available, as well as special catalogs to order gift items, stamp and paint. The first meet-
ing is to demonstrate Tri-Cheh techniques with hands-on experience, then you order gifts to be made according to your standards and needs.

Dancing

FLINT HILLS JIVE DANCERS
FA-5
Eddie Geake & Paul Veidaho
539-4805
Learn to dance the polka, waltz, schottische, and haas. (Learn what a haas is.) In the 1st half hour, the Flint
Hills Folk Dance Fellowship does a wide variety of traditional dances from America, Europe, and Israel. Beginners are welcome and partners will be pro-
rvided. (Eddie and Paul danced before they could walk.)

FLINT HILLS COUNTRY DANCERS
FA-6
Frank Nelson
359-4409
Round dancing is done in a circle forma-
circle, using choreographed routines to a de-
fine arrangement of music. All couples dance the same steps at the same time. Round dancing uses many

eet. Heavy emphasis on swing dance, less on two-step and cutoon-er Joe. (Art and Kathy have taught swing dance for many years.)

Tri-Cheh is a washable liquid paint that can be used on many different surfaces. Lessons are available, as well as special catalogs to order gift items, stamp and paint. The first meet-
ing is to demonstrate Tri-Cheh techniques with hands-on experience, then you order gifts to be made according to your standards and needs.

Golf Courses in the area for several years. Charlie and Paul are members).

TRI-CHEM CRAFTS
PA-15
Linda Rice
776-2226
Need a unique gift for someone special? Want to make that gift extra special, then personalize it with Tri-Cheh. Tri-Cheh is a washable liquid paint that can be used on many different surfaces. Lessons are available, as well as special catalogs to order gift items, stamp and paint. The first meet-
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Class locations will be noted on your receipt.

14
FOOD AND GLASS

IN WORKSHOP COOP PA-18

BASIC WOOD CARVING PA-19

Larry Wisdom

Introduction to basic wood carving, will include 'skew chisel', 'carving in the round', and sharpening and care of tools. A manual and carving knife will be furnished and a $5 charge made for these items. (Larry has assisted in teaching two previous UMP wood carving classes. He is a member and Kansas Vice President of the National Woodcarving Museum.)

Tuesdays Feb. 17, 24 and Mar. 10, 7pm. Class Fee: $5, pay at class. Materials Fee: $5, pay at class Limit: Min. 2 / Max. 15

CLASS STICKINGS PA-20

Steve Baldwin

Clean sticking is a simple way of finishing glass and especially mirrors. It makes nice inexpensive custom furniture projects. Anyone with the slightest amount of artistic ability can do it. (Steve is a ESU student and has been working with glass for 3 years.)

Thursday, March 19, 7pm. Class Fee: $5, pay at class. Materials Fee: $5, pay at class Limit: Min. 3 / Max. 15

LEARNING TO CODE - (3-7 yrs.) KS-9

Paula Boyd

We will learn two or three easy to cook recipes that children five to seven years can prepare on their own. The children will be given a simple cookbook to take home.

Saturday, February 21, 3-4pm. Class Fee: $4, pay at class. Materials Fee: $2, pay at class Limit: Min. 4 / Max. 12

CHILDREN'S GARDENING KS-1

Children (ages 5-12) will be assigned individual and group gardens. They will learn planting, soil preparation, bed weeding, harvesting and other cultural practices throughout the gardening season.

Saturdays, 10am You will be advised of starting date at registration. Class Fee: None. Materials Fee: None Limit: None

Class locations will be noted on your receipt.

Continued...
ADVANCED NUD PETS

KS-10
Scott Sakkil

This class is for people 8-11 years old who have an interest in playing with clay and learning something new. The objective is to experience a few techniques in clay building, have fun, and create at least one beautiful object to take home and love. (Scott has just finished a degree in Education and is interested in some good, messy, light-hearted wholesome fun!)

Saturdays, Feb.7,14,21,28, 3-5pm.
Class Fee: $5, pay at registration
Limit: Min. 3 / Max. 6

CHILDREN’S NATIVE AMERICAN WORKSHOP

KS-2
Pat Embers
Jayne Link
Chris Wissneski

This is a chance for children to dance, drum, chant, and learn about the Native American love and respect for the Mother Earth. We will make a couple of Indian crafts and role-play the animals and elements of an already constructed medicine wheel. We will meet outdoors in a wooded yard and play a game with the trees. The workshop will continue in successive sessions to learn new things from various leaders about nature and Native lore. Anyone wishing to teach or help, contact Pat Embers. The ages groups is geared towards children aged 5-12. Future workshops will concentrate on different topics.

Pat has 3 children and is interested in Native American ways. Jayne has led architecture and is on the market for some good, messy, light-hearted wholesome fun! (Chris goes to Manhattan Jr. High and is interested in this imagination and love for the earth).

Saturday, May 2, 2-4pm. Rain date May 9.
Class Fee: $6, pay at registration
Materials Fee: None
Limit: Min. 3 / Max. None

RED CROSS CERTIFICATION

KS-14
Lynda Frey, Darrell Harr

Young people who want to earn money often babysit. This class teaches young adults age 11 or older the basics of child care, how to prevent accidents, how to deal with an injury, and how important they can be in the life of a child. They will have both sessions for certification. Lynda Frey and Darrell Harr have been teaching this course for three years. They are both a first aid and health instructor.

Saturdays: April 18 & 25, 9am-12noon.
Class Fee: $9, payable at class
Materials Fee: $5, pay at class
Limit: Min. 4 / Max. 20

YOGA FOR LITTLE PEOPLE

KS-12
Rob Sheridan

This class is primarily for people between the ages of 8 and 12, although all are welcome (including parents). We will practice some easy stretching and learn a few animal yoga postures. Please wear shorts or tight, bare feet are essential and don't expect for an hour or two before class.

Tuesdays, Feb.10-Mar.3 (4 wks) 5:30-6pm
Class Fee: $6, pay at registration
Materials Fee: $5, pay at first class
Limit: Min. 3 / Max. 10

RUMA KOLYOM

KS-13
Lynn Schanker

Does your child have questions about how their breathing, digestion, blood or eyes work? Lynn will explain where the major organs are located in the body and why they are essential. Participants will have an opportunity to see the heart, lungs, kidneys, brain, eyes and bones. Parents are welcome too. (Lynn, a human body herself, is a biology instructor.)

Saturday, March 7, 1-3pm
Class Fee: $6, pay at registration
Materials Fee: None
Limit: Min. 5 / Max. 15

DIVING FOR BEGINNERS

AGES 6-13

KS-11
Lynn Schanker

S 599-0150

Lears to do a front dive, back dive, flip with twist. Experience the low and high diving boards. Lynn will stress good health, proper form and how to land. Safety, including pre-dive stretching, will be emphasized. Bring a swiuit, towel, and swimming caps. Participants must have at least beginner swimming skills.

Sect: I 1st Sun. Feb.8,15,22, 10-11:30am
Sect. II 1st Sun. Apr.12,19,26, 10-11:30am
Class Fee: $5, pay at registration
Materials Fee: None
Limit: Min. 2 / Max. 6

DECORATING EASTER EGGS

KS-7
Jade Paul

S 776-0942

Decorating eggs is always fun, but it is even more fun when you have got little people to inspire you. Dye, crayons, glue, and other decorating materials will be provided, but you can bring more if you want. Please bring your own eggs. All ages welcome and children may bring their parents at no extra charge. Parents: please give your name as well as your child's name and age at registration.

Jade loves to help children decorate eggs.

Saturday, April 18, 10-2pm.
Class Fee: $6, pay at registration
Materials Fee: $2, pay at class
Limit: Min. 3 / Max. 10

Class locations will be noted on your receipt.

For Kids Only (continued)

DINOSAURS FOR KIDS (LIVE KIDS AT HEART)

Dr. Richard Buesch

532-6724

Saturday, May 2, 2-4pm.
Class Fee: $1, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. 12
BASICS CHEESECAKE PHILOSOPHY

Jo Rodrigues 537-8817

Cheesecake is excess! Perhaps it is that excess that makes it almost sinful in richesse... something that hints at the possibility of pleasure without limit. Some people in the kitchen cholesterol counter is going haywire, and we don't even care. We make all of these cheesecakes and also learn how to make its wonderful companies, cafes & cottages. Call if you want to arrange to make your very own cheesecake to take home. (Ira has been a cheesecake addict for many years.)

Wednesday, Feb. 4, 7:30pm
Class Fees: $5, pay at registration.
Materials Fees: $3.00, pay at class.
Limit: Min. 3 / Max. 6

BLACK FOREST CAKE/HORT BLANC

Peggy Rice 539-0306

Calorie counters beware! Learn to make continental European desserts:
1) -- Black Forest cake from the Black Forest of Germany. This cake is generously soaked in brandy. You will have so much fun covering this cake with cream and cherries and then get to take it home.
2) -- Hort Blanc is from the French Alps. "Hort Blanc" translates mean "white mountain". Cheesecakes are cooked and formed in a food processor, then "riced". The mound of cheesecake is then amonoted with whipped cream, resembling a snow-covered mountain. You will take home the whole dessert. All ingredients/materials will be provided. (Peggy is a baking and food science graduate.)

Saturday, Feb. 7, 9am-12 noon
Class Fees: $5, pay at registration.
Materials Fees: $5.50, pay at class.
Limit: Min. 2 / Max. 4

Opening for one

F-10

Ira Stein 539-8126

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Saturday, Feb. 7, 9am-12 noon
Class Fees: $5, pay at registration.
Materials Fees: $5.50, pay at class.
Limit: Min. 2 / Max. 4
Play Time

BEGINNING PRECINCT B-8
Doug Varney, Randy Hanes 539-1510

Learn basic fencing skills with foil, epee, or sabre. Footwork, conditioning and blade play will be emphasized with some practice bouts toward the end of the session. The materials fee pays for rental of all needed equipment. Men and women of all ages welcome!

(Doug and Randy enjoy fencing!)

First Class: Wednesday, Feb. 4, 7:30pm Length: Class Fee: $10, pay at registration Materials Fee: $10.60, pay at class Limit: M6 / Max. None

INTERMEDIATE FENCING B-9
Doug Varney 539-1510

Does the play of the blades make you want to dig out your foil, epee, or sabre? We are looking for fencers with previous experience who want to become involved again. Practices will include a combination of drills and free fencing. Traveling to USAF meets and circuit events are planned. On Guard, Fretz, Allred!

Tuesday, 5:30pm and Wednesday, 8:30pm
Beginning Feb. 3, Length: Ongoing
Class Fee: $10, pay at registration
Materials Fee: None
Limit: M6 / Max. None

HELP! HELP! HELP!

Volunteers needed to assist with UPM programs. Whether it is two hours or two days, your help will be most welcome. For further details, please call Service at UPM, 532-5866.

18 Class locations will be noted on your receipt.

FUNDAMENTALS OF KAYAKING
AMERICAN RED CROSS
B-17
Paul Sodeman 539-7111

Learn to front and back floating, sculling, and the ultimate goal of the crawl and back stroke. Emphasis will be placed on feeling comfortable in the water. Bring a swim suit and towel.

(Keil is a Red Cross Certified Water Safety Instructor.)

Sundays, Feb. 1, 8, 15, 22, 9am-1pm.
Class Fee: $8, pay at registration.
Materials Fee: $2.20, pay at registration.
Textbooks, etc. Pay at first class.
Limit: M6 / Max. None

LEARN TO PLAY BRIDGE B-3
Charles Clack 776-0471

What makes bridge the best card game? Charles’s secret is to let you in on the fun. In a few quick and entertaining lessons, you can be ready to cut off your training wheels and start enjoying a lifelong hobby.

(Charles learned to play bridge when he was knee high.)

Thursdays, begin Feb. 4, 6:30pm.
Class Fee: $8, pay at registration.
Materials Fee: None
Limit: M6 / Max. None

BRIDGE CLUB B-4
Charles Clack 776-1625 776-0471

If you like the card game of bridge, join this group. Sometimes instructive, sometimes competitive, sometimes very serious and sometimes not, this group always manages to enjoy themselves. Different tables will provide various levels for participation and instruction available.

(Charles has played bridge for many years but still has lots to learn.)

Thursdays, Beg. Feb. 12, 6:30pm (on-going)
Class Fee: $8, pay at registration.
Materials Fee: None
Limit: M6 / Max. None

LEARN TO ROW B-12
Jack Connaughton 552-6591

This class will review the basics of boating and offer individual help. The items covered will include: equipment, safe handling, release, stance, approach, and adjustments for first belt.

(Jack has been involved with boating for 33 years and has 11 sanctioned 300 hour and a high series of 20.)

Saturdays: Feb. 14, 21, 28, 8:30-10am
Class Fee: $8, pay at registration.
Materials Fee: $5.95 per person and $5.95 for shoes.
Limit: M6 / Max. 15

VOLLEYBALL FOR FUN (16 AND OVER) B-11
Lois Morales 559-8867

Indoor volleyball can provide low-key competitive and social opportunities for beginners to those advanced. Nets and balls will be furnished. (Lois has played UPF volleyball for years.)

Tuesdays: 6:30-8:30pm Length: Ongoing
First Play date: Feb. 3
Class Fee: $5, pay at registration.
Materials Fee: $1, pay at class.
Limit: M1 / Max. None

FRIENDLY KANSAS CANOEING B-10
Bob Parody, Brenda Bythner 539-5967 539-8624

Basic canoeing techniques will be incorporated into trips to nearby lakes, streams and rivers. We will have a chance to learn/relax canoeing techniques as we explore this open space. Participants will be responsible for providing their own canoes, paddles, life jackets, etc. The spring schedule will be set at the April meeting at which time partners and rental locations will be found. This class welcomes both individuals and families.

(Bo has taught canoeing techniques many times for UPM. Brenda, new to Manhattan, has enjoyed canoeing for many years and is a Red Cross certified.)

Organizational Meetings Tues., April 7, 7:30-9pm
Further Info: Sundays, 1-3pm, Dates will be discussed at the first meeting.
Class Fee: $8, pay at registration.
Materials Fee: None
Limit: M6 / Max. 20

INTERMEDIATE CANOEING WORKSHOP B-18
Ken Reppage 537-2643

This workshop is for those canoeists with some experience who desire to improve their skills. Informal critiques will be provided on rolls, strokes and strokes in indoor pools. Boats available for rent at the pool, or you can bring your own. Sect. I: Sunday, Jan. 18, 9am-1pm
Sect. II: Sunday, March 1, 9am-1pm
Class Fee: $8, pay at registration.
Materials Fee: $2.50, pay at class
Limit: M6 / Max. None

DEAL & PARTRY B-7
UPF Staff 532-5866

It is so frustrating when you want to play chess, backgammon, tenis or pool or some other game and there is no-one to play with. How can you lower your frustration level by signing up for Dial-a-Partner. When you register, write your favorite games on the back of the registraton form and we will fill a list of prospective partners to you.

Class Fee: $2, pay at registration.
Materials Fee: None
Limit: M6 / Max. None

Continued....
Play Time (continued)

TRENDY BASIC CHESS

9-2

Michael J. Prohaska

1-499-5588

This is a game that may or may not be new to you. It's a game that may or may not be challenging. The game is called "Chess" and it is played by two players, using pieces that represent different types of army units. The objective is to win the game by capturing the opponent's king.

GOLF FOR BEGINNERS

9-10

Marc Greener

776-6538

This class will start with a brief history of golf. Included will be an introduction to playing equipment, basic swing, stance, checking, and so on.

INTRODUCTION TO GUNKERS AND DRAGONS

9-5

Pat & Glen Farrell

Mike Prohaska

1-499-5588

Enter the fantasy world of Dungeons and Dragons! This class is designed for those who have never had the chance to play D & D, but wish they could. The first few classes will explain the concepts of this fantasy role-playing game and the structure of the background world. Each participant will generate a character and cast-off into the wilderness with your dungeonmates. The Advanced Dungeons and Dragons system will be used, with Grayhed and the background world.

CLOWNING AROUND

9-1

Ron Clinganpool

537-0593

Is there still a little of the child left in you? Do you really have the urge to put on make-up, dress funny, and make people laugh with them thinking you're into punk rock? WELL, this is for you! You will learn juggling, make-up, balloon blowing, magic, general clowning, songs and fun. For the brave at heart, soul and mind -- FIRE EATING! Join us for a look into the world of wonder, story and magic.

Fresh Air Time

CROSS COUNTRY SKIING - BEGINNERS

8-20

Barne Jansen

776-0529

This class is intended for those with little or no cross-country skiing experience, and those with serious doubts about their technique. We will cover the basic elements of cross-country skiing, see some of the recent advances in techniques and discuss equipment. Bring your own skis.

INTERMEDIATE CROSS COUNTRY SKIING

821

Barne Jansen

776-0529

This class is for those persons who are comfortable skiing, but would like to improve their technique. The class will concentrate on how to ski on various terrain and terrain techniques.

HITTING TRAILS IN KANSAS

8-23

Jeff Brown

537-9405

This class is for people unfamiliar with hiking trails in Kansas. We will discuss trail planning, including location, length, difficulty, etc.

FISHING: IMPROVING YOUR TECHNIQUES AND GEAR

8-25

David Dabney

532-5869

This class is for the young and old, beginners and experts, and anyone who wishes to become a better fisherman.

COLD FOR BEGINNERS

8-22

Jim Gregory

539-1041

For those who have little or no experience, Jim will cover fundamentals of the fall, spring, summer, and winter techniques.

MOUNTAIN BIKING

8-24

John Herd

539-6823

Dale Christiansen

539-0485

Have you seen those rough/cruel looking bikes with fat, overstuffed tires? Manhattan is flooded with riders of all ages. Do you one of those people who uses their bikes only as a means of transportation? Why don't you start thinking of it as a recreational vehicle? During the first meeting we will discuss biking information, safety, and where to ride around Manhattan. We will also organize a ride and discuss the possibility of forming a Mountain Bikers Club in the future.

Class locations will be noted on your receipt.
Martial Arts

BEGINNING KUNG FU (PAI TEO LUNG STYLE) E-13
Stan Wilson 539-7723

Pai Te Lung is a Kung Fu style combining hard, soft and internal methods. Beginners will learn basic techniques, some
self-defense, drills, one-step sparring, and if we have time, the thousand short forms. Wear comfortable clothing.
(Stan has studied martial arts for 16 years and is a member of the Pai family.)

Tuesdays & Thursdays, 7-8 p.m.
Length: Demog
Sect. I Begins Tuesday, Feb. 3
Sect. II Begins Tuesday, March 31
Class Fees: $12/Sec... pay at registration
Materials Fee: $2, pay at first class.
Limit: Min. 3 / Max. None

ADVANCED KUNG FU (PAI TEO LUNG STYLE) E-14

This class is available for those who wish to learn kato, application of kato, self-defense, awareness drills and sparring. Please contact Stan Wilson, 539-7723.

Judo

JUJITSU FOR BEGINNERS E-15
Stan Wilson 539-7723

Japanese in origin, jujitsu stresses hands-on combat fostering throwing, low kicks and wrist and arm locking. This class will include the basics in jujitsu and basic
wrestling techniques in a self-defense oriented, nonexercise oriented. Participants must be age 15 or over.
(Stan has a black belt in jujitsu and has taught martial arts for 7 years.)

Sundays 7-8:30 p.m. Length: Ongoing
Sect. I Begins Feb. 8
Sect. II Begins April 5
Class Fees: $12/Sec... pay at registration
Materials Fee: $2, pay at first class.
Limit: Min. 3 / Max. None

ALL STATE KARATE WORKOUT B-27
Joel Cederberg Richard Bames 1-485-2480

Have martial experience and want to work out will fellow enthusiasts? All styles welcome. Join us!!!

Mondays, Wednesdays, Fridays, 8-9:30p.m.
Begin Monday, Feb. 2
Class Fees: $12, pay at registration
Materials Fee: $2, pay at class
Limit: Min. None / Max. None

Earth

532-5866 1221 Thurston

Of the Wild & Natural

DESIGNING ANNUAL FLOWER BEDS E-16
Lynn Doxon 539-2956

For a riot of color all summer--annuals are the answer! Learn to select varieties for sunny areas and shady spots, as well as for cut flowers, continuous
blooms, or any other special needs you have.
(Lynn Doxon is working on a Ph.D in horticulture and has been planning and planting annual (flower beds since she was eight years old.)

Thursday, Feb. 19, 7-9p.m
Class Fees: $5, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. 20

RAPTOR REHABILITATION TOUR E-13
Terry Campbell 532-5690

Hawks and owls are raptors. Find out about these birds and how they are cared for when they are sick or injured. The rehabilitation
program at the EEU Veterinary School cooperated with the Prairie Raptor Project at Salina to care for 200 raptors last year. We will tour both facilities.
Bring a sack lunch and money for gas.

Sunday, May 3, 12noon-approx. 5:30p.m.
Class Fees: $5, pay at registration
Materials Fee: Free above
Limit: Min. 4 / Max. None

Class locations will be noted on your receipt.

Of the Wild & Natural

REPTILE HUNDOFF E-12
Mark Heinrich 776-2255

Turning over rocks on a Flint Hills hillside is likely to uncover anything from a ring-necked snake or milk snake to a
colored lizard or skink. We'll search such an area and capture, discuss, and release whatever reptiles we find. Bring a pillowcase to hold your finds. This is
an especially good field trip for kids.
(Heinrich is a vetinary student who earned a master's degree for his research on reptiles of the Kansas Prairie)

Saturday, date to be announced
Class Fees: $4, pay at registration
Materials Fee: None
Limit: Min. 6 / Max. None

SEED STORES & FACETING E-11
Dr. F.C. Lanning 537-7509
Benjamin G. Mallinix, Sr. 539-3866

How do you think those facets were ground into that gem stone on your favorite ring? The instructors will demonstrate their faceting apparatus and will show that with it, a methodical nature and a few
calculations, faceting is not as difficult as it might be imagined. They will review types of gem stones in terms of their characteristics, origin, use, and value.
The Natchitoches Mineral, Gem and Fossil Club is sponsoring this class.

Thursday, March 11, 7:30 p.m
Class Fees: $4, pay at registration
Materials Fee: None
Limit: Min. 2 / Max. None

LANDSCAPE FOR WILDLIFE E-15
Tom Bittle & Kathy Veiler 1-436-3771

It is possible with proper planning and a little work to create attractive wildlife habitat in your urban/suburban yard. You will learn about plants that are adaptive
able to your area to provide food, nesting cover, and winter shelter for many species of birds and mammals. Topics will
be discussed that are pleasing to human neighbors as well as wildlife. This class sponsored by the Northern Flint Hills Audubon Society.
(Tom and Kathy are associated with Horticultural Services.)

Saturday, Sat, 28, 9:30-11:30p.m.
Class Fees: $5, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

ROCKY MOUNTAIN FUR TRADE AND PREHISTORIC INDIANS E-3
John Torrance 539-2170

John will present a slide show on the history of the Rocky Mountain Fur Trade and Indian for 152 years, and in District
drawings of the Kansas Music-Indians. Participants at the Rocky Mountain Fur Co.

Thursday, Feb. 12, 7:30-9p.m.
Class Fees: $5, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None
Mark This On Your Calendar

ZOO SAFARI
May 23-24, 1:30pm

Silk and Ed Pemberton
537-4385
To the Underground Laboratory consist of 286 acres of Ozaik hill land in Middle Tennessee and 10,000 of known passage in Tumbling Creek Cave. This is a diversity known for any U.S. west of the Mississippi. An above ground operation will include hydrology and geology as it pertains to cave formation. The underground operation will assess ecology and geology. You will be contacted at the date to bring.

Ed works for the National Audubon Society and he and I have made this trip before.

Class locations will be noted on your receipt.
THANK YOU!

On behalf of the patrons, volunteers, staff and Board of Directors of UFM, we wish to thank the following contributors to our 1988 Annual Fund (as of 12/15/88):

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22 Class locations will be noted on your receipt.
Registration Form

532-5866
1221 Thurston
Manhattan, KS

Please print ONE FORM PER PERSON

Name
Street
City
Home Phone
Survey—Please check all that apply.
Have you taken a UFM class before? YES/NO
Students I _ credit hours this semester
Freshman
Sophomore
Junior
Senior
Graduate
Student Spouse
Do you require class to meet in handicapped accessible space
I would like to volunteer my skills in exchange for registration discounts.
I am interested in teaching for UFM
Classes I would like to see offered next term
Please indicate where you obtained catalog

Class #  SEC. #  TITLE  CLASS FEE
1.
2.
3.
4.
5.
6.

PLUS $10.00 REGISTRATION FEE (See Exemptions) $2.00

TOTAL DUE
KSU Student ID No.
I hereby authorize the use of my Visa/MasterCard
Card No.
Exp Date

UFM—913-532-5866
1221 Thurston, Manhattan, KS 66502

Registration
532-5866
1221 Thurston

Three ways to register:
A. WALK-IN: Come to the UFM house, 1221 Thurston, during business hours or register at one of the locations listed below.
B. MAIL-IN: Fill in your registration form and mail it with check, money order, or Visa/MasterCard number to UFM, 1221 Thurston, Manhattan, KS 66502 (stamped, self-addressed envelope is appreciated).
C. PHONE-IN: With Visa or MasterCard only, you may call 913-532-5866 during business hours to register (minimum: $5.00).

Late registrations accepted on space-available basis.
All UFM classes are offered by volunteers. All fee income will be used to help meet UFM operating costs.

RECEIPT:
After your registration form is processed, you will receive a receipt. This is your proof of payment. UFM will retain a copy.

CLASS LOCATIONS:
When you receive your receipt, the locations of your classes will be included.

REGISTRATION FEE EXEMPTIONS:
The following are exempt from the $2.00 registration fee (but not class fees):
1. Under 15 years of age.
2. Over 60 years of age.
3. Handicapped.
4. Full-time KSU students (an annual SGA allocation supports student participation).

REFUND POLICY:
UFM will only give a REFUND voucher redeemable for cash in these instances:
1. The limited class you paid for has been filled.
2. The class you paid for has been cancelled or significantly changed.
3. You have overpaid.
UFM will only give a CREDIT voucher redeemable for UFM classes in these instances:
1. You are unable to attend a class and you have notified UFM and the teacher a minimum of three days before the first meeting.
2. You earn credit by teaching or volunteering for UFM.
3. You have problems with UFM, please call us at 913-532-5866.

You may register late,
but don’t wait too long or
your class may be cancelled
due to low enrollment.
YOU could make the difference.

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We Need YOU To Teach These Classes:
Children’s Classes
Food Classes
ESL
Sports
Arts and Crafts
Ballroom Dancing
Swimming
Music
Self Development
Aerobics
Foreign Language
Painting

Call us to set up your very own class.

Class locations will be noted on your receipt.

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