Looking for something special this spring?  
Check out these classes & activities...

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REGISTER NOW

U F M
SPRING 1988

FREE CATALOG
Classes begin February 2, 1988
Dear Friends:

One of the exciting things about being appointed interim director of UFM is the opportunity to meet many of the people who have been part of the impressive 20 year history of UFM. I am continually learning from others how UFM has made it possible for people to get together to learn from each other and to work together to make a difference in the community and world.

During the next several months, the staff and I will be working with the UFM Board of Directors to take a good look at UFM. You are important in that process. UFM would not exist without your participation. Your feedback and suggestions are especially important to us now as we look to the next 20 years.

What are your thoughts and suggestions? What has been important to you about UFM in the past? What would you like UFM to be in the future?

I would like to share your thoughts with the Board of Directors. Please jot down your ideas on the small questionnaire and/or join us for a brainstorming session at one of the times listed below.

As a small way of saying "thanks" for your effort, UFM will send you a two-for-one class coupon.

Sincerely,

Richard Friesen

Richard Friesen

Your ideas are IMPORTANT to UFM. Please jot down your thoughts below or on a separate piece of paper and send it to UFM, 1221 Thurston, Manhattan, KS 66502. Or better yet, bring it by in person.

UFM is ....

__________________________

__________________________

__________________________

UFM should ....

__________________________

__________________________

__________________________

Class locations will be noted on your receipt.

I plan to participate in one of the following brainstorming sessions at UFM to look at ideas for classes and other new program directions for the future:

_____ Sunday, February 7, 2-4pm
_____ Monday, February 8, 7-9pm
_____ Monday, February 15, 10am-12noon

I would like to participate in a brainstorming session, but am unable to attend on any of the above dates. (You will be contacted.)

Name: ____________________________

Address: ____________________________

Phone: ____________________________

As a small way of saying "thanks" UFM will send each person who sends a response, or participates in a brainstorming session, a two for one class coupon. (Second [free] class is limited to any class without a maximum limit.)
RESUME PREPARATION

Bruce Langhin
532-6506
We will cover the fundamentals of resume development for both the experienced and inexperienced, the novice and the career changer, and the college and lesser educated job seekers. We will also discuss how to identify and express career objectives, and how to present skills information meaningful to employers in various formats and content.

(Serving has been placement director at K-State since 1988. Bruce has degrees in personnel management, education administration, and law. He has received personal training and experience in the Navy, has taught business subjects, and has had both blue and white collar experience with major corporations.)

Monday, Feb 8, 7-9pm
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 5 / Max. 15

PROOFREADING

Kay Burger

Students! tipple! - proofing what you have written is important. Reading your professor or boss a perfectly typed paper or letter can make a great deal of difference. If proofreading your work is a hassle, perhaps you should join this class. We will cover proofreading marks, style, uses, and leading. hypenation, line breaks, and other tips for making proofing easier.

(Serving has been proofreader for K-State Printing Service since March, 1987. Reading is also one of her hobbies.)

Monday, Feb 22, 7-9pm
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 5 / Max. 10

PUBLISH YOUR OWN BROCHURE

Stephen Hoffman

A brochure should make you want to pick it up and read it. How can you make sure your message has a chance of being noticed among the hundreds of messages the public is bombarded with (in print and otherwise) every day? This class will cover the basics—design and layout (though it is not an art class), how to get by without an artist, and how to work with printers. Bring your own projects for individual attention.

(Stephen is an editor for Kansas Farm Bureau.)

Saturday, April 10, 10am
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 10 / Max. 25

BETWEEN GENEALOGY
J. Harvey Littrell
532-2646
Where are the roots of your family tree? Do you know who your 4th great-grandparents were? Learn the tricks of the trade as we find out where and how to research the elusive past. This class is for beginners who want the basic knowledge needed to make a genealogical study of their families. We will go beyond just names and dates. Bring the names and dates of ancestors you already possess. (Serving is a retired K-State professor. He is currently the editor of the Kiley County Genealogical Society quarterly, Kansas Hist.)

Mon & Tues, February 8 & 9, 7-9pm (meets 2 times)
Class Fee: $5, pay at registration
Materials Fee: $1, pay at first class
Limits: Min. 5 / Max. 15

ADVANCED GENEALOGY
J. Harvey Littrell
532-2646
This class is designed for students who have had Beginning Genealogy or who have had practical experience. We will be concerned with sources for differing kinds of information, special techniques for making genealogical decisions, and organizing and publishing your genealogical data.

(Serving is a retired K-State professor. He is currently the editor of the Kiley County Genealogical Society quarterly, Kansas Hist.)

Mon & Tues, February 15 & 16, 7-9pm (meets 2 times)
Class Fee: $5, pay at registration
Materials Fee: $1, pay at first class
Limits: Min. 5 / Max. 15

TEAM BUILDING
Joe Younger
532-6377
Human beings have engaged in team building since the beginning of time. As a result, most people possess a fairly effective, common-sense understanding of how to create a climate in which people come to work well with each other. Yet, the fact that many often ignore the common-sense, basic methods for team building. This videoape/narrative presentation, in continuous-style format, looks at the various components of working together.

(Joe is the Manager of Staff Training and Development at Kansas State University.)

Thursday, February 18, 7-9:30pm
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 8 / Max. 16

STARTING YOUR OWN BUSINESS
Bernie Butler, Bill Edison
537-1234
Do you dream of being your own boss? Are you ready to start your own business? Lots of people think so. In fact, thousands of new businesses are started every year, and most of them fail within the first year. The problems is that most folks don’t stop to consider what is involved before they get started. Learn the strategies and plans for a successful business, employee/employer relations, customer/owner relations, and community relations. We will also discuss how to finance your new business through loans or other capital. Time will be allowed for questions.

Tuesday, March 29, 7pm
Class Fee: $5, pay at registration
Materials Fee: $10 for book (optional)
Limits: Min. 6 / Max. None

BUYING A NEW OR USED CAR
Jim Gaido
776-4004
Buying a car is a major investment and should be an enjoyable experience. However, many people feel they have little or no control over the process and are at the mercy of the salesperson. Knowing about financing, rebates, warranties, and what questions to ask before you even start looking for a car will assist you in making the right choice in an increasingly competitive and complex market. Everyone is welcome, male and female.

Two-hour workshops be available at no charge: Car and Truck Buying Made Easy and Financing Matters. Whether you have just bought your first or your twenty-fifth car or will be buying your first class car or it’s your second, third, or more (Jim has twelve years automotive experience as a salesperson, finance manager, and a new used car sales manager.

Tuesday, February 9, 7pm
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 6 / Max. None

THE ENVIRONMENT AND YOU
Bill Patley
532-6298
We read and hear many discussions on the effects of air and water pollution upon our nation and the world, but how do these issues relate to Kansas? We will discuss the effect of pollution on our local environment, including such questions as: Is our water safe from chemicals? What is in the atmosphere that might affect us? What is the ‘Greenhouse Effect’ and why is that of concern to us locally?

Monday, March 14, 7pm
Locations: UPM, 1221 Thurston
Fee: $2, pay at door
Materials Fee: None
Limits: Min. 8 / Max. 40

BOOK SHOP
Books Magazines Pipes & Tobacco
Village Plaza Shopping Center
537-8025
If you need it, we’ll try to get it for you.

Class locations will be noted on your receipt.
The Wall Street Connection

THE STOCK MARKET CLASS OF 1987  C-1

Greg Barron  776-1066

The crash of October 19, 1987 can be seen as either a crisis or an opportunity. We will look at what happened and where we go from here. Options used to hedge portfolios, increase income in stocks held, or speculate on price swings will be discussed in-depth. If you have questions about your own holdings or need investment ideas, (Greg has a master's degree in economics and is a financial advisor for Stiffel Nicolaus & Co.).

Wednesday, February 10 & 17, 7-8:30pm
Class Fees: $6, pay at registration
Materials Fee: None
Limits: Min. 5 / Max. None

MONEY MANAGEMENT WORKSHOP

C-3
Fred Freysoy  537-4505

The time has gone when providing for tomorrow's needs meant simply working hard and putting a little bit away each month. Taxes, inflation, interest rates, and confusion about savings and investment options require closer attention be given to planning how you manage your financial resources. Exploring the options and planning for the future is a step in the right direction. This workshop is designed to provide you with the basics on where, when, and how to get started. Among the subjects to be covered are setting financial goals, tax strategies, retirement planning, estate fund investments, dollar cost averaging, insurance planning, and alternatives to C.D.'s.

Sect. 1: Tuesday, Feb.23, 7:30-9pm
Sect. 2: Wednesday, Feb. 24, 7:30-9:30pm
Class Fees: $5, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. None

Getting Into Family

TOSS WNEDSDAY - ENJOY!

C-27
Christie Irish  776-7387

From the most lavish wedding to an informal ceremony, your wedding must be organized. We will go step-by-step through a six-month calendar and will also discuss tuxedos, invitations, accommodations, and mini-fashion show. First, you will meet the vendors to either provide or oversee the wedding, from the florist to the photographer.

Wednesday, February 17, 7-9pm
Class Fees: $1, pay at class
Materials Fees: None
Limits: Min. 10 / Max. 25

Save-A-Life

C-30

Red Cross Instructors  537-2180

This is the "top of the line" Red Cross CPR training. Learn one-person CPR and choking. LEARN VALUABLE LIFE-SAVING SKILLS - you never know when you may have to use them.

Tues. & Thurs., May 10 & 12, 6-10pm
Class Fees: $2, pay at registration
Materials Fee: $12, pay at first class
Limits: Min. 6 / Max. 12

Class locations will be noted on your receipt.

BASICS OF INVESTING

C-4
Rene J. Radil  537-4505

This is a three-part workshop to help individuals take the stage and become financially independent. This workshop will start with the basic concepts of when and how to start an accumulation program. The topics to be covered are risk management, cash reserves, and income and growth investments. We will study how personal preferences and attitudes, as well as inflation and taxes, have an impact on investments. At the conclusion of this workshop each participant will have their own personalized, complete financial plan.

(Rene is a Registered Representative of Wadell & Reed, one of the largest financial and planning organizations in the United States with over $7 billion under management.)

Tuesdays, March 8, 15 & 22, 7:30-9:30pm
Class Fees: $6, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. 15

THURSDAY MORNING PLAY GROUP

C-28
Diana Hatch  776-9921

This is an ongoing 'Support Group' for at-home mothers and their pre-school age children. A "Mother's Morning Out" with children playing together and visiting with other adults. Mothers are responsible for their own children. "Family" is defined as extended and necessary. During nice weather we will be meeting outside and during colder months we will be meeting in houses of participants. This group is known in existence for about ten years.

Register and you will be contacted for first meeting.

Class Fees: $2, pay at registration
Materials Fees: None
Limits: Min. 4 / Max. None

MULTIMEDIA FIRST AID

C-29

Red Cross Instructors  537-2180

Learn the basic facts of first aid, the skills and information needed in daily life, as well as those critical to saving lives and minimizing injuries. General first aid and accident prevention, and how to treat poisoning, shock, and burns is covered. You pace yourself through a separate workbook for each topic. When you are ready, you will be individually evaluated by a Red Cross instructor. You will earn a Standard First Aid Certificate.

Tuesday & Thursday, April 19 & 21, 6-10pm
Class Fees: $2, pay at registration
Materials Fee: $12, pay at first class
Limits: Min. 6 / Max. 12

TAX RETURN - 1987 A YEAR OF TRANSITION

James Gordon  537-0190

In this class we will discuss the 1986 Tax Reform Act and how it affects your 1987 tax return. Topics to be covered include itemized deductions, filing status, exemptions, and business expenses. A question and answer period will follow the presentation.

(Jim, a certified public accountant, prepares tax returns on a daily basis, and is a frequent speaker on taxes and tax planning.)

Tuesday, February 9, 7pm
Class Fees: $5, pay at registration
Materials Fee: None
Limits: Min. 6 / Max. None

Boot-Up Time

A LIFE STYLE DATA

C-6

(CONTRIBUTION TO MICRO-COMPUTER)

Mathew Dow  537-4522

This class is designed for those who know little or nothing about computers. Through thumbnail sketches, and some hands-on experience, you will find out what computers are capable of, and what all those strange words mean. But beware, computer addiction is addictive. There will be three parts to this class:

1. What is a computer and what is its part?
3. Advanced DOS* commands.

(Mathew has five years experience as an independent software developer for IBM and Apple computers.)

Thurs/Tues/Thurs. March 24-31, 7pm
Class Fees: $6, pay at registration
Materials Fees: $2, pay at first class
Limits: Min. 6 / Max. 30

INTRODUCTION TO DBASE

C-7

Mathew Dow  537-4522

This course is designed to introduce you to DBase IIIPlus. If you already have a computer, or are thinking of buying one, you owe it to yourself to find out about DBase capabilities. This course will be a

1. Data Base recipe. Learn what DBase is, its use, and its parts.
2. Learn to use the assistant. How to create databases, forms, and reports, and view and edit DBase IIIPlus.
3. How to make a DBase program and add your own modules for faster execution.

(Mathew has five years experience as a software developer for IBM and Apple computers.)

Tues/Thurs/Tues. April 12-19, 7pm
Class Fees: $6, pay at registration
Materials Fees: $2, pay at first class
Limits: Min. 6 / Max. 30
Constructive Advice

BUILDING YOUR OWN HOUSE

C-16
Dean Denner
776-5589

Dean will share his experiences of designing and constructing his own home. He will talk about planning, the construction process, framing, wiring, plumbing, selecting materials, and the labor and materials cost per task. You will also be given a tour of his house. Several homeowners may be on hand to share their experiences also. (Dean has designed and built his own passive solar house.)

Monday, February 8, 7pm
Class Fee: $4/person, $6/couple
Pay at registration
Materials Fee: None
Limits: Min. 1 / Max. 25

SUNROOMS

C-19
Dean Denner
776-5589
Bill Burnt
559-1586

Does your family want additional space for family activities or a place where you can grow plants or food in winter? Maybe a solar sunroom or greenhouse which utilizes supplemental solar heat can fill these needs. Numerous examples will be used to explain the different designs possible to meet the individual as well as societal needs. (Bill and Dean have been designing and building solar collector systems and sunrooms in Manhattan for the past eight years.)

Tuesday, February 9, 7pm
Class Fee: $4/person, $6/couple
Pay at registration
Materials Fee: None
Limits: Min. 1 / Max. 25

RETIRING THE PAST

J.C. OPERA HOUSE STUDY GROUP

C-21
John Laidham
1-238-2887

Junction City’s Opera House has community significance because of its prominent place in the heart of downtown, unique structural beauty, and varied uses since it was built in 1860. We will focus on its present status as a public building and the role of civic agencies and the community in preserving and restoring it for the benefit of all. (John has a life-long interest in historic buildings and their restoration, and has worked as museum curator and historical consultant.)

Tuesday, Friday March 1, 6pm
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. None / Max. None

INTERNATIONAL JOURNEYS

NORTH AMERICAN INDIANS

C-23
Barrel G. Wilson

This class will provide a basic understanding of the American Indian. Prehistoric to historic time period will be studied, as well as the similarities and differences between cultures. (Barrel has been interested in the American Indians for over 30 years and has studied their culture both formally and informally.)

Wednesday, March 9, 16, 23, 7-8pm
(Meets 3 times)
Class Fee: $4, pay at registration
Materials Fee: None
Limits: Min. 5 / Max. 12

HISTORIC BATTLES

C-22
Major changes in nations are often brought about by battles. This series, through lectures, maps, and photos, will bring alive four of the turning points in our nation’s history.

SECTION I - GETTYSBURG

Thomas Kirker

Find out how Robert E. Lee’s Army of Northern Virginia was stopped by the Army of the Potomac at Gettysburg, Pennsylvania in July, 1863.

SECTION II — BATTLE OF THE LITTLE BIG HORN

Joyce Thierer

On a treeless Montana ridge, June 25-26, 1876, Custer and five of his companies met a large Sioux and Cheyenne warrior force for control of the Northern Plains land base. Myths and realities about this clash of cultures in the Battle of the Greasy Grass.

SECTION III — MIDWAY

Thomas Van Winkle

From June 4 to June 6, 1942, the most significant naval action of WWII was fought off the coast of the tiny atoll of Midway. The battle pitted a small American fleet of three aircraft carriers and an odd number of auxiliary units against a huge Japanese armada. Through brilliant intelligence, skilful leadership, and luck, the outnumbered 90 Navy decisively defeated the Japanese for the first time.

SECTION IV — MISSION ARGONNE

Jim Victory

A brief review of how America prepared for and participated in the final Allied Offensive of World War I.

This series will be taught by four ESU graduate students: three specializing in military history, and one in Western history.

SECT. I: Thursday, Feb 4, 7pm
SECT. II: Thursday, Feb 25, 7pm
SECT. III: Monday, March 7, 7pm
SECT. IV: Monday, March 21, 7pm
Class Fee: $4 per Section or $10 for all four
Pay class fee at registration
Materials Fee: None
Limits: Min. 6 / Max. None

* FOR FURTHER HISTORY CLASSES SEE PAGE 7

5
International Journeys (Continued)

SRI LANKA: A LOOK AT HER CULTURE
Amanda Robinson
776-3648

Sri Lanka is a nation that has been torn by ethnic violence, especially in the last five years. Examination of the country's culture is interesting because of its diversity. This class will look at the geography, economy, and politics of the society, while allowing time for informal discussion.

(Amanda spent one year in Sri Lanka as an exchange student. She has also written a distinction paper on the ethnic conflict of this nation.)

Tuesdays, Feb 9 and 16, 7:30-9:30 pm (once 2 times)
Class Fee: $4, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. None

IF YOU WANT TO LEARN ABOUT CHINA'S CULTURE, SEE PG 10

TRAVELING INTERPERSONALLY

HOW TO DYE

Felix and Uteva Powers
539-6416

Traveling is a dream for many people, but we have turned it into a reality and have found ways to take trips without breaking the bank. We will talk about trips we have taken in our trailer and pick-up, how we save money on food, find cheap or free places to park, and other 'secrets' for inexpensive vacations. Felix and Uteva were on the road from January to December 1982 at an average cost of $25.92 per day. Last summer, a fifteen week trip to Alaska averaged $95.16 per day, including 12,000 miles by road, cruising the Inside Passage, and a trip to Queen Charlotte Islands. Imagination, creativity, and sharing experiences with others may turn your dreams into a reality.

Friday, April 15, 7-9pm
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 6 / Max. None

Launching a New Era

Global Satellite Teleconferences
Edith Stenzel
537-5599

The End of Rogers & New Era, an opening for action and power, transforming the possibility into an opportunity. On November 16, 1997, a few people throughout the world participated in the Global Satellite Teleconference. We now have the complete, edited videotape of this event. This will be a powerful and moving experience. This video addresses the technology needed for solving major chronic issues in communities and societies throughout the world. It is not just about solving the horrendous problem of world hunger; these technologies and strategies can be used for any of the major problems facing the world today.

Monday, March 21, 6:30pm
Location: VM Fireplace Room, 1221 Thurston
Fee: $2, pay at door
Materials Fee: None
Limits: Min. 4 / Max. 60

GLACIAL REGION FIELD TRIP E-2

F. C. Lansing
537-5599

How do we know that glaciers visited Kansas? By the rocks from Minnesota they left behind! We will visit southeastern Pottawatomie County to collect glacial material: granite, quartzite, petrified wood, and others of which may be of gem quality. Bring a sack lunch, drink and a container for calorie so, you can be a rockhound for the day.

(Or. Lansing is a long-time member of the Manhattan Mineral, Gem and Fossil Club which is sponsoring this class.)

Saturday, April 9, 8am-1pm
(Start Date: Sat, April 23)
Class Fee: $5, pay at registration
Children under 13, may accompany parents free of charge.
Materials Fee: None
Limits: Min. 4 / Max. None

KANSAS LANDSCAPE ARBORETUM FIELD TRIP E-3

Gregory Versel

The Kansas Landscape Arbotetum near Waketick in a wonderful place to hike, picnic, fish, enjoy nature, study trees and shrubs, see antique farm equipment, and much more. Sign up early for this trip, it will fill up quickly.

Greg is a lifetime member of the arborium and a ranger for the Milford Lake Corps of Engineers.

Sunday, May 22, 8am-noon
Class Fee: $5, pay at registration
Children Fee: $1, pay at class
Limits: Min. 5 / Max. 5

NATURE TRAIL WALK E-5

Tim Rose
784-5555

Do you enjoy exploring native Kansas woodlands, but hate fighting dense undergrowth? If you do, then come and enjoy a guided tour along the newly established Kaw Valley River Nature and History Trail. Over 30 native plants are identified on this mile-long cleared trail located in the Kansas River bottoms behind the old historic First Territorial Capital building. After the walk a guided tour of the museum will be given.

(Tim has been the curator of the First Territorial Capitol for the past two years. He has an interest in Kansas history as well as in its native plants.)

Saturday, April 30, 10am-1pm
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 2 / Max. 10

From the Stars to the Earth
BEGINNING ASTRONOMY E-1

Larry Powlis
537-1571

Ever wonder about the universe? What is a galaxy? Where are we? How can I learn the constellations? Come spend an evening learning about the universe and the constellations. Please bring a small flashlight.

(Larry has taught this class several times and always enjoys it!)

Thursday, February 18, 7pm
Class Fee: $5, pay at registration
Materials Fee: $3.50, pay at class
Limits: Min. 4 / Max. None

PRAIRIE WILDFLOWERS E-7

Gene Towner
539-0553

This area of Kansas has many wildflowers. We will take a short hike through the prairie and learn the identifying characteristics and some interesting tidbits about our local wildflowers.

Saturday, May 7, 10am-noon
(Rain date May 14)
Class Fee: $1, pay at registration
Materials Fee: None
Limits: Min. 10 / Max. None

KONZA PRAIRIE TRAIL E-3

Dave Sampson

Konza has a new hiking trail! Now you can follow the ridge south of town from Kings Creek to Shanes Creek. You can follow the prairie succession from Gallery Forest into prairie uplands. We will stop along the way to see and feel how the prairie was, what it is today, and how it may be in the future. The hike is approximately 2.5 miles. A 30 minute slide show will also be presented.

(Dave is foreman of the Konza Prairie.)

Saturday, May 7, 9am-noon
Class Fee: $6, pay at registration
(Children under 13, may accompany parents free of charge)
Materials Fee: None
Limits: Min. 6 / Max. None

GET TO KNOW MILFORD LAKE E-4

Gregory Versel

Let an experienced ranger show you Milford's popular fishing holes, calm lake attractions, including the fish hatchery. The tour will be adapted to meet the interests of the participants.

(Greg has been a ranger at Milford for ten years and knows the lake inside and out.)

Sunday, May 22, 12:30-4:30pm
Class Fee: $1, pay at registration
Materials Fee: $1, pay at class
Limits: Min. 3 / Max. 5

Class locations will be noted on your receipt.
Survival

CHANCELLOR OF THE PIONEERS E-15

Owen Jones 537-7974

Do you remember the stories your grandparents told you about the early days of Kansas? If you remember the "dirty thirties" and the "black'58 of the Second World War, this class is for you. The first twenty years of Kansas will be covered during the first evening to set the stage for shared memories on family history during the second evening. The following week we will discuss the effects of the 1920's and 1930's, and then during the last class we will again share memories, this time about World Wars I and II and the dust storms of the 1930's. (Owen is a history enthusiast who was born in a stone house in 1912. He says "it is time to get my act together and to share local history with other grandchildren of the midwestern pioneers.")

Tuesdays and Thursdays, March 1-10, 7:30-8:30pm Meets four times Class Fee: $3, pay at registration Materials Fee: $1, pay at first class Limit: Min. 9 / Max. 20

THE ENVIRONMENT AND YOU E-16

Bill Fatsley 532-6298

We read and hear many discussions on the effects of air and water pollution upon our nation and the world, but how do these issues relate to Kansas? We will discuss the affect of pollution on our local resources, including such questions as: Is our water safe from the chemical runoff of the atmosphere that might affect us? What is the 'Great Smog of 1952', and why is that of concern to us locally?

Monday, March 13, 7pm Location: 379, 1211 Thurston Fee: $3, pay at door Materials Fee: None Limit: Min. 6 / Max. 40

SURVIVAL STILLS E-17

Art Clock 532-4112

Confidence born of knowledge will help you survive whether you are broke in the big city, hurt and alone in your home, stranded beside the road, lost on vacation, or separated from your unit in the field. Whether you are 12 or 65, having survival skills can be a vital tool. Skills taught on request include matchless fires, foraging, tool making, pottery, taming, первирование, shelter making, cooking, first aid, rope making, knot tying, and telling time. Just to make this really fun, we will camp out overnight.

(Art is a veteran of South East Asia and a member of Survival School, and has eight ignites under a camp counselor.)

Saturday / Sunday, May 28 & 29 10am Sat - Noon Sun Class Fee: $5, pay at registration Materials Fee: None Limit: Min. 6 / Max. 10

Playing in the Dirt

HOUSEPLANTS E-10

Ree Reynolds

How green is your thumb? Do your plants look full of life or are they sick? Do they have a tendency to droop or even die? Maybe the reason your flower garden is not as important as knowledge. In this class we will cover topics involved in houseplant selection, care, and maintenance, with emphasis on green foliage plants. We will be playing in the soil--so dress appropriately.

(She is a senior in Horticulture at ESU and has worked extensively with houseplants, interior landscape companies, and has led workshops on houseplants.)

Sect. 1: Saturday, Mar. 5, 9-11am Sect. 2: Saturday, Mar. 19, 9-11am Class Fee: $6/Session, pay at registration Materials Fee: $5, pay at class Limit: Min. 4 / Max. 10

- DID YOU KNOW...
- 127 people gardened in the +
- Manhattan Community Gardens +
- in 1987?

- ------------------------------

Free as a...

CHERRY COUNTY RIDGE E-12

Ted Cable 539-6119

The Junction City/Milford Reservoir area of Kansas contains over 100 species of wild birds each year that are rarely seen around Manhattan. We will be looking for rarities, but we will also pause to observe the more common species. Bring your binoculars and a photocell of the trail. This class is for beginners and experienced alike. (Ted is one of the top birders in the Manhattan area.)

Saturday, February 5, 8am-1pm Class Fee: $3, pay at registration (Children under 12 and company parents: Free of charge.)

Materials Fee: None Limit: Min. 4 / Max. None

PET BIRD HEALTH E-13

Terri Campbell, DVM, PhD. 532-5690

We will discuss the common diseases and health problems associated with the common species of pet birds. The discussion will include: recognizing signs of illness, disease prevention, consideration for the purchase of a new bird, daily care, and diseases transmissible to bird owners.

Case examples will be presented.

Thursday, March 10, 7-9pm Class Fee: $3, pay at registration Materials Fee: None Limit: Min. 2 / Max. None

RAPTORS REHABILITATION E-14

Terry V. Campbell, DVM, PhD 532-5690

Eagles, hawks, owls and falcons are raptors. Find out about how these birds are cared for when they are sick or injured. The raptor rehabilitation program at the ESU Veterinary School cares for approximately 200 raptors each year. Free flying birds for exercise or short-term convalescence using a creance will be demonstrated.

(Terry is a veterinarian specializing in avian medicine and surgery, and has been involved with raptor rehabilitation for ten years.)

Saturday, March 5, 1-4pm Class Fee: $5, pay at registration Materials Fee: None Limit: Min. 2 / Max. None

KRYSTALLOS

Beautiful objects from the earth.

1124 MORO ABBEVILLE

PLASTING YOUR GARDEN FOR BEE FRIENDLY

Nikki Elkins-Boone 1-494-2806

This class will teach you the basics of planting for bees. In this flower garden class, emphasis will be on the kinds of flowers that can be grown for bees, and we will also discuss techniques for drying your flowers. Participants will plan a garden in time for spring planting.

(Nikki is a senior in Horticulture, horticulture therapy, and retail floriculture. She also enjoys gardening in her spare time.)

Saturday, Feb 27, 10am-noon Class Fee: $4, pay at registration Materials Fee: $1, pay at class Limit: Min. 3 / Max. 8

LANDSCAPING THE HOMEOWNER E-9

Kimberly D. Howell 776-9072

A properly landscaped garden will provide pleasure for many years and need not cost much. If you want a formal or informal garden, flowers, vegetables, shrubs, trees, or a bit of everything, the secret is in the planning. In this class we will establish your needs analyze your garden site, and design a plan. We will also discuss selecting, buying, planting, and maintaining your garden. Kim is a senior in Landscape Horticulture, and has worked as a caretaker for a private residence.

Mondays, Feb 20 & Mar 7, 6:30pm Class Fee: $3, pay at registration Materials Fee: $1, pay at class Limit: Min. 5 / Max. 15

START YOUR OWN HERB GARDEN E-11

Jaye Link 539-7605

Think Spring! Now is the time to start your own seedlings. In this class you will learn how to use a soil block maker and get a chance to start ten of your own plants. The soil block maker is used to minimize transplant shock. Other tips will also be given on how to give your seedlings a healthy start.

(Jaye has an organic gardener and loves herbs and flowers for many years.)

Monday, March 14, 6:30-8pm Class Fee: $3, pay at registration Materials Fee: $5, pay at class Limit: Min. 6 / Max. 12

POSTOKEET PA-32

Jaye Link 539-7605

Learn a little folklore, how to make two potpourri blends, and then take home one ounce of each blend. You will also take three recipes to make you holiday needs. These class has a double herb business called Fragrant Memories and has enjoyed playing with herbs & flowers in class.

Monday, March 7, 6:30-8pm Class Fee: $4, pay at registration Materials Fee: $4, pay at class Limit: Min. 5 / Max. 12

- DID YOU KNOW...
- we can, and bump through -
- the world by 2000 A.D.
- for an annual expenditure -
- of what the nations of the -
- world now spend in one week -
- on their military?

- ------------------------------

Class locations will be noted on your receipt.
Introductory to Wine

Lloyd W. Davenport

The study of wine from vine to glass including the chemistry, geography, history, and viticulture will be covered in this class, accompanied by the tasting of a variety of wines.

WINE MUST BE 21 YEARS OF AGE OR OLDER TO ATTEND THIS CLASS.

Mr. Davenport is retired from E&U, a member of the Society of Wine Educators, wine maker, teacher of a small experimental vineyard, and has been teaching wine for many years.

Organizational Meeting: Feb 5, 7-9:30p.m.
(Meets 4 times a month on every Friday.)
Class Fee: $6, pay at registration
Materials Fee: $15, pay at first class.
Limits: Min. 8 / Max. 14

Chinese Cooking

Li Kuang

During this series of eight classes, Chinese cooking will be demonstrated step-by-step. Each week a different dish will be prepared, including cut sticker, lemon chicken, moo shoo pork, almond chicken, kung pao chicken, sweet and sour pork, and many other popular dishes. Recipes will be handed out after each class. (Li has cooked Chinese food for more than 30 years and is a Registered Dietitian.)

Wednesdays, Feb 5 – Mar 30, 6-7:30p.m.
(please note – no class March 16)
Class Fee: $8, pay at registration
Materials Fee: $2, classes at each class.
Limits: Min. 8 / Max. 8

How to Have Your Cake and Decorate it Too

Joa Rodriguez

If you want to know how to decorate your own cake in this class you will learn how to decorate from a professional. Bring a frosted cake to class (while frosting please). At registration you will be given a list of materials needed to decorate your cake. If you do not wish to decorate your own cake, you may sign up for a demonstration only.

(Jo studied cake decorating in Chicago and has many years of experience. She also does wedding cakes by order.)

Tuesday, February 9, 6-8:30p.m.
Class Fee: $6, pay at registration
Limits: Min. 5 / Max. 10

Camping Cookery

Don Gibson

Do you love the outdoors, but don’t know how to survive without a kitchen? Then come join Don’s classes and discover how good food can taste cooked in the open.

The first class will demonstrate different methods of preparing food over an open fire and techniques for using fillets. Samples will be available for tasting. The second class will teach cooking with a complete meal being cooked and served. Don has been cooking outdoors for years and is looking forward to sharing his secrets with you.

Class I: Tuesday, April 26, 6-8p.m.
Class II: Thursday, April 28, 6-8p.m.
Class Fee: $15, pay at registration.
Materials Fee: $5/person for class 1
$10/person for registration (children under 12- $3)
Limits: Min. 5 / Max. 10

Vegetarian Indian Cooking

Neelam Jain

There are people who think vegetarian cooking is boring and tasteless, but this class, combining the exotic cuisine of India with the basic elements of a vegetarian diet, will prove them very wrong. You will learn the versatility of cooking with readily available ingredients like: Paneer (curds), Palak (spinach), Indian rice, Paneer (curds), Palak (spinach), Indian rice, and Barfi of Halwa (fruits mixed with healthful foods). A different menu is planned for each session. A complete meal is designed for both beginners and experts with hands-on experience. Enjoy learning and eating traditional Indian foods and recipes with us.

Neelam has been sharing her native cooking for the last six years.

Class I: Thursday, April 28, 6-8p.m.
Class II: Tuesday, April 29, 6-8p.m.
Class Fee: $25, pay at registration
Materials Fee: $10, pay at class
Limits: Min. 5 / Max. 5

Roast & Spray Lamp

Gene Ernst

Learn how to plan and carry out a traditional spit-roast spring lamb (an Eastern European feast known as the Mediterranean). Discover sources for lamb in the area. You will learn how to roast a lamb for your party; how to make spit equipment; how to heat charcoal to cook an 80 pound lamb; how to set up for the spit, how to prepare the lamb and put it on the spit; how to chop and serve the meat. The class is designed for beginning learners and planning the Sunday lamb roast. Then the following Sunday, mid-morning we will start the fire; season the lamb and put it on the spit; chop and serve the meat! This class fee covers the class, hard hats, plans for your own spit, and your share of the lamb and supplies.

Monday, April 4, 7-9p.m.
Sunday, April 10, 9am, out at 4pm
Class Fee: $25, pay at registration
(Materials Fee: $5)
Limits: Min. 5 / Max. 40

Class locations will be noted on your receipt.

Mediterranean Foods

Ahmed Batha

Most people like home baked pastries, but believe they are difficult to make. Tastes like a restaurant manager, in assistant manager at the Goknal Restaurant, and manager of Al-Basha Restaurant.

Saturday, Feb 20 – Mar 16, 5-9pm
Class Fee: $8, pay at registration
Materials Fee: $2, classes at each class.
Limits: Min. 5 / Max. 10

Falsetto’s Italian Pizza Workshop

Steven Ostrihme

Come watch the experts spin-out a pizza crust. Learn to make a true Italian pizza by hand from the crust to the toppings. You will actually create your own master pizza and then ... devour it.

(Steve is the manager of Falsetto’s Pizza.)

Wednesday, Feb 10, 7pm
Class Fee: $6, pay at registration
Materials Fee: $2, pay at class.
Limits: Min. 4 / Max. 6

Beginning Candy Making

Debra Knapson

Would you like to make candies for family and friends that but can you make at least $5 for each one? Come learn about the variety of things you can make, which cost as much as you wish. You will receive instruction in the techniques and Easter hard candy in the March class. Once you learn the basics, you will be amazed at the variety of things you can do. Come and have a great time and take home some goodies too.

(Debra is a basic candy decorating class from Mrs. Mary’s Cake and Candy Store in Beaver in 1982, and has had fun making candy ever since.)

Sect. 1: Tuesday, February 2, 6:30-9pm
Sect. 2: Tuesday, March 22, 6:30-9pm
Class Fee: $9/section, or $18 for both, pay at registration.
Materials Fee: $3/section. Pay at class.
Limits: Min. 5 / Max. 15
Through the Eye of...
RETIRED PHOTOGRAPHY
Fa 11
Ernie Peck
537-9883
Four evenings and one full day of instruction on how to operate and care for a 35mm camera. Bring your own camera if you have one. If not, one will be furnished along with film, processing, and handouts. The camera must be returned but the rest is yours to keep. (Ernie has taught this class before with great success.)
Classroom: Tues., Wed., Thurs., Fri.
May 17, 18, 19, 24. 7-9pm
Field Trips: Sat., May 21, 8:30am-4pm
Class Fee: $10, pay at registration
Materials Fee: $50, pay at first class
Limits: Min. 4 / Max. 12
INTERMEDIATE PHOTOGRAPHY
FA 14
Barbara Rutherford
Photography beyond the snapshot will be the emphasis of this class. Composition above the basics and mixed lighting for portraits will be discussed, as well as more contemporary artistic approaches to producing photographs. This more advanced class will help create a person to find new ways to express themselves through photography.
(Barbara is a professional photographer with a wide variety of experience.)
Thursdays, Feb 4-25, 7-9pm
(sects 4 times)
Class Fee: $10, pay at registration
Materials Fee: $1, pay at first class
Limits: Min. 5 / Max. 12

UM PHOTO CLUB
UM is sponsoring a Photo Club. Members will meet on a regular basis to share photographs and experiences. There will also be opportunities for workshops with local professionals and experts sharing their expertise in various areas. Another possibility is for field trips to capture particular subjects on film. A darkroom is also available at UM for those who wish to develop their own photos or slides. The structure of the Photo Club will be determined by its members.
If you are interested, please contact Jim 399-8765, or attend the organizational meeting on Monday, February 15, 6pm

BASIC 35MM CAMERA SKILLS
FA 12
Tony Ridder
1-456-9132
This class will cover the basic skills needed to take photographs that you will be pleased with. Understanding the camera and an introduction of what makes a photograph work will be emphasized. You will need a 35mm camera and a roll of 100 ASA color film.
Wednesday, February 3-17, 6-7:30pm
(meets 3 times)
Class Fee: $10, pay at registration
Materials Fee: $50, pay at first class
Limits: Min. 5 / Max. 6

BEGINNING DARKROOM TECHNIQUE
FA 13
Tony Ridder
1-456-9132
Learn to develop your own black and white photographs, understand composition and improve your camera skills. You will need a 35mm camera and black and white film. Completion of this course will certify you for the darkroom.
Wednesday, Feb 24-Mar 30, 6-7:30pm
(meets 6 times)
(Notes: As class March 16)
Class Fee: $10, pay at registration
Materials Fee: $5, pay at first class
Limits: Min. 1 / Max. 4

UM PHOTOGRAPHY DARKROOM COOPERATIVE
BLACK & WHITE COLOR
Tony Ridder
456-9132
Located just one block east of campus in UMF House, the UMF darkroom is available to anyone who needs access. If you are interested in learning to use a well-equipped facility, the equipment is capable of handling up to Ilford prints and 5cm x 6cm negatives as well as 35mm. The black and white fee includes everything except paper and chemicals. The color equipment enables you to develop film or slides and to make prints from negatives or from slides. For those who wish to use the darkroom, but do not wish to purchase a membership, space is available at the rate of $5 per hour.
Organizational Meeting: 1st Monday of each month, starting Feb 8th, 6-7pm
Co-op Fees: pay at registration

BLACK & WHITE ONLY
8 weeks, new member, $15 renewal
1 semester 30 new member, 25 renewal
2 semesters 40 new member, 35 renewal
3 semesters 50 new member, 45 renewal

& C & W & COLOR
8 weeks, new member, $20 renewal
1 semester 45 new member, 50 renewal
2 semesters 65 new member, 70 renewal
3 semesters 85 new member, 90 renewal
Limits: None

WATERCOLOR PAINTING VIA PHOTOGRAPHY
Gene Ernst & Ernie Peck
537-9883
Nearby Essex stone buildings and landscapes will be photographed during the first Saturday session, with subject selection and composition emphasized. Students will obtain color prints of their photos and bring them to the first Thursday studio painting session. The studio sessions will select the painting subjects from color prints and make sketch compositions, value studies, and lay down the initial watercolor washes. Two complete watercolor paintings are expected including instructions on the use of watercolor. (Ernie has taught photography frequently and is an accomplished painter. Ernie and Gene have co-taught watercolor classes for several years.)
Photo Session: Sat., April 23, 8:30-1pm
Studio Painting Sessions: Thursday, Apr 28, 7-9pm
Tuesday, May 3, 7-9pm
Thursday, May 5, 7-9pm
Class Fee: $10, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. 15

UM PHOTO CONTEST
This contest is for black and white photographs only. First, second, and third place winners will be selected in the following categories: scenic, people, architecture, and animals. The winning photos will be displayed in various locations in Manchester. For further information call UMF, 539-8763.

RULES
1. There is no entry fee
2. Minimum size is 5x7 inches, maximum size 11x14 inches
3. Entries should be on mat board
4. Categories: scenic, people, architecture, and animals
5. Independent judges will select the first, second and third place winners in each category
6. On the back of the mat board, write name, phone number, category, and optional note
7. Entries to be submitted to UMF, 1st floor, by 4:30pm, Friday, April 15, 1988
8. Non-winning entries may be picked up at UMF after May 17, 1988
9. Winning entries may be picked up at UMF after June 25, 1988

Donated materials help UM hold down its overhead costs. Can you help us with any of the following needs?
• IBM-compatible computers
• Folding tables and chairs for classrooms
• Tools and building materials for HME Program
• Garden tools for Manchester Community Gardens
• Floor covering suitable for pottery studio
• Paper cutter

Class locations will be noted on your receipt.
LET'S TALK ABOUT WRITING  
Fa-8
Lee Killough  
776-6584
Do you like to write? You are not alone. Let us get together and talk about writing, how you build background and characters, and how you go about submitting your manuscript for publication. Bring all your questions about writing — let’s talk about it.

BEGINNING CALLIGRAPHY  
Fa-9
Ernie Peck  
537-9883
Calligraphy, the art of beautiful lettering, will be introduced. We will learn about lettering tools, materials, references, and one calligraphy alphabet. Felt-tipped calligraphy pens and necessary paper will be provided. Because the pens have a short shelf life and have to be ordered, it is necessary to sign up for this class as early as possible.

BEGINNING CONVERSATIONAL ENGLISH  
Fa-3
Anita Root
This is a conversational English class for the beginning student. We will work on basic vocabulary, 100 words, and everyday usage of the language. We will also discuss cultural differences and similarities.

WICH CLASS  
Fa-4
Miki Thompson  
537-6338
Always fancied yourself on stage? Get out of the shoes and learn how to sing for your own pleasure, and perhaps you could even sneak into your friend’s next party. This class will feature individualized voice instruction and will cover the mechanics of voice such as breath control, resonance, etc., and how to use them in whatever style of music you like to sing. If you have a particular song you enjoy singing, bring along the music and we will work with it.

BEGINNING MOUNTAIN Dulcimer WORKSHOP  
Fa-6
Lisa Nether
Ever wonder how people get started playing a mountain dulcimer? Come join this workshop and learn the art of playing this type of dulcimer. You will learn the basic skills of playing, which include tuning and strumming techniques, as well as learn a few tunes.

BY DESIGN  
418 N. Manhattan 539-8033
We carry a combination of subs, sandwiches, chili, salads and a variety of side orders.

The Many Faces of Communication
Spanish Language
Fa-1
Rene Suarez  
776-1421
Learn Spanish in a relaxed atmosphere with no stress and no exams. This class will enable you to learn the basic language or to improve your Spanish skills, and also learn about the Latin American culture. (Rene, whose native language is Spanish, comes from his birthplace and is currently a student in ESE.)

Tuesdays, Feb 2 - Apr 12, 7pm  
(6 meets 10 times)
Class Fee: $10, pay at registration
Materials Fee: $2, pay at first class
Limits: 8 / Max: 15

Chinese Language and Culture
Fa-2
Wenli Liu  
539-5196
What do you know about China? China has many trade connections with this country, and the University has brought many Chinese students to Manhattan. If you would like to explore and learn more about China, sign up for this class. Basics of the Chinese language will be taught, along with information about the nation’s people, culture, and customs. This course will be structured around the participants’ interests, and guest speakers will present additional information.

Tuesdays, Feb 2 - Apr 12, 7pm  
(6 meets 10 times)
Class Fee: $10, pay at registration
Materials Fee: $2, pay at first class
Limits: 8 / Max: 15

Beginning Conversational English
Fa-3
Anita Root
This is a conversational English class for the beginning student. We will work on basic vocabulary, 100 words, and everyday usage of the language. We will also discuss cultural differences and similarities.

Tuesdays, Feb 2 - Apr 12, 7:30 - 9:30 pm  
(6 meets 10 times)
Class Fee: $10, pay at registration
Materials Fee: $2, pay at first class
Limits: 8 / Max: 15

Chinese Class
Fa-4
Miki Thompson  
537-6338
Always fancied yourself on stage? Get out of the shoes and learn how to sing for your own pleasure, and perhaps you could even sneak into your friend’s next party. This class will feature individualized voice instruction and will cover the mechanics of voice such as breath control, resonance, etc., and how to use them in whatever style of music you like to sing. If you have a particular song you enjoy singing, bring along the music and we will work with it.

Tuesdays, Feb 2 - Mar 8, 7 - 8 pm  
(6 meets 6 times)
Class Fee: $5, pay at registration
Materials Fee: None
Limits: 8 / Max: 6
ART SERIES PA-18

The care and feeding of art both for yourself and the community will be explored through this series of four lectures given by prominent art faculty from the Eau Claire State University Art Department. Whether you own art, enjoy visiting exhibitions, or are interested in an art gallery for your community, then this art series will be of interest to you.

1. "THE COURTINAUX" FRENCH IMPRESSIONIST EXHIBIT

Monday, February 15, 7pm
Dr. Luann Culley will give a pre-trip lecture on the famous French Impressionist Exhibit, "The Courtinaux," which has been traveling in the United States for about six months. Many artists are represented in the 45 piece exhibit including such artists as Cezanne, Renoir, Monet, and Van Gogh. The exhibit has never been shown outside of London, so seeing it at the Nelson Art Gallery in Eau Claire will be a once in a lifetime experience.
(Dr. Culley is art historian at Eau Claire and is Chairperson of the Art History Department.)

TRIP TO THE NELSON ART GALLERY TO SEE "THE COURTINAUX" EXHIBIT.
Tuesday, February 23, 7am-7pm
Cost: $25 - includes bus, breakfast, exhibit, choice of other exhibits or Plan shopping time.

2. ART EXHIBITIONS: BEHIND THE SCENES

Date to be announced
The extensive planning and work involved in presenting an exhibition will be discussed by Jessica Reinchen who is curator of the Eau Claire art collection. (Ms. Reinchen comes to the University with a master's degree in art history and has been responsible for planning and presenting many exhibitions both locally and nationally.)

3. CONSERVATION AND PRESERVATION OF PRIVATE ART NOw TO CARE FOR ART YOU OWN AND TREASURE

Date to be announced
Do you have a painting that needs to be cleaned, repaired, or put in a new mat or frame? What works for all paintings won't do for a watercolor. Professor Larson has investigated the various choices for conserving art that is important to its owner.
(Professor Larson is a highly regarded member of the painting faculty, and exhibits widely having had much to do with the conservation and preservation of art.)

4. CREATING AN ART GALLERY FOR EAU CLAIRE AND BEYOND

Date to be announced
Professor Stroh will give an overview and update on the status of plans for a gallery in our community. He expects to see the art gallery from ideas to realization.
(Professor Stroh is Chairperson of the Eau Claire Art Department and has devoted considerable time and energy to working on plans for a quality gallery facility for the University.)

Cost: Lectures: $3/session or $10 for four lectures
Trip: $25 (see above for details)

BOOK SALE

SATURDAY, APRIL 9th, 1988 10a.m. - 4p.m.
UMF FIREPLACE ROOM

A first-rate selection of books on self-empowerment, spirituality, yoga, health, psychology, ecology, diet & nutrition, and crystals. Also audio and video cassettes, calendars, original art, meditation supplies, and crystals and crystal jewelry.
Sponsored by the Lampightener Metaphysical Bookstore of Lawrence; Dave & Mary Dohrmann, owners. Dave & Mary are avid readers and collectors of books. They have studied and taught metaphysics and spiritual development for many years, and are teachers in the Sufi Order.

For more information, call Eunice at UFM (532-5866) or Mary Williams (776-4906).

Pick Up Your Palette

BEGINNING OIL PAINTING PA-16

Clara Myers
Would you like to experience the joy of creating your own artistic style? In this class you will complete at least one painting from a still life set up and learn the magic of color by using primaries to mix other colors. If time allows you can begin another painting and/or learn to stretch canvases over a wooden frame.
(Classes is a fine arts scholarship student at E-State and has taken 5 semesters of oil painting. She is looking forward to sharing her knowledge and skills.)

Thursday, March 3-24, 7-9pm (meets 8 times)
$60, no class March 17
Class Fee: $60, includes materials fee. Pay at registration.
Materials Fee: $15. Class fee. Limits: Min. 6 / Max. 10

ACRYLIC PAINTING PA-17

Mary Hempill 539-8763
Acrylics are permanent water-based paints which can be used in a variety of fine art applications. We will explore some of those exciting possibilities in this class for those who have little or no experience with acrylic painting. Different painting techniques, color mixing, and development of individual style will be emphasized. A supply list will be provided at registration.
(Mary has a degree in art education and has been painting with a variety of media since childhood. She enjoys teaching all age groups.)

Wednesday, March 2 - April 27, 9-11:30am (meets 8 times)
(Note, no class on May 16)
Class Fee: $10, pay at registration.
Materials Fee: $5, pay at class.
Limits: Min. 4 / Max. 12

Temp You're Senses

INTRODUCTION TO WINE PA-18

Lloyd W. Davenport 539-1823
The study of wine from vine to glass including the chemistry, geography, history and viticulture will be covered in this class, accompanied by the tasting of foreign and domestic wines. The final meeting will be organizational with class structure and dates to be decided upon as well as materials fees collected.
YEOUX MUST BE 21 YEARS OF AGE OR OLDER TO ATTEND THIS CLASS.
(Mr. Davenport is retired from Eau Claire and is a member of the Society of Wine Educators, a wine maker, tender of a small experimental vineyard, and has been teaching wine for many years.)

Organizational Meeting: Feb 5, 7-9:30pm
(Meets 4 classes, every other Friday.)
Class Fee: $8, pay at registration.
Materials Fee: $25, pay at first class.
Limits: Min. 8 / Max. 16

POTPOURRI PA-33

Jaye Link 539-7605
Learn a little folklore, how to make two potpourri blends, and then take home one ounce of each blend. You will also take home recipes to make your own blends for holiday gift giving.
(Jaye has a small herb business called Fragrant Memories and has enjoyed playing with herbs & flowers for years.)

Monday, March 7, 6:30-8pm
Class Fee: $6, pay at registration.
Materials Fee: $6.50, pay at class.
Limits: Min. 5 / Max. 12

* DID YOU KNOW....
* HOME provides snow shoveling* for those who cannot afford
* to hire someone and are
* physically unable to shovel
* their own sidewalks?*

Class locations will be noted on your receipt.

MAKE A NOTE!
UMF'S NEW TELEPHONE NUMBER 539-8763
SMILING DANCE
Fa-19
Art Clack & Kathy Colvig
539-6121
Hold yourself back when you hear that hot fiddlin' playing: if you let it get to you, you'll try to learn the sharp moves, dips, sprints, turns and slides done in country western swing and "get down" to some hot tunes. Heavy emphasis on swing dance, lindy on two-step and cottage-ored Joe.
(Art and Kathy have taught swing dance for many years.)

Wednesdays, Feb. 24 - Mar. 9, 7-8:30pm
Class Fee: $6, pay at registration
Materials Fee: None
Limit: Min. 9 / Max. 20

CERAMIC DECORATION WORKSHOP
NAVAGICA
Fa-20
Amy Carlson
The majolica technique refers to colorful decoration applied over a opaque white glazed surface that has been traditionally employed throughout Europe since the 7th Century. If you are a painter or try this new medium, Potters who wish to learn this technique are particularly welcome. Everyone will be supplied with a ceramic piece ready for decoration. Those who wish may stay after 4pm and fire the kiln.
(Any one of the coordinators of the UFM pottery studio is an experienced potter. She thinks that if you have never tried ceramics, majolica would be a fun place to start.)
Saturday, April 16, 2-6pm
Class Fee: $15, pay at registration
Materials Fee: $7, pay at workshop
Limit: Min. 10 / Max. 25
 ※ CERAMICS FOR CHILDREN, SEE PAGE 18

HANDWOVEN DESIGNS BELT
Fa-23
Susan Lala
537-9610
Learn the art of weaving without a loom and turn a beautiful handwoven belt. These belts take only a few hours to weave. Each participant may bring two or more pairs of jeans to cut up, plus matching thread, needle, and sharp scissors. (Susan has been weaving for over twenty years and teaching for ten years. She is active in weaving circles both local, state, and national levels.)
Thursday, February 11, 7-9pm
Class Fee: $7, pay at registration
Materials Fee: $1, pay at class
Limit: Min. / Max. 5

TAPPING - THE ART OF MAKING LACE
Fa-32
Jessie Pousseaux
776-6806
Tapping, or filigrane as the French call it, is a very old art. This process of making lace by tapping and knotting a single strand of thread on a small shuttle originated in Europe. Years ago tatters used very fine thread and many long points to create a lace effect. Modern tapping, the art of the hair pick, uses heavier thread and will outwear the cloak it is on. Please bring a plastic tapping shuttle, spool of tapping thread (#20 or #30), crochet hook or needle, and a basic tapping instruction booklet. (Jessie has taught tapping for UFM for many years.)
Sec. I: Mondays, Mar 7-21, 7-9pm
Sec. II: Mondays, Apr 11-25, 7-9pm
(Same section meets 3 times)
Class Fee: $6, pay at registration
Materials Fee: None
Limit: Min. 2 / Max. 4

MAKING OF THE INDIAN SILVER RING
Fa-25
Benjamin G. Mulksaia, Sr.
539-3848
In this class we will cover the processes used in silver making, the type of jewelry made by the American Indians in the southwestern part of the U.S. (This class is sponsored by the Manhattan Mineral, Gem and Fossil Club.)
Thursday, February 11, 7:30pm
Class Fee: $5, pay at registration
Materials Fee: None
Limit: Min. 1 / Max. None

BASIC WOOD CARVING
Fa-26
Larry Wisdom
539-2374
Introduction to basic wood carving will include "relief carving", "carving in the round", and sharpening and care of tools. The $5 materials fee covers the cost of a manual and carving blanks which will be furnished at the first class.
(Larry has taught previous UFM wood carving classes. He is a member and Kansa Vice President of the National Woodcarving Museum.)
Tuesdays, Feb. 16, 23, Mar. 1 & 8, 7-9pm
(4 weeks total)
Class Fee: $6, pay at registration
Materials Fee: $3, pay at class.
Limit: Min. 2 / Max. 15

GLASS ETCHING
Fa-27
Steve Baldridge
539-4597
Glass etching is an easy way of enhancing glass, especially mirrors. It can turn a simple mirror into something unique and personal. Even if you believe you do not have any artistic ability, you will be able to learn this skill. (Steve is a UFM student and has been etching glass for seven years.)
Thursday, March 3, 7-10pm
Class Fee: $5, pay at registration
Materials Fee: $1.50, pay at class
Limit: Min. 3 / Max. 7

MAKING A HOUSE & HOME
Fa-28
Kathy Colvig
539-6121
Color and placement are the keys to putting the finishing touches on a house. From the walls to the floors. Decorating "color" and "space" will be shared to help you do or redo your home. (Kathy specializes in Accessory Design in the Manhattan area.)
Sec. I: Wednesday, Feb 10, 7-8:30pm
Sec. II: Monday, March 20, 7-8:30pm
Sec.II: Wednesday, May 11, 7-8:30pm
Class Fee: $5/sect, pay at registration
Materials Fee: None
Limit: Min. 8 / Max.15

CONTINENTAL KNITTING
Fa-31
Angie Fletcher
776-3352
Continental knitting is faster and easier than any other method. In this course you will learn all the basic stitches necessary to complete a fashion- able garment. During these eight sessions you will learn ribbing, cable, lace, and how to make buttonholes. At the first meeting we will discuss your project, patterns, and supplies, and then at the end of the course, we will have a small graduation ceremony and a fashion show of your finished garments. (Angie is from Germany and has 50 years experience in knitting, weaving, and spinning - in fact, anything that has to do with fibers.)
Mondays, Feb.8 - Mar. 28, 2-4pm
Class Fee: $8, pay at registration
Materials Fee: None
Limit: Min.10 / Max. 15

BEGINNING KNITTING
Fa-29
Jean Johnston
776-3292
This is a class for all ages, male as well as female. As far as we're concerned, you need are knitting needles, size 10, and light colored 4 ply yarn. The rest is easy - just knit one, pearl one. (Jean has taught knitting for over 20 years and has taught knitting for UFM several times.)
Tuesdays, Feb. 9 - Mar. 16, 7-9pm
(4 weeks total)
Class Fee: $5, pay at registration
Materials Fee: none
Limit: Min. 3 / Max. 10

INTERMEDIATE KNITTING
Fa-30
Jean Johnston
776-3292
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 loves to try new knitting techniques.)
Tuesdays, Mar.8 - Apr.5, 7-9pm
(4 weeks total)
Class Fee: $6, pay at registration
Materials Fee: none
Limit: Min. 4 / Max. 10

UFM POTTERY COOPERATIVE
The Pottery Studio is a facility available to anyone who feels comfortable working alone. No instruction is provided. The studio is a self-supported facility run by members for members with two-hour minimums per day and space and equipment. Membership entitles you to $12-$15 lbs of clay every four months, all the recycled clay you can produce (to be used at this studio only), kiln space and glazes. In order to cover material and facility costs, the membership is based on a cash fee and in-kind contributions.

ANNUAL MEMBERSHIP
Cash Fee: $45/student (May be paid at the rate of $16 every 4 months.)

OTHER MEMBERSHIP
4 MONTHS: $25 (May be paid at the rate of $16 every 4 months.)
3 MONTHS: $35

(SHORTER PERIODS OR ONE TIME USAGE CAN BE ARRANGED)

IN-KIND CONTRIBUTIONS
* UFM Coffee mug for resale
* Co-coach classes or workshops
* Located teachers for classes or workshops
* Assist with other in-kinda producing projects
Any member signing up for a period of more than four months will be expected to sign up for one or more of the in-kind contributions.

ADVANTAGES
**You will have the opportunity to meet and work with other area ceramists
**You can explore several areas of ceramics other than functional pottery
**You can become involved in a studio operation
**You may sell your pottery through pottery sales at the UFM house

FOR FURTHER INFORMATION CALL UFM 539-9763

12 Class locations will be noted on your receipt.
EXPLORING RELIGIONS & PHILOSOPHIES

INTRODUCTION TO SUN
3-29
Al Potter & other members of the Manhattan Zen group

The origins and history of Zen philosophy and practice will be described. Emphasis is given to the Soto tradition of Zen meditation, including instruction and demonstration. Wear loose clothing and bring a cushion to sit on. (All have been a student of Zen for many years.)

Wednesday, Feb 24, Mar 2 & 9, 7:30-9pm (except 3 classes)
Class Fee: $6, pay at registration
Materials Fee: $6, pay at first class
Limits: Min. 3 / Max. 9

PAGANISM
3-38
Flynt

What is Paganism? We will look at historical and contemporary attitudes and functions of the Pagan religion. Did you know Goddess worship is the oldest religion on earth? Come and explore an alternative religion that has grown up with mankind.

(After exploring a number of religions, Flynt became a Pagan in 1961 and now leads a group in the Manhattan area.)

Monday, March 28, 8-10pm
Class Fee: $2, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. None

UNITARIAN-UNIVERSALIST FELLOWSHIP OF MANHATTAN

If you like to do your own thinking about religion, you may already be a Unitarian without knowing it!

Located at Oak Grove Center K-18 1/4 mile east of K-177 Meeting Sundays at 11:00 am Phone 537-1017 or 537-2025

JEWELRY (WITHOUT SOLDERING)
PA-24
Vandy Matthews 539-6809

How about making something special for Easter? With today's fashions we need jewelry made out of just about anything! Use your imagination and create some unique jewelry without soldering. The only prerequisite you need is patience and the ability to hold a pair of pliers. At the first meeting Vandy will give a demonstration, and you will then explore the concept of design and order the supplies for your chosen project. At the second meeting you will construct a piece of jewelry. (Vandy has a B.S. degree, owns her own jewelry business, and has been making and selling jewelry for twelve years.)

Tuesdays, March 8 & 22, 7-9pm
Class Fee: $6, pay at registration
Materials Fee: $1, pay at registration
Limits: Min. 2 / Max. None

INTRODUCTION TO THE BOOK OF MORMON
2-33
Ben Mahaffey 539-6997

Introduction to the Book of Mormon -- a brief history of the archaeological and historical basis for the book, including history and its impact as a major second witness for Jesus Christ. (Dr. Ben D. Mahaffey has 30 years experience teaching secular and religious topics.)

Sect. I: Tuesday, Feb 2 & 9, 6-9pm
Sect. II: Wednesday, March 23, 6:30-9pm
Class Fee: $4/sess, pay at registration
Materials Fee: $3/sess, pay at class
Limits: Min. 5 / Max. 10

WHAT IS A MEMBERSHIP?
5-34
Dorothy Nickel Fransen 539-6079

Explore a religion that is known for its specific teaching or witness. What are the roots of this faith? What are the basic beliefs? Is being a Mormon common in the twentieth century? (Dorothy has been the Pastor of the Manhattan Mormon Fellowship since 1984.)

Tuesday, March 1, 7-9pm
Class Fee: $2, pay at registration
Materials Fee: None
Limits: Min. 3 / Max. None

INTRODUCTION TO UNITY OF MANHATTAN
2-35
To be announced

Unity is a practical application of Jesus' teachings. Unity concepts have been discussed and explored for nearly 100 years. This class will give the background of the movement and an introduction to the teachings. Unity study groups have been meeting in Manhattan for several years. Recently a church has been started. The teacher of this class will be a member of the Unity School of Christianity in Kansas City, National headquarters of the Unity Movement.

Wednesday, April 6, 7:30-9pm
Class Fee: $2, pay at registration
Materials Fee: None
Limits: Min. 2 / Max. None

Class locations will be noted on your receipt.

Continued...
The Lou Douglas Lecture Series honors the distinguished professor of political science who was instrumental in the development of UFM. Each year four prominent speakers are invited by the Lou Douglas Lecture Committee to address issues of current interest. The lectures provide thought-provoking perspectives on critical public issues and are attended by 200-400 faculty members, students, and citizens of Manhattan and the surrounding area.

1988 DOUGLAS LECTURE SERIES
U.S. POLITICAL CULTURE TODAY: A BICENTENNIAL REVIEW
RICHARD RHODES - THE ARMS RACE,
THE BACKGROUND OF HOPE
February 9, 1988, Forum Hall, 7:30pm
Author of The Making of the Atom Bomb, winner of the 1987 National Non-fiction Book Award.

MICHAEL PARENTI - MONOPOLY CULTURE
AND DEMOCRATIC STRUGGLE
March 8, 1988, Forum Hall, 7:30pm
Political theorist and author of Democracy for the Few

STANLEY COHEN - THE MARKETPLACE AS AN
ARBITER OF PUBLIC INTEREST
March 29, 1988, Forum Hall, 7:30pm
Retired Washington editor of Advertising Age

BARTBARA EHRENREICH
April 21, 1988, Forum Hall, 7:30pm
Board member of Ms. magazine and author of The Mean Streak: The Impact of the Reagan Administration on Social Welfare, and The Hearts of Men: American Dreams and the Flight from Commitment

Native American Culture
REGGER HASKIN
5-31
This is a video film about the Navaho/Ropi Indian relocation issue at the Four Corners area in Arizona. It portrays the history and present-day value of this land in sacred/spiritual terms to the Native Americans and in economic/energy resource terms to the investors. It reviews treaties and broken treaties. This film won the 1985 Academy Award for the best documentary. There will be a discussion following the showing as well as an update on the situation today.
(Pat has been following this issue for the past two years and feels it needs attention on behalf of the traditional Native Americans.)

Tuesday, March 15, 7-9pm
Location: UFM, 1221 Thurston
Class Fee: $2, pay at door
Materials Fee: None
Limits: Min. 4 / Max. 50

THE MEDICINE WHEEL
Pat Haskin
5-32
539-2819
The medicine wheel is a circle used by Native Americans to relate to the universe and to life on earth. Stones are placed in formation to honor the Creator, the four directions, and various aspects of creation. We will learn how we can relate to the medicine wheel with our body, mind, heart, and spirit. We will participate (outdoors) in ceremony around the medicine wheel in drumming and chanting. Special objects may be brought to be " blessed " in the center during that time. (Pat is not Native American, but has learned to appreciate Native medicine ways.)

Saturday, May 21, 10am-noon
Class Fee: $4, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. None

★ FOR OTHER NATIVE AMERICAN CLASSES, SEE PAGES 5 & 19
The Spring Look

DRESSING TO WIN

Peggy Wall-Stevenson

Dressing to win or "image" is a vital part of the work force. Campaigns seek individuals who fit into their cultural environment. It is important for an individual to develop his/herself in order to see where a "match" might occur. It is part of the work place (Peggy teaches employment interview at EOU Image and development is an important part of this process.)

Wednesday, February 3, 7-8:30pm
Class Fee: $6, pay at registration
Materials Fee: None
Limits: Min. 6 / Max. None

HAIR, NAILS, MAKE-UP -- YOUR OWN

FAIR LOOKS

Pamaz Hair Designs

537-9825

Take advantage of the experienced staff at Pamaz -- they will combine their expertise to show you how to make the most of your hair, your nails, and your best features through the illusions of make-up.

Monday, February 8, 7-9pm
Class Fee: $6, pay at registration
Materials Fee: None
Limits: Min. 12 / Max. 12

HAIR STYLING

Mike Thompson

776-3560

This class will focus on hair care and styling for the individual in regard to their possessons, hair texture and face shape. You will be shown how you can create the illusion of the perfect face shape. Hair products and their uses will also be discussed.
(Mike had a career experience as a hair stylist and attends seminars frequently. He is the owner of Aggie Hair Shapers.)

Sec. I: Monday, Feb. 8, 7:15pm
Sec. II: Monday, Feb 29, 7:15pm
Sec. III: Tuesday, Mar. 15, 7:15pm
Class Fee: $5/sec, pay at class
Materials Fee: None
Limits: Min. 3 / Max. 10

The New Age Connection

INNER GUIDANCE

Sharon Landrich

539-1546

Sharon began consciously receiving inner guidance in 1967. She acts as a bridge between the guidance and the individual seeking guidance. Information provided about one's Life Path, blockages, and relationships, as well as suggestions for improving health and balance. Sharon would like to share her experience and help each individual become aware of their own sense of inner knowing and guidance.

(Sharon is a Professional Channeler, Re-birther and Regressor. She is a working partner in The Natural Healing Center for intuitive and sensitive guidance and cleansing in all areas of Holistic Healing and therapies.)

Tuesday, February 2, 7:15-9pm
Class Fee: $4, pay at registration
Materials Fee: None
Limits: Min. 5 / Max. 25

THE HUMAN AURA

Floyd (Jean) Dorsey

776-4479

The human aura, the ethereal body and the astral body are energies that are part of every human being. These energies are commonly called the aura. Some people are blessed with the ability to see and interpret these energies. Jean has this gift and is happy to share her ability, knowledge, and experience with others.
(Jean has been reading auras and teaching about these energies and related aura for years.)

Wednesday, March 30, 7pm
Class Fee: $4, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. 40

MAKING CHANGES: VISUALIZATION WORKSHOP

Enzice Dorst

539-8763

Each week we will work on a different aspect of our lives, including, but not limited to, areas such as self, relationships, spirituality, employment, and goals. We will examine our belief system, explore those beliefs that limit us, and work with visualization and affirmations to make positive changes in our lives. Those who are unfamiliar with visualization should attend the introductory course on Feb. 30.
(Enzice has practiced visualization for many years, and has taught classes for DFM for three years.)

Wednesdays, Mar. 9 - Apr. 27, 7-9pm
(Notes please there will be no class on March 30)
Class Fee: $10, pay at registration
Materials Fee: None
pay at first class
Limits: Min. 6 / Max. 20

THE WORKS

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We carry the largest selection of hair, skin & nail items.

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539-5512

INTRODUCTION TO VISUALIZATION

Enzice Dorst

539-8763

This is an introductory course for those who wish to explore what visualization is, how it works, and how you can make changes in your life through using visualization techniques.

Wednesday, Feb 24, 7-9pm
Class Fee: $4, pay at registration
Materials Fee: None
pay at class
Limits: Min. 4 / Max. None

INTRODUCTION TO A COURSE IN MIRACLES

Mary Williams

776-6906

Join us for an informational, introductory class on a personally transforming message that is being widely read and studied around the world. The purpose of this message is to show you how to become an internal teacher.
(Mrs. Williams is currently a student of the Course of Miracles.)

Thursday, April 7, 7:30-9pm
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 3 / Max. 25

SHARKS

Steve & Erika Morgan

537-4747

Two channels will explain and demonstrate the increasingly popular process of channeling non-physical entities or guides. Bring your questions about channeling and also receive answers from a higher perspective.
(Steve and Erika have taught several New Age and Channeling courses, and those who participated have rated them very highly.)

Section I: Thurs., Feb.18, 7-9pm
Section II: Thurs., Mar.17, 7-9pm
Section III: Thurs., Apr. 7, 7-9pm
Class Fee: $4, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. 30

TOUCH YOUR HEALING PLACE

Grace Reichaus, D.C.

537-9330

Learn about healing yourself! This class is designed to assist you in getting in touch with your power and ability to heal yourself. You will use guided imagery, relaxation and breathing techniques, meditation, visualization, and more as a tool to take you to your healing place.
(Grace is a chiropractor and has been practicing in Manhattan for nearly two years. In addition to studying how to help heal others, she has worked extensively in the self-healing field.)

Sunday, February 21, 2-4pm
Class Fee: $4, pay at registration
Materials Fee: None
Limits: Min. 5 / Max. 15

continued...

"Hair Unlimited"

1330 Westloop

Manhattan, Kansas 66502

Class locations will be noted on your receipt.

15
The New Age Connection
(Continued)

INTERNET YOUR DREAMS S-26
Gary Plumberg

The interpretation of dreams is an old
and the human race. Do you understand
the meaning of your dreams as a way
to discover your true self? The Eck-Tarri
teaches this and more, as well as giving
you proven techniques for remembering
and recording your nightly adventures.
Dreams are a reflection of intra-pericic
which are recurring in every-
one. We will try to explain the inner
workings of a dream. Please bring a note-
book and pencil to class.
( Gary has been a student of the Eck-Tarri
for several years.)

Wednesdays, March 23 & 30, 7:30-9pm
(rooms 2 classes)
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 6 / Max. None

Ways to Feel Good
TODA S-20
Rob Sheridan 776-6849

Toda is an ancient self-discipline, the
daily practice of which improves the
quality of one's life by developing
concentration and awareness. In this
class we will practice basic yoga asanas
(postures) and pranayama (breath-control
techniques). Please wear comfortable
clothing (shorts are best) and come with
no makeup and an open mind.
(Rob has studied with Dr. Albert Franklin
since 1974. Dr. Franklin studied with
Mr. Erhmancharaya for 6 years in Madras,
India).

Mondays, Feb 15 - Mar 21, 5:30-6:30pm
Class Fee: $6, pay at registration
Materials Fee: $2, pay at class
Limits: Min. 8 / Max. 12

BASIC MASSAGE S-21
Bob Perry 1-762-3569

This class will introduce you to tradi-
tional Swedish massage for the purpose of
increased/improved circulation and total
relaxation. Please sign up with a partner.
Lotions, oils, and bandages 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.
(Rob has been a professional massage for
over years. After working in a health club
for just over two years, he is now
a freelance outcall massage giving ses-
ions or lessons by appointment only.)

Tuesday, April 5, 5:30-6:30pm
Class Fee: $10/couple, pay at registration
Materials Fee: $2/couple, pay at class
Limits: Min. 4 couples / Max. 7 couples

REFLEXOLOGY S-22
Russell Gillespie 776-8748

Learns to relax, relieve tension (stress)
and improve your general health. It is
easy to learn and to put into practice
the very first time. Bring clean feet and
hands. Good health awaits you.
(Russell has used reflexology for over
fifteen years and has taught many people
how to benefit from its practice.)

Monday, May 23, 7pm
Class Fee: $4, pay at registration
Materials Fee: None
Limits: Min. 8 / Max. 16

16 Class locations will be noted on your receipt.

Taking Care of Yourself & Others
WOMEN'S SELF DEFENSE S-1
Stek Vilano 539-7723

This class teaches methods and attacks
to prevent, avoid, and repel physical
and verbal attacks. Both theory and method
are covered.

(Stek has been involved in martial arts
for 18 years and specializes in practical
methods and attacks.)

Beginns Monday, February 8, 8-9:30pm
(rooms 6-7 times)
Class Fee: $10, pay at registration
Materials Fee: $2, pay at class
Limits: Min. 5 / Max. 15

HANDWRITING ANALYSIS S-2
Morin 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 hand-
writing.
(Morin is a master certified grapho-
analyst. She also teaches more in-depth
introductory courses.)

Mondays, February 22 & 29, 7-9pm
(rooms 3 times)
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 6 / Max. None

HOW TO GAIN SELF-CONTROL S-9
Greg Potter, PhD 537-0076

Do you greet each day with confidence
and enthusiasm? Are you able to meet
the challenges of life with a smile? If not,
why? This seminar deals with the develop-
ment of self-control by taking charge of
your happiness and self-achievement.
(Prof. Potter has been in private practice
in Manhattan since 1961.)

Wednesday, February 3, 7pm
Class Fee: $5, pay at registration
Materials Fee: $7.50, for tape
Limits: Min. 3 / Max. 10

MAKE A NOTE!
UFM'S NEW TELEPHONE NUMBER
539-8763

TIME & STRESS MANAGEMENT S-3
Virginia Morley 532-5500

This workshop is for busy people who are
seeking ways to become both more produc-
tive and less stressed. The workshop
teaches stress and stress management
strategies useful in both employment and
family contexts.
(Mr. Morley is the associate dean
for Academic Affairs in the ESU College
of Human Ecology and a frequent speaker
on topics related to the management of
complicated and competing life roles.)

Wednesday, March 2, 6:30-8pm
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 10 / Max. None

Continued...

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WORKING TOGETHER FOR A HEALTHIER YOU
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facilities, and high tech equipment to make a really good
hospital.

EMERGENCY SERVICE
776-3300
Women are socialized to accept the sole responsibility for the success of their relationships and the happiness of others. When a relationship fails, or if we are unable to 'fix' the unhappiness of another, we feel guilty — somehow, somewhere we failed. Learn to free yourself from guilt by not accepting responsibility that is not yours. Through discussion and sharing experiences, we will find ways to let go of guilt.

(Dianna has become very aware of the sociological pressures to accept misplaced responsibility for guilt.)

Tuesday, March 1, 7-9pm
Class Fee: $4, pay at registration
Materials Fee: None
Limit: Min. 3 / Max. None

ASSIGNMENT SKILLS: HANDLING CRITICISM
Dori Lambert, Ph.D.
532-6917

After learning to accept your personal rights and responsibilities, you will learn ways to assertively respond to criticism. This is a structured learning experience incorporating attention to individual examples and group practice through the use of role-play.

(Dori is a psychologist at ECU.)

Mondays, Feb 1-22, 6-7:50pm
(Note: 4 times)

NOTE: ECU Students contact Dori, non-students register through UFM
Class Fee: $6, pay at registration
Materials Fee: $3, pay at first class
Limit: Min. 4 / Max. None

SPOUSE ABUSE DISCUSSION
Dianna Ferrote
Dianna, a former battered wife, will lead this discussion on spouse abuse. She will identify the myths and respond to questions such as why do women stay in abusive situations, what help is there for the abused spouse, and how can friends help? (Dianna was in a battering situation for many years) with the assistance of crisis centers has now made the transition to living on her own and is working on her Master's degree in Family Life Education.

Tuesday, February 2, 7-9pm
Class Fee: $2, pay at registration
Materials Fee: None
Limit: Min. 2 / Max. None

FRIENDS INDEED: A COURSE IN HELPING
Jennifer White
532-6984

In times of need, a friend who listens and understands can make the difference. Sometimes, however, we don't know exactly what to say or how to handle the emotional intensity. In this course, we will learn and practice ways to be an effective listener and a compassionate friend.

(Jennifer is an graduate student in Marriage and Family Therapy.)

Mondays, March 28 - May 2, 7-9pm
Class Fee: $6, pay at registration
Materials Fee: None
Limit: Min. 5 / Max. 15

HANSEN NUTRITION CENTER

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- NATURAL FOOD SUPPLEMENTS
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- BASES & BONES
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- SOFT DRINKS
- NUTRITIONAL SUPPLIES

MORN. - SAT. 8:30 TIL 6
3105 ANDERSON PARK (ACROSS FROM VILLAGE PLAZA)

Class locations will be noted on your receipt.
TAKING CARE OF YOURSELF & OTHERS (CONTINUED)

MARRIAGE ENRICHMENT
S-11
Larry H. Peck, Ph.D.
537-4014
A perfect marriage is sometimes considered to be an idealistic union that few people achieve. However, through this marriage enrichment class, Dr. Peck will explain how marital relationships, that are not perfect, can be strengthened. He will look at the most frequent marital problems and discuss positive steps for enhancing your marriage. Time will be allowed for group discussion and individual questions.
(Larry has a private mental health practice offering marital therapy.)

Tuesday, February 9, 7-9pm
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. 10

DIVORCE: HOW TO STOP FEELING LIKE A VICTIM
S-12
Michael Weisenberg, Ph.D.
539-7758
Divorce is often an emotionally devastating experience that reinforces the feeling of being victimized. We will discuss the options available that will diminish these painful feelings by substituting them with actions that build emotional strength. (Dr. Weisenberg is a National Certified Counselor in private practice. His presentations are informative, entertaining, and non-threatening. Michael has taught this course several times over the past five years for UPM.)

Min & Wed, Feb 8 & 10, 7pm
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. 10

DANCE OF ANGER
S-7
Jennifer White
532-6084
Emotions get played out in our relationships in a number of different ways, sometimes to our advantage and sometimes to our disadvantage. One of the emotions that is especially difficult for most women in relationships is anger. In this class we will explore: (1) typical ways of handling anger and other emotions in relationships, and (2) how we can change these patterns to be more beneficial to ourselves and to others.
(Jennifer is a graduate student in marriage and family therapy.)

Mondays, Feb 8 – 22, 7-8:30pm
(meets 4 times)
Class Fee: $5, pay at registration
Materials Fee: $1, pay at first class
Limits: Min. 5 / Max. 8

TEAM BUILDING
C-15
Joe Younger
532-6277
Human beings have engaged in team building since the beginning of time. As a result, most people possess a fairly effective, common-sense understanding of how to create a climate in which persons come to work well with each other. Yet, the fact is that many often ignore the common-sense, basic methods for team building. This videoconference/narrative presentation, in workbook-style format, looks at the various components of working together.
(Joe is the Manager of Staff Training and Development at Kansas State University.)

Thursday, February 18, 7-8:30pm
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 6 / Max. 16

FOR KIDS ONLY
539-3763
1221 Thurston

CHILDREN’S SPRING GARDENING
ES-12
Children from the ages of 5-12 will be assigned individual and group gardens. They will learn planting, soil preparation, harvesting, and other cultural practices throughout the gardening season.
Saturday mornings, starting date and time to be announced.
Class Fee: None
Materials Fee: None
Limits: Min. 1 / Max. None

DECORATING EGGS
ES-7
Jadis Paul
776-0942
Decorating Easter Eggs is always fun, but it is even more fun when you have little people to inspire you. Dye, crayons, glue, and other decorating materials will be provided, but you can bring more if you wish. 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.
(Jadis loves to help children decorate eggs.)

Saturday, April 2, 2-3pm
Class Fee: $3/child, $5/each additional sibling
Pay at registration
Materials Fee: $2/child, $4/each additional sibling
Class Limit: Min. 3 / Max. 10

CLASS LOCATIONS WILL BE NOTED ON YOUR RECEIPT.

ADULT CHILDREN OF ALCOHOLICS
S-19
Marlin Wilson
776-7533
There are predictable patterns of behavior exhibited by alcoholic parents. All adult children of alcoholics continue these patterns of behavior into other relationships creating problems and tensions which need not exist. Research is available showing that family members of alcoholics may have similar behavioral patterns. This class will look at the effect of alcoholism on family members through discussion and films. If your life is in any way affected by an alcoholic family member or friend, this class will help you understand your own and other people’s behavior.
(Marlin is a counselor with St. John’s Affiliated Assessment & Guidance Center.)
Date to be announced at registration
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. 20

HELPING ADULTS COPE WITH AGING PARENTS
S-18
Kathryn Buckham, Ph.D.
532-7880
A growing concern for younger generations, particularly, Chicagoans, is how to cope with aging parents. During this session, issues associated with caring for elderly relatives and specific methods of coping will be discussed.
(Kathryn is an Associate Professor/ Extension Specialist in Human Development and Family Studies at ECU. New areas of expertise include: late-life development and aging and stress management.)

Monday, May 2, 7-9pm
Class Fee: $4/person, $6/couple.
Pay at registration
Materials Fee: $1, pay at class
Limits: Min. 5 / Max. 20

BEGINNING CERAMICS FOR CHILDREN
(AGE 6 AND UP)
ES-6
Diana Hatch
776-9921
Each child will complete 3 projects: a basket, a mug and a wall project chosen by the child. Basic techniques will be emphasized and original artwork on each project will encourage each child’s creativity. No previous experience or equipment is required. Children should bring old clothes.
(Diana, who is a mother, believes that everyone has creative talents that can be developed for his or her own enjoyment.)

Saturday, Feb 13, Mar 5, Apr 23, from 10-11:30am
(meets 4 times)
NOTE: Registration deadline Jan. 29
Class Fee: $4, pay at registration
Materials Fee: $20, pay at class
Limits: Min. 1 / Max. 8

STENCILING FOR KIDS
ES-5
Dean Reed
539-3763
Your children will learn the basic techniques of stenciling and bring home a stenciled shirt. A great idea for presents: Bring a T-shirt (old or new) to stencil on. Materials fee includes a brush and stencil to keep. Please give child’s name and age at registration. (Dean has taught stenciling many times for UPM.)

Saturday, Feb. 13, 1-2:30pm
Class Fee: $3/child, $5/each additional sibling
Pay at registration
Materials Fee: $4/child, $6/each additional sibling
Payment at registration
Limits: Min. 5 / Max. 10

THE RISES/DECREASES IN LITERACY
C-13
Gregory Schaffer
716-8126
The demand for better literacy skills is increasingly necessary in today’s world. A reading group will be available for practice and discussion. (Gregory is a fully licensed counselor with phone counseling services.)

Wednesday, February 17, 7-8pm
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 8 / Max. 16
**INTRODUCTION TO DOG TRAINING FOR KIDS**

Cherry May 774-6320

Find out what you need to get started training your dog. Bring your dog, a 6-ft. leash or nylon harness, and a choke training collar. We'll cover the basics — heeling, sitting, and the stay command. Ages: children 8-10; dogs, over 6 months. (Cherry teaches advanced obedience for the Riley County dog project.)

Thursday, March 31, 6-8pm
Class Fee: $4, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. 12

**HORSES FOR KIDS OF ALL AGES**

Lisa Kipler 537-0151

Learn about horses and equipment and how to care for them. You will get to feed, groom, and ride a horse. Learn to enjoy and have fun with a horse by learning a few games that can be played with horses. What does a horse need to become your partner? What is horse safety? How much does a horse eat? All these questions and more will be answered and you will also get some hands-on experience. Parents are encouraged to attend. Don't miss this great opportunity. (Linda grew up with horses and competed in horse shows throughout the State. She has won several honors and is a former 4-H horse member and is presently a 4-H horse leader.)

Saturday, May 28, 10-11am
Class Fee: $3, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. 20

**KEETLE ROUNDUP**

Matt Whites 539-8540

Turning over rocks on a Flint Hills hillside is likely to uncover anything from a ring-necked snake or milk snake to a collared lizard or skink. We will search such an area and capture, release, and search for reptiles in the wild. Bring a pillowcase to hold your finds. This is an especially good field trip for kids. (Matt has 10 years experience in teaching about, collecting, and studying snakes.)

Saturday, April 16, 8am-noon
Class Fee: $3 for one chik, $2 for each additional sibling. Pay at registration
(No charge for adults accompanying children)
Materials Fee: None
Limits: Min. 4 / Max. None

**DINOSAURS FOR KIDS (AND KIDS AT HEART)**

Rich M. Busch 525-2724

Dinosaurs, or terrible lizards, ruled the Earth for about 165 million years during what is known as the Mesozoic Era of time. They were once regarded as cold-blooded, slow-moving, dumb beasts, but that image is changing. We will explore the new image of dinosaurs as warm-blooded, fast, intelligent creatures. We will also examine bones of dinosaurs and other Mesozoic Era remains. Find out what Kansans were like when dinosaurs stalked the Earth! All ages welcome.

(Sich is an Assistant Professor of Geology and Adjunct Professor of Science Education at KU with teaching and research interests dealing with fossils, stratigraphic rocks, and Earth history. He has been fossil collecting since he was 5 years old.)

Thursday, Feb. 4, 6:15-8pm
Class Fee: $5/child, or $5/family
Limits: Min. 6 / Max. 40

**VALENTINE CARDS FOR KIDS**

(Ages 4-12)

USM Staff 539-8763

One of the great things about kids’ creativity is that they enjoy putting their whole hearts into things they make for others. We will make valentines for parents and other special people. The materials fee will include all supplies and photographs used in creating personal valentines. Refreshments will be served.

Saturday, February 13, 1-2:30pm
Class Fee: $3/child, $2/each additional sibling. Pay at registration
Materials Fee: $3, pay at class
Limits: Min. 5 / Max. 15

**EXPERIMENTS YOU CAN EAT**

(Ages 8 to 11)

Cindy Kline

Science is fun! Explore science through experiments you can create and eat in your own kitchen. This will be a hands-on class so come prepared for a science experiment and a snack! (Cindy loves kids and loves to cook — a perfect combination for this class.)

Sec. I: Saturday, April 30, 10-11:30am
Sec. II: Saturday, May 7, 10-11:30am
Class Fee: $2, pay at registration
Materials Fee: $1, pay at class
Limits: Min. 4 / Max. 8

**PAPER AIRPLANES**

(Ages 8-13 yrs) E3-13

Lee Schell 539-6540

Learn to fold and fly kites, canards, helicopters, spaceships, and more! You will learn how to fold, fold, and fold, and then launch a plane that will sail through the air. Many patterns are provided and contestants will be judged.

(Colin and Ralph, both elementary school teachers, have been folded and flown paper airplanes for years and years. They have compiled an extensive library which they will share.)

Saturdays, Mar. 26, Apr 2 & 9, 11am-noon
Class Fee: $4, pay at registration
Materials Fee: None
Limits: Min. 2 / Max. 12

**KUNG FU FOR YOUNG ADULTS**

ES-14

Stan Wilson 559-7723

Students will learn the modified basic forms of Pai Te Lung Wing Fu and some methods of self-defense for younger people ages 6-17. (Children over 12 should join the adult class.)

(Stan taught children's class for two years at Fort Riley.)

Beginning Saturday, Feb. 6, 2-3pm, class meets for 2 months.
Class Fee: $10, pay at registration
Materials Fee: $2, pay at class
Limits: Min. 6 / Max. 12

**MARTIAL ARTS FOR ADULTS SEE PAGE 20**

**USB OLD BOOK SALE**

USM is collecting used books for a book sale.

* Hardbacks  
* Paperbacks  
* Comics  
* Texts  
* Magazines (special interest only, e.g. National Geographic)

We will pick up if you have at least one carton full.

**LOOK FOR INFORMATION IN JANUARY ON OTHER PICK-UP POINTS AND DATE OF SALE**

**READER RESPONSE**

Class locations will be noted on your receipt.

**NATIVE AMERICAN CHILDREN’S WEEKEND**

Pat Eubanks 539-2810
Jaye Link 539-7605

**FIND CHILDREN AGES 2-1/2 - 5 YEARS**

Learning about nature the Indian way is easy for little ones. They are already in awe of butterflies and big trees, and they love to shake bells and rattles. We will be printing “butterflies”, with beautiful colors of sand, bugling tones as friends, and drumming and dancing to Indian songs in a woodsy yard. These children will learn respect for Mother Earth in fun ways. Parents may attend if desired.

Saturday, April 30, 10am-noon
Class Fee: $5/child, $2/each additional sibling. Pay at registration
Materials Fee: None
Limits: Min. 4 / Max. None

**FIND CHILDREN AGES 5 - 12 YEARS**

The children will participate with nature in Native American ways. We will learn to honor the earth through ceremonial use of sage, corn, drumming, dancing, sand painting, and the medicine wheel. We will meet in a yard where we can play games in and around the cedar and oak. We will learn to relate to our brother/sister, animal, and plant friends as the Indians did and still do.

Saturday, May 14, 10am-noon
Class Fee: $3/child, $2/each additional sibling. Pay at registration
Materials Fee: None
Limits: Min. 4 / Max. None

JAYNE AND PAT HAVING BEEN DOING THESE WORKSHOPS FOR SEVERAL SEMESTERS, THE CHILDREN RELATE WELL TO THESE ACTIVITIES. IT IS FUN AND INTERESTING FOR ALL.

**FOR OTHER NATIVE AMERICAN CLASSES SEE PAGES 5 & 14**
**Recreation**

539-8763

1221 Thurston

**Martial Arts**

**BEGINNING KUNG FU (PAI TE LONG STYLE)**

Stan Wilson 539-7723

Pai Te Long is a Kung Fu style combining hard, soft, and internal methods. Beginning classes will teach basic techniques, some self-defense, drills, and sparring. Class meets Wednesdays. The three short forms will be learned. Wear comfortable clothing. Contact Stan Wilson for more information.

**ADVANCED KUNG FU (PAI TE LONG STYLE)**

This class is available for those who wish to continue learning Kung Fu, application of kata, self-defense, awareness drills, and sparring. Please contact Stan Wilson, 539-7723, for more information.

**WHITE DRAGON TAI CHI**

Stan Wilson 539-7723

This class will introduce the students to the White Dragon Kung Fu method of Tai Chi. We will study and practice the 138 move outer tiger form. This is not the usual version of Tai Chi. White Dragon T'ai Chi is good for mental relaxation, meditation, and energy balancing. Other methods will be taught if students wish to continue this class. (Stan has a black belt in White Dragon Kung Fu.)

Wednesdays, Begins February 10, 8-9pm (meets 6-8 times)

Class Fee: $10, pay at registration
Materials Fee: $5, pay at first class
Limits: Min. 5 / Max. 15

**SUIJITSU FOR BEGINNERS**

Stan Wilson 539-7723

This class will teach the basics of Suijitsu, a Japanese martial art that focuses on using weapons. Please contact Stan Wilson, 539-7723, for more information.

**Floating Around**

**SPRINGBOARD DIVING**

Brett Balkenhol 539-8655

Springboard diving is a fun for all ages. The simple basics of forward, back, and somersault dives will be taught. Please bring a swimsuit and swimsuit.

Sundays, Jan 31-Mar 6, 10:30-12:30

Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 1 / Max. 10

Contact: Brett Balkenhol

**Continued...**

- DID YOU KNOW...
- HOME provided free labor for $300 jobs for the low-income...
- elderly, and handicapped...
- home owners in 1987...

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Floating Around (Continued)

INDEPENDENCE DAY CANOE RACING  R-13
Jefferson Brown  537-9403
Learn the basics of canoe racing and prepare yourself for fun. After you have learned the basics, and we have practiced for a while, we will be ready to travel to Lawrence and complete a part in a canoe race. Lawrence celebrates Independence Day with canoe races, crafts, and music. Even if you have never paddled a canoe before, you will quickly learn, and who knows, you may paddle the winning canoe! (Jeff is an experienced paddler who enjoys the thrill of canoe racing.)

Organizational Meeting:
Thursday, March 31, 7:30-8:30pm
Class Fee: $5, pay at registration
Materials Fee: None
Limit: Min. 1 / Max. 8

PHILLIPS MANHATTAN MARLIES SWIM TEAM
If you are between 8 & 18, have finished Advanced Beginners and like to swim, have a 3 or 5 day program to prepare you for the National Meet or a good deal for more information from:
Mary Fontos - 539-7613 or
Rolina Sears - 776-6603.

Out & About

RACING TRAILS IN KANSAS  R-5
Jefferson Brown  537-9403
We will discuss eight or ten racing trails in Kansas, and at the end of our meeting we will set the date and choose one of the trails for racing later in the month. (Jeff is an avid hiker and has worked on Kansas Trails.)

Tuesday, March 1, 7:30-8:30pm
Class Fee: $3, pay at registration
Materials Fee: Race
Limit: Min. 4 / Max. 20

CROSS COUNTRY SKIING - BEGINNERS  R-6
San Jose  776-0529
This class is intended for those with little or no cross-country skiing experience and those with serious doubts about their techniques. We will cover the basic elements of cross-country skiing, some of the recent advances in techniques and modern equipment, bring your own skis.

(Cross country skiing has been a winter sport for 23 years and has been a popular activity in the Kansas City area.)
Saturday, Jan. 30, 10am-noon
(In case of snow, the alternate date will be February 6.)
Class Fee: $5, pay at registration
Materials Fee: None
Limit: Min. 2 / Max. 15

Soaring High
LEARN TO FLY AT LOW RATES  R-10
Hugh Irvin  522-6311
The class will be an informational session to overview what is involved in learning to fly in general, and the advantages of the K-State Flying Club in particular. Options available for ground school and for flight training in the Manhattan area will be discussed. Introductory flight lessons and/or short sight-seeing flights at minimum cost will also be scheduled at this meeting.
(Hugh is an FAA certified flight instructor and a member of the K-State Flying Club.)
Saturday, Jan 23, 9am
Class Fee: $1, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

FRIENDLY KANSAS CANOEING  R-14
Bob Porecky  539-7967
Basic canoeing techniques will be incorporated into trips at nearby lakes, streams and rivers. We will have a chance to learn/relearn canoeing techniques as we explore this spring. Participants will be responsible for providing 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 families and individuals. (Bob has taught canoeing techniques many times for UFR.)

Organizational Meeting:
Wednesday, April 30, 7:30pm
Class Fee: $6/person or $10/couple, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. 20

- DID YOU KNOW...
- Through the Community
- Resource Act (CRA), the UFM
- Model has been extended to
- 50 communities in Kansas!
- - - - - - - - - - - - - - - - - - - - -

GOLF FOR BEGINNERS  R-8
Jim Gregory  539-1061
For those who have little or no experience, Jim will cover fundamentals of the full swing, short game, putting, and chipping and putting. Bring a wood, 9 iron, and putter. If you don't have any clubs, they will be provided free of charge.
Here's a chance to find out if golf is the sport for you.
(Jim is a PGA Golf Professional and is the golf professional at Stagg Hill Golf Course.)

Thursday, April 14, 21, 6-7pm
(enter 3 times)
Class Fee: $1, pay at registration
Materials Fee: $1, pay at class
Limit: Min. 4 / Max. 12

VOLLEYBALL FOR FUN (16 AND OVER)  R-9
Lois Morales  539-8667
Indoor volleyball can provide low-key competition, exercise and a great time. It doesn't matter if you are an advanced player or a beginner. Nets and balls will be furnished.
(Lois has played volleyball for many years.)

Tues. & Thur. Begins Feb. 2, 6:30-8:30pm (Unlimited)
Class Fee: $3, pay at registration
Materials Fee: $1, pay at class
Limit: Min. 1 / Max. None

GOLF FOR BEGINNERS  R-8
Jim Gregory  539-1061
For those who have little or no experience, Jim will cover fundamentals of the full swing, short game, putting, and chipping and putting. Bring a wood, 9 iron, and putter. If you don't have any clubs, they will be provided free of charge.
Here's a chance to find out if golf is the sport for you.
(Jim is a PGA Golf Professional and is the golf professional at Stagg Hill Golf Course.)

Thursday, April 14, 21, 16-7pm
(enter 3 times)
Class Fee: $1, pay at registration
Materials Fee: $1, pay at class
Limit: Min. 4 / Max. 12

VOLLEYBALL FOR FUN (16 AND OVER)  R-9
Lois Morales  539-8667
Indoor volleyball can provide low-key competition, exercise and a great time. It doesn't matter if you are an advanced player or a beginner. Nets and balls will be furnished.
(Lois has played volleyball for many years.)

Tues. & Thur. Begins Feb. 2, 6:30-8:30pm (Unlimited)
Class Fee: $3, pay at registration
Materials Fee: $1, pay at class
Limit: Min. 1 / Max. None

Soaring High
LEARN TO FLY AT LOW RATES  R-10
Hugh Irvin  522-6311
The class will be an informational session to overview what is involved in learning to fly in general, and the advantages of the K-State Flying Club in particular. Options available for ground school and for flight training in the Manhattan area will be discussed. Introductory flight lessons and/or short sight-seeing flights at minimum cost will also be scheduled at this meeting.
(Hugh is an FAA certified flight instructor and a member of the K-State Flying Club.)
Saturday, Jan 23, 9am
Class Fee: $1, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

UP UP AND AWAY! HOT AIR BALLOONING  R-11
Dan and Patti Lawlor  539-3687
Explore the basics of hot air ballooning from inflation to chase and recovery. Learn about weather factors, pilot and crew responsibilities, and experience the thrill associated with hot air ballooning.
Possible hands-on experience to be arranged at a later date.
(Dan and Patti are members of the Great Plains Balloon Club in Topeka, and have been flying for three years.)

Thursday, March 24, 7-9pm
Class Fee: $5, pay at registration
Materials Fee: $1, pay at class
Limit: Min. 5 / Max. 25

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Thurs. 9-8 Sat. 9-5

Class locations will be noted on your receipt.
21
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<td>Visualization Workshop</td>
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<td>Zen, Introduction to</td>
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</table>

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

**UFM Class Fees:**
- All UFM classes are offered by volunteers. All fees will be used to help meet UFM operating costs.
- **Receipts:** After your registration form is processed, you will receive a receipt. This is your proof of payment. UFM will retain a copy.
- **Class Locations:** We reserve the right to change location of any classes that will be offered.
- **Registration Fee Exemptions:**
  - The following are exempt from the $2.00 registration fee that does not apply:
    1. If the student is 65 years of age or older
    2. If the student is a member of a religious or community group that provides financial support
    3. If the student is a member of a non-profit organization that supports student activities

**Refund Policy:**
- UFM will only give a refund if the student is unable to attend the class due to illness or other unforeseen circumstances.
- If you have any questions or concerns, please contact UFM.

---

**Take Two—Get One Free**

Register for two classes and select another class **Free of Charge**!

This free class is restricted to classes without a maximum limit, or on a space-available basis. (Call two days prior to the class date.)

---

**Registration:**

Four ways to register:

- **A. Walk-In:** Come to the UFM room, 1221 Thurston, during business hours (8 a.m. - 5 p.m.).
- **B. Mail-In:** Fill in your registration form and mail it to UFM, 1221 Thurston, Manhattan, KS 66502. Stamped, self-addressed envelope is appreciated.
- **C. Phone-In:** Call Visa or MasterCard only: 913-538-8763 during business hours to register immediately.
- **D. Sites:** See below:

<table>
<thead>
<tr>
<th>Site</th>
<th>Tel.</th>
<th>Description</th>
<th>Fee</th>
<th>Hours</th>
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<tbody>
<tr>
<td>Town Hall</td>
<td>913-538-8763</td>
<td>Manhattan Public Library</td>
<td>$20</td>
<td>Mon-Fri 9 a.m. - 9 p.m.</td>
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<tr>
<td>(6th St.)</td>
<td>785-233-9700</td>
<td>Manhattan Public Library</td>
<td>$20</td>
<td>Mon-Fri 8 a.m. - 9 p.m.</td>
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<td>(123 West</td>
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<td>Manhattan Public Library</td>
<td>$20</td>
<td>Mon-Fri 8 a.m. - 9 p.m.</td>
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<tr>
<td>Main St.)</td>
<td>913-538-8763</td>
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<td>(2nd Ave)</td>
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<td>Manhattan Public Library</td>
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**Class Schedule:**

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**ONE FORM PER PERSON**

**Name:**

**Street:**

**City:**

**Home Phone:**

**Apt:**

**Zip:**

**Work Phone:**

**SURVEY—Please check all that apply.

- Freshman
- Sophomore
- Junior
- Senior
- Graduate
- Student Spouse
- Handicapped

- Do you require class to meet in handicapped accessible place? 

- 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

**ONE FORM PER PERSON**

**Name:**

**Street:**

**City:**

**Home Phone:**

**Apt:**

**Zip:**

**Work Phone:**

**SURVEY—Please check all that apply:

- Freshman
- KSU Faculty/Staff
- Under 13 years
- 13-18 years
- Senior Citizen
- Fort Riley Personnel

- Do you require class to meet in handicapped accessible place?

- 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