Dear Friends:

"The ability to teach as well as learn is not a limited commodity but should be recognized as an abundant resource in everyone." These are the observations of Kay Stockman, recent K-State graduate and UFM volunteer.

The classes on the following pages represent the "abundant resources" of the volunteer teachers that are the core of the UFM philosophy. Enjoy yourself as you look over the class offerings. Come and share with these teachers.

Registration forms are on the back page.

With this catalog UFM says goodbye to Ennice Dorat who has coordinated the class offerings for two years. We wish her well in her new business ventures in Manhattan.

Welcome to Art Bathun, the new Coordinator of Educational Programs. Art is eager to hear your suggestions for future class topics and teachers.

We hope you will register for several classes and take note of the other opportunities such as the Lou Douglas Lecture Series, garden plots, or volunteering to help with home repairs for low-income homeowners.

A good time to register would be from 11am to 7pm on January 21 at the UFM House when you can join us at a chili feed to help raise operating funds for UFM.

Sincerely,

Richard Friesen
Executive Director

REGISTRATION SCHEDULE

* Registration forms are on the back page.

REGISTRATION SCHEDULE

* Registration forms are on the back page.

Wed. Jan. 18 K-State Union 10am - 2pm
Fri. Jan. 20 Manhattan Public Library 11am - 2pm
Sat. Jan. 21 University for Man 11am - 7pm
Mon. Jan. 23 K-State Union 10am - 2pm
Tues. Jan. 24 Manhattan Public Library 11am - 2pm
Wed. Jan. 2 K-State Union 10am - 2pm
Sat. Jan. 28 Manhattan Town Center 11am - 5pm
Sun. Jan. 29 Manhattan Town Center 2pm - 4pm
Sat. Feb. 4 Manhattan Town Center 11am - 5pm
Sun. Feb. 5 Manhattan Town Center 2pm - 4pm

Class locations will be noted on your receipt.
MAKING PADDED BASKETS  PA-4
Deb Rosspay  1-239-3026

Have you seen padded baskets at craft fairs but thought the price too high, or the color/shape not quite right for your needs? Well now you can make one to fit your own needs. Pick whatever size/shape basket you want to do and purchase enough material to loosely fit it. You can do inside, outside, or both if you prefer. If you want to trim with lace, ruffles, etc., please also buy enough of that to use wherever you want it. (NOTE: If you have a hot glue gun please bring it to class to speed production along.) Once you learn the basics, you can make these for yourself, friends, or for the craft fair yourself! So come, learn & enjoy! (Get took a class on this at Ben Franklin in 1986 and has made a variety of sizes and shapes since.)

Friday, April 28, 6:30-9pm
Class Fee: $9, pay at registration
Materials Fee: Varies depending on amount of additional supplies required ($1 per each square yard needed).
Limits: Min. 5 / Max. 19

MakinG PADDED BASKETS  PA-4
Deb Rosspay  1-239-3026

Have you seen padded baskets at craft fairs but thought the price too high, or the color/shape not quite right for your needs? Well now you can make one to fit your own needs. Pick whatever size/shape basket you want to do and purchase enough material to loosely fit it. You can do inside, outside, or both if you prefer. If you want to trim with lace, ruffles, etc., please also buy enough of that to use wherever you want it. (NOTE: If you have a hot glue gun please bring it to class to speed production along.) Once you learn the basics, you can make these for yourself, friends, or for the craft fair yourself! So come, learn & enjoy! (Get took a class on this at Ben Franklin in 1986 and has made a variety of sizes and shapes since.)

Friday, April 28, 6:30-9pm
Class Fee: $9, pay at registration
Materials Fee: Varies depending on amount of additional supplies required ($1 per each square yard needed).
Limits: Min. 5 / Max. 19

BASIC WOOD CARVING  PA-7
Larry Wisdom  539-2074

Introduction to basic wood carving, will include "relief carving", "carving in the round", and sharpening and care of tools. Carving blanks will be furnished and a $5 charge made for these items. Larry has taught many basic UFM wood carving classes. He is senior vice-president of the National Woodcarving Museum.

Tuesday, Feb. 14, 21, 28, & Mar. 7, 7-9pm
Class Fee: $9, pay at registration
Class Limit: Min. 2 / Max. 15

CERAMIC BEAD MAKING  PA-8
Ben Multlet  539-3686

Come learn the art of ceramic bead making. In this class we will discuss the tools used along with the materials used to make the making of beads. This is a demonstration class. (Ben is a collector, importer, silver-smith, and a facets demonstrator.)

Thursday, April 13, 7:30pm
Class Fee: $5, pay at registration
Class Limit: Min. 5 / Max. 10

TATTING - THE ART OF MAKING LACE  PA-10
Jeannie Fourreux  980-8086

Tatting, or 'crochetique' as the French call it, is a very old art. This process of making lace by loop ing and knotting a single strand of thread in small shuttle originated in Europe. Years ago tatters used very fine thread and made long picots to create a lacy effect. Modern tatting is cut shorter and fewer picots, uses heavier thread, and will produce a lace that can be made into a plastic tatted shawl, small tatted sham 30, crochet hook or needle, and a basic tatting instruction booklet. (Jeannie has taught tatting for UFM for many years.)

Thursday, Feb. 2, 9, 16, 7-9pm
Class Fee: $5, pay at registration
Class Limit: Min. 5 / Max. 10

Class locations will be noted on your receipt.
OFF TO VISIT THOMAS HART BENTON AND HIS CONTEMPORARIES PA-15
Diane Dollar 532-6605

The Art Department and the Friends of Art will be organizing another day trip to Kansas City to visit the Nelson-Atkins gallery. Cost includes bus fare, a breakfast of donuts, admission to the exhibition and a reoccurring tour trip. (This is Diana’s fourth year of traveling to exhibitions with an interested group. She hasn’t lost anyone yet.)

Prelecture: Monday April 17, 7:30pm
Trip: Friday, April 21, 7:30am-7:30pm
Lecture: $34, pay at door
Trip cost: $30.00
Limits: Min. 30 / Max. 45

SWING DANCE PA-19
Art Clark 539-4421

Are you looking for a foot-stompin’ good time? Take a spin with Art and do the charleston, jitterbug, and slides of your choice. Western swing dance. Join in the fun and learn a life-long way to keep in shape and relax. (Art has been teaching swing dance for eight years.)

Wednesday, Feb 8, 15, 6:30-8pm
(class meets 3 times)
Class Fee: $8, pay at registration
Materials Fee: None
Limits: Min. 20 / Max. 8

BALLROOM DANCING PA-20
Michael Bennett 776-7557

Learn the elements of Foxtrot, Waltz, Jitterbug, and Latin dances. This class will teach the basic steps of selected dances with variations so that you can “wow” your friends and be the dancer you’ve always wanted to be. (Michael has trained in Ballroom Dance at UC Berkeley, Renaissance Ballroom, San Francisco; All-Ball Ballroom, Oakland, CA; and Avenue Ballroom, San Francisco. In 1980 Michael was San Francisco Avenue Ballroom Jitterbug Champion.)

Mon & Wed., Begin Feb 1, 6:30-8pm
(ongoing)
Class Fee: $8, pay at registration
Materials Fee: None
Limits: Min. 10 / Max. 30

THE ART DEPARTMENT AND THE FRIENDS OF ART WILL BE ORGANIZING ANOTHER DAY TRIP TO KANSAS CITY TO VISIT THE NELSON-ATKINS GALLEY. COST INCLUDES BUS FARE, A BREAKFAST OF DONUTS, ENTRANCE TO THE EXHIBITION AND A REOCCURRING TOUR TRIP. (THIS IS DIANA’S FOURTH YEAR OF TRAVELING TO EXHIBITIONS WITH AN INTERESTED GROUP. SHE hasn’T LOST ANYONE YET.)

PRELECTURE: MONDAY APRIL 17, 7:30PM
TRIP: FRIDAY, APRIL 21, 7:30AM-7:30PM
LECTURE: $34, PAY AT DOOR
TRIP COST: $30.00
LIMITS: MIN. 30 / MAX. 45

SWING DANCE PA-19
ART CLARK 539-4421

ARE YOU LOOKING FOR A FOOT-STOMPIN’ GOOD TIME? TAKE A SPIN WITH ART AND DO THE CHARLESTON, JITTERBUG, AND SLIDES OF YOUR CHOICE. WESTERN SWING DANCE. JOIN IN THE FUN AND LEARN A LIFE-LONG WAY TO KEEP IN SHAPE AND RELAX. (ART HAS BEEN TEACHING SWING DANCE FOR EIGHT YEARS.)

WEDNESDAY, FEB 8, 15, 6:30-8PM
(CLASS MEETS 3 TIMES)
CLASS FEE: $8, PAY AT REGISTRATION
MATERIALS FEE: NONE
LIMITS: MIN. 20 / MAX. 8

BALLROOM DANCING PA-20
MICHAEL BENNETT 776-7557

LEARN THE ELEMENTS OF FOXTROT, WALTZ, JITTERBUG, AND LATIN DANCES. THIS CLASS WILL TEACH THE BASIC STEPS OF SELECTED DANCES WITH VARIATIONS SO THAT YOU CAN "WOW" YOUR FRIENDS AND BE THE DANCER YOU’VE ALWAYS WANTED TO BE. (MICHAEL HAS TRAINED IN BALLROOM DANCE AT UC BERKELEY, REnaissance BALLROOM, SAN FRANCISCO; ALL-BALL BALLROOM, OAKLAND, CA; AND AVENUE BALLROOM, SAN FRANCISCO. IN 1980 MICHAEL WAS SAN FRANCISCO AVENUE BALLROOM JITTERBUG CHAMPION.)

MON & WED., BEGIN FEB 1, 6:30-8PM
(ONGOING)
CLASS FEE: $8, PAY AT REGISTRATION
MATERIALS FEE: NONE
LIMITS: MIN. 10 / MAX. 30

THE ART DEPARTMENT AND THE FRIENDS OF ART WILL BE ORGANIZING ANOTHER DAY TRIP TO KANSAS CITY TO VISIT THE NELSON-ATKINS GALLEY. COST INCLUDES BUS FARE, A BREAKFAST OF DONUTS, ENTRANCE TO THE EXHIBITION AND A REOCCURRING TOUR TRIP. (THIS IS DIANA’S FOURTH YEAR OF TRAVELING TO EXHIBITIONS WITH AN INTERESTED GROUP. SHE hasn’T LOST ANYONE YET.)

PRELECTURE: MONDAY APRIL 17, 7:30PM
TRIP: FRIDAY, APRIL 21, 7:30AM-7:30PM
LECTURE: $34, PAY AT DOOR
TRIP COST: $30.00
LIMITS: MIN. 30 / MAX. 45

SWING DANCE PA-19
ART CLARK 539-4421

ARE YOU LOOKING FOR A FOOT-STOMPIN’ GOOD TIME? TAKE A SPIN WITH ART AND DO THE CHARLESTON, JITTERBUG, AND SLIDES OF YOUR CHOICE. WESTERN SWING DANCE. JOIN IN THE FUN AND LEARN A LIFE-LONG WAY TO KEEP IN SHAPE AND RELAX. (ART HAS BEEN TEACHING SWING DANCE FOR EIGHT YEARS.)

WEDNESDAY, FEB 8, 15, 6:30-8PM
(CLASS MEETS 3 TIMES)
CLASS FEE: $8, PAY AT REGISTRATION
MATERIALS FEE: NONE
LIMITS: MIN. 20 / MAX. 8

BALLROOM DANCING PA-20
MICHAEL BENNETT 776-7557

LEARN THE ELEMENTS OF FOXTROT, WALTZ, JITTERBUG, AND LATIN DANCES. THIS CLASS WILL TEACH THE BASIC STEPS OF SELECTED DANCES WITH VARIATIONS SO THAT YOU CAN "WOW" YOUR FRIENDS AND BE THE DANCER YOU’VE ALWAYS WANTED TO BE. (MICHAEL HAS TRAINED IN BALLROOM DANCE AT UC BERKELEY, REnaissance BALLROOM, SAN FRANCISCO; ALL-BALL BALLROOM, OAKLAND, CA; AND AVENUE BALLROOM, SAN FRANCISCO. IN 1980 MICHAEL WAS SAN FRANCISCO AVENUE BALLROOM JITTERBUG CHAMPION.)

MON & WED., BEGIN FEB 1, 6:30-8PM
(ONGOING)
CLASS FEE: $8, PAY AT REGISTRATION
MATERIALS FEE: NONE
LIMITS: MIN. 10 / MAX. 30

THE ART DEPARTMENT AND THE FRIENDS OF ART WILL BE ORGANIZING ANOTHER DAY TRIP TO KANSAS CITY TO VISIT THE NELSON-ATKINS GALLEY. COST INCLUDES BUS FARE, A BREAKFAST OF DONUTS, ENTRANCE TO THE EXHIBITION AND A REOCCURRING TOUR TRIP. (THIS IS DIANA’S FOURTH YEAR OF TRAVELING TO EXHIBITIONS WITH AN INTERESTED GROUP. SHE hasn’T LOST ANYONE YET.)

PRELECTURE: MONDAY APRIL 17, 7:30PM
TRIP: FRIDAY, APRIL 21, 7:30AM-7:30PM
LECTURE: $34, PAY AT DOOR
TRIP COST: $30.00
LIMITS: MIN. 30 / MAX. 45

SWING DANCE PA-19
ART CLARK 539-4421

ARE YOU LOOKING FOR A FOOT-STOMPIN’ GOOD TIME? TAKE A SPIN WITH ART AND DO THE CHARLESTON, JITTERBUG, AND SLIDES OF YOUR CHOICE. WESTERN SWING DANCE. JOIN IN THE FUN AND LEARN A LIFE-LONG WAY TO KEEP IN SHAPE AND RELAX. (ART HAS BEEN TEACHING SWING DANCE FOR EIGHT YEARS.)

WEDNESDAY, FEB 8, 15, 6:30-8PM
(CLASS MEETS 3 TIMES)
CLASS FEE: $8, PAY AT REGISTRATION
MATERIALS FEE: NONE
LIMITS: MIN. 20 / MAX. 8

BALLROOM DANCING PA-20
MICHAEL BENNETT 776-7557

LEARN THE ELEMENTS OF FOXTROT, WALTZ, JITTERBUG, AND LATIN DANCES. THIS CLASS WILL TEACH THE BASIC STEPS OF SELECTED DANCES WITH VARIATIONS SO THAT YOU CAN "WOW" YOUR FRIENDS AND BE THE DANCER YOU’VE ALWAYS WANTED TO BE. (MICHAEL HAS TRAINED IN BALLROOM DANCE AT UC BERKELEY, REnaissance BALLROOM, SAN FRANCISCO; ALL-BALL BALLROOM, OAKLAND, CA; AND AVENUE BALLROOM, SAN FRANCISCO. IN 1980 MICHAEL WAS SAN FRANCISCO AVENUE BALLROOM JITTERBUG CHAMPION.)

MON & WED., BEGIN FEB 1, 6:30-8PM
(ONGOING)
CLASS FEE: $8, PAY AT REGISTRATION
MATERIALS FEE: NONE
LIMITS: MIN. 10 / MAX. 30
The Lou Douglas Lecture Series honors the distinguished professor of political science who was instrumental in the development of UPM. 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

LIBERATING MOVEMENTS

February 14th - Nononde Ngubo - Ms. Ngubo is a representative of COSATU, a South African trade union. She will speak on the role of the unions in the struggle for black liberation in South Africa.

**********

February 28th - John Sweeney - Dr. Sweeney is an internationally known theologian and civil libertarian. He is presently associated with Dr. Paul's School of Theology, a United Methodist Seminary. He will speak on "Religion and Politics: Collaboration against Liberation."

**********

April 5th - Jonathan Kozol - Mr. Kozol has written several best sellers dealing with social issues such as illiteracy and the homeless. In Death at an Early Age, Illiterate America and Rachel and her Children, he has confronted America with social problems that many people would rather ignore. He will be speaking on "Where Stands the Republic? Literacy and Social Justice."

**********

April 18th - Ibrahim Abu-Lughod - Dr. Abu-Lughod is professor and chair of the political science department at Northwestern University and 1995 winner of the Northwestern outstanding teacher award. He has written numerous books and monographs including Arab Rediscovery of Europe and African Themes. He will be speaking on "The Palestinians: Nation-building in Stateless Conditions."

All lectures will take place at 7:30 in Forum Hall of the Union.

-------

RENUMENDOUS SELECTION OF BOOKS

Both Paper and Hardback
All popular categories including

- Cooking & Arts and Crafts
- Hobby and Collecting
- Current Fiction and Nonfiction

Save 25% Everyday on our Top 10 hardcover best sellers

Open 9:00 a.m. to 9:00 p.m. Mon. thru Sat.
Sunday 12:00 noon to 5:00 p.m.
Phone 539-3911
Quick special order service

-------

WRITING PHOTOGRAPHY

Pa-11

Crane Peck

Four workshops 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.

Classroom: Tues./Wed./Thurs./Tues.
April 18, 19, 20, 21, 7-9 p.m.
Field Trip: Sat. April 22, 9:30-4:00 a.m.
Class Fee: $45, pay at registration
Materials Fee: $10, pay at class
Limit: Min. 4 / Max. 12

EXPLORING BLACK & WHITE PHOTOGRAPHY

John & Carlene Kaiser

776-2133

The first session will be an introduction to the various film types and cameras. We will then experience taking pictures of a live model. The 35mm film will be provided -- you bring a 35mm camera. The final two sessions will cover film processing, printing, and critiquing our work.

Monday, Feb. 6-27, 7:30-8:30 p.m.
Class Fee: $8, pay at registration
Materials Fee: $10, pay at class
Limit: Min. 5 / Max. 10

WATERCOLOR PAINTING VIA PHOTOGRAPHY

Pa-13

Gene Ernst & Ernie Peck

Nearly camera 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 studio session. The studio sessions will select the painting subjects from color prints, make sketch compositions, value studies, and lay down the initial watercolor washes. Two complete watercolor paintings are expected including instructions on mats. Students must have a 35mm camera, a 24-exposure roll of color film, watercolor paints, brushes, and paper. The purpose of this class is to develop a photo method of subject selection and approach that fits the studio setting for the watercolor painting style.

(Ernie has taught photography frequently and is an accomplished painter. Ernie and Gene have co-taught watercolor classes for several years.)

Photo session: Sat., Apr. 19, 8:30-10:p.m.
Studio Painting Sessions:
Thursday, May 4, 7-9 p.m.
Tuesday, May 9, 7-9 p.m.
Thursday, May 11, 7-9 p.m.
Tuesday, May 16, 7-9 p.m.
Class Fee: $10, pay at registration
Materials Fee: None
Limit: Min. 3 / Max. 15

Class locations will be noted on your receipt.
MANHATTAN INNER FAITH SEMINARS

CREATION SPIRITUALITY

Dave Stewart

We will explore this newly popular but very old breed of spirituality that sees creation as God in action; that embraces and embraces creation as our home and is sensitive to the reality that is home for many other life forms; that seeks healing for creation's wounds from oppression and abuse. (Creation Spirituality by Matthew Fox required.)

Mondays, Jan. 23, 30, Feb. 6, 13, 7-9pm
Fee: $5, pay at registration
Location: First Presbyterian Church
301 Leavenworth

UNTERS-BRINGE TYPE TREATMENT

Susan Scott

You will take this personality inventory and then discuss the findings. Hyndra-Bridge analysis can help you understand yourself, how you function in the workplace, and how styles of personality affect our relationships.

Mondays, January 23 & 30, 11:45-1pm
Bring a sack lunch.
Fee: $5, pay at registration
Location: United Campus Ministry
1021 Watson Ave.

RELIGION IN THE SOVIET UNION TRADITION

Al Zimmerman

There is "Glassem" today in the USSR. How has religion and the church been affected? How have we viewed the Soviet Union and will share his observations, perspectives, and allies.

Wednesdays, Feb. 1,8,15, 7-9pm
Fee: $5, pay at registration
Location: First Congregational Church
700 Peary Ave.

EXPLORING RELIGION AND SPIRITUALITY THROUGH FILM

Susan Allen

This six-week series will focus on the world's many forms of spiritual or religious expression. A film featuring particular view/tradition (such as Tantrism, Christian mysticism, the "paranormal" world) will be shown followed by a discussion with a person of that faith.

Sundays, Jan. 27, Feb. 3, 7, 10, 17, 24, 7-9pm
Fee: $5, pay at registration
Location: United Campus Ministry
1021 Watson Ave.

MARKS OF THE HEART

Ron Rosecke & Sue Zachowe

Discuss the book which has been a best seller. What do Americans think about a religious experience? How important is it to be part of a church? Is religion a thing of the past? (Marks of the Heart by Bellah, et. al., required.)

Thursdays, February 9,16,23, 7-9pm
Fee: $5, pay at registration
Location: College Ave. United Methodist Church
1009 College Ave.

WOMEN AND RELIGION

Dorothy Nickel Frisen

What is the role of women in religion from ancient times to present? When was God a woman? What judges, prophets, evangelists, preachers and teachers were women in major religions?

Tuesdays, Feb. 21,28 & Mar. 7, 7-9pm
Fee: $5, pay at registration
Location: First Baptist Church
2121 Blue Hills Rd.

TRAITS OF A HEALTHY FAMILY

Jim McEleny

Dolores Curran, author, columnist, and parent educator, asked a broad spectrum of five hundred family professionals the question, "What are the common traits found in the healthy families you see?" With surprising unanimity, fifteen traits emerged. In this course we will discuss her survey, the traits it surfaced, and the implications for family life today.

Mondays, Jan. 23, 30 & Feb. 6, 7-9pm
Fee: $5, pay at registration
Location: First United Methodist Church
1114 Boyes

AMERICAN BAPTIST CAMPUS MINISTRY

BAPTIST CAMPUS CENTER
1801 ANDERSON
539-3051
Theology Classes, Resources in Social Issues, Sharing Groups, Personal Consultations, UFM Classes
Call for specific times and dates
CAMPUS MINISTER — DAVE STEWART

JUDAISM

Rudy Carellenburg

Our group discussions will center around fundamental Jewish religious, biblical, interpretive, rabbinical literature, ethics, philosophy, rites, symbols, and customs, and especially your questions and concerns.

Tuesdays, Jan. 24,31, & Feb. 7, 7-8:30pm
Fee: $5, pay at registration
Location: Jewish Congregation of Manhattan, 1509 Wreath

ASS AND THE CHURCH: MEDICAL, PERSONAL AND PASTORAL RESPONSE

Don Fallon

The frightening disease of AIDS touches our families and our congregations leaving isolation, fear and helplessness. This seminar will focus on understanding the disease, the emotional and spiritual pain experienced by persons and families living with AIDS, theological issues, and our pastoral responses to bring dignity and compassion.

Thursdays, February 2,9,16, 7-9pm
Feb. 2 — Larry McRae, M.D., Lafawa Health Center, EDU
Understanding AIDS, medical resources, and ethical questions from a medical perspective.

Feb. 9 — A family experience with AIDS, Becky and Steve Lutchenberg, whose son, Tim, died of AIDS. Author of The Walking Shadow.

Feb. 16 — Dan Fallon, Campus Pastor, EDU
Theological issues and a pastoral response.

RELIGION AND POLITICS

Melvin Gutierrez

Economic and social issues, political aspects of religious organizations, the politics of televangelists, constitutional issues and religious practices, economics and religion.

Thursdays, Feb. 23, Mar. 2, 7-9pm
Fee: $5, pay at registration
Location: University Christian Church
1800 Clearfit

UNITY Church
of Manhattan

Worship services at 11 a.m. each Sunday
10 a.m. Sunday school classes
Adult and children Speakers: Sharon Powers or students from the Unity School of Christian Science, Discussion groups discussing the principles of Unity at 6:30 p.m. each Sunday.
Meeting at UFM
1221 Thurston Street
Manhattan, KS.

Unity helps individuals find their own way to spiritual awareness.
Everyone is welcome.
MANUSCRIPT ANALYSIS 5-1
Miriam Field 539-5586
This class offers an overview of the craze known as handwriting. This is an
unique opportunity to learn more about yourself through analysis of your hand-
writing.
(Miriam is a certified graphographologist. She also teaches in-
depth introductory courses.)
Mondays, Feb. 27 & March 6, 7-9pm
Class Fee: $3, pay at registration
Materials Fee: None
Limiter: Min. 0 / Max. None

THINGS AREN'T ALWAYS WHAT THEY SEEM: THE EFFECT OF ATTITUDE ON BEHAVIOR 5-2
Martina A. Sanderlin
Did your boss’ comment make you angry or
did you become angry because of your
attitude about the comment? This course
will address the ways that attitude affects
what we experience and will provide some ways of changing counter-
productive attitudes. Class participants
will be expected to take part in discus-
sions and practical exercises. EIU
students should contact University
Counseling Services 532-6927, to enroll
without a class fee.
(Martina has a master’s degree in Coun-
seling Psychology and is currently
working on a Ph.D. in Humanistic Coun-
seling. She has worked in inpatient and
outpatient psychiatric settings for five
years before returning to graduate
school.)
Thursdays, Feb. 23-April 13, 7-8:30pm
Class Fee: $3, pay at registration
Materials Fee: None
Limiter: Min. 6 / Max. 12

EMOTIONAL SATURATION 5-2
Carolyn Gregorov, M.S.
In this class we will explore the Wooff Technique of Language and Metaphor,
guided imagery, mature blocked emotions, and deep breathing. You will gain insight into
your emotional saturation with these techniques. EIU students should contact
University Counseling Services 532-6927, to enroll without a class fee.
(Carolyn is a Doctoral student at EIU and has trained with Vernon Wooff, Ph.D.)
Mondays, Feb. 27 & March 6, 7-8:30pm
Class Fee: $3, pay at registration
Materials Fee: None
Limiter: Min. 3 / Max. None

SOCIO DRAMA AND PERSONAL PROBLEM SOLVING 5-4
Fred Sevton
Art Batheen
The use of role play and drama to act
out and solve human problems has been an
established method for affecting change
in human behavior. Socio drama is a
particularly powerful approach that
brings situations common to many people.
This workshop will introduce participants
to various strategies and techniques used
in socio drama and allow participants to
experience a demonstration of this
approach. This workshop is not meant as
a substitute for personal therapy. EIU
students should contact University Coun-
seling Services, 532-6927, to enroll
without a class fee.
(Fred Sevton is Director of the Kansas
State University Counseling Service and
licensed psychologist in Kansas. He is
interested in the use of creative strategies for personal change.)
Tuesdays, February 24 & 21, 6:30-9pm
Class Fee: $3, pay at registration
Materials Fee: $3, pay at class
Limiter: Min. 5 / Max. 10

OPENING SOON
THE KINDRED SPIRIT
BOOKSTORE, EDUCATION & WELLNESS CENTER
426 Houston, Manhattan
* Metaphysics self-help psychology and women’s literature
* Tapes, records & C.D.s
* Classes in wellness, self and spiritual development and metaphysics
* Practitioners of alternative wellness techniques

BOOK SHOP
Books  Magazines  Pipes & Tobacno
WestLoop Shopping Center 537-8025
Full Special Order Department
If you need it, we’ll try to get it for you.

LEARNING ASSERTIVE COMMUNICATIONS 5-6
Greg Brack 532-6927
Learning assertive communications will
help you learn the foundation skills of
assertiveness: knowing rights and re-
 sponsibilities, active listening, and
making” "I" statements. In small groups you will
practise these skills using role-play
focusing on common situations such as
having to state your opinion, make a
request, or say “No” etc. If you are a
EU student you must register by calling
532-6927, others register thru UFM.
(Greg is a Psychology intern at University Counseling Services and a
Ph.D. candidate in Counseling Psychology at Indiana University.)
Mondays, Feb. 6-March 13, 3-5pm
(ает 6 times)
Class Fee: $3, pay at class
Registration Materials Fee: $3, pay at class
Limiter: Min. 5 / Max. 10

ADVANCED TRAINING IN ASSERTIVENESS 5-6
Dori Lembert, Ph.B 532-6927
For individuals who have previously
participated in assertiveness training
groups and want to better apply these
skills to dealing with criticism and
anger—both for expressing and handling these issues. This is a self-help
learning experience incorporating atten-
tion to individual need of role-play.
After you register, you will be contact-
ed to discuss roles and location.
If you are a EU student you must register by calling
532-6927, others register thru UFM.
(Dori is a psychologist at University Counseling Services and has ten years of
experience in Assertiveness Training.)
Mondays, Jan.10-March 6, 6-8pm
(ает 6 times)
Class Fee: $3, pay at registration
Registration Materials Fee: $3, pay at class
Limiter: Min. 5 / Max. 10

MANAGING CONFLICT EFFECTIVELY 5-7
Marjorie J. Arem
The participants of this class will
learn to understand conflict and its
patterns; identify their method for
handling conflict; and learn techniques
for creatively managing conflict atten-
ations. Individuals may provide conflict
situations from family, business and/or
community organizations to use as part
of the class.
(Marjorie is a former Extension staff
member at EIU. She is presently owner-
operator of the Conflict Management Center.
A volunteer workshop presenter with the
Riley County Extension PCE-TEA.)
Thursday, March 16, 7-9pm
Class Fee: $4, pay at registration
Registration Materials Fee: $4, pay at class
Limiter: Min. 10 / Max. 20

PSYCHOLOGY OF SELF-MANAGEMENT 5-8
Joe Younger 532-6277
Learn the art of organizing yourself to
do what needs to be done when it needs
to be done. Increase your creative,
technical, and management skills.
(Joe is Manager Staff Training and Development, Kansas State University.)
Monday, May 8, 7-9:30pm
Class Fee: $4, pay at registration
Registration Materials Fee: None
Limiter: Min. 6 / Max. 12

Class locations will be noted on your receipt.
DEVELOPING A FORMULA FOR SUCCESS
Rona Drewes

Often we set our goals to achieve something. In this class we will look at goals and how we might achieve those goals. It is possible that not every goal is achievable, and some goals may need to be modified. The class will be held on a weekly basis.

Monday, Feb. 20, 1-4:30pm
Meet 10 times
Class Fee: $10, pay at registration
Materials Fee: None
Limiter: Min. 4 / Max. 20

GOAL SETTING
S-10
Joe Younger
522-6277

To get ahead, you have to have goals. Zig Ziglar is a master at telling audiences how to get ahead, how to achieve their goals. On this video, you will get step-by-step advice on how you can apply Ziglar's methods to your life.

Thursday, Feb. 23, 1-3pm
Class Fee: $10, pay at registration
Materials Fee: None
Limiter: Min. 4 / Max. 15

HOW TO DEAL WITH DIFFICULT PEOPLE
Tracey Fraser
532-6561

Do you have “problem” people in your life? Difficult boss, a tough teacher, an according condescending, and an exasperated employer. Explore specific strategies to deal with these types of people.

Saturday, Feb. 19, 10-noon & 1-3pm
Class Fee: $5, pay at registration
Materials Fee: None
Limiter: Min. 4 / Max. 10

TEENAGE ADDICTS—STOP THE CYCLE
S-15
Donna Edwards
776-0885

Learn how to recognize symptoms of teenage alcoholism and drug abuse and discrimination. Specific areas to be covered: the illusions of intervention, specific disorders for the teen and family. Intervention gets the help and supports that are growing up naturally.

Tuesday, March 22, 1-4pm
Class Fee: $5, pay at registration
Materials Fee: None
Limiter: Min. 3 / Max. None

BODILY LANGUAGE IN THE WORKPLACE
S-12
Frank (Skip) Saul
532-6850

This class will examine the role of body language in workplace settings, including nonverbal communication, and interpersonal communication. It will also be useful in understanding the workplace (sexual harassment, etc.).

Wednesday, March 22, 1-3pm
Class Fee: $20, pay at registration
Materials Fee: None
Limiter: Min. 3 / Max. None

PARENTS SUPPORT GROUP FOR LEARNING DISABILITIES
Jeanie Gustafson
S-13

I have recently taken a class in Therapy for the Learning Disabled child. I have seen many enabling behaviors that are common to today's society. I want to share with others some of methods I have developed in working with this group.

Saturday, Feb. 4, 10-noon & 1-3pm
Class Fee: $25, pay at registration
Materials Fee: None
Limiter: Min. 4 / Max. 15

EATING DISORDERS SUPPORT GROUP
S-17
Tish Hardister

The main purpose of this group is to provide a “support system” for persons eating disorders. Present members of this group will be recovered from anorexia and bulimia but are willing to understand the nature of eating disorders. The group is informal and non-confrontive setting.

Thursday, Feb. 2, 1-3pm
Class Fee: $25, pay at registration
Materials Fee: None
Limiter: Min. 2 / Max. None

CALL AHEAD WE'LL HAVE IT READY
Home of the Kitchen Sink
2115 S. 3rd Ave., Manhattan, Phone 532-2441
1445 Anderson Ave., Manhattan, Phone 532-2445

FINDING YOUR CHILD'S LOVE
S-14
Donna Edwards
776-3885

This event will focus on ways to help your child succeed. It will involve discussions about strategies for teaching, learning, and discipline.

Wednesday, March 22, 1-3pm
Class Fee: $20, pay at registration
Materials Fee: None
Limiter: Min. 3 / Max. None

WE GET IT RIGHT, WHAT WE CAN DO
S-16
Martha A. Sanderlin

It takes more than just to make us sick. Human beings are wonderfully complex creatures whose physical functioning is influenced by many factors. It is important to understand the factors involved in illness and present strategies for enhancing wellness.

Thursday, Feb. 2, 1-3pm
Class Fee: $20, pay at registration
Materials Fee: None
Limiter: Min. 4 / Max. 20

STRESS MANAGEMENT
S-18
Gregory Brack, M.S.
532-6927

This one session seminar will introduce participants to the concepts involved in stress management. Demonstrations illustrating stress management techniques will also be provided. Stress-related symptoms are encouraged to attend and see what alternatives are available for dealing with everyday life. Students should contact University Counseling Services, 532-6927, to enroll without a fee.

Greg (a Psychology Intern at University Counseling Services) has been interested in Stress Management after years of being overly stressed.

Wednesday, Feb. 2, 1-3pm
Class Fee: $20, pay at registration
Materials Fee: None
Limiter: Min. 5 / Max. 25

INSURANCE AGENCY
WILSON
and Charles
INSURANCE AGENCY
1445 Anderson Ave., Manhattan, Phone 532-2445
2115 S. 3rd Ave., Manhattan, Phone 532-2441
--630-1600
For all your Insurance needs.
505 Foxhills
Suite 205
550 Foxhills
Suite 205
205
This is for people with a fairly wide range of physical disabilities — autistic, paraplegics, amputation, heart problems, etc. Much of the time you’ll be practicing strategies you can begin using right away, along with learning a little different view of the stresses in your life. We’ll also have time for you to share any tried-and-true strategies you’ve found useful.

We will discuss and explore the ability to communicate with others as a valuable skill. In this presentation, you will practice different methods of communication, such as touch, non-verbal, body language, facial expressions, vocabulary, speech, etc. Listening skills will also be covered.

(‘155, the facilitator, has been involved with the Extension Rosenaker Program for 20 years. She is an active volunteer, a certified PCL instructor, and has conducted 4-H Leader Learning Labs.)

Tuesday, March 9, 7-9pm
Class Fee: $4, pay at registration
Materials Fee: None
Limits: Min. 10 / Max. 20

YOU’RE A GATEKEEPER!

Nancy Anderson
333-0443

This thirty minute presentation will show you how to identify a vulnerable individual in the home and why it is important to keep the gate of community support open. At the end of the presentation you will be given an opportunity to ask questions about this program and about other aging services in Riley County.

(Lovisa has studied and used T.E. as a method of wellness since 1980 and received her practitioner’s license in 1984. She is also the Co-owner of Wellness Unlimited.)

Saturday, March 4, 6:30am-5:30pm
Class Fee: $20, pay at class
Materials Fee: $3, pay at class
Limits: Min. 2 / Max. 8
CLOTHES: THE OUTER EXPRESSION OF THE INNER BEING S-25

Kate Cashman

In this class we will focus on our wardrobes as an integral part of our appearance, how the clothes we choose to wear reflect a great deal about us. We browse every day -- too often our selections are a source of discomfort. Let's explore dressing as an expression and affirmation of the self. Wear a favorite from your wardrobe and bring a clothing catalog you like.

Wednesday, Feb. 15 & 22, 7:30-9pm  
Class Fee: $5, pay at registration 
Materials Fee: None 
Limits: Min. 4 / Max. None

WOMEN OVER 50: SUPPORT GROUP S-24

Cathie Hay  
532-6927

Women over 50 are ESU students who discuss perceptions and skills related to aging, sexuality, academic preparation, contributions to society, creativity, and any other topic of current interest. Members are determined by life stage rather than strict age. New members may join and select time of meeting for the group. 50 women are eligible according to ESU figures -- come join us. ESU students should contact University Counseling Services, 532-6927, to enroll without a class fee. (Cathie was last a full time student in 1969. She is counselor for the group, courtesy of University Counseling Services.)

Tuesdays, Feb. 7, 12:00-1pm  
Class Fee: $3, pay at registration  
Materials Fee: None 
Limits: Min. None / Max. None

WOMEN IN TRANSITION GROUP S-25

Joyce Woodford  
532-6927

We will focus on needs of non-traditional women college students and on needs of women considering a career change or a return to school. Some topics will be time management, self-defeating behaviors, health, communication, values, and career choice. ESU students should contact University Counseling Services, 532-6927, to enroll without a class fee. (Joyce has worked with this group several times and always enjoys it.)

Wed., Feb. 8 - April 26, 4:30-6pm  
So class on March 15 & 22  
(meets 10 times)  
Class Fee: $5, pay at registration  
Materials Fee: $10, pay at class 
Limits: Min. 6 / Max. None

WOMEN WHO FEEL GUILTY S-27

Dianne Parrote

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. (Dianne has become very aware of the sociological pressure to accept misplaced responsibility and guilt.)

Wednesday, February 1, 7-9pm  
Class Fee: $4, pay at registration  
Materials Fee: None 
Limits: Min. 3 / Max. None

KANSAS BUFFALO E-3

Kenneth Visser  
461-5745

The buffalo, proclaimed the Kansas state animal, is a fascinating creature. Learn about these gentle beasts so important in Kansas History -- what they eat, what their habits are, and how they act on the prairie. You will see slides of a 2500 pound hard ball as well as a baby calf. A field trip will be planned after this introductory class so you can see actual buffalo in their natural environment. (Kenneth was an animal caretaker for the buffalo at Fort Riley, Kansas, during 1986 & 1987.)

Friday, February 3, 7-9pm  
Class Fee: $5, pay at registration  
Materials Fee: None 
Limits: Min. 4 / Max. None

BEGINNING ASTRONOMY E-1

Larry Paris  
537-3221

Ever wonder about the universe? What is a galaxy? Where are we? How can we 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!)

Friday, February 10, 8pm  
Class Fee: $5, pay at registration  
Materials Fee: $3.50, pay at class 
Limits: Min. 4 / Max. None

NATURE TRAIL VALE E-2

Tim Rose  
784-5535

Do you enjoy exploring native Kansas woodlands, but hate fighting dense undergrowth? If so, then come and enjoy a guided tour along the newly established Kaw Valley River Nature and History Trail. Over 50 native plants are identified on this nine-long cleared trail located in the Kansas River bottomlands behind the old historic First Territorial Capitol 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 three years. He has an interest in Kansas history and its native plants.)

Saturday, April 15, 10am-1pm  
Class Fee: $3, pay at registration  
Materials Fee: None 
Limits: Min. 1 / Max. 15

KRYSTALLOYS

"Beautiful objects from the earth."

Specializing in Sterling Silver Jewelry  
Crystals & Crystal Jewelry  
Unique Gifts

1215 MORO, MANHATTAN, KS 66502  
913 538-0380

10 Class locations will be noted on your receipt.
PRARIE WILDFLOWERS E-4
Gena Towne 539-0353
This area of Kansas has many wildflowers. We will take a short hike through our prairie and learn the identifying characteristics and some interesting tidbit information about our local wildflowers. Saturday, May 6, 10am Class Fee: $1, pay at registration Materials Fee: None Limit: Min. 10 / Max. None FORZ AL NATURE TRAIL E-5
David Hartsock 776-9597
We will take a 2.5 mile guided hike on the new nature trail at Forza Prairie. The trail traverses numerous habitats including gallery forests, successional old-fields, and lowland and upland tallgrass prairie. A 30 minute slide show about the natural history of the prairie will also be presented. (Dave is a professor of Botany at KSU and Researcher at Forza Prairie.) Saturday, May 6, 9am-Noon Class Fee: $5, pay at registration Materials Fee: None Limit: Min. 6 / Max. 20 RAVEN RIVER NATURE & HISTORY TRAIL FLOWER AND SEEDLED OUTINGS E-6
Jeff Brown 537-9403
We will be making a one mile circuit of the Ravyn River Nature & History Trail, looking for wildflowers. In addition to seeing what differences there are in the flora and fauna of this heavily forested ravine bottom area, you will get a chance to ride in the field trip chair of the Northern Flint Hills Audubon Society this year. Sec. 1: Sunday, Feb. 5, 1-3pm Sec. 2: Sunday, April 9, 1-3pm Class Fee: $4, pay at registration Materials Fee: None Limit: Min. 2 / Max. 25 FIELD TRIP TO GLACIAL AREA OF PRAIRIE DU CHIEN COUNTY E-7
F.C. Lansing 537-7599
How do you know that glaciers visited Kansas? By the rocks from Minnesota they left behind. We will visit northerly Pettis County to collect glacial material: agate, jasper, quartzite, petrified wood and others, some of which may be of gem quality. Bring something to drink and a container for rocks so you can be a rockhound for the day. (Dr. Lansing is a long-time member of the Mahan Tank Mineral, Gem and Fossil Club which is sponsoring this class.) Saturday, April 8, 9am-Noon Rain Date: Saturday, April 15 Class Fee: $5, pay at registration (Children under 13, can accompany parents free of charge) Materials Fee: None Limit: Min. 4 / Max. None KREEK KUP STORE
ICE CREAM + SANDWICHES
OLD TOWN MALL SHOPPING CENTER
1 mile south of campus
37 Years of Service Open Year-Round

FRUITY PINE CONES ARE BUSHES E-11
Evelyn and Howard Campbell
Bases will provide beauty year after year if they are looked after properly. Pruning is one of the most important tasks in taking care of your pines. Learn how to prune your bushes to achieve healthy growth and beautiful roses. Saturday, March 11, 10:30am Class Fee: $5, pay at registration Materials Fee: $1, pay at class Limit: Min. 2 / Max. 8
PROPAGATING YOUR HOUSE PLANTS E-12
Evelyn and Howard Campbell
Learn how to grow healthy, flourishing plants from cuttings. Many plants can be easily propagated giving you an endless supply of your favorite house plant to beautify your house or give to others as gifts. Monday, March 13, 7pm Class Fee: $5, pay at registration Materials Fee: $2, pay at class Limit: Min. 2 / Max. 8
CROWNING HERBS E-13
Howard & Evelyn Campbell
Would you like to pick fresh herbs for your cooking? Learn how to raise, dry, and store herbs for your own use or for gifts for your family and friends. We will explore new ways to use your dried herbs and you will also take a few plants home. (Howard and Evelyn have been raising herbs for five years. The are both seniors in horticultural therapy at K-State.) Monday, April 17, 7pm Class Fee: $5, pay at registration Materials Fee: $4, pay at class Limit: Min. 2 / Max. 10
RECYCLING GARDENING E-14
Evelyn Campbell 539-8765
This class is designed for those who are beginning gardeners. We will discuss starting a garden, its use and purpose, and the mechanics of its care and maintenance. Monday, April 3, 7pm Class Fee: $5, pay at registration Materials Fee: $2, pay at class Limit: Min. 2 / Max. None
FLOWER ARRANGING DEMONSTRATION E-15
Evelyn and Howard Campbell
Let your creative abilities flow. Learn how to turn the natural beauty of flowers into works of art. An attractive flower arrangement enhances your decor and will be the envy of your friends. (Evelyn & Howard are seniors in horticultural therapy at K-State.) Monday, March 20, 7pm Class Fee: $4, pay at registration Materials Fee: $5, pay at class Limit: Min. 2 / Max. 5

Class locations will be noted on your receipt.
COMMUNITY

539-8763
1221 Thurston

GRAND TOUR OF HISTORIC FT. RILEY C-1
Step back into the history of Ft. Riley, one of the oldest military posts. The sites you will see on your tour arc the Carter House, U.S. Cavalry Museum, the historic buildings and parade grounds of Main Post, the Buffalo Coral, the Post Cemetery and the First Territorial Capitol. This tour is open to 5th & 6th grade students accompanied by adults. Sunday, March 12, 1:30-3:30pm Class Fee: None Travel Fee: To be determined Materials Fee: None Limit: Min. 10 / Max. 44

HISTORIC TOUR OF FT. RILEY C-2
Step back into the history of Ft. Riley, one of the oldest military posts. The sites you will see on your tour are the Carter House, U.S. Cavalry Museum, the historic buildings and parade grounds of Main Post, the Buffalo Coral, the Post Cemetery and the First Territorial Capitol. Wednesday, March 22, 1:30-3:30pm Class Fee: None Travel Fee: To be determined Materials Fee: None Limit: Min. 10 / Max. 44

STARTING YOUR OWN BUSINESS C-3
Bill Edson, Bernie Butler
Do you dream of being your own boss? Are you ready to attempt to start a business? Many people think so. In fact, thousands of new businesses are started every year, and most of them fail within the first year. The question is, what 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. Bernie will discuss how to finance your new business through loans or other capital. There will also be time for questions. (Bill is the president of the Union National Bank and Bernie is a Pizza Hut Franchisee.) Monday, February 27, 7pm Class Fee: $5, pay at registration Materials Fee: None Limit: Min. 5 / Max. None

STARTING A HOME-BASED BUSINESS C-4
Fred Rice 532-5529
This class will cover everything you need to know about starting, planning, and launching the right home-based business. Topics include developing a business plan, financing, taxes, start-up time, and techniques, and sources of assistance. Learn how to turn your skills and energy into a profitable venture. (Fred is the Director of the KSU Small Business Development Center (SBCD) and has counseled hundreds of home-based business owners.) Friday, March 31st, 9am-4:30pm Class Fee: $8, pay at registration Materials Fee: $6 (for book). Please pay materials fee at registration. Limit: Min. 5 / Max. None

PERFORMANCE EVALUATION FOR SMALL NON-PROFIT ORGANIZATIONS C-5
Arthur Rathbun 539-8763
Evaluating the performance of employees in small non-profit organizations is as important as it is in any other organization. The method used is somewhat different from that used in other organizations. This course will deal with methods that can be used effectively in small non-profit organizations. It will also deal with ways to gain employee cooperation in this process. (Art has a M. Div. in Theology, an M.S. in Counseling, and is a Ph.D. student at K-State. He has, for a number of years, been a consultant for small non-profit organizations. Currently he is Educational Coordinator at UNM.) Thursday, May 4 & 11, 7:30-9:00pm Class Fee: $10, pay at registration Materials Fee: None Limit: Min. 5 / Max. 20

OPENING A BED AND BREAKFAST C-6
Fred Rice 532-5529
Learn how to open and operate a Bed & Breakfast. Topics include assessing your skills and your facility, analyzing your market, licenses and permits, and the essentials of hospitality administration. Weigh the risks and rewards of being a Bed & Breakfast host. (Fred, Director of the KSU Small Business Development Center, has helped hundreds of small businesses get started in Kansas.) Saturday, April 22, 8:30am-6:00pm Class Fee: $10, pay at registration Materials Fee: None Limit: Min. 4 / Max. None

WE KNOW COPYING FRONTWARDS AND BACK.

Two-sided copying is only one of the special services we offer you at Kinko's. To find out more, call our staff. They have a friendly, helpful, professional attitude you won't find anywhere else.
Kinko's Write on your side. Either one.

kinko's
1329 Anderson
537-7340
OPEN 24 HOURS

12 Class locations will be noted on your receipt.
NEED IT? RENT IT!  FROM MANHATTAN'S MOST COMPLETE RENTAL CENTER

Dental Center, Inc.
1927 Fort Riley Boulevard
(913) 537-2250

- Moving Equipment
- Wedding Planner Accessories
- Home Decor
- Trucks & Trailers
- Construction
- Automotive

TOUR 1988 TAX RETURN C-12
Rene J. Radil 537-4505

This seminar will cover the information necessary for filing your 1988 income tax returns. Topics to be covered will include itemized deductions, filing status, exceptions, 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.)

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

UNDERSTANDING MEDICARE & HEALTH INSURANCE C-13
Elaine Johannes 770-9234

What does Medicare cover? What doesn't it cover? What changes were made in January this year? These and other questions will be answered at this evening's session. Medicare supplement insurance will also be highlighted. (Elaine Johannes has worked with the Area agency on aging since 1982 and has helped people from all 18 county areas solve their medicare problems.)

Thursday, April 6, 7pm
Class Fee: $5, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

CATASTROPHIC COVERAGE ACT OF 1988 C-14
Rene J. Radil 537-4505

The Medicare Catastrophic Coverage Act of 1988 Explained! Congress has increased taxes by 13% (up to an extra $1,400 per couple). A slide presentation will explain the highlights of this coverage and what Medicare enrollee's premiums will be. Recommendations will be presented that may help people reduce this cost.

Representative of Kadow & Reed, Inc., a subsidiary of IM/United, a national financial services organization dedicated to serving the financial planning needs of individuals, families, businesses and organizations.

Monday, February 6, 7:30-8:30pm
Class Fee: $5, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

THE JOB MARKET OLYMPICS C-15
Tracey Freaser 537-6561

Entering the job market for the first time - re-entering the job market after a long absence? Learn how to present yourself. During this series of classes, we will review resumes, practice interviewing and discuss the realities of job searching.

(Tracey has a masters degree in counseling from KU. She is coordinator of the Single Parent/Displaced Homemaker Program.)

Tuesday, May 2, 6, 7:30pm
Class Fee: $5, pay at registration (scholarships available)
Materials Fee: None
Limit: Min. 4 / Max. 8

FINANCES AND JOB CHANGES C-16
Willa Schuh 532-6761

Attention, all people who are considering a job change. Explore and learn the importance of financial preparation prior to making a job change. This class will focus on basic financial needs.

(Willa has her B.S. in Family Economics, and is working on her Master's Degree in Adult & Continuing Education. She also serves as the Financial Counselor for Riley County Community Corrections and Assistant Coordinator of Single Parent/Displaced Homemaker Program.)

Thursdays, April 15 & 20, 7-9pm
Class Fee: $5, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

STUDENT FORUM FOR CAREER CHANGE C-18

Arthur Ratchbas 350-8763
Suzanne Knorr 532-6244

Designed for student heads-of-households who are going to college or change careers. Non-traditional student roles can be complicated - finding a job, school, and family responsibilities coupled with a new identity as a student can be challenging. Come share your tips for success, your concerns, your suggestions for seeded programming, and your strategies for change with other non-traditional students and with representatives from various K-State service agencies, Representatives from K-State's PENIX Adult Student Program and Farm & Home Assistance Counseling and Training Service (FACTS) will be available, as well as others. Class will cover strategies for change, available resources, and career considerations.

Your experience and ideas may be of tremendous help to other students. (Suzanne Knorr, a Ph.D. candidate and a student head-of-household. She is also the Director of K-State's PENIX Adult Student Program.)

Thursdays, February 2 & 9, 7-9pm
Class Fee: None
Materials Fee: None
Limit: Min. 4 / Max. None

FOR WOMEN ONLY -- MONEY MANAGEMENT C-9
Rene J. Radil 537-4505

More and more women are or will be in a position of taking an active role in their family finances, either through their career, a divorce, or loss of their spouse, therefore, it is essential that you understand the importance and the basics of money management. Through discussion and slides, we will learn about investments, insurance, retirement programs, and wills.

(Rene is a Registered Representative of Waddell & Reed.)

Sec. 1: Tues., Feb. 28, 7-9pm
Sec. 2: Tues., March 14, 7-9pm
Class Fee: $5, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

BASICS OF INVESTING C-10
Rene J. Radil 537-4505

This is a three-part workshop to help individuals learn how to become financially independent. We will start with the basic concepts of when and how to start an accumulation program, and cover risk management, cash reserves, and income and growth investments. We will also study how personal preferences and economic factors, as well as inflation and taxes, have an impact on investments. At the conclusion of this workshop each participant will have his/her own completed, personalized financial plan. (Rene is a Registered Representative of Waddell & Reed, one of the largest financial planning organizations in the United States with over $7 billion under management.)

Thursdays, Feb. 9, 16, 23, 7:30pm (meets 3 times)
Class Fee: $5, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

WOMEN'S MANAGEMENT SEMINAR C-11
Fred Freeby 537-4505

This class will cover the following topics:
- Structuring savings, investments and insurance programs for today's world.
- Lower taxes today while providing future dollars for education or retirement.
- The impact of inflation and how to make it work for, rather than against, one's financial plan.
- Affordable ways of investing and saving regardless of one's budget.
- And much more.......

(Fred is a Senior Account Executive at Waddell & Reed Inc., and has over 12 years experience in financial planning.)

Monday, February 13, 7:30-9pm
Class Fee: $5, pay at registration
Materials Fee: None
Limit: Min. 5 / Max. 30

Class locations will be noted on your receipt.
COLLEGE FOR THOSE PAST 18-20 C-19
Susanex Knorr 532-6624
Vandy Wolfe 532-6624

What to Do If You’re Over 18 and Interest in Going to College. This class is geared toward non-traditional learners (those out of school, married, or with dependents) interested in going to college but unsure about how to get started. We will discuss admissions, enrollment, registration, financial aid, scholarships, housing, selecting a major, exam anxiety, course offerings, transfer credit, student services, juggling time (family, home, and school), student employment opportunities, and strategies for success.

Suzanne, a single-parent and Ph.D., who is the director of E-State’s Penn's Adult Student Program. Vandy, a graduate student at E.U., works full-time in E-State’s Admissions Office as a transfer coordinator.

Sec. 1: Thurs., March 3, 7-9pm
Sec. 2: Sat., May 6, 2-4pm
Class Fees: $5 payable at registration
Materials Fees: None
Limits: Min. 5 / Max. 12

THE OMLS HOSTENVARY C-20
Tracey Fraser 532-6651
Susanex Knorr 532-6634

This group will allow OMLS (Older Males Learning Students) to examine common issues and develop effective leadership strategies to initiate change. The facilitators will assist members to identify their strengths and modify their weaknesses. Specific leadership styles and strategies will be reviewed. Great facilitators will aid the group.

(Tracey and Suzanne both work with adults returning to school at E-State. Tracey coordinates the Single Parent Development Program, and Suzanne directs the PENS program.)

Tuesday and Wednesday
Feb. 21, 4:30-11pm
Feb. 22, 11:30am - 1pm
Class Fees: None
Materials Fees: None
Limits: Min. 4 / Max. None

REAPPRAISAL AND CLASSIFICATION C-22
Sam Schmid 537-6330

With the passage of reappraisal in 1985 and classification amendment to the constitution in 1986, we now have totally new appraisal process that affects our school taxes. We will review the total process to give you a better understanding of appraisal and how this affects you.

(Sam has been a Riley County Appraiser since 1979. He previously was the Butler County Appraiser. He has been involved in the business since 1970 and is a Certified Kansas Appraiser, a Certified Kansas appraiser, and a member of the International Association of Assessing Officials.)

Tuesday, March 2, 7-9pm (meets 4 times)
Class Fees: $5, payable at registration
Materials Fees: None
Limits: Min. 5 / Max. None

THE FEDERAL BUDGET AND RILEY COUNTY C-25
League of Women Voters

Individuals and organizations will learn how to research how changing federal budget priorities affect Manhattan and Riley County. This information will be used in a public hearing to be held later.

(The League of Women Voters wants to encourage citizen participation in the federal budget process.)

Saturday, January 21, 10-noon
Class Fees: None
Materials Fees: None
Limits: Min. 3 / Max. None

CURRENT TOPICS IN E.R. GERMANY C-26
Christof Stett 532-5730

We will discuss and analyze current issues related to the Federal Republic of Germany. In the first class there will be a short introduction of Germany today, its economy, and foreign relationships. Examples of classes to follow are: Political Parties and Developments, and the Common European Market.

(Christof is a Fulbright Scholar from Germany. He has had many different political experiences in various fields. His personal interests are in engineering, philosophy, and history.)

Thursdays, Begins Feb. 2, 7-9pm
Class Fees: $5, payable at registration
Materials Fees: None
Limits: Min. 5 / Max. None

HANSEN NUTRITION CENTER

"DIET CURES WHAT DIET CAUSES"

- Natural Food Supplements
- Natural Fruit and Vegetables
- Natural Minerals
- Natural Acid Cleaners
- Natural Personal Care Products
- Natural Herbs and Nutrients
- Natural Health and Beauty Care Products
- Natural Diets

MON.-SAT. 9:30 to 8
537-4571
130 JARODSON AVE. (ACROSS FROM VILLAGE PLAZA)
RECYCLING  C-37
Dave Sarsen 1-499-5311
The problem of solid waste disposal is "のが cloud over the Kansas River Basin. The Riley County Landfill has long been filled in and is now towering thirty feet above the flood plain. Efforts are now underway to close the landfill and find an alternative solution to the avalanche of trash being trucked in daily. This class will focus on recycling, the terminology, types of plastic that are recyclable, separation of glass, aluminum cans, paper, methods of collecting and marketing will all be discussed. This has to be looked at sometime or night as well start now.
(Dave is starting up Oak Grove Recyclers and needs 42,000 pounds of plastic jugs. Do you have any you do not use?)

Tuesday, March 28, 7pm
Class Fee: $2 pay at registration Materials Fee: None
Limits: Min. 4 / Max. 10

PREVENTION PROGRAMS FOR TODAY'S YOUTH  C-29
Donna Edwards 716-0865
Has your child participated in Project Star? Has your child's teacher seen through school teen testing, intervention training? Are you aware of TWINS? Is there a "Just Say No" club, or SADD group in your school? This project parent what can you do to help your child make good choices in drinking alcohol and other drug use. This session will provide an overview of the different prevention programs that may be available to you as a parent, or offered through the schools in your community. (Donna is the school/community consultant for the Northeast Kansas Regional Prevention Center for Riley County. She is also a Doctoral candidate in the College of Education at ESU.)

Wednesday, March 1, 7:30-9pm
Class Fee: $1, pay at registration Materials Fee: None
Limits: Min. 6 / Max. 15

GUARDIAN AND CONSERVATOR  C-30
Jean Thath
Were you aware that Kansas law differentiates between "guardian" and "conservator"? We will look at what a guardian can and cannot do, and the responsibilities of a conservator. We will also discuss accountability to the Kansas courts who appoint the guardian and/or conservator. The class format will be informal discussion with time allowed for questions and answers. (Jean has been working with guardianship and conservator issues for four years as a coordinator for an individual. She is also the Project Coordinator of the Kansas Guardianship Program with Kansas Advocacy and Protective Services in Manhattan.)

Tuesday, March 14, 7pm
Class Fee: $5, pay at registration Materials Fee: None
Limits: Min. 3 / Max. None

SNR RENGLANDERS IN THE WORKPLACE: VICTIMS SERVICES AND RESPONSES  C-31
Tracey Fraser 2-5561
Single parents, displaced homemakers and all other folks in transition (men & women) - come explore your abilities, talents and personality. Discover what new career direction you would find most rewarding. Calling all challenging! This class will be free for new career beginning. (Tracey has a masters degree from KU in counseling. She is coordinator of the Single Parents/Displaced Homemaker Program.

Wednesday, April 1, 19, 26, 7-9pm
Class Fee: $5, pay at registration Materials Fee: $1, pay at class (scholarships available)
Limits: Min. 4 / Max. 10

BEGINNING GENEALOGY  C-33
J. Harvey Littrell 359-2646
Where are the roots of your family tree? Do you know anything about your ancestors before your grandparents were born? Learn the tricks of the trade so we find out where and how to research the elusive past. This class is for beginners who want some 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. (J Harvey is a retired ESU professor. He is currently the editor of the Riley County Genealogical Society quarterly, Kansas Eng.)

Mondays, Feb. 6 & 13 7-9pm
Class Fee: $5, pay at registration Materials Fee: $2, pay at class
Limits: Min. 5 / Max. 15

ADVANCED GENEALOGY  C-34
J. Harvey Littrell 359-2646
This class is designed for students who have had Beginning Genealogy or who have had practical experience. We will be concerned with sources for different kinds of information, specialized techniques for making genealogical decisions, and organizing and publishing your genealogical data. (Harv is a retired ESU professor. He is currently editor of the Riley County Genealogical Society quarterly, Kansas Eng.)

Mon. & Tues., Feb. 20 & 21, 7-9pm
Class Fee: $5, pay at registration Materials Fee: $2, pay at class
Limits: Min. 5 / Max. 15

Class locations will be noted on your receipt.

CONTINUING EDUCATION  C-28
Spring 1989 - Credit workshops for health care professionals

EATING DISORDERS
Leader: Gary Boxer, M.D., psychiatrist, Mary Kaye, R.N.C., TAMMI Hawke, LSCSW, Robin Waldner, LMSW
Anorexia, bulimia and obesity are eating disorders experienced by adults, adolescents and even children. Symptoms, medical risks, psychological components, and treatment options for the three types of disorders will be addressed. Cost, $30. Six continuing education credits (CEU)

February 19, 20 7:30-9pm 2 CEUs
March 19, 20 7:30-9pm 2 CEUs
April 19, 20 7:30-9pm 2 CEUs

MANAGING MENTAL CRISIS: OFFERING HELP IN MANHATTAN
Leader: Mary Hermann, M.A., Mental Health Chaplain/Psychologist
How to help a friend when someone is suffering under mental distress. Cost, $15. Three CEUs

February 18, 7:30-9pm 3 CEUs
March 18, 7:30-9pm 3 CEUs
April 18, 7:30-9pm 3 CEUs

DEPRESSION IN THE ELDERLY
Leader: Kathy Pearce, M.S., Aging Specialist and Steven Ehalen, M.D., psychiatrist, Medical Director for Pawnee Mental Health Services
Depression is the most common mental health problem experienced by the elderly. Intervention can alleviate the suffering for many people. This workshop will suggest treatment approaches for several specific settings. Cost, $15. Three CEUs

February 11, 7:30-9pm 3 CEUs
March 11, 7:30-9pm 3 CEUs
April 11, 7:30-9pm 3 CEUs

Pawnee Mental Health Services 2001 Cliffftt
Manhattan, KS 66502

REGISTER by calling Linda Johnson at 539-5337. Or mail your request to attend specific workshop and payment to Continuing Education, Pawnee Mental Health Services, 2001 Cliffftt, Manhattan, KS 66502. (Make checks to Pawnee Mental Health Services.)

Continuing Education workshops are a service of the Mental Health Resources Division; Pawnee Mental Health Services. For information about service training for your school or business and programs on mental health topics for organizations call Barbara Hauser, at 539-5337.
CAREER EMPLOYMENT OPPORTUNITIES C-32

Deb Kogstrom 539-0934

Persons with disabilities have proven to be reliable, productive members of the work force. Learn about ways to integrate them into your work site and receive financial and other benefits to your business.

(Deb has been a special education teacher in USD 283 for 8 years. She has a special interest in vocational training and job placement for moderately and severely handicapped.)

Thursday, March 20, 7:30-9pm
Class Fee: $4, pay at registration
Materials Fee: None
Limits: Min. None / Max. None

STARLIGHT NIGHT OUT C-35

Erica Dorst, Evelyn Campbell

This is an organizational meeting for women who would like to get together with other women for a regular night out. Activities could include going to the movies, concerts, bowling, playing cards, or any other activity of interest to the group.

Tuesday, March 21, 7pm
Class Fee: None
Materials Fee: None
Limits: Min. 3 / Max. None

WEDNESDAY MOVING PLAY GROUP C-36

Diana Hatch 776-9221
Barb Stork 529-1379

This is an ongoing "Support Group" for at-home mothers. Pre-school age children play while moms visit with other adults. Mothers are responsible for their own children, so no separation is necessary. During nice weather, we will meet outside and during the colder months we will meet in homes of participants. This group has been in existence for about ten years.

Register and you will be contacted for first meeting.
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. None / Max. None

EARLY MANHATTAN PERSONALITIES C-37

Lowell Jack 776-8851

This is not a history lecture. It is a 55-minute lecture about individuals important to early Manhattan. For several years it has been the initial class session for the Future Manhattan Leadership class. (Lowell is the general manager for EMERGENCY. He is a former Manhattan Mayor and President of Riley County/Manhattan Bicentennial Commission. He is also a member of the Riley County Historical Museum Building Committee.)

Tuesday, February 21, 7pm
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 6 / Max. None

NORTH AMERICAN INDIANS C-38

Darrell 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. (Darrell is very interested in the American Indian for over 30 years and has studied their culture both formally and informally.)

Tuesdays, Feb. 14 & 21, 7:30-8:30pm
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 5 / Max. 12

EUROPEAN CULTURES C-39

David Garvin 539-0331

Do you dream of Paris in the spring, catching a glimpse of the Queen in London or maybe sitting down the Rhine? It really is not as expensive as you might think. You is the time to take advantage of low fares and the strong dollar and take that once-in-a-lifetime trip. We will discuss the cheapest ways to travel and staying at fun places that you can afford.

(David has been in the travel tourism business for 11 years.)

Thursday, Feb. 16, 7:30pm
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. None

BEGINNING FENCING R-6

James Eicher

En Garde! Learn basic fencing skills with foil, epee, or saber. Fencing is one of the oldest sports known to man. It began with the ancient Romans in preparing for battle. Now, it has come to Manhattan, Kansas. Modern fencing is an exciting sport. The emphasis is on skill rather than brute force. Men and women of all ages are welcome. Come cross swords with a better fencer. (James began fencing in the Philadelphia area with one of the top clubs in the nation, DALEL GITZBA. He has fenced in the National Championships in Phoenix, Arizona, and Chicago, Illinois, and is currently a ranked foilist.)

Wednesdays & Saturdays, Begins Feb. 1
Wed. - 7:15pm, Sat. - 2pm, (ongoing)
Class Fee: $12, pay at registration
Materials Fee: $10, pay at class
Limits: Min. None / Max. 30

RECREATION

539-8763
1221 Thurston

ON MY ACHING BACK R-1

Jackie Macnabold

This class will be a discussion, and practice of exercises for prevention of back aches and good posture. We will include some lifting techniques, as well as other helpful hints. Please dress comfortably and be ready to relieve your aching back.

(Jackie is a practicing Physical Therapist with the skill and knowledge to "set you straight!"

Tuesday, Feb. 14, 7:30-9pm
Class Fee: $7, pay at registration
Materials Fee: None
Limits: Min. None / Max. None

HATHA YOGA R-5

Jeannie Cantaniade

Learn the basic postures, stretching, breathing, and relaxation techniques of Hatha Yoga that can be beneficial at any age. When combined, these techniques will increase your mind/body connection and awareness. Please wear loose clothing and bring a small blanket, beach towel, or exercise mat.

(Jeannie has practiced yoga for the past 20 years. She received her teacher's certificate from Yoga East Teachers Training Program in 1974 in Louisville, Kentucky. The Director, Maia Trigg, was certified by Richard Hittleman. Maia Trigg also studied under Swami Vishnunata Svassana.)

Mon. & Weds., Begins Feb. 1, 11am-12noon
(ongoing)
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 6 / Max. 15

THE PATHFINDER

HEADQUARTERS FOR OUTDOOR EQUIPMENT SPECIALISTS

1111 Moro St. 539-5639
Appleton/Madison
Mon-Thu. 9am-9pm, Fri-Sat. 9am-8pm
Thur. 9th. 9am-6pm

Bicycles + Backpacks
Skis + Snowboards + Skis Rental
Boots + Packs + Snowsuits
Sleeping Bags
Camping Equipment

16 Class locations will be noted on your receipt.
If you are always starting physical fitness program, but have problems staying with them, this class is for you! We will discuss how to start and stay with your program. Emphasis will be on aerobic conditioning through running, cycling, and swimming. Other topics we will cover are stress, vomiting, types of equipment and gear. (Michael has been a recreational runner since 1974. He is also a triathlon competitor.)

Thursdays, April 13, 20, 27, 7-9pm (4 weeks)
Class Fee: $10, pay at registration
Materials Fee: None
Limit: Min. 5 / Max. None

GOLF FOR BEGINNERS E-3
Jim Gregory 339-1041
For those who have little or no experience, Jim will cover fundamentals of the full swing, short game/pitching, and chipping and putting. Bring a wood, 9 iron, and putter. If you don't have clubs, they will be provided free of charge. Here's a chance to find out if golf is the sport for you!
(Jim, a PGA Golf Professional, is the golf pro at Sagam Hill Golf Course.)

Thursdays, April 13, 20, 27, 6-7pm (4 weeks)
Class Fee: $6, pay at registration
Materials Fee: $1, pay at class
Limit: Min. 4 / Max. 12

Volleyball for Fun (16 and Over) E-4
Luis Morales 339-8807
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. (Luis has played DI volleyball for many years.)

Tues. & Thurs. Begins Feb. 7
6:15-7:10pm (Ongoing)
Class Fee: $5, pay at registration
Materials Fee: None, pay at class
Limit: Min. 6 / Max. None

FUNDAMENTS OF KAYAKING
MAY-CRUS ADVENTURES R-11
Rex Reploge 337-2643
Experience the challenge of kayaking! Through video clips, demonstrations, lectures, and lots of hands-on experience, we will study equipment, paddle techniques, first-aid procedures, and practice American Red Cross safety techniques. The class meets at an indoor pool. All handouts, textbooks and equipment are provided.

Sundays, Feb. 5, 12, 9-11am
Class Fee: $5, pay at registration
Materials Fee: $10, pay at class
Limit: Min. 4 / Max. None

INTERMEDIATE KAYAKING WORKSHOP R-12
Rex Reploge 337-2643
This workshop is for those kayakers who have some experience and want to improve their skills. Informal critiques will be provided on a one-on-one basis. No indoor pools. Some are available for rest at the pool, or you can bring your own.

Swt. I: Sunday, Jan. 29, 9am-1pm
Sect. II: Sunday, Mar. 5, 9am-1pm
Class Fee: $10, pay at class
Materials Fee: $2.50, pay at class
Limit: Min. 6 / Max. None

KANSAS RECREATIONAL CANOEING R-13
David Hartnett 776-9597
Instruction on basic canoeing techniques will be incorporated into Sunday afternoon trips to nearby lakes, streams, and rivers. Participants may provide their own canoe and equipment, or rental arrangements can be made. The spring schedule will be set in the spring meeting. Families and individuals are welcome.
(David is a professor of Botany at KU and has been canoeing for years throughout various parts of the U.S.)

Mon., March 6, 1:30-4:30pm
(organization meeting)
Class Fee: $6, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. 12

BIG CANOE ON THE BIG RIVER R-14
Jeff Brown 337-9403
An exciting trip is being planned, taking about twenty people on a canoe-paddling excursion down the Missouri River in W. Kansas. Travel will be in 26-foot replicas of early-day Missouri boats that carry 6-12 people. This trip will carry us through a little-bit of history, as well as encounters with interesting scenery and wildlife in the 25 miles we paddle. The put-in/guide for this trip, Tom Garsen, is well-traveled in Missouri River lore and has traveled down the Missouri on many similar trips. (Jeff is currently Field Trip Chairman in the Northern Flint Hills Audubon Society and is interested in the foyers of the 19th and 19th centuries.)

Sat., May 20, (all day)
You will be met at departure site
Class Fee: $15, pay at registration
Materials Fee: approx. $20, pay at class
Limit: Min. 12 / Max. 20

Class locations will be noted on your receipt.
ITALIAN COOKING
Laura Virgil
776-7213
Cooking the Italian way. In this class we will make two mouth-watering dishes. One is Rigatoni alla matriciana, a spaghetti dish with homemade sauce using fresh tomatoes, bacon, and red pepper. The second delightful dish will be Scaloppine al pinaste, veal with tomatoes, cheese, and parsley. This dish is similar to pizza.
(Laura was born in Italy and has been in the states for 3 months. While living in Italy she worked in a restaurant and learned many Italian recipes.)
Friday, Feb. 10, 6-8pm
Class Fee: $6, pay at registration
Materials Fee: $5, pay at class
Limits: Min. 2 / Max. 7

ADVANCED EWNG FU
(THAI RU LUNG STYLE)
This class is available for those who wish to learn kato, application of kato, self-defense, awareness drills, and sparring. Please contact Stan Wilson, 539-7723.

FOOD
539-5763
1221 Thurston

DE BE COQUILLARIA
Ron Zerrer
539-9495
What did Ancient Romans eat? How was it cooked? Did Romans eat as we do today? Through the Sciences of History and Archeology we now have recipes for foods nearly 2,000 years old. Learn how to prepare succulent antedid chicken and other surprises from the ancient kitchen.
(Sue has traveled extensively through Asia, Europe, and the Mediterranean. She is a fan of the ancient Romans and has been cooking Roman meals for his family and friends for some years.)
Tuesday, March 21, 6:30-9:30pm
Class Fee: $6, pay at registration
Materials Fee: $1, pay at class
Limits: Min. 2 / Max. 8

BEGINNING EWNG FU
(THAI RU LUNG STYLE)
Stan Wilson
539-7723
Pei Tu Lung is a Thai Lung style combining hard, soft, and internal methods. Beginners will learn basic techniques, some self-defense drills, one-step sparring, and if we have time, the three short forms. Wear comfortable clothing. (Stan has studied martial arts for 17 years, is a black belt, and also a member of the Fat family. He is the author of "Advanced Techniques of the Thai Raum Fist, a Thai Lung manual and video set.")
Tues. & Thurs. Begins Feb. 2, 7-8pm (Ongoing)
Class Fee: $14, pay at registration
Materials Fee: $2, pay at class.
Limits: Min. 3 / Max. None

INTRODUCTION TO KARATE
Joel Cramer
537-7090
This course will cover the basics and is for those who do not know anything about karate, but really want to learn. Karate is not easy and requires hard work, practice, patience, and perseverance. Please wear loose clothing that you do not mind getting sweaty.
Mon/Wed/Fri. Feb. 1- Feb. 27 6-9:30 pm (waist 12 inches)
Class Fee: $12, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. None

BEGINNING CANDY MAKING
Debra Roopmy
1-239-3026
Would you like to make candies for family and friends that say cost you at least $5 for just 1 lb? Come learn about the variety of things you can make which can taste better and more attractive than store-bought candy. We will make candy for all occasions, festivals, and holds. We will stress Valentine candy ideas in the February class, and Easter 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 quality food too! (Deb took a basic candy decorating class from Mrs. May's Cake and Candy Store in Denver in 1982, and has had fun making candy ever since. She'll show you how to make various candies in various styles. In Kansas City and Denver.)
Sect. I: (Valentine Candy) Friday, Feb. 3, 5:30pm
Sect. II: (Easter Candy) Friday, March 10, 6:30pm
Class Fee: $5/Sect, pay at registration
Materials Fee: $1, pay at class
Limits: Min. 5 / Max. 10

Donated materials help UPN hold down its overhead costs. Can you help us with way of the following needs?
- Folding tables and chairs for classrooms
- Color TV and VCR
- IBM-compatible computers
- Home repair tools
- Garden tools
- Good Cooks

Your donations are tax deductible.
CONVERTING YOUR KITCHEN TO A WHOLE FOODS KITCHEN  P-3
Elisa Stiefel 537-8150

Learn how to prepare several wholesome, low-calorie dishes, including entrees, soups, salads, and desserts. Recipes and samples provided. Come hungry!

Learn basic cooking techniques and teaching about whole foods for about 5 years. She has a degree in Nutrition from Colorado State University.

HEALTHY COOKING: LIGHT AND NATURAL  P-4
Elisa Stiefel 537-8150

Learn about basic wholegrains in your diet, how to cook them, how to use them, where to purchase them, and more. Samples provided. Come hungry!

(Elisa has a Bachelor's degree in Food Science & Nutritional Science from Colorado State University. She has been cooking and teaching about whole foods for the past 5 years.)

CLASSES  P-5
Eliza Stiefel 537-8150

Learn about basic wholegrains in your diet, how to cook them, how to use them, where to purchase them, and more. Samples provided. Come hungry!

(Elisa has a Bachelor's degree in Food Science & Nutritional Science from Colorado State University. She has been cooking and teaching about whole foods for the past 5 years.)

Tuesday, Feb. 7, 7-9pm
Class Fee: $5, pay at registration Materials Fee: $5, pay at class LImit: Min. 5 / Max. 12

MALTBEER MUFFINS  P-6
Eileen Schofield-Barkley 599-8312

Don't settle for the tasteless muffins sold in stores! Learn how easy it is to make your own delicious muffins. We'll bake and taste several kinds in class. Recipes will be provided, plus a collection of muffin cookbooks to take home.

(Freshly baked muffins are Eileen's favorite Sunday breakfast and she has been collecting recipes for several years.)

Saturday, February 18, 10am-noon
Class Fee: $5, pay at registration Materials Fee: $5.00, pay at class Limit: Min. 4 / Max. 19

THE LIQUOR STORE THAT GIVES YOU A CHOICE

Manhattan's Wine Store
Imported & Domestic Wines & Champagnes
WINES OR LIQUOR BY THE SINGLE BOTTLE OR BY THE CASE
Discounts on Full Case Purchases

BIG SELECTIONS
- Cold Beer
- Cold Kegs
- Cold Wines
- Cold Wine Coolers
- Light Alcohol Beverages

537-8219
1129 Bluemont
We Will Sell No Beer Before You Pay For It

CUPCAKE DECORATING  P-7
Jo Rodriguez 537-8817

Have you always wanted to be able to decorate your own cakes? In this class you will learn how to decorate a cake from a professional. Bring a preferred cake to class (white 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.

(Studied cake decoration in Chicago and taught cake decorating for many years. She also does wedding cakes to order.)

Monday, Feb. 27, 6:30-8:30pm
Class Fee: $4, pay at registration Materials Fee: $5.00, pay at class Limit: Min. 10 / Max. 10

DECORATING SUGAR EGGS  P-8
Deb Beagry 1-239-3026

Have you seen Sugar Eggs at Easter or other holidays and wished you could make them? If you have never done Sugar & Candy Egg Decorating (kit by Wilson), please bring it to class; if not, a few will be furnished by instructor. (We have a brand new kit that will be sold at a cost of $6 each to anyone who cannot find them in Manhattan & would like a kit.) Although most often seen at Easter, the Sugar Egg can be used all year round, depending upon what you put in it and how you decorate the outside. Many pictures will be furnished to give you ideas—these are all from shows that Deb has attended in Beaver, Kansas City, and Texas.

(Deb took a class from 3D Penneys in Denver on Sugar Eggs and has made a variety since then.)

Friday, March 17, 6:30-9pm
Class Fee: $4, pay at registration Materials Fee: $5, pay at class Limit: Min. 10 / Max. 10

Aggie Hair Shapers

776-3600

Men's and Women's Hair Styling
- Haircutting
- Permanent Waves
- Electrolysis (permanent hair removal)
- Manicuring
- Nail Filing

Class locations will be noted on your receipt.
H.O.M.E.

HOME OWNERSHIP - THE AMERICAN DREAM  H-1

Jerry Lowenstein  537-2298

How has the "American dream" of ownership changed during the past decade of disinflation or deflation? What should the nation do to address the affordability of housing? What does an individual need to consider when shopping for a home in an altered economic environment? A flexible forum of general or specific nature adapted to the stated needs will be addressed at first meeting.

(Terry has 20 yrs. experience in mortgage lending and observing the evolution/revolution in housing.)

Tuesday, April 11, 7-9pm
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 5 / Max. 25

CHILDPROOFING YOUR HOME  H-2

Laurel Burnett  776-3200

Have you ever thought that your child or toddler could open a cabinet or door and entangle themselves? What causes children poisoning? How do children hurt themselves? In this class Laurel will surprise you with the many startling ways to safeguard children in the home through "childproofing".

(Laurel is a Registered Nurse and is the Emergency Room Supervisor at Memorial Hospital. Having dealt with emergency situations which occurred in the home environment, she is well aware of situations to the environment which can prove hazardous.)

Tuesday, April 14, 7-8:30pm
Class Fee: $5, pay at registration
Materials Fee: Note
Limits: Min. 3 / Max. None

HOME FIRE SAFETY  H-3

Larry Mack, Fire Marshall  537-0205

Home fire safety course will cover all areas of fire safety including smoke detectors, fire extinguishers, planning an escape plan, and a demonstration of fire problems around the home and how to prevent them. Class participants will be given a tour of the Headquarters Station's facilities as well as the firefighting equipment.

(Larry has been with the Manhattan Fire Department for 20 years and presently is Fire Marshal for the department. As Fire Marshal, part of his job responsibility is fire education.)

Wednesday, March 1, 7-9 pm
Class Fee: None
Materials Fee: None
Limits: Min. 6 / Max. None

KITCHEN PLANNING  H-4

Mary E. Tucker  537-8605

Whether you're building or remodeling, you can make a good kitchen even better. The information you need on how to do it will be presented in a three hour session with an emphasis on making your kitchen meet the needs of your family.

(Mary E. Tucker recently retired from Kansas State University as Extension Housing Specialist in the Department of Clothing, Textiles and Interior Design. Her expertise is in family needs in housing. She developed Kitchen Planning teaching material that is used throughout Kansas.)

Sect. 1: Sat., Feb. 11, 9am-noon
Sect. 2: Tues., March 14, 9am-noon
Class Fee: $9/Sect, pay at registration
Materials Fee: $3, pay at class
Limits: Min. 6 / Max. 10

BASIC ELECTRICAL WIRING  H-8

Paul Burke

This class is a MUST for anyone who does own home repair work! We will discuss different types of electrical problems and how they can be solved. Learn how to change receptacles, switches, three-way switches and phone calls.

(Paul has over 30 years experience in electrical work and is currently working in OSP #363 maintenance department.)

Tuesdays, May 2 & 9, 7 pm
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 1 / Max. 15

BASIC WOODCRAFT  H-7

Gary Knight

Ever wanted to build a wooden birdhouse or bird feeder? What about the chair you need fixed but can't afford the furniture repairman? Why not make your bookshelves, table or patio holder? In this class you will learn basics of woodworking and some basic tools. Applied to making beautiful things from wood.

(Gary has worked with wood(s) for 20 years — it numbers jobs demanding carpentry skills.)

Mondays, March 27-April 17, 7-8pm
(Same time as 3 times)
Class Fee: $10, pay at registration
Materials Fee: Depends on project limits.
Limits: Min. 6 / Max. 12

BASIC HEATING & COOLING EQUIPMENT maintenance  H-8

Ted Aymon  537-1450

In this class we will familiarize you with the care and maintenance of your heating and cooling equipment. We will discuss what to look for during operation and how to call when you need to call a professional.

(Ted is presently a heating and cooling mechanic in Manhattan.)

Tuesday, April 12, 9-8pm
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 3 / Max. None

CHILLI FEED  january 21, 11am-7pm

1221 Thurston

$3/person

Register for classes and have a bowl of chilli.

This is a fundraiser for UFM.
FOR KIDS ONLY

539-8763
1221 Thurston

PAPER-MAICH
$5-1
Jennifer Martin
539-8763
Loisie Caflin
539-8763
Old newspapers are always in vogue. In this class we will create fun sculptures using old newspapers and glue. After we've created the sculptures we will have time to dry, we will paint them and give them that true to life look. (Jennifer is a K-State student studying Elementary Education. Loisie is interested in the area of arts and crafts and loves children.)
Saturday, March 11, 1-3pm
Class Fee: $5, pay at registration
Materals Fee: None
Limits: Min. 8 / Max. 20

CHILDREN'S NATIVE AMERICAN OVERSIZED FARP I (ages 5-12)
$5-2
Pat Sebera
539-3189
Jackie Link
539-7608
This is an introduction for children to participate with nature in Yellow American ways. We will learn to honor the earth through the ceremonial use of sage, corn dancing, dancing, sand painting, and the medicine wheel. We will meet in a yard where we can play games in and around the trees and rocks. We will learn to relate to our brother/sister animal and plant friends as the Indians did and still do. Parents are welcome. Part II will be offered in the summer catalog on June 24, in combination with the summer solstice. (Jaye & Pat have been doing this workshop series for UPM and other groups upon request for a couple of years.)
Saturday, May 13, 10am-noon
Class Fee: $5, pay at registration
Materals Fee: None
Limits: Min. 4 / Max. None

STRESS MANAGEMENT FOR CHILDREN (ages 10-13)
$5-3
Sunice Dorch
539-6187
We all know that good wellness habits include managing stress in a positive way. Healthy children can also suffer from the effects of stress resulting in poor concentration, behavioral problems, or ill health. During this course, children will learn the effects of stress, identify stressors in their lives, discuss how they can handle stress, and learn techniques to handle their stress in a positive way. Parents will receive a notebook each week explaining the techniques and it is important that the children are encouraged to practice the exercises between each class. Please wear loose, comfortable clothes.
(Music has taught UPM classes for the past 4 years.)
Wednesdays, Feb. 15-March 1, 6:30-8pm
(3 weeks)
Class Fee: $5, pay at registration
Materals Fee: $1, pay at class
Limits: Min. 3 / Max. 10

BEGINNING MEDITATION FOR TEENAGERS
$5-4
Sunice Dorch
539-6187
We will discuss and practice various meditation techniques, and the benefits associated with regular meditation. Please wear loose comfortable clothes.
(Music has taught UPM classes for the past 4 years.)
Wednesdays, March 8 & 15, 6:30-8pm
Class Fee: $5, pay at registration
Materals Fee: $1, pay at class
Limits: Min. 3 / Max. 10

SIT DOWN DOG TRAINING/DOG TRICKS
$5-5
Cheryl May
Teach your old dog new tricks—or your new dog some old tricks—in this class for kids age 6-10 and dogs over 6 months. You will learn the basic obedience skills—heeling, the sit, down and stay commands—plus a few "dog tricks". Bring your dog, a 6-foot leash or nylon lead, and a "choke" chain training collar.
(Cheryl teaches advanced obedience for the Riley County 4-H/FF Club. She will be assisted by junior leaders from that group.)
Thursday, May 11, 6:30-8pm
Class Fee: $4, pay at registration
Materals Fee: $10
Limits: Min. 5 / Max. 9

MICROWAVE COOKING FOR KIDS
(Ages 8-10)
Sharon Fehring
539-6185
Microwave cooking for kids will explore how food is cooked in a microwave oven; how to prepare the oven properly; and safety as it relates to food preparation and microwave cooking. Recipes for simple snacks and quick meals will be included. Class members will cook a simple lunch and snack in the microwave oven.
(Sharon is an Extension Agent in Riley County and works with the Home Economics and 4-H Youth programs.)
Tuesday, March 14, 10:30-12:30pm
Class Fee: $4, pay at registration
Materals Fee: $1, pay at class
Limits: Min. 10 / Max. 15

COOKIES FOR KIDS
$5-6
Jennifer Maughen
Theresa Mathson
Cindy Jones
Eveindly enjoys eating cookies, but making the cookies can be fun too! In this class we will learn to make three different types of cookies. Each section will make a different area. After making the cookies we will turn into cookie monsters and gobble them up.
Sect. I: Sat., Feb. 11, 1:30-3:30pm
Sect. II: Sat., Feb. 18, 1:30-3:30pm
Sect. III: Sat., Feb. 25, 1:30-3:30pm
Class Fee: $5, pay at registration
Materals Fee: $3/Sec., pay at class
Limits: Min. 5 / Max. 8

CAKES FOR KIDS
$5-7
Kim Wilson
Students will learn the modified basics of Paul's Long Range Cakes and some methods of self-defense for younger people age 5-12. Children age 12 should join the adult class. (Does taught a children's class for two years at Fort Riley.)
Beginna Saturday, Feb. 4, 2-3pm
Class Fee: $8, pay at registration
Materals Fee: $2, pay at class
Limits: Min. 6 / Max. 12

CHILDREN'S SPRING GARDENING
$5-8
Dr. Richard Mattson
Children from the ages of 5-12 will be assigned individual and group gardens. They will learn planting, soil preparation, weeding, harvesting, and other cultural practices throughout the growing season.
Starts Saturday, April 22, 10am
Class Fee: None
Materals Fee: None
Limits: Min. None / Max. None

FORT RILEY HISTORICAL SOCIETY'S STORY TIME
$5-9
If your child enjoys hearing stories about the horse cavalry days of Fort Riley and military life in the old times, then bring them to Fort Riley Historical Society's Story Time. No admission charged for Story Time. This is a good activity for younger ages four to eight.
Sunday, March 19, 1:30-2:00pm
Class Fee: None
Materals Fee: None
Limits: Min. 5 / Max. 10

Reduce the Risk of alcohol and other drug abuse for children and youth
Programs, resources, training for parents, schools, community leaders, organizations. Alcohol and drug information—drug free alternatives—life skills—social policy—intervention
Call 539-7180 Beth Hughes, Coordinator
Northeast Kansas Regional Prevention Center
2001 Cliffm Manhattan, KS 66502
KANSAS TOWARD A DRUG-FREE KANSAS
Call 539-7180 (TDD 539-7182)

Class locations will be noted on your receipt.
Class locations will be noted on your receipt.
<table>
<thead>
<tr>
<th>INDEX</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TITLE</strong></td>
</tr>
<tr>
<td>Addict, Teenage</td>
</tr>
<tr>
<td>AIDS and the Church</td>
</tr>
<tr>
<td>Akido</td>
</tr>
<tr>
<td>Art, Collecting</td>
</tr>
<tr>
<td>Assentiveness, Advanced</td>
</tr>
<tr>
<td>Astronomy, Beginning</td>
</tr>
<tr>
<td>Attitude On Behavior</td>
</tr>
<tr>
<td>Back, Aching</td>
</tr>
<tr>
<td>Bad  Making, Ceramic</td>
</tr>
<tr>
<td>Bed and Breakfast</td>
</tr>
<tr>
<td>Bloomington Convention Forum</td>
</tr>
<tr>
<td>Body Language</td>
</tr>
<tr>
<td>Business, Starting a</td>
</tr>
<tr>
<td>Cake Decorating</td>
</tr>
<tr>
<td>Calligraphy, Beginning</td>
</tr>
<tr>
<td>Calligraphy, Right-Handed</td>
</tr>
<tr>
<td>Candy Making, Beginning</td>
</tr>
<tr>
<td>Canoeing, Kansas</td>
</tr>
<tr>
<td>Canoeing Big River</td>
</tr>
<tr>
<td>Career Change, Student</td>
</tr>
<tr>
<td>Catastrophic Coverage</td>
</tr>
<tr>
<td>Childproofing Your Home</td>
</tr>
<tr>
<td>City Government</td>
</tr>
<tr>
<td>Clocks</td>
</tr>
<tr>
<td>College</td>
</tr>
<tr>
<td>Communication Skills</td>
</tr>
<tr>
<td>Communications, Assertive</td>
</tr>
<tr>
<td>Conflict</td>
</tr>
<tr>
<td>Cookies for Kids</td>
</tr>
<tr>
<td>Cooking, Healthy</td>
</tr>
<tr>
<td>Cooking, Italian</td>
</tr>
<tr>
<td>Covered Albums, Making</td>
</tr>
<tr>
<td>Decale, Swing</td>
</tr>
<tr>
<td>Dancing, Ballroom</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>De De Cognizance</td>
</tr>
<tr>
<td>Difficult People</td>
</tr>
<tr>
<td>Early Marriage</td>
</tr>
<tr>
<td>Eating Disorders</td>
</tr>
<tr>
<td>Emotional Maturity</td>
</tr>
<tr>
<td>Employment, Creative</td>
</tr>
<tr>
<td>F.P. German</td>
</tr>
<tr>
<td>Federal Budget</td>
</tr>
<tr>
<td>Financial Planning</td>
</tr>
<tr>
<td>Financial Management</td>
</tr>
<tr>
<td>Fire Safety, Home</td>
</tr>
<tr>
<td>Fitness Program</td>
</tr>
<tr>
<td>Flower Arranging</td>
</tr>
<tr>
<td>Flute, Recital</td>
</tr>
<tr>
<td>Gardening, Beginning</td>
</tr>
</tbody>
</table>
## UFM Registration Form

**539-8763**

**1221 Thurston, Manhattan, KS**

### Class A Fee

<table>
<thead>
<tr>
<th>Class #</th>
<th>Sec. #</th>
<th>Title</th>
<th>Class Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**PLUS $2.00 REGISTRATION FEE**

| (See Exemptions) | $2.00 |

**Tax Deductible Donation**

**TOTAL**

**KSU Student ID No.**

I hereby authorize the use of my Visa/Master Card

<table>
<thead>
<tr>
<th>Card No.</th>
<th>Visa</th>
<th>MasterCard</th>
</tr>
</thead>
</table>

**Expiration Date**

UFM - 913-539-8763

1221 Thurston, Manhattan, KS 66502

---

### Registration Schedule

**REGISTRATION**

Four ways to register:

- **A. WALK-IN:** Come to the UFM house, 1221 Thurston, during business hours (8 a.m.-5 p.m., closed noon-1 p.m.).
- **B. MAIL-IN:** Fill in your registration form and mail it with check, money order, or Visa/MasterCard number to UFM, 1221 Thurston, Manhattan, KS 66502 (stamped, self-addressed envelope is appreciated).
- **C. PHONE-IN:** With Visa or MasterCard only, you may call 913-539-8763 during business hours to register (minimum 30 min).
- **D. SITES:** See below.

**REGISTRATION FEES:**

- All UFM classes are offered by volunteers. All fees will be used to help meet UFM operating costs.

**REGISTRATION FEES EXEMPTIONS:**

The following are exempt from the $2.00 registration fee (but not class fees):

1. under 13 years of age
2. over 60 years of age
3. handicapped
4. full-time KSU students (an annual SGA allocation supports student participation)

**REFUND POLICY:**

UFM will only give a REFUND voucher (redeemable for cash) in these instances:

1. the limited class you paid for has been filled
2. the class you paid for has been canceled or significantly changed
3. you have notified UFM and the teacher a minimum of three days before the first meeting
4. you pay cash by 12 noon of the registration day

If you have problems with UFM, please call 913-539-8763.

---

**Class Location**

- Class Locations: Please verify the location of your class(s). If the location is incorrect, please call 913-539-8763.

---

**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.)

---

**Class Locations**

- Class locations will be noted on your receipt.