"The faces..."
Dear Friends:

UFM has a class for everyone! Young or old, business professional or nature lover . . . skim the pages of our catalog and explore the many opportunities for self growth, community awareness, and enjoyment, that we have in store for you this fall.

Find the hidden artist, photographer, or writer in you, enhance your skills for the office, or learn how to use that new home computer. Discover the Enza Prairie, the fossils andgone of Colorado, and the many resources of the community around you . . . or explore how to travel Europe and the world at large. Whatever the topic - UFM is dedicated to providing the opportunity for increased knowledge, skills, and personal growth for you - our community.

Sincerely,

Peg Zawelczuk
Educational Program Coordinator

CLASS SECTIONS

- ARTS & HOBBIES
- BUSINESS & PROFESSIONAL
- COMMUNITY & WORLD
- EARTH & NATURE
- FAMILY LIVING
- FOODS & NUTRITION
- HEALTH & WELLNESS
- HOME
- RECREATION & FITNESS
- SELF & PERSONAL GROWTH
- SENIORS
- YOUTH

WHERE WE'RE LOCATED...

UFM
1221 Thurston

WHAT IS UFM?

UFM is a non-profit organization dedicated to providing creative opportunities for lifelong learning and self-development in a supportive and informal setting accessible to all.

UFM is based on the belief that individuals and groups in the community have knowledge, skills and experience to share with each other.

UFM also actively seeks to identify and address unmet community needs by enabling groups to organize around a common concern and by developing programs that enhance the quality of life. UFM seeks to provide assistance so that new programs can be adapted to meet the needs of other communities.

KSU
Campus

Bertrand St
Thurston St
Kearney St
Vattier St
Bluesmont Ave

Anderson Ave
... and the pages of UFM.”
ABOUT OUR INSTRUCTORS...

Our instructors are the core of UFM educational programming. Our volunteer educators dedicate their time, energy, talent, and expertise to contribute to the UFM mission of life-long learning.

If you would like to see a program offered or would like to teach a class, call us, we would like to hear from you!

SUSAN ALLEN
(Kindirri, Nicaragua: Manhattan's Sister City)
Sue, a local anthropologist, is a member of the Sister Cities Project Board of Directors and has visited Kindirri, Nicaragua.

BRETT BALENOHL
(Springboard Diving)
Brett has been a diving competitor and is still an avid diver. He has taught UFM diving classes previously and enjoys the interest generated by both young and old divers.

DOUGLAS BATES
(Information: How to Find It and Use It)
Doug has a Master's Degree from Brigham Young University, was a reference librarian for U.S. Government Documents at Texas Technical University and is currently head of the ESU Documents Unit at Farrell Library.

CAPRICE BECKER
(Beginning Marigold and Parenting Over Thirty)
Caprice and her husband, Richard, have both married for the first time later in life, experienced a miscarriage, and had a healthy baby in the last two years.

MICHAEL BENNETT
(Ballroom Dance)
Michael has trained in Ballroom Dance at U.C. Berkeley, Mandal Hall, San Francisco; Alhambra Ballroom, Oakland, Ca; and Avenue Ballroom, San Francisco; and was the 1986 San Francisco Avenue Ballroom Jitterbug Champion.

CHRIS BICKS
(Bluegrass Jam Session)
Chris has been a finalist in the National Fiddling Contest, playing fiddle at three occasions.

LEONARD BISHOP
(Story and Novel Writing)
Leonard has taught writing for over 25 years, has published short stories, and has written a book on professional writing to be written by Writers Digest.

LARRY BOWD
(Skating Across Kansas) (Mike Yous To Yosam)
Larry has pedaled across Kansas several summers in a row and has participated in other bike tours, races, and triathlons for the past five years. As a native Kansan, he is very interested in Kansas history.

JOANNE BROOKS
(A Case of Abuse)
Joanne is the Executive Director of the CASA Program serving Riley and Clay Counties. This program provides trained advocates working on behalf of children who have been abused or neglected.

BEVERLY BREZCHALIS
(Understanding Your Child's Behavior)
Ms. Brezchalis is a Home Economist with the Riley County Extension Service. She teaches family living skills to adults and youth through the Consumer and Homemaking Program.

LUISA BURKEET, B.N.
(ABC's of First Aid) (Childproofing Your Home)
Luisa is a registered nurse and is an Emergency Room Supervisor at Memorial Hospital. She dealt with emergency situations which occur in the home environment, who are situations in the environment which can prove hazardous.

EVELYN CAMPBELL
(Growing & Using Herbs) (Flower Arranging) (Reupholstering & Propagating Houseplants) (Pressed Flowers) (Cigarette Making) (Wreath Making)
Evelyn, coordinator for the Manhattan Community Garden, holds a degree in horticulture from ESU.

HOWARD CAMPBELL
(Growing & Using Herbs) (Flower Arranging) (Reupholstering & Propagating Houseplants) (Pressed Flowers) (Cigarette Making) (Wreath Making)
Howard has a B.S. degree in horticulture therapy and is currently working on his doctorate in Adult Education.

MARGARET W. CARLSON
(Parenting Your Parents)
For 10 years, Margaret has been the Senior Center Director in both Manhattan and California. She has taught "You and Your Aging Parents," "Caring," and "Senior Center Programming and Management" courses. Margaret has experienced the aging and deaths of her parents during the years when her children needed parenting also.

LORIE CAVLIN
(Basics of Therapeutic Touch) (Past Life Regression)
Lorrie is a hypnotherapist certified with the American Hypnosis Association and is also a Therapeutic Touch Practitioner trained in Colorado.

JOEL CHEESENBERRY
(Beginning Tang Soo Do)
Joel has been in the martial arts for 20 years and has been teaching for 13 years. He is a 2nd degree black belt.

JULIE CLARKE
(Sports Series - Baseball: "In the Bullpen")
As the wife of K-State's head baseball coach Mike Clark, Julie has been an avid baseball fan for as long as she can remember. She has been actively involved in sports throughout her life.

MIKE CLIFFE
(Baseball Coaching)
Mike has coached at the Little League, Babe Ruth, high school, and major college level. He holds a career record of 443- 225 (win/loss record) and a 94/77 record in his three years at K-State.

OLIVIA COLLINS, M.S.
(Speak-Previews: Using Video for Family Consultation)
Olivea, a certified family life educator, is an avid consumer of television and the media. She is a PhD candidate in Family Life Education and Consultation and holds an M.S. in Human Development and the Family and a B.S. in Advertising.

C.O.P.S.
Many of the Family Living classes and activities are offered in cooperation with the Manhattan Coalition of Parent Educators.

CHARLES H. CRANE, M.D.
(How To Keep Your Child Out of the Doctor's Office)
Dr. Crane, Pediatrician Associates, is a board certified Pediatrician, who has practiced in the Community for 28 years.

DEAN DEREK
(Building Your Own Home)
Dean and his wife have been in their passive solar/super-insulated house for 1 1/2 years, and they are happy and proud enough to talk about it!

ZACHARY DICKERT, B.M.
(Teen Sexuality: A Parent's Orientation)
Zack is the Program Director of Nursing Services at the Riley County Health Department. He has taught "Growing Up - A Good Time," a sexual education program for pre-teens and their parents.

JERRY DISMAN
(Fishing Kansas)
Jerry, an avid fisherman and sportsman for 45 years, has fished for everything from bluegill to trout. He is a Master Hunter Safety Instructor for the State of Kansas, and a Wildlife Ambassador. Jerry is currently the NWG Parks Superintendent for the City of Manhattan.

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EDRICE BORST
(Healing Workshop) (The Power of Visualizations)
Borst is a Therapeutic Touch Practitioner specializing in guided imagery and visualization. Borst has been teaching self development and self healing classes for four years.

RON DOWEY
(Job Hunting: Resume/Interview/Writing) Ron, a professor in Industrial and Organizational Psychology, conducts research in the area of performance appraisal, job training, and job selection procedures. He has been at ECU for 15 years and also teaches a job training lab.

CAROL HOBBS
Herbs (Herb Lore) Carol has been a lifelong student of herb lore.

JUDITH KELLESON
(Helping Your Child Use the Library) Judith is head of children's services at Manhattan Public Library.

RETT ENWOODS
(Building Your Own House) Betty and her husband have been living in their house for eight years, and they are happy and proud enough to talk about it!

GENE RUSH
(Introduction to Freehand Drawing) Watercolor Painting Via Photography Gene, a professor of Architecture at ECU, has co-authored watercolor photographs and has been teaching architecture classes at the college level for 1 1/2 years.

MICHELLE JENSEN
(What's Under Your Hood?) Michelle, an ASE certified automobile technician, has three years experience as an auto mechanic at a car dealership, and has been teaching automobile classes at the college level for 1 1/2 years.

MIRIAN FIELD
(Handwriting Analysis) Miriam, a master certified handwriting analyst, also teaches more in-depth introductory courses.

CATHERINE FLEINBAUGH
(Beginning Knitting) Cathy has been knitting for more than 30 years and has made many items including sweaters and afghans.

(Walking With Your Kids About Alcohol) Cathy is a doctoral candidate at E-State and has been teaching and certified as a TACED instructor.

ARMANDO FLORES
(Aikido) Armando has practiced Aikido for 17 years and is a second degree black belt. He is also trained in Judo, Judo, and Judo.

ELISA FLORES
(Aikido) Elisa has practiced Aikido for the past 10 years.

JESSIE FOYHAE
(Tattooing) Jessie was 11 years old when she learned this art form from her grandmother and has continued tattooing to the present day.

KAREN FRAZER
(Folk Art Painting) Karen has been painting for the past eight years, and enjoys using the items she paints to decorate her home. She is a member of the National Society of Decorative Painters and will be teaching a member at the state meeting in October.

FRED FREDER
(Money Matters: Investing and Planning) Money Management for Retired and Nearly Retired Fred is a Senior Account Executive with Waddell & Reed and has over 15 years of experience in Financial Planning.

ROBERT NIGEL FREEMAN
(Parenting For Peace and Justice) As a parent, feminist, and peace activist, Bob has used the need for sharing alternative parenting models.

DAVID GARVIN
(Workshop on Meyer and Menne) Jones, a student in Exercise Science, has studied and instructed weight training for two years. He has qualified for the 2003 USA Bodybuilding Championships and IBA National Bodybuilding Championships.

JAMES GRIFFING
(Self Defense for Adults) Joel, a native of the Shidna-Ryu and Shidana-Ryu Karate, is a former president of, and instructor at, the Newborn Karate Club of Topeka, Kansas.

JULIO GUERRERO
(Beginning Marriage and Parenting Over Threes) Julio and his wife, Carole, have both married for the first time later in life, experienced different cultures, and had a healthy baby in the last two years.

DIANA HATCH
(Children's Morning Play Group) Diana has an M.S. in ECU's, is interested in getting children together for play, as well as giving at-home parents an opportunity to share and interact.

NANCY HETHE, B.S., M.S. (Solving Your Child's Sleep Problems) Nancy has a master's degree in Family Life Education and Counseling. She is currently the Parent Educator at Pediatric Associates and talks with many parents about their children's sleep habits.

JEFF HOPPER
(Beginning Tang Soo Do) Jeff has been in the martial arts for 6 years and has been teaching for 1 1/2 years. He is a 1st degree black belt.

ROZANA HUKE, B.S. (Preparing Children for the Birth of a Sibling) Rozana, a registered nurse, is the Director of Education at Memorial Hospital.

LI HUANG
(Chinese Cooking) Li, a native of China, has been cooking Chinese food for more than 30 years.

NEILAN SWAROOP
(World Friendship) Swarop came to the U.S. from Taiwan in 1962 and experienced the struggle to adjust to a different culture and language. She joined the World Friendship Organization in 1975 to ensure that she could help others through the transition.

HALEY JACOBSON
(Home Improvement: Sound Synthesis) Haley, a nationally recognized leader in the field of electronic music, is the resident composer at ECU.

RICHARD JOHNSON
(Water Conservation Is Your Home) Richard has been interested in environmental issues for some time. For the last nine years he has lived in a rural home with a poor well and has had to apply good water management practices.

JEAN JOHNSTON
(Beginning Knitting) (Intermediate Knitting) Jean has been knitting for 25 years and has taught knitting for YMH for many years.

OWEN R. JONES
(Walking Tour of the City Park) (Memorizing: Grandchildren of the Pioneers) (Along the Oregon Trail) Owen, a history enthusiast, was born in a stone house in 1912. He has assisted in compiling information on the history of this area and enjoys sharing his knowledge with others. He has been a member of the Riley County Historical Society since 1975, the Marshall County Historical Society since 1974, and the Kansas State Historical Society since 1983.

TOM HULDAHL
(Parenting the Young Adolescent) Tom is the original director of family therapy at K-State. He has been teaching therapy for 15 years.

LEE ELLIOTT
(How to Talk About Writing) Lee, the author of two published novels and numerous short stories, is a member of the Science Fiction Writers of America and the Mystery Writers of America.

KATHRYN KURZKA
(South Africa and Diversities) Kenneth worked on the A-Roc Investment committee sponsored by the ECU Student Senate and which required in the distribution of student funding from South Africa.
ABOUT OUR INSTRUCTORS (Continued)

MAIKE ENACKERDOFFEL (Living Trustee)
Mark is Vice President and Trust Officer of FirstBank in Manhattan. He graduated from the University of Kansas with the degree of M.A. and J.D. He is a member of the Riley County Bar Association and activist in state planning, trust and investment experience.

GARY KREIDER
(Basic Plumbing)
Gary has 15 years experience as a Housing Maintenance Technician and 10 years experience in plumbing, including four years at the skilled level.

MARTI KREIDER
(Ages and Stages: 2 to 5 Year Olds)
Marti is the Executive Director of the Manhattan Day Care Associations, Inc.

NARR KREIDER
(Sports Series - Basketball: "Break Away")
As the wife of head K-State basketball coach Lon Krueger, Barb has watched hundreds of games. Barb is a K-State alum, and has been a basketball fan for over 17 years.

SUSAN LALA
(Beginning Writing)
Susan has been weaving for 22 years and is active in local, state, and national weaving organizations. She has recently spent a month teaching weaving in South America.

F. C. LAMING
(Fossil and Geos in Colorado) (Glacial Areas of Pottawatomie County)
Dr. Laming, Professor Emeritus of Chemistry at Kansas State, is a long-time member of the Manhattan Mineral and Geol Fossil Club which is sponsoring this class.

DAVID LASKER
(Tai Ji Quan)
David has been a Tai Ji player for 12 years and an instructor of the Tang Style form for 7 years.

ROBERT LASHLETT
(Christmas Bird Count)
Robert, a local amateur birder, is currently the Director of Bird Population Institute.

TIM LINDSAY
(Stamp Collecting)
A collector for 30 years, Tim is a long-time member of the American Philatelic Society and the local Flint Hills Stamp Club.

JAYNE LING
(Children’s Books: Prairie Walk and Habitat Surpstyle)
Jayne has enjoyed teaching environmental education in Wisconsin and in Kansas since 1981.

J. HARVEY LITTLE
(Beginning Geology)
Harvey has published family histories that are in the Library of Congress.

JERRY LOWENSTEIN
(Some Ownership: The American Drum)
Jerry has over 20 years experience in mortgage lending and servicing the evolution/revolution in housing.

MELANIE MARTIN
(U.S. Peace Corps: Still Growing Strong)
Melanie, a Peace Corps volunteer in Jamaica from 1982-1983, is currently a representative of the U.S. Peace Corps with the Kansas City office.

RICHARD MATTSON
(Children’s Gardening)
Richard is a Professor in Horticultural Therapy at Kansas State University, (K-State Support Group).

TREY MCCOY
(Terri is a counselor at Kansas State University Counseling Services. She is currently working on a PhD in Social Psychology and is doing research with the "Foodways" project.

MART MERTZ
(The Vegetable Survival Course)

PAUL J. MILLER
(Fishing Kansas)
Paul has had lifelong experience fishing in Kansas waters.

SCOTT MILLER
(Restoring Militaria)
Scott is a draft-registration-age male who receives federal financial aid, and thus, is legally required to register for the draft. Scott is a member of Students for Educational Awareness at KSU.

COLEEN MORGAN
(How To Choose A Fitness Program)
Coleen Morgan, a certified aerobics instructor, teaches for the Fitness Center at Vassar City Hospital. Coleen has also taught for Manhattan Park’s Recreation and has been involved in aerobics & toning for nearly five years.

RETTE WOLSKEN
(Sports Series - Football: "Fair Catch")
Retty has been actively supporting football for 21 years. As the wife of K-State Defensive Line coach Mike Nelson, Retty has been a part of Big 8, Big 10, the ACC, WAC, MAC, and professional footballing for nearly five years.

MIKE HUMACHER
(Trends In Health Care)
Mike is a CEO of Memorial Hospital.

ROB PARK
(Basic Massage)
Bob has been a professional massage since 1970. After working in a health club for seven years, he is now a freelance outreach massager.

LAERT PARIS
(Kempo Karate)
Larry has a jiu degree black belt and has also taught UFM in Astronomy classes for several years.

TERESA PARSONS
(Reproductive Health Issues)
Teresa is an M.S. and Gyn Nurse Practitioner with an interest in women’s health issues.

REBECCA PECK
(Introduction to Freehand Drawing (Watercolor Painting With Photography) (Beginning Photography)
Rebekah, an Associate Professor in the ESU Fine Arts Photography for 20 years and is also an accomplished painter, has co-taught painting and pencil sketching at UFM for several years.

DIANNE PERKON
(Women Who Feel Guilty) (Spouse Abuse) (Women’s Health) (For Parents of Children With Disabilities)
Diane is in training for her M.S., at ESU in Family and Children Development. Diane is a former children’s nurse and has been in private practice in Manhattan since 1981, and has worked with parents, therapists, and children in developing communication skills for many years. With the assistance of crisis centers she has now made the transition to living on her own.

GARY FRIDBERG
(Interpret Your Dreams)
Gary has been a student of the ECK-Teem for several years.

AL POTTER
(Interpret Your Dreams)
Al has been a student of Zen for several years.

GREG POTTER, PhD
(Listening With the Third Ear) (Copingability Profile for Coouples)
Greg is a certified clinical mental health counselor and a registered professional counselor. He has been in private practice in Manhattan since 1981, and has worked with parents, teachers, and children in developing communication skills for many years.

MAINE POTTER
(Care and Appreciation of Cats)
Maxim, a cat breeder and exhibitor for 30 years, has been a judge throughout the U.S., Canada, and Japan.

LEON RAPPAPORT
(Introduction to Zen Buddhism)
Leon has been a student of Zen for several years.

KEE REOGLE
(Fundamentals of Kayaking) (Intermediate Kayak Workshop)
Kee, a certified Red Cross Kayak Instructor, has been kayaking for 9 years. He was the past President of Kansas Canoe Association and the original Director of the Kayak Chapter.
ABOUT OUR INSTRUCTORS (Continued)

DEB ROSSPROT  
(Beginning Candy Making) (Pinecone Art) (Pinecone Christmas Trees) (Beginning Calligraphy) (Making Puffed Baskets)  
(Making Covered Almonds)  
Deb learned calligraphy in Denver in 1980 and currently teaches cards, paper, and other personal items. She attended classes on pineapple art in Denver in 1982 and has made a variety of projects using the techniques learned. Deb has also taken classes on peddled baskets and covered albums. She enjoys teaching these crafts to the community.

CARY ROGA  
(Rose Napkin)  
Cary enjoys teaching adult classes in several years and is a 1st degree black belt.

TIM RUESS  
(Nature Trail Walk)  
Tim has been the curator of the First Territorial Capitol for the past five years. He has an interest in Kansas history as well as in its natural plants.

THERESA RUSSO  
(Creative Preschool)  
Therese, a Ph.D. student in Family Life Education and Consultation, has worked with children in preschool and hospital settings.

DAVE SAMSON  
(Children's Kansas Prairie Walk and Habitat Squirrel)  
Dave has been the shop foreman at the Kansas Prairie for the past 6 years.

THERESA SAMBORN, R.D.  
(Heart Healthy Diet)  
Teresa is a registered dietician at Memorial Hospital.

LINDA SANCHEZ  
(Cutting Paper Snowflakes)  
Lee, a former elementary school teacher, has delightedly cut paper snowflakes for over 30 years and has a large collection of them.

WILMA SCHUH  
(Trouble With Money)  
Wilma holds a B.A. in Family Economics and an M.D. in Adult Education. She is the Financial Counselor for Riley County Community Corrections, and the Coordinator for New Directions: Single Parent/Diplaced Homemaker Program.

FLORENCE SCHWAB  
(World Friendship)  
Florence has been involved with World Friendship for seven years and was the co-president of the organization in 1985. Florence has taught foreign students in English as a 2nd language since 1982, and has made many foreign friends throughout the years.

JIM SHARPE  
(Buying A Computer For Your Business)  
Jim Sharpe, a former Manager of Information Systems for a large farm and insurance organization, has taught Computer Systems courses at K-State, Ft. Riley and in the business world. He now has his own independent Computer Consulting firm and has had extensive experience selecting hardware and software for micros, minis, and mainframes.

ALLAN SHELTON  
(Discover Scuba Diving)  
Allan Shelton is the owner of Dives Diver in Manhattan.

JUDITH PERDOM SIMMONS  
(Maintaining Dignity and Autonomy) (Paying for Medical Care)  
Judith, an attorney, has been working with the Area Agency on Aging and Kansas Legal Services for the past 1 1/2 years. The purpose of her position is to teach attorneys how to specialize in legal issues affecting seniors.

KARMA SLADE, R.D.  
(Leadership Kickpower for Weight Control)  
Karma, a registered dietitian, is a clinical dietician for Memorial Hospital.

BRUCE SNEAD  
(Source Energy Simulator)  
Bruce has energized a number of homes in Manhattan and works for Engineering Estimation at K-State.

JUDITH STARR  
(Making T-Shirt Dresses)  
Judith is currently a junior at K-State in the College of Kansas Ecology studying Apparel Design.

DAVE STEWART  
(Sack Lunch Theology)  
Dave is a campus minister who has enjoyed sharing books, conversation, and sack lunches, for many years.

ELISSA STUHLER  
(Healthy Cooking)  
Eliss holds a Bachelor’s Degree in Food Science and Nutrition from Colorado State University. She has been teaching cooking classes for the past five years.

BARR STONE  
(Children’s Morning Play Group)  
Barr, a mother of four, is interested in getting children together for play, as well as giving all adult parents the opportunity to share and interact.

KAZUHiro Tabata  
(Namibing Sports Akido)  
Kazuo, from Tokyo, Japan, belongs to the Sports Aikido Club at Washburn University, Topeka, Kansas.

SHARON TALLY  
(New Directions For Life Changes)  
A widow with grown children, Sharon is now taking steps (working on an Adult Education Masters degree at ESU) to help her children "who grew up," she works with others in transition through New Directions: A Single Parent/Diplaced Homemaker Program.

MARSHA TANNER  
(Choosing Quality Childcare)  
Marsha has a degree in Early Childhood Education and has been working with young children and families since 1974. She has been the administrator at Junior Scholars Child Care/Preschooler since 1984.

LINDA TESSNER  
(Anthropology Workshop)  
Linda has been teaching UW classes since 1971. She has taught Mountain Dulcimer, Banjo Dulcimer, &归属. Linda also plays guitar, flute, and bowed twirly.

LINDA THOROBORN  
(Non-Sexist Parenting)  
Linda, a R.D. teacher and clinical psychologist, has worked with many parents. She has presented many seminars on the topic of Non-Sexist Parenting.

GENE TOWE  
(Prairie Wildflowers)  
Gene has been teaching wildflower and grass identification classes for over 10 years.

GREG WALTON  
(Helping Your Child Use the Library)  
Gerry is head of the reference department at the Manhattan Public Library.

MARESHA WARD  
(Atkins Without Rivalry)  
Marena, currently a school social worker with USD 383, is an elementary prevention specialist.

DAVID J. WYNN  
(Tour of the ESU Nuclear Reactor)  
David, a Reactor Operator for the ESU Reactor, has extensive experience in operational health physics/protection radiations.

STAR WILSON  
(Kung Fu) (Kung Fu For Children) (Kung Fu For the Less Fit) (Kung Fu Sucess)  
Jill Defense  
Star has studied martial arts for 20 years and spent a good deal of time researching self-defense. Star has a 2nd degree black belt in karate and has taught martial arts for 8 years. Star is a member of the Pat Family. He has a degree in Social Science from Kansas State University. Star recently married in 1980.

LARRY WISDOM  
(Basic Wood Carving)  
Larry has taught UW wood carving courses for four years and is the Kansas Vice President of the National Woodcarving Museum.

SHERYL WRIGHT  
(Chinese: Facing Change)  
Sherri is a writer/reporter for the MANHATTAN MERCURY, was recently in China at the time of this manuscript.

ROB ZEKEK  
(De Ve Coigny)  
Rob has traveled extensively throughout Asia, Europe, and the Mediterranean. A fan of the ancient Romans, he has been cooking Roman meals for his family and friends for years.
BEGINNING BRAIDING

Braiding is the art of weaving hair into a single strand, which can be used to add volume, texture, or a creative style. It involves combining multiple strands of hair to create a single, thicker strand. This class will teach you the basics of braiding, including different types of braids, how to braid hair of varying lengths, and how to maintain braided styles. 

Dates: September 6, 13, 20, 27
Time: 10:00 a.m. - 12:00 p.m.
Location: 4th Street Studio
Instructor: Susan Lala

STAMP COLLECTING

Beginning, intermediate and advanced stamp collectors can attend this class. Participants will learn the basics of stamp collecting, including how to grade stamps, purchase and store them, and how to maintain them. This class is open to all levels of collectors.

Dates: September 14, October 12, November 9
Time: 9:00 a.m. - 12:00 p.m.
Location: U.S. Post Office, Civil Service Room
Instructor: Tim Lindeau

FLOWER ARRANGING

Learn how to create beautiful flower arrangements. This class will teach you how to choose the right flowers, how to arrange them, and how to maintain the arrangement. You will also learn how to make your own floral displays. 

Dates: September 18
Time: 10:00 a.m. - 12:00 p.m.
Location: UPM - Greenhouse
Instructor: Evelyn Howard

MAKING T-SHIRT DRESSES

Learn how to make a simple t-shirt dress. This class is designed for beginners and will teach you how to cut and sew a simple dress. You will learn how to fit and decorate your dress.

Dates: September 20
Time: 10:00 a.m. - 12:00 p.m.
Location: UPM - Banquet Room
Instructor: Jedidah Starr

INTRODUCTION TO FREEHAND DRAWING

Learn the basics of freehand drawing. This class will teach you how to draw using pencil and paper, without the use of tracing paper or guidelines. You will learn how to draw simple shapes and how to add shading and depth to your drawings.

Dates: September 21, 28
Time: 10:00 a.m. - 12:00 p.m.
Location: UPM - Conference Room
Instructor: Lee Elkins

BEGINNING CALLIGRAPHY

This class will teach you the basics of calligraphy, including how to hold your pen, how to make different strokes, and how to write in different styles. You will also learn how to create your own calligraphy designs.

Dates: September 15
Time: 10:00 a.m. - 12:00 p.m.
Location: UPM - Fireplace Room
Instructor: Deb Roseby

POE RIGHTEHANDERS

Poe Right handers will learn how to write more legibly and with better control. The class will focus on improving handwriting skills.

Dates: September 21, 28
Time: 10:00 a.m. - 12:00 p.m.
Location: UPM - Conference Room
Instructor: Lee Elkins
CRAFTS SUPPLY HEADQUARTERS

Everything for the Crafter (or the would-be crafter)

Westloop Shopping Center
776-8910

Mon-Fri, 9-9; Sat, 9-7; Sun, 1-6

Ben Franklin
MAKING PADDED BASKETS

Have you seen padded baskets at craft fairs but thought the price too high? Make a beautiful padded basket for a fraction of the cost! These unique baskets can be personalized and are ideal for gifts for the holiday season or anytime throughout the year. Bring the basket of your choice and enough material and trim to loosely cover it. Cover the inside, outside, or both if you prefer. (If you have a hot glue gun, bring it to class.)

Dates: October 21
Time: 1-3 p.m.
Location: UPM - Banquet Room
Instructor: Deb Rooproy 1-239-3026

MAKING COVERED ALBUMS

Covered albums are one of the easiest and most practical gifts to make for your family or friends. They can be used for weddings, birthdays, or Christmas gifts, and personalized to suit any taste. Bring 3/4 yard of material and 2-3 yards of trim. The notebooks are provided. Bring a hot glue gun to class to share if you have one.

Dates: October 21
Time: 1-3 p.m.
Location: UPM - Banquet Room
Instructor: Deb Rooproy 1-239-3026

FOLK ART PAINTING

Have you ever wanted to try your hand at Folk art? We’ll paint a beautiful Christmas angel that can be used in your Christmas decorations! A pattern is traced on the wood, so no previous painting experience is necessary. Beginners and youth aged 12 and over are also welcome!

Dates: November 23
Time: 7-9:30 p.m.
Location: UPM - Banquet Room
Instructor: Karen Franx 559-5608

PIECONE ART

Do you like the "back to nature" look in your decorations? If so, pinecone art can add a great new dimension! Make wreaths, candle holders, crosses, hearts, or almost anything else you can design a base for. Bring a bag of 20-30 various sized pinecones (some will be available). A class demonstration will show you the variety of ways pinecone art can be created. If you have a caulking gun, bring it to share.

Dates: November 11
Time: 10 a.m.-12 noon
Location: UPM - Banquet Room
Instructor: Deb Rooproy 1-239-3026

PIECONE CHRISTMAS TREES

Make a great gift for your friends and family! Learn how to make a beautiful pinecone tree! We'll be creating a tree that can be personalized to match any decor. Please bring a variety of small cones, no larger than 2 inches and enough for a small project (approximately 20-30). You'll be shown the technique for making these lovely trees. The instructor will bring some extra cones, but please bring enough to share. Also bring a caulking or hot glue gun if you have one to expedite projects.

Dates: November 11
Time: 10 a.m.-12 noon
Location: UPM Banquet Room
Instructor: Deb Rooproy 1-239-3026

CUTTING PAPER SNOWFLAKES

Make your own "Blizzard" snowflakes! It's easy to cut eye-catching, artistic snowflakes in a variety of styles. Numerous examples will be displayed and students will be led step-by-step through various patterns. Original creations will be cut and shared. Fun for young, old, or in-between! Bring sharp scissors.

Dates: November 11
Time: 10 a.m.-12 noon
Location: UPM - Conference Room
Instructor: Leo Schell 559-6540

BEGINNING PHOTOGRAPHY

You're wanting to graduate from the simpler cameras -- BUT you're not sure if you can handle a motor 35mm camera with all those complicated "doors-deck." Before you spend all that hard earned cash, learn to operate and care for a 35mm camera. Try some different lenses, find what filters to buy to get the best results. Creative use of shutter speed and aperture will be covered. Solving composition problems as an actual photo tour will answer your questions and build your confidence. Cameras will be furnished - but if you wish to use your own feel free to bring it to class.

Dates: November 14, 15, 16, 18, 21
Time: 7-9:30 p.m.
Location: UPM - Photography
Instructor: Ernie Pech 551-7768

BEGINNING CANDY MAKING

Learn to make delicious candy just in time for the holidays! Create mouth-watering sweets that are more attractive, tastier, and cost less than store-bought! A variety of candies will be made by using candy molds and different dipping techniques. Come have a great time and take home some goodies too!

Dates: November 17
Time: 6:30-10 p.m.
Location: UPM - Kitchen
Instructor: Deb Rooproy 1-239-3026

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*Grooming for All Breeds
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CALL FOR AN APPOINTMENT
456-2424 (Wamego)
MONEY MATTERS: INVESTING AND PLANNING

You don't get rich making money — but by managing the money you make. Designed for individuals of all ages, this program will focus on various ways you can invest and manage your money. A professional financial plan will be designed exclusively for each class participant.

Dates: September 19
Tuesday (1 session)
Time: 7:30-9:30 p.m.
Fee: $4
Location: 445 E. Poyntz
Instructor: Fred Freeby 537-4505

MONEY MATTERS: INVESTING AND PLANNING

(See class description BP-01)

BP-03

Dates: October 3
Tuesday (1 session)
Time: 7:30-9:30 p.m.
Fee: $4
Location: 445 E. Poyntz
Instructor: Fred Freeby 537-4505

MONEY MATTERS: INVESTING AND PLANNING

(See class description BP-01)

(See class description BP-01)

BP-05

Dates: October 24
Tuesday (1 session)
Time: 7:30-9:30 p.m.
Fee: $4
Location: 445 E. Poyntz
Instructor: Fred Freeby 537-4505

TROUBLE WITH MONEY

BP-02

Have you experienced too much month at the end of your money? Come learn how to manage your money. We will learn how to plan spending, what influences spending, how to deal with creditors, and money management survival skills.

Dates: September 28
October 12, 26
October 23 (3 sessions)
Time: 7-9 p.m.
Fee: $5
Location: UPM - Conference Room
Instructor: Wills Schuh 532-6561

BUYING A COMPUTER

FOR YOUR BUSINESS

BP-04

Selecting the right hardware and software for the business enterprise is a critical and complicated process. This course will help you identify what you should look for — and then lead you through the sequence, rules, ratings, and basic considerations for selecting the best computer and related peripherals to meet your business requirements.

Dates: October 18
Wednesday (1 session)
Time: 7:30-9 p.m.
Fee: $5
Location: K-State Union Room 206
Instructor: Jim Sharp 539-5837

THE LEARNING CHANNEL

Catherine L. Fung, M.Ed.
UNIVERSITY FOR MAN

on 27
The Learning Channel where local cable originates Tuesdays at 6:00 p.m.
and Wednesdays at 5:30 p.m.

September 12 & 13
Exploring Past Life

September 19 & 20
Festive Korean Cooking

September 26 & 27
Sculpturing with Eben

October 3 & 4
Imagery Technique

October 10 & 11
Recreation—Preparing for a New Season

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913 539-0360

1221 THURSTON 539-8763

JOB HUNTING:
RESUMES/APPLICATIONS/INTERVIEWS

Increase your success for landing that ideal job. This series of three workshops will help you write your resume and cover letter, effectively complete an application blank, handle a job interview with confidence, and identify potential job sites. Mock interviews will be held and immediate feedback will be available through the use of video equipment. High school students, college students, and individuals returning to the workforce are welcome. It is important to attend all three nights.

Dates: October 31, November 14
Tuesdays (3 sessions)
Time: 7-9 p.m.
Fee: $4
Location: UPM - Conference Room
Instructor: Ray Dowey 537-3229
SOCIAL SERVICES LEADERSHIP SERIES
This series provides an opportunity for staff, volunteers, and board members of social services, service clubs and other non-profit groups to increase their personal skills and the efficiency and effectiveness of their organizations. The series will also be of interest to individuals who plan to become involved with the non-profit sector in the future. Attend one or more sessions ($5/person per session) or the entire series ($25). The program sponsor is the Riley County Council of Social Agencies.

A) INSURANCE AND LIABILITY ISSUES
What if the worst happens? An accident, a fire, a lawsuit? Most of us would prefer not to think about it. But it is important to know the basics about covering volunteers, staff, board members and property for the unthinkable.
Greg Langton is an insurance agent with Al Langton-Insurance.

Date: September 18
Time: 11:30-1 p.m. (Bring your lunch)
Fee: $5
Location: Manhattan Town Center Conference Room

B) NONPROFIT ACCOUNTING
Keeping an accurate account of your organization’s financial status is important for good management and for survival. This session will help you understand fundamental accounting procedures, their importance of audits, and how to meet state and federal requirements.

Varney, Mills, Rogers, Barnett & Associates will share their expertise.

Date: October 16
Time: 11:30-1 p.m. (Bring your lunch)
Fee: $5
Location: Manhattan Town Center Conference Room

C) EFFECTIVE MEMBERSHIP FUNDRAISING
The annual membership or fund drive is critical for maintaining and building a base of active financial supporters and volunteers. Learn how some local groups organize their drives.
John Biggs is Executive Director of the Manhattan Arts Council.

Date: November 20
Time: Monday (1 session)
11:30-1 p.m. (Bring your lunch)
Fee: $5
Location: Manhattan Town Center Conference Room

D) COMPUTERS & SOCIAL SERVICES
Word processing, databases, and spreadsheets have a variety of useful applications for your organization. An overview will help you consider ways that the power of the computer might enhance the efficiency and effectiveness of your program.
Bob Porsey teaches a computer course for Human Development and Family Studies and has been active with a number of social service agencies.

Date: January 15
Time: Monday (1 session)
11:30-1 p.m. (Bring your lunch)
Fee: $5
Location: Manhattan Town Center Conference Room

E) ROLE OF THE BOARD OF DIRECTORS
The duties of directors, selection and election, orientation, and the organization and the functions of the board will be presented and discussed.

C. Clyde Jones, Professor Emeritus at ESU, currently serves as President of the Memorial Hospital Board of Directors and has served on numerous other non-profit boards.

Date: February 19
Time: Monday (1 session)
11:30-1 p.m. (Bring your lunch)
Fee: $5
Location: Manhattan Town Center Conference Room

F) CARE & FEEDING OF VOLUNTEERS
Volunteers are the life blood of many organizations. This session will help you put volunteers to effective use and keep volunteers satisfied and happy with their efforts.
Beryl Adams is the Executive Director of the American Red Cross of Manhattan.

Date: March 19
Time: Monday (1 session)
11:30-1 p.m. (Bring your lunch)
Fee: $5
Location: Manhattan Town Center Conference Room

G) MARKETING YOUR ORGANIZATION
Unless someone knows about your organization and its purposes, they cannot receive your services, volunteer to help, or provide financial support. This session will help you market your organization in ways that will help you meet your goals.

Nancy Dennis is owner of Dennis & Associates, a Manhattan marketing, advertising, and design firm.

Date: April 16
Time: Monday (1 session)
11:30-1 p.m. (Bring your lunch)
Fee: $5
Location: Manhattan Town Center Conference Room

H) WORKING WITH THE MEDIA
Representatives from newspapers, radio, and TV will help you use the media effectively including press releases, public service announcements, news and feature stories, letters to the editor, editorials, pictures, and promotional events.

Date: May 21
Time: Monday (1 session)
11:30-1 p.m. (Bring your lunch)
Fee: $5
Location: Manhattan Town Center Conference Room

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We want instructors! Please call Peg Kowalzky at 539-8763 if you can teach!!! Programs for our youth and seniors, as well as programs in health awareness, community and world issues, spiritual growth, are especially needed. KSU students and community members can gain valuable work experience by sharing their knowledge and expertise. Become a UMF instructor!
THE PEOPLE’S LAW SCHOOL  BP-24
The People’s Law School is a series of public education courses designed to clear up the mysteries surrounding the practice of law and to create a public, well-informed of its rights, privileges and responsibilities under our judicial system. Attend one or more sessions ($5/person, per session) or the entire series ($25).

HOW THE COURT SYSTEM WORKS  BP-16
How the Courts in Kansas function, the differences in jurisdiction, and a look at the system from a Judge’s perspective will be addressed.

Date: September 10
Time: 7-9 p.m.
Fee: $5
Location: Manhattan Town Center Conference Room
Instructor: The Honorable Harlen Graham, Riley County District Court Judge
Instructor: The Honorable Patrick Coffey, Manhattan Municipal Court Judge

LANDLORD AND TENANT LAW  BP-17
Kansas law and Court decisions that set out rights and responsibilities of landlords and tenants will be discussed.

Date: September 26
Time: 7-9 p.m.
Fee: $5
Location: Manhattan Town Center Conference Room
Instructor: David Troup Law Firm of Neary, Davis, Henry, Stuebing & Troup
Steve Fred
Union National Bank Tower

WILLS AND PROBATE  BP-18
Who needs a will, what can be done in a will and the probate process in Kansas will be presented.

Date: October 3
Time: 7-9 p.m.
Fee: $5
Location: Manhattan Town Center Conference Room
Instructor: M. Elizabeth Cathey Myers and Patroff

FAMILY LAW & DOMESTIC RELATIONS  BP-19
An overview of Kansas law in custody, support, property, and other issues relating to divorce and family law will be discussed.

Date: October 10
Time: 7-9 p.m.
Fee: $5
Location: Manhattan Town Center Conference Room
Instructor: James W. Morrison, Morrison, Frost & Olson
Anne B. Miller
Evrard, Seaton & Miller

CONSUMER PROBLEMS  BP-20
A discussion of legal rights and responsibilities of consumers and problems that arise will be presented.

Date: October 17
Time: 7-9 p.m.
Fee: $5
Location: Manhattan Town Center Conference Room
Instructor: Brenda Bell
Evrard, Seaton & Miller
Mildred F. Schroeder
Platt Mills Legal Services

DEBTOR-CREDITOR RELATIONS AND BANKRUPTCY  BP-21
An overview of the different types of bankruptcy proceedings that are available and related debtor/creditor situation will be addressed.

Date: October 24
Time: 7-9 p.m.
Fee: $5
Location: Manhattan Town Center Conference Room
Instructor: Lawrence M. Vogel
Vogel & Olsen

PROSECUTION & DEFENSE IN THE CRIMINAL JUSTICE SYSTEM  BP-22
Two sides of the criminal justice system and how they work in the state of Kansas will be discussed.

Date: November 7
Time: 7-9 p.m.
Fee: $5
Location: Manhattan Town Center Conference Room
Instructor: Ralph J. DeAgost Public Defender
William E. Kennedy III
Riley County Attorney

WORKERS COMPENSATION AND PERSONAL INJURY  BP-23
How the workers’ compensation system works, when to file and pursue a claim, and an overview of personal injury law will be presented.

Date: November 14
Time: 7-9 p.m.
Fee: $5
Location: Manhattan Town Center Conference Room
Instructor: Rodney C. Olsen
Morrison, Frost & Olson

Continuing Education
Sept. 20 Child and Adolescent Depression
Oct. 18 Substance Abuse in the Workplace
Nov. 8 Understanding Anger: Risks and Rewards
Dec. 6 Rehabilitation: Mind-Body Connection

Professional development workshops for Nurses • Counselors • Social Workers • Educators • Clergy • Employers • Helping Public

539-5537 CEU provider
COMMUNITY & WORLD

1221 THURSTON
539-8763

CHINA: FACING CHANGE

What happened in China on June 3 and 4, 1989, was not just an hour of bloodshed and bloodshed. Blood is still flowing. We'll take a look at the Chinese culture and how the people live. We'll look not only at the magnitude of the movement, but at the magnitude of the repression of that movement. We'll look at China yesterday, today, and tomorrow.

Dates: September 11
Time: 7-9 p.m.
Place: 4-State Student Union Room 208
Instructor: Sherry Wright 776-3875

FINDING MINDI, NICARAGUA:
MANHATTAN'S SISTER CITY

What is the sister city movement and what is Manhattan's sister city Mindi, Nicaragua, actually like? Slides and a brief discussion will help present Mindi and our current library building project.

Dates: September 12
Time: 7-8:30 p.m.
Place: 4-State Union Library
Instructor: Susan Allen

TOUR OF THE KSU NUCLEAR REACTOR

Visit the KSU reactor and learn its role in teaching and research. Research applications for grain science, geology, engineering, and human ecology will be discussed along with an overview of the reactor projects currently being utilized in the United States.

Dates: September 12
Time: 9:30-11 a.m.
Place: 4-State Union Room 208
Instructor: Lawrence Schub

WORLD FRIENDSHIP

World Friendship is a non-religious organization established for American and international women of Manhattan. You will have the opportunity to make new friends, improve your English, develop creative skills, and share different cultures. Your membership will make easier the adjustment to the American way of life. World Friendship will give you the opportunity to share your experiences with Americans and other international families.

Dates: September 19-Dec. 5
Time: 9:30-11 a.m.
Place: First Presbyterian Church
Instructor: Florence Schub 539-0976

RESISTING MILITARISM

What are your rights, responsibilities, and options for opposing militarism? Draft registration and war taxes will also be discussed. Emphasis will be on strategies which involve little or no risk of punishment from the federal government.

Dates: September 23
Time: 12 noon-1:10 p.m.
Place: 4-State Union Room 208
Instructor: Scott Miller

INFORMATION ...

HOW TO FIND IT AND USE IT!

Did you know that a large percentage of the general public is not aware that a valuable information resource is right here in Manhattan? Become informed! Make use of the largest information producer in the world - the U.S. Government. Find out about the valuable information about a wide variety of topics including buying a home, current AIDS issues, how a bill becomes a law, or even home canning and much more. Information is only available if we know where it is and how to use it.

Dates: September 26 & 28
Time: 7-9 p.m.
Place: 4-State Union Library
Instructor: Douglas Bates 776-0329
COMMUNITY & WORLD (Continued)

HERE'S MANHATTAN

Do you know your city? Discover, experience, and enjoy Manhattan! New community members and longtime residents alike are invited to explore the many resources available in our city. Join us for this four session series dedicated to discovering Manhattan's history, educational opportunities, human services, businesses, industry, arts, leisure activities, and the many resources available to you. The cost for the entire series is $15/person or $20/couple.

Manhattan's History and Community Resources
Relive Manhattan's history and be on-line with the plans for the future. Your city and county government will come alive for you as you meet some of your city officials and learn how you can become involved. Discover the community and the many resources available to you — right here in your own backyard!

Date: September 12
Time: 7-9 p.m.
Location: Riley County Historical Museum
2309 Claflin Road

Manhattan's Education
You will become aware of the many traditional and non-traditional educational opportunities Manhattan has to offer. Find out about how our educational agencies, health care facilities, and the wide variety of human service agencies are prepared to meet the special needs of our community.

Date: September 14
Time: Thursday (1 session)
7-9 p.m.
Location: K-State Union Little Theatre

Manhattan's Arts and Leisure Activities
Find out where Manhattanites can play, stay, draw, act, fish, dance, or even watch their favorite sport! We will discover the arts, the entertainment, and the many cultural and leisure activities available in our area.

Date: September 28
Time: Thursday (1 session)
7-9 p.m.
Location: K-State Union Little Theatre

Manhattan's Business
Examine the business profile of our community — where we are today and where we are going tomorrow. See into the largest employers in Manhattan and examine the job opportunities that exist in our city.

Date: September 26
Time: Thursday (1 session)
7-9 p.m.
Location: Kansas Farm Bureau
2617 KPFA Plaza

EUROPE ON A BUDGET

Do you dream of Paris in the spring, catching a glimpse of the Queens in London, or maybe sailing down the Rhine? Now is the time to take advantage of low fares and the strong dollar and take that once-in-a-lifetime trip. Travel can be inexpensive, affordable, and fun.

Date: October 19
Time: Thursday (1 session)
7:30-9:30 p.m.
Fee: $2
Location: Creative Travel Village Plaza
957 Seth Childs Road

Instructor: David Garvin 539-0531

1989 Lou Douglas Lecture Series

The Lou Douglas Lecture Series honors Dr. Douglas, the distinguished professor of political science, who was instrumental in the development of UFM. The series deals with topics pertaining to human rights, social justice, world peace and international development. Each year four prominent speakers are invited to Manhattan to address issues of current interest. This year the lecture series is moving from a spring format to establishing itself as a fall lecture series. Following is a list of lecturers currently scheduled. Call Karen McGillic at 359-9763 for an update of new and added lecturers. Watch for more publicity in the local newspapers.

Tentatively scheduled:
Jim Rightower, Texas Secretary of Agriculture - September date to be announced
Admiral Gene LoRusso, Director Center for Defense Information - October 3
Claribel Alegria, noted Central American poet and novelist - October 19

H.O.M.E.

PROGRAM

CRAFTS

Please reserve apple basket(s) at the price of $6 each.
Please reserve desk apple(s) at the price of $10 each.
Please reserve apple napkin holder(s) at the price of $6 each.
Please reserve bird house(s) at the price of $7.50 each.

You can expect the items you ordered to be finished in 4-6 weeks. You will be notified by mail when the crafts can be picked up at UFM.

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Earth & Nature

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GROWING AND USING HERBS

Pick fresh herbs for your cooking! Learn how to raise, dry, and store herbs for your own use or give them as gifts for your family and friends. Explore new ways to use your dried herbs. Take a few plants home for a starter.

Dates: September 11
Time: 7:30-9:30 p.m.
Fee: $3
Location: UPM - Greenhouse
Instructor: Evelyn & Howard Campbell 539-8763

FOSSILS AND GEOS IN COLORADO

Nature's most interesting and beautiful artwork is right around us! Join us as we examine the many geos and fossils found in our neighboring state of Colorado. The Florissant Fossil Beds National Monument is one of the most important fossil locations in the world. Significant dinosaur fossils have also been found in parts of Colorado. Igneous rocks of the mountains are scoured of geo-such as aquafines (state geos), topaz, garnet, smoky quartz, and amethyst, to name a few. Specimens from Colorado locations will be displayed.

Dates: September 16
Time: 7:30-9 p.m.
Fee: $3
Location: UPM - Fireplace Room
Instructor: P.C. Lansing 537-7599

REPTILES & PROPAGATING HOUSEPLANTS

Learn how to grow healthy, flourishing plants from cuttings. Many plants can be easily propagated giving you an endless supply of your favorite greenery. Often houseplants die because they were not correctly repotted or were not repotted in time. How and when plants need repotting and tips on growing healthy houseplants will be discussed. If you have a plant in need of a new pot please bring it with you!

Dates: September 14
Time: 7-9 p.m.
Fee: $3
Location: UPM - Greenhouse
Instructor: Evelyn & Howard Campbell 539-8763

WALKING TOUR OF THE CITY PARK

Did you know that Manhattan has one of the oldest city parks in the state? The history of the park dates back to 1870. A historian from Riley County Historical museum will share stories of the park's past including the log cabin and the nearby Butterfield House. Join us, listen, and share your stories.

Dates: September 14
Time: 7:30-9:30 p.m.
Fee: $1
Location: City Park, Log Cabin 11th & Fremont
Instructor: Owen R. Jones 527-7976

PRAIRIE WILDFLOWERS

Identify first-hand the late summer and early fall wildflowers dotting the Flint Hills. Rather than flipping through pages of obscure flower books, learn identifying characteristics of both flowering and vegetative plants in a short hike through the Kansas prairie.

Dates: September 23
Time: 10 a.m.-12 noon
Fee: $1
Location: EOU - Meet in the large Parking Lot across from Heberger Hall
Instructor: Gene Towne 539-0953

GLACIAL AREA OF POTTAWATOMIE COUNTY

How do we know that glaciers visited Kansas? By the rocks from Minnesota they left behind. We'll visit northern Pottawatomie County to collect glacial material including agate, Jasper, quartz, quartzite, petrified wood, and others, some of which may be of gem quality. Bring a drink, and a container for rocks. Become a rockhound for the day!

Dates: October 7
Time: 8:30 a.m.-12 noon
Fee: $6
Location: Meet at UPM parking lot
Instructor: P.C. Lansing 537-7599

CAKE AND APPRECIATION OF CATS

Cats are people too! Basic care, various health problems, breed of pedigree cats, at home requirements, will be discussed in this program designed for all cat lovers.

Dates: October 11
Time: 7:30-9 p.m.
Fee: $2
Location: UPM - Fireplace Room
Instructor: Martha Potter 776-4693

NATURE TRAIL WALK

Do you enjoy exploring native Kansas woodlands, but hate hiking dense undergrowth? Enjoy a guided tour along the newly established Kaw River Nature and History Trail. Indentify over 50 native plants on this 3/4 mile cleared trail located in the Kaw River bottoms behind the old historic First Territorial Capitol building. After the walk, a guided tour of the museum will be given.

Dates: October 15
Time: 1-3 p.m.
Fee: $3
Location: Fort Riley Territorial Capital Emmer Rd
Instructor: Tom Roser 1-784-5535

ALONG THE OREGON TRAIL

Join us as we share information about the Barretts and Biglow homesteads along the Oregon Trail. These sites are being considered as Kansas Wildlife Park Grounds. Let's view the area of yesterday - and discuss what to behind the Kansas Park Program of tomorrow.

Dates: October 21
Time: 6-8 p.m. (Bring a sack lunch)
Fee: $3
Location: Meet at UPM parking lot
Instructor: Owen R. Jones 537-7576

FISHING KANSAS

Join us for this fun, yet practical program on fishing in Kansas. We'll discuss the hot spots, methods of fishing in Northeast Kansas, and the varieties of fish available to the angler.

Dates: October 25
Time: 7-9 p.m.
Fee: $6
Location: K-State Union Room 207
Instructor: Paul P. Miller 539-7154

JERRY BISHAM

HERBS

In December our Country Store is literally piled to the ceiling with the sights, tastes and scents of Christmas. Craft and pottery ideas, cooking tips, and gardening information will be shared. An excellent reading list of books and newsletters for herb lovers (good for beginners and experienced herbaltists alike) will be provided.

Dates: December 7
Time: 2-4 p.m.
Fee: $6
Location: Elbert Herb Shop 14415 Louisiana Rd
Instructor: Carol Elbert 1-456-2841

JUNCTION CITY CHRISTMAS BIRD COUNT

Amateur and professional bird watchers alike are invited to help with the 1989 North American bird census -- and learn while having fun in the process! Come to the Junction City bird count and see species of birds that you will not find in the Manhattan area. Beginner bird watchers will learn from the experts. A free lunch will be provided at the Sportsmen Acre Clubhouse at Millford Dam.

Dates: December 31
Time: 6:30 a.m. - 5 p.m.
Fee: $2
Location: Meet at Benny's Restaurant I-70 Exit 296

16
TALKING WITH YOUR KIDS ABOUT ALCOHOL FL-01

Let's face it, alcohol is a problem with today's kids. How should you talk with your kids about alcohol? What should you say to them? This program will help reduce the risk that your child will experience an alcohol related problem in his or her life. The program is geared to give information for a lifetime within the context of age appropriate expectations and consistent with your family values.

Dates: September 12, 19, 26, October 3
Time: 7-9 p.m.
Fee: $6
Location: UPM - Fireplace Room
Instructor: Catherine Plinchbaugh
539-8233

CHOOSING QUALITY CHILD CARE FL-02

What is quality child care? What should parents look for when searching for the most appropriate care to meet their child's and family's needs? Suggestions on what to look for and the questions to ask a child care provider will be given. Appropriate curriculum for the pre-school child involved in away-from-home settings will be discussed. Child care will be provided for a minimal fee.

Dates: September 12
Time: Tuesday (1 session)
Fee: $5
Location: Seven Dolors Child Care
220 S. Juliette
Instructor: Marsha Tannehill
539-8592

SOLVING YOUR CHILD'S SLEEP PROBLEMS
(See HEALTH section) HV-06

CHOOSING QUALITY CHILD CARE FL-07

(See class description FL-02)

Dates: October 10
Time: 7-8 p.m.
Fee: $2
Location: Seven Dolors Child Care
220 S. Juliette
Instructor: Marsha Tannehill
539-8592

BEGINNING MARRIAGE AND PARENTING FL-03
OVER THIRTY

Marriage and parenting is not only for the very young! Come and discuss these life experiences when they begin later in life. Expectations, finances, careers, starting a family, and reactions of family and friends to these new situations will be shared.

Dates: September 18
Time: Monday (1 session)
Fee: $2
Location: UPM - Conference Room
Instructor: Richard Harris 537-1283
Caprice Becker

AGES AND STAGES: 2-5 YEAR OLDS FL-04

Develop an awareness of the various stages of growth of children at different ages. We will focus on the "ages and stages" of 2 to 5 year-old children, and will explore developmental activities which will nurture children in the home.

Dates: September 20
Time: Wednesday (1 session)
Fee: $2
Location: UPM - Fireplace Room
Instructor: Marti Krieger 776-5071

AGES AND STAGES: 2-5 YEAR OLDS FL-06

(See class description FL-04)

Dates: September 27
Time: 7-9 p.m.
Fee: $2
Location: UPM - Fireplace Room
Instructor: Marti Krieger 776-5071

PARENTING THE ADOLESCENT FL-08

Why do adolescent children lash out at parents in anger? How can you, as a parent, cope? One of the major problems with parents and an adolescent communication is the adolescent's anger. Tony will attempt to help parents cope with their adolescent's angry responses, and improve the quality of their family life.

Dates: October 11
Time: Wednesday (1 session)
Fee: $2
Location: E-State Union Room 207
Instructor: Tony Jurich 552-5510

SNEAK PREVIEW: FL-09

USING VIDEO FOR FAMILY COMMUNICATION

Relax and learn innovative ways to enjoy movie videos and broadcast television while enhancing family communication. Adults and children are welcome. Popcorn is provided!

Dates: October 12
Time: Thursday (1 session)
Fee: $2
Location: E-State Union Room 207
Instructor: Olivia P. Collins

FOR PARENTS OF CHILDREN WHO HAVE WITNESSED ABUSE FL-10

Children who have witnessed abuse can have many problems. In this group we will share our experiences of how our children coped with their problems, and discuss strategies that have helped us to help them.

Dates: October 12
Time: Thursday (1 session)
Fee: $2
Location: E-State Union Room 207
Instructor: Diane Perrone 776-8398

PARENTING YOUR PARENTS FL-11

"When Mom's 85, I'll be 60 years old." Do you reverse roles? How can you simultaneously cope with aging parents, growing children, and grandchildren? Insights into the choices within the aging family and community support resources will be discussed.

Dates: October 16
Time: Monday (1 session)
Fee: $2
Location: Senior Service Center
412 Lowenworth
Instructor: Margarette W. Carlson 776-7725

UNITY Church of Manhattan
"Dedicated to teaching and demonstrating the spiritual truth of life.

Service 11 a.m. each Sunday
Classes for adults & children 10 a.m.
Meet at UFM
1221 Thurston
539-8416 Everyone is Welcome

17
FAMILY LIVING (Continued)

NON-SEXIST PARENTING FL-12

What are the reasons for treating children in an equitable manner? What are the future consequences of such treatment? Participants will discuss the strategies suggested by experts and the benefits of non-sexist parenting.

Dates: October 18
Time: 7-9 p.m.
Location: UFM - Fireplace Room
Instructor: Linda F. Thorsen

NON-SEXIST PARENTING FL-21

(See class description FL-12)

Dates: November 14
Time: 7-9 p.m.
Fee: $2
Location: UFM - Fireplace Room
Instructor: Linda F. Thorsen

A CASE OF ABUSE FL-14

An overview of the phenomenon of child abuse and neglect will be presented. Recognize the signs and symptoms of abusive parents and abused children and learn what happens within the social service and court systems when a case is reported. This program is an excellent resource for parents, teachers, child care providers and others who work with children.

Dates: October 18
Time: 7-9 p.m.
Fee: $2
Location: State Union Room 207
Instructor: Joanne Brooke 537-6567

PREPARING CHILDREN FOR THE BIRTH OF A SIBLING FL-13

The birth of a new baby is a family event! This program will assist parents in preparing their children for the birth of a new brother or sister.

Dates: October 18
Time: 7-9 p.m.
Fee: $2
Location: Memorial Hospital
Instructor: Roxanna Rowe, R.N.

HELPING YOUR CHILD USE THE LIBRARY FL-15

Help your children use library resources for school, scouting, and other research projects. We will look at the kinds of materials available at the library and discuss ways parents can prepare their children to make use of this valuable community resource.

Dates: October 19
Time: 7-8:30 p.m.
Fee: $2
Location: Manhattan Public Library Auditorium
Instructor: Garry Walton 776-3741
Judith Edelstein

NOW AVAILABLE AT UFM

Meeting facilities for parent education classes and/or support groups. Newly renovated conference and child care area may be scheduled by appropriate groups by contacting Olivia Collins, UFM Family Life Education Coordinator, 539-8763.

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CREATIVE PRESCHOOL

The interaction we have with our children is very important. Learn creative ways in which you can interact with children in your own home. Included will be some fun, simple, and educational activities geared for children aged 4-6 years.

Dates: October 25
Time: 7-9 p.m.
Fee: $6
Location: UPM - Fireplace Room
Instructor: Theresa Russo 539-5648

FATHER’S ORIENTATION

FL-18

GEARED for parents, this introduction for parent and child communication covers body changes, emotional adjustments, and sexual responsibility. The parent is essential in helping his or her child adapt to these changes in accordance with family values. Discussion and dialogue is encouraged.

Dates: November 2
Time: 7-9 p.m.
Fee: $5
Location: UPM - Fireplace Room
Instructor: Kathy Dickey, R.N.

MANHATTAN CHILD CARE CENTERS

MANHATTAN CHILD DEV. CENTER* (handicapped & normal children)
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Wilmie Miller
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Marsha Tannehill
SHIP ABDY
415 N. 10th
ST. LUXE PRESCHOOL*
300 W. Sunset
SUNSHINE NURSERY
Joan Machtost
TRINITY COMMUNITY NURSERY SCHOOL*
Barbara Higgin, Administrator

SIBLINGS WITHOUT RIVALITY

One of the greatest sources of stress in families is the sibling rivalry occurring between brothers and sisters. During this workshop, parents will learn and practice specific skills that reduce friction and encourage harmony within the family.

Dates: November 6
Time: 7-9 p.m.
Fee: $3
Location: UPM - Fireplace Room
Instructor: Marsha Vard 776-0841

UNDERSTANDING YOUR CHILD’S BEHAVIOR

FL-20

There are many reasons why children behave as they do. This class will help parents understand some of the reasons for their children’s behavior. Parents will learn ways to guide their children’s behavior in positive ways.

Dates: November 13 & 20
Time: 7:30 p.m.
Fee: $3
Location: County Office Building 2nd floor meeting room
Instructor: Beverly Brzachalski 737-6350

CHILDREN’S WORKING PLAY GROUP

FL-22

Join us for an ongoing support group for at-home mothers. Pre-school age children will play while moms visit with other adults. Mothers are responsible for their own children so no supervision is necessary. During nice weather we will meet outside, and during the colder months we will meet in homes of participants. Choose between Wednesday and Thursday mornings. These groups have been in existence for 13 years.

Dates: September 13-December 6
Time: Wednesdays (13 sessions)
Fee: $3
Location: Instructor will contact you for first meeting.
Instructor: Diana Hatch 776-0914

CHILDREN’S WORKING PLAY GROUP

FL-23

(See class description FL-22)

Dates: September 13-December 6
Time: Wednesdays (13 sessions)
Fee: $3
Location: Instructor will contact you for first meeting.
Instructor: Diana Hatch 776-0914

AMERICAN BAPTIST CAMPUS MINISTRY

BAPTIST CAMPUS CENTER
1801 ANDERSON
539-3061

Theology Classes, Resources in Social Issues, Sharing Groups, Personal Consultations, UFM Classes
Call for specific times and dates
CAMPUS MINISTER — DAVE STEWART
DE RE COQUINARIAS
(Home Cooking)
What did ancient Romans eat? How was it cooked? Did Romans eat as we do today? Through history and archeology we now have recipes for foods nearly 2,000 years old. Learn how to prepare succulent antiseed chicken and other surprises from the ancient's kitchen.

Dates: September 12
Time: 6:30-8:30 P.M.
Fee: $5
Location: UPM - Kitchen
Instructor: Ron Zerger 539-9495

HEALTHY COOKING
Are you needing motivation to prepare and eat healthier foods? Join us once a month to share dinner, nutrition tips, consumer information, and conversation. Each meeting will have a nutritional focus and participants will be asked to contribute a dish to the meal each month. The first meal will be provided by the instructor. The first meeting is the most important - please plan to attend.

Dates: September 14, October 12, November 9, December 7
Time: Thursdays (4 sessions) 6-8 P.M.
Fee: $8
Location: UPM - Banquet Room
Instructor: Elisa Stiefel 537-8130

BEGINNING CANDY MAKING
(See ARTS & HOBBIES section)

CHINESE COOKING
Learn the art of Chinese cooking. Make soybean milk, and various tofu dishes including chicken tofu with sugar peas. Learn to grow bean sprouts and prepare poultry and beef with bean sprouts. Cook chicken in oyster sauce, Tsai Shan chicken and Tsai Shan beef, steamed Chao-shi, beef with broccoli, lemon chicken, and Moo-shu pork.

Dates: October 3 - November 21
Time: Tuesdays (9 sessions) 6-7:30 P.M.
Fee: $50 (includes food & recipes for 9 sessions)
Location: UPM - Kitchen
Instructor: Li Shiang 539-2482

HEART HEALTHY DIET
Insure a "heart healthy diet." Interate and unsaturated fats, calories, cholesterol, and the value of fiber and oat bran. will be discussed.

Dates: October 4
Time: Wednesday (1 session) 7-9 P.M.
Fee: $2
Location: Memorial Hospital
Instructor: Teresa Samborn

HANSEN NUTRITION CENTER
"DIET CURES WHAT DIET CAUSES"
- Natural Food Supplements
- Unique Gourmet Foods
- Dietitian Consultation

MON.-SAT. 9:30 TO 6
537-4571
537-4571
3152 Anderson Ave, Jackson Ford Village Plaza
LEARNING WILLPOWER
FOR WEIGHT CONTROL

Control your weight. Develop positive eating patterns for a lifetime of weight control.

Dates: September 12
Time: 7-9 p.m.
Fee: $5
Location: Memorial Hospital
Instructor: Norma Singla, R.D.

ABC'S OF FIRST AID

Emergency situations can be scary! Basic first aid techniques, when to activate the EMS (Emergency Medical System), and what to do until help arrives will be discussed.

Dates: September 19
Time: 7-9 p.m.
Fee: $5
Location: Memorial Hospital
Instructor: Laura Burnett, R.N.

EATING DISORDER SUPPORT GROUP

An educational group designed to provide support for those with eating disorders, this is for anyone wanting to better understand how eating disorders develop and are perpetuated. Anyone interested in learning more about eating disorders is invited to attend.

Dates: September 21–December 7
Time: 7-8:15 p.m.
Fee: $2
Location: E-State Union Room 204
Instructor: Teri McCann 532-6927

REPRODUCTIVE HEALTH ISSUES

What are the facts regarding women's reproductive health? This program will center around new contraceptive technology for the 1990's, current legislation affecting reproductive issues, and future trends. Discussion will include pregnancy alternatives, the issue of abortion, and bills in the state of Kansas that are currently under consideration.

Dates: October 10
Time: 7-9 p.m.
Fee: $2
Location: K-State Union Room 3
Instructor: Teresa Parsons

HOW TO KEEP YOUR CHILD OUT OF THE DOCTOR'S OFFICE

When should you bring your child to the doctor's office? When should you take care of your child's aches and pains at home? Aimed for parents of elementary-aged children, this class will try to help parents make better use of their pediatrician's role in diet and lifestyles in the health of their children; concepts of health maintenance; and when to bring your child into the doctor's office will be discussed. Bring your questions and concerns.

Dates: October 10
Time: Tuesday (1 session)
Fee: $2
Location: St. Mary's Hospital
Instructor: Charles H. Orman, M.D.
Nancy Reynolds, R.N., M.S.
537-9030

MANAGING YOUR STRESS

Are you managing your stress or is it managing you? Taking care of yourself mentally, physically, emotionally, and spiritually is essential when moving through discord and disease. When stress begins to affect thoughts, behavior, and health in negative ways, it is time to take steps to manage it. Don't kick the dog or take an aspirin -- learn how to make changes in your life and manage your stress.

Dates: October 21
Time: 9 a.m.-5 p.m.
(Break for lunch) $20
Location: 426 Houston
Instructor: Enniece Doret

TRENDS IN HEALTH CARE

Recent changes in health care which affect us all...the patient, health care providers, and taxpayers, will be discussed. Medicare, insurance, prospective payment, and DRGs will be addressed.

Dates: November 9
Time: 7-9 p.m.
Fee: $2
Location: Memorial Hospital
Instructor: Mike Nunemaker

CHILDFPROOFING YOUR HOME

Have you ever thought that your child could open a cabinet or door and endanger his or her life? What causes child poisoning? How do children hurt themselves? Learn the ways to safeguard children in your home through "childproofing".

Dates: November 14
Time: 7-9:30 p.m.
Location: Memorial Hospital
Instructor: Laura Bartiss, R.N.

"Making time
for your personal needs" CONSIGLI CHIROPRACTIC CLINIC
Linda D. Consigli, B.S., D.C.
*Chiropractic treatment
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1325 Anderson Avenue
776-1850

SOLVING YOUR CHILD'S SLEEP PROBLEMS

Are you concerned about your child's refusal to go to bed, nightmares or bed-wetting? Aimed for parent's of infants through preschool age, this program will help parents better understand their child's sleep patterns. Also discussed will be the issue of children waking up in the middle of the night and nighttime schedules. Bring your questions and concerns.

Dates: October 17
Time: Tuesday (1 session)
Fee: $2
Location: St. Mary's Hospital
Instructor: Nancy Reynolds, R.N., M.S.
537-9030

Materials fees are now included with our class fees!
BASIC PLUMBING  H-01
Practice hands-on maintenance and repair of faucets, toilets, and drains. Find problems in water lines and drain lines. Discuss the tools needed for basic plumbing and repairs.

Dates:  September 11, 18, 25
Time:  6:30-7:30 p.m.
Fee:  $5 (Includes manual)
Location:  UFM - Greenhouse
Instructor:  Gary W. Knight

BUILDING YOUR OWN HOUSE  H-03
Dean and Betsy will share their experiences of designing and constructing their own home. They will talk about planning, the construction process, framing, wiring, plumbing, and selecting materials. They will take a tour of Dean’s house, and discuss the materials, labor costs, and work that went into building this home.

Dates:  September 14
Time:  7-9:30 p.m.
Location:  1204 Colorado
Instructor:  Dean Denner 776-5589
Betsy Evards 1-456-7018

HOME OWNERSHIP:
THE AMERICAN DREAM  H-04
How has the “American dream” of ownership changed during the past decade of disflation or deflation? What should the nation do to address the affordability in housing? What does an individual need to consider when shopping for a home in an altered economic environment? A flexible format of general or specific nature adapted to the stated needs will be addressed at the first meeting.

Dates:  September 20
Time:  7-9 p.m.
Fee:  $5
Location:  Confirmed at registration
Instructor:  Jerry Lovenstein 537-2998

HOME ENERGY SIMULATOR  H-05
Evaluate your home’s energy efficiency. The home energy simulator can tell you more than you want to know about how your home wastes heating and cooling dollars. You will complete a personalized energy assessment form and we will evaluate the energy and dollar savings possible for each home. A priority list for your home energy improvements will be developed as a result of this program.

Dates:  October 3
Time:  Tuesday (1 session)
Fee:  $3
Location:  E-State Union Room 203
Instructor:  Bruce Snee 532-6026

CHAINSAW SAFETY  H-06
Manage your chainsaw with skill and safety. Basic knowledge in using and maintaining chainsaws will be presented. Bring your own chainsaw, cotton gloves, and ear and eye protection.

Dates:  October 14
Time:  9:30 a.m.-12 noon
Fee:  $5
Location:  Meet in the UFM parking lot
Instructor:  Brett Balkenhol 539-8455

WATER CONSERVATION IN YOUR HOME  H-07
Water quantity and quality is becoming a serious issue in Kansas. Home management techniques that will help conserve water and reduce pollution problems will be discussed. Join us as we share very practical and useful information.

Dates:  November 8
Time:  7-8:30 p.m.
Fee:  $4 (Materials included)
Location:  UFM - Banquet Room
Instructor:  Richard Johnson 1-485-2628

We want instructors! Please call Peg Kowalczyk at 539-8763 if you can teach!! Programs for our youth and seniors, as well as programs in health awareness, community and world issues, or spiritual growth, are especially needed. KSU students and community members can gain valuable work experience by sharing their knowledge and expertise. Become a UFM instructor!
Recreation & Fitness

1221 THURSTON  539-8763

BEGINNING TANG SOO DO  RF-01

Tang Soo Do is a Korean Martial Art system. Basic techniques, forms, and stop sparring, and free fighting will be covered. The focus of this course will be on fitness and self-defense. Students will learn and participate in free fighting and will learn to defend themselves against all forms of attack. At the end of the course participants will have the opportunity to go on to an advanced course to continue their training.

Dates: September 11-October 20
Mondays, Wednesdays, & Fridays (16 sessions)

Time: 8:30-10 p.m.

Fee: $29

Location: Village Plaza

Instructor: Jeff Hooper 539-5185

Jcoil Cederberg

BEGINNING BALLET DANCE  RF-04

Learn the elements of Foxtrot, Waltz, Tchaikovsky, and Latin dance, this class will test the basic steps of selected dances with variations so that you can "wow" your friends and be the dancer you're always desired to be.

Dates: September 12-October 31
Tuesdays (4 sessions)

Time: 6:30-8 p.m.

Fee: $24

Location: ESU - Fairchild Hall Room 202

Instructor: Margaret Bennett 776-7557

BEGINNING BALLET DANCE  RF-05

(See description RF-04)

Dates: September 12-October 31
Tuesdays (8 sessions)

Time: 8:15-10 p.m.

Fee: $24

Location: ESU - Fairchild Hall Room 202

Instructor: Michael Bennett 776-7557

BALLELINCE DANCE (INTERMEDIATE)  RF-09

This class is for those who have already mastered the basic steps of beginning ballet. Variations and technique will be emphasized. Previous ballet dance is required.

Dates: September 1-December 7
Thursdays (8 sessions)

Time: 7-9 p.m.

Fee: $24

Location: ESU - Gash Hall Room 202

Instructor: Michael Bennett 776-7557

EMPLOYEES FOR FITNESS & SELF DEFENSE  RF-07

Experienced or not in the Martial Arts, this class will help improve your fitness while learning self-defense and other elements of kravate. The hands, feet, and body will be coordinated to perform strikes, kicks, parries, blocks, joint locks, and take-downs. Skill development, event, and having a good workout are all a part of the program which is geared for both men and wives at all levels and abilities.

Dates: September 12-December 9
(26 sessions)

Time: Tuesdays, 8-9 p.m.

Fee: $30

Location: Village Plaza

Instructor: Larry Parise 337-3221

KUNG FU  RF-06

Pat Te Leng is a Kung Fu style combining hard and soft methods, internal and external methods. Beginners will learn basic techniques, self-defense, drills, and one-step sparring. Wear comfortable clothing.

Dates: September 12-November 2
Thursdays (16 sessions)

Time: 7-8 p.m.

Fee: $20

Location: Village Plaza

Instructor: Stan Wilson 539-7723

KUNG FU FOR THE LESS FIT  RF-08

Have you always wanted to learn Kung Fu but felt too out of condition to even register for a class? This program is designed to teach the basics of Kung Fu to the less fit individuals without the intimidation of formal classes.

Dates: September 13-November 13
Wednesdays (10 sessions)

Time: 7-8 p.m.

Fee: $15

Location: ESU - Gymnasium Room 203

Instructor: Stan Wilson 539-7723

SELF-DEFENSE FOR ADULTS  RF-10

Learns basic self-defense techniques including kicks, striking, and blocks. Emphasis will be placed on escaping from threatening situations. Wear comfortable clothing. Geared for individuals 16 or older.

Dates: September 14-December 7
(13 sessions)

Time: 8-9:30 p.m.

Fee: $20

Location: Village Plaza

Instructor: Joel Greenko 776-3382

MARTIAL ARTS: TECHNIQUES & DISCIPLINE  RF-11

Are you interested in the martial arts but want more than just information about the different disciplines? Our instructors will present the philosophy, history, techniques, and demonstrate the various styles of Jujitsu, Aikido, Tang Soo Do, Tai Ji Quan, Kung Fu, Shorin-ryu, Pat Te Leng, and Kukso-ryu. Join us and ask questions, and discover the differences between the various martial art styles.

Dates: September 1
Thursday (1 session)

Time: 8-9:30 p.m.

Fee: $0 (No Charge)

Location: K-State Union Room 207

Instructor: Armando Flores, Joel Grueneke, Jeff Hooper, David Larsen, Stan Wilson

HOW TO CHOOSE A FITNESS PROGRAM  RF-03

Are you ready to start an exercise program but don't know where to begin? We will tour fifteen centers in the area and observe aerobic and toning classes in session. A listing of class costs, times, class intensity, and what to look for in a club and instructor will be provided to ensure an enjoyable and safe program to meet your fitness needs.

Dates: September 16, 17, 23, 24

Time: 3:30-4:30 p.m.

Fee: $4

Location: Meet at JFP parking lot

Instructor: Colleen Morgan 1-494-8508

Do you want to get started in bicycle touring? Are you between the ages of 8 and 80? Are you an adventurer who wishes to combine 450 miles of bicycling with a tour of the state of Kansas? Bicycling across Kansas is for you! Learn about the popular annual event which includes historical landmarks, a variety of museums, and scenic small towns. View a video tape of a 41- Bike Across Kansas. Necessary equipment, trip costs, and training tips will be presented. No bicycling experience is necessary! Come, enjoy, ask questions.

Dates: September 11
Monday (1 session)

Time: 7-8:30 p.m.

Fee: $2

Location: JFP - Fireplace Room

Instructor: Larry Boyd 776-4850
RECREATION & FITNESS (Continued)

TAI JI QUAN
RF-12
Tai Ji Quan (Tai Chi Ch'uan) is an ancient sophisticated system of exercises developed in China by Tuan-Moon. The most notable of these having been Chang San-Feng, Tai Ji Yan continues to be practiced for health, strength, coordination, and ultimately, for self-defense.

Dates: September 15, 29
October 12, 27,
November 10, 24,
December 8
Every other Friday (7 sessions)

Time: 6:30-8:30 p.m.
Fee: $45

Location: Village Plaza
925 Seth Childs Road
Instructor: David Larsee 776-5656

BEEF TONG TO WANGGO
RF-13
Enjoy an early morning breakfast ride to Wanggo, Kansas, home of the famous Dutch Mill. This ride is for beginners as well as veteran bicyclists. We'll stop as often as the group wants to and bicycle at a leisurely pace. Plan for breakfast in Wanggo at the 10 mile mark, and finish back in Manhattan for a total of 36 miles. Bring a spare tube for your bicycle, enough money for breakfast, and a hearty appetite!

Dates: September 10
Saturday (1 session)

Time: 8 a.m. until we finish!

Fee: $5

Location: Meet at the UPH parking lot
Instructor: Larry Boyd 776-4350

AIKIDO
RF-14
Aikido is known, technically, as a "Martial Art" such as Jujitsu, Judo, Kendo, and Karate. It includes techniques which enable one to defend against physical attack if necessary. Sincere practice of the art will gradually change one's reaction, stance, and moves in everyday activities which can lead to relaxation and control in both the physical and mental aspects of life.

Dates: September 11-December 9
Monday, Wednesday, & Saturdays (10 sessions)

Time: 6:00-8:00 p.m.
Saturdays 10 a.m.-12 p.m.

Fee: $90

Location: Village Plaza
925 Seth Childs Road
Instructor: Arnold & Elina Flores 1-784-4055

DISCOVER SCUBA DIVING
RF-15
Experience the thrill of scuba diving! This introduction to scuba basics will give you the opportunity to gear up with a tank, vest, regulator, mask, fins, and snorkel, and take that first plunge in the pool. Safety techniques will be discussed. Bring your swimsuit and towel. We do the work, you have the fun!

Dates: September 7
Sunday (1 session)

Time: 1:30-3:30 p.m.

Fee: $8 (includes equipment rental)

Location: Junction City YWCA
1703 McFarland Rd.
Instructor: Allen L. Shelton 539-DIVE

DISCOVER SCUBA DIVING
RF-23
(See class description RF-15)

Dates: October 22
Sunday (1 session)

Time: 1:30-3:30 p.m.

Fee: $8 (includes equipment rental)

Location: Junction City YWCA
1703 McFarland Rd.
Instructor: Allen L. Shelton 539-DIVE

DISCOVER SCUBA DIVING
RF-24
(See class description RF-15)

Dates: October 15
Sunday (1 session)

Time: 1:30-3:30 p.m.

Fee: $8 (includes equipment rental)

Location: Junction City YWCA
1703 McFarland Rd.
Instructor: Allen L. Shelton 539-DIVE

DISCOVER SCUBA DIVING
RF-25
(See class description RF-15)

Dates: October 29
Sunday (1 session)

Time: 1:30-3:30 p.m.

Fee: $8 (includes equipment rental)

Location: Junction City YWCA
1703 McFarland Rd.
Instructor: Allen L. Shelton 539-DIVE

JUJUTSU FOR BEGINNERS
RF-16
Japanese in origin, jujitsu stresses hands-on combat featuring throwing, low kicks, and wrist and arm locking. This class will include the hokko ryu basic waza form and walking exercises. This is self-defense oriented. Participants must be age 15 or over.

Dates: September 17-November 5
Sundays (6 sessions)

Time: 7-8:30 p.m.

Fee: $20

Location: Village Plaza
925 Seth Childs Road
Instructor: Stan Wilson 539-7723

BEGINNING SPORTS AKIDO
RF-30
Let's enjoy a Japanese, time-honored art as a sport. Aikido resembles judo and is one of the traditional Martial Arts of Japan. This form of Aikido is from the Tonaki School and is performed as a sport and also in competitive matches. Please wear comfortable clothing.

Dates: September 17-December 10
Sundays (13 sessions)

Time: 4-5 p.m.

Fee: $20

Location: Village Plaza
925 Seth Childs Road
Instructor: Etsuhiro Tobe

SELF DEFENSE
RF-17
Basic self-defense theory and techniques for both men and women will be presented. A video will be made so that class participants can check their progress. Video copies will be available for participants.

Dates: September 18-November 6
Mondays (8 sessions)

Time: 7-8:30 p.m.

Fee: $20

Location: KU - Gymnasium
Room 301
Instructor: Stan Wilson 539-7723

WINPO TAI JUJUTSU
RF-05
The unarmed art of the Ninjia basic technique and the eight basic Waza of Gookyo will be taught. 

Dates: September 24-November 12
Sundays (6 sessions)

Time: 3-4 p.m.

Fee: $10

Location: Village Plaza
925 Seth Childs Road
Instructor: Stan Wilson 539-7723

BASEBALL COACHING
RF-18
This baseball fundamentals workshop presented by K-State head coach Mike Clark, is geared for coaches and parents of ballplayers. Throwing, hitting, fielding, & base running will be covered. Teach your team players, sons or daughters to be the best ball players they can be.

Dates: September 25, 26, 27
Monday, Tuesday,
Wednesday (3 sessions)

Time: 6:30-8 p.m.

Fee: $30

Location: KU Baseball Field
College Avenue
Instructor: Mike Clark 532-5723

24

I Can't Believe It's Yogurt!
FREE Samples
Try our new non-fat, no cholesterol frozen yogurt.
OPEN: 11 a.m.-11 p.m. Daily
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705 N. 11th—Nautilus Towers
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MANHATTAN SHOE REPAIR
Shoe Drop Station in Wash Palace at Candlewood Shopping Center
Open 8:30-5:30 Weekdays,
Thursday 8 & Saturday 8-3:30
Closed Sunday & Monday
Drive-Up Convenience
401 Humboldt 776-1193
BOYFRIENDS FOR MEN AND WOMEN  RF-19

Do you want to improve your appearance and be the envy of your self-respect building, hard-training, intermediate, and advanced weight trainers, bodybuilders, power lifters, other athletes, or those just concerned with their appearance and health are invited to attend. Training methods, routine design, eating for results, exercise technique, injury prevention and rehabilitation, fat reduction, and preparation for competition are a few areas covered in this four session workshop for the weight training enthusiast. Students are expected to train 2 to 4 classes per week outside of the class period, therefore access to a weight set and bench is recommended.

Dates: September 30, October 14, 28, November 11
Time: 7-11 a.m.
Fee: $10
Location: Holton Hall
Instructor: James Griffing

SPRING BOARD DIVING  RF-20

Now you can learn to perform forward, backward, and sideward dives with coordination and self-confidence! Safe springboard diving basics will be taught using a simplistic approach. All forms of diving will be demonstrated. Good swimming skills are required. Please bring a short-sleeved sweatshirt.

Dates: October 1, 8, 15, November 5
Time: 10 a.m. - 12 noon
Fee: $10
Location: K-10 Natatorium
Instructor: Brett Balkenhol

FISHING KANSAS
(See EARTH & NATURE section) EN-08

FUNDAMENTALS OF KAYAKING  RF-24

Experience the challenge of kayaking! We will study equipment, paddle techniques, fast water maneuvers, and practice American Red Cross safety techniques.

Dates: October 22, November 5, 19, December 3
Time: 9 a.m.-1 p.m.
Fee: $48 (Equipment rental & textbooks provided)
Location: K-10 Natatorium
Instructor: Rex Replogle 537-2643

INTERMEDIATE KAYAK WORKSHOP  RF-25

This workshop is for those kayakers with some experience who desire to improve their skills. Informal critiques will be provided on rolls and strokes in indoor pools. Boats are available for rent at the pool, or you can bring your own.

Date: December 3
Time: 1-4 p.m.
Location: K-10 Natatorium
Instructor: Rex Replogle 537-2643

VOLLEYBALL FOR FUN  RF-31

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. Nate and ball will be furnished.

Dates: Sept. 12 & Dec. 7
Time: 7 - 8:30 p.m.
Location: Douglas Center
Instructor: Lois Morales 539-8867

HOW TO WATCH SPORTS ... AND ENJOY IT (FOR WOMEN ONLY!) RF-29

Have you always wanted to actually enjoy the sports of football, baseball, and basketball, but haven't got a clue what a "conversion", an "assist", or "goal-tending" is? Join K-State coaches' wives for three fun and informative evenings as they give you the lowdown on their favorite sport. Attend one session or the entire series and learn how to watch sports . . . and enjoy it!

FOOTBALL: "FAIR CATCH" RF-26
WITH BETTY NELSON

It's fall and football season is here and you still don't know whether to learn the game or not. The playing field, player's positions, and basic offense and defense strategies are still a blur of confusion and yellow flags. Common football terms such as "halftime," "quartering," "end zone," "inside kick," "reverse play," "safety," and "secondary" are as foreign to you as a second language. Betty Nelson, wife of K-State Defensive Line coach, will help you "run with the ball" and learn the basics of football.

DATE: September 13
TIME: Wednesday (1 session)
7:30 p.m.
FEE: $2 ($5 for the series)
LOCATION: K-State Union Room 203
INSTRUCTOR: Betty Nelson

BASEBALL: "IN THE BULLPEN" RF-27
WITH JULIE CLARK

Have you often heard "he's six and 0 with an ERA of 1.37" and you have no idea what he's talking about? Baseball batting averages and terms are thrown around and you feel lost in the playing field of "at bats," "base on balls," and "bullpens." Join Julie Clark, the wife of K-State's head baseball coach Mike Clark, as she spins in an understandable and enjoyable as apple pie.

DATE: October 3
TIME: Thursday, 7-8:30 p.m.
FEE: $2 ($5 for the series)
LOCATION: K-State Union Room 203
INSTRUCTOR: Julie Clark

BASKETBALL: "BREAK AFAST" RF-28
WITH BARB ERGER

Do you think that "traveling" only refers to vacations, and "charging" is something you do with a credit card? Basketball - how much more is there than planting a 7-footer under the basket to toss the ball to him for an easy goal with two points? Strategy, high jumping, and fierce combat for rebounds of missed shot attempts, create an enthusiasm and excitement for this fast-paced all-American sport. Basic rules, principle, and terms such as "goal tendency" and "technical foul" will be presented by Barb Erger, in a fun, yet informative way.

DATE: November 2
TIME: Thursday, 7-8:30 p.m.
FEE: $2 ($5 for the series)
LOCATION: K-State Union Room 203
INSTRUCTOR: Barb Erger

776-5577 ANYWHERE IN MANHATTAN

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25
A HEALING WORKSHOP

This workshop is designed for those who wish to bring health and harmony into their lives. Through discussion, videos, and exercises, we will explore our belief systems and learn how they affect our health, relationships, and environment. To be at peace with oneself and the universe is the natural way to be. This workshop will provide the first step on this path.

Registration deadline: September 5

Dates: September 16 & 17
Saturday & Sunday
(2 sessions)
Time: Sat. 8:30 a.m.-4:30 p.m.
Sun. 9 a.m.-4 p.m.
Fee: $30
Location: 426 Houston
Instructor: Enice Dorst

HEALING METHODS – PRACTICE LAB

If you have knowledge of, or experience with an alternative method of healing, come share this information with others who have the same interests. Whether your knowledge is in body/energy work, massage, reflexology, herbs, nutrition, crystals or other healing methods, let’s get together to share ideas, learn new methods, and practice these techniques on each other.

Dates: September 18
October 23, 16, 30
November 13, 27
Every other Monday
(6 sessions)
Time: 7-9:30 p.m.
Fee: $10
Location: 426 Houston
Instructor: Enice Dorst

SAGE LUNCH THEOLOGY

We will read and discuss Matthew Fox’s latest book, The Coming of the Cosmic Christ. Fox challenges both the distorted religion of fundamentalism and the liberal theology of liberalism to return to the Cosmic worldview of the ancients. Such a return can lead to a healing of Mother Earth and wholeness for her creatures.

Dates: September 18-November 20
Mondays, (10 sessions)
Time: 11:30 a.m. - 1 p.m.
Fee: $25 (purchase book through instructor)
Location: Baptist Campus Center
1801 Anderson
Instructor: Dave Stewart 539-3501

INTERPRET YOUR DREAMS

The interpretation of dreams is as old as the human race. Do you understand the meaning of your dreams as a way to discover your true self? The KOF-Zara teaches this and more, as well as giving you proven techniques for remembering and recording your nightly adventures. Dreams are a reflection of intra-psychic experiences which are recurrent in everyone. We will try to explain the inner workings of dreams. Please bring a notebook and pencil to class.

Dates: September 19 & 26
Tuesday (2 sessions)
Time: 7-8:30 p.m.
Fee: $5
Location: KSU – Deason Hall
Room 220
Instructor: Gary Fimbres

NEW DIRECTIONS FOR LIFE CHANGES

Considering alternatives as one makes transitions through adult life can be scary business. Where do I go? What do I do? Am I all alone? Gathering information and making decisions about life choices can be exciting once we take charge and “go for it!” This course is designed for anyone forced to or choosing to consider major changes in lifestyle and career – especially adults in transition due to divorce, unemployment, economic pressure or personal fulfillment.

Dates: September 21
Time: 7:30-9 p.m.
Fee: $3
Location: KUS – Blewett Hall
Room 107
Instructor: Sharon Tally 532-6561

NEW DIRECTIONS FOR LIFE CHANGES

(See class description SP-08)

Dates: September 26
Time: 7:30-9 p.m.
Fee: $3
Location: KUS – Blewett Hall
Room 112
LISTENING WITH THE THIRD EYE SP-10

Hearing what others are saying is not enough. To have positive interpersonal relationships an individual must be able to interpret the message with insight and intuition. This workshop includes exercises to go beyond the surface words and to understand the real (most important) message. By "listening with the third ear" you will learn to effectively communicate and respond appropriately.

Dates: September 26
Time: 9 a.m. - 5 p.m.
fee: $15
Location: 426 Houston
Instructor: Elaine Dorsa

THE ROOMMATE SURVIVAL COURSE SP-11

Sanity can be possible as you adjust to a new roommate and new living arrangements! This course will focus on all aspects of apartment sharing. Selecting an apartment, knowing your roommate, handling pet peeves, compromising in situations, and managing a budget will be discussed.

Dates: September 27
Time: 7:30-9 p.m.
fee: $10
Location: UFM - Conference Room
Instructor: Mary Hertz

THE POWER OF VISUALIZATION AND AFFIRMATIONS SP-12

Visualization combined with affirmations are powerful tools for making changes in your life. We will discuss and practice visualization techniques and how to use them in sports, habit-control, careers, healing, attaining your goals, and making changes within yourself, your relationships, and environment.

Dates: September 20
Time: Saturday (1 session)
fee: $5
Location: UFM - Fireplace Room
Instructor: Diane Perrette

BASIC MASSAGE SP-14

Experience total relaxation and improved circulation in this hands-on class designed to introduce you to the traditional Swedish massage. Participants should wear shorts and T-shirts or other loose clothing. Bring towels, a pad of some type to lie on, and lotion or oil. Please register with a partner.

Dates: October 5
Time: Tuesday (1 session)
fee: $10
Location: UFM - Fireplace Room
Instructor: Robert Barr 1-762-5569

WOMEN WHO FEEL GUILTY SP-15

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 - somewhere, somehow, where we failed. Learn to free yourself from guilt by not accepting responsibility that is not yours. Through September and sharing experiences, we will find ways to let go of guilt.

Dates: October 5
Time: Thursday (1 session)
fee: $3
Location: UFM - Fireplace Room
Instructor: Diane Perrette 776-8988

SPOUSE ABUSE SP-19

What is spouse abuse? Why do women stay in abusive situations? Dianne, a former battered wife, will lead this discussion on spouse abuse. The myths, the help that is available, an how friends can help, will be addressed in this program.

Dates: October 26
Time: Thursday (1 session)
fee: $10
Location: UFM - Fireplace Room
Instructor: Diane Perrette

BEGINNING GENEOLOGY SP-21

Where are the roots of your family tree? Can you track your ancestors? Find out where and how to research the elusive past. Geared for beginners who want the basic knowledge needed for a genealogical study of their families, we will go beyond just names and dates, bring family history information that you currently possess.

Dates: November 6 & December 4
Time: 7 p.m. - 9 p.m.
fee: $20
Location: Riley County Genealogy Library
Instructor: J. Harvey Littel

COMPATIBILITY PROFILE FOR COUPLES SP-18

Through the Myers-Briggs indicator, a self-assessment tool, develop a greater insight into your personality type. Gain a better understanding of your partner's personality and tendencies. Through better understanding of each other, learn to improve communication and better use your differences and similarities to your advantage. The program is geared for couples.

Dates: October 24
Time: Thursday (1 session)
fee: $10/couple
Location: Dr. Potter's office
Instructor: J. Harvey Littel
Instructor: Greg Potter, Ph.D.

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SPECIAL ORDERS WELCOME

HOURS:
MON. - WED. 10 a.m. - 4:30 p.m.
THURSDAY 10 a.m. - 7 p.m.
FRIDAY 10 a.m. - 6:30 p.m.
SATURDAY 10 a.m. - 6 p.m.
SUNDAY 1 p.m. - 6 p.m.
MAINTAINING DIGNITY AND AUTONOMY  S-01

Tools to protect your autonomy including "living wills" (the natural death act), durable powers of attorney (good after you become disabled), and the new durable power of attorney for medical decisions will be discussed. We will also discuss types of conservatorship (control over someone's property) and guardianship (control over someone's person).

Dates: September 14
Time: 9:30-10:30 a.m.
Fee: $1
Location: Senior Services Center
Instructor: Judith Pennrod Simione
537-2943

LIFING TRUSTS  S-02

At introduction to the concept of "living trusts" will be featured. How a trust is established and administered as a comparison of the living trust with other types of estate planning techniques; the advantages and disadvantages of a living trust and a corporate trustee; and the costs associated with creating and maintaining a living trust will be presented. Time will be allowed for questions and answers.

Dates: September 20
Time: 7-8:30 p.m.
Fee: $1
Location: Senior Service Center
Instructor: Mark Eoekewoffel
537-0200

PAYING FOR MEDICAL CARE  S-03

At what point can one obtain assistance through the state to pay for catastrophic medical care (Medicaid eligibility)? When does one become eligible? How do strategies to protect the well spouse work? Long term care insurance policies are a better investment than they used to be.

Dates: September 21
Time: 9:30-10:30 a.m.
Fee: $1
Location: Senior Service Center
Instructor: Judith Pennrod Simione
537-2943

MOONEY MANAGEMENT FOR THE RETIRED  S-04
AND NEAR RETIRED

Are you concerned about making the most of your money during your retirement years? Designed specifically for men and women who are planning for retirement, we will cover tax reduction methods, income producing investment opportunities, money saving ideas, estate planning and a number of other money management subjects applying specifically to the retired and near retired.

Dates: September 25
Time: 7:30-9 p.m.
Fee: $1
Location: 445 East Poppea
Instructor: Fred Freoby 537-4505

MOONEY MANAGEMENT FOR THE RETIRED  S-05
AND NEAR RETIRED

(See class description S-04)

DATING: GRANDCHILDREN OF THE PIONEERS  S-05

"Do you remember. . . ." Take a walk down memory lane or relive the old west and life in the 1800's as we listen to the stories about fezanas and the pioneer days. Come and share or listen to these stories and tales handed down by your grandparents. For those of you who have attended our "pioneers stories" in the past, join us for additional stories that have been uncovered.

Dates: October 12
Time: 1:30-4:30 p.m.
Fee: $2
Location: Senior Service Center
Instructor: Owen K. Jones 537-7976

WALKING TOUR OF THE CIVIT FARK
(See EARTH & NATURE section)

You've learned a great deal in 60 (or 70 or 80)
years.

Through the Retired Senior Volunteer Program, you can share your knowledge, your skills, your self.

RSVP

Retired Senior Volunteer Program
412 Leavenworth
Manhattan, KS 66502
776-RSVP or 537-4040 (Senior Center)
CHILCEN'S GARDENING T-01

Children ages 4-12 years will have hands-on experience planting, growing, and harvesting their own fruits and vegetables. They will learn responsibility as they prepare the soil, weed, and nurture their own plants in individual and group garden plots. Adult supervision is provided, but parent volunteers are welcome.

Dates: September 16-November 4 (6 sessions)
Time: 10 a.m.-12 noon
Fee: $5
Location: Manhattan Community Gardens
Instructor: Richard Meterson
Phone: 539-6170

KUNG FU FOR CHILDREN T-02

Students will learn the modified basics of Pai Ts Lung Kung Fu and methods of self-defense for younger people aged 6-12 years.

Dates: September 16-November 4 (6 sessions)
Time: 2-3 p.m.
Fee: $15
Location: Village Plaza
925 Seth Brelsford Road
Instructor: Stan Wilson
Phone: 539-7723

CHILCEN'S KONZA PRAIRIE WALK AND HABITAT SUNPRINTS T-03

Children 4-8 years old will learn about the Konza Prairie, the seasonal flowers, and discuss prairie ecology — what it was, is, and will be. They will be able to make their own habitat "sunprints" to take home with them.

Dates: September 16
Time: 10 a.m. - 12 noon
Fee: $5
Location: Konza Prairie Research Center, 6 miles south on McComb Creek Road
Instructor: Dave Sampson
Phone: 851-6000

RED CROSS BABYSITTING T-04

Become a certified babysitter. Youngsters age 11 or older learn the basics of child care, how to prevent accidents, what to do in an emergency, and how important it is that they can be in the life of a child. Participants must attend both sessions for certification.

Dates: October 7 & 14
Time: Saturdays (2 sessions)
Fee: $15
Instructor: Red Cross
Phone: 539-7180

BEGINNING EQUITING
(See ARTS & HOBBIES signs) AH-02

POLE ART PAINTING
(See ARTS & HOBBIES signs) AH-19

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1 mile south of campus
37 Years of Service Open Year-Round

UPM POTTERY COOPERATIVE

The Pottery Studio is a facility available to anyone who feels confident working alone. No instruction is provided. The studio is a self-supported facility run by members for members with two communicators to provide structure, and to fire the kiln. Your membership entitles you to 12-1/2 lbs of clay every four months, all the recycled clay you can produce (to be used at this studio only), kiln space and glazes. In order to cover material and facility costs, the membership is based on a cash fee and in-kind contributions.

ANNUAL MEMBERSHIP
Cash Fee: $45 annually
(May be paid at the rate of $15 every 4 months.)

OTHER MEMBERSHIPS
4 Months:
Cash Fee: $25
8 Months:
Cash Fee: $35

(SHORTER PERIODS OR ONE TIME USAGE CAN BE ARRANGED)

IN-KIND CONTRIBUTIONS:
* UFM Coffee mugs for resale
* Co-teach classes or workshops
* Locate teachers for classes or workshops
* Assist with other income producing projects

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

FOR FURTHER INFORMATION CALL UFM 539-8763
### SEPTEMBER

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**Activities:**
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<tr>
<th>SUN</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
<th>SAT</th>
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</tbody>
</table>

**NOVEMBER**

1. Teen Sexuality
2. Basketball/Track Meet

5. Siblings without rivalry
6. Prosecution & defense
7. Water conservation
8. Tatting
9. Health care
10. Paper snowflakes
11. Pinecone art

12. Understanding your child's behavior
13. Massage
14. Workers' compensation
15. Childproofing your home
16. Non-intrusive parenting
17. Photography
18. Candy making

19. Fundraising drive

26. Genealogy

**DECEMBER**

3. Intermediate layout

4. 5. 6. 7. Herb lore
**Registration Information**

3 Ways to Register

**Registration By Mail**

Complete the registration form and mail the form with your check, money order, credit card number to:
UPM
Class Registrations
1221 Thurston
Manhattan, Kansas 66502

You will be notified if your class is full. All registration is on a first-come, first-served basis.

**Registration By Phone**

With your VISA or MasterCard number and expiration date ready, call (913) 539-8763 during regular business hours. A minimum of $5 can be accepted.

**Registration In Person**

Stop by UFM, 1221 Thurston anytime between 8:00 a.m. and 3:00 p.m., Monday through Friday (closed 12-1 p.m.) or, for your convenience, the following dates and locations have been scheduled for on-site registrations:

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>LOCATION</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 23</td>
<td>Wednesday</td>
<td>K-State Union</td>
<td>11 a.m.-1 p.m.</td>
</tr>
<tr>
<td>August 24</td>
<td>Thursday</td>
<td>K-State Union</td>
<td>11 a.m.-1 p.m.</td>
</tr>
<tr>
<td>August 25</td>
<td>Friday</td>
<td>Manhattan Town Center</td>
<td>11 a.m.-1 p.m.</td>
</tr>
<tr>
<td>August 26</td>
<td>Saturday</td>
<td>Manhattan Town Center</td>
<td>11 a.m.-1 p.m.</td>
</tr>
<tr>
<td>August 29</td>
<td>Tuesday</td>
<td>Manhattan Public Library</td>
<td>3-7 p.m.</td>
</tr>
<tr>
<td>August 30</td>
<td>Wednesday</td>
<td>UFM</td>
<td>11 a.m.-2 p.m.</td>
</tr>
<tr>
<td>August 31</td>
<td>Thursday</td>
<td>UFM</td>
<td>5-7 p.m.</td>
</tr>
</tbody>
</table>

Registration continues throughout the semester at the UFM house from 8 a.m.-5 p.m. (Closed 12-1 p.m.)

**Register Early**

- So we can notify you of a change in course time or location.
- So you can be assured of space in the course.
- So we can notify you if the course is cancelled.
- So the instructor knows how many students to prepare for.

---

**UFM**

1221 Thurston
Manhattan, KS 539-8763

Name: __________________
Address: __________________
City: __________________
State: __________________
Zip: __________________
Phone: __________________
Date: __________________
Time: __________________

Class #  Title  Posts  Location  Date  Time
1.  
2.  
3.  
4.  

Post $5.00 REGISTRATION FEE
OFFICE USE ONLY
Check
Cash
VISA
MC
Card #
VISA or MC? Expires
(please circle all that apply)
KSU Student  Jr Sr  Gr  Stu/Spouse
AGE  Under 13  13-18 Senior Citizen
EMPLOYMENT  KSU Faculty/Staff  Fort Riley Personnel

Do you require class to meet in a handicapped accessible place? Yes  No

Where did you obtain your catalog? Yes  No

I am interested in teaching for UFM. Yes  No

A class I would like offered is __________________

---

Additional registration forms are available at UFM.
Materials fees are now included in the class fee.

**UFM Class Fees:**

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

**Registration Fee Exemptions:**

The following are exempt from the $5.00 registration fee (but not class fees):
1. Under 13 years of age
2. Over 60 years of age
3. Handicapped
4. Full-time KSU student (an annual SGA allocation supports student participation)

**Refund Policy:**

UFM will only give a REFUND voucher (redeemable for cash) in these instances:
1. The limited class you paid for has been filled
2. The class you paid for has been cancelled or significantly changed
3. You have overpaid

UFM will only give a CREDIT voucher (redeemable for UFM classes) in these instances:
1. You are unable to attend a class and you have notified UFM and the teacher a minimum of three days before the first meeting.
2. You earn credit by teaching or volunteering for UFM.