UFM IS...

1990 Fall Classes  Sept. - Dec.
Dear Friends,

UFM has had a special place in my heart for a long time and it is both an honor and pleasure to now be directing this organization.

My first experience with UFM was as a college student at KSU. It was amazing to me that anyone would think I had a skill to teach. Yet, they did. And one more link in UFM's lifelong learning chain was born. I gained confidence, met some people and found a way to share something I loved with others.

Since that humble start teaching guitar lessons in my residence hall, I have watched UFM grow and adapt. For me, UFM has always been a very special kind of learning environment where you could learn something you couldn't always find in school or try a new skill in a safe way. I have found it to be a place that will support new ideas and, when possible, help implement those ideas.

When I was learning to play the dulcimers, I sought others with whom to play. UFM met the challenge and Flint Hills Dulcimer Players was born. Over the course of the next 5 years more than 100 people found their way through my living room with mountain and hammered dulcimers galore. Who would have thought there were so many dulcimers in town?! What fun we had, what friends I made and what opportunities arose - again because UFM was there.

While the unique educational structure is at the core of UFM, it also serves the campus and community in other ways. The Lou Douglas Lecture Series and the Community Resource Act funding provide ideas, dialogue and new growth. UFM also serves as a neutral site for community development and change. Many community services started as a UFM project. Recent programs include the new independent HOME program, a Parent Education project and two current literacy projects, one for the homeless and one in the school district.

UFM is a jewel of a resource for this community. It is the concept of lifelong learning in action. UFM has made us all richer by allowing us to participate on equal footing. We ARE UFM - student, faculty, business person, mother, grandparent. UFM is at a new crossroad in its existence. It is a time for all of us to stand up and be counted. Show your support for this truly valuable organization. Teach a class, take a class, send a donation, help with a fundraiser, tell others about the organization.

If you've not experienced UFM firsthand, give it a try. Teach or take a class, or stop by and learn about the special community programs UFM sponsors. I look forward to hearing your thoughts and ideas as UFM moves into the new challenges of the '90's.

See you soon.

Linda Inlow Teener
Executive Director

CLASS SECTIONS
Earth & Nature..................4-5 Self & Personal Growth......12-13
Health & Wellness.............6 Arts & Hobbies................15-16
Recreation & Fitness...........7-8 Food & Nutrition.............17
Youth..........................9 Community & World......18-19
Family Living..................10-11 Business & Professional..20-22

WHERE WE'RE LOCATED

1201 Thurston
KSU

Instructors Wanted

Become a UFM instructor! Please call Terry Carpenter (539-8763) by October 30 if you have a skill or interest that you would like to share with others in our community.

Our volunteer instructors are the backbone of our campus/community program as they share their knowledge and expertise.

Become a link in our goal of lifelong learning and living.

NOW AVAILABLE AT UFM
Meeting Facilities for family life education classes and/or support groups are available. A newly renovated conference and child care area may be scheduled by appropriate groups by contacting UFM, 539-8763.

CLASS INFORMATION
Mailing your class registration? Class confirmations will not be sent unless otherwise requested. Consider yourself registered unless you hear from us that the class is full. Feel free to call to inquire about our receipt of your registration.
UFM is...

UFM is the oldest "free university" in the nation. Organized in 1968 as an experiment to provide an atmosphere for discovery with no grades or credits, UFM has evolved as a non-profit community-based education program. A central premise of the UFM philosophy is that within any community there are resources, including community agencies, residents, and facilities, which may be used to integrate education with living in both practice and concept.

Each year UFM helps connect hundreds of volunteer teachers with thousands of learners. UFM helps connect the university and the community, young and old, poor and rich, old and new residents with each other.

The connections that have happened through classes have led UFM to become involved in other concerns and projects. If you would like to learn more about these projects, call UFM and ask for additional information.

Executive Director - Linda Below Teener
Campus/Community Classes - Terry Carpenter
Community Resource Act - Anita Madison
Lee Douglas Lecture Series - Karen McCulloh
Manhattan Community Gardens - Evelyn Campbell
Bible Landscape - Evelyn Campbell
H.O.M.E. (Home Owners Maintenance and Energy) Program - Larry Karbel
Adult Education for the Homeless - Michael Cody
KSU Student Literacy Corps - Karen McCulloh
Pottery Studio - Sharon Jackson
Meeting rooms - Linda Thomason

In all these ways UFM helps make connections, bringing university and community resources together. It is the goal of UFM to continue to bring together people to identify other needs in the community and work to meet those needs. With the help of volunteers and student interns, UFM has often become an umbrella organization for new projects. Let us hear your ideas.

UFM INSTRUCTORS

Ilene Adams  Jill Frese  Ernie Peck
Nancy Anderson  David Garvin  Lori Peterson
Brett Balkenhol  Marlys Gardner  Al Potter
Michael Bennett  Erika Geradeau  Lubov Ramm
Jean Bigbee  Susan Gormely  Leon Repponent
Leonard Bishop  Jim Gregory  Deb Rosproy
Dennis Blair  Kelly Hansen  Pheobe Samuelson
Larry Boyd  Diana Hatch  David Seaman
Vicki Brown  Edith Hinricks  Leo Schell
Laura Burnett  T.J. Hittle  Marilyn Schreiner
Evelyn Campbell  Beth Hughes  Portia Sisco
Howard Campbell  Jean Johnston  Jim Sharp
Sue Carlson  Owen Jones  Mark Shipman
Mike Clark  Tony Jurich  Joan Smith
Beth Ann Cobb  Marlies Roog  Deyanira Solano
Enid Coccio  Susan Konllker  Lee Staab
Olivia Collins  Mark Knackendoffel  Bob Stamey
Paola Cook  Sam Lacy  Derek Stanfill
Lorrie Cross  P.C. Lanning  Carolee Stark
Friedelde Culy  Jayne Link  Dave Stewart
Floyd Davis  J. Harvey Littrell  Barb Stork
Eunice Dorst  Betty Lyn Llaneta  Aikihiko Tachiyama
Donna Edwards  Karen McCulloh  Linda Teener
Sandra Emeley  Sherry McCurry  Travis Troyer
Emily Epstein  Arlia McManis  Nancy Twiss
Gene Ernst  Rick Miller  James Underwood
Sharolyn Flaming  Lois Morales  Gary Warren
Jessie Foueaux  Twila O'Brien  Darrel Wilson
Fred Freeby  Susan O'Neill  Stan Wilson

CAMPUS & COMMUNITY STAFF

Terry Carpenter...........Educational Coordinator
Linda Thomason.........Educational Assistant
Evelyn Campbell............Office Assistant
Howard Campbell.........Advertising Manager

Volunteers, Interns and others:
Julie Norris
Tammy Baxter

Cover designed by KSU art student Joel Johns

THANK YOU!

A special thanks to the businesses and organizations who show support of UFM through their advertisements. We hope that the community of Manhattan will reinforce our thanks through the patronage of our advertisers.

If you would like to advertise your business or organization in the next UFM catalog, contact Terry Carpenter (539-8763) by November 1.

BOARD OF DIRECTORS

Anita Cortez Bond
Educational Supportive Services, KSU

Anne Butler, Director
Educational Supportive Services, KSU

Nancy Denning
Denning & Associates

Ellsworth Gerrits
Dean Emeritus, KSU

Atina Hanna, Director
Flinthills Broadcast

Buzz Harris, Manager
Ist National Bank and Trust

LaVerna Lindsay
Assistant Provost, KSU

Virginia Mixley, Associate Dean
College of Human Ecology, KSU

Rod Olson
Attorney at Law

Hal Rowe, Superintendent
U.S.D. #383

Susan M. Scott, Associate
Dean of Student Life, KSU

A. David Stewart, Resource Minister
American Baptist Campus Ministry

Linda Inlow Turner, Director
UFM

Gceans Warren Wright, Principal
Woodrow Wilson School
Solar Greenhouse and Edible Landscape Tour

Have you ever seen fish living in a greenhouse or observed an edible landscape? Join us for an educational tour. Our solar greenhouse demonstrates effective, low-cost ways to use renewable energy sources. Our edible landscape is an example of how ecologically-based design principles can be used to create an urban agricultural landscape that is aesthetically pleasing and productive. Observe and enjoy scented perennials and herbs growing. See and hear the story of the passion vine as it relates to the life of Christ. The tour is a great idea for students and community groups looking for ways to learn about promoting self-sufficiency in the areas of energy and food production. Special tours can be arranged by appointment.

Everly and Howard Campbell both have degrees in horticultural therapy and have managed the UFM Greenhouse for 3 years.

Date: September 19 (Wed)
Time: 6:30 - 7:30 p.m. (1 session)
Fee: $5 (book provided)
Location: UFM Greenhouse

Earth Day - Every Day

UFM hopes to provide a clearinghouse for information on environmental activities happening in Manhattan. We will discuss specific projects currently taking place and plan some which we hope will be successful. Such projects include: a campus energy audit, recycling innovations, alternative transportation days, consumer education, and outreach programs. We welcome attendance from other groups to inform us of their environmental activities to help prevent duplication of efforts.

Karen McCaulk (539-4858) helped coordinate Earth Day activities in Manhattan and would like to see the efforts continued.

Date: September 27 (Thurs)
Time: 7: 8:30 p.m. (1 session)
Fee: $5
Location: UFM Fireplace Room

Composting

Even the old children's nursery rhyme asked the question "...how does your garden grow?" Gardens can grow beautifully on other than "silver bells and cockle shells." Learn about composting and what to use for a compost pile at each stage. Give your garden or flower bulb a head start for spring.

Everly and Howard Campbell (539-8763) both have degrees in horticulture therapy from KSU.

Date: October 8 (Mon)
Time: 7: 8:30 p.m. (1 session)
Fee: $5
Location: UFM Greenhouse

Soil Conservation Practices

Learn about the practices that are used to control soil erosion. Gain a basic understanding of how erosion control structures are designed and managed. There will be a special emphasis on mechanical/structural practices that are used in the area for controlling soil erosion.

Darrel Wilson (557-2862) has 11 years of field experience with the Soil Conservation Service and a degree in Natural Resource Management.

Date: October 10 and 17 (Wed)
Time: 7 - 9 p.m. (2 sessions)
Fee: $6
Location: UFM Banquet Room

Thank you advertisers for your faithful support.

Give Your Furnace A Fall Check Up

$24.00

Up to one hour clean and check

Manhattan
776-5012
Jackson City
762-6262

Standard Plumbing
906 Peter Circle
Manhattan, KS 66502

Lennox
Expensive Sept. 15-No work with any other offer.
Chainsaw Safety

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.

Brent Ballenhol (539-8655) has been cutting firewood since his high school days, including hardwood trees for milling purposes.

Date: October 13 (Sat)
Time: 9:30 - 12 noon (1 session)
Fee: $5
Location: UFM parking lot

Growing Plants for the Home

Do you ever wish you had a green thumb? Come and learn how to grow and reproduce plants for your home. Learn about fruiting and flowering varieties of plants including citrus, hibiscus, pachystachys, and the orchid cactus.

Sam Lucy (539-8404) has grown and experimented with plants for over forty years. He enjoys sharing his horticultural successes and failures through teaching.

Date: October 17 & 31, November 14 (Wed)
Time: 7 - 9 p.m (3 sessions)
Fee: $4
Location: UFM Banquet Room

The Purchase and Care of New and Used Lawn Mowers

Are you confused by the array of choices confronting you when you purchase a lawn mower? How do you decide between the purchase of a new or used lawn mower? Learn about how different mowers are made and the effect it has on price. Learn to compare the new versus used mower. Care and maintenance of your mower will be discussed including the proper oil and gas to use, blades sharpening, care of the filter, and changing oil and spark plugs.

Gary Warren (537-1340) has had eight years experience working with lawn mowers. He is the Department Manager in the lawn and garden section at Waters True Value. Previously he worked with lawn mowers at golf courses.

Date: October 18 (Thurs)
Time: 7 - 8:30 p.m. (1 session)
Fee: $6
Location: Waters True Value

Field Trip to Glacial Area of Pottawatomie County

How do we know that glaciers visited Kansas? ... by the rocks from Minnesota they left behind. We'll visit southern Pottawatomie County to collect glacial material including agate, jasper, quartz, quartzite, petrified wood as well as others, some of which may be of gem quality. Bring a beverage, and a container for rocks.

Date: October 20 (Sat)
Time: (Raindate: October 27)
Fee: $4
Location: Meet at UFM parking lot

Winter Pruning

Do you have doubts about the proper procedures to follow when pruning trees, shrubs, and vines? Learn about the methods, tools, and timing necessary to prune your trees in proper shape.

Floyd Davis (787-5813) is a senior in horticultural therapy at KSU.

Date: October 26 (Fri)
Time: 6 - 7:30 p.m. (1 session)
Fee: $3
Location: UFM Greenhouse

---

**Farm Bureau Insurance**

No matter what your insurance needs...

- Car
- Home
- Life
- Blue Cross
- Retirement Planning
- Business
- Farm
- Boat
- Mobile Home
- Renters
- ...and more

**CALL US AT**

539-0339
2030 Farm Bureau Road
539-2111

---

**KRISTALLOS**

"Manhattan's most unique shopping experience"

- Sterling silver & ethnic jewelry
- Rings, earrings, clothing, coral, stones, crystals & unique gifts.

1124 MORO, MANHATTAN, KS 66502
913 539-0360

---

**UFM SOLAR GREENHOUSE TOURS**

Tours of the UFM Solar Greenhouse and edible landscape are available by reservation. Winter tours (November through April) view the Solar Greenhouse, some edible landscape, and raised garden beds used for the handicapped. Participants learn about the bead wall, the heat storage tanks, and the underground air conditioning tubes. Summer tours (May to October) view, touch, and smell the entire edible landscape and, additionally, see the Passion Vine and hear its history.

Call 539-8763 for an appointment.

---

**Share the experience of a lifetime**

Through the Retired Senior Volunteer Program, you can share your knowledge, your skills, your self.
Alcoholism: A Family Disease

Explore how one person's drinking affects the behavior, feelings, and attitudes of an entire family. How can the family get well together? Join us for a discussion of the options.

Dennis Blair (776-3875) is a staff psychologist at the Fort Riley Counseling Center. For 10 years, he has helped individuals and families recover from alcoholism and other chemical dependencies.

Date: September 1 (Tues)
Time: 7 - 9 p.m. (1 session)
Fee: $5
Location: UFM Fireplacce Room

Living with PMS

This informative session on Premenstrual Syndrome will define PMS - what it is and what it isn't. What's affected by PMS and to what extent? Triggers affecting incidence and severity will be addressed. Several proposed theories and the importance of keeping a diary will be discussed. Also included will be an overview of treatment approaches. PMS will be recognized as a stress factor in the family and ways to alleviate this stress will be briefly described. Men accompanying their partners are welcome, but must be enrolled.

Marie Gardner (539-5337) is a certified psychiatric and mental health registered nurse who has worked at Prairies Mental Health Services for five years. She has helped women with PMS both on an individual basis and in group sessions. Susan Houdeller is an outpatient therapist at Prairies Mental Health Services. She works with entire families as well as individuals.

Date: September 27 (Thurs)
Time: 6:30 - 8:30 p.m. (1 session)
Fee: $1
Location: Prairies Mental Health Services 2901 Cliff

Managing the Stress of Single Parenthood

Stressed out? Tired? Discouraged? How can you keep up with the pressures of being a single parent? Must you? Re-evaluate your needs. Eliminate the pressures. Employ the methods of coping: exercise, time management, setting priorities, and realistic self-appraisal. Realize the importance of your own choices and values.

Marie Keogh (539-5337), LMSW is a single parent and licensed social worker. She currently works as a substance abuse therapist at Prairies Mental Health Services.

Date: October 4 (Thurs)
Time: 7 - 9 p.m. (1 session)
Fee: $1 (includes materials)
Location: Prairies Mental Health Services 2901 Cliff

AIDS and the American Teenager

Over 20% of people with AIDS are in their 20's. Because of the latency period between HIV infection and the onset of symptoms, most of these people probably contracted HIV as teenagers. AIDS cases among teenagers increased 51% between 1988 and 1989. What type of high-risk behavior do parents and teens need to be aware of to avoid exposure to this deadly disease?

Joan Smith (776-4779) is the Riley County Health Department's Health Educator. She is the director for the LIVELY program and the AIDS education Risk Reduction Program. She has a MS degree from K-State and has many years of experience in the medical community.

Date: October 8 (Mon)
Time: 7 - 9 p.m. (1 session)
Fee: $1
Location: Riley County Health Department 2030 Townehead Road

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.

Laura Barnett is a registered nurse and is the Emergency Room Supervisor at Memorial Hospital.

Date: October 15 (Mon)
Time: 7 - 9 p.m. (1 session)
Fee: $1
Location: Memorial Hospital Conference Room

Stress Management Strategies for the 90's

The physical and psychological effects of work-related stress can be serious and far reaching. Learn the basics of stress management. Get hooked on positive addiction and become more productive at home and at work.

Joan Smith (776-4779) is the Riley County Health Department's Health Educator. She is the director of the LIVELY Program and the AIDS Education Risk Reduction Program. She has a MS degree from K-State and has many years of experience in the medical community.

Date: October 16 (Tues)
Time: 7 - 9 p.m. (1 session)
Fee: $1
Location: Riley County Health Department 2030 Townehead Road

PATRONIZE OUR ADVERTISERS! Let advertisers know that you saw their ad in the UFM Catalog.

THE Palace

1324 N. Manhattan • Aggieville • 539-7264
Mon.-Thurs. 8:30-8:30 • Fri-Sat. 8:30-9:30
Sun. 12:00-5:00

KINDRED SPIRIT BOOKSTORE

426 Houston, Manhattan 539-6137
WE CARRY
- BOOKS—Metaphysics, spiritual, self-help, gender studies, wellness, alternatives.
- MUSIC—Tapes and CDs—Relaxation, guided imagery, subliminals.
- ACCESSORIES—Greeting cards, posters, license, jewelry, crystals, and more.
- SPECIAL ORDERS WELCOME

HOURS:
MON.-FRI. Noon-6 p.m.
SUNDAY 10 a.m.-6 p.m.

TAKE A LOOK AT BIRKENSTOCK

For Quality, Trust the Original.

OLSON SHOE

AGGIEVILLE 539-3571
Recreation & Fitness
1221 Thurston 539-8763

Golf
Learn to play golf. Geared for beginners and intermediate players, the fundamentals of the full swing, correct game-keeping, and chipping and putting will be covered. Get some fresh air and find out if golf is the sport for you.

Jan Gregory (539-1041). PGA Golf Professional, is the golf pro at Stagg Hill Golf Course.

Date: September 6 - 20 (18 hours)
Time: 6:30 - 7:30 p.m. (3 sessions)
Fee: $18 (includes golf club rental)
Location: Stagg Hill Golf Course
4441 Fort Riley Boulevard

Volleyball for Fun
Indoor volleyball can provide low-key competition, exercise, and a great time. Beginners and advanced players are invited to join us each week for informal games. Get the exercise you need and the recreational fun you deserve.

Lucy Morrison (539-8887) has played UFM Volleyball for many years.

Date: September 11 - December 13
Time: 6:30 - 8:30 p.m. (28 sessions)
Fee: $5 (First material fee collected by instructor at first class)
Location: Douglas Community Center
901 Yuma

Baseball Coaching
This baseball fundamentals workshop, presented by K-State head coach Mike Clack, is geared toward coaches and parents of ballplayers. Throwing, hitting, fielding, and base running will be covered. Teach your sons players, sons, and daughters so the best ballplayers they can be.

Mike Clack (352-5725) is the head varsity baseball coach at K-State.

September 24, 25, & 26
(Mon, Tues, & Wed)
Time: 6:30 - 8:30 p.m. (3 sessions)
Fee: $9
Location: Frank Myers Field
College Avenue

Contra Dancing
Contra are "longways" dances (like the Virginia Reel) usually of English, Scottish, or American origin. They are growing in popularity across the U.S. Join us for several evenings of fun as we dance to wonderful music!

East Coke (539-6306) has danced and taught contra dancing for many years.

Date: October 5, November 2, & December 7
Time: 7:30 - 9:30 p.m. (3 sessions)
Fee: $5
Location: Douglas Community Center
10th & Yuma

Bike Tour to Waterglo
Enjoy a bicycle ride to Waterglo, 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. Plans for lunch in Waterglo at the 18 mile mark, and finish back in Manhattan for a total of 56 miles. Bring a spare tube for your bicycle, enough money for lunch, and a helmet. Optional items include: a camera, roadside maps, and a water bottle. On September 24, we will have a planning and preparation seminar. Bring your bicycle for a safety check.

Larry Boyd (776-4550) has pedaled across Kansas seven summers in a row and has participated in other bike tours, races, and triathlons for the past nine years. As a native Kansan, he is very interested in Kansas history.

Date: September 24 (Mon) - preparation seminar
September 29 (Sat) - actual bike tour
Time: 7 - 8 p.m. (preparation seminar)
6 p.m. - until finished (about 3 p.m.)
Fee: $4
Location: UFM Fireplace Room
UMK parking lot (prior to tour)

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

T.J. Hinkle is a certified Red Cross kayak instructor/leader. He has been kayaking for about 10 years.

Date: October 6 (Sat)
October 7, 8, & November 4 (Sun)
Time: 9 a.m. - 11 a.m. (1st session)
9 a.m. - 1 p.m. (all other sessions)
Fee: $25 (includes equipment rental)
Location: UFM Fireplace Room (1st session)
KSC Natatorium (all other sessions)

BIG DOLLAR SAVINGS
plus great taste when you use these valuable coupons

FREE DELIVERY
539-4888
707 N. 12th
Aggieville, USA

MEDIUM TWO-TOPPING PIZZA $7.50 PLUS 4 FREE COKES ONLY
539-4888
"We Pile It On!"
FREE DELIVERY
LARGE TWO-TOPPING PIZZA $9.95 PLUS 4 FREE COKES ONLY
539-4888
"We Pile It On!"
FREE DELIVERY

For all your golfing needs
Fully equipped pro shop
Professional golf instruction available
(individual & group)
Club regripping & repair
539-1041
Jim Gregory, PGA Professional

STAGHILL GOLF CLUB
K-18 West
Ballroom Dance I
Learn to dance! It's never too late to learn the elements of the Foxtrot, Waltz, Rumba, and Latin dance. Practice the basic steps with simple variations so that you can be the dancer you've always wanted to be. Become smooth on your feet, get some exercise, and have fun in this six-week introductory program geared for adults of all ages and immaculate. Partners are not necessary.

Michael Bennett (776-7357) has trained in Ballroom Dance at U.C. Berkeley; Mandala Ballroom, San Francisco; Alibobo Ballroom, Oakland, CA; Chicago Dance Studio, Chicago, IL; and Avenue Ballroom, San Francisco; and was the 1986 San Francisco Avenue Ballroom Jive/Hub Champion.

Date: September 10 - October 22 (Mon)
Time: 7 - 9:30 p.m. (7 sessions)
Fee: $25
Location: To be announced

Ballroom Dance II
Latin Intermediate (Mambo, Cha Cha, & Rumba)

Date: September 10 - October 22 (Mon)
Time: 8:30 - 10 p.m. (7 sessions)
Fee: $25
Location: To be announced

Ballroom Dance I
Latin Intermediate (Mambo, Cha Cha, & Rumba) is an intermediate class that emphasizes proper technique and style. Combustion, composed of 6-8 variations, will be taught at the rate of one combination per night. Includes Mambo, Waltz, and Foxton.

Date: September 11 - October 25 (Tues)
Time: 7 - 9:30 p.m. (7 sessions)
Fee: $25
Location: To be announced

Ballroom Dance II
This is an intermediate class that emphasizes proper technique and style. Combustion, composed of 6-8 variations, will be taught at the rate of one combination per night. Includes Mambo, Waltz, and Foxton.

Date: September 11 - October 25 (Tues)
Time: 8:30 - 10 p.m. (7 sessions)
Fee: $25
Location: To be announced

MARTIAL ARTS

White Dragon Kung Fu I
This Kung Fu style combines hard, soft, and internal methods of martial arts. Beginners will learn basic techniques, self-defense, drills, and one-step sparring. Wear comfortable clothing.

Stan Wilson (539-7723) has studied martial arts for 20 years and taught for 12 years. He holds a black belt in Kung Fu and is a member of the Shadows of Iga Ninja Society. He has studied ju-do, akido, four styles of kara-tai, six styles of kung fu, and various other martial arts. He has also written six manuals on martial arts.

Date: September 11 - October 4
Time: 7 - 9 p.m. (Tues & Thurs)
Fee: $35 (4 p.m. (Sat)
Location: To be announced

Hakko Ryu Ju Jitsu
Hakko Ryu is a form of self-defense oriented grappling type of martial art. Not an exertive form of martial arts, students will concentrate on 2 person warp, slow waiting exercises, and self-defense and theory exercises. Hakko Ryu is related to akido, yet stresses a more subtle, less active style and gentle techniques acceptable for use in modern society.

Stan Wilson (539-7723) has studied martial arts for 20 years and taught for 12 years. He has a second degree black belt in Hakko Ryu Jujitsu, and is a member of The Shadows of Iga Ninja Society. He has studied ju-do, akido, kempo, four styles of karate, six styles of kung fu, and various other martial arts, and has written six manuals on martial arts and self-defense.

Date: September 16 - October 20 (Sun)
Time: 4 - 5 p.m. (7 sessions)
Fee: $25
Location: To be announced

White Dragon Kung Fu II
This Kung Fu style combines hard, soft, and internal methods of martial arts. Beginners will learn basic techniques, self-defense, drills, and one-step sparring. Wear comfortable clothing.

Stan Wilson (539-7723) has studied martial arts for 20 years and taught for 12 years. He holds a black belt in Kung Fu and is a member of the Shadows of Iga Ninja Society. He has studied ju-do, akido, four styles of karate, six styles of kung fu, and various other martial arts. He has also written six manuals on martial arts.

Date: October 4 - October 20
Time: 7 - 9 p.m. (Tues & Thurs)
Fee: $35 (4 p.m. (Sat)
Location: To be announced

OLGA CHRISTINA'S SPORT BRA
Patricia's
UNDERCOVER
Lingerie
1224 MORO
M-F 10-6
THURS. 10-8
AGGIEVILLE
SAT. 10-5
Beginning Ballet

Does your child dream of becoming a dancer? This introduction to ballet can be that first step. Children ages 3 - 12 years will learn the five basic ballet positions and practice simple steps such as the plie, pique, and arabesque. The discipline of ballet transcends to other forms of dance including jazz, tap, and modern dance.

Portia Stice, (586-7842) who is 12 years old, has studied dancing for 10 years and plans to pursue dancing as a career. Recently, Portia danced in the lead role in the play "The Wizard of Oz" under choreographer Sharron Washington.

Date: September 12 - October 3 (Wed)
Time: 6:30 - 7:30 p.m. (4 sessions)
Fee: $30
Location: UFM Banquet Room

Kung Fu for Children

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

Sara Wilson (589-7732), who holds a 2nd degree black belt in jiu-jitsu and a first degree black belt in Kung Fu, has studied martial arts for 30 years and has taught for eight years. She is a member of the Pai Family. Sara has been a member of the Shadows of Iga Ninja society for eight years and studied with Steve Hayon.

Date: September 15 - October 27 (Sat)
Time: 2 - 3 p.m. (7 sessions)
Fee: $28
Location: To be announced

Kansas Sunprints

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

Jayne Link (589-7761) has enjoyed teaching environmental education in Wisconsin and in Kansas since 1981.

Date: September 15 (Sat)
Time: 10:30 - 11:30 a.m. (1 session)
Fee: $5
Location: UFM Patio

Tree Identification

Join us for a walking tour of KSU as we learn to identify trees through leaf identification. The instructor will share his leaf collection of species found in other areas.

Travis Troyer is 14 years old. He has been involved in forestry through the 4-H for the past six years. Travis has been a winner in forestry at the Riley County Fair for the past five years and has won a blue ribbon at the State Fair for the last two years.

Date: October 13 (Sat)
Time: 9:30 - 11:30 a.m. (1 session)
Fee: $7
Location: KSU Buena Vista Hall Room 11

UFM REGISTRATION

OUTDOOR EQUIPMENT SPECIALISTS
Bicycles * Backpacks
Sidewalks * Harnesses
Boots * Tents * Krives
Frisbee * Sleeping Bags
Campsite Equipment
KREEM KUP STORE
ICE CREAM - SANDWICHES
OLD TOWN MALL SHOPPING CENTER
17th and Yuma
1 mile south of campus
39 Years of Service Open Year-Round

Family Vision Care

DR. DOUGLAS STIGGE
DR. NORBERT STIGGE
Optometrists

(913) 539-6051

1202 Moro Manhattan, Kansas 66502
Single Parent Support Group
This group will address the stresses, strains, and joys of single parenting. Take this opportunity to address important questions. How do I feel about myself? How can I deal with anger? Focus on self-acceptance and building a positive self-image.

Vicki Brown and Lori Peterson are both single parents. They are working on M.S. degrees in the Department of Marriage and Family Therapy at KSU. Vicki has coordinated single-parent support groups previously.

Date: September 9 - December 9 (Sun)
Time: 9:30 p.m. (14 sessions)
Fee: $4
Location: UFM Conference Room

The In-Between Years: Understanding the Transition from Elementary to Middle School
The transition from elementary to middle school means children become teenagers, and this presents challenges for the entire family. Learn more about this important transition as this class focuses on understanding adolescent growth and change.

Sue Rose O'Neill (539-8079) has been a school social worker for the past five years and is presently on staff full time at the Mainland Middle School.

Date: September 16 (Mon)
Time: 7 - 9 p.m. (1 session)
Fee: $5
Location: UFM Conference Room

Children's Morning Play Group
Join us for an ongoing support group for at-home parents. Preschool age children may play while parents visit with other adults. Parents are responsible for their own children to no separation is necessary. During inclement weather we will meet inside of classrooms. Parenting the Active and the first three Thursday mornings. These groups have been in existence for 14 years.

Diane Hecht (737-9992) a mother of two, and Barb Sear, (539-1739) a mother of four, are interested in getting children together for play, as well as giving at-home parents an opportunity to share and interact.

Date: September 12 - December 12 (Wed)
Time: 10 a.m. - noon (14 sessions)
Fee: $4
Location: Instructor will contact you for first meeting

Family Survival Series for Parents of Adolescents!
This series will help parents recognize the early signs of adolescent alcohol and drug problems and talk about positive action steps for parents. Video presentations, group discussion, and short lectures will be used.

Dorothy Edwards (537-7890) is a prevention and intervention specialist for the Northeast Kansas Regional Prevention Center, a program of Pawnee Mental Health Services.

Date: September 13 - December 13 (Thurs)
Time: 10 a.m. - noon (13 sessions)
Fee: $4
Location: Instructor will contact you for first meeting

Children's Morning Play Group

Date: September 13 - December 13 (Thurs)
Time: 10 a.m. - noon (13 sessions)
Fee: $4
Location: Instructor will contact you for first meeting

Continuing Education
For Helping Professionals

Community Help for Hidden Problems
Child Sexual Abuse
September 19
8:45 a.m. (6 hours)

Adolescent Substance Abuse
October 17
12:45 p.m. (3 hours)

Domestic Violence
Co-sponsored with The Crisis Center
November 14
12:45 p.m. (4 hours)

For social workers, RNs, LPNs, counselors, educators, clergy, law enforcement officers, volunteers, and others. Fee for each workshop is $37 per hour. Call for brochure with workshop descriptions and additional dates and locations. Pre-registration requested.

Pawnee Mental Health Services
2001 Clifton
Manhattan, KS 66502

Pregnant? NEED HELP? For confidential help, call
Birthright
FREE Pregnancy Tests
103 S. Fourth
537-9180
1-800-848-LOVE

Baby Cat Diaper Service
Inexpensive, easier & better for our planet
537-3333
For your baby, for the earth, for you

Mother - Daughter Choices
At last, a way to bridge the communication gap between busy mothers and their pre-teen daughters during the critical transition to junior high school. Seventh-grade girls will have the opportunity to gain skills in goal planning and problem solving as they assess their own choices and options and life choices. This program helps girls see their mothers as resources in the process of making life decisions. It is fun! Open to any seventh-grade girl and her mother.

Marilee Schreiner (539-5837) is a social worker and Beth Neff is a prevention specialist on the staff of Pawnee Mental Health Services. They have led this class for other groups.

Date: September 15 & 22 (Sat)
Time: 9 a.m. - 12:30 p.m. (2 sessions)
Fee: $25 per mother-daughter pair
Location: Pawnee Mental Health Services
2001 Clifton

Parenting the Angry Adolescent: Tips on How to Put Out the Fire
Why do adolescents lash out at parents in anger? How can we, as a parent, cope? This class will attempt to help parents deal with their adolescent's angry responses - a major roadblock on the way to effective family communication. Time for problem solving and individual questions will be included.

Tony Lujan (532-5510) is clinical director of the marriage and family therapy program at K-State. A teacher for 18 years, Tony is also a Fellow of the American Association for Marriage and Family Therapy. One of the major areas of expertise is therapy with families that include adolescents.

Date: September 19 (Wed)
Time: 7 - 9 p.m. (1 session)
Fee: $6
Location: UFM Conference Room

Sneak Previews: Using Video for Family Communication
Relax and learn innovative ways to enjoy movie videos and broadcast television while enhancing family communication. All ages and children are welcome. Popcorn is provided!

Olivia Collins (776-3547), a certified family life educator, is an avid consumer of movies and television. She has a Ph.D. in Family Life Education and Consultation and is an Extension 4-H Youth Specialist at K-State.

Date: November 6 (Tues)
Time: 7 - 9 p.m. (1 session)
Fee: $5
Location: K-State Union Room 206

Continuing Education
For Helping Professionals

Community Help for Hidden Problems
Child Sexual Abuse
September 19
8:45 a.m. (6 hours)

Adolescent Substance Abuse
October 17
12:45 p.m. (3 hours)

Domestic Violence
Co-sponsored with The Crisis Center
November 14
12:45 p.m. (4 hours)

For social workers, RNs, LPNs, counselors, educators, clergy, law enforcement officers, volunteers, and others. Fee for each workshop is $37 per hour. Call for brochure with workshop descriptions and additional dates and locations. Pre-registration requested.

Pawnee Mental Health Services
2001 Clifton
Manhattan, KS 66502

Pregnant? NEED HELP? For confidential help, call
Birthright
FREE Pregnancy Tests
103 S. Fourth
537-9180
1-800-848-LOVE

Baby Cat Diaper Service
Inexpensive, easier & better for our planet
537-3333
For your baby, for the earth, for you

Mother - Daughter Choices
At last, a way to bridge the communication gap between busy mothers and their pre-teen daughters during the critical transition to junior high school. Seventh-grade girls will have the opportunity to gain skills in goal planning and problem solving as they assess their own choices and options and life choices. This program helps girls see their mothers as resources in the process of making life decisions. It is fun! Open to any seventh-grade girl and her mother.

Marilee Schreiner (539-5837) is a social worker and Beth Neff is a prevention specialist on the staff of Pawnee Mental Health Services. They have led this class for other groups.

Date: September 15 & 22 (Sat)
Time: 9 a.m. - 12:30 p.m. (2 sessions)
Fee: $25 per mother-daughter pair
Location: Pawnee Mental Health Services
2001 Clifton

Parenting the Angry Adolescent: Tips on How to Put Out the Fire
Why do adolescents lash out at parents in anger? How can we, as a parent, cope? This class will attempt to help parents deal with their adolescent's angry responses - a major roadblock on the way to effective family communication. Time for problem solving and individual questions will be included.

Tony Lujan (532-5510) is clinical director of the marriage and family therapy program at K-State. A teacher for 18 years, Tony is also a Fellow of the American Association for Marriage and Family Therapy. One of the major areas of expertise is therapy with families that include adolescents.

Date: September 19 (Wed)
Time: 7 - 9 p.m. (1 session)
Fee: $6
Location: UFM Conference Room

Sneak Previews: Using Video for Family Communication
Relax and learn innovative ways to enjoy movie videos and broadcast television while enhancing family communication. All ages and children are welcome. Popcorn is provided!

Olivia Collins (776-3547), a certified family life educator, is an avid consumer of movies and television. She has a Ph.D. in Family Life Education and Consultation and is an Extension 4-H Youth Specialist at K-State.

Date: November 6 (Tues)
Time: 7 - 9 p.m. (1 session)
Fee: $5
Location: K-State Union Room 206

Continuing Education
For Helping Professionals

Community Help for Hidden Problems
Child Sexual Abuse
September 19
8:45 a.m. (6 hours)

Adolescent Substance Abuse
October 17
12:45 p.m. (3 hours)

Domestic Violence
Co-sponsored with The Crisis Center
November 14
12:45 p.m. (4 hours)

For social workers, RNs, LPNs, counselors, educators, clergy, law enforcement officers, volunteers, and others. Fee for each workshop is $37 per hour. Call for brochure with workshop descriptions and additional dates and locations. Pre-registration requested.

Pawnee Mental Health Services
2001 Clifton
Manhattan, KS 66502

Pregnant? NEED HELP? For confidential help, call
Birthright
FREE Pregnancy Tests
103 S. Fourth
537-9180
1-800-848-LOVE

Baby Cat Diaper Service
Inexpensive, easier & better for our planet
537-3333
For your baby, for the earth, for you
THE LEARNING CHANNEL
Catherine L. Fung, M. Ed., hosts
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 11 & 12: Feasts of Kings in France with Patti Ellin
18 & 19: Eisenhower Centennial Exhibition
(Riley County Historical Museum)
25 & 26: Centennial Anniversary of the Electric Light in Manhattan

October
2 & 3: National Stamp Month
9 & 10: Celebrating, Creating a New Season
16 & 17: Stamp Collecting with Tim Lindsey
23 & 24: Cairo, Egypt with Dr. Medhat M. Morcos
30 & 31: Aerial Topography with Peter Miles

November
6 & 7: Remembering Veterans' Day with Jessie Foveaux
13 & 14: A Tour to the Rare Book Room at Farrell Library
20 & 21: Prevention of Food Poisoning with Dr. Daniel Fung
27 & 28: Artist Diane Milords

December
4 & 5: Photography with Doug
11 & 12: Dr. Reginald Bennett, Food & Drug Administration
18 & 19: Cooking with Max Ulveling

You and Your Aging Parents
As our parents become older and experience health problems, adult children are faced with the task of helping them while at the same time meeting the many demands in their own lives. This class will examine some of the special challenges of helping aging parents and offer suggestions in finding solutions to these complex issues.

Rick Miller (532-5510) is an assistant professor at KSU in the Department of Human Development and Family Studies. He is a marriage and family therapist with a specialty in aging families.

Date: October 23 (Tues)
Time: 7 - 9 p.m. (1 session)
Fee: $6
Location: UFM Banquet Room

10th Annual Working with Families Conference
September 26-28, 1990
K-State Union, Manhattan, KS

We're celebrating our 10th anniversary! Over two thousand professionals who are working with American families have attended the past nine conferences. These have included individuals from over 25 states and three foreign countries. We believe our tenth annual conference will be our biggest and best. We hope you can attend.

• University credit, CEU's, and PDU's will be offered in conjunction with the conference.
• Midwest debut of the play Amber Waves, a newly commissioned play first performed in the spring of 1990 by the Kennedy Center Theatre for Young People. Written by Kansan James Still and produced by another Kansan, Carole Sullivan, the play is a sensitive treatment of a serious subject, a farm family in trouble.
• National Photo Competition for amateur photographers.

For more information about the conference or any of the related activities, please call 1-800-432-8222.
Conversational English
This is an English as a second language conversation class. We will discuss English grammar, pronunciation, and vocabulary in an informal setting. Become familiar with the educational and recreational resources that the KSU/Manhattan community has to offer while gaining confidence in using the English language. Meet new friends while learning the English language and sharing your culture.
Kelly Hansen (532-6865) is an anthropology major who has studied English as a second language for over three years. She is currently learning a second language and believes that there is a need to communicate in a language other than their own. She is a member of the International Coordinating Council and plans to pursue a M.A. in English as a Second Language.
Date: September 11 - December 11 (Tues)
Time: 7:30 - 8:30 p.m. (14 sessions)
Fee: $35
Location: UFM Conference Room

Introduction to Spoken Japanese
Are you fascinated by the Japanese language and culture? This course will introduce the participant to spoken Japanese. Japanese culture and customs including foods, customs, and greetings will also be discussed.
Aikiko Tachibana (776-8063) graduated from the International Economics Department at Japan University. He worked for seven years at a Japanese trade company. He is presently working toward his MBA at KSU and welcomes the opportunity to share his knowledge of Japan and its language.
Date: September 17 - December 3 (Mon)
Time: 5:30 - 6:30 p.m. (12 sessions)
Fee: $35
Location: KSU Bluebonnet Hall Room 111

Spanish for Beginners
Learn to speak Spanish. Geared for beginning students, this course will cover pronunciation, grammar, and conversations.
Domingo Solano (539-7630) is a Costa Rican native who has taught Spanish at Kansas State University.
Date: September 17 - December 3 (Mon)
Time: 5:30 - 6:30 p.m. (12 sessions)
Fee: $35
Location: UFM Conference Room

Conversational German
This course is designed to provide German conversation for people who speak some German.
Erkka Gerada (539-2866), a German native, is a K-State student studying business and German.
Date: September 10 - December 5 (Wed)
Time: 7 - 8 p.m. (12 sessions)
Fee: $35
Location: K-State Alumni House Room 16

Introduction to German
This class is designed to give you an introduction to the German language, culture, and customs. It is ideal for the traveler. We will learn how to ask for directions, order in a restaurant, find hotel rooms, and better understand "The German ways of doing things.
Elfriede Caley has taught German to military personnel in Germany. She has also given private lessons in German.
Date: September 20 - November 29 (Thurs)
Time: 7 - 8 p.m. (10 sessions)
Fee: $35
Location: KSU Justin Hall Room 149

The Art of Public Speaking
Nervous about speaking before others? Develop confidence in this important area. Learn about different speaking methods. Participate in this class through prepared and extemporaneous talks on many different subjects. Exercising will gain confidence. This course is for the very shy to the confident speaker who just needs a little polishing.
Elle Peer (537-5605) is a registered representative for Waddell & Reed. She has taught Public Speaking previously.
Date: September 20 - November 8 (Thurs)
Time: 7 - 9 p.m. (8 sessions)
Fee: $45
Location: 445 East Point

Introduction to the Philosophy of Gurdjieff and Ouspensky
Explore the psychological system of the two Russian philosophers and teachers, Gurdjieff and Ouspensky. Their philosophy seeks to join Eastern traditions with Western needs, emphasizing a system of self-development grounded in verification through personal exercises, discussion, and reading aloud from Ouspensky's "A Psychology of Man's Possible Evolution." David Scammon has been active with Gurdjieff's work for 15 years. He has studied with Y.O. Bronn, a pupil of both Gurdjieff and Ouspensky.
Date: September 13 - October 18 (Thurs)
Time: 7:30 - 8:30 p.m. (6 sessions)
Fee: $12
Location: UFM Greenhouse

Sack Lunch Theology:
"God the Economist"
Do religious values have anything to do with the way we use resources? Do economic values say anything about the way we view and live in the world? Theology and economics are rarely considered to have any relationship to each other. However, there are implicit economic values underlying our theologies and implicit theologies underlying our economics. We will explore these implications through the use of Douglas Weak's book, "God The Economist." (Available at the first class for approximately $12.50.)
Dave Stover (539-3091) is a campus minister who has been teaching Sack Lunch Theology courses for years.
Date: October 1 - November 26 (Mondays)
Time: 11:30 a.m. - 1 p.m. (9 sessions)
Fee: $12
Location: Baptist Campus Center 1801 Anderson Avenue

Advanced Genealogy
What are the roots of your family tree? Designed for those who have taken beginning genealogy or who have done previous genealogical research, this course will cover sources of information, special techniques for making genealogical decisions, and organizing and publishing your genealogical data.
J. Harvey Lattwell, a retired KSU professor, has done extensive genealogical research. He is the past president of the Riley County Genealogical Society and the editor of the Kansas KSU, the Society's quarterly.
Date: September 5 and 12 (Mon)
Time: 7 - 9 p.m. (2 sessions)
Fee: $25
Location: Riley County Genealogical Society Library 2005 Clifton Road

Holistic Approach to Stress Management
Do you ever feel "popped out?" Discover the high stress areas of your life, and how to create a happier, healthier lifestyle by learning intervention strategies to eliminate or reduce your stress.
Diane Dorst (539-3418) is the owner of Stress Management Clinic. She has studied the effects of stress and stress management techniques for three years.
Date: September 17 & 24 (Mon)
Time: 7 - 9 p.m. (2 sessions)
Fee: $35
Location: Stress Management Clinic 426 Houston

Zen Buddhist Philosophy and Practice
Zen Buddhist philosophy aims for enlightenment by direct intuition through meditation. Join us for discussion and practice of Zen meditation (Zazen) with a major focus on the Rinzai tradition or "school." Other traditions will also be discussed.
Leon Rapoport, (532-6850) a professor with the KSU Psychology Department, and Al Patten, a medical technician in the Veterinary school, have studied Zen for several years and are affiliated with the Minnesota Zen Center and the Manhattan Zen Group.
Date: October 3, 10 & 17 (Wed)
Time: 7 - 9 p.m. (3 sessions)
Fee: $35
Location: UFM Conference Room

STRESS Management
Feel Better! Get More Done!
Learn skills and strategies for using stress productively.
Leader: Angela Giebe, Coordinator Employee Assistance Program
Four sessions, Wednesdays, Oct. 3 - 24, 7 pm - 9 pm. Fee: $48. To register call 539-5357.

UNITY Church of Manhattan
A spiritual family dedicated to the transformation of consciousness.
Sunday School 10 a.m., Worship Service, Sunday, 11 a.m. Meets at UFM 1221 Thurstor 539-8416 Everyone's Welcome
Personal Image Seminar

Learn how to present a confident personal image. With computer assistance, learn precisely which of 55 types of business, automotive, winters, or spring are according to the color of your hair, skin, and eyes. Learn how to choose the most flattering makeup and clothing colors, and the best clothing styles based on your own unique body proportions.

Betty Lynn Linnus (539-6653) is an independent image and color consultant with Beauty For All Seasons, Inc., the international leader in the science of image and color. Betty Lynn, who is a Contracting Dynamic Winter, was certified as a Color Alliance consultant in September 1988 and a Sigma image consultant in April 1996.

Date: September 23 (Sun)
Time: 1 - 3 p.m. (1 session)
Fee: $6
Location: UFM Conference Room

Personal Image Seminar

Date: October 21 (Sun)
Time: 1 - 3 p.m. (1 session)
Fee: $6
Location: UFM Conference Room

Personal Image Seminar

Date: November 18 (Sun)
Time: 1 - 3 p.m. (1 session)
Fee: $6
Location: UFM Conference Room

Personal Image Seminar

Date: December 9 (Sun)
Time: 1 - 3 p.m. (1 session)
Fee: $6
Location: UFM Conference Room

Basic Skin Care

SP-15
Learn the basic principles of skin care. Discuss skin care products that help you retain moisture and look your best.

Paula Cook (776-4794) is the director of esthetics at Carin's Beauty College.

Date: October 10 (Wed)
Time: 6 - 8 p.m. (1 session)
Fee: $10
Location: Carin's Beauty College
512 Poppe Avenue

Natural Nail Care

SP-16

Have you always wanted to have beautiful nails? Join us for an informative class on nail care. Gain experience working with nail care products such as nutritional, fortifiers, and color.

Beth Ann Cobb (776-4794) is an instructor of ophthalmology (nail care) at Carin's Beauty College and a nail tech at Lewis & Lady's.

Date: October 17 (Wed)
Time: 6 - 8 p.m. (1 session)
Fee: $10
Location: Carin's Beauty College
512 Poppe Avenue

A Whole New You

SP-02

Find a whole new image of yourself. This class includes a three part series on balance, design, and proportions according to your individual build and facial structure. The classes also cover color, make-up, and an in-depth look at any products used to create the professional you.

Lee Shade (776-9100) has been a hair stylist and nail technician for four years.

Date: October 22, 29, & November 5 (Mon)
Time: 7 - 9:30 p.m. (1 session)
Fee: $10
Location: Shear Dynamics
1225 Laramie

INSTRUCTORS WANTED

Become an instructor! If you have a skill or interest that you would like to share with others in the community, please call Terry Carpenter at 539-8762 by October 30. Our volunteer instructors are the backbone of our campus/community program as they share their knowledge and expertise. Become a link in our goal of lifelong learning and living.

ECART'S MOTOR INN, INC.

Complete Auto Repair Service
Import & Domestic

209 Saber Lane
Dave Ekart
Manhattan, KS 66502
Phone 776-0558

STRESS MANAGEMENT CLINIC
426 Houston, Manhattan
Individual & Group Sessions
Call 539-3438
Mon. - Thurs. 1 - 5 p.m.

LORD'S N LADYS LACE DESIGN & SKIN CARE

invites you to come in and receive
$3.00 off ladies' haircuts, reg. $15.00, and
$3.00 off men's haircuts, reg. $12.00.
Includes shampoo and style.

We are a full service salon.

218 S. 4th
VFW Plaza
776-5651

LORDS N LADYS LACE DESIGN & SKIN CARE, STUDIO

ACE Hardware

HARDWARE + GIFTS
NALED + HOUSEWARES
PLUMBING + LAWN & GARDEN
PLASTIC + PAINT

776-9454

MIDWEST HARDWARE

TAPE + SAW + HAND TOOLS
SHEETS + BOLT + NUTS

NEXT TO BEST WESTERN CONTINENTAL INN

"CINDERELLA" DRY CLEANING

1227 Blue Mont
539-5891

"One hour Service
"Mantillas" Dispersers &""Relaxing" "Shampoo Parking " Free Storage
"Leather & Suede Cleaning " Stearns Carpet Esp. Rental

STRESS MANAGEMENT CLINIC
426 Houston, Manhattan
Individual & Group Sessions
Call 539-3438
Mon. - Thurs. 1 - 5 p.m.
**Pressed Flowers**

AH-01

Put those beautiful flowers in your garden! Learn how to preserve flowers by pressing or drying them. Get ideas about how to use them in home decorating projects or for gift making.

Date: September 10 (Mon)
Time: 6 - 7 p.m. (3 sessions)
Fee: $5
Location: UFM Greenhouse

**Corsage Making**

AH-05

Wearing a corsage can turn an ordinary event into something special. Create a corsage to wear yourself or give to a friend. Class participants will take home their own corsages.

Date: September 17 (Mon)
Time: 7 - 8 p.m. (1 session)
Fee: $10
Location: UFM Greenhouse

**Flower Arranging**

AH-08

Let your creative abilities flow. Turn the natural beauty of flowers into works of art. Take home an attractive flower arrangement that will enhance any decor.

Date: September 24 (Mon)
Time: 7 - 9 p.m. (1 session)
Fee: $10
Location: UFM Greenhouse

**Wreath Making**

AH-17

Decorate a beautiful wreath - just in time for the holidays! Use your creativity to personalize your wreaths to fit any decor. Wreaths and flowers are furnished - bring your own bow (2" - 3").

Date: October 15 (Mon)
Time: 7 - 9 p.m. (1 session)
Fee: $15
Location: UFM Greenhouse

**Antique Glassware**

AH-02

Interested in antique glassware? How do you determine the characteristics, age, and different types of glassware? What are the different types of manufacturing processes used to produce glassware? These areas will be covered as we focus on cut, cameo, pressed, depression (Elegant and elegant), porosity, corn, and other types of glassware.

Jean Bigbee (537-8884) enjoys sharing her love of antiques and collections with others. She manages Tuttle's Antique Market in Manhattan.

Date: September 11 - 15 (Tues)
Time: 7 - 8:30 p.m. (3 sessions)
Fee: $10
Location: Tuttle's Antique Market
2010 Tullie Creek Boulevard

**Books For and About Women**

AH-03

We will discuss thoughts, ideas, and issues expressed by women authors through fiction and non-fiction books. Through this informal class we will exchange different perspectives on our own experiences interpreting the themes seriously and lightly. Past book selections include: At Risk by Alice Hoffman, Six Feet From the Country by Nadine Gordimer, The Joy Luck Club by Amy Tan, and My Place by Sally Morgan.

Lorrie Cross (539-5377) enjoys reading and discussing books by and about women. She has been a member of this group since its beginning in 1976.

Date: September 12 - December 12 (Wed)
Time: every 2 - 3 weeks until December 12
7:30 - 9:30 p.m. (6 sessions)
Fee: $6
Location: call Lorrie for the weekly class location

**Beginning Knitting**

AH-06

If you have always wanted to knit or just wanted to re-acquaint yourself with knitting, this is the class for you! Learn the basic knitting stitches. Bring size 10 knitting needles and a skein of light colored 4-ply worsted weight yarn. Learn the craft that will save you money, answer your Christmas present problems, or keep you warm this winter.

Jean Johnstone (776-3292) is an experienced knitter of 25 years and has taught knitting for UFM for many years.

Date: September 18 - October 9 (Tues)
Time: 7 - 9 p.m. (4 sessions)
Fee: $10
Location: 522 Vistar

**Silk Flower Arrangements**

AH-07

Have you admired silk floral arrangements that you've seen? Create your own beautiful floral display. Bring a container, silk flowers, and dried natural materials. Take home a work of art!

Sherry McCurry has 20 years experience as a florist and is employed in Dillon's floral shop making arrangements from silk, fresh, and dried materials.

Date: September 24 (Mon)
Time: 8 - 9 p.m. (1 session)
Fee: $25
Location: UFM Banquet Room

**Basic Sketching**

AH-11

Pencil sketching is the best way to record images, express and explore ideas, and to prepare sketch-studies for later paintings or finished drawings. Octopus crude sketches have little resemblance to the subject expressed, hence the challenge of this course.

"TO LEARN AND PRACTICE sketching to do it well successfully. Our model will be still patches and 9" x 12" pads. We'll start with simple geometric solids in perspective with shading and cast shadows. Progress will be made toward objects found in the home and simple buildings and scenes. Our primary goals are to draw accurately, in proportion to the real subject; to make sketches believable; and to start to develop line quality and an artistic skill.

Gene Ernst is a Professor of Architecture at KSU. Ernie Puck (517-0883) is an Associate Professor in the RSU Extension Service. He is an accomplished painter. Gene and Ernie have co-taught pencil sketching for several years.

Date: October 2, 4, 9, 11, & 13
Time: 7 - 9 p.m. (8 sessions & Tues & Thurs)
Field Trip - 8:30 a.m. - 1 p.m. (1 session - Sat)
Fee: $10
Location: UFM Banquet Room

**Professional Novel & Story Writing**

AH-12

Covers all phases of writing (non-fiction and fiction). Learn how to develop character, dialog, long sentences, antithetical, documentation, flashbacks, reflections, introspective action, and other topics. The book "How To Be A Great Writer" written by the instructor will be used in class.

Leonard Bishop has taught writing courses for over 25 years, has published nine novels, and has written a professional book on writing titled "In His Different, now in its second printing.

Date: October 1 - 17 (Wed)
Time: 7 - 9:30 p.m. (3 sessions)
Fee: $14
Location: RSU Justin Hall Room 256

**Ben Franklin**

CRAFT SUPPLY HEADQUARTERS

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

Westloop Shopping Center
776-4910
Mon-Fri, 9-9, Sat, 9-7, Sun, 1-6
Tatting

Tatting, or frivolite as the French call it, is a very old art. The process of making it by looping and knotting a single strand of thread on a small shuttle originated in Europe. Join us in a friendly and relaxed atmosphere to create lace today that is just as beautiful as yesterday's art. Please bring a plastic tatting shuttle and some of tatting thread (no. 20).

Irene Fauquant (776-8606) has been teaching tatting for UFM for 14 years. She truly enjoys sharing her knowledge of this almost lost art.

Date: October 4 - 18 (Thurs)
Time: 7 - 9 p.m. (3 sessions)
Fee: $5
Location: 323 Thurston

Folk-style Autoharp

Discover the fun of playing your own harp! This class will cover the Autoharp basics including tuning, common chords, and strain patterns. Bring your autoharp, a thumbpick and at least two finger picks. If you have a favorite song, bring it and we'll try to accompany it!

Linda Teener (537-0568), UFM's new Executive Director, has been playing the autoharp for ten years and finds the Autoharp to be as versatile as the guitar without the difficulty.

Date: October 11 (Sat)
Time: 1 - 3 p.m. (1 session)
Fee: $4
Location: 1900 Judson

Basic Book Repair

This course will demonstrate simple book repairs that can be done at home. Bring some books for evaluation and possible work.

Emily Epstein (352-7435) is a specialized collections cataloger at KSU's Farrell Library. She is interested in book preservation and supervised the preservation program for one year at Oberlin College in Ohio.

Date: October 13 (Mon)
Time: 7 - 9 p.m. (1 session)
Fee: $4
Location: UFM Banquet Room

UFM 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 coordinators 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.)
(Shorter periods or one-time usage can be arranged.)

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

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 ceramists.
**You can explore several areas of ceramics other than functional pottery
**You can become involved in a studio operation
**You may sell your pottery through pottery sales at the UFM House

For further information, Call UFM 539-8763

PATRONIZE OUR ADVERTISERS! Let advertisers know that you saw their ad in the UFM Catalog.

FLOWER MILL
Flowers For All Occasions
FRESH FLOWERS SILK FLOWERS
POTTED PLANTS BALLOONS
WEDDING FLOWERS SYMPATHY FLOWERS

Deanna Meyer
(931) 456-7447
513 Lincoln
Wamego, Ks 66547

UNIVERSAL
Insurance Services
AUTO • HOME
COMMERCIAL • BONDS

TELEPHONE 776-4825
108 NORTH 4TH ST.
MANHATTAN, KS.

Jim Rhine • Roberta Surs

ANDERSON
REALTY
SINCE 1968
BETTE ANDERSON - Broker
MILTON ANDERSON - Associate Broker
& Certified Auctioneer
*Residential *Rentals
*Appraisals *Farms
*Commercial *Member MLS &
*Auctioneering Board of Realtors
103 S. 4th 776-4834
Beginning Calligraphy (for Right Handers)

Do you enjoy seeing the elegant script of calligraphy, but can't imagine creating anything so lovely? Learn the basics in a variety of styles. With a little practice, beautiful letters and words will flow from your pen. Soon you will be able to progress to the most difficult styles with only a little more effort.

Date: September 14 (Fri)
Time: 6:30 - 9 p.m. (1 session)
Fee: $11
Location: UFM Banquet Room

Making Covered Books

AH-09

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, baby or Christmas gifts, and personalized to suit any style. Bring 3/4 yard of material and 3 yards of trim. The notebooks are provided. Bring a hot glue gun to class if you have one to expedite project.

Date: September 29 (Sat)
Time: 10 a.m. - 12 noon (1 session)
Fee: $11
Location: UFM Banquet Room

Making Padded Baskets

AH-10

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. Bring the basket of your choice and enough material and trim to loosely cover it - you can always add extra to the outside, or add a body, as you prefer. If you have a hot glue gun, please bring it to class and expedite the project.

Date: September 29 (Sat)
Time: 1 - 3 p.m. (1 session)
Fee: $11
Location: UFM Banquet Room

Creative Twist Dolls

AH-15

Have you admired the corn husk-twist dolls so popular in the Southern and Eastern States? If so, you can learn to make them as a fraction of what you'd pay at craft fairs. You can make your doll in whatever color you purchase of the creative twist ribbon. You will need 6 yards of the color of your choice, and will need to have-preco

Date: October 13 (Sat)
Time: 1 - 3 p.m. (1 session)
Fee: $10 (includes some materials)
Location: UFM Banquet Room

Intermediate Knitting

AH-18

There is more to knitting than just one, pull one. Learn to make the cable stitch, 2-color knitting, and other decorative stitches. Bring size 10 knitting needles, a large cable needle, and light-colored 4-ply worsted knitting yarn. Also bring any and all questions.

Jean Johnston (776-2292) is an experienced knitter of 25 years and has taught knitting for UFM for many years.

Date: October 16 - November 13 (Tues)
Time: 7 - 9 p.m. (6 sessions)
Fee: $10
Location: 522 Vanier

Cutting Paper Snowflakes

AH-19

It's easy and fun to cut eye-catching, artistic, decorative snowflakes in a variety of styles. Numerous examples will be displayed, and students will be led step-by-step through various patterns. A catalog of examples will be available at a cost of $1.00. For ages 9 - 90. Bring sharp adult scissors.

Leo Schott, (539-6540) a former elementary school teacher, has delightfully cut paper snowflakes for over 20 years and has a large collection of them.

Date: November 10 (Sat)
Time: 9 a.m. - 12 noon (1 session)
Fee: $5
Location: RSU Blueprint Room (14)

Charbon and Wilson Insurance Agency

555 Pyramid Avenue, Suite 200, P.O. Box 1989
Manhattan, Kansas 66502

For all your insurance needs.

Charles Hostetler
Dan Masselt * Jeff Kruse

25% any book OFF in stock
Discounted items excluded.

BOOK SHOP
Over 650 magazine titles

Mon. - Sat. 9:00-9:00
Sunday 9:00-8:00
1314 West Loop 539-8025
Manhattan, KS 66502

Manhattan Carpets & Interiors

CARPETING
VINYL FLOOR COVERING
CERAMIC TILES
WINDOW TREATMENTS
WALLPAPER
PAINTS

2613 ANDERSON
539-5841
Mon.-Fri. 8:00-5:30
Sat. 8:30-4:00

Beginning Photography

AH-21

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

Ernie Peak (532-5768) is an Associate Professor in the KSU Extension Service. He has taught photography for 20 years.

Date: November 13, 14, 15, 17, & 20
Time: 7 - 9:00 p.m.
(6 sessions - Tues, Wed, Thurs)
Field Trip: 8:30 a.m. - 4:30 p.m.
(1 session - Sat)
Fee: $40 (includes film, processing, handouts, camera rental, & tour transportation)
Location: Photographics
1270 Hayes Drive
Home Canning for the Beginner

Enjoy fruits and vegetables from your garden all year long by learning how to can or freeze produce. Whether you grow your own or visit the produce section of the grocery store, you will learn how to prepare and can nutritious foods to stock your shelves. Besides being an enjoyable and inexpensive way to feed your family, canning and freezing provide you with an escape from commercially canned and frozen foods that are often pre-seasoned.

Evelyn Campbell (539-8763) has canned for 25 years. In 1989 she canned and froze over 115 quarts.

Date: September 4 (Tues)
Time: 7 - 9 p.m. (1 session)
Fee: $5
Location: UFM Greenhouse

Cooking with Herbs

Enjoy an evening of taste testing teas and other food items flavored with freshly grown herbs. Find out how herbs are used and how they can enhance home cooking. Take home recipes that will spark your cooking creativity using basil, sage, thyme, and oregano.

Evelyn and Howard Campbell (539-8763) have been cooking with fresh and dried herbs for over 25 years.

Date: October 22 (Mon)
Time: 7 - 9 p.m. (1 session)
Fee: $5
Location: UFM Kitchen

Quick Bread

Looking for a Christmas gift that can be enjoyed by everyone? Learn how to make a variety of quick breads that can be used for your home entertaining or given as gifts.

Evelyn and Howard Campbell (539-8763) have been giving homemade breads as gifts for over 25 years.

Date: November 5 (Mon)
Time: 7 - 9 p.m. (1 session)
Fee: $5
Location: UFM Kitchen

Wok Cookery

The wok, a cooking utensil, is considered to be an old cookery method. Its popularity has increased dramatically because of its convenience to prepare food in the dish. Learn the basic techniques of stir-frying and cooking in a wok through a hands-on experience. Bring your appetite. We will prepare a dinner of egg drop soup, egg rolls, two entrees, and cookies. If you have a wok, please bring it to class.

Sharon Fleming is a Riley County Extension Agent. She has taught many wok cookery workshops.

Date: December 10 (Mon)
Time: 7 - 9 p.m. (1 session)
Fee: $2
Location: UFM Kitchen/Granite Room

Beginning Candy Making

Learn to make candy not just for the holidays, but year round. Create mouth-watering treats that are more attractive, lusher, and cost less than store bought! A variety of candies will be made by using candy melts and dipping techniques. Come have a good time and take home some sweets, too!

Deb Beagory (239-5026) took her first candy class in 1982 and has made gifts for family and business ever since. Deb enjoys sharing what she has learned with all interested members of the community.

Date: October 13 (Sat)
Time: 10 a.m. - 12 noon (1 session)
Fee: $12 (includes materials)
Location: UFM Kitchen/Banquet Room

Christmas Candy

Learn to prepare Christmas candies just in time for the holiday season. During this hands-on class, we will make fudge, peanut brittle, and salted caramel. If you have favorite candy recipes, bring them to share with other participants. You will have candy and recipes to take home.

Floyd Davis (539-7426) is a senior in horticulture therapy at K-State. He enjoys making candy.

Date: November 9 (Fri)
Time: 6 - 8 p.m. (1 session)
Fee: $10
Location: UFM Kitchen

Castle Cuisine: An Introduction to Medieval Cooking

Receive an overview of medieval cookery and the diet of the nobility. Medieval dishes will be demonstrated and served. Bring your appetite for hearty samples of medieval cooking.

Emily Eggen (532-7435) is a member of the Society for Creative Anachronism, an organization dedicated to the study and re-creation of textile aspects of the middle ages. Her particular interest has been medieval cooking.

Date: November 12 (Mon)
Time: 7 - 9 p.m. (1 session)
Fee: $8
Location: UFM Kitchen

Cookie Swap

Want some variety on your Christmas cookie plate? Bring your favorite cookie recipe and 5 dozen cookies to share. Take home a variety of cookies from other participants.

Evelyn Campbell is the coordinator of the cookie swap.

Date: December 10 (Mon)
Time: 7 - 9 p.m. (1 session)
Fee: $2
Location: UFM Fireplace Room

DYER'S IGA
1003 Highway 24
Wamego, KS 66547
HOURS: 7 a.m. - 9 p.m.
7 days per week
"Service You Deserve" 456-7432
Featuring:
In-store Bakery
Dell Department
Large Video Tape Library
Fresh Meat and Produce

HANSEN NUTRITION CENTER
"DIET CURSES WHAT DIET CAUSES"
MON. - SAT. 9:30 to 6
537-4571
312 ASSENDON AVE, ACROSS FROM VILLAGE PLAZA

THE LIQUOR STORE THAT GIVES YOU A CHOICE

Quality Natural Foods at Co-op Prices
Locally-made whole grain breads, cookies & bakery, bulk herbs & spices, coffee, tea, organic grains, organic produce, flours, pastas, nut butters, raw nuts, dried fruits, trail mix, snack foods, cheeses, local honey, baking supplies, crackers, breads & chips, yogurt, tempeh, tofu, vitamins, health & beauty aids, bio-degradable cleaning products...and more.

HANSEN NUTRITION CENTER
"DIET CURSES WHAT DIET CAUSES"
MON. - SAT. 9:30 to 6
537-4571
312 ASSENDON AVE, ACROSS FROM VILLAGE PLAZA

THE LIQUOR STORE THAT GIVES YOU A CHOICE

Quality Natural Foods at Co-op Prices
Locally-made whole grain breads, cookies & bakery, bulk herbs & spices, coffee, tea, organic grains, organic produce, flours, pastas, nut butters, raw nuts, dried fruits, trail mix, snack foods, cheeses, local honey, baking supplies, crackers, breads & chips, yogurt, tempeh, tofu, vitamins, health & beauty aids, bio-degradable cleaning products...and more.

PEOPLE'S GROCERY CO-OP
811 Colorado
539-4811
OPEN Tuesday - Wednesday
Thursday & Friday 10 - 6:30
Saturday 9 - 5
Closed Sunday & Monday

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

Manhattan's Wine Store
Imported & Domestic
Wines & Champagnes

WINES OR LIQUOR BY THE SINGLE BOTTLE OR BY THE CASE
Discounts on Full Case Purchases
BIG SELECTIONS
Cold Beer • Cold Wine
Cold Kegs • Cold Wine Coolers
Light Alcohol Beverages

We Will Sell No Base Before You Pay For It
Community Volunteer Training
Increase your natural helping skills, knowledge of resources, and level of confidence in being a volunteer with older adults. Take this opportunity to become the best volunteer you can be at the place where you are already involved. Or learn where you are needed and how to start. No UM registration fee is required. Attend either or both sessions. Specific agenda is available. A task force from the H.E.L.P. Agency network, including the Senior Center, Home Care, Inc., Riley County Health Department, Pavilion Mental Health, RSVP, and Red Cross) has planned this training to encourage active and new volunteers that have or want more contact with the aging population. For additional information contact Nancy Anderson, HELP Coordinator, at the Senior Center, 537-4040.

Date: September 22 & 23 (Sat)
Time: 9 a.m. - 12:30 p.m. (2 sessions)
 Fee: No charge
 Location: Senior Service Center
 417 Lawrence

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 it easier for you to adjust to the American way of life. World Friendship will give you the opportunity to share your experiences with Americans as well as other international families.

Carol Pask (539-1781) and Lida Roun (539-0859) are coordinators for this organization.

Date: September 18 - December 4 (Tuesday)
Time: 9:00 - 11:00 a.m. (12 sessions)
 Fee: $1
 Location: First Presbyterian Church
 8th and Lawrence

Afrique, Mon Afrique
Explore the exotic options of Senegal and The Gambia (Origin of Race), West Africa. Join us for an evening of culture! This multi-media participatory adventure will include conversation, lectures, ribbons, music, ethnic clothing, and art. Take this opportunity to replace myths and stereotypes with information that will provide insight into this "global village" in which we live. Any questions for discussion?

Date: October 2 (Tuesday)
Time: 6:00 - 8:00 p.m. (1 session)
 Fee: $3
 Location: K-State Union Room 205

European Getaways
Do you dream of Paris in the spring, catching a glimpse of the Queen 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.

David Garvin (539-0501) has been in the travel and tourism business for 14 years.

Date: October 10 (Wed)
Time: 7 - 9 p.m. (1 session)
 Fee: $2
 Location: Creative Travel
 937 Seth Childs Road

HISTORICAL TOURS
Have you wanted to visit some of the interesting sights within an hour's drive of Manhattan? Join us as we tour some historical sites at Wamego, Fort Riley, and Abilene.

Wamego Tour
Tour the old Dutch Mill (1879) and museum. We will visit the mid-1800s schoolhouse, log cabin, and jail that are located in the City Park of Wamego. See the home of Walter P. Chrysler. After lunch at the Friendship House and Gift Shop, we will tour the Leach house (1900). Meet at the old Dutch Mill, Wamego City Park.

Date: September 22 (Sat)
Time: 10 a.m. - 3 p.m. (1 session)
 Fee: $15 (includes admissions, map, and lunch)
 Location: Wamego City Park

Fort Riley Tour
Join us for a tour of Fort Riley. We will begin with a command briefing followed by a tour of the Cadet Museum and Cater House (both built in 1855). Lunch will be at the Leader's Club. We will then board a bus and explore various military equipment (tank, helicopter). See a demonstration of the MP working dogs by their trainers. Meet at the information booth on Hawthorne Road (map will be provided upon registration).

Date: October 19 (Fri)
Time: 8:45 a.m. - 4:15 p.m. (1 session)
 Fee: $10 (includes lunch)
 Location: Meet at Information Booth, Hawthorne Road, Ft. Riley

Abilene Tour
Celebrate the Eisenhower Centennial by visiting the Eisenhower Center. There you will see his home, library, museum, and "A Place of Meditation." Old Abilene Town and the Western Museum are within walking distance for those who desire to visit these sites. After lunch at the historic Kohr House we will tour the Seelye House built in 1905. Bring your walking shoes and meet at the Eisenhower Center at 9 a.m. (Map and schedule will be provided at the time of registration).

Date: October 22 (Sat)
Time: 9 a.m. - 4 p.m. (1 session)
 Fee: $20 (includes lunch and admission)
 Location: Eisenhower Center, Abilene

Copies Are Only One Reason To Come To Kinko's Copy Center
- Convenient Location--
- Open 24 Hours Every Day
- Macintosh & LaserWriter Rental
- FAX Service 24 Hours A Day
- Full Or Self Service Copies
- Complete Binding Service
- Passport Photos

Kinko's copy center
1239 Anderson
Manhattan, KS
(913) 537-7340
FAX 537-0697

See HB STEREO for your stereo, CB's, cruise control, power windows, stereo installation & repair, window tinting, undercoating, rust proofing, fabric & paint protection, auto alarm, rear window defoggers, air conditioning, radar detectors, bedliners & bumpers, home stereo.

537-4690
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, industries, 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

Retrace 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 learn how you can become involved. Discover the community and the many resources available to you - right here in your own backyard!

Date: October 9 (Tues)
Time: 7 - 9 p.m. (11 sessions)
Location: Riley County Historical Museum
1309 Clagio Road

Manhattan's Education and Human Services

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

Date: October 16 (Tues)
Time: 7 - 9 p.m. (1 session)
Location: K-State Union Big R Room

Manhattan's Business and Industry

Examine the business profile of our community - where we are today and where we are going tomorrow. Key and the 16 business employers in Manhattan will examine the job opportunities that exist in our city.

Date: October 23 (Tues)
Time: 7 - 9 p.m. (1 session)
Location: Union National Bank Main Lobby

Manhattan's Arts and Leisure Activities

Find out where Manhattanites can play, shop, dine, 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: October 30 (Tues)
Time: 7 - 9 p.m. (1 session)
Location: Manhattan Public Library

Sponsor: USM and the KSU Division of Continuing Education, Manhattan Arts Council, Manhattan Chamber of Commerce, Riley County Historical Museum, Wells Fargo, United Way of Riley County, Manhattan Public Library, Army Community Service Office at Fort Riley

Children will be available at the USM Child Care Area during the "Here's Manhattan" series. Reservations are required. Please let us know the number of children and their ages at the time of registration (maximum number - 16 children).

Before and After the Curtain Rises

The roundtable discussion will allow us to examine the style, plot, character, and themes of two upcoming plays to be presented by the Manhattan Civic Theatre. After the opening night performances, we will meet with the director and cast to talk about the individual process and goal of each play.

Edith Hotchkiss has been engaged in theater as an actress, director, and producer. Ms. Hotchkiss is the KU Educational Director in the community. She is currently serving as President of the Manhattan Civic Theatre.

"You Can't Take It With You"

Date: September 27 (Mon) (pre-play discussion)
Time: 7 - 8:30 p.m.
Location: Baptist Student Center
1801 Anderson

Date: September 29 (Fri) (post-play discussion)
Time: following performance of "You Can't Take It With You"

Fee: $3 (includes both sessions)
Location: Wareham Opera House
410 Peyton

"Nunsense"

Date: November 5 (Mon) (pre-play discussion)
Time: 7 - 8:30 p.m.
Location: Baptist Student Center
1801 Anderson

Date: November 7 (Fri) (post-play discussion)
Time: following performance of "Nunsense"

Fee: $3 (includes both sessions)
Location: Wareham Opera House
410 Peyton

THE LOU DOUGLAS LECTURES 1990

The Lou Douglas Lecture Series honors the distinguished professor of political science who was instrumental in the development of KSU. Each year four prominent speakers are invited by the Lou Douglas Lecture Committee to address issues of current interest. The lectures provide thought-provoking perspectives on critical public issues and are attended by 300-400 faculty members, students, and citizens of Manhattan and the surrounding area. For further information call Karen McCulloch, Coordinator, at 539-9743.

September 25
7:30 p.m.
Forum Hall
David Orr will be speaking on "Refugees or Homecomers: The Re-Nabilitation of Rural America." Mr. Orr is the founder of the Mondawmin Project, a program for the environment in Fox, Arkansas. He is on the staff of Oberlin College and is currently writing on the re-urbanization of America - the conflict between a global economy and finite resources.

October 11
7:30 p.m.
McCain Auditorium
Avery Lovins will be speaking on "Megawatts." Mr. Lovins is the director of the Rocky Mountain Institute based in Aspen, Colorado. He is internationally known as one of the pre-eminent authorities on the environment.

October 30
7:30 p.m.
Forum Hall
Kenneth R. Boulding will be speaking on "Century Twenty-One: An Age of Maturity?" Dr. Boulding is Distinguished Professor of Economics Emeritus at the University of Colorado. A prolific writer, his most recent book is THE FABLE OF POWER.
Money Management for Women for the 90’s
A workshop designed to present the basic benefits and concepts of financial planning for women. Learn about educational funds, retirement planning, health insurance needs, and financial wellness. A complete financial plan will be given to each participant.

Jill Frease (537-4403) is a registered representative for Waddell & Reed. She is active in women’s issues and is concerned about women of all walks of life being able to take care of themselves and their families.

Date: September 18 (Wed)
Time: 7 - 9 p.m. (1 session)
Fee: $4
Location: 445 East Poyntz

Successful Money Management
Be a successful money manager! This program will cover savings structures, investment, and insurance programs for today’s world. Discover how to save today while providing future dollars for education or retirement. We will discuss the impact of inflation, and how to make it work, for rather than against, one’s financial plan. Affordable ways of investing and saving regardless of one’s budget will also be addressed. A financial planner for each class participant will be provided.

Fred Freezy is a senior account executive for Waddell & Reed, Inc., and has 14 years of experience as a financial planner.

Date: September 25 (Tues)
Time: 5:30 - 9:30 p.m. (1 session)
Fee: $4 per person ($8 per couple)
Location: 445 East Poyntz

Money Management for Women for the 90’s

Date: October 24 (Wed)
Time: 7 - 9 p.m. (1 session)
Fee: $4
Location: 445 East Poyntz

Money Management for Women for the 90’s

Date: November 18 (Wed)
Time: 7 - 9 p.m. (1 session)
Fee: $4
Location: 445 East Poyntz

The Wash Palace
3216 Kimball -- Candlewood
For complete cleaning, alteration and repair service

* Coin laundry
* Bargain laundry
* On-the-spot FREE center w/large garment pressing
* Capacity washers
* Laundry drop-off
* Complete shoe and service
* Leather cleaning and repair
* Professional dry cleaning & alterations
* Big screen TV
* Drive-up window
* Pool table
* and door
* Snacks

Wash your car at THE WASH PALACE CAR WASH while doing your laundry!
Try the most affordable drop-off service in Manhattan.

OPEN 7 a.m. - 12 midnight 537-9833

I Can’t Believe It’s Yogurt!
GREAT TASTE NATURALLY
Try our new sugar-free, non-fat frozen yogurt.
FREE SAMPLES
OPEN: 11 a.m.-11 p.m. Daily
Noon-11 p.m. Sundays
705 N. 11th - Nautilus Towers
537-1616
Aggieville

Ranch Steak Dinner, $4.99
Offer includes a tender, charbroiled Ranch steak, your choice of potato, plus our all-you-can-eat Freshstax Food Bar, featuring fresh salads, soups, breads, desserts and more.
Offer expires 31 December, 1990

BONANZA
Where The Extras Don’t Cost Extra
622 Shuttle Creek Blvd.
Retirement Financial Planning for Women

Three-fourths of elderly Americans living below the poverty level are women. Half of the widows who are poor were not poor before their husbands died. 43% of all married women will live part of their financial life alone. What are you doing now to be sure you won’t be one of these statistics? This course is designed to address these issues and discuss ways to avoid being caught in these traps. We will examine various retirement plans and other financial options that are available to women and couples.

Sandra Irby and Bob Stanley (776-9118) are with Professional Planning Services of Manhattan. They have many years experience in the area of financial planning, including retirement and estate planning, financial contingency planning, and asset accumulation.

Date: October 16 (Tues)
Time: 7:30 p.m. (1 session)
Fee: $4
Location: K-State Union Room 203

Exploring Professions

CAREER OPTIONS
Are you interested in exploring different career options? Join us for one or all of these informative sessions on the legal and health professions.

Legal Professions: What’s Involved?
Thinking about law school? Not sure? Come to an informative discussion on what’s required to obtain admission to law school, when to take the LSAT, and other pertinent issues. Bring your questions.

Nancy Twiss (352-6902) is the pre-law advisor for KSU, College of Arts and Sciences.

Date: September 19 (Wed)
Time: 11:00 a.m. - 1 p.m. (1 session)
Fee: $1
Location: K-State Union Room 206

Health Professions: What’s Involved?
What’s involved in pursuing a career in nursing, occupational therapy, physical therapy, respiratory therapy, veterinary medicine, and some of the life sciences? Join us for an informative discussion on the requirements necessary to test for these careers. Please bring your questions.

Phoebe Sams asla (352-6902) is an advisor in the College of Arts and Sciences. She works with students interested in careers in occupational therapy, physical therapy, respiratory therapy, nursing, some life sciences, and veterinary medicine.

Date: September 22 (Wed)
Time: 11:00 a.m. - 1 p.m. (1 session)
Fee: $2
Location: K-State Union Room 206

THANK YOU!
A special thanks to the businesses and organizations who show support of UFM through their advertisements. We hope that the community of Manhattan will reinforce our thanks through the patronage of our advertisers.

If you would like to advertise your business or organization in the next UFM catalog, contact Perry Carpenter (589-8763) by November 1.

Varney's Book Store
GENERAL READING BOOKS
ART SUPPLIES
SCHOOL SUPPLIES
NEW & USED TEXTS
EXPANDED & REMODELED
In Aggieville Since 1908
913-539-0511

776-5577
PIZZA SHUTTLE
FAST & FREE DELIVERY
ANYWHERE IN MANHATTAN
"NO COUPON" SPECIAL
EVERY DAY TWO-FERS $8.00
2-TOPPINGS 2-COKES
WE DELIVER DURING LUNCH
HOURS
MON-THURS - 11AM-2AM
FRI & SAT - 11AM-3AM
SUN - 11AM-1AM
1600 CLAYTON RD.
FIRST BANK CENTER
MANHATTAN
PRESENTING A POSITIVE PROFESSIONAL IMAGE

What? You Want a Resume and Cover Letter! BP-14
Are you unsure as to what a resume should include? Does your resume need some improvement? Learn the basics of resume writing. Content, style, paper choices, and that all-important cover letter will be included. If available, bring your resume for review.
Arlie McManners is the owner of Resume Service which has been operating in Manhattan for over ten years. She has extensive experience in cover letter composition.
Date: October 4 (Thurs)
Time: 7 - 8:30 p.m. (1 session)
Fee: $3
Location: K-State Union Room 206

Modern Business Etiquette BP-16
Have you ever found yourself in a situation where you’re not sure what rules of etiquette apply? This course will give you an overview of modern etiquette needed in the business world for graduating students or anyone entering the professional workplace.
Twylla O’Brien is a native Kansan and extensive world traveler. She has a B.S. in Business, a M.S. in Counseling, a M.B.A. in Administration, and is currently working on her doctorate. She is affiliated with the Greek Affairs Office and has a particular interest in etiquette.
Date: October 18 (Thurs)
Time: 6:30 - 8:30 p.m. (1 session)
Fee: $3
Location: K-State Union Room 206

Dressing For Success BP-17
Every trade or profession has its own set of standards of dressing correctly. Your success is bound to depend in part, on how you measure up to those standards. While interviewing your appearance is helping your prospective employers form their impressions of you, every successful person does some “work” on the golf course, in a restaurant or on a social visit to a client’s home. This class will show you how to become more fashion confident by wearing clothes that signal self-assurance.
Jane Adams (359-1414), a lifetime resident of Manhattan, graduated from Kansas State University in 1968 with a B.A. in English. She has worked in various business and service areas and has a strong interest in the field of education. Jane is the manager of Broomwood Manor Men and Women in Aggieville.
Date: October 30 (Thurs)
Time: 7 - 9 p.m. (1 session)
Fee: $3
Location: Broomwood (Men and Women)
700 North Manhattan Avenue

The Art of Interviewing BP-15
Nervous about that all-important interview? What kind of impression will you make? Learn how to plan and prepare for an employment interview. Your confidence will be increased with greater knowledge of the interviewing process.
Sue Carlson (357-0000) is Personnel Director at FirstBanc. She received her degree in education at Northern Colorado and taught for 12 years. She has been in personnel management for the past five years and is working towards her M.S. in counseling at K-State.
Date: October 11 (Thurs)
Time: 7 - 8:30 p.m. (1 session)
Fee: $3
Location: K-State Union Room 207

Now Available at UFM
Meeting Facilities for family life education classes and/or support groups are available. A newly renovated conference and child care area may be scheduled by appropriate groups by contacting UFM, 539-8763.

Class Information
Mailing your class registration? Class confirmations will not be sent unless otherwise requested. Consider yourself registered unless you hear from us that the class is full. Feel free to call to inquire about our receipt of your registration.

Instructors Wanted
Become an instructor! If you have a skill or interest that you would like to share with others in the community, please call Terry Carpenter at 539-8763 by October 30.
Our volunteer instructors are the backbone of our campus/community program as they share their knowledge and expertise.
Become a link in our goal of life-long learning and living.

24-hour-a-day VENDING
Pure • Distilled • Safe • Water
Available at both locations:
866 4th, Wamego (913) 456-2005
405 W. Bertrand, St. Marys (913) 437-3771
49¢ per gallon BYOB at the store
The AQUA SHOPPE
Open Monday through Saturday
8:30 to 6:00 at both locations

Waddell & Reed
FINANCIAL SERVICES
445 E. Poyntz, Manhattan
537-4505

Patty Anne
Division Mgr.
Fred Peaday
Senior Account Exec.
Dorine Jorgenson
Registered Rep.
UFM is . . .

UFM is the oldest "free university" in the nation. Organized in 1968 as an experiment to provide an atmosphere for discovery with no grades or credits, UFM has evolved as a non-profit community-based education program. A central premise of the UFM philosophy is that within any community there are resources, including community agencies, residents, and facilities, which may be used to integrate education with living in both practice and concept.

Each year UFM helps connect hundreds of volunteer teachers with thousands of learners. UFM helps connect the university and the community, young and old, poor and rich, old and new residents with each other.

The connections that have happened through classes have led UFM to become involved in other concerns and projects. If you would like to learn more about these projects, call UFM and ask for additional information.

Executive Director - Linda Intow Teener
Campus/Community Classes - Terry Carpenter
Community Resource Act - Anita Madison
Lou Douglas Lecture Series - Karen McCullough
Manhattan Community Gardens - Evelyn Campbell
Edible Landscape - Evelyn Campbell
H.O.M.E. (Home Owners Maintenance and Energy) Program - Larry Kabriel
Adult Education for the Homeless - Michael Cody
KSU Students Literacy Corps - Karen McCullough
Pottery Studio - Sharon Jackson
Meeting rooms - Linda Thomason

In all these ways UFM helps make connections, bringing university and community resources together. It is the goal of UFM to continue to bring together people to identify other needs in the community and work to meet those needs. With the help of volunteers and student interns, UFM has often become an umbrella organization for new projects. Let us hear your ideas.
**Refund Policy:**
A refund voucher check will be issued in these instances:
1. the class you have paid for has been filled
2. the class you have paid for has been cancelled or significantly changed
3. you have overpaid

A credit voucher (redeemable for UFM classes) will be issued 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 can attend a teaching or volunteering for UFM

---

**Don't Get Shut Out!**
Register early!
So we can notify you of any course changes.
So you can arrange space in the course.
So the instructor knows how many students to prepare for.