UFM
1992
Spring Classes
(Jan.-May)
Dear Friends,

It has been fun coordinating the Spring Catalog for you. We have been impressed by the willingness of people to support the UFM mission and to become a part of the teaching, learning, and growing process. This commitment has again allowed us to offer something for everyone.

As you browse through the catalog you will notice some changes in classes formerly part of the Community Enrichment insert. This Spring they have been combined with other UFM offerings. Classes such as Scuba Diving, Windsurfing, Trapshooting, and some of the Martial Arts, to name a few, certainly add to UFM's existing selection of quality courses. UFM will also be offering Red Cross certified swim lessons for all ages.

We are excited to continue providing Manhattan and surrounding communities with opportunities for such unique learning experiences. Be sure to register early and enjoy come class time! Let us hear from you.

Sincerely,

Tresa Weaver
Educational Coordinator

Denise Carlson
Campus Outreach Coordinator

TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Pages</th>
<th>Sections</th>
<th>Classes</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 - 5</td>
<td>Aquatics</td>
<td>Canoeing, Kayaking, Swimming, Scuba Diving, Windsurfing and more</td>
</tr>
<tr>
<td>6 - 7</td>
<td>Arts &amp; Hobbies</td>
<td>Antiques, Basketry, Boat Building, Calligraphy, Painted Shirts, Photo Arranging, Serger Sewing, Writing and more</td>
</tr>
<tr>
<td>8 - 9</td>
<td>Business &amp; Professional</td>
<td>Career Profiles, Employability Skills, Income Tax Short Form, Living Trusts, Laser Printer Care, Money Management, Special Section for KSU Students and more</td>
</tr>
<tr>
<td>9</td>
<td>Community &amp; World</td>
<td>Hunger and Poverty, Intl. Courtesy, Etiquette and more</td>
</tr>
<tr>
<td>10-11</td>
<td>Earth &amp; Nature</td>
<td>Composting, Fishing, Gardening, Kaw River Nature Trail Walk, Outdoor Survival, Wabaunsee Co. Field Trip and more</td>
</tr>
<tr>
<td>12</td>
<td>Family Living</td>
<td>Kids and Money, Parenting, Toilet Training and more</td>
</tr>
<tr>
<td>13</td>
<td>Food &amp; Nutrition</td>
<td>Bread, Coffee Tasting, International Desserts, Wine Tasting, Wok Cooking and more</td>
</tr>
<tr>
<td>14</td>
<td>Home</td>
<td>Bicycle Maintenance, Landscaping, Pets and more</td>
</tr>
<tr>
<td>15</td>
<td>Interfaith</td>
<td>Zen, Christian Preaching &amp; Apocalyptic Interpretation</td>
</tr>
<tr>
<td>16</td>
<td>Martial Arts</td>
<td>Judo, Jujitsu, Kung Fu, Tai Kwon Do and more</td>
</tr>
<tr>
<td>16-17</td>
<td>Recreation, Health &amp; Fitness</td>
<td>CPR, First Aid, Golf, Trapshooting, Tennis, Tumbling and more</td>
</tr>
<tr>
<td>18</td>
<td>Language</td>
<td>Chinese, German, Japanese, Russian, Sign Language and more</td>
</tr>
<tr>
<td>19</td>
<td>Self &amp; Professional Growth</td>
<td>Aging, Coordinated Image, Divorce, Shayness, Stress Management and more</td>
</tr>
<tr>
<td>20-21</td>
<td>Youth</td>
<td>Ballet, Breakfast with Easter Bunny, Collecting Sports Memorabilia, Conference Days, Keyboard, Fieldtrip to Pillsbury Crossing and more</td>
</tr>
</tbody>
</table>

HIGHLIGHTS

Pottery Cooperative ......................................... 3
Community Gardens ......................................... 11
Solar Greenhouse Tours .................................... 11
Registration Information ................................. 2, 23

INFORMATION

WHERE WE'RE LOCATED...

UFM
1221 Thurston
KSU
Campus

4th Ave
Bertrand St
Thurston St
Hawnee St

Lakeview St
North Ave
Alberton St
Slumber Ave

BOARD OF DIRECTORS

Nancy Deming, Chairperson
Deming & Associates
Linda Inlow Teener, President
Executive Director UFM
Ian B. Bautista
KSU Student
Bernard Franklin
Asst. Dean of Student Life, KSU
Mark Hatkoich
Chiropractic Family Health Center
Johannes Hill
USD #383 School Board Member
Richard Johnson
Riley County High School
Sue Maes
Associate Director
KSU Division of Continuing Education
Virginia Moxy
Associate Dean
College of Human Ecology, KSU
Heather Riley
KSU Student Senate
Carla Robker
Community
A. David Stewart
Minister, Christian Higher Education
Christian Social Concerns
Paula Walawender
First National Bank & Trust
Craig A. Weigel
Kansas Farm Bureau

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.

Our Campus and Community Staff includes:
Executive Director—Linda Inlow Teener
Eductional Coordinator—Tresa Weaver
Campus Outreach Coordinator—Denise Carlson
State Outreach Coordinator—Anita Madison
Lou Douglas Lecture Coordinator—Karen McCullough
Educational Assistant—E'Lynn Wright
Family Literacy Program—Michael Cody
Office Manager & greenhouse Coordinator—Evelyn Campbell
Ad Manager—Howard Campbell

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 idea.

UFM provides a neutral site to discuss community issues. The views expressed by course instructors or those groups utilizing our meeting space are not necessarily those held by the UFM organizations, Board members, or staff.

UFM is committed to a policy of nondiscrimination on the basis of race, sex, national origin, handicap, religion, age, sexual preference, or other non-merit reasons, in relation to admissions, educational programs or activities, and employment, all as required by applicable laws and regulations.
THANKS TO OUR UFM VOLUNTEER INSTRUCTORS

Nancy Anderson
Doug Galvin
H.F. & J.E. Beaudoin
Sylvia Beeman
Virginia Bennett
Leonard Bishop
Jean Bigbee
Helen L. Bontrager
Shirley Bramhall
Evelyn Campbell
Howard Campbell
Sandy Chand
Art Clark
Louise Coulitaire
Lorrie Cross
John Daly
Lloyd Davenport
Wild Davis
Sheryl Demond
Bill Dotsett
Gene Ernst
Natalie Faroaga
Sharlyn Fleming
Bill Fortney
Fred Freeby
Ron Gaines
The Gallery for Hair
Gill Gillespie
Susan Gormley
Jim Gregory
Amy Handle
Allisa Hanna
David Harbaugh
Azza Hassan
Diane Hatch
T.J. Hittle
Roy Hunter
KSL Senior
Veterinary Students
Jean Johnston
Linda Kalmier K.V.M.
Barbara Kelly
Nasrin Khedri
Les Kilough
Mark Knaackendoff
Ray Kowalczyk
Missie Kyer
Sam Lacy
Alan Ladd
F.C. Lanning
Bill Levin
Yue Luo
Jerrry Lowneinstein
Shirley Marshall
LeAnn Meese
Member of S.A.V.E.
Paul Miller
Takako Murra
Jodi Moherman
Nebana Nakajina
Dev Nebron
Kathleen Oldfather
Pat Fling
Earle Peck
Clark Peters
Al Potter
Richard Pernius
Wade Radina
Leon Rappoute
Gabieler Rector
Rex Repligne
Deb Roseby
Tim Rues
Sue Sawyer
Ali Salay
Show Ing Shieh
Ferisa Sesco
Barb Sturz
Dean Stramel
Les Streit
Linda Teener
Brenda Thomas
Linda Thermsn
Kevin Wetler
Stan Wilson
Brett Younger
Saida Yusef

UFM POTTERY COOPERATIVE

The Pottery Studio is a facility available to anyone who is enthusiastic registered. No instruction is provided. The studio is a self-supported facility run by members. Your membership entitles you to 12-1/2 lbs. of clay every four months, all the recyled 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: $60
(Shorter periods or one-time usage can be arranged)

IN-KIND CONTRIBUTIONS

*Co-teach classes or workshops
*Locate teachers for classes or workshops
*Assist with other income producing projects

Any member signing up for a period of more than four months will be expected to participate in one or more of the above in-kind contributions.

NEW COORDINATORS
For further information, call UFM 539-8763

WE'RE STEPPING OUT...

Community Registrations

For your convenience, the following dates and locations have been scheduled for onsite registrations...

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 13</td>
<td>11 am-2 pm</td>
<td>KSU Union</td>
</tr>
<tr>
<td>Jan. 14</td>
<td>11 am-2 pm</td>
<td>KSU Union</td>
</tr>
<tr>
<td>Jan. 15</td>
<td>4 pm-6 pm</td>
<td>Commissionary</td>
</tr>
<tr>
<td>Jan. 18</td>
<td>11 am-2 pm</td>
<td>Fort Riley</td>
</tr>
<tr>
<td>Jan. 21</td>
<td>9:30-10:30 am</td>
<td>Wal-Mart</td>
</tr>
<tr>
<td></td>
<td>12:30-1:30 pm</td>
<td>Public Library</td>
</tr>
<tr>
<td></td>
<td>5-7 pm</td>
<td>Public Library</td>
</tr>
<tr>
<td>Jan. 23</td>
<td>5-7 pm</td>
<td>Public Library</td>
</tr>
</tbody>
</table>

Registration will continue throughout the semester at the UFM House, 1221 Thurston, 8 a.m. - 5 p.m.

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. Fee free to call us to inquire about our receipt of your registration.

DON'T GET LEFT OUT!

Register early:

- So we can notify you of any course changes.
- To assure your enrollment in the course of your choice.
- To allow instructors adequate preparation time.

UFM CLASSES MAKE GREAT GIFTS! GIFT CERTIFICATES ARE AVAILABLE.

MILITARY WIVES is a program for all military families living in the Manhattan community. Group meetings are held every Wednesday afternoon from 1-3 p.m. at the First Presbyterian Church, 8th and Leavenworth. No reservations are needed. Childcare and transportation are provided.

Wednesday programs facilitate new friendships and mutual support, emotional and intellectual growth, and lots of group fun. Program topics include home management, cooking, parenting, self-improvement, communication, career planning, educational opportunities, field trips/lous, potluck lunches, crafts, and information about Manhattan and the area.

Monthly calendars of MILITARY WIVES activities are available at the Manhattan Public Library and First Presbyterian Church. Weekly activities are published in The Manhattan Mercury and Ft.Riley Post. Home visits and transportation to medical, mental health and social services are also offered.

BABYSITTING CO-OP

Women who attend MILITARY WIVES meetings on Wednesday afternoon are eligible for membership in the Manhattan Military Wives Babysitting Co-op.

SPECIAL CLASSES & WORKSHOPS

Special classes and workshops are available. Childcare for infants and preschool children is provided. Topics include parenting, personal growth and education.

COMMUNITY NETWORKING

MILITARY WIVES brings together the needs of military families with resources available in the civilian and military communities, through group activities and for individuals.

For more information, please call Angie Fryer at 537-7146.
Aquatics

Advanced Tweens
Ages 5-6 years
Continued instruction in elementary swimming techniques and skill development necessary for Beginner & Class. This class is appropriate for children relatively comfortable moving their faces in the water.

Date/Time: AQ-22-Session I 7:30-7:45 p.m. T/Th AQ-23-Session II 7:30-7:45 p.m. T/Th AQ-33-Session I 7:30-7:45 p.m. T/Th AQ-41-Session II 7:30-7:45 p.m. T/Th AQ-45-Sat Session 3:30-4:30 p.m. Sat AQ-59-Sat Session 3:30-4:30 p.m. Sat
Fee: $25 per session

Beginners
Ages 6 plus
Basic water skills are emphasized during the beginners classes. Swimming skills learned in this class include rhythmic breathing, front crawl, winging, and survival float.

Date/Time: AQ-23-Session I 6:05-6:45 p.m. M/W AQ-24-Session II 6:05-6:45 p.m. T/Th AQ-34-Session I 6:05-6:45 p.m. T/Th AQ-45-Session II 6:05-6:45 p.m. T/Th AQ-55-Session I 6:05-6:45 p.m. T/Th AQ-65-Sat Session 3:30-4:30 p.m. Sat AQ-69-Sat Session 3:30-4:30 p.m. Sat
Fee: $35 per session

Advanced Beginners
Ages 6 plus
The requirement for this class is to show proficiency at or above the Beginner level. New skills include the breaststroke, sidestroke, sculling, five-minute swim, turn and back float. Certification requirements regarding stroke development always require two sessions of the intermediate class for each participant.

Date/Time: AQ-27-Session I 6:05-6:45 p.m. M/W AQ-28-Session II 6:05-6:45 p.m. T/Th AQ-35-Session I 6:05-6:45 p.m. T/Th AQ-47-Session II 6:05-6:45 p.m. T/Th AQ-53-Session I 6:05-6:45 p.m. T/Th AQ-63-Sat Session 3:30-4:30 p.m. Sat AQ-67-Sat Session 3:30-4:30 p.m. Sat
Fee: $35 per session

Swimmers
Participants in this class must show proficiency at or above the intermediate level. New skills include sideline back crawl, surface diving, emers, small and cane sculling, and the 5 minute swim.

Date/Time: AQ-38-Session I 6:05-6:45 p.m. T/Th AQ-48-Session II 6:05-6:45 p.m. T/Th AQ-58-Session I 6:05-6:45 p.m. T/Th AQ-68-Session II 6:05-6:45 p.m. T/Th AQ-73-Session I 6:05-6:45 p.m. T/Th AQ-83-Sat Session 3:30-4:30 p.m. Sat AQ-87-Sat Session 3:30-4:30 p.m. Sat
Fee: $35 per session

Swim and Stay Fit
Ages 13 plus
Swim and Stay Fit is a planned activity to encourage adults and advanced swimmers to swim regularly and frequently. Participants receive individual work-out plans and supervised by instructor daily. Those wishing to swim more than three times a week, please make arrangements with instructor.

Date/Time: AQ-29-Session I 6:05-6:45 p.m. M/W AQ-30-Session II 6:05-6:45 p.m. T/Th AQ-49-Session I 6:05-6:45 p.m. M/W AQ-50-Session II 6:05-6:45 p.m. T/Th AQ-59-Sat Session 3:30-4:30 p.m. Sat AQ-69-Sat Session 3:30-4:30 p.m. Sat
Fee: $20 per session

Swim and Stay Fit for Parents
Are you tired of being just an observer at your child's swimming lessons? If so, then take advantage of the time you spend watching and enroll in our 30% discount Parent's Swim and Stay Fit Class. This class is available to you at a reduced rate of $15 and will meet everyday your child is enrolled in swimming lessons. In this class you will set your own goals and the instructor will help motivate your program.

Date/Time: AQ-31-Session I 6:05-6:25 p.m. M/W AQ-32-Session II 6:05-6:25 p.m. T/Th AQ-42-Session I 6:05-6:25 p.m. M/W AQ-43-Session II 6:05-6:25 p.m. T/Th AQ-51-Session I 6:05-6:25 p.m. M/W AQ-52-Session II 6:05-6:25 p.m. T/Th AQ-61-Sat Session 3:30-4:30 p.m. Sat AQ-63-Sat Session 3:30-4:30 p.m. Sat
Fee: $15 per session

Thank you, advertisers for your support.
Aquatics (Continued)

Hydro aerobics Ages 16 plus

This class is designed to use water exercises for the development of physical fitness, muscle tone, flexibility, and cardiovascular endurance. Open to non-swimmers and swimmers alike. Monday through Thursday evenings and Saturday morning.

Charlene Brownson, Instructor M/W, uses water walking for the aerobic workout in addition to flipper, jog, kickboards, wall work, stretching and treading, warm-up, and cool-down. Sandy Freeman, Instructor T/Th, designs her class with stationary aerobic exercise in addition to wall work, stretching and treading, jog, warm-up, and cool-down.

Date: AQ-33 Session I—2 meetings per week
AQ-34 Session I—3 meetings per week
AQ-35 Session I—4 meetings per week
AQ-32 Session II—2 meetings per week
AQ-33 Session II—3 meetings per week
AQ-34 Session II—4 meetings per week

Time: 6:15-7 p.m. Monday through Thursday
9:30-10:15 a.m. Saturdays

Fee: 3 meetings per week $18 per session
3 meetings per week $27 per session
4 meetings per week $36 per session

Private Lessons

Arrangements will be considered for private swimming lessons. The Swim Coordinator will contact individuals during the second week of each session to arrange 6 classes of 30 min. each, if conditions can be met.

Date/Time: By appointment

Fee: $38 per session of 6 lessons

Adult Swim Lessons

For adults who wish to become comfortable in the water, add to their knowledge of personal safety, and increase enjoyment of their leisure time. No prerequisites. If enrollment is low, this class will be moved to private or semi-private lessons.

Date: AQ-55 Saturdays Session
K classes Feb 8 & 15, & March 7-14

Time: 9:30-10:15 a.m.
Fee: $35 per session

Water Safety Instructor

This course provides an overview of the American Red Cross basic teaching concepts and methods of teaching swimming and water safety courses according to ARC guidelines. Prerequisite: Current certification in ARC Emergency Water Safety, Basic Lifeguarding, or Lifeguard Training. Students must also demonstrate "swimmer" level swimming skills and be 17 years of age or older. Textbooks may be purchased at the American Red Cross Office.

Date: Spring Break Week

Time: Call 539-339-8763, for information

Location: KSU Abearn Natatorium

Basic Lifeguarding

This class will prepare students to lifeguard at most pools. You will be instructed in proper use of rescue equipment and lifesaving duties and responsibilities. This certification does not meet ARC requirements for open water guarding, water park guarding, or full prerequisites for taking the water safety instructor class. Prerequisite: You must be at least 15 years of age and will be required to pass a skills test the first class period. Textbooks may be purchased at the American Red Cross Office for $8.50.

Date: March 21-May 2
No class April 18

Time: 9 a.m.-1 p.m. (Saturdays)

Fee: $60

Location: KSU Abearn Natatorium

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
537-0339
2630 Farm Bureau Road
539-2111
100 Town Center Mall

Randy McCracken
Steve Baxter
Mark Tolins
Howard Botsmann
Jim Smallwood
Don Thompson

KSU Pool Rental

Planning a swim meet or pool party? The KSU pools can be reserved for usage through the Continuing Education Program on Fridays, 6:00-7:30 p.m., and Saturday or Sunday evenings between 5:00-7:00 p.m. All pool reservations must be scheduled one month in advance of usage. The pools are located in the KSU Natatorium. Contact Anita Madison at 539-8763 for more information or to schedule the pools.

WHAT DID WE FORGET?

Name__________________________
Address________________________
City____________________________
Phone__________________________

A good addition to the brochure would be:

______________________________
I am willing to lead a class on:

______________________________
Return or mail this form to:
UFM
1221 Thurston
Manhattan, KS 66502

REGISTRATION INFORMATION on back cover.
A Love Affair with Words: Writing Fiction

We will discuss writing skills, including research, character development, and building background and characterization. Marketing will also be covered.

Lee Kilkous (776-6584), a member of the Science Fiction Writers of America, Mystery Writers of America, and Science Fiction Writers, has published eleven novels and twenty short stories.

Date: Feb 20 - March 17 (4 sessions)
Time: TBD
Fee: $15
Location: UFM Conference Room

Books by and About Women

We will discuss thought, ideas, and issues expressed by women authors through fiction and non-fiction books. Through this informal class we will exchange different perceptions from our own experiences interpreting the themes seriously and lightly. Pan book selections include: "Soulful Woman: Walking the Light of Spirit" by Sharon Widner, "Fatigue and Depression" edited by S. W. Lee and others, "The Natural" by Alice Walker, "The Many Colors" by Mildy Glass, and "Lorrie Cross" by Linda Carlson. Each member will discuss a book selected by the group.

Date: Feb 19 - May 20 (meets every 2-3 weeks)
Time: TBD
Fee: TBD
Location: Cali Lorrie for class location

Beginning Calligraphy--for Right Handers

Do you enjoy the elegance of a handwritten note? Do you think the written word is the most powerful of all arts? Then this class is for you. You will have an opportunity to practice your calligraphy skills and learn the elements of lettering.

Date: Feb 15 - 29 (6 sessions)
Time: TBD
Fee: TBD
Location: UFM Banquet Room

Sweater Repair

Don't throw away that favorite sweater because of an ink stain! Take this opportunity to learn how to fix a crocheted or knitted sweater and make it look like new again. Bring your damaged sweater, a crochet hook, and yarn to turn it into a new sweater.

Date: Feb 17 (1 session)
Time: 7:00 p.m. (Wed)
Fee: TBD
Location: TBD

Sweater Repair 2

Date: March 17 (1 session)
Time: TBD
Fee: TBD
Location: TBD

Making Covered Books/Albums

Covered albums are one of the oldest and most practical gifts to make for your family or friends. They can be used for wedding, birthday, holiday, or gift cards, and personalized to suit any style. Bring 3/4 yard of material and 3 yards of ribbon. The notebooks are provided. Bring a hot glue gun to class if you have one to expedite projects.

Date: April 11 (1 session)
Time: TBD
Fee: TBD
Location: UFM Banquet Room

Creating Padded Baskets

You need not be a basket craftsman, 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. This will be the perfect opportunity to make a special Easter basket. Bring the basket of your choice and enough material and time to create cover to-go pumpkins or just the basket, just the outside, or both, as you prefer. If you have a hot glue gun, please bring it to class to expedite the project.

Date: TBD
Time: TBD
Fee: TBD
Location: TBD

25% any book OFF in stock Discounted items excluded.
ARTS & HOBBIES (Continued)

Using your Serger/Overlock Machine

Make your sewing easier, faster, and more complete. Bring your serger, instruction book, thread, and attachments to this workshop. Here you will learn how to attach the various accessories that provide you'll learn basic techniques and what they can do. You must know how to thread your serger. "Sewing with Nancy" video which presents general information for all brands of sergers will also be available.

Kevin Weimer  (776-6100) owner-manager of Weimer's Sew Unique. Has sold Elna and White sergers for 15 years.

Date: Feb 25 (1 session)
Time: 9:30-7:30 p.m. (Thursday)
Fee: $5
Location: UFM Banquet Room

Paper Twist Basket

You can make a soft basket out of paper twist ribbon in one easy lesson. The basket body is woven 2 colors of paper twist and adorned with a bow and braided handle. What a wonderful Easter idea! Bring 6 yards of each color (2) of paper twist ribbon to class. Please bring glue gun and sticks if possible.

Amy Hollis (559-9283) is a senior in Elementary Education at Kansas State University. She works in the fabric and craft department at Wal-Mart.

Date: Feb 27 (1 session)
Time: 7-8 p.m. (Tuesday)
Fee: $5
Location: UFM Banquet Room

Shoebox to Showcase

Are your precious photos stuffed in shoeboxes and crammed into drawers? Or worse yet, are they stuck in albums that are chemically destroying your pictures...and your memories? If so, this class is for you. We will discuss how to properly present and display family photos, organizing photos, and negatives, documenting family history, and more.

Clark Pinter (559-3377) owns Photographics, Inc. He has been in the photo business for over a decade. He has experience with professional photos, slides, old family photos and new enlargements.

Date: Feb 24 (1 session)
Time: 7-8:30 p.m. (Monday)
Fee: $5
Location: 1750 Hayes Drive

Creative Fabric Painting

You don't have to be an artist to design and create your own custom garments or home decor. Bring your pillow covers, accessories, garments, or canvas shoes to this workshop along with the tube paints for fabric. You may wish to apply other fabric, beads, or mirrors. Let your creativity be your guide and have a great time.

Deb Roggen (239-3026) loves to do crafts. She is excited by the creative potential in this class.

Date: March 12 & 14 (2 sessions)
Time: 6-9 p.m. Thursdays-Introduction 9-11 a.m. Saturday-Work session
Fee: $8
Location: UFM Banquet Room 1221 Thirteenth

Silk Flower Sweatshirts

Have you admired sweatshirts and see shirts that have been transformed into a personal fashion statement through the use of paint and other embellishments? Take this opportunity to create a unique shirt through the use of silk flowers and tube paints for fabrics. This class is just in time for Valentine's Day! Supplies list will be provided upon registration.

Barbara Kelly (776-6085) has been designing and making sweatshirts for several years. She loves them as a gift idea.

Date: Feb 8 (1 session)
Time: 9-11 a.m. (Saturday)
Fee: $5
Location: 1700 Beck

Make Your Own T-shirt with
A Serger/Overlock Machine

If you have intermediate serger experience and want some help, this class is for you. Bring your pattern, material, and notions to this class and learn all the tips to make a nifty T-shirt. Have the T-shirt cut out before class time if possible.

Kevin Weimer (776-6100) owner-manager of Weimer's Sew Unique. Has sold Elna and White sergers for 15 years.

Date: March 24 (1 session)
Time: 6:30-8:30 p.m. (Tuesday)
Fee: $5
Location: UFM Banquet Room

Watercolor Painting Via Photography

Transform photographs into watercolor paintings. Photograph Kansas stone buildings and landscapes during the first class session with emphasis on subject selection and composition. During the studio sessions, select painting subjects from the developed color prints, make sketch compositions, value studies, and lay down the initial watercolor washes. Students should complete two watercolor paintings and receive instructions on matting, framing, and care of finished work.

Ernie Pack (537-9883) and Gene Ernst (776-3622) have taught photography frequently and are accomplished painters. Ernie and Gene have co-taught watercolor classes for several years.

Date: April 18-20 (3 sessions)
Time: 8:30 a.m.-1 p.m. (Sat)
7-9 p.m. (2 Tues & 2 Thurs)
Fee: $14
Location: UFM Banquet Room

Collecting Antique Furniture

Interested in collecting and using antique furniture? Learn about styles and when to look for in antique furniture. Gain tips on bidding and other negotiation strategies. This class will focus on restoration and stripping—when to strip and when not to strip.

Jean Bigbee (357-4884) is an antique and collectible lover, manages Tattle's Antique Market in Manhattan, and other antique dealers associated with Tattle’s are on hand to share their knowledge with others.

Date: March 25 (1 session)
Time: 7-8:30 p.m. (Saturday)
Fee: $5 one class
58 both classes—AH-21 & AH-22
Location: Tattle's Antique Market 2010 Tattle Creek Boulevard

Professional Novel and Story Writing

Covers all phases of writing (non-fiction and fiction). Learn how to develop characters, dialogue, long scenes, short scenes, documentation, foreshadowing, time transitions, flashbacks, flashforward, montages, reaction, action, and other topics. The book, Dues To Be A Great Writer will be the instructor will be used in class.

Leonard Biber has taught writing courses for over 25 years, has published nine novels, and has written two professional books on writing titled Dues To Be A Great Writer and also in his second printing and Dues To Be A Great Writer: Revised.

Date: Feb 18-March 3 (3 sessions)
Time: 7-9:30 p.m. (Tuesdays)
Fee: $12
Location: 107 Bowman Hall, KSU

Collecting Antique Glassware

For antique lovers. We will focus on Victorian, Depression, and pannahood glassware. Learn more about what you have or want to buy. Gain tips on bidding and auction strategies.

Jean Bigbee (357-4884), an antique and collectible lover, manages Tattle’s Antique Market in Manhattan, and other antique dealers associated with Tattle’s are on hand to share their knowledge with others.

Date: March 25 (1 session)
Time: 7-8:30 p.m. (Thursday)
Fee: $5 one class
58 both classes—AH-21 & AH-22
Location: Tattle's Antique Market 2010 Tattle Creek Boulevard

DYER'S IGA

1003 Highave 24
Wamego, KS 66547

HOURS: 7 a.m.-9 p.m.
7 days per week

"Service You Deserve"
456-7432

FEATURES:
• In-store Bakery  • Deli Department
• Large Video Tape Library  • Fresh Meat and Produce

MANHATTAN
SHOE REPAIR

Shoe Drop Station
in Wash Palace at
Candlewood Shopping Center
Open 8-5:30 Weekdays,
Thursday till 8, Saturday 8-4
Closed Sunday and Monday
Drive-Up Convenience

315-B Poyntz
776-1193

KRISTALLOWS

"Manhattan's most unique shopping experience"

• Sterling silver & ethnic jewelry
• Rings, earrings, clothing, beads, bells, chimes, crystals & unique gifts.

708 N. Manhattan Ave., Aggieville
Manhattan, KS
539-0560

UFM CLASSES MAKE GREAT GIFTS! GIFT CERTIFICATES ARE AVAILABLE.
Successful Money
Management
Be a successful money manager! This program will cover savings structures, investments, and insurance programs for today's world. Discover how to save taxes today while providing future dollars for education or retirement. We will discuss the impact of inflation and how to make it work for you rather than against you in financial planning. Affluent ways of investing and saving regardless of one's budget will also be addressed. A financial plan for each class participant will be provided.
Fred Froody (337-4595) is a senior account executive for Waddell & Reed, Inc. and has 16 years experience as a financial planner.

Date: March 3 (1 session)
Time: 7:30 - 9:30 p.m. (Tues)
Fee: $5 per person
$8 per couple
Location: 445 East Peyont (K-Mart Shopping Center)

Employability Skills
BP-15
Do you dread the thought of finding a job? Make the task a little easier with these tips to master which comprise a comprehensive training program full of helpful information for job seekers. You may be ready to enter the job market for the first time, re-enter the job market after an absence, or currently employed but want to change jobs or careers. Lots of helpful information will be given.
Stacy Powell and Sheryl Dofford (352-5651) are on staff with New Directions, an Adult Education/Human Service Outreach Program in the College of Education. Both have experience in the personnel field and are trained job readiness facilitators.

Dates: BP-09 Apr 8 Career Exploration
BP-10 Apr 15 Identifying Your Skills and Abilities
BP-11 Apr 22 Applications, Resume, and Cover Letters
BP-12 Apr 29 Job Search Process
BP-13 May 6 Successful Interviewing
BP-14 May 13 Tips for Job Success and Advancement
BP-15 4/5-5/13 Series of 6 sessions
Time: 7:30 - 9:30 p.m. (Wednesday)
Fee: $25 per session, $14 series
Location: Blinman Hall, Room 108

K-State Specials
Income Tax: Filing the Short Form
BP-22
What do I need to know about filing an income tax form? Take this opportunity to learn what everyone should know about filing taxes, but no one ever tells you! We'll discuss who should use the short form and how to complete it. Bring your questions!
Gil Gillispie (776-4420) has had over 25 years experience in tax form preparation.

Dates: BP-13 Apr 4 (2 sessions)
Time: 7:30 - 9:30 p.m. (Tuesday)
Fee: No charge
Location: K-State Union, Room 204

K-State Specials
Study Tips
BP-26
Will cover techniques used in studying, such as: note taking, reading textbooks, time management, taking tests, generating questions, memory techniques, and several motivational tips and suggestions.
Minnie Kyer (352-6492) is a KSU student in Architecture. She has been a learning skills leader for 3 years. Ray Kowalski is a KSU student in Economics and Political Science and has been a learning skills leader for 2 years.

Dates: BP-24 (1 session)
Time: 7:00 p.m. (Monday)
Fee: No charge
Location: K-State Union, Room 209

We can open doors for you.
MANPOWER TEMPORARY SERVICES
555 Poyntz 838 A S. Washington
Manhattan Junction City
776-1094 762-5500

Description of the image:
- **Business & Professional**
- **Charbon & Wilson Insurance Agency**
  - Telephone: 913-537-1600
  - Address: 555 Poyntz Avenue, Suite 205, PO Box 1099
  - Location: Manhattan, Kansas 66501
- **Waddell & Reed**
  - **FINANCIAL SERVICES**
    - 445 E. Poyntz, Town East
    - Telephone: 537-4525
  - **ATTENTION KSU STUDENTS!!**
  - Need a place to study during Finals Week?
  - The UFM House will be open 8 am - 10 pm Come and find a quiet corner or call 5398763 if you would like to reserve a particular location.
- **Health Professions in Medicine, Dentistry, Optometry, Pharmacy, and Medical Technology:**
- **K-State Specials**
- **Living Trusts**
- **BP-3**
- **BP-04**
- **BP-03**
- **BP-01**
- **BP-21**
- **BP-27**
- **BP-22**
- **BP-15**
- **BP-13**
- **BP-14**
- **BP-12**
- **BP-11**

**K-State Specials**

**Income Tax: Filing the Short Form**

What do I need to know about filing an income tax form? Take this opportunity to learn what everyone should know about filing taxes, but no one ever tells you! We'll discuss who should use the short form and how to complete it. Bring your questions!

Gil Gillispie (776-4420) has had over 25 years experience in tax form preparation.

Dates: BP-13 Apr 4 (2 sessions)
Time: 7:30 - 9:30 p.m. (Tuesday)
Fee: No charge
Location: K-State Union, Room 204

**Living Trusts**

What is a living trust? How is it established and administered? A comparison of the living trust with other types of estate planning techniques, the advantages and disadvantages of a living trust and a corporate trustee, and the costs associated with creating and maintaining a living trust will be presented. Bring your questions for discussion.

Mark Knackstedt (776-0000) is Vice-President and Trust Officer of FirstBank in Manhattan. He graduated from the University of Kansas with the degrees of M.B.A. and J.D. He is a member of the Riley County Bar Association and has over eight years of estate planning, trust, and investment experience.

Date: April 20 & 27 (2 sessions)
Time: 7:00 p.m. (Wednesday)
Fee: $8
Location: 701 Peyont FirstBank

**K-State Specials**

**BP-22**

**BP-26**

**BP-15**

**BP-14**

**BP-12**

**BP-11**

**BP-10**

**BP-09**

**BP-04**

**BP-03**

**BP-01**

**BP-21**

Remember being asked, "What do you want to do when you grow up?" Important information will be presented on 2 career fields including job duties, working conditions, salaries, education/training required, and job outlook. These seminars will be very helpful for individuals who are exploring career options. High school students, single parents, and homemakers are encouraged to attend.
Sheryl Dofford and Sheryl Marshall (352-5651) are on staff with New Directions, an Adult Education/Human Service Outreach Program in the College of Education. Both provide vocational guidance to job seekers.

Dates: BP-16 Mar 28 Drafting
BP-17 Apr 4 Cheek and Administrative Support
BP-18 Apr 11 Paragral
BP-19 Apr 18 Travel
BP-20 Apr 25 Health Care
BP-21 7/28-4/25 Series of 6 sessions
Time: 11 a.m. (Saturday)
Fee: $25 per session, $14 series
Location: Blinman Hall, Room 108
Effective Writing for Editorial Pages
Students will learn about how to get their views into a newspaper. This course will focus on effective letter and column writing—concentrating on what makes an effective, powerful column.

Richard Prestwick (716-2200) is the editor of the editorial page of The Manhattan Mercury. Date: Feb 17 (1 session) Time: 7:30 p.m. (Monday) Fee: $5 Location: UFM Banquet Room

Codependency in the Workplace
At this workshop participants will explore the issue of codependency in the workplace. Participants will gain a working definition of codependency, understand the causes and family dynamics which lead to codependency, see how codependent behaviors are often exhibited in the workplace, be able to identify codependent characteristics in employees and supervisors, identify strategies to break the cycle of codependency in workplace, and become aware of community resources for further information, support, and treatment.

Brandi Thomas (1-652) has a B.S. in Human Development and Family Studies. She is currently pursuing her M.S. in Counseling Education and is working in the field of alcohol and drug abuse prevention. As an adult child of an alcoholic, she has personal and professional experience in dealing with codependent behaviors that persist beyond leaving a dysfunctional family.

Date: April 1 (1 session)
Time: 6:30-8:30 p.m. (Wednesday)
Fee: $8
Location: Payne s Mental Health Services 2007 Cliff Road

No Dumb Questions
Do you ever wonder about personal financial issues or procedures, but don't know who to ask? Bring these financial questions to the first session. The following sessions will be structured to cover the questions and topics of those attending.

Mrs. Oldfather (537-3738), a former KSU instructor of Finance, is currently employed by VALLE, a company specializing in prison and individual retirement plans.

Date: Feb 18, 25 & March 5 (3 sessions)
Time: 7-9 p.m. (Thursday)
Fee: $10
Location: UFM Fireplace Room (session 1 & 2)
UFM Banquet Room (session 3)

Sack Lunch Theology
The American Journey, 1492-1992: A Call to Conversion! We will "re-discover" Columbus as we read and reflect upon multi-cultural writings concerning the impact of the European arrival in the Americas 500 years ago. We will reassess our history to help understand our civilization today and plan for the future. (Copies of this book will be available at the first class for approximately $12). Please join us—and bring your lunch.

Susan Sawyer (539-3053) is the American Baptist Campus minister at KSU and an Episcopal priest. She likes to read and doesn’t like to eat lunch. She will meet Feb 17-April 13 (9 sessions)
Time: No class March 9
Fee: $5
Location: Baptist Campus Center 181Anderson

Shopping for a Greener World
Every step to think about the environmental impact of the products you normally purchase in the grocery store? Many ordinary items on the market today have the potential to harm our environment. This class will examine how the average shopper can change his/her buying habits to help make the Earth a better place to live.

Topics to be discussed include waste reduction, packaging, hazardous household products, product labeling, and much more. By touring a local supermarket, participants will have the opportunity to examine actual products. Participants are encouraged to actually shop as we go along and implement their newly acquired skills of recognizing environmentally-conscious products.

There will be time allowed throughout the course for questions and discussion. Each participant will receive an information packet containing summaries of all topics discussed, an "eco-product checklist" for easy reference, and a guide to recycling in the Manhattan area, fact sheets on major environmental issues, household environmental tips, and much more! Please join us for an exciting and informative eco-shopping adventure.

Members of Students Acting to Save a Vulnerable Environment (S.A.V.E.), a KSU student organization.

Date: March 9 (1 session)
Time: 1:30-3:30 p.m. (Friday)
Fee: $5
Location: Dillon West In front of the store by the soda machines

Laser Printer Quick Fix
Are you frustrated with trying to keep your laser printer to keep working order? Learn tips on how to troubleshoot and maintain these printers. Save a service call or printer downtime by learning how to clean laser cartridges, eliminate streaking, fix paper jams, and gain full use of expensive toner.

The class will provide hands-on participation in the general care and maintenance of laser printers. An easy to use troubleshooting guide will be provided to all participants.

Lea Street (234-9141) owns StreetLine Recharging. He has been providing laser-printer service, sales, and toner cartridges in Manhattan since 1988. He is an experienced desktop publisher and has written several textbooks and training manuals.

Date: Feb 5 (1 session)
Time: 1-2 p.m. (Wednesday)
Fee: $6
Location: Blumental Hall, Room 02

Hunger and Poverty: Long Term Solution
Come and participate in the discussion of the food assistance claims in the community. Learn about the different levels of hunger and the long term solutions to these problems.

Aline Hame (537-0720) has been Executive Director of Flint Hills Breadbasket for 8 years. Linda Thorson is the 1991 President of the Flint Hills Breadbasket and is Associate Professor of Special Education at Kansas State University.

Date: March 31 & April 7 (2 sessions)
Time: 7-9 p.m. (Tuesday)
Fee: 
Location: Flint Hills breadbasket 905 Tuna

International Courtesy and Etiquette
Don't be afraid to visit or talk to people from other areas of the world because you don't understand their culture. Come learn rules of etiquette and social customs. You will gain tips from a panel representing countries from around the world.

Bill Dorsey (539-9596) is an experienced international traveler. Each person on the panel has lived or traveled extensively in the area of the world they represent.

Date: Feb 24 (1 session)
Time: 7-9 p.m. (Monday)
Fee: 
Location: International Student Center Clifton and Mid Campus Drive

VOLUNTEERS are like Ford—they have better ideas.
The Perennial Garden:
Creating Blooms That Last
Would you like to have flower beds full of bloom throughout the growing season without having to plant each year? Learn how to plan your garden to create lovely blooms that go from Spring to Fall. Learn about various types of perennials and how to plant and maintain them.
Evelyn and Howard Campbell (539-8763) both have degrees in Horticultural Therapy from KSU. Evelyn has coordinated the Manhattan Community Gardens for four years. In addition, Evelyn and Howard plant and maintain the edible landscape and greenhouse at UFM. They enjoy sharing the experience they have gained from gardening for over 25 years.
Date: March 9 & 16 (2 sessions)
Time: 6:30-8 p.m. (Wed)
Fee: $10
Location: UFM Greenhouse

Growing Herbs
Have fresh herbs all summer! Enjoy the flavor of fresh mint and lea tea. Learn how to enjoy, dry, and store herbs for your own use or to give as gifts to family and friends. Explore ways to use your herbs. Start your herb garden with the plants you take home.
Evelyn and Howard Campbell (539-8763). Date: April 16 & 23 (2 sessions)
Time: 6:30-8 p.m. (Thurs)
Fee: $15 includes herb plants and handouts
Location: UFM Greenhouse

The Audubon Society
(Northern Flint Hills Chapter, P.O. Box 1932, Manhattan, KS 66502-0022)
invites you to join us in the following activities:

BEGINNING BIRD WALKS
Monthly, 2nd Saturday, 8 a.m. Meet in the parking lot of Ackert Hall, KSU Campus. Includes novices and experts; children especially welcome.
For more information, contact Dave Rintoul, 537-0781.

EDUCATIONAL PROGRAMS:
Monthly, 3rd Wednesday, 7:30 p.m. Room 221, Ackert Hall, KSU Campus.
Jan. 15: “Kansas Natural Heritage: An Inventory Update.”
Feb. 19: “A Practical Approach to Ecological Feminism.”
Apr. 15: “The Costa Rican Tropics.”

BIRDSEED SALES:
Feb. 8, 9:00 a.m.-1:00 p.m. UFM Fireplace Room. Order seed in advance by calling 1-494-2556.
For more information, pick up the Audubon Directory at UFM or the public library, or call 1-456-7053.
Fishing Northeast Kansas

Join us for the first of our practical programs on fishing in Kansas. We'll discuss drag selection, knots, and the variety of bait fish available to the angler.

Paul Miller (539-7941) has been a life long resident of Kansas and has spent most of his spare time outdoors. His favorite pastime is fishing. Paul writes a weekly article for The Manhattan Mercury and has done extensive donation on walleyes and crappie fishing.

Date: March 29 (1 session)
Time: 7:30 p.m. (Thursday)
Fee: $5
Location: UFM Banquet Room

Field Trip: Wabaunsee County

Come view the scenic area of Northwestern Wabaunsee County. We'll search for materials such as agates, quartzite, and fossils left behind by the glaciers. Bring a camera and a container for your treasures.

Dr. F.C. Laming (537-7599), Professor Emeritus of Chemistry at Kansas State, is a long-time member of the Maxwell Mineral Club, and Fossil Club.

Date: April 11 (1 session)
Time: 9:15 noon (Tuesday)
Fee: $5
Location: Meet at UFM parking lot

Kaw River Nature Trail

Join us for an exciting nature walk through the Kaw River Nature and History Trail. Identify over 50 native plants on this 1/4 mile cleared trail located in the Kaw River bottoms behind the historic First Territorial Capitol building.

Jim Rac (784-3535) is the curator of the First Territorial Capitol and has spent years monitoring the plants and thus is interested in Kansas history and its native plants.

Date: May 10 (1 session)
Time: 1-3 p.m. (Sunday)
Fee: $5
Location: First Territorial Capitol, Fort Riley

Small Fiberglass Boat Building

Join us for a weekend of boat building. The emphasis of this class will be on knowledge and skills needed to build a canoe or kayak, but will apply to building or repairing all types of fiberglass boats. It is designed for those with no previous building experience. Participants should have read The Boat Builders Manual by Charlie Wadlow before class. The book may be purchased from the publisher for $39.95. Saturday's discussion will include laminate design, safety, and building techniques. Sunday will be actual hands on fabrication of a canoe or kayak mold. Bring old clothes, plastic rubber gloves, and safety clothing. YOU WILL NEED A SACK LUNCH BOTH DAYS.

Roy Hunter (774-7954) has been building white water canoes since 1980 and has lots of experience using them. He is an instructor at KSU.

Date: April 25 & 26 (2 sessions)
Time: 9 a.m.-3 p.m. (Sat & Sun)
Fee: $10
Location: Saturday—UFM Banquet Room, Sunday—$600 N, 52nd (Directions will be provided)

UFM SOLAR GREENHOUSE TOURS

Tours of the UFM Solar Greenhouse and edible landscape are available by reservation. Winter tours (November to April) view the Solar Greenhouse, some edible landscapes, and raised garden beds used for the handicapped. Participants learn about the bed 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 also see the Passion Vines and tour its history.

SPECIAL GROUP OR SCHOOL DAY TOURS WELCOME

CALL 539-8763 for an appointment.

MANHATTAN COMMUNITY GARDENS

Do you need space for a garden? Would you like to share in the fun, responsibility, and sense of accomplishment of being involved in a community garden and at the same time provide your family with fresh produce?

Manhattan Community Gardens has over 150 plots (average size 20 ft x 20 ft) and provides water, compost, and some basic tools (paid for by plot rental fee). Besides tending your garden plot(s), you provide your enthusiasm and involvement on one of the garden management "working committees" to contribute to the garden's overall operation. The plot rental fee is based on your income level and ranges from 2 1/2 cents to 5 cents per square foot. A $10.00 per plot deposit is also required.

To apply for a garden plot, please attend one orientation and application session listed below, hold at UFM, 1221 Thurston.

RETURNING GARDENERS: Saturday, February 1 - 9:00-11:00 a.m.
Tuesday, February 15 - 7:00-9:00 p.m.
NEW GARDENERS: Saturday, February 29 - 9:00-11:30 a.m.
Tuesday, March 17 - 7:00-9:00 p.m.
Saturday, April 4 - 9:00-11:00 a.m.
Saturday, May 2 - 10:00-12:00 NOON

If you'd like more information or cannot attend any of the above sessions, call UFM at 539-8763 and leave a message. A Manhattan Community Gardens Board Member will contact you.

HANDICAPPED GARDENING:
Do you believe you can't garden anymore because of physical limitations? This class is for physically and/or mentally handicapped people as well as senior citizens. Whether you are in a wheel chair, or have limitations that don't allow you to bend or move with ease, you can still garden! Raised beds make gardening easy—-for everyone! Still for plot and seeds. Contact Evelyn Campbell at 539-4703.

Outdoor Survival

Do you love the natural outdoors, but fear getting stranded? Join us to discuss the fundamentals of warmth, shelter, food, and water. You will learn tips to help you survive with only what you have and what is available by nature. Weather permitting, the class will venture out to practice. Children fifteen and under should be accompanied by an adult. Instructor will contact you with a list of things you should bring.

Art Clark (539-4211) spent 7 years as a camp counselor in Colorado. He has lots of outdoor experience and is eager to share it.

Date: April 12 (1 session)
Time: Noon (Sunday)
Fee: $5
Location: UFM Banquet Room

Earth Day 1992 Planning Meeting

Join us for planning the 1992 Earth Day celebration in Manhattan. Our theme this year is energy issues. Your input is greatly appreciated, so bring your ideas and suggestions to help make Earth Day 1992 a success.

Roy Kowalczyk (532-2026)
Date: Feb 2 (1 session)
Time: 10-11 a.m. (Saturday)
Fee: Free
Location: UFM Conference Room

I Can't Believe It's Yogurt! GREAT TASTE—NATURALLY Try our healthy gourmet non-fat frozen yogurt. FREE Samples OPEN: 11 a.m.-11 p.m. Daily 705 N. 11th—Nautilus Towers 537-1616 Aggieville

5TH ANNUAL UFM USED BOOK & PLANT SALE
February 29
10:00 a.m.-5:00 p.m. & 7:00-9:00 p.m.
Manhattan Town Center
Courtyard west of Penney's
Donations of books welcomed after Feb. 1
At University for Man, 1221 Thurston
Watch for collection barrels at your area grocery store.

UFM CLASSES MAKE GREAT GIFTS! GIFT CERTIFICATES ARE AVAILABLE.
Aging
We are all facing age issues, so why not do it together? Many authors have said that the older years are a time for great inner growth and development. Come prepared with examples from your own life for this discussion of aging and its accompanying feelings and issues.

Nola B. (537-3877), a local psychologist in private practice. She is sensitive to the fact that our materialistic, competition- oriented, disposable culture does not adequately value older adults and their contributions.

Date: March 1 (1 session)
Time: 7:10 p.m. (Tuesday)
Fee: $5
Location: UFM Fireplace Room

Children's Morning Play Group—Wednesdays
Join us for an engaging support group for a home parent.

Preschool age children will play while parents visit with other adults. Parents are responsible for their own children, so no supervision is necessary. During severe weather we will meet outside, and during inclement weather we will meet in the homes of participants. These groups have been in existence for 15 years.

Date: Feb 6 - May 21 (16 sessions)
Time: 10 a.m. - 12 Noon (Wednesdays)
Fee: $5
Location: Instructor will contact you with location

Toilet Training
Is your child reaching the age of diaper freedom? We will discuss the rights of readiness and the importance of waiting for the signs. We will share ideas, illustrations, and receive positive reinforcement.

LeAnne Mayze (532-5510) is a 3rd year MASTERS Candidate in Marriage and Family Therapy through Human Development and Family Studies. She is a mother of two and works with toddlers on a daily basis.

Date: Feb 15 (1 session)
Time: 10:15 a.m. (Saturday)
Fee: $5
Location: UFM Conference Room

Effective Parenting: Communicating with Your Child
Help your child improve his or her self-esteem by exploring the reasons of your child’s behavior. We will discuss methods to more effectively communicate with your child in order to develop his or her positive self-esteem.

LeAnne Mayze (532-5510) is on staff with New Directions, a KSU Adult Education/Munro Outreach Program in the College of Education.

Date: Feb 26 (1 session)
Time: 7:15-8:15 p.m. (Wednesday)
Fee: $5
Location: UFM Conference Room

KIDS AND MONEY
Money can be a lot of fun or a troubling matter. We will focus more on children’s money management than earning money. Our discussion will also include the value of money and when allowances is appropriate.

LeAnne Mayze (532-5510) is a 3rd year Masters Candidate in Marriage and Family Therapy through Human Development and Family Studies. She is a mother of two.

Date: April 11 (1 session)
Time: 7:30-8:30 p.m. (Saturday)
Fee: $5
Location: UFM Conference Room

Help UFM collect a mile of quarters and celebrate its 25th Anniversary!!!
Donate your quarter(s) at UFM class registration, special sites, or drop by UFM at 1221 Thurston. Call 539-8763 for details.

Add your quarter to the mile!
Food & Nutrition
1221 THURSTON 539-8763

Wok Cookery
The wok, a Chinese cooking utensil, is considered to be an old cooking method. Its popularity has increased dramatically because of its convenience to reduce fat in the diet. Learn the basic techniques of stir-frying and cooking in a wok through hands-on experience. Bring your appetite. Come and learn how to prepare an appetizer, a soup, and two entrees. If you have an electric wok, please bring it to class along with a sharp knife, a cutting board, and one large and several small plastic containers.
Sharolyn Fleming (537-6350) is a Riley County Extension Agent. She has taught many wok cookery workshops.
Date: Feb 27 (1 session)
Time: 5:30 p.m. (Thursday)
Fac: $11
Location: Foulk Hall - CoCo Park

Introduction to Wine
In vino veritas! Study wine from the vine to the glass including chemistry, geography, history, and viticulture. Studies will include tasting of domestic and foreign wines. Participants must be over 21 years of age. Lillian Davenport (339-1853) is retired from KSU and is a charter member of the Society of Wine Educators. He is a wine maker, has cultivated wine grapes, and has taught wine classes for many years.
Date: Feb. 7, 14, 21, 28 & March 20 (5 sessions)
Time: 7 p.m. (Fridays)
Fee: $55
Location: 2009 Sunnyside Drive

BreadMake Workshop
Come discover a footproof, 40-minute method for making yeast bread—whole wheat, rye, rakin, oatmeal and others—all without recipes. Beginners catch on easily. Men take pride in crusty loaves. Experienced Breadmakers delight in new ideas and creative shaping techniques. Children think they've found the original "playdough." You'll learn to make healthy, whole grain breads that aren't heavy. You'll make and take home for baking a one-pound loaf of Golden Grain Bread. All ingredients and utensils supplied.
Pam Paine (448-3505) has completed the course for BreadMake instructors. She loves to bake bread and has lots of fun teaching.
Date: March 5 (1 session)
Time: 7-8:30 p.m. (Thursday)
Fac: $12
Location: UFM Banquet Room/Kitchen

Quality Natural Foods at Co-op Prices
ORGANIC FRUITS & VEGETABLES, pleasing selection of domestic & imported cheeses, whole grain breads, bulk herbs and spices, coffee, tea, ORGANIC grains, flours, pastas, nut butters, raw nuts, dried fruits, trail mix, snack foods, local honey, baking supplies, crackers & chips, yogurt, tempeh, tofu, freezer foods, vitamins, health & beauty aids, bio-degradable cleaning products, recycled paper greeting cards and paper products, Ecoware light bulbs...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
Open to Everyone MEMBER OWNED

The Fine Art of Making Coffee
Did you know that coffee is native to northern Africa and not South America? And that it was through the crusades of the 12th and 13th centuries that coffee was introduced to European society? Join us to learn more about coffee’s unique history and trade secrets regarding the preparation of various coffee specialties. This class will feature coffee selections. We will also be tasting different roasts, beans, and teaching the use of home espresso machines.
Wade Ruffalo (537-2345) has been with the Espresso Royale Caffe Corporation for two years. His coffee education included formal classes in Art Arber, MI, and training with Paramount Coffee—the largest gourmet coffee importer and roaster. In 1987 he is a coffee enthusiast and loves to share his knowledge.
Date: Feb 3 and 10 (2 sessions)
Time: 7:30 p.m. (Mondays)
Fac: $15
Location: UFM Banquet Room–Feb 3 Espresso Royale–Feb 10
618 N. Manhattan

International Dessert: Creating and Tasting
While cultures may vary we all seem to like our sweets at the end of a meal. Join us for desserts from other cultures. Together we will make desserts and enjoy sampling!
Coordinated by Nathana Nakajima (539-7121).
Instructors: Tae Loon (Japanese), Sahidah Tunjung (Malaysia), Tabako Masae (Japan), Shila (Indian, Pakistan), Nariisah Khoa (Brunei), Louise Cooladly (Ivy Coast, Africa), and Arna Harem (Egypt).
Date: Feb 5–Saturday Feb 12
Aimee-chocolate Cookie (sahandieh cookie)
Feb 6–Friday Feb 21
Malaysia–Steam sweet rice with toppings
Feb 7–Wednesday, Feb 25
Pakistan–Lahori
Feb 8–Monday March 2
Japan–Kinosu-Dango Jima (scheese) cookies
Feb 9–Monday March 16
Egypt–Suez (cake)
Feb 10–Friday March 27
China–Sweet dumpling
Feb 11–Saturday April 1
Ivy Coast–African Salad
Feb 12–Sunday April 3
Time: Weekdays 7 p.m. (5 sessions)
Saturday 2:45–10 a.m.
Fac: $57 per session/25 for series
Location: UFM Kitchen and Banquet Room

Teaching a class at UFM can enhance your business, be an instructional opportunity for education students, an opportunity to network with others who teach, or make friends. Call the UFM office (539-8763) by April 24 to offer a class in the summer catalog.
The American Dream: Affordable Home Ownership

Have you dreamed of home ownership only to be discouraged by an inflated market? Perhaps it's time to consider the possibilities again! Join us as we discuss the various methods of financing which could allow your dreams to become a reality.

Jerry Lowenstein (537-2441) is a loan officer for Manhattan Federal Savings and Loan. He is interested in sharing his expertise to help others fulfill their housing needs.

Date: March 19 (1 session)
Time: 7:30 p.m. (Thurs)
Fee: $5
Location: 800 Poyntz Avenue

Landscaping Around the Home

Would you like to know more about the basics of landscaping your home? Different resources that are available locally will be discussed and a limited demonstration on advantages and disadvantages of plant material. This course will be a must for new residents to the Manhattan community or those of us with "brown thumbs."

Alan Ladd (357-6350) is the Riley County Extension Director at the County Extension Office and coordinates the horticulture program in Riley County. He believes that education is a lifelong process and everyone needs to keep updated on areas of interest to them.

Date: April 3 (3 sessions)
Time: 7:30 p.m. (Thurs)
Fee: $13
Location: Frontier Hall at Cico Park

Sensible Pet Selection

Are you thinking about getting a pet? This class is for you. We will discuss how to decide what pet is right for you with consideration of grooming, size, and temperament. Dogs, cats, birds, and pocket pets will be discussed. Tips on how to select a healthy specimen, what to look for, and what you should avoid. Participants will receive handouts and a decision-making guide sheet.

Linda Koolman, D.V.M. (559-0991) is the owner of Little Apple Veterinary Clinic. She owns 4 dogs, 7 cats, 4 birds, and 2 horses. She shows her Irish setters in conformation and obedience and is a member of the Manhattan Kennel Club.

Date: Feb 9 (1 session)
Time: 5-7 p.m. (Sunday)
Fee: 
Location: UFM Fireplace Room

Bicycle Repair and Maintenance

Most of us know how to ride a bike—but do we know the first thing about repairing a flat tire? No problem. We'll soon have you comfortably dealing with basic bike repairs and maintenance. This class is designed for those who are not mechanical wizards but who nevertheless want to learn basic bike repairs. Simple repairs such as tube patching and front or rear derailleur adjustment and repair will be covered in this informative session. Also learn how to adjust your brakes and clean the chain.

The staff at Aggie Bike Station (776-2372) are all cyclists and have 15 years of bike repair experience between them.

Date: April 6 (1 session)
Time: 7 p.m. (Monday)
Fee: $5
Location: Aggie Bike Station

Small Animal Health Care through Preventive Measures

Do you have questions about how to keep your small animal healthy? Join us as we discuss common, preventable small animal problems. After our discussion, there will be demonstrations in performing physical examinations, nail trimming, routine ear care, and bathing procedures. In addition, there will be a tour of the clinical pathology laboratory, pharmacy, treatment areas, and physical therapy areas of the teaching hospital.

Dr. William Fortney (532-5609) is a clinician in Small Animal Medicine at the College of Veterinary Medicine, Kansas State University. He will be assisted by senior students at the College of Veterinary Medicine.

Date: March 26 (1 session)
Time: 6-8 p.m. (Thursday)
Fee: 
Location: K-State Veterinary Teaching Hospital

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.

Kansas Lumber Company

776-4811 Seth Childs Road

THANK YOU, ADVERTISERS for your support.
A special thanks to the business and organizations who show support of UFM through our 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 our next UFM catalog, contact the UFM Office (539-8763) by April 24.

Help UFM collect a mile of quarters and celebrate its 25th Anniversary!!

Donate your quarter(s) at UFM class registration, special sites, or drop by UFM at 1221 Thurston. Call 539-8763 for details.

Add your quarter to the mile!
**Martial Arts**

Tae Kwon Do Karate I

**Beginning**

This course will consist of basic hand and foot movements and the physical fitness patterns used in self-defense techniques. Teaching methods include class demonstration and practice. Each student will be given an opportunity to purchase a uniform and belt at the first class. The uniform is not required for the class. After two months of class, an optional testing to advance to the Tae Kwon Do degree ranking is held in Yeopje. The test is included in the class fee and a uniform is required for testing. Age: 7 plus.

*Chief Instructor Grand Master Cho. Sun Yiu has instructed these advanced classes at KSU since 1975. Known worldwide, he has several academic degrees in Kansas and has been Chief Instructor to over 400 Black Belts. Assistant instructors are Master Rick Jrighfer, 5th Degree Black Belt, Master James Cranmer, 5th Degree Black Belt, and Jr. Master Michael Furr, 4th Degree Black Belt."

**Date:** Jan 24-May 6
**Time:** 6:30-7:30 p.m. (Tues & Fri)
**Fee:** $60
**Location:** Ahearn gymnasium

Tae Kwon Do Karate II

**Advanced**

*Jan 24-May 6
**Time:** 7:30-8:30 p.m. (Tues & Fri)
**Fee:** $60
**Location:** **Ahearn gymnasium**

**Judo I–Beginners**

*This course is designed to teach the fundamentals of sport judo. Students will learn breakfalls, throwing and mat techniques as well as rules for contact judo. Each student will be given an opportunity to order a uniform the first night of class. The uniform is not required if the first three weeks of class, but will thereafter.*

**Date:** Jan 24-May 6
**Time:** 6:00-7:15 p.m. (Mon & Wed)
**Fee:** $60
**Location:** Ahearn Fieldhouse, KSU

**Judo II–Advanced**

*Age 7 & up with one Beginner’s Class*

**Date:** Jan 24-May 6
**Time:** 7:30-8:00 p.m. (Mon & Wed)
**Fee:** $60
**Location:** Ahearn Fieldhouse, KSU

**Recreation, Health & Fitness**

Trapshooting

**RH-06**

This class covers proper use of firearms, equipment selection and care, fundamental shooting skills, safety, and techniques of trapshooting. Registration fee includes ammunition, use of guns, and targets. The first class will include demonstrations. You may register after this class. Class size: 20.

*Charles Lightmaster has been a certified instructor with the National Trapshooting Association of America for 22 years, a past president, and Hall of Fame member of the Kansas Trapshooting Association. He has also instructed at Manhattan High School and Manhattan Area Vo-Tech for 35 years.*

**Date:** March 17-May 5
**Time:** 7:00 p.m. (Tuesday)!
**Fee:** $35
**Location:** Tascille Creek Trapshooting Park (9 miles north of Wabash on Tascille Creek Blvd)

**ATTENTION KSU STUDENTS!!**

Need a place to study during Finals Week?
The UFM House will be open 8 am - 10 pm Come by and find a quiet corner or call 5398/85 if you would like to reserve a particular location.

**Tennis–Beginners Ages 7-16**

*Join us for fun and skill development in this great sport! This class is designed for beginner players and will provide instruction in fundamentals of strokes, basic rules of play, and team competitions. We provide balls. Students provide own racquets. If you don’t have one, give us a call and we may help you locate one.*

**Class minimum: 6.**

**Mark Tessendorf, a KSU graduate student in Kinesiology, has played tennis for 20 years and is a ranked district player.**

**Date:** April 5-May 4
**Time:** 6:30-7:30 p.m. (Monday)
**Fee:** $50
**Location:** L.P. Washburn Recreational Complex

**Tennis–Beginners/Intermediate Ages 17 and up**

*Date:* April 5-May 5
**Time:** 7:30-8:30 p.m. (Monday)
**Fee:** $50
**Location:** L.P. Washburn Recreational Complex

**Hakkro Ryu JuJitsu**

Hakkro Ryu is a self-defense oriented grappling type of martial art. Not an exercise form of martial arts, students will concentrate on 2 person waza, solo walking exercises, and self-defense theory and techniques. Hakkro Ryu is related to shito, yet utilizes a less active style, and more subtle, genteel techniques acceptable for use in modern society.

*Stan Wilson (559-7722) has studied martial arts for over 20 years and taught for 13 years. He holds a black belt in Kung Fu, a second degree black belt in Hakkro Ryu Jujitsu, and is a member of the Shadows of Iga Ninja Society. He has studied judo, shido, four styles of karate, six styles of kung fu, and various other martial arts. He has also written six manuals on 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-on-one sparring. Wear comfortable clothing.

*Stan Wilson (559-7722) has studied martial arts for over 20 years and taught for 13 years. He holds a black belt in Kung Fu, a second degree black belt in Hakkro Ryu Jujitsu, and is a member of the Shadows of Iga Ninja Society. He has studied judo, shido, four styles of karate, six styles of kung fu, and various other martial arts. He has also written six manuals on martial arts.*

**Date:** Feb 18-March 19 (11 sessions)
**Time:** 7:30 p.m. (Tues & Thurs)
**Fee:** $30
**Location:** KSU Ahearn Fieldhouse

**White Dragon Kung Fu II**

Continuation of White Dragon Kung Fu I.

*Date:* March 22-April 16 (12 sessions)
**Time:** 7:30 p.m. (Tues & Thurs)
**Fee:** $30
**Location:** KSU Ahearn Fieldhouse

**Beginning Shiatsu Massage**

Shiatsu is Japanese for 'finger pressure.' This rhythmic, moderately deep massage technique has been used for more than 2000 years. Please bring a partner. You will share the experience of giving and receiving the massage to relieve those tight spots. We will relax and have fun.

*Very casual.*

*Norie Nakajima (559-7311) is a KSU student.*

**Date:** January 25 (1st session)
**Time:** 7:30-8:30 p.m. (Saturday)
**Location:** UFM Conference Room

**UEM CLASSES MAKE GREAT GIFTS! GIFT CERTIFICATES ARE AVAILABLE.**
RECREATION, HEALTH & FITNESS (Continued)

Golf

* One hour optional KSU credit available.

This course emphasizes fundamentals of the full golf swing, short game techniques of chipping, pitching, putting and sand shots. Rules of play, course etiquette, and selection of equipment will also be covered. Clubs, balls and tees are provided. You may bring your own clubs if you prefer. Limit: 15.

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

Date: March 18-May 6
Fee: $20
Location: Stagg Hill Golf Club

Golf

* One hour optional KSU credit available.

Date: March 18-May 7
Fee: $20
Location: Stagg Hill Golf Club

Golf for Beginners-Class I

A short course geared for beginning and intermediate golfers. The fundamentals of the full swing, short game, pitching, chipping, and putting will be covered. Get some fresh air and find out if golf is the sport for you.

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

Date: March 26-April 9 (3 sessions)
Time: 6:30 p.m. (Thurs)
 Fee: $20
Location: Stagg Hill Golf Club

Golf for Beginners-Class II

Date: April 16-April 30 (3 sessions)
Time: 5:45 p.m. (Thurs)
 Fee: $20
Location: Stagg Hill Golf Club

Tumbling

These tumbling classes will provide instruction in basic tumbling skills appropriate to age and ability levels. Participants should wear comfortable clothing such as gym shorts and T-shirts, or tight and leotards. Sokos or gymnastic shoes are required.

Tumbling coordinators: Debbie Jones and Rachael Tolleson have extensive experience teaching gymnastics and tumbling in addition to backgrounds in competitive gymnastics.

Parent/Toddlers Ages 1-3

This class focuses on teaching parents effective teaching methods and safety concerns. Children will be introduced to elementary movement patterns. Parents must accompany children onto the mat.

Dates: RH-11-June 29-Session I
RH-15—July 2-Session II
Time: 9:30-10:15 a.m. (6 Saturdays)
Fee: $22 per session
Location: Ahearn Natatorium, Room 004

Tumbling Tots Ages 3-6

Basic tumbling skills including locomotor skills, exploration of movement, and exercises for strengthening muscle groups.

Dates: RH-11-January 22-Session I
RH-22—February 26-Session II
Time: 9:30-10:15 a.m. (6 Saturdays)
Fee: $22 per session
Location: Ahearn Natatorium, Room 004

Beginning/Intermediate Tumbling Ages 4-12

An introduction to basic tumbling and acrobatic skills for developing coordination, balance, flexibility, and muscle strength.

Dates: RH-11—January 22-Session I
RH-22—February 26-Session II
Time: 4:45 p.m. (12 meetings on Mon/Wed)
Fee: $42 per season
Location: Ahearn Natatorium, Room 004

TRAVEL WITH

International Tours Travel Agency

—We arrange both Domestic & International Travel
—Visit with our "Cruise Corner"
—Extended Hours: Mon. - Fri. 8-6:30, Sat. 9-1:00

776-4756 8th and Poyntz/Colonial Square

PATRONIZE OUR ADVERTISERS! Let advertisers know that you saw their ad in the UFM catalog.
Beginning Sign Language
This class is designed for individuals who are interested in learning the basic skills of American Sign Language. Students will be instructed in the Manual Alphabet and a vocabulary of about 500 functional signs. Fee includes book Gallaudet’s Survival in Signing. Limit: 20.
Instructor: Renate Wall, Instructor.
Date: Jan. 29–April 9 (9 sessions)
Time: 6:30 p.m. (Wed.)
Fee: $65 includes book
Location: 149 Justin Hall, KSU

Beginning Conversational Chinese
If you know nothing about the Chinese language, and want to learn it by using the direct conversational approach, this course is for you. We use everyday vocabulary and sentence structure for correct usage of the language. Learn basic conversational phrases and progress to short sentences.
Shawn-Ling Shih (735-5238) is a graduate student in Adult Education at Kansas State University.
Date: Feb 23–April 30 (10 sessions)
Time: 7:30 p.m. (Tuesdays)
Fee: $33
Location: UFM Conference Room

Beginning German
This is an introductory course to the German language. We will discuss German culture and history. We will also cover grammar, proper sentence formation, reading, and speaking. After learning the basics, we will do basic conversational German.
Gabriela L. Nester (327-0683) is a native of Germany who has been in the U.S. since 1966. She has a degree in nursing. German was taught at the College through Community College at Fort Riley for 3 1/2 years.
Date: Feb 5–March 25 (8 sessions)
Time: 7:30 p.m. (Wednesdays)
Fee: $16
Location: 144 Blumont Hall, KSU

Survival Skills in Czech
This class will begin with the basic structure, correct pronunciation, and simple phrases of the language. The focus will be on conversational phrases helpful for travel in Czechoslovakia.
Maggie U. Kobelova, a graduate student in the KSU Math Department, is from Czechoslovakia and looks forward to sharing her knowledge of the language and her home country.
Date: March 25–April 29
Time: 6:00 p.m. (Wednesdays)
Fee: $22
Location: 121 Cardwell Hall, KSU

Catherine L. Fung, Ph.D., Candidate, hosts
UNIVERSITY FOR MAN
FORTH SEASON
on 6, MFU (where local cable originates)
Tuesdays at 5:30 p.m. & Wednesdays at 4:30 p.m.

1. When should I register?
Registration begins as soon as the current catalog is printed and continues until classes have filled or started. We encourage you to sign up early to assure getting a space in the class you want and do not go to the class unless you have registered with our office.

2. How do I sign up?
You may register in person, through the mail with the registration forms at the back of this catalog, or by phone, using your MasterCard or VISA.

3. When do I pay?
Payment is made at the time of registration. If you enroll over the telephone (with a MasterCard or VISA), you are added to the course roll immediately. If you register in person or by mail, we enroll you the day we receive your payment.

4. Are there fees to pay in addition to the course fee?
Recently UFM eliminated the course registration fee. In some courses, however, you will be given a supply list and asked to bring your supplies to class. We will make every effort to designate these courses in our catalog.

5. When is the office open?

Questions We’re Often Asked

Our office hours are 8 a.m. - 5 p.m. Monday through Friday.

6. Will I receive a confirmation?
You will receive a confirmation only if you have registered by phone with MasterCard or VISA, or by phone.

7. What if a course is cancelled or rescheduled?
When we cancel or reschedule a class, we’ll call you. For this reason, it’s extremely important that we have both a daytime and an evening phone number where we may reach you or leave a message. You are welcome to call our office the day your class meets to find out if there are any changes. We reserve the right to cancel any class.

8. Can I get a refund?
We’ll give you a full refund if we cancel your class. If you decide to withdraw before the class begins, and you tell us 48 hours before the starting date, we’ll send you a refund. We do, however, keep a $2 processing fee.

9. Must I register to take a class?
Yes. You should not attend a class unless you are registered. This allows course instructors to have adequate handouts related to the subject matter. In addition, insufficient registration leads to course cancellation.

Beginning Swedish Conversation—Session II
Join us for Session II of Conversational Swedish. This will be a continuation of Session I and will be geared for advanced beginners. We will cover basic grammar, vocabulary, and pronunciation with an emphasis on conversation practice.
Date: Feb 20–April 30 (10 sessions)
No class March 12
Time: 7:30 p.m. (Thursdays)
Fee: $55 includes workbook
Location: 109 Blumont Hall

Survival Skills in Japanese
Join us for an introduction to Japanese. This class will cover basic language skills for use in travel such as ordering from a menu and understanding directions. Participants will be asked for input regarding specific learning interests.
Pochi Watashi, a Japanese student in Agricultural Engineering, is anxious to share his knowledge with others.
Date: Jan 27–March 24
Time: 7:30 p.m. (Mondays)
Fee: $50
Location: 111 Session Hall, KSU

Elementary Russian
The opportunities to explore the Soviet Union are countless as tensions between the USA and USSR relax. In the time allowed, this course will get you started with the basics of the Russian language and culture.
John C. Dally (532-6706) is Assistant Professor of Russian History at Kansas State University. He has a PhD from the University of London.
Date: Feb 1–May 4 (12 sessions)
Time: 7:30–9:30 p.m. (Mondays)
Fee: $50
Location: 107 Blumont Hall, KSU

USE REGISTRATION FORM on back cover.
Self & Personal Growth
1221 THURSTON  539-8763

Stress Control and Relaxation Seminar
Do you find yourself in stressful situations almost daily? Do you respond with anxiety, uncertainty, frustration, or anger? This relaxation seminar can help you learn mental and physical relaxation that will better enable you to deal with stress. Learning how to manage stress constructively will help you cope with pressures of everyday living and enhance your health and well-being.

David Harbaugh (1-632-4575) is the Director of The Silva Method of Kansas (NE).

Date:  Feb 13 (1 session)
Time:  7:30 p.m. (Thurs)
Fee:  $15 includes booklet, tape, and book
Location:  UFM Banquet Room
1221 Thurston

Stress Control and Relaxation Seminar

Date:  March 18 (1 session)
Time:  7:30 p.m. (Wed)
Fee:  $15 includes booklet, tape, and book
Location:  UFM Conference Room
1221 Thurston

Overcoming Shyness
A discussion on shyness and how to overcome it. The book Shy Guy by Philip G. Zimbardo will be used. There are 64 million shy people in America, they can work to overcome their shyness.

Helena Benutzer, P.D.O., (537-3877) was very shy as a child and still feels that way at times. She is a local psychologist in private practice.

Date:  March 17 (1 session)
Time:  7:30 p.m. (Tues)
Fee:  $15
Location:  UFM Fireplaceroom
1221 Thurston

Divorce Support Group
Do you feel like nobody understands? Join this support group which provides members with an opportunity to interact with and learn from each other to give emotional support, and to offer and receive practical help with problems that are common to all members.

Sherry Blankenh is an active community leader and volunteer who is interested in empowering the lives of single parents. Sherry Delmont (552-4543) is on staff with New Directions, a KAU Adult Education/Human Service Outreach Program.

Date:  May 22
Time:  7-8 p.m. (Fridays)
Fee:  $5
Location:  UFM Conference Room

Getting It All Together
Creating a Coordinated Image
Come and learn how to balance your facial shape with the proper selection of hair style and color, clothing, jewellery, and make-up. Pull your book together for the ideal look.

The Gallery for Hair
Date:  March 18 (1 session)
Time:  7:30 p.m. (Wednesday)
Fee:  $5
Location:  Gallery for Hair
3260 Kendall Avenue in Candlewood Shopping Center

Nail Care for the Nannies
Do you ever wonder those beautifully manicured nails that add the perfect touch to a person's image? Join us to learn about proper nail care and the products available to help. We'll talk about liners, wraps, gel wraps, acrylics, sculpture, manicures, and pedicures. Learn how to have healthy and beautiful nails!

The team at The Gallery for Hair (762-5632) in the Candlewood Shopping Center will conduct this informative session.

Date:  March 18 (Wed)
Time:  7-8 p.m. (1 session)
Fee:  $5
Location:  The Gallery for Hair
3260 Kendall Avenue at Candlewood Shopping Center

Contacting and Befriending Your Inner Child
John Bradshaw and many other authors have written about the importance of treating the little girl and little boy inside us with more kindness. Through a relaxation exercise the facilitator will help you get in touch with your inner child and find out what she or he needs from the growing person. Bring blankets, pillows, teddy bears, and other comforting items.

Helen L. Benutzer, PhD. (537-3877) is a clinical psychologist in private practice in the Manhattan area.

Date:  Feb 18 (1 session)
Time:  7:30 p.m. (Tues)
Fee:  $15
Location:  UFM Conference Room

Bridge
This course is designed for the beginner, the bridge player with no formal training, or simply the player wanting to play a better game. It will cover all aspects of play in contract bridge, such as bidding, playing the cards, scoring, and movements. Utilizing lectures, demonstrations, and application of theory and practice, the course will give the student the basics of playing bridge for both personal and social satisfaction. Individuals may enroll without a playing partner. All material for the course will be provided.

Dick Cleaver, Life Master.

Date:  Jan. 27-March 2 (6 sessions)
Time:  7:30 p.m. (Mon)
Fee:  $20
Location:  UFM Conference Room

FONE Crisis Center
We're Here to Listen
537-0999
7 days a week 5 p.m.-8 a.m.
Volunteer Counselors are welcome

Grandmas Trunk
THRIFT SHOP
1304 Pillsbury Dr, Manhattan, KS 66502
(913) 537-2273
HOURS: 10 a.m. to 6 p.m. Mon.-Sat.
1/4 mile south of viaduct on I-77

continuing education
spring 1992

February 12  Child Abuse and Neglect
John Falen, Ph.D.
Lamar Roth, M.A.

March 18  Postpartum Depression
Kathy Pearce, RMLP

April 8  Stress Management in the Workplace
Charles Drest, LSCSW

587-4326
For helping professionals and volunteers.
3 CEUs for RN's, LPN's, social workers and others:
12:45-3:45 p.m.
2002 Caillin Road

PAWNEE Mental Health Services
Pre-registration required. $21 fee for each workshop.
Call 587-4326 for details or brochure.
Youth

1221 THURSTON  539-8763

Monster Bubbles  YO-01
Experience the art of making soap bubbles on a grand scale. You have an opportunity to create a world of bubbles. Participants in this class will make a monster bubble wand and learn how to make bubble solution and other tools for making bubbles.
Linda Tonna is Executive Director of UFM and a newly won bubble convert.
Date:  April 25 (1 session)
Time:  9:30 a.m. (Sat)
Fee:   $7.50
Location: UFM Firehouse room and parking lot

Beginning Ballet  YO-02
Do you dream of becoming a dancer? This very basic introduction to ballet can be your first step. Children ages 3-12 years will learn basics of dance movement and practice some simple ballet-type steps. The discipline of ballet transforms you to other forms of dance including: Jazz, tap, and modern dance.
Pamela Smith (539-7253) is 15 years old, has studied dancing for 12 years, and plans to pursue dancing as a career. She is currently a dance student at Kansas State University.
Date:  March 4-April 1 (4 sessions)
No class March 11
Time:  6:10-7:30 p.m. (Wed)
Fee:   $10
Location: UFM Banquet Room

Kung Fu for Children  YO-03
Students aged 6-12 will learn the modified basics of Pai Tsung Kung Fu and methods of self-defense. Steve Wilson (539-7725), who holds a 3rd degree black belt in Jujitsu and a first degree black belt in Kung Fu, has studied martial arts for 30 years and has taught for 13 years. He is a member of the Pai Family. Steve has been a member of the Shadows of Shaolin Society for eight years and studied with Sifu Haven.
Date:  Feb 22-April 18 (8 sessions)
No class March 14
Time:  2:30 p.m. (Sat)
Fee:   $10
Location: KSU Atcham Fieldhouse

Collecting Sports Memorabilia  YO-04
If you are interested in collecting sports memorabilia or have a collection already started, this class is for you. Learn important tips on collecting (includes many sports). What are great buys? Insight about the industry. Avoid the pitfalls of collecting. This class is for all ages.
Date:  April 27 (1 session)
Time:  6:30-8 p.m. (Monday)
Fee:   $5
Location: UFM Banquet Room

Cornhusk Dolls  YO-10
Do you want to learn how to make cornhusk dolls? Join us and make your own authentic cornhusk doll. Please bring corn.
April Seely (549-4981) is 11 years old. She has been making cornhusk dolls for 2 years. She has taught it's several times including a class of international students.
Date:  April 30 (1 session)
Time:  7-8:30 p.m. (Thurs)
Fee:   $6
Materials included
Location: UFM Conference Room

Preschool Art Activities  YO-11
Looking for ways to enrich your preschoolers? Join us for fun and inspiration. Parents are welcomed to stay.
Virginia Bowers (539-9828) is a mother of two preschool children. She coordinates art activities for Mom's Club.
Date:  YO-06-June 28--Pine Cone Bird Feeder
YO-07-Feb 1-11--Bamboo Art
YO-08-March 3--Leprechaun Hat
YO-09-March 10--Paper Windsock
YO-10-May 5--Mayfly Cap Flowers
YO-11-June 5--Series of 5
Time:  10-11 a.m. (Wed)
Fee:   By session-5/6 series
Location: UFM Banquet Room

The Night Sky  YO-13
We're lucky to live in an area where dark skies can still be found. Join us to look at the beautiful night sky.
We'll learn to identify the spring constellations and observe whatever planets are up. We should be able to catch a few meteors, too. Bring warm clothes, brochures—if you have them, and a small flashlight. If you have starfinders or maps, bring them, although maps will be available at class. If the sky is more than 50% cloudy, we will reschedule.
Dean Sparrow (539-9193) teaches astronomy at Manhattan High School.
Date:  May 5 (1 session)
Time:  7:30 p.m. (Tuesday)
Fee:   $5
Location: UFM parking lot

Field Trip—Pilsbury  YO-14
Crossing Join us and explore a unique geological formation—Pilsbury Crossing. We will discover how ancient dinosaurs lived, how they walked and what shoes they wore (old sneakers). Bring small rocks if you have them and plastic containers.
Sylvia Brennan has a Masters in Entomology and Ron Cross has a Masters in Anatomy. They both love nature.
Date:  May 9 (1 session)
Time:  9-11:30 a.m. (Saturday)
Fee:   $5
Location: Meet at UFM parking lot

UFM is in need of a few things. If you wish to donate, please call 539-8763 or bring them by 1221 Thurston. All donations are tax deductible.
* Vacuum Cleaner  *Wheelbarrow  *Card Tables  *School Supplies  *Gas Range

A Quarter Mile  YO-12
Help UFM collect a mile of quarters and celebrate its 25th Anniversary!! for UF
Donate your quarter(s) at UFM class registration, special sites, or drop by UFM at 1221 Thurston. Call 539-8763 for details.

Add your quarter to the mile!
Eco-Lymphics
Join us for a fun and informative cooperative olympic-style session on our environment. Exposing to fast-paced games in the public education system today, this class has a comprehensive focus on current environmental issues with an emphasis on conservation. Themes include: Land, water, energy, and species. The presentation is geared for children K-6.
Members of S.A.V.E. (Students Acting to Save A Vulnerable Environment) will conduct this class.
Date: March 28 (1 session)
Time: 9 - 12 noon (Saturday)
Fee: $5
Location: UFM Banquet Room

Breakfast with the Easter Bunny
Here comes our Peter Cotton Tail! He'll stop by for a visit, dress as Easter and bring each child a special treat; although it is not required, parents are welcome to stay and take pictures with the Easter Bunny. Please register 2 weeks prior to class.
UFM Staff
Date: April 11 (1 session)
Time: 6 - 10:30 a.m. (Sat)
Fee: $8
Location: Vista Drive Inn
1111 Tuttle Creek Boulevard

Pressed Flower Bookmarks
Do you love to make things? Create a lovely bookmark with pressed flowers and ribbons. It makes a beautiful gift for someone special.
Evelyn and Howard Campbell (539-8765) enjoy helping young people make crafts from natural items.
Date: March 29 (1 session)
Time: 5 - 6:30 p.m. (Thursday)
Fee: $5
Location: UFM Fireplace Room

T-Shirt Painting
You want to do is learn an inexpensive way to decorate T-shirts? You be the designer! You will learn how to transfer designs with a heat iron transfer pencil and paint your design. Bring a laundered T-shirt, fabric paints, and brush.
Sandy Chad (776-4897) has worked for Wal-Mart in the fabric department for 12 years. She has done many different types of printed shirts.
Date: Feb 24 & March 2 (2 sessions)
Time: 7 - 9 p.m. (Monday)
Fee: $5
Location: Wal-Mart

Parent-Teacher Conference
YO-15
Enrollment Days - Thursday
YO-16
Parent-Teacher Conference
YO-18
Enrollment Days - Tuesday
YO-19
Parent-Teacher Conference
YO-20
Enrollment Days - Friday
YO-21

Children's Spring Gardening
YO-23

Keyboard Introduction
YO-25

Arboreum Nature Trail
YO-28

Become a UFM Instructor!

YOUTH (Continued)

Family Vision Care
DR. DOUGLAS STIGGE
DR. NORBERT STIGGE
Optometrists
(913) 539-6051
1209 Moro
Manhattan, Kansas 66502

UFM CLASSES MAKE GREAT GIFTS! GIFT CERTIFICATES ARE AVAILABLE. 21
MONDAYS
Monday, Jan. 20  Judo I (Begin.)  Adv. Judo I (Adv.)
Monday, Jan. 27  Tumbling I (ages 4-12)  Japanese Bridge
Swim I (ages 6 mo-3 yr)  Swim I (ages 4-5)
Begin. Swim I (ages 6 & up)  Adv. Beg. Swim I (ages 6 & up)
Intermediate Swim I  Swim & Stay Fit I (ages 13 & up)
Swim & Stay Fit Parents I  Hydroaerobics I (ages 16 & up)
Monday, Feb. 3  Fine Art of Making Coffee  Fabric Covered Box Workshop
Monday, Feb. 17  Elementary Russian  Sack Lunch Theology
Effec. Writing Editorial Pages  "T-Shirt Painting"
Shoebox to Showcase-Photos  Intl. Courtesy & Etiquette
Study Tips

TUESDAYS
Tuesday, Jan. 16  Lifeguard Training
Tuesday, Jan. 21  Standard First Aid/CPR
Tuesday, Jan. 28  Preschl Art: Cone Bird Feeder
Swim I (ages 5-6)  Begin. Swim I (ages 6 & up)
Adv. Beg. Swim I (ages 6 & up)
Tuesday, Feb. 4  Keyboard Intro.-Yamaha
Income Tax  Feb. 11
Keyboard Intro.-Casio  Preschool Art: Snowman
Keyboard Intro.-Panasonic  White Dragon Kung Fu
Novel & Story Writing  No Dumb Questions
Your Inner Child  Feb. 25
Begin. Conversational Chinese  Using your Serger
Tuesday, March 3  Preschool Art: Leprechaun Hat
Aging  March 17
Tuesday, March 17  Trapshooting
Overcoming Shyness  Swim II (ages 6 mo-3 yr)
Swim II (ages 4-5)  Swim II (ages 5-9)
Begin. Swim II (ages 6 & up)  Adv. Beg. Swim II (ages 6 & up)
Intermediate Swim II  Swim & Stay Fit II (ages 13 & up)
Swim & Stay Fit Parents II  Hydroaerobics II (ages 16 & up)
Swimmers II (above Intern.)

WEDNESDAYS
Wednesday, Jan. 15  Water Safety Instructor
Wednesday, Jan. 22  Standard First Aid/CPR
Wednesday, Jan. 29  Beginning Sign Language
Wednesday, Feb. 5  Children's Morning Play Group
Wednesday, Feb. 12  Live Hobbies
Wednesday, Feb. 19  Books by and About Women
Wednesday, Feb. 26  Effective Parenting
Sweater Repair  Health ProfessionsIntl. Dessert: Pakistan
Wednesday, March 4  The Paranormal Garden
Beginning Ballet

THURSDAYS
Thursday, Jan. 16  Lifeguarding Instructor

FRIDAYS
Friday, Jan. 24  Tai Kwon Do Karate I (Begin.)
Tae Kwon Do Karate II (Adv.)
Friday, Feb. 7  Introduction to Wine
Friday, Feb. 21  Divorce Support Group
Intl. Dessert: Malaysia
Friday, Feb. 28  Beginning Calligraphy
Friday, March 14  Shopping for a Greener World
Friday, March 21  Intl. Dessert: China
Friday, April 3  Parent Teacher Conference
Saturday, May 1  Beginning Calligraphy

SATURDAYS
Saturday, Jan. 25  Beginning Shiatsu Massage
Tumbling I (ages 1-3)
Tumbling I (ages 3-6)
Scuba Diving I
Swim I (ages 6 mo-3 yr)
Swim I (ages 4-5)
Swim I (ages 5-6)
Begin. Swim I (ages 6 & up)

SUNDAYS
Sunday, Feb. 9  Field Trip Brookside Wildflower Preserve
Sunday, Feb. 16  Field Trip to Nature Trail

22
### Registration by Mail

Complete the registration form and mail the form with your check, money order, or credit card number to:

**UFM Class Registrations**

1221 Thurston
Manhattan, KS 66502-5299

You will be notified if the class is full. All registration is on a first-come, first-served basis. No other class confirmations will be sent out unless requested.

---

### FOR YOU...

**UFM 1221 THURSTON**
Manhattan, KS 66502 539-8763

<table>
<thead>
<tr>
<th>Name</th>
<th>Day Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address</td>
<td>Evening Phone</td>
</tr>
<tr>
<td>City</td>
<td>State</td>
</tr>
</tbody>
</table>

| Social Security No. | Credit | Non Credit |

<table>
<thead>
<tr>
<th>CLASS #</th>
<th>Session</th>
<th>TITLE</th>
<th>FEE</th>
<th>LOCATION</th>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Tax Deductible Donation**

Total

I hereby authorize the use of my Visa ☐ Master Card ☐

Signature

Card # | Expiration Date

Card Cardholder's Name (Please Print)

(If card is not yours, please check all that apply)

KSU STUDENT: Fr ☐ So ☐ Jr ☐ Sr ☐ Gr ☐

AGE: Under 18 (must be age 18)

Parent's Name if Student is Under Age 18

EMPLOYER: KSU Faculty/Staff ☐ Fort Riley Personnel ☐ Other ☐

Where did you obtain your catalog?

A class I would like offered

I am participating upon my own initiative and upon my own assumption of risk in a University For Men program. I hereby agree, for myself and all who may hereafter claim through or for me, to assume all risk of personal harm or injury relating to or resulting from my participation in any or all classes for which I have registered and to hold University For Men harmless as to liability for any injury.

Signature ** | Date

**Signature of parent or guardian required for minors.

### FOR A FRIEND...

**UFM 1221 THURSTON**
Manhattan, KS 66502 539-8763

<table>
<thead>
<tr>
<th>Name</th>
<th>Day Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address</td>
<td>Evening Phone</td>
</tr>
<tr>
<td>City</td>
<td>State</td>
</tr>
</tbody>
</table>

| Social Security No. | Credit | Non Credit |

<table>
<thead>
<tr>
<th>CLASS #</th>
<th>Session</th>
<th>TITLE</th>
<th>FEE</th>
<th>LOCATION</th>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Tax Deductible Donation**

Total

I hereby authorize the use of my Visa ☐ Master Card ☐

Signature

Card # | Expiration Date

Card Cardholder's Name (Please Print)

(If card is not yours, please check all that apply)

KSU STUDENT: Fr ☐ So ☐ Jr ☐ Sr ☐ Gr ☐

AGE: Under 18 (must be age 18)

Parent's Name if Student is Under Age 18

EMPLOYER: KSU Faculty/Staff ☐ Fort Riley Personnel ☐ Other ☐

Where did you obtain your catalog?

A class I would like offered

I am participating upon my own initiative and upon my own assumption of risk in a University For Men program. I hereby agree, for myself and all who may hereafter claim through or for me, to assume all risk of personal harm or injury relating to or resulting from my participation in any or all classes for which I have registered and to hold University For Men harmless as to liability for any injury.

Signature ** | Date

**Signature of parent or guardian required for minors.

### OFFICE USE ONLY

Date Received | date | staff | Check | Cash | amount | TOTAL PAID |

| Date Received | date | staff | Check | Cash | amount | TOTAL PAID |

**Date Received**

**Date**

**Check**

**Cash**

**Computer**

**Visa**

**Fee**

**MIC**

**Voucher**

**Date**

**Date**

**Check**

**Cash**

**Computer**

**Visa**

**Fee**

**MIC**

**Voucher**

**Date**

**Date**