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 thriving, non-profit, community-based education program. A central premise of the UFM philosophy is that within any community there are resources, including residents, organizations, and facilities, which may be used to integrate education with living in both practice and concept.

Each year UFM helps put the community into education through teaching, participating in classes, attending lectures, gardening, literacy classes and community involvement activities. UFM helps connect the university and the community, youth and adult, poor and rich, new and old residents with each other. All participate on equal footing, bringing local resources together to benefit all.

The UFM staff:

Executive Director - Linda Inlow Teener
Educational Coordinator - Tresa Weaver
State Outreach Coordinator - Anita Madison
Lou Douglas Lecture Coordinator - Karen McCulloch
Family Literacy Program - Michael Cody
Office Coordinator - Bonnie Wellmeier

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

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**BOARD OF DIRECTORS**
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Community
Gabrielle Thompson
Assistant Riley County Attorney
Craig A. Weigel
Kansas Farm Bureau
COMMUNITY REGISTRATIONS

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

** DATE **  TIME ** LOCATION **
Jan 12  10 am - 2 pm  KSU Union
Jan 13  10 am - 2 pm  KSU Union
Jan 17  12 noon - 2 pm  Wal-Mart
Jan 21  4 pm - 7 pm  Public Library

Registration continues throughout the semester at the UFM House, 1221 Thurston, from 8:30 am - 5 pm. (closed 12 Noon - 1 pm).

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

To advertise your business or organization in the next UFM catalog, contact the UFM Office (539-8763) by March 19.

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

UFM is looking for anecdotes, photos, and memories of UFM over the past 24 years. If you have something you can share, call UFM at 539-8763 or send to 1221 Thurston, Manhattan, KS 66502 by June 1.

USED BOOK AND POTTERY SALE
March 6
10:00 am-5:00 pm
Manhattan Town Center

Donation of books welcomed Feb. 1 - Feb. 26
Leave at collection barrels at your area grocery store or bring
to University for Man, 1221 Thurston. For questions, call 539-8763.

SUMMER CATALOG available May 17
UFM Swim Classes

UFM and the Division of Continuing Education are pleased to present the revised American Red Cross Learn to Swim program. This newly developed swimming program has been designed to better meet the needs of all participants. New techniques and strokes add challenges even for advanced swimmers. Use the chart below to place you in the student in the appropriate updated Red Cross Swimming class.

Parents are allowed on deck only on Parents Day.

Location: All swim classes are held in the KSU Natatorium.

Lockers are available for use during class. Participants must supply towels and swimsuits. Showers are required before entering the water.

Learn to Swim Course Comparison

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Note: Minimum enrollment for all levels is 8. If less than 5 enroll, classes of the same level may be combined or canceled.

No Classes: Mon/Wed March 21 to 24
Tues/Thurs March 23 & 25
Sat February 6-13 or March 30,27

Session I:
Mon/Wed January 25 - March 3
Tues/Thurs January 26 - March 4
Session II:
Mon/Wed March 29 - May 5
Tues/Thurs March 30 - May 6
Sat. Session: January 23 - May 1

Parent/Infant and Parent/Tot

This water orientation program is designed to teach you how to work safely and effectively with your child and to teach basic water safety and self-help skills. The program emphasizes water awareness, preparation activities, and supervised water play for you and your child. Parent/Infant and Parent/Tot class fees include the ARC Aquatics Program Parent’s Guide.

Small children should wear snug-fitting lightweight pants covered by rubber pants. To participate, infants must have the ability to voluntarily raise their heads 90 degrees when lying flat on their stomachs. Parent must accompany child.

Session I:
AQ-10 Mon/Wed 7 - 7:30 pm
AQ-15 Mon/Wed 7 - 7:30 pm
AQ-16 Tues/Thurs 7 - 7:30 pm
Session II:
AQ-30 Saturday 10:30 - 11 am
Fees: $35.00 per session

Level I: Water Exploration

The objective of Level I is to help students feel comfortable in water and to enjoy the water safely. Students will be introduced to elementary aquatic skills that will be built on as they progress through the Learn to Swim program. There are no prerequisites for this course.

Session I:
AQ-02 Mon/Wed 6:05 - 6:35 pm
Session II:
AQ-16 Mon/Wed 6:50 - 7:20 pm
AQ-18 Tues/Thurs 6:05 - 6:35 pm
Session III:
AQ-22 Saturday 9:30 - 10 am
AQ-23 Saturday 10:30 - 11 am
Fees: $36.00 per session

Level II: Primary Skills

The objective of Level II is to give students success with fundamental skills. Students learn to float without support and to recover to a vertical position. This level marks the beginning of true coordination skills and adds to the self-help and basic rescue skills taught in Level I. Students entering this course must have a Level I certificate or must be able to demonstrate all the completion requirements in Level I.

Session I:
AQ-03 Mon/Wed 6:05 - 6:45 pm
AQ-19 Mon/Wed 6:50 - 7:30 pm
AQ-20 Tues/Thurs 6:05 - 6:45 pm
Session II:
AQ-26 Saturday 9:30 - 10:15 am
AQ-37 Saturday 10:30 - 11:15 am
Fees: $35 per session

Level III: Stroke Readiness

The objective of Level III is to build on the skills in Level II by providing additional guided practice. Students will learn to coordinate the front and back crawl. They will be introduced to the elementary back stroke and to the fundamentals of reading water. Students will also learn rules for safe diving and begin to learn to dive from the side of the pool. Students entering this course must have a Level II certificate or must be able to demonstrate all the completion requirements in Level II.

Session I:
AQ-04 Mon/Wed 6:05 - 6:45 pm
AQ-05 Tues/Thurs 6:05 - 6:45 pm
Session II:
AQ-21 Mon/Wed 6:50 - 7:30 pm
AQ-22 Tues/Thurs 6:05 - 6:45 pm
Session III:
AQ-38 Saturday 9:30 - 10:15 am
AQ-39 Saturday 10:30 - 11:15 am
Fees: $35 per session

Privately owned, nonprofit school, provides children between the ages of 3-11 years an innovative option to traditional education. Oak Grove School values diversity, and we welcome children of any race, color, national, religious or ethnic origin to all the rights, privileges, programs and activities generally accorded or made available to students at the school. Morning, afternoon and full-day positions are available. For information call Virginia Bennett at 913-266-3599 for a brochure 9 a.m.-4 p.m., Mon.-Fri.
**AQUATICS (Continued)**

**Level IV: Stroke Development**
The objective of Level IV is to develop confidence in the student learned thus far and to improve other aquatic skills. Students will increase their endurance by swimming familiar strokes (elementary backstroke, front crawl, and back crawl) for greater distances. Students will be introduced to the breaststroke and sidekick and the basics of turning at a wall. Students entering this course must have a Level III certificate or must be able to demonstrate all the completion requirements in Level III.

**Level V: Stroke Refinement**
The objective of Level V is to consolidation and refinement of key strokes. Students will be introduced to the butterfly, open turns, the breaststroke surface dive and springboard diving. Participants learn to perform the front crawl and back crawl for increased distances and to perform the sidekick and breaststroke. Students entering this course must have a Level IV certificate or must be able to demonstrate all the course requirements in Level IV.

**Level VI: Skill Proficiency**
The objective of Level VI is to polish strokes so students can maintain them with more ease, efficiency, power, and smoothness over greater distances. Students develop considerable endurance by the end of this course. Participants will be introduced to additional swimming and diving skills. Students entering this course must have a Level V certificate or must be able to demonstrate all the skills required to complete Level V.

**Level VII: Advanced Skills**
The objective of Level VII is to perfect strokes and to develop good fitness habits. Participants are urged to maintain a fitness routine throughout their lives to maintain their physical condition. They will be taught springboard diving and advanced remote skills. They will be introduced to other aquatic activities such as water polo, synchronized swimming, skin diving and competition. Participants entering this course must have a Level VI certificate or must be able to demonstrate all the completion requirements in Level VI.

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**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-outs planned and supervised by instructor daily. You may choose your 60 Minute Block of time during the below scheduled times.

**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 waiting and enroll in our SPECIAL 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 monitor your program.

**Private Lessons**

These lessons are for one on one instruction and are for any level of swimmer. The Swim Coordinator will contract students within 10 days of registration, to schedule classes of 30 minutes each, if conditions can be met.

**Hydroaerobics**

**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.

---

**Private Lessons AQ-50**

- **Ages 10-11**
  - Mon-Thu: 6:30 - 7:00 pm
  - Fee: $35 per session

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**Adult Swim Lessons AQ-51**

- **Ages 10-11**
  - Mon-Thu: 6:30 - 7:00 pm
  - Fee: $35 per session

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**Basic Water Safety AQ-51**

- **Non-age requirement, water participation not required, but recommended.**

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**Hydroaerobics AQ-51**

- **Ages 16 plus**
  - Mon-Thu: 6:30 - 7:00 pm
  - Fee: $35 per session

---

**Private Lessons AQ-49**

**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-outs planned and supervised by instructor daily. You may choose your 60 Minute Block of time during the below scheduled times.

**Swim and Stay Fit for Parents**

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**Hydroaerobics**

**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.

---

**Private Lessons AQ-49**

- **Ages 10-11**
  - Mon-Thu: 6:30 - 7:00 pm
  - Fee: $35 per session

---

**Basic Water Safety AQ-51**

- **Non-age requirement, water participation not required, but recommended.**

---

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  - Mon-Thu: 6:30 - 7:00 pm
  - Fee: $35 per session

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**Farm Bureau Insurance**

- **No matter what your insurance needs...**
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- **Home**
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- **Amnities**
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- **Mobile Home**
- **Rentalers**

---

**Call us at**

- **537-0339**
- **2630 Farm Bureau Road**
- **539-2111**
- **100 Town Center Mall**
AQUATICS (Continued)

Lifeguard Instructor
AQ-55
This class provides training to those wishing to teach the American Red Cross Lifeguarding and Water Safety courses. Prerequisites: Participant must be 17 years of age by the first class. Current Instructor Candidate Certification or current instructor authorization (WSI) is required. Participant must have a current Lifeguarding Certificate. Basic Lifeguarding will not satisfy this requirement. To receive certification the candidate must pass a skills test. Certification in performance of teaching assignments and score 80% on a written test.

Deb Christie
Date: May 5-6, 17-22
Time: 5:30-7:30 pm
Fee: $20
Location: KSU Natatorium

Basic Lifeguarding to Lifeguard Training Progression
AQ-55A
This course provides a method for individuals with a current American Red Cross Basic Lifeguarding certificate to progress to the American Red Cross Lifeguarding Training Course. Prerequisites: Participant must have current certification in American Red Cross Basic Lifeguarding and pass a skills screening. Current certification in Standard First Aid and CPR is required prior to graduation.

Deb Christie
Date: May 5-6, 13-17 - 21
Time: 5:30-7:30 pm
Fee: $40
Location: KSU Natatorium

Lifeguarding Review
AQ-55B
The purpose of this course is to provide individuals with an opportunity to review the material within a formal setting. The Basic Lifeguarding and Lifeguard Training reviews will be combined to accommodate all participants. Prerequisites: Participant must have a current American Red Cross Basic Lifeguarding or Lifeguard Training Certificate, and be currently certified in Standard First Aid and Adult CPR prior to graduation. Students must satisfactorily perform a swimming skills test and score 80% on a written test.

Deb Christie
Date: May 5, 18 - 21
Time: 5:30-7:30 pm
Fee: $20
Location: KSU Natatorium

Lifeguard Training
AQ-56
This course provides explanations, demonstrations, and drills to prepare students for the American Red Cross Lifeguarding. It also covers extensive pool management. Text: Test is purchased at the American Red Cross Office. Prerequisite: Students must be at least 15 years old and pass a skills test the first class day. To receive certification the student must successfully complete or show documentation of American Red Cross: Standard 1st Aid/CPR course and successfully complete the final skills test and pass the written test by 80% minimum score.

Date: March 8 - 18 (8 sessions)
Time: 4 - 7:30 pm (Mon - Thurs)
Fee: $70
Location: KSU Natatorium

Water Safety Instructor
AQ-53
The purpose of this course is to train instructor candidates to teach the American Red Cross Learn to Swim and Water Safety courses. This course includes the screening and Instructor Candidate Training required by American Red Cross. Prerequisites: Participants must be 17 years of age by the first day of class and successfully pass the pre-course written test. All prospective candidates must successfully complete a pre-test on their knowledge of aquatic and safety skills, as well as their strike proficiency and rescue skills.

Deb Christie is certified through the American Red Cross as a Water Safety Instructor/Trainer.
Date: January 4 to May 6
Time: 9:30 - 7:30 pm (Thursday)
Fee: $750
Location: KSU Natatorium

Water Safety Instructor Update
AQ-54
The American Red Cross requires that all Water Safety Instructors must have completed an update orientation or self-study orientation by Dec. 31, 1999 or their WSI Certification will no longer be valid. This group orientation will provide an opportunity to practice new water skills and immerse a thorough understanding of the revised American Red Cross Learn to Swim program. All participants must be current WSI and complete the Implementation Test as a study guide before attending the orientation session. To receive certification participants must pass a written test with 80% or better. Update kits may be purchased at the American Red Cross Office at 1014 Poyntz.

Deb Christie is certified through the American Red Cross as a Water Safety Instructor/Trainer.
Date: April 7 (1 session)
Time: 7:30 am - 1 pm (Saturday)
Fee: $25
Location: KSU Natatorium

Skin Diving
AQ-59
This Skin Diving program is designed as a leisure time activity. Swimmers who are interested in exploring the aquatic environment will find this course to be enjoyable and challenging. The underwater world is a fascinating place which can be explored with a minimum amount of effort by the use of mask, fins, and snorkel. The student must only provide a swimming suit, mask, fins, and snorkel which will be available to purchase if they desire. Minimum Age: 10 Students 10-15 need to have a parent present (poolside).

Skin Diving Certification will be held at the KSU Natatorium and Olympic study, January 6 at 6:05 - 7:20 pm
Jeff Wilson has been diving for 22 years and has been teaching for 12 years.

Date: January 8, 15 & 22 (3 sessions)
Time: 6:05 - 9:30 pm (Friday)
Fee: $60
Location: KSU Natatorium

Skin Diving
AQ-60
Jeff Wilson
Date: March 15/17 & 19 (3 sessions)
Time: 6:05 - 9:30 pm (Mon,Wed,Fri)
Fee: $60
Location: KSU Natatorium

Family Vision Care
DR. DOUGLAS STIGGE
DR. NORBERT STIGGE
Optometrists
(913) 539-6051
1502 Main
Manhattan, Kansas 66502

WATER SAFETY INSTRUCTOR CLASSES will be available in March. Call UFM at 539-8763 for details.

MANHATTAN SHOE REPAIR
Shoe Drop Station
in Wash Park at Candlewood Shopping Center
Open 8-6:30 Weekdays, Thursday 8-6, Saturday 8-4
Closed Sunday and Monday
Three doors up the alley
from Burger King, downtown
315-B Poyntz
776-1193

Skin Diving
AQ-57
This class will prepare students for Open Water certification. The class is limited to 16 so register early. The class includes instruction, the dive manual and equipment rental during class. Students will practice with our tanks a minimum of five classes. (Estimated cost for mask, snorkel, fins, 50 lb. weight, diving gloves, $40-$50. Limit: 10 students. Minimum Age: 12. Parents of 12-15 year olds must accompany children (pool side). A complete physical is required for participants aged 45 and up.

FREE SCUBA DEMONSTRATION will be held in the KSU Natatorium on Thursday, January 23 from 6:05 - 7:30 pm. This session will acquaint participants with the skills and techniques of safe underwater diving. Bring swimsuits and be prepared to enter the water. Jeff Wilson, has been diving for 22 years and instructing scuba for 12 years.

Date: January 23 - March 13 (6 sessions)
Time: 5-9 am, 1-6 pm (Saturday)
Fee: $20
Location: KSU Natatorium

Scuba Refresher
AQ-58
The dive refresher program is designed to provide a controlled training environment for those certified divers who have not had recent diving experiences. This program is recommended for:
1. Those with less than 4 open water dives in the past year.
2. Those with no water dives in the past 6 months.
3. Those planning dives in an environment which is new to them.

Prerequisites: Open Water certification does not have to be current. The student must provide their own mask, fins, and snorkel and their own wet suit. They may use their own equipment if they have it.

Jeff Wilson has been diving for 22 years and has been instructing scuba diving for the past 9 years.

Date: March 14 (1 session)
Time: 2:30 - 6:30 (Sunday)
Fee: $50 included equipment rental
Location: KSU Natatorium

Water Safety Instructor class will be available in March. Call UFM at 539-8763 for details.
Boating Skills & Seamanship

This course is designed and taught by U.S. Coast Guard Auxiliary certified instructors and is offered as a beginning class in seamanship and boating safety for owners and power boat captains. Topics to be covered are: boat construction and maintenance, boat handling, safety and legal requirements, navigation rules, aid to navigation, piloting, marine engines, multipurpose seamanship, basic sailing, weather, radio telephony, inland waterways, trailer ing, locks & dams. The course is designed for family participation including children who are old enough to safely handle a boat. Some insurance companies often reduce rates in boats insured to persons who successfully complete the course.

This course is a classroom course and will not impart instruction on the water. Those interested in USCGA membership and a possible new Flotilla at Toulie Creek may also complete the Basic Qualification, BQ test to be arranged at a later date.

Check Geradlof/Professor of Adult and Continuing Education at KSU, is a certified instructor with the U.S. Coast Guard Auxiliary. Check out a seasonal sailor and a member of the Blue Valley Yacht Club at Toulie Creek.

Several areas USCGA instructors will assist Check in teaching the class.

Date: February 6, 13, & 20 (3 sessions)
Time: 9 am - 3 pm (Saturday)
30 minute lunch break
Fee: $5 individual
$8 couples

The textbook may be purchased at the beginning of the course.

Location: 340 Bluenose Hall, KSU

SAFETY AND HEALTH section of the catalog.

Intermediate Kayak Workshop

This workshop is for those kayakers with some experience who desire to improve their skills. Informal critiques will be provided on rolls and strokes in indoor pool. Room is available for rent at a nominal fee, at the pool, or you can bring your own. Rest Ringhale and TJ Wiltie, have been teaching Kayak classes for a number of years. They are certified Red Cross Kayak Instructors/Trainers.

Date: March 7 (1 session)
Time: 8am - 6pm (Sunday)
Fee: $5
Location: KSU Natatorium

STANDARD FIRST AID and COMMUNITY CPR classes can be found in the RECREATION AND HEALTH section of the catalog.

GRE Preparation Course

Early Fall Class

Be confident and prepared to take the GRE!

• Review and practice the three GRE subject areas of Math, Logic and Verbal Skills
• Learn strategies for successful test taking
• Analyze the reasons for correct responses

For More Information, call UFM 539-8763

Emergency Water Safety

Swim Level IV certificate or competency skills in level IV is required before taking this course. Water participation is required. Basic Water Safety is a prerequisite for this class. A skills test will be given.

This course prepares you to prevent accidents and to respond effectively if a water accident should occur.

Date: March 15 - 19 (5 sessions)
Time: 5:30 - 7:00 pm (Mon - Fri)
Fee: $25 (ask about group and family rates)
Location: KSU Natatorium

Questions We’re Often Asked

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.

Early registration also helps avoid class cancellation. Please 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. See the back page of this catalog.

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. Enrollments will be accepted on a first-come, first-served basis.

4. Are there fees in addition to the course fee?

No. In some courses, however, you will be given a supply list and asked to bring your own supplies to class. COURSES TAKEN FOR UNIVERSITY CREDIT HAVE THEIR OWN FEE STRUCTURE. SEE SPECIAL POLICIES FOR CREDIT OPTIONAL CLASSES.

5. When is the office open?

8:30 a.m. - 5 p.m. Monday through Friday. (closed the day before a holiday)

6. Will I receive a confirmation?

Yes. You will receive a confirmation only if you have registered by phone with MasterCard or VISA, or in person.

7. What if a course is cancelled or rescheduled?

When we cancel or reschedule a class, you will be notified. 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 will 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 will send you a refund. We do, however, keep a $2 processing fee. NO REFUND AFTER THE CLASS BEGINS.

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.

UFM POTTERY COOPERATIVE

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

ANNUAL MEMBERSHIP

Cash fee: $60
(Shorter periods or one-time usage can be arranged.)

IN-KIND CONTRIBUTIONS

*Help Clean the studio
*Participate in Cooperative meetings
*Co-teach classes or workshops
*Locate teachers for classes or workshops
*Assist with 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.

Studio open during UFM building hours or by arrangement.

For further information, Call UFM 539-8763

SUMMER CATALOG available May 17
Successful Money Management
BP-01
This program will cover savings structure, investments, and insurance programs designed for today's world. Discover how to save taxes today while providing future dollars for education or retirement. Regardless of your age or income, the decisions you make today will determine, to a great extent, your financial future. A financial plan for each class participant will be provided.
Fred Freedy (539-4505), is a Senior Account Executive for Waddell & Reed, Inc., a National Financial Services organization. Fred has 16 years experience as a financial planner.
Date: February 6 (1 session)
Time: 7:00 - 9:00 pm (Tuesday)
Fee: $5 individual
$8 couples
Location: Waddell & Reed, Inc.
555 Poyntz, Suite 280

Successful Money Management
BP-02
Fred Freedy
Date: March 9 (1 session)
Time: 7:00 - 9:00 pm (Tuesday)
Fee: $5 individual
$8 couples
Location: Waddell & Reed, Inc.
555 Poyntz, Suite 280

Successful Money Management
Fred Freedy
Date: April 13 (1 session)
Time: 7:00 - 9:00 pm (Tuesday)
Fee: $5 individual
$8 couples
Location: Waddell & Reed, Inc.
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Women in Home-Based Business Conference
If you ever dreamed about starting your own business, this conference is for you! Turn your ideas and talents into profits!
April 22 & 23, 1993 - 9:00 a.m. to 1:00 p.m.
$80.00 (includes book)
The time you invest to explore your business interests will be time well-spent.
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Sponsored by New Directions & KSU Small Business Development Center

Computer Basics for IBM & Compatibles
BP-04
Learn the basics needed for effective use of the IBM or compatible personal computer. This course is designed for those who have very little or no knowledge of computers and terminology, hardware, software, and working with DOS. You will also learn basic DOS commands needed for efficient use of your computer.
Hordwich computer time is provided during the class.
Linda Teener (539-8763), takes a practical and easy to understand approach to learning how to make your computer work for you.
Date: January 26 (1 session)
Time: 6:30 - 8:30 pm (Tuesday)
Fee: $18
Location: UFM Computer Lab

Basic WordPerfect
BP-06
This class is designed to introduce the basic elements of word processing using Word Perfect 5.1. Learn how to create a document, set up margins and other page formatting, print and save documents.
The use of Reveal Codes, Spellcheck and Thesaurus features will be included. Hands-on computer time is provided during the course.
Linda Teener (539-8763), takes a practical and easy to understand approach to learning how to make your computer work for you.
Date: February 16 & 23 (2 sessions)
Time: 6:30 - 8:30 pm (Tuesday)
Fee: $25
Location: UFM Computer Lab

WordPerfect Razzle Dazzle
BP-07
Learn how to take your documents with graphics, tables, and fonts. You can produce macros to make life easier. Try your hand at laying out flyers or making documents more attractive. This course will use WordPerfect 5.1, although most applications can be used with WordPerfect 5.0. Hands-on computer time is provided during the course.
Linda Teener (539-8763), takes a practical and easy to understand approach to learning how to make your computer work for you.
Date: March 30 - April 13 (3 sessions)
Fee: $40
Location: UFM Computer Lab

Introduction to Spreadsheets
BP-08
Take advantage of this powerful software tool. Learn how to set up a spreadsheet with data and formulas, enter sorting, summing, linking fields and other useful skills. This course will cover the basics of how to set up and use a spreadsheet with Lotus 1-2-3. Application to other software programs will be covered. Hands-on computer time is provided during the course.
Linda Teener (539-8763), takes a practical and easy to understand approach to learning how to make your computer work for you.
Date: March 9 & 16 (2 sessions)
Time: 6:30 - 8:30 pm (Tuesday)
Fee: $25
Location: UFM Computer Lab

Print Shop Just for Fun
BP-09
Print Shop is an inexpensive program that will let you produce cards, flyers, brochures, headlines and calendars. Learn how to take advantage of its versatility to benefit your club, business or home use. Try creating or modifying graphics to fit your project. Experiment with special effects and personalize your creations. Hands-on computer time is provided during the course.
Linda Teener (539-8763), takes a practical and easy to understand approach to learning how to make your computer work for you.
Date: February 21 (1 session)
Time: 1:30 - 4 pm (Tuesday)
Fee: $10
Location: UFM Computer Lab

The training to become a WATER SAFETY INSTRUCTOR is offered in the AQUATICS section of this catalog.

Hard Drive Management
BP-05
This class will review basic DOS commands and move on to commands used to manage a hard drive. Information will be given on creating or modifying the autoexec.bat file as well as writing batch files and modifying the system.ini file. Students will gain insights into how to organize the hard drive for optimum efficiency. Hands-on computer time is provided during the class.
Linda Teener (539-8763), takes a practical and easy to understand approach to learning how to make your computer work for you.
Date: February 6 (1 session)
Time: 6:30 - 8:30 pm (Tuesday)
Fee: $25 for both BP-04 & BP-05
Location: UFM Computer Lab

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Lead, Follow and Join a Team
Improve your leadership and team member skills.
Topics focus on critical issues and organizational challenges faced today and in the future. Helpful for anyone involved in a leadership or team building role within the family, the community, and/or on-the-job.
Specific topics include personal character and values, communication, group dynamics, situational leadership, and problem solving.
Christina Stephens (537-4544), has taught leadership and professional development classes for the Federal government. She is a graduate student at KSU, earning a Masters degree in Business Administration with special emphasis in leadership and human resource development.

Date: February 20 & March 2 (4 sessions)
Time: 7:00 - 9:00 pm (Wednesday)
Fee: $50 includes course materials
Location: 102 Bluebonnet Hall, KSU

Living Trust
What is a living trust? How is a trust 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 trust, and the costs associated with creating and maintaining a living trust will be presented. Bring your questions for discussion.
Mark Knackendoff (537-7200), is President of the First Manhattan Trust Company. He graduated from the University of Kansas with a degree of B.B.A. and J.D. He is a member of the Kansas County Bar Association and has over ten years of estate planning, trust, and investment experience.

Date: April 26
Time: 7:00 - 10 pm (Monday)
Fee: $5 individual
$8 for couples
Location: 701 Peyton (Enter through the South Door)

Rising Income Investment Strategies
Let this class guide you with some proper investment advice. We will discuss successful investing in a declining interest environment and investing to keep pace with inflationary pressures.
Steve Harrison, General Principal and Kent Peterson, Investment Representative for Edward D. Jones.

Date: March 9 (1 session)
Time: 7:00 - 9:30 pm (Tuesday)
Fee: $5 individual
$8 couple
Location: 555 Peyton, Colony Square

Computer to Buy
With computer prices coming down, more people are looking at purchasing this very useful tool for home and business. What kind of computer will best meet your needs is hard to know amid all the mags, reps, drives and hype. This class will explain how to decide what you need and will translate "computerese" into understandable terms to make you an informed confident shopper.
Chuck Hardick (537-2937), has a thorough knowledge of the computer world. He will offer objectives common sense advice in a language anyone can understand.

Date: March 1 (1 session)
Time: 7:00 - 9:30 pm (Tuesday)
 Fee: $5
Location: UFM Conference Room

GIFT CERTIFICATES FOR UFM CLASSES are always available.
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Colony Square
555 Poyntz, Suite 280
Manhattan 537-4505

Look for GRE Prep Course, Fall 1993
Books by and About Women

We will discuss thoughts, ideas and issues expressed by women authors through fiction and non-fiction books. Through this informal class we will exchange different perceptions from our own experiences interpreting the themes both seriously and lightly. Past book selections include: "The Kitchen God's Wife" by Amy Tan; "How The Great Kelson laid their Grown" by Julia Alvarez and "A Thousand Acres" by Jane Smiley.

Lorrie Cross (587-4300), enjoys reading and discussing books by and about women. She has been a member of this group since its beginning in 1976.

Date: January 31 (approximately 6 sessions)
Time: 7:00 - 9 pm (Wednesday)
Fee: $6
Location: Call instructor for location

Handweaving

This class is an introduction to Handweaving. It will cover weaving terms, types of looms, and materials used. We will learn how to plan a project and prepare the loom for weaving. Each student will prepare a loom for weaving and will be able to take the small table loom home to practice weaving samples in a variety of weave patterns. Students will have an opportunity to weave on a floor loom and be introduced to computer assisted weaving.

George Eade (537-0634), learned to weave in a UFM class in 1990 and has been weaving ever since. He is a member of the local guild - The Weavers Fancsy, he owns a variety of looms and demonstrates the craft throughout the area at parks, schools, historical events, etc.

Date: January 17 - February 17 (4 sessions)
Time: 3:30 pm (Wednesday)
Fee: $25
Location: Call for location

Making Covered Albums

Covered albums are one of the easiest and most practical gifts to make for your family or friends. They can be used for wedding, birthday, baby or holiday gifts, and personalized to suit any style. Bring 34 yard of material and 3 yards of trim. The notebooks can provided. Bring a hot glue gun to class if you have one to expedite projects.

Deb Rappoport (239-3025), has been making covered baskets and covered albums since 1990. She has been teaching for several years and enjoys sharing and learning from others.

Date: March 10 (1 session)
Time: 1 - 3 pm (Saturday)
Fee: $20
Location: UFM Banquet Room

Creating Padded Baskets

'If you ever made padded baskets at craft fairs, but found the price too high.' Make a beautiful padded basket for a fraction of the cost. These baskets can be personalized and are ideal for gifts. Bring the basket of your choice and enough material and trim to fit the basket to class. Only the basic tools are needed. Bring a hot glue gun if you have one to expedite the project.

Deb Rappoport (239-3025), is a craft-oriented person and has been making padded baskets since 1990. She enjoys sharing what she has learned with all interested members of the community, and finds that many times her students "teach" her with their ideas as well.

Date: March 20 (1 session)
Time: 10 am - noon (Saturday)
Fee: $8.50
Location: UFM Banquet Room

Pillow/Lap Quilt (Quilting)

These pillow/lap quilts are a great project for using on your couch, sitting in your car, or just any place you need something soft. We will provide all the materials, and you may choose any fabric and pattern you wish. We will cover various sewing techniques and all the terms to go with them.

Deb Rappoport (239-3025), is an experienced crafter, the hands-on approach is a wide range of craft classes, and is always teaching new classes as well. Deb enjoys sharing what she has learned with all interested members of the community and finds that many times her students "teach" her with their ideas as well.

Date: February 27 (1 session)
Time: 9 am - noon (Saturday)
Fee: $6.50
Location: UFM Banquet Room

Beginning Calligraphy -- For Right Handers

Do you enjoy seeing the elegant script of calligraphy, but don't imagine creating anything so lovely? Learn the basics in a variety of styles. With a little practice, beautiful letters and words will flow from your pen.

Soon you will be able to progress to the most difficult styles with only a little more effort.

Deb Rappoport (239-3025), learned calligraphy in Denver in 1980 and currently does letters, cards, and posters for personal and professional use.

Date: April 10 (1 session)
Time: 9:30 - 9 pm (Friday)
Fee: $6.50
Location: UFM Banquet Room

Fiction Writing: Nuts & Bolts

We will discuss fiction writing techniques, including research, plotting, and background and character development. Marketing will also be discussed.

Lae Killouff (717-6584), a member of the Science Fiction and Fantasy Writers of America, Mystery Writers of America, and Writers in Crime. She has published eleven novels and twenty short stories.

Date: March 6 - 16 (4 sessions)
Time: 7 - 9 pm (Tuesday)
Fee: $25
Location: UFM Conference Room

Making a Life Mask of Yourself

Would you like to make a plaster cast of your face? Making a life mask is no longer the ordeal it used to be with wet plaster. We will sit before a small mirror and stick bits of plaster gauze on our faces until all the teeth and nostrils are covered. It will come off easily after it hardens. This will be a plaster cast of your face during the second session. Once the plaster has set, the mold will have a facial image of yourself. Bring a small mirror that will stand by itself, a small bottle of saline solution.

Sam Lacy (539-4404), first became interested in life masks because of one his father had done. Sam and the previous class enjoyed both the mask making and the conversation.

Date: February 24 & March 3 (2 sessions)
Time: 7 - 9 pm (Wednesday)
Fee: $10
Location: UFM Garage
Basic Black and White Photography for Amateurs

CF-14

Black and White Film Developing for Beginners

CF-15

Watercolor Painting Via Photography

CF-12

Professional Novel and Story Writing

CF-13

Creative Twist Rabbit

CF-17

Beginning Sculpture

CF-22

Beginning Printmaking with Pergamano and Adirondack Press

CF-23

Safe and Creative Family Photo Albums

CF-19

Safe and Creative Family

CF-20

Notice Notice Notice

SALE

MANHATTAN

CIVIC THEATRE

PRESENTS

PICNIC

by William Inge

Feb 20-21, 26-28

Benefit Gala Feb 19

ONCE UPON A MATTRESS

by Thompson & Rogers

Auditions Feb 22-23

Apr 23-25, Apr 30, May 1-2

FRI & SAT 8 p.m., SUN 2 p.m.

March 11 (1 session)

Time: 7 pm (Thursday)

Location: UFM Fireplace Room

Paint a Ceramic Rabbit

CF-21

Painting a Ceramic Rabbit

This class each student will paint and decorate a ceramic rabbit all their own. This cute little rabbit will be ideal for decoration especially with Easter just around the corner. The rabbit and paint will be provided. Each student will need to bring 2 small art paint brushes, and a small soft bristle. Ages 10 +

Bonnie Wallisner, has been doing arts and crafts for several years and enjoys ceramics which she has been doing for a couple of years.

Date: April 1 (1 session)

Time: 1 - 3 pm (Saturday)

Location: UFM Banquet Room

Notice Notice Notice

The YOUTH section of the catalog has activities fun for all ages, especially

• Bread Making
• Sewing
• Building Bug Houses

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PICNIC

by William Inge

Feb 20, 21, 26-28

Benefit Gala Feb 19

ONCE UPON A MATTRESS

by Thompson & Rogers

Auditions Feb 22, 23

Apr 23-25, Apr 30, May 1-2

FRI & SAT 8 p.m., SUN 2 p.m.

Warriors Opera House

Dinner Option on Saturday by Hurry's Upstart Supper Club

Sundays are Smoke-Free Performances

Box Office 539-6000

Volunteers welcome for production and stage crew! Call 756-8591
Snakes of Northeast Kansas  
If you're interested or curious about snakes this class is for you! We will talk about how snakes catch and eat their prey. Learn all about snakes and where to find them. Safety around snakes and state regulations will be covered. There will be snakes common to this area to see or handle. This class is a great introduction to the Snake Walk. We encourage adults to accompany the children and share this knowledge. Recommended for children and adults alike ages 8-80.  
Roy Mattlux (946-8581), KS wildlife biology student at Kansas State University. He began collecting reptiles at age 8 and has been doing it ever since.  
Date: April 3 (1 session)  
Time: 10 am (Saturday)  
Fee: $5 individual  
$8 child and adult  
Location: UFM Fireplace Room

Fishing Local Waters  
Learn how to catch a number of different kinds of fish. We'll talk about fish populations and the proper times of the year to catch fish, in all waters in Northeast Kansas. This will be a great opportunity to learn about different methods of fishing. Excellent for the whole family. A great class for the new comer to the Manhattan area.  
Paul Miller (793-7941), is a life time resident of Kansas. He has a farm background and 20 years as a Conservation Officer for the Department of Wildlife and Parks. He is on a real fisherman and knows! Jerry Dickerson is a lifelong resident, and a Manhattan City employee with many fishing skills. He has fished Northeast Kansas for many years and is willing to share his knowledge with others.  
Date: March 22 (1 session)  
Time: 7 - 9 pm (Friday)  
Fee: $5  
Location: UFM Conference Room

Snake Walk  
We will have fun and walk the local terrain to find and identify common reptiles (especially snakes). At the instructions turn rocks we will discuss safety and state regulation in finding and handling reptiles. We encourage children to be 8 or older and be accompanied by an adult. Good shoes and long pants are recommended. Raindate: April 24  
Ray Mattlux  
Date: April 10 (1 session)  
Time: 9 am (Saturday)  
Fee: $5 individual  
$8 child and adult  
Location: Meet at UFM Parking Lot

The Audubon Society  
(Northern Flint Hills Chapter, P.O. Box 1032, Manhattan, KS 66501) 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, RSU Campus. For novices and experts; children especially welcome. For more information, call Dave Rintoul, 537-0781.

EDUCATIONAL PROGRAMS:  
Monthly, 3rd Wednesday, 7:30 p.m. Room 221, Ackert Hall, RSU Campus.  
Jan. 20: "Light Pollution: Problems and Solutions"  
Feb. 17: "Recycling in Riley County"  
Mar. 17: "Audubon's Project Ark Campaign: Countering the Resource Abuse Movement"  
Apr. 21: "Alternative Landscaping"  
May 19: "How to Kill a River: The Arkansas River from 1860 to the Present"  
BIRDSEED SALE:  
Feb. 6, 9 a.m.-1 p.m. UFM Fireplace Room. Order seed in advance by calling 304-4893 or 764-2556.  
For more information, pick up the Audubon Calendar at UFM or the public library or call 1-456-7050.

Cottage Gardening  
Develop a cottage garden in Kansas! Learn what plants are hardy in this area. We will discuss basic flowers and herbs that will thrive in your garden as well as dried flowers. Plant samples and handouts will be available.  
Ann Scott worked at the Henry Foundation for Botanical Research while on sabbatical. She cataloged the private library and studied perennials at Longwood Gardens. Ann and John Johnson have Lost Creek Gardens. They sell perennials each Spring and develop plans for flower gardens and borders. They look forward to sharing their practical knowledge.  
Date: April 29 (1 session)  
Time: 7 - 9 pm (Thursday)  
Fee: $5  
Location: UFM Greenhouse

Gardening at it's Best  
If your garden wasn't as successful last summer as you had hoped, or you need some techniques for better gardening. We'll explore soil quality, plant diseases, soil amelioration, ornamental grasses, fertilization, and other tips. Organic gardening will also be discussed. This class is geared for the gardener who has had some experience at gardening.  
Collins Hampton and Keith Mueller  
Date: February 15 & 22 (2 sessions)  
Time: 7 - 9 pm (Monday)  
Fee: $5  
Location: UFM Greenhouse

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776-4834

Look for GRE Prep Course, Fall 1993
Long-Term Care: Homing in on the Problem

"What shall we do with grandma?" "I can’t stay alone anymore, but I don’t really need the kind of care that nursing homes provide." These and other similar comments are increasingly arising among families today. As our population grows older, chronic illness and long-term disabilities are becoming more common. New ways to provide care for disabled individuals are emerging—from innovative programs in nursing homes, to assisted living complexes, to home care services. An innovative program of care called the Healthcare Suite has just been added to the options available. Based on the concepts of the Australian “gunny flag” the Healthcare Suite provides for an independent living unit adjacent to a caregiver’s home. The class will include a short video and provide ample time for questions and answers about the whole range of care options that disabled individuals may need.

Eldis Moveak (776-3524), is a gerontologist who is a Senior Consultant with Mobile Care, Inc.

Date: Feb. 11
Time: 7:30 - 8:30 pm (Thursday)
Fee: $5
Location: UFM Conference Room

Morning Playgroups

Join us for an ongoing support for at-home parents. Pre-school age children will play while parents visit with other adults. Parents are responsible for their own children, so no supervision is necessary. During nice 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.

Dawn McKenzie and Missi Roberts, are interested in getting children together for play as well as giving at-home parents an opportunity to share and interact.

Date: January 25 - May (on going)
Time: 10 - noon (Mon. & Thurs.)
Fee: $5
Location: Coordinators will contact you with location

Activities for the Elderly

Learn how to be effective in your relationships with those around you as their capabilities change with age. Your friendship and interaction can be valuable in the quality of their lives. Gain tips on adapting games, ease on one’s and how they work. Special information on Alzheimer’s. Initial class 9 - 10:30 am, then we will break into groups to share information with each other.

Dawn George (776-0063), is the Activity Director at Stonebrook Retirement Community and is a Licensed Certified Nurse’s Aide and Social Service Designer. Dawn has a handicapped child and has created several adaptive games to play.

Date: January 28 (1 session)
Time: 9 - 10:30 am (Thursday)
Additional time is available
Fee: $5
Location: Stonebrook Retirement Center

Black Adoption Workshop

Kansas Children’s Service League Black Adoption Program is seeking black persons/families who are interested in becoming adoptive parents for black children. The class will address questions: 1) Who are those waiting children? 2) Who can be adoptive parents? 3) Adoption cost. 4) How long does adoption take? 5) Support services for adoptive families and 6) Procedures for adoption.

Marilyn McKee (390-3193), is a licensed social worker and has been with the Kansas Children’s Service League for over 3 years. She has experience working with adoptive families, those persons seeking adoption and with foster children and adoptive children.

Date: March 11 (1 session)
Time: 6:30 (Thursday)
Fee: $5
Location: UFM Conference Room

Developing Self-Esteem in Children

Join us for these dynamic and insightful video workshops. During each class we will view a video tape and discuss the ideas presented. Related hand-outs, and ideas will be given at each class.

Class 1 Being the Best Parent you can be.
Class 2 Your Child’s Self-Esteem
Class 3 Discipline that Empowers Your Child.

Michael Cody is the Family Instructor at UFM. She has attended many parenting workshops and training both as a parent and a teacher. She has been teaching parenting classes for several years and works with many parents on an ongoing basis. Through the years, she has come to believe that a child’s self-esteem is the core factor in the development of a happy and healthy individual—in childhood and adulthood.

Date: January 21 - February 4 (3 sessions)
Time: 7 pm (Thursday)
Fee: $10
Location: UFM Conference Room

"What’s A Parent to Do?"

Join us for an overview of various parenting strategies. We will provide materials from noted authorities in the field, as well as introduce participants to "Preparing for the Drug-Free Years" and "Effective Black Parenting." Three key topics to be discussed include: 1) Parental love and control 2) Positive discipline and 3) How a parenting style is determined.

Phyllis Green (587-4372), is a Community Prevention Consultant for NE Kansas Regional Prevention Center, a program of Presence Mental Health Services, is a former home economics teacher.

Date: April 20 (1 session)
Time: 4 - 5 pm (Tuesday)
Location: UFM Conference Room

****FIELDS TRIPS****

Check the EARTH AND NATURE section of the catalog.

AMERICAN RED CROSS

LEARN TO SWIM PROGRAM

— see the AQUATICS section.

Continuing Education

spring 1993

February 10
Suicide: The Unthinkable Tragedy
Jolisa Gudaitis, RMLP; 12:45 p.m., 3 CEU’s
(Repealed Feb. 17 in Junction City)

March 12-13
BASELINE: Community Action
for Drug-Free Kids
Beth Hughes, M.A.; 8:30-3:30, 12 CEU’s

April 14
Becoming a More Effective Manager:
Skills for the 90’s
Angela G. Hayes, M.S.; 12:45 p.m., 3 CEU’s

P A W N E E

Mental Health Services

587-4326

Our workshops for helping professionals and volunteers are held at Pawnee, 2001 Cafnin, Manhattan. CEU’s for RN’s, LPN’s, social workers and others. Pre-registration is required. Call 587-4326 for details or brochure.
Food for Fun

1221 THURSTON  539-8763

Beginning Cake Decorating FF-01
Even a penny border will enhance a cake. Learn to add an icing decoration and impress all of your family and friends. King will be provided to practice in class. You will bring your own cake to a later class and take home a masterpiece. Supply list available at registration.

Tammy Sinek began decorating cakes several years ago as a hobby. Her first lessons were a UFM cake decorating class. Currently she decorates cakes for Dillons.

Date:  April 1 - 22 (4 sessions)
Time:  7 - 8:30 pm (Thursday)
Fee:  $15
Location: UFM Banquet Room

Breath Make FF-02
Come discover a foolproof, 45-minute method for making soft breads: whole wheat, rye, raisin, oatmeal and even all without recipes. Beginners catch on easily. Take pride in crusty loaves. Experienced bread makers delight in new shortcuts and creative shaping techniques. Children think they've found the original "black bag." You'll learn to make healthy, wholesome breads that aren't heavy. You'll make and take home for baking a one-pound loaf of Golden Brown Bread. All ingredients and utensils supplied.

Pat Pulaski (668-3505), has completed the course for Bread Make instructor. She loves to bake bread and has lots of fun teaching.

Date:  April 6 (1 session)
Time:  7 - 8:30 pm (Tuesday)
Fee:  $13 includes loaf of bread to make at home
Location: UFM Kitchen & Banquet Room

Ven Comen la Comida FF-03
Mexicana
Learn how to prepare and enjoy authentic Mexican dishes. We will discuss Mexican customs and traditions and how authentic Mexican cooking differs from American versions. We will sample what is demonstrated during class.

Mary Martinez of Kansas' Escocido has been involved with Mexican restaurants for 30 years. She will share her personal and inherited knowledge of authentic Mexican food.

Date:  March 1 & 8 (2 sessions)
Time:  6:30 - 8:30 pm (Monday)
Fee:  $25
Location: UFM Banquet Room

Beer Making FF-04
Homebrewed Beer - the beer for discriminating palates. Come learn the brewer's art. We will make and bottle beer. Participants must be 21 years of age.

Dean Taylor (539-7654), has many years experience in making beer and sells supplies for making beer and wine at The Palace in Apgerville.

Date:  February 2 & 9 (2 sessions)
Time:  7 - 8 pm (Tuesday)
Fee:  $15 per person
Location: UFM Fireplace Room

The Best in Vegetarian Cooking
Join us for three evenings of demonstration and discussion and learn the vegetarian way to healthy eating.
Monday - Legumes, Nuts & Seeds
Tuesday - Tofu Specials
Wednesday - Quick & Easy
The fun is in the tasting. Recipes will be provided.

Rose Laddow M.A., R.D. is a noted California consulting dietician. She has over 25 years of professional involvement in dietetics and education. She has a long list of professional publications and activities. Rose comes from California especially to teach this class.

Date:  March 6, 9, & 10 (3 sessions)
Time:  7 pm (Mon. - Wed)
Fee:  $25
Location: Senior Center 413 Leavenworth

Wine Tasting
Fields of Fair tour & wine tasting in OUR COMMUNITY section

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MON - SAT, 8:30 TO 6
537-4571
3113 Anderson Ave. (Across from Village Plaza)

USED BOOK AND POTTERY SALE
March 6
10:00 am-5:00 pm
Manhattan Town Center

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HOURS: 7 a.m. - 9 p.m.
7 days per week
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UYM CLASSES MAKE GREAT GIFTS! GIFT CERTIFICATES ARE AVAILABLE.
Solar Electricity for your RV or Boat

Recharge your RV or boat batteries with no running fans, motor fuels or moving parts! Solar electric panels prolong the life of your batteries and free you from extension cords, hoisting charges and generator noise. And the fuel is free—sunlight. In the first class we will discuss solar modules (photovoltaics) and batteries. In the second class we will talk about wiring and controls. There’s no cleaner, quieter way to make electricity.

Bill Dorsett (539-1956), has been teaching and working with photovoltaics since the early 1990’s. This summer he completed advanced training in PV’s at the Solar Technology Institute.

Date: March 1 & 8 (2 sessions)
Time: 7 - 9 pm (Monday)
Fee: $8
Location: UFM Solar Greenhouse

Landscaping Around the Home

Would you like to know more about the basics of landscaping your home? Different resources available locally will be discussed as well as a limited discussion on advantages and disadvantages of plant material. This course will be a must for new residents in the Manhattan community or ones of us with “brown thumbs.”

Alan Ladd (537-6350), 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 life long process and everyone needs to keep updated on areas of interest to them.

Date: April 22 - May 6 (3 sessions)
Time: 7 - 8:30 pm (Thursday)
Fee: $15
Location: Potter Hall at Civic Park

Bicycle Repair & 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 repair. Simple repairs such as tube patching and front or rear derailleur adjustments and repair will be covered in this informative seminar. Also learn how to adjust your brakes and change the chain.

The staff at Aggie Bike Station (776-2372), are all cyclists and have 18 years of bike repair experience between them.

Date: April 5 (1 session)
Time: 7 pm (Monday)
Fee: $5
Location: Aggie Bike Station 1237 Morse

Collecting & Restoring Antique Furniture

Interested in collecting and using antique furniture? Learn about styles and what to look for in antique furniture. This class will teach on restoration and stripping—when to strip and when not to strip.

Jean Bigbee-Hill (537-4884), an antique and collectible lover, manages Tidbit’s Antique Market in Manhattan. Jean, also has a furniture stripping and refinishing business called Busy Bee Stripping and Refinishing. She is anxious to share her knowledge with others.

Date: March 6 (1 session)
Time: 7 - 8:30 pm (Thursday)
Fee: $5 for one class
$8 for both classes HA-03 & HA-04
Location: Tidbit’s Antique Market 2009 Tidbit Creek Blvd.

Collecting Antique Glassware

For antique lovers! We will focus on Victorian, Depression, and patterned glassware. Learn more about what you have or want to buy.

Jean Bigbee-Hill (537-4884)
Date: March 11 (1 session)
Time: 7 - 8:30 pm (Thursday)
Fee: $5 for one class
$8 for both classes HA-03 & HA-04
Location: Tidbit’s Antique Market 2009 Tidbit Creek Blvd.

Minor Home Repairs

Avoid paying for unnecessary service calls. This three class will cover minor repairs to household appliances and fixtures. Learn how to stop a leaky faucet, under a stopper, fix a lamp or trouble shoot common household maintenance problems.

HOME Staff (537-7227)
Date: March 30 (1 session)
Time: 7 - 8 pm (Tuesday)
Fee: $5
Location: 1130 Hostelier

Minor Home Repairs

HOME Staff
Date: April 13 (1 session)
Time: 7 - 8 pm (Tuesday)
Fee: $5
Location: 1130 Hostelier

Building your own home?

Do you need help with:
- Ductwork
- Insulation
- Furnace/Air Conditioner
- Drain Lines
- Water Lines
- Fixtures

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KANSAS LUMBER COMPANY
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Beginning Sign Language  
This class is designed for individuals who are interested in learning the basic skills of American Sign Language. Students will be introduced to the Manual Alphabet and a vocabulary of about 200 common signs. Fee includes book Gallaudet’s Survival to Sign Language. 
Natalie Smith, Instructor
Date: March 21 - May 5 (6 sessions)
Time: 7:30 p.m. (Wednesday)
Fee: $40 includes book Gallaudet’s Survival to Sign Language
Location: 107 Justin Hall, KSU

American Sign Language II  
This course will involve project, group activities, socialization skills, and total immersion in the language. The goal of this class is for each individual to increase their knowledge and fluency of the language. A guest speaker will also be invited to provide professional input of the language and the Deaf Culture.
Kim Meacham (537.1665), has grown up deaf in a hearing world. She has been teaching sign language for 4 years in various age groups. She is a graduate student at KSU.
Date: February 3 - April 14 (10 sessions)
No Class on March 24
Time: 6:00 - 8:00 p.m. (Wednesday)
Fee: $50
Location: UFM Fireplace Room

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. This class will cover the basic structure of Japanese, with emphasis on conversational Japanese. No prior knowledge of Japanese is required. Participants will be asked for input regarding specific learning interests.
Naomi Satoh is a K-State Economics student. She has had experience teaching to other University students.
Date: January 25 - March 1 (6 sessions)
Time: 7:30 p.m. (Monday)
Fee: $22
Location: UFM Multipurpose Room

Russian for Beginners I  
As Russian Culture becomes more accessible to the world, here is an opportunity to learn the beautiful Russian Language and gain insight into Contemporary Soviet Life. Forget the old myths that adults are inferior to children in learning languages. Relax, listen to the Russian short stories, and enjoy their humor. Learn the Russian alphabet and try to read yourself. This course will be geared towards your learning interests.
Irina Kovalenko (537.5602), graduated from the Department of Philology, Moscow State University. At present she is in Educational Psychology and is interested in applying her knowledge in psychology and linguistics for teaching Russian.
Date: January 26 - February 18 (7 sessions)
Time: 7 - 8 p.m. (Tues. & Thurs.)
Fee: $30
Location: 107 Bloome Hall, KSU

Conversational Russian II  
This class is a continuation of Russian for Beginners I. It is appropriate for those who have some basic skill in Russian. We will concentrate on conversational Russian.
Irina Kovalenko
Date: February 23 - April 20 (8 sessions)
No class March 23
Time: 7 - 8 p.m. (Wednesday)
Fee: $30
Location: 107 Bloome Hall, KSU

GRE Preparation Course  
Early Fall Class
Be confident and prepared to take the GRE!
• Review and practice the three GRE subject areas of Math, Logic and Verbal Skills
• Learn strategies for successful test taking
• Analyze the reasons for correct responses
For more information, call UFM 537-8763.

UFC 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, and learn about passive solar energy. Participants learn about the bead wall, the heat storage tanks, and the underground air conditioning tubes. Summer tours (May to October) also view, touch, and smell the edible landscape and see the patio area with raised beds.

Special Group or School Day Tours Welcome!  
Call 537-8763 for an appointment.

Survival English  
English as a 2nd Language  
Survival English is designed for those whose native language is not English. It will help the student survive in an English speaking world. The student will learn 'survival skills.' Conversational skills, pronunciation, spelling, and grammar will be used to help the student speak with confidence. Textbooks and handouts will be used. Class participation is recommended. Certificates of completion will be awarded.
James F. Hill completed his Bachelor of Science degree in American History at the College of the Otteros, Point Lookout, Mo. in 1977. He holds a Minnesota State Teaching Certificate. In addition to teaching high school social studies in the Minnesota Public system he has taught English at English Language Institute in Seoul, Korea. Jim is a graduate student at KSU.
Date: February 2 - March 18 (16 sessions)
Time: 7 - 8:30 p.m. (Tues. & Thurs.)
Fee: $70
Location: 107 Bloome Hall, KSU

English as a 2nd Language  
This class is for students who already speak and read basic English, as their second language. The class will be meet to meet the needs of students on an intermediate to advanced level. We will concentrate on conversation, reading and vocabulary building. Textbooks and handouts will be used. Class participation is recommended. Certificates of completion will be awarded.
James F. Hill
Date: March 20 - May 13 (14 sessions)
Time: 7 - 8:30 p.m. (Tues. & Thurs.)
Fee: $70
Location: 107 Bloome Hall, KSU

Beginning German  
This is an introductory course to the German Language. We will discuss German culture and history. We will also learn grammar and sentence formation, read and write. After learning the basics, we will do more conversation.
Gabrielle L. Rector (537-0683), is a native of Germany who has been in the U.S. since 1985. She has a degree in nursing. Gabrielle has taught German through Barton Community College at Ft. Riley for 5 years.
Date: January 27 - March 17 (6 sessions)
Time: 7 - 8 p.m. (Wednesday)
Fee: $30
Location: 111 Bloome Hall, KSU

Beginning Spanish  
This class is geared for students who do not have any background in Spanish. The Spanish language is based on word association. We will learn 200 Spanish words and how to express them. This class is ideal for someone planning a trip into a Spanish speaking country or preparing for an introductory college Spanish class.
David G. Stuckman (776.2735), has a degree in Spanish from Fort Hays State and has traveled extensively in Latin America.
Date: January 21 - March 18 (9 sessions)
Time: 7 - 8 p.m. (Thursday)
Fee: $30
Location: 140 Justin Hall, KSU

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• Childcare for those too young for classes  
• Refreshments after programs  
• Social events

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USE REGISTRATION FORM on back cover.
Tae Kwon Do Karate I

This course is designed to provide the ultimate in total self-defense. Blocking, punching, and kicking develop balance, flexibility, and agility while improving cardiovascular fitness and self-confidence. Teaching methods include class demonstration and practice without physical contact. Each student will be given an opportunity to purchase a uniform and belt at the first class. After two months of class an optional testing to advance in the Tae Kwon Do degree ranking is held in Topeka. This cost is not included in the class fee and a uniform is required for testing. Age 7+.

Date: January 28 - May 6 (27 sessions)
Time: 6:30 pm (Tues. & Thurs.)
Fee: $60
Location: Abear Farm House, KSU

Tae Kwon Do Karate II Advanced

This course is designed for advanced students. Students will learn kicks, sweeps, and lock techniques as well as rules for contest judo. Each student will be given an opportunity to order a uniform the first night of class. The uniform is not required for the first three weeks of class, but will thereafter.

Date: January 28 - May 6 (27 sessions)
Time: 7:30 pm (Tues. & Thurs.)
Fee: $60
Location: Abear Farm House, KSU

Hakko Ryu Jujitsu

Hakko Ryu is a self-defense oriented grappling type of martial art. Not an exercise form of martial art, students will concentrate on a program, solo walking exercises, and self-defense theory and techniques. Hakko Ryu is related to hisoko, yet stresses a less active style, and more subtle, gentle techniques acceptable for use in modern society.

Date: Jan. 24 - March 14 (8 sessions)
Time: 5 pm (Friday)
Fee: $20
Location: Abear Farm House

Attention Youth ages 6-12!
We also offer Kung Fu for Children in the YOUTH section of the catalog.

WHAT DID WE FORGET?

Name ____________________________
Address ____________________________
City ____________________________
Phone ____________________________

A good addition to the brochure would be: ____________________________
I am willing to lead a class on: ____________________________

I want to be on the mailing list for class brochures.
Return or mail this form to:
UFM
1221 Thurston
Manhattan, KS 66502

PATRONIZE OUR ADVERTISERS! Let advertisers know you saw their ad in the UFM Catalog!
Field Trip to an Igneous Outcrop
Join us to visit the igneous area near Stockdale in Riley County and here for small gem quality pyrope garnets that occur there. Bring a visit to hold garnets, trowels and a notebook. The garnets occur in the igneous material and in the area around it.
Raindate: May 1
F.C. Lawing (537-7590), Professor Emeritus of Chemistry at Kansas State, is a long-time member of Manhattan Mineral, Gem and Fossil Club.
Date: April 24 (1 session)
Time: 9:30 - 11:30 am (Saturday)
Fee: $5
Location: Meet in UFM Parking Lot

Fields of Fair Winery
Join us to tour the winery. Learn the process of wine making. Hear about the vineyard at St. George. Finally, experience first hand the Fields of Fair wine varieties by tasting them along with cheese samples.
Fields of Fair Staff
Date: April 26 (1 session)
Time: 5:30 pm (Friday)
Fee: $10
Location: Fields of Fair Winery
Pastio Exit off I-70

The People of William Inge
A discussion of Kansas playwright William Inge and his play Patsy. We will focus on the people who influenced his life and the characters in his plays. Participants will receive a $1 off of performance tickets.
This discussion is co-sponsored by the Manhattan Civic Theatre.
Judith E. Zivnicov is Associate Dean of Arts and Sciences.
Presentation will be performed by Manhattan Civic Theatre
February 26, 31, 27 & 28.
Date: February 15 (1 session)
Time: 7 pm (Tuesday)
Fee: $5
Location: UFM Fireplace Room

Catherine Lee Fung, Ph. D. Candidate hosts
UNIVERSITY FOR MAN
FIFTH SEASON
On Channel 6, M/I/U where local cable originates

Tuesday at 5:00 p.m. & Wednesday at 4:30 p.m.

Jan 5 & 6: Peace Consciousness
Jan 12 & 13: Slovakia, a New Country
Jan 19 & 20: Chef Cody
Jan 26 & 27: American Sign Language (Minnich)
Feb 2 & 3: Creative Dreaming (Shute)
Feb 9 & 10: Chef Cody’s St. Valentine’s Day
Feb 16 & 17: Making a Life Mask (Lacy)
Feb 23 & 24: Environmental Issues
Mar 2 & 3: Souvenir from the South Seas
Mar 9 & 10: Spring Break (a rerun)
Mar 16-17: J. Griffith, “Bodybuilding Champion”
Mar 23 & 24: Vietnamese Cooking
Mar 30 & 31: Food Sanitation In Puerto Rico
Apr 6 & 7: LERN and Adult Learning
Apr 13 & 14: At Clay Celler
Apr 20 & 21: Landscaping Around the Home (Ladd)
Apr 27 & 28: Growing Older and Theatrical Art
May 4 & 5: Journalism with Marina
May 11 & 12: At Reddi’s Indian Party
May 18 & 19: Groom (the Happiest) & his Bride
May 27 & 28: Fresh Foods

Thank you Manhattan Civic Theatre!
Personal Development

Creative Dreaming

February 9 & 16 (2 sessions) $8
Location: UFM Greenhouse

Creative Dreaming

March 3 & 10 (2 sessions) $8
Location: UFM Greenhouse

Journaling

March 17 (1 session) $5
Location: UFM Conference Room

Stress Control and Relaxation Seminar

February 25 (1 session) $20
Location: UFM Multipurpose Room

Stress Control and Relaxation Seminar

March 31 (1 session) $20
Location: UFM Multipurpose Room

Get More Fun into Your Life

February 10 (1 session) $20
Location: UFM Conference Room

Chakra Meditation Workshop

February 10 (1 session) $20
Location: UFM Multipurpose Room

Self-Esteem for Adults

April 1, 8, 15 (3 sessions) $20
Location: UFM Conference Room

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1221 Thurston 539-8763

SP-01

SP-02

SP-03

SP-04

SP-05

SP-06

SP-07

SP-08

SP-09

SP-10

SP-11

SP-12

SP-13

SP-14
Introduction to Zen
Buddhist Philosophy and Practice
Zen Buddhist philosophy aims for enlightenment by direct intuition through meditation. Join us for discussion and practice of Zen meditation (Zazen) with a major focus on the solo tradition or "school." Other traditions will also be discussed. Please bring a cushion to sit on to class.

Learn Rappoport (532-6850), a professor with the KSU Psychology Department, and Al Fotter, a medical technician in the veterinary school, have studied Zen for seven years and are affiliated with the Minneapolis Zen Center and the Madison Zen Group.

Date: March 31 - April 14 (3 sessions)
Time: 7:30 - 9 pm (Wednesday)
Fee: $5
Location: UFM Conference Room

The Meaning Of Love:
Plato's Symposium
What is love? What is the highest form of love? These two questions are raised by Plato's dialogue, The Symposium (a drinking party). A thorough examination of the different views as presented in The Symposium will help form our own dialogue on the meaning of love. We will also consider whether love is a God, or purely physical, or a more sublime thing between as Socrates claims. Can Socrates persuade us of the supremacy of "Platonic Love?"

Laurie M. Johnson is Assistant Professor of Political Science at Kansas State University, specializing in political philosophy.

Date: February 2 - February 23 (4 sessions)
Time: 4 - 6 pm (Tuesday)
Fee: $12
Location: UFM Conference Room

Spiritual Womanhood
Women, throughout the ages have drawn on their religious belief systems to nurture and strengthen themselves and each other. We are now living in a time when women are greatly challenged to find the balance between their inner strength and their outer strength: their feminine and masculine energies. This class is offered in an effort to help women nurture and strengthen their spiritual natures, by connecting with their inner selves. This class will be a discussion group focusing on feminine spirituality in Christianity, Native American spirituality, Ancient Celtic spirituality, Buddhist Philosophy and some New Age beliefs. There will be sharing, teaching and class participation, in the form of exercises and guided meditation.

Rev. K. Gilligan is a Spiritualist minister who specializes in Women's ministries and counseling. She has been studying feminine spirituality for ten years and facilitates a weekly study group.

Date: January 20 - March 10 (8 sessions)
Time: 7:00 pm (Wednesday)
Fee: $5
Location: UFM Greenhouse

Standard First Aid & Community CPR
This course teaches fundamental principles and skills of first aid, correct CPR techniques for adult and infant victims of cardiac arrest and other respiratory emergencies. Red Cross Certification is given on successful completion of the course. Textbooks may be purchased at the Red Cross Office and are not included in the class fee.

Enroll Foerster (557-3180).

Date: February 10, 17 & 24 (3 sessions)
Time: 5:00 - 8:00 pm (Thursday)
Fee: $60 plus books
Location: Kite-County American Red Cross
1014 Popps

Standard First Aid/Community CPR & Basic Life Support
This course teaches fundamental principles and skills of first aid, correct CPR techniques for adult and infant victims of cardiac arrest and other respiratory emergencies. The Basic Life Support section teaches specialized skills and techniques for 2 rescuer CPR and special rescue situations including the use of resuscitation masks. Red Cross Certification is given on successful completion of the course. Textbooks may be purchased at the Red Cross Office and are not included in the class fee.

Enroll Foerster (557-3180).

Date: March 31 - April 21 (4 sessions)
Time: 6 - 10 pm (Wednesday)
Fee: $90 plus books
Location: Kite-County American Red Cross
1014 Popps

Recreation & Health
1221 THURSTON 539-8763

Ballroom Dance
Date: January 16 (11 sessions)
Time: 7 - 8:30 pm (Friday)
Fee: $30
Location: St. Viateur's Chapel, Kramer Center

Do you have a skill or interest you would like to share? Become a UFM instructor! Call the UFM office (539-8763).

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Professional golf instruction available
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Club regripping & repair
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Jim Gregory, PGA Professional

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REGISTRATION INFORMATION on back cover.
Golf for Beginners- Class I

RH-01
A short course geared for beginner and intermediate players. 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. Some class time will be devoted to equipment used to play golf, rules, etiquette, courtesy, conduct on the courses, registering to play, use of scorecard and handicaps.

Jim Gregory (530-1041), PGA Professional, is the golf pro at Stagg Hill Golf Course.

Date: March 4, 11, 18, 25 (4 sessions)
Time: 5:30 - 6:30 pm (Thursday)
Fee: $22
Location: Stagg Hill Golf Club
4441 Fr. Riley Blvd.

Golf for Beginners- Class II

RH-02
Jim Gregory

Date: April 1, 8, 15, 22 (4 sessions)
Time: 6:30 - 7:30 pm (Thursday)
Fee: $22
Location: Stagg Hill Golf Club
4441 Fr. Riley Blvd.

BOWLING

RH-09
One - on - one instruction and lots of supervised practice will help you master this lifetime sport! Instruction will focus on the basics of fundamentals of bowling, to include: the 4 step approach, spare shooting, nailing, rules, etc. The class fee includes shoe rental, bowling ball and lane fees.

Terri Eddy (552-6502) is the manager of the K-State Union Recreation Area.

Date: January 18, March 3 (4 sessions)
Time: 10:30 am (Mon. & Wed.)
Fee: $25
Location: K-State Union Recreation Area

BOWLING

Terri Eddy

Date: January 19, March 4 (4 sessions)
Time: 10:30 am (Tues. & Thurs.)
Fee: $22
Location: K-State Union Recreation Area

BICYCLE REPAIR class is offered in the HOME section of the catalog.

For Great Family Activities, don't forget to check the other sections of the catalog.

A Play group for Children and at-home parents is listed in the YOUTH section.

OUR COMMUNITY and EARTH & NATURE sections have a variety of field trips that are fun for the family.

Thank you to our talented and willing volunteer instructors
Beginning Ballet
Do you dream of becoming a dancer? This very basic introduction to ballet can be that first step. Children ages 3-12 years will learn basics of dance movement and practice some basic ballet-type steps. The discipline of ballet transcends in other forms of dance including; Jazz, tap and modern dance.
Portia Stone (539-7253), is 15 years old, and currently she is attending Manhattan High School. She has been dancing for 12 years and she is considering a career in dance.
Date: Jan. 20 - Feb. 24 (6 sessions)
Time: 6:30 - 7 pm (Wednesday)
Fee: $12
Location: UFM Banquet Room

Begginning Ballet Ages 3-12
Portia Stone
Date: March 10 - April 21 (6 sessions)
No class March 24
Time: 6:30 - 7 pm (Wednesday)
Fee: $12
Location: UFM Banquet Room

Kung Fu for Children
Class I
Students aged 6-12 will learn the modified basics of Pai Te Lung Kung Fu and restraint of self defense.
Samsun Wilson (539-7723), who holds a 2nd degree black belt in Jujitsu and a 2nd degree black belt in Kung Fu, has studied martial arts for 25 years and has taught for 15 years. He is a member of the Pai Family. Samsun has been a member of the Shadows of Jia Ninja Society for 8 years and has studied with Steve Hayes.
Date: Jan. 30 - March 20 (8 sessions)
Time: 7 pm (Wednesday)
Fee: $12
Location: A Newark Field House, KU

Kung Fu for Children
Class II
Samsun Wilson
Date: Jan. 30 - March 20 (8 sessions)
Time: 1 pm (Saturday)
Fee: $20
Location: A Newark Field House, KU

Mothers Day Gift Workshop
YO-14
Have you thought about a gift for your Mother? She will love something handmade by you. She will be thrilled with this new and usable gift. We won’t tell her what it is if you don’t. For ages 10-12.
Date: April 9
Time: 10 am - 1 pm (Saturday)
Fee: $5
Location: UPM

For additional Martial Arts, see MARTIAL ARTS Section of the catalog.

Sharp For Pre-Teens
YO-07
This self defense program is adapted from a national program designed specifically for women. The terminology and approach have been "refined" but the focus remains to empower females to better protect themselves and gain confidence in their social environments. There will be discussion dealing with situations from sexual harassment through actual attack. Appropriate for girls 10 - 13.
Date: December 16
Time: 6:30 - 7 pm (Wednesday)
Fee: $20
Location: UFM Banquet Room

Breadmaking for Kids (Especially Boys)
YO-09
Boys and girls can learn the basics of breadmaking. We’ll each be making a loaf of sourdough french bread and a whole wheat bread to take home and bake. Once you know the basics you can make dinner rolls, beaded sweet breads, English muffins, and other yeast breads. Each student will need to bring an extra quart mixing bowl, a loaf pan and a quart jar with a screw top.
Date: February 10
Time: 10 am - 1 pm (Saturday)
Fee: $20
Location: UFM Banquet Room

Breadmaking for Kids
YO-10
Children, do you live deep in the soil? Put this interest to work and learn about planting a garden, soil preparation, weeding, harvesting, and garden maintenance throughout the growing season. Children (ages 5-12 years) will be assigned individual and group gardens. No registration necessary. Join us at the garden on Saturday mornings.
Dr. Richard Mattson and Keith Muehl are coordinators.
Date: April - October
Time: 9 am - noon (Saturday)
Fee: No Charge
Location: Manhattan Children’s Garden

KIDS ON CANVAS
YO-13
Join us for a fun-filled educational field trip of the Kansas State Campus. We will visit several departments with interesting activities, take time out for recreation, eat lunch in the Union and return to UFM. This program is appropriate for grades K-3. Call UFM 539-8763 for a complete list of activities.
Date: April 8
Time: 8 am - 5 pm (Saturday)
Fee: $18
Location: UFM Banquet Room

Beginning Drawing
YO-16
Learn basic drawing skills to enhance your own creative abilities. Using various media students will develop a better eye for composition and technique. Class enrollment will be limited. All materials will be provided.
Ages 10+
Terry Mulder
Date: February 2 - March 9 (6 sessions)
Time: 6:30 - 8:30 pm (Tuesday)
Fee: $25
Location: UFM Banquet Room

Beginning Sculpture
YO-19
Learn techniques that will enable you to bring your own "sculptural" ideas to life. We will discuss design, form, line and composition developing ideas first on paper. Three dimensional sculptures will be made and filmed. Class size will be limited. Ages 10+
Terry Mulder
Date: March 10 - May 4 (6 sessions)
Time: 5 - 7 pm (Tuesday)
Fee: $25
Location: Under all materials

Fine arts activities strengthened by Manhattan Arts Council
INCLEMENT WEATHER POLICY

UFO courses held on campus follow the inclement weather policy of Kansas State University. Courses will be conducted unless all University courses are cancelled. If the instructor informs his/her students personally that he/she will not be present at a given class meeting, the instructor is then responsible for arranging a make-up lesson. Weather sensitive courses will use the scheduled rain date. If a rain date is not scheduled, instructor will be responsible for rescheduling.

SPECIAL POLICIES FOR CREDIT OPTIONAL CLASSES

Credit Registration Refunds: After the second credit optional class meeting, but before one-third of the scheduled class meetings have met, fifty percent of the fee may be refunded if requested in writing. No refund is issued if it is requested after one-third of the class meetings have ended.

Credit Enrollment Fees: Courses taken for credit carry additional fees required for University administration of the credit program. A $15.00 late fee will be charged for enrollments taken after the second class meeting. A $35.00 late fee will be charged for enrollments taken after one-third of the class meetings.

Additional student activity and health fees may be assessed for students enrolled in 6 or fewer KSU credit hours.

Withdrawals: A student may withdraw from a credit option class by written request prior to the completion of one-third of the scheduled class meetings without a grade being recorded on the student's transcript. If a student withdraws after one-third, but before two-thirds of the scheduled class meetings, a grade of W (withdrawn) will be issued. No withdrawals will be accepted after two-thirds of the scheduled classes have been completed.

LIABILITY STATEMENT

Individual participants should be aware of the risks and hazards involved in recreational sports and fitness activities. They should voluntarily elect to utilize KSU and UFM facilities and participate in programs recognizing present conditions and further agree to voluntarily assume all risks of loss, damage, or injury that may be sustained while using KSU or UFM facilities or participating in programs.

KSU Continuing Education/UFM assumes no responsibility for costs involved with individual injury or property loss incurred in connection with the use of the University or UFM facilities. Individuals are advised that they should review their own personal circumstances to determine if they have adequate insurance or protection in case of injury resulting from the use of University facilities or participation in programs. It is recommended that all participants have a complete physical before engaging in any physical recreation program.

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>
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<tbody>
<tr>
<td>Jan 12</td>
<td>10 am - 2 pm</td>
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<td>Jan 13</td>
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<td>Jan 17</td>
<td>12 noon - 2 pm</td>
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<td>Jan 21</td>
<td>4 pm - 7 pm</td>
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Registration continues throughout the semester at the UFM House, 1221 Thorton, from 8:30 am - 5 pm (closed 12 Noon - 1 pm).

Thank You

We wish to thank the following contributors for their financial assistance during 1992. Four donations provide an important part in keeping UFM a vital part of education in our community.

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Dean Zollman and Jackie Spears

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LEARNER

Elmer and Kling Anderson
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### REGISTRATION INFORMATION

#### 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, Kansas 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.

#### Registration by Phone

With your VISA or MasterCard number and expiration date ready, call (913) 359-8763 during regular business hours. A minimum of $5 can be accepted.

#### Registration in Person

Stop by UFM, 1221 Thurston anytime between 8:30 a.m. and 5:00 p.m., Monday through Friday.

### FOR YOU...

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

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<th>Name</th>
<th>Day Phone</th>
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**CLASS #** | **Session** | **TITLE** | **FEE** | **LOCATION** | **DATE** | **TIME**
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**Tax Deductible Donation**

Total

I hereby authorize the use of my VISA □ Master Card □

**Signature**

**Card #** | **Expiration Date**
|-----------|------------------|

Card Cardholder's Name (Please Print) ______________________

(Please check all that apply)

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<th>Age: Under 18 exact age</th>
<th>18-24</th>
<th>25-59</th>
<th>60+</th>
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</table>

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 such injury.

**Signature** **Date**

**Signature of parent or guardian required for minors.**

**OFFICE USE ONLY**

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### FOR A FRIEND...

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