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**Looking for something
special this spring?**

Try these classes...

Verbal Self-Defense
Horseshoeing
Oil Painting
Teen Series
Kids' Section
Investing
Handwriting Analysis
Fossil Field Trip
Dance Of Anger
How To Create Prosperity
Cross Country Skiing
Cheesecake
Reptile Round-up
Real Estate Series
TV Performance
Home Sharing
Mental Energies
Fathering

UFM

**FREE CATALOG
CLASSES BEGIN FEB. 2
REGISTER NOW**

UFM News

Dear Friends:

There were many changes at UFM during 1986. Some staff members moved on to other things and, although it is always sad to see people leave, new staff moved in to fill the void and very quickly became part of the UFM family. The latest addition to the staff walks around the building as if he owns the place. He is demanding, obstinate, and refuses to do any work other than pawing through someone else's papers. He has even been seen sleeping on the job, but what else do you expect from a kitten.

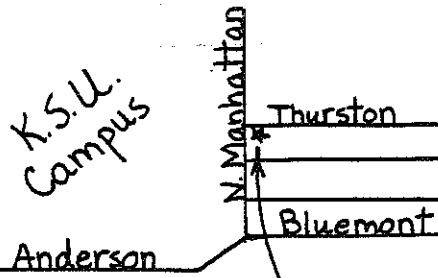
Changes have also been taking place to the interior of UFM. The receptionist and Campus/Community staff moved downstairs, and although it is sometimes crowded, noisy and generally crazy, we are all very happy with our new office. We are even getting used to the smell of paint as the interior gets a face lift. All we need now is some new furniture. Do any of you have some used furniture in good condition you would like to donate?

You will also notice some changes to the catalog. We will not be publishing the Mid-Spring catalog, but new classes will be starting each month all the way through May, and many of these classes will be held more than once. Now you don't have to miss any classes because of conflicting dates. During this semester, we will also be having special classes which are not in this catalog. They will be announced at registration.

To make it easier to register, we will be having on-site registration every month. (see schedule below), but remember, you can always register at UFM any time during business hours (8am-5pm). For those of you in Junction City, the Campus/Community staff will be in the Dorothy Bramlage Library each month for registration.

During the Mid-Fall session, we asked people to bring in canned goods for the Flint Hills Bread Basket in lieu of the registration fee. The response was overwhelming and many families benefitted from your generosity. However, we should remember that people are hungry throughout the year, and if anyone wishes to continue to donate food (no perishables please) bring your cans by UFM and we will see that they are delivered to the Flint Hills Bread Basket.

The Campus/Community staff would like to thank the teachers who so generously give of their time and energy. They really embody the true meaning of volunteerism. So many have taught for UFM every semester, year in, year out, and yet they are always so enthusiastic. THANK YOU! UFM could not exist without you.



1221 Thurston

UFM is located on the east side of campus.



Why We Need Your Support

Sixty percent of our support (Grants and Contracts) comes from sources external to the Manhattan community. These sources of funds have been declining and will continue to decline through this decade.

Nearly 90 percent of our expenditures support programs in Manhattan. As external sources of funds decline, many of these programs will be in jeopardy.

We need your support in establishing a community-wide base of financial support that will enable us to continue serving the Manhattan community.

Why We Charge Fees

UFM charges a class fee to help offset the ever-increasing operating costs. These fees partially help to pay the cost of bringing UFM classes and programs to our community.

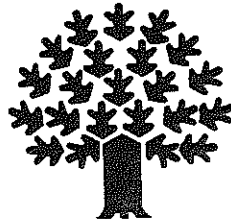
REGISTRATION SCHEDULE

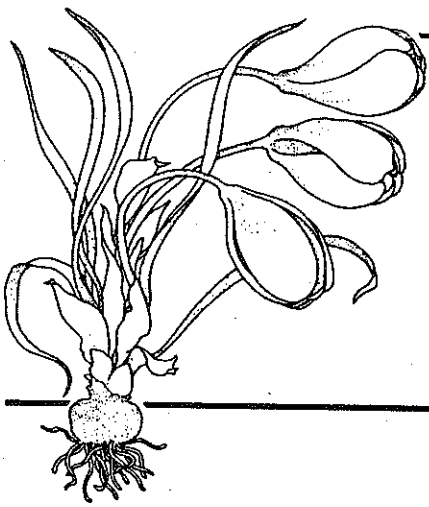
* Registration Forms are on the back page

JANUARY			FEBRUARY / MARCH		
Wednesday, January 14	Manhattan Public Library	5pm - 7pm	Wednesday, February 25	K-State Union	10am - 2pm
Thursday, January 15	K-State Union Manhattan Public Library	10am - 2pm 5pm - 7pm	Thursday, February 26	Manhattan Public Library	11am - 2pm 5pm - 7pm
Friday, January 16	Manhattan Public Library	11am - 2pm	Saturday, February 28	UFM	2pm - 4pm
Saturday, January 17	UFM	2pm - 4pm	Sunday, March 1	Dorothy Bramlage Public Library, Junction City	2pm - 4pm
Sunday, January 18	Dorothy Bramlage Public Library, Junction City	2pm - 4pm	Monday, March 2	K-State Union	10am - 2pm
Monday, January 19	UFM	5pm - 8pm	Wednesday, March 4	Manhattan Public Library	5pm - 7pm
Tuesday, January 20	K-State Union	10am - 2pm	<u>MARCH / APRIL</u>		
Wednesday, January 21	Manhattan Public Library	11am - 2pm 5pm - 7pm	Monday, March 30	K-State Union	10am - 2pm
Thursday, January 22	K-State Union	10am - 2pm	Tuesday, March 31	Manhattan Public Library	11am - 2pm 5pm - 7pm
Saturday, January 24	Dorothy Bramlage Public Library, Junction City	2pm - 4pm	Wednesday, April 1	K-State Union	10am - 2pm
Sunday, January 25	UFM	2pm - 4pm	Thursday, April 2	Manhattan Public Library	11am - 2pm 5pm - 7pm
Monday, January 26	Manhattan Public Library	11am - 2pm	Saturday, April 4	Dorothy Bramlage Public Library, Junction City	2pm - 4pm
Tuesday, January 27	K-State Union	10am - 2pm	Sunday, April 5	UFM	2pm - 4pm
Wednesday, January 28	K-State Union	10am - 2pm	<u>APRIL / MAY</u>		
Thursday, January 29	Manhattan Public Library	11am - 2pm 5pm - 7pm	Wednesday, April 29	K-State Union	10am - 2pm
Saturday, January 31	UFM	2pm - 4pm	Thursday, April 30	Manhattan Public Library	11am - 2pm
			Saturday, May 2	Dorothy Bramlage Public Library, Junction City	2pm - 4pm
			Sunday, May 3	UFM	2pm - 4pm

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Class locations will be noted on your receipt.





Community

532-5866
1221 Thurston

Business Skills

HOW TO WRITE A SUCCESSFUL RESUME C-1

Lori Fox 532-6350

Your resume is only one of many sitting on someone's desk, and being selected for an interview depends entirely on this piece of paper. However, the decision is not made on the flip of a coin, a well written resume is essential. In this class you will learn resume writing skills, examine different styles and formats and we will discuss the most important parts of your resume. You will also get some hands-on experience. (Lori is a graduate student in Education and has a degree in Secondary Business Education. She has written and taught others how to write resumes many times.)

Sect. I: Tues/Thurs. Mar.3,5, 7-9pm.
Sect. II: Tues/Thurs. Mar.10,12, 7-9pm.
Sect.III: Tues/Thurs. Apr.14,16, 7-9pm.
Class Fee: \$6/Sect. Pay at registration.
Materials Fee: \$2, pay at class
Limit: Min. 3 / Max. 10

INTERVIEWING C-2

Lori Fox 532-6350

When the job market gets tight and there are many highly qualified applicants for each position, you need an edge -- something that will make you stand out. You can have your resume professionally prepared, but when it is time for the interview you are on your own. Now is the time to learn the skills and techniques for a successful interview, what questions you will be asked, what questions you should ask, and appropriate follow-up after the interview. Discussion and role-playing will be included in this class. (Lori has taught interviewing on previous occasions.)

Sect. I: Tues/Thurs. Feb.2,12, 7-9pm
Sect. II: Thursdays. Feb.19,26 7-9pm
Sect.III: Tues/Thurs. Mar.31/Apr.2, 7-9pm
Class Fee: \$6/Sect. Pay at registration.
Materials Fee: \$2, pay at class
Limit: Min. 3 / Max. 15

PROFESSIONAL EMPLOYMENT INTERVIEWING C-3

Cindy Wichman 776-9239

Your resume may open the door to a job opportunity, but it's the interview that determines whether or not you get the job. If you are graduating this spring, or looking for a job, this is a class you shouldn't miss. Participants will view themselves in a mock job interview which will be viewed and evaluated by a career planning and placement expert at KSU. Participants should come to the first class session dressed for a job interview. (Cindy is the Program Director at Channel 6, and has a BA in Communication)

Tues & Thurs. April 28 & 30, 7-9pm.
Class Fee: \$6, pay at registration.
Materials Fee: None
Limit: Min. 5 / Max. 10

SUPERVISION AND MANAGEMENT C-5

Lori Fox 532-6350

Supervising others looks easy from 'below', but when that wonderful day arrives and you are promoted, it does not seem quite so easy. We will look at effective supervisory skills, what is expected, the relationship between the supervisor and peers in correlation with management, and professionalism. Your ideas and experiences are welcome.

Sect. I: Tuesday, Feb.17, 7-9pm.
Sect.II: Tuesday, Feb.24, 7-9pm.
Class Fee: \$5, pay at registration.
Materials Fee: \$2, pay at class
Limit: Min. 4 / Max. 30

TIME MANAGEMENT C-6

Kathy Corpus 776-1179

Ever say "there are not enough hours in the day"? Busy people, whether at home or work need to gain control over their use of time or they will end up "spinning their wheels". This class will cover: understanding the concept of time; how to view time as a resource; a look at the common problems of time management; and the myths and strategies for efficient time use. (Kathy is a Ph.D candidate in family economics with a particular interest in time management.)

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

PUBLIC SPEAKING MEANS BUSINESS C-9

Leota Dye 532-6875

Give your business communication skills a promotion. This class will consist of lectures and activities for discovering ideas, building speeches, using visual aids, and developing a more confident style for presentations in the work place. (Leota teaches Speech at KSU and has participated in speech competitively for 10 years.)

Wednesday, Feb. 11,18,25, 7-9pm
Class Fee: \$6, pay at registration.
Materials Fee: None
Limit: Min. 4 / Max. 15

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KEEP REACHING -- MOTIVATION S-38

Joe Younger 532-6277

What makes you do what you do? Everyone has a motivator within themselves that says "do it" for whatever reason. Explore the dynamics of motivation and de-motivation! Study why people keep reaching to satisfy needs. (Joe is manager of staff training and development programs at KSU which provide skills building, professional development enhancement and awareness.)

Sect. I: Thurs., Feb.19, 7-8:30pm.
Sect. II: Thurs., May 21, 7-8:30pm
Class Fee: \$5, pay at registration.
Materials Fee: None
Limits: Min. 6 / Max. 15

MANAGING YOUR TIME AND STRESS S-10

Lori Fox 532-6350

Deadlines! Beat the Clock! Produce More! When the pressures raise your stress level, your ability to control your time decreases, and you become even more stressed out. Within a short period of time you are caught in a vicious cycle. We will look at ways of managing time effectively and dealing with stress. (Lori is a graduate student in Education at KSU)

Sect. I: Tues. March 24, 7-9pm
Sect II: Tues. April 7, 7-9pm.
Class Fee: \$5, pay at registration
Materials Fee: \$2, pay at class
Limit: Min. 4 / Max. None

DEALING WITH DIFFICULT PEOPLE AT WORK C-4

Ron Downey, Ph.D 532-5712

Discussion will deal with techniques for handling difficult people in your work situations. We will focus upon the motivations, attitudes, and situations that can lead to these problems. Your ability to cope with difficult people will make your day a more pleasant one. (Ron is a KSU psychology professor.)

Wednesday, Feb.18, 7pm.
Class Fee: \$5, pay at registration.
Materials Fee: \$3, pay at class
Limit: Min. 5 / Max. 20

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Class locations will be noted on your receipt.

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The Real Estate Connection

SUCCESSFUL REAL ESTATE INVESTMENTS

Alfred R. J. Balloqui III C-15
537-8065

Investing in Real Estate can be very profitable OR you could end up in the hole. It is not a question of luck or chance -- knowledge makes the difference. Topics to be covered in this class will include: Real Estate vs. other investments; How to select the right property for you; Rating investment property; "No Cash Down" financing; management; setting rental rates; Landlord/Tenant relations and screening; City zoning codes and grandfathering; and how to determine if a property has cancer (Al is Broker/Owner of A.B. & Company and Little Apple Realty, a residential agency with a branch office in Wamego.)

Wednesday, March 18, 7:15-8:30pm.
Class Fee: \$6, pay at registration.
Materials Fee: None
Limit: Min. 10 / Max. None

BUYING REAL ESTATE EFFECTIVELY

Alfred R. J. Balloqui III C-17
537-8065

When you invest in a house for rental property, only your intellect is involved in the decision process, BUT when it is to be your home, there is also an emotional factor involved which can make it difficult to be objective. We will compile a check list for buying the right home, in the right area, at the right price. We will also look at financing options, buying vs. renting, renting with option to buy, and how to select a Real Estate Agent.

Wednesday, May 13, 7:15-8:30pm.
Class Fee: \$6, pay at registration.
Materials Fee: None
Limit: Min. 10 / Max. None

Taking Control of Your Life

SEXUAL HARRASSMENT

Eunice Dorst C-48
532-5866

Do you know how to deal effectively with someone who pesters you at work, parties or other places? Are you often at a loss for words when someone makes sexually suggestive remarks? We will discuss sexual harrassment, as well as practice techniques for dealing with these difficult situations. (Eunice believes that no woman should have to deal with sexual harrassment.)

Monday, April 13, 7pm.
Class Fee: \$6, pay at registration.
Materials Fee: \$.50, pay at class
Limit: Min. 4 / Max. None

VERBAL SELF-DEFENSE

Eunice Dorst C-47
532-5866

Verbal abuse is so common we don't always recognize it. How often have you felt defensive, angry, guilty, or hurt after a remark by a spouse, friend, or stranger? If so, the chances are you have been verbally abused. This class will be based on the book The Gentle Art of Verbal Self-Defense, by Suzette Haden Elgin and will include discussion, sharing of ideas, and role playing. You will learn how to defend yourself from verbal abuse and how to know if you, too, are an abuser. (Eunice has studied this book and believes that by sharing these ideas and techniques, we will all become more adept at recognizing and handling verbal abuse.)

Sect. I: Monday, March 9, 7-9pm
Sect. II: Thursday, May 14, 7-9pm
Class Fee: \$6, pay at registration.
Materials Fee: \$1.50, pay at class
Limit: Min. 6 / Max. None

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Class locations will be noted on your receipt.

SELLING YOUR HOME

Alfred R. J. Balloqui III C-16
537-8065

Most of us think of our house as our home, but it is also one of our biggest investments. When you own stocks or shares, you sell at a time when you will receive the most profit. Selling your house should be no different. Whether you sell your house yourself or through an agent, you can only gain by learning when to sell, how to price, financing - both conventional and creative - marketing and advertising. We will cover these and other important topics in this class.

Thursday, April 16, 7:15-8:30pm.
Class Fee: \$6, pay at registration.
Materials Fee: None
Limit: Min. 10 / Max. None

Etc...

WEDNESDAY MORNING PLAY GROUP

Barb Stork C-46
539-1379

This is an ongoing "Support Group" for at-home mothers and their pre-school age children, a "Mother's Morning In" with children playing and moms visiting with other adults. Mothers are responsible for their own children, no separation necessary. During nice weather we will be meeting outside and during colder months we will be meeting in homes of participants. The group has been in existence for about nine years.

Register and you will be contacted for first meeting date.
Class Fee: \$2, pay at registration
Materials Fee: None
Limit: Min. 1 / Max. 6

POST OFFICE TOUR

C-51

A behind-the-scenes look at your local Post Office. Find out what happens to your letters and parcels from the time they arrive at the Post Office to their delivery at your home. You may get some surprises and perhaps even some hands-on experience.

Sat. March 7, 9:30-11am.
Class Fee: None
Materials Fee: None
Limit: Min. 4 / Max. None



Being Your Own Boss

STARTING YOUR OWN BUSINESS

Bill Edison, Bernie Butler C-12
537-1234

Do you dream of being your own boss? Are you really ready to start your own business? Lots of people think so. In fact, thousands of new businesses are started every year, and most of them fail within the first year. The problem is that most folks don't stop to consider what is involved before they get started. Learn the strategies and plans for a successful business, employee/employer relations, customer/owner relations, and community relations. Bernie will discuss how to finance your new business through loans or other capital. There will also be time for questions. (Bill is the president of the Union National Bank and Bernie is a Pizza Hut franchisee.)

Tues. March 24, 7:30-9pm
Class Fee: \$6, pay at registration.
Materials Fee: None
Limit: Min. 5 / Max. None

STARTING A HOME BASED BUSINESS

Fred Rice C-13
532-5529

This class will cover everything you need to know about selecting, planning, and starting the right home-based business. We will discuss management and marketing tips to help you turn your skills and energy into a profitable venture. (Fred is Director of the KSU Small Business Development Center. (SBDC) and has counseled hundreds of home-based business owners.)

Tues. Feb.24, Mar.3,10, 7-9pm.
Class Fee: \$6, pay at registration.
Materials Fee: \$4, pay at first class
Limits: Min. 3 / Max. None

BE AN ENTREPRENEUR IN COLOR

Deanna Pierson S-41
1-625-2730

If you have been looking for a creative new dimension in your life, explore the career and business opportunities Color-Analysis has to offer. This business can be operated from your kitchen table or it can be added to beauty shops, apparel stores, or interior design businesses (and, that's just the beginning). Deanna supports herself on the income derived from Beauty for All Seasons -- you can too! (Deanna is an executive director and corporate instructor with Beauty for All Seasons. Deanna's vast knowledge of color has rewarded her with the opportunity to travel from Orlando to L.A. where she has trained extensively under color experts from around the world.)

Sect. I: Friday, Feb.27, 7pm.
Sect. II: Friday, Apr.24, 7pm.
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

Classes are closed for low enrollment. Register early and assure your place.

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THE LOU DOUGLAS LECTURES

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LESTER THUROW -- U.S.-JAPANESE ECONOMIC RELATIONS
February 10, 1987, Forum Hall, 7:30pm

Professor of Economics and Management, Massachusetts Institute of Technology; author of Generating Inequality, Zero Sum Society, Dangerous Currents: The State of Economics.

EVALINA KANE - THE IMPACT OF PORNOGRAPHY ON THE
SAFETY AND STATUS OF WOMEN AND CHILDREN
March 10, 1987, Forum Hall, 7:30pm.

Organizer for Women Against Pornography; author of MTV: Misogyny in Rock Video

SAMUAL BOWLES - CAPITALISM AND DEMOCRACY:
SCARCITY, DESPOTISM AND FREEDOM
April 9, 1987, Williams Auditorium, 7:30pm

Professor of Economics, University of Massachusetts, Amherst; author of Beyond the Wasteland: A Democratic Alternative to Economic Decline; Understanding Capitalism: Competition, Command and Change; Democracy and Capitalism: Property, Community and the Contradictions in Modern Social Thought; The Economic Report of the People.

RENNY GOLDEN - REFUGEES; LINCHPIN IN LOW INTENSITY CONFLICT
April 21, 1987, Forum Hall, 7:30pm

Associate Professor of Criminal Justice, Northeastern Illinois University, former teacher at Harvard Divinity School's Women's Religious Studies Program, Member of Chicago Religious Task Force on Central America, "Conductor" on underground railroad; author of Struggle Is Name for Hope (poetry), Sanctuary: The New Underground Railroad.

Electronics for the 80's

HARDWARE/SOFTWARE SELECTION FOR BUSINESS,
INDUSTRY & EDUCATION

C-27
Jim Sharp 539-5837

Selecting the proper Hardware/Software is a critical and complicated process. Knowing the sequence and the rules to make this selection gives you a tremendous advantage, and can save you and your organization dollars, headaches and confusion. Literally millions of dollars have been wasted by business and other organizations, because they were sold something they didn't understand, didn't need, or it failed to meet their requirements. Proper selection of hardware/software is critical, not only to the short-term successful implementation process, but also to its long-term use and cost justification. (Jim Sharp is a former Manager of Information Systems for a large Farm and Insurance organization, and has taught Computer Science courses at both K-State and in the business world. He now has his own independent Management and Technology Consulting practice and has had extensive experience in selecting hardware and software for Mainframe, Minis and Micro computers. He does not sell products and can therefore, give an unbiased opinion on any of the thousands of products available to fit your requirements.)

Wednesday, Feb. 25, 7:30-9pm
Class Fee: \$6, pay at registration.
Materials Fee: None
Limit: Min. 5 / Max. 15

THE CONSUMER IN THE PERSONAL COMPUTER
MAZE C-28

Paul & Jane Palenske 537-2624

The purpose of this class is to acquaint the consumer with information they should know before they purchase a personal computer and to show all the pitfalls, i.e. programs, costs, peripherals which are not included, warranties, and repair services. The most common mistake is buying a computer without knowing what it does or what you want it to do. Ideally, a self-analysis should be done before you purchase a computer. We will also discuss the care and feeding of the computer and how to work with kids on the computer. Students should bring any copies of Consumer Reports they have which include ratings of PC's. You should also bring a legal pad or notebook. You will want to take lots of notes in this class. For the purpose of this class, a husband and wife team will be considered one person and the class fee charged accordingly. (Paul and Jane operate Creative Computing Services. Paul got involved with computers while making a post retirement career change. While testing different systems, they started keeping a log of their successes and mistakes.)

Sect. I: Mon. & Wed., March 2, 4; 7-9pm
Sect. II: Mon. & Wed., April 27, 29; 7-9pm
Class Fee: \$6, pay at registration.
Materials Fee: \$.50/sect., pay at class
Limit: Min. 4 / Max. none

BASIC HP 41 CALCULATOR C-29

Tom Westbrook 776-1845

This is a basic course for those students who are required to use the HP 41 calculators but you should have a knowledge of RPN. Please supply your own calculator. (Tom has used the HP 41 extensively.)

Thursday, Feb. 12, 19, 26, 7pm
Class Fee: \$6, pay at registration.
Materials Fee: \$2, pay at class.
Limit: Min. 4 / Max. 15

Stardom at Last

INTRO. TO RADIO BROADCASTING C-45
Ed Klimek 776-0104

Tour the KQLA radio studio facilities. Learn how to write and record a commercial. Teachers will include the KQLA General Manager, Sales Manager, Program Director, and News Director. A member of last year's UFM class held at KQLA has joined our staff as a sales representative. It could happen to you! (Ed is general manager of KQLA and has been in broadcasting for over 10 years with a two-year stint as a marketing director.)

Thursdays, Feb. 5-19, 7-8:30pm
Class Fee: \$6, pay at registration.
Materials Fee: (Bring one blank cassette tape)
Limit: Min. 4 / Max. 8

CAMERA! ACTION!
TELEVISION PERFORMANCE C-44

Cindy Wichman 776-9239

If you have always wanted to be on TV, this is your chance! You will learn to understand the complex world of televised communication as a viewer and a performer. Participants will prepare and perform their own 1 - 3 minute TV message and when completed, the class will compare and contrast individual projects. **The three best productions will be featured on Channel 6's "Manhattan Magazine". Don't miss this chance! (Cindy has been at Channel 6 for two years and is currently the Program Director.)

Tues. & Thurs. Feb. 10 & 12, 7-9pm.
Class Fee: \$6, pay at registration.
Materials Fee: None
Limit: Min. 5 / Max. 10

Health

AIDS - A FAMILY LIFE SEMINAR FROM RED CROSS C-49

Lynda Frey, Nancy Heyns 537-2180

Learn the facts about AIDS from the American Red Cross, the nation's foremost health educator. (Lynda is the executive director of the Riley Co. Red Cross and is a certified health instructor. Nancy is a R.N. and has been a Red Cross volunteer for 10 years.)

Tuesday, Feb. 17, 7-9pm
Class Fee: \$4, pay at registration.
Materials Fee: None
Limit: Min. 6 / Max. None

ROOMS FOR RENT

No, you cannot move into the UFM house, but if you are planning a meeting, potluck or just a fun function, UFM has rooms available with kitchen facilities for a reasonable price. Call UFM, 532-5866 for details.

RED CROSS FIRST AID C-50

Neil Schanker 539-5766

Learn the basics of first aid, the skills and information needed in daily life, as well as those critical to saving lives and minimizing injuries. General first aid and accident prevention are stressed. You will learn how to restore breathing, care for fractures, and how to treat poison, shock, and burn victims. You pace yourself through a separate workbook for each topic. When you're ready, you'll be individually evaluated by a Red Cross instructor. You will earn a Standard First Aid Certificate. (Neil is a Red Cross Certified First Aid Instructor.)

Sunday, March 1, 8am-4pm
Class Fee: None
Materials Fee: \$12, pay at first class.
Limit: Min. 6 / Max. 12

*Class locations will be
noted on your receipt.*

5

Potpourri of Knowledge

DIVORCE LAW

C-30

Drew Frackowiak

537-2943

This class will present a general overview of Kansas and federal laws as they relate not only to divorce but also separations, annulments, paternity, custody, visitation, child support, etc. This is not a do-it-yourself training, but held for informational purposes only. (Drew is an attorney with Flint Hills Legal Services and approximately half of his cases involve domestic disputes.)

Monday, April 13, 7-9pm
Class Fee: \$4, pay at registration.
Materials Fee: None
Limit: Min. 4 / Max. None

COMPARABLE WORTH

C-32

Carol L. Huneycutt

776-3057

We will discuss the principle "Equal pay for equal work" and look at the arguments against comparable worth and their rebuttles. We will also look at how the Reagan Administration has not supported the pay equity concept. (Carol has spoken on this subject many times before.)

Tuesday, March 24, 7:30-9pm.
Class Fee: \$4, pay at registration.
Materials Fee: None
Limit: Min. 5 / Max. None

HOW TO GO BACK TO SCHOOL (WHEN YOU DON'T KNOW WHERE TO BEGIN, YOU DON'T KNOW WHOM TO ASK, AND YOU'RE NOT EIGHTEEN ANYMORE)

C-38

Dr. Ruth Hoeflin
Dr. Carla Crook

532-6432

Going to college as an adult can be exciting, but are you wondering whether you have the time, money, ability or physical energy to do so? Does the educational institution confuse you? Do you know how to study, to take exams? We'll help you find the answers, think through the decisions, take the first steps, learn how to cut red tape, and know where to find help on campus.

(Ruth is director of FENIX, a program for students over 25. She is the former Dean of Home Economics, has conducted research on adult students, and is a firm believer in lifelong learning. Carla, assistant director of FENIX, received her B.S. in Home Economics and her M.S. in Adult and Vocational Education from KSU and her Ph.D. in Adult Education with an emphasis on lifelong learning and administration.)

Tues.Thurs.Tues. Mar. 3, 5 & 10, 7pm.
Class Fee: \$5, pay at registration
Materials Fee: \$1.50, pay at first class
Limit: Min. 8 / Max. None

THE SIDE-TRACKED HOME EXECUTIVE

C-40

Susan Martindale

1-948-2831

Learn about how two amazing women, both mothers of several children, have created a unique system that transformed their homes from pigpens to paradise and even found time to write a book about it. Using this book, Susan will discuss this system and reveal the secret of how to have scrubbed children, a well-organized and tidy home, a smiling spouse and stew bubbling on the stove while you relax or pursue your favorite hobby. No longer will you have to envy those immaculate ladies with immaculate homes. (Susan has been using this system for two years with very satisfying results.)

Thursday, May 7, 7-9pm.
Class Fee: \$5, pay at registration.
Materials Fee: \$1, pay at class
Limit: Min. 5 / Max. None

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Class locations will be noted on your receipt.

HOME SHARING

C-39

Nancy Anderson L.B.SW
Kathleen M. Chase

Ever considered shared housing? Could you reduce your living costs, increase friendships, provide/receive the extra assistance you need? Lots of combinations might work. How can we most effectively link people of all ages who want to share housing in Manhattan? Nancy and Kathy especially would like to help elders continue living independently in this way. Please meet with us to discuss your (or someone else's) particular housing needs, how informal systems work now, and share ideas on ways we can coordinate shared housing needs in Manhattan better in the near future. (Nancy is coordinator of the Help program at the Senior Center and Kathy is her student intern with a special interest in shared housing.)

Thursday, Feb. 12, 7pm
Class Fee: \$4, pay at registration.
Materials Fee: None
Limit: Min. 6 / Max. None

LIFE IN THE PEOPLES REPUBLIC OF CHINA

C-43

Don Dubois

776-1137

For those planning to travel to the PRC or for those who just wish to know more about the life of the average person in the most interesting and most populous country on earth, where one fourth of the people in the world live. Also, some of the sights and experiences that could happen only in China. Will have examples of art work, such as cloisonne pottery and oriental rugs for viewing. (Don has traveled to China many times on business since 1980 (9 trips). He and his wife spent seven weeks in 1986 traveling from extreme northern to southern China.)

Tuesday, April 7, 7:30-9:30pm
Class Fee: \$5, pay at registration.
Materials Fee: None
Limit: Min. 10 / Max. None

MANHATTAN ALLIANCE ON CENTRAL AMERICA

C-54

The Manhattan Alliance on Central America is an organization of local citizens with the sponsorship of several Manhattan Congregations who are seeking to inform itself about important facts and trends with respect to the realities in Central America and response to it. The Alliance meets once each month for a Rice and Beans Dinner, followed by informative presentations by individuals who have first hand knowledge on Central American realities. The first Rice and Beans Dinner for Spring 1987, is Jan. 28, at St. Isadores, at the corner of Denison and Leavenworth. Dinner is served at 6:15pm and the program is presented at 7pm. A report will be presented by three Manhattanites who are traveling to Honduras and Nicaragua with Congressman Jim Slattery. A \$2.00 contribution is requested for the dinner, the program is free. More information on subsequent programs can be obtained by calling: 539-5189 or 539-6706.

A GUIDE TO PLANNING AND ENJOYING YOUR WEDDING

C-41

Christie Irish

776-7387

From the most lavish wedding to an informal ceremony, your wedding must be organized. We will go step-by-step through a 6-month calendar and will also discuss tuxedos, invitations, accessories, flowers as well as expenses. Bridal gown styles and headpieces will also be discussed. (Christie has worked in the bridal industry for 5 years doing wedding planning and consulting.)

Wednesday, Feb 11, 7-9:30pm
Class Fee: \$5, pay at registration.
Materials Fee: \$1, pay at class
Limit: Min. 6 / Max. 15

TALKING ABOUT MODERN PHYSICS

C-37

Larry Weaver

532-6786

This class will cover questions, some answers, and conversation about topics in modern physics: quarks, gluons, relativity and other symmetries. Know what this is all about? Join us to discover the exciting world of physics. (Larry teaches and does research in the physics department at Kansas State.)

Sect I: Mon., Feb. 9, 7-9pm
Sect II: Mon., Mar. 2, 7-9pm.
Class Fee: \$5, pay at registration.
Materials Fee: None
Limit: Min. 5 / Max. 15

LOCAL GOVERNMENT

C-31

Carol Peak

539-9513

Learn about the structure and function of local units of government and advisory boards. We will also discuss the issues important to the April 7 election. (Carol is currently the President of the League of Women Voters of Manhattan/Riley County.)

Thursday, March 12, 7-9pm
Class Fee: \$4, pay at registration.
Materials Fee: None
Limit: Min. 5 / Max. 20

GENEALOGY FOR BEGINNERS

C-33

J. Harvey Littrell

539-2646

Where are the roots of your family tree? Do you know anything about your ancestors back past your grandparents? Learn the tricks of the trade as we find out where and how to research the elusive past. This class is for beginners who want the basic knowledge needed to make a genealogical study of their families. We will go beyond just names and dates. Bring the names and dates of ancestors you already possess. (Harvey is a retired KSU professor. He is currently the president of the Riley County Genealogical Society.)

Sect. I: Mon., Feb. 2, 7-9pm.
Sect. II: Mon., Feb. 16 7-9pm.
Class Fee: \$5, pay at registration.
Materials Fee: \$2, pay at class
Limit: Min. 4 / Max. 12

ADVANCED GENEALOGY

C-34

J. Harvey Littrell

539-2646

This class is designed for students who have had Beginning Genealogy or who have had practical experience. We will be concerned with sources for differing kinds of information, special techniques for making genealogical decisions, and organizing and publishing your genealogical data. (Harvey is a retired KSU professor. He is currently the president of the Riley County Genealogical Society.)

Fridays, March 6 & 13, 7-9pm
Class Fee: \$5, pay at registration.
Materials Fee: \$2, pay at first class
Limit: Min. 4 / Max. 12

Continued...



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Potpourri of Knowledge (cont.)

EUROPEAN GETAWAYS

C-42

David Garvin

539-0531

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

(David has been in the travel tourism business for 10 years.)

Thurs. February 12, 7-9pm.

Class Fee: \$5, pay at registration.

Materials Fee: None

Limit: Min. 4 / Max. None

IN THE BEGINNING: CONTINENTAL DRIFT AND PLATE TECTONICS

C-35

Huber Self, Professor Emeritus 539-4794

This class will cover the following:

- Creation of the Universe, the Solar System and nine planets, including earth;
- Evolution of the earth through four billion plus years of land formation;
- Continents, drifting from a single body to the present six; and
- The modern earth crust resting on 16 movable plates.

We will also view a film titled: In the Beginning: Formation of the Grand Canyon (Huber taught physical geography at KSU for 33 years.)

Thursday, Feb. 12, 7-9pm.

Class Fee: \$5, pay at registration.

Materials Fee: None

Limit: Min. 10 / Max. None

Color of Money

PRE-RETIREMENT PLANNING

C-23

Gil Sabatka

776-4873

This course is designed for people age 35 or older who are interested in proper planning techniques concerning risk management, tax planning, and portfolio analysis for pre-retirement planning. (Gil operates a financial planning firm in Manhattan and his professional credentials include the Chartered Life Underwriter (CLU), Chartered Financial Consultant (ChFC), and Certified Financial Planner (CFP).)

Monday, March 2, 7-8:30pm

Class Fee: \$6, pay at registration.

Materials Fee: None

Limit: Min. 4 / Max. none

INVESTING AND PLANNING

C-20

Fred Freeby

537-4505

This class will consist of 1-1/2 hours of interesting slides and discussion about investing and insurance. Subjects to be covered are investments (all types), insurance (all types), wills, trusts, limited partnerships, and retirement programs. Special feature of this class will be a Financial Plan for each participant equivalent to a plan costing several hundred dollars if purchased. (Fred has been associated with Waddell & Reed for 10 years and is a senior Account Executive with offices located at 445 East Poyntz (Town East) Manhattan.)

Sect. I: Tues. Feb. 17 7:30-9pm

Sect. II: Mon. Mar. 16 7:30-9pm

Sect. III: Tues. May 19 7:30-9pm

Class Fee: \$6, pay at registration.

Materials Fee: None

Limit: Min. 2 / Max. None

THE BASICS OF INVESTING

C-18

Greg Barron

776-1066

This class will take the confusion out of the investment world. You will leave the class with a working knowledge of stocks, bonds, mutual funds, and partnerships. We will discuss the risk/reward relationships in the various investment vehicles. Investment alternatives for the smaller investor will also be examined (as low as \$50/mo.). (Greg has a masters degree in economics and is an investment advisor for Stifel Nicolaus & Co.)

Tuesdays, Mar. 3 & 10, 7-9pm

Class Fee: \$6 or \$10 for both C18 & C19.

Pay Class Fee at registration

Materials Fee: None

Limit: Min. 4 / Max. None

ESTATE PLANNING AND FINANCIAL PLANNING PRINCIPLES WITH CONSIDERATION GIVEN TO THE TAX REFORM ACT OF 1986.

C-24

Gil Sabatka

776-4873

This class is designed to review financial planning principles used in accumulation through income tax planning, investment planning and retirement planning with consideration given to the tax reform act of 1986.

(Gil operates a financial planning firm in Manhattan and his professional credentials include the Chartered Life Underwriter (CLU), Chartered Financial Consultant (ChFC), and Certified Financial Planner (CFP).)

Monday, Feb. 16 7-8:30pm

Class Fee: \$6, pay at registration.

Materials Fee: None

Limit: Min. 4 / Max. none.

THE SHRINKING PURSE STRINGS

C-25

Barbara Heid

539-1528

Topics that will be covered include: how to prepare properly for major financial risks; affordable ways to invest; the "cost of waiting"; and the potential benefits of paying oneself every month. (Barbara is a Registered Representative with Waddell and Reed, Inc. She is a 1982 KSU graduate in Family Economics and specializes in Financial Plans and Estate Planning.)

Thursday, April 2, 7-9pm.

Class Fee: \$6, pay at registration.

Materials Fee: None

Limits: Min. 4 / Max. None

HOW TO SHOP FOR INSURANCE

C-26

Paul Palenske

537-2624

They knock on your door, it comes through the mail, and you see it on TV - buy, buy, buy insurance. How do you sort through all the various types of policies? How do you determine what your needs are? We all need insurance, but with rising costs we do not want to pay out for something we do not need. This class will take a realistic look at the insurance market, help you to determine your needs and explain how to shop for insurance. (Paul was connected with the insurance business for five years and is now able to share with you his unbiased expertise.)

Wednesday, April 1, 7-9pm.

Class Fee: \$5, pay at registration.

Materials Fee: None

Limit: Min. 4 / Max. 10

Quick Fixin'

DEFROSTING YOUR LAWNMOWER

C-53

Ray Stockman

532-5869

Ever had the joy of trying to start a lawnmower for the first time after it has been sitting the better part of half-a-year? This class is centered around reducing the aches and pains of this spring ritual through the basics of lawnmower revival. Included will be tips on upkeep, proper operating procedures and troubleshooting your pain in the grass. (Ray was the co-owner of a lawn service in K.C. for six years and has worked on a wide variety of small engines.)

Saturdays, March 28 & April 4, 3-5pm.

Class Fee: \$5, pay at registration.

Materials Fee: \$5, pay at first class.

Limit: Min. 3 / Max. 10

CAR CARE BASICS

C-52

Ray Stockman

532-5869

Has the zip been zapped from your means of transportation? If so, why not try to restore some of that health to your car and add wealth to your pocket. This class teaches the basics of car care that prolong the life of your car so you won't have to say "so long" to the car of your life. We will learn how to check and change all filters, fluid levels and maintenance items. Bring your car. (Ray has been working on cars as a hobby since 1978 and as a necessity since 1980)

Fridays, March 27 & April 3, 6-8pm.

Class Fee: \$5, pay at registration.

Materials Fee: \$10, pay at first class.

Limit: Min. 4 / Max. 8

H.O.M.E.

UFM sponsors the Home Owner's Maintenance and Energy (HOME) Program. HOME provides free labor for home repairs and maintenance for low-income, elderly, and handicapped homeowners in Manhattan. Labor, provided by churches, campus organizations, court diversion programs, the SRS Community Work Experience Program and others, has enabled HOME to complete over 200 jobs for 70 different clients in 1986. This is triple the number of jobs completed in 1985, the first full year of the program. Since many homeowners cannot afford to pay for the materials needed for repairs, HOME has established the Revolving Materials Fund, financed by contributions. This fund makes it possible for homeowners to pay for the materials over a number of months. This winter, HOME is providing free snow removal for those physically unable to shovel snow themselves and financially unable to hire someone else. For an application form, contact HOME at 532-5866. Those able to hire someone can contact the Riley County Handyman Program at 539-1313 or the Manhattan Emergency Shelter at 537-3313.

*** HOME CAN USE YOUR HELP ***
WE NEED:

- Contributions to the Revolving Materials Fund-
- Donations of supplies or tools-
- Work groups-

Continued...

Class locations will be
noted on your receipt.

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The Color of Money (continued)

INVESTMENT BASICS

C-22

Sherl Prawl

537-3700

This is your opportunity to understand the foundation of investment fundamentals necessary for effective financial planning. Topics discussed will include money market funds, stocks, bonds, mutual funds, insurance and tax advantaged opportunities. (Sherl has been a financial counselor for the past 12 years, specializing in stocks, bonds, and mutual funds.)

Thursdays, Feb. 12 & 19, 7-9pm
Class Fee: \$6, pay at registration.
Materials Fee: None
Limit: Min. 8 / Max. 14

INVESTING FOR THE RETIRED AND NEAR RETIRED

C-21

Fred Freeby

537-4505

We will cover tax reduction methods, income producing investment opportunities, money saving ideas, estate planning, and a number of other money management subjects applying specifically to the retired and near retired.

Tuesday, April 21, 7:30-9pm
Class Fee: \$6, pay at registration.
Materials Fee: None
Limit: Min. 2 / Max. None

ADVANCED INVESTING

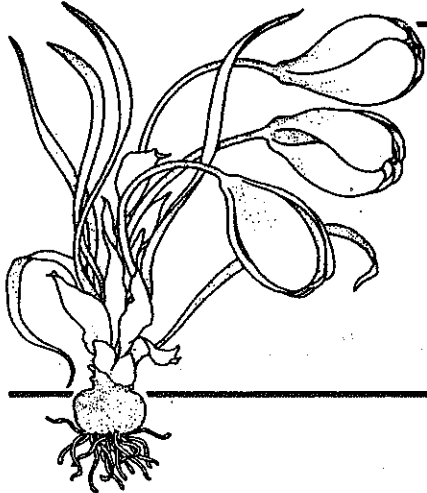
C-19

Greg Barron

776-1066

For those folks who have a beginning grasp for investing and would like to go a step beyond. We will emphasize trading techniques in both the stock and bond market. We will also discuss techniques by professional money managers.

Tuesdays, Mar. 17 & 24, 7pm.
Class Fee: \$6 or \$10 for both C18 & C19.
Pay Class Fee at registration
Materials Fee: None
Limit: Min. 4 / Max. None



Self

The Work-over

COLOR PIZAZZ!!

MEN'S COLOR AND IMAGE CLASS

S-31

Bonnie Hansen

776-3438

Color affects everything we do and especially how other people respond to you. Each participant in our Men's Color Pizazz class will have their personal color harmony analyzed by a professional certified Color Consultant and their color palette determined. Most professional colors as well as personality expression will be given. Excellent information for those going for job interviews, etc. Many handouts and information.

(Bonnie has been in the color analysis business for over 20 years. She owns the Color Studio and gives classes and lectures on color and image throughout the Midwest.)

Thursday, Feb 19, 7:30-9:30pm
Class Fee: \$6, pay at registration.
Materials Fee: \$35, pay at class
Limits: Min. 4 / Max. 8

BE AN ENTREPRENEUR IN COLOR

S-41

Deanna Pierson

1-625-2730

If you have been looking for a creative new dimension in your life, explore the career and business opportunities Color-Analysis has to offer. This business can be operated from your kitchen table or it can be added to beauty shops, apparel stores, or interior design businesses (and, that's just the beginning). Deanna supports herself on the income derived from Beauty for All Seasons -- you can too!

(Deanna is an executive director and corporate instructor with Beauty for All Seasons. Deanna's vast knowledge of color has rewarded her with the opportunity to travel from Orlando to L.A. where she has trained extensively under color experts from around the world.)

Sect. I: Friday, Feb. 27, 7pm.
Sect. II: Friday, Apr. 24, 7pm.
Class Fee: \$5, pay at registration.
Materials Fee: None
Limit: Min. 4 / Max. None

COLOR PIZAZZ!!

COLOR AND IMAGE FOR WOMEN

S-30

Bonnie Hansen

776-3438

Each participant will receive their personal color harmony analysis and their color palette determined by a professional certified Color Consultant. We will discuss the psychology of color and how it affects people and how our personal image evokes a positive or negative response from those around us.

(Bonnie is a certified color consultant with 20 years experience in the field. She is also the owner of the Color Studio.)

Sect. I, Thurs. Mar. 19 7:30-9:30pm.
Sect. II, Thurs. Apr. 16 7:30-9:30pm
Class Fee: \$6, pay at registration.
Materials Fee: \$35, pay at first class

S-43

YOUR DAY OF BEAUTY MAKE-OVER MAGIC IN COLOR

Presented by: Deanna Pierson

WORKSHOP I, Sat. Feb. 28, 10 am-4 pm.
WORKSHOP II, Sat. Apr. 25, 10 am-4 pm
\$39 each workshop.
(Lunch not included)

The wonderful day of color-analysis is all yours. This will be a special day just for you. First, you will be color draped using the 4 Season Theory. Then a complete make-over using your very best in foundation, lipsticks, blushes, and eyeshadows.

To complete the workshop we will discuss your body proportion and clothing personality. We will enhance you even more by discussion of hair styles for your face, shape, and lifestyle.

IT'S A WORKSHOP YOU WON'T WANT TO MISS!

Deanna Pierson, an executive director and corporate instructor with Beauty for All Seasons, the world's largest company in color, resides in Hays. She brings to Manhattan her years of knowledge in color, fashion, and make-up. Deanna's vast knowledge in color has rewarded her with the opportunity to travel from Orlando to L.A. where she has trained extensively under color experts from around the world

REGISTER EARLY!

Each workshop is limited to 10 persons.

BASIC STEPS TO SKIN CARE FOR COUPLES

S-42

Janet Milliken

539-9469

Vicki Gwartney

537-4767

Today, men and women are more interested in proper skin care than ever before. Give your special Valentine and yourself a special treat by learning how to take proper care of your skin. Vicki and Janet are offering this skin care class for couples. There will also be a special gift for your Valentine. (Vicki and Janet are skin care specialists for Mary Kay Cosmetics.)

Monday, Feb. 9, 7pm.
Class Fee: \$5, pay at registration
Materials Fee: \$2 per couple, pay at class.
Limit: Min. 2 couples / Max. 8 couples.

HAIR AND SKIN CARE TODAY

S-32

Mike Thompson

776-3600

Aggie Hair Shapers

This class will focus on hair care and styling for the individual in regard to their particular hair texture and face shape. You will be shown how you can create the illusion of the perfect face shape. Hair products and their uses will also be discussed. (Mike has had 12 years experience as a hair stylist and attends seminars frequently. He is the owner of Aggie Hair Shapers.)

Sect. I Tues. March 24, 7:30pm.
Sect. II: Tues. April 7, 7:30pm.
Class Fee: \$6, pay at registration.
Materials Fee: None
Limit: Min. 2 / Max. 6

Finding Out About Yourself

HANDWRITING ANALYSIS

S-1

Miriam Field

539-5586

This class offers an overview of the traits revealed in handwriting. This is a unique opportunity to learn more about yourself through analysis of your handwriting.

(Miriam is a master certified "grapho-analyst." She also teaches more in-depth introductory courses as well.)

Mondays, Feb. 23 & Mar. 2, 7-9pm.
Class Fee: \$6, pay at registration.
Materials Fee: None
Limit: Min. 6 / Max. None

WRITING FOR YOURSELF

S-2

Jadis Paul

776-0942

Journals, poems, songs, stories, and other forms of creative verbal expression can help you come to know, love, and understand yourself and the world around you. There is no right or wrong, no good or bad, no rules except the rules you set for yourself. If you are an experienced self-writer, or would just like to get started, come and join this class. (Jadis has been writing for herself for over 10 years.)

Wed. Feb. 18, 25, March 4, 11, 7-8:30pm
Class Fee: \$5, pay at registration.
Materials Fee: None
Limit: Min. 3 / Max. 10

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Class locations will be noted on your receipt.

Helping Yourself

KEEP REACHING - MOTIVATION

S-38

Joe Younger 532-6277

What makes you do what you do? Everyone has a motivator within themselves that says "do it" for whatever reason. Explore the dynamics of motivation and de-motivation! Study why people keep reaching to satisfy needs. (Joe is manager of staff training and development programs at KSU which provide skills building, professional development enhancement and awareness.)

Sect. I: Thurs. Feb. 19, 7-8:30pm
Sect. II: Thurs. May 21, 7-8:30pm.
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min., 6 / Max. 15

MANAGING YOUR STRESS AND TIME

S-10

Lori Fox 532-6350

Deadlines! Beat the Clock! Produce More! When pressures raise your stress level your ability to control your time decreases, and you become even more stressed out. Within a short time you find your-self in a vicious cycle. We will look at ways of dealing with stress, and managing your time effectively which in itself will help lower your stress level. You are not born with the ability to efficiently handle three things at once. We will discuss some simple techniques which anyone can learn.

Sect. I: Tues. March 24, 7-9pm.
Sect. II: Tues. April 7, 7-9pm.
Class Fee: \$6/Sect. Pay at registration.
Materials Fee: \$2, pay at class
Limit: Min. 4 / Max. None

MENTAL ENERGIES

S-14

David G. Danskin 532-6927

Our thoughts/mental energies effect us all the time. Learn some fascinating and not-so-obvious ways this goes on all day. Practice strategies for directing mental energies for health. (Dave has worked in the KSU Counseling Center for years and has long-standing interests in voluntary self-regulation and self-enhancement.)

Sec. I: Tues. Feb. 17, 7:30-9pm.
Sec. II: Tues. April 7, 7:30-9pm
Class Fee: \$6, pay at registration.
Materials Fee: None
Limits: Min. 4 / Max. None

HOW TO CREATE PROSPERITY

S-13

Grace Reischman, D.C. 537-9330

Does it seem like you never have enough money? Learn how to create prosperity and abundance in your life. Turn lack into lots. Be sure to bring a \$1 bill with you. (Grace is a chiropractor in Manhattan who has been practicing creating abundance in her life for many years.)

Sect. I: Sun. March 22, 2-4pm
Sect. II: Sun. May 17 2-4pm
Class Fee: \$6, pay at registration.
Materials Fee: None
Limit: Min. 5 / Max. 15

HYPNOSIS FOR THE SERIOUSLY CURIOUS

S-15

Dr. Greg Potter 537-0076

The very worthwhile tool of hypnosis is misunderstood not only by the general public but also by many health care professionals. This class will discuss hypnosis, its uses, benefits, precautions and will include a demonstration. (Greg is trained in hypnosis at the Ethical Hypnosis Training Center under Harry Arons, and uses hypnosis frequently in his private practice.)

Tuesday, Feb. 10, 7-9:30pm
Class Fee: \$6, pay at registration.
Materials Fee: None
Limit: Min. 4 / Max. 15

THE DANCE OF ANGER

S-7

Suzanne M. Shaver 776-9411

We all have different styles for (mis-) managing anger. We may become aggressive, pretend everything is all right or start an argument which escalates and leads nowhere. What is the price we pay for staying stuck? The goal of this class is to learn to recognize anger as a signal and to use it so that it effects change. Optional Reading: The Dance of Anger, by Harriet Lerner. (Suzanne is a Marriage and Family Therapist.)

Thursdays, Feb. 26, Mar. 12, 26, 7:30-9:30pm
Class Fee: \$6, pay at registration.
Materials Fee: None
Limit: Min. 5 / Max. 8

DEALING WITH ANGER

S-8

Jadis Paul 776-0942

Not happy with the way you react to some people or situations? We will discuss various techniques to help you and your feelings be friends. We will talk about accepting feelings, avoiding unwanted feelings, not letting feelings make you do things you will regret and other emotional topics. (Jadis has been a volunteer for a crisis hotline for several years and has dealt with lots of troublesome emotions.)

Wednesdays, Begin March 25, 7-8pm.
Class Fee: \$6, pay at registration.
Materials Fee: \$.50, pay at class
Limit: Min. 3 / Max. 15

VISUALIZATION - A TOOL TO ACHIEVE YOUR GOALS

S-17

Eunice Dorst 532-5866

Whatever your goals are - losing weight, quitting smoking, studying harder, stop-procrastinating, or working on relationships - visualization is a very powerful tool. We will practice the technique and look at various ways you can apply this to your life to produce positive changes. (Eunice uses visualization techniques in her own life and wishes to share the benefits with you.)

Wednesday, Feb. 25, 7pm.
Class Fee: \$6, pay at registration.
Materials Fee: None
Limit: Min. 4 / Max. 10

THE HAPPINESS PURSUIT

S-16

Dr. Greg Potter 537-0076

Regardless of what you've been taught in the past, happiness isn't something to be earned, won or postponed. Life is fantastic, but it's far too long to live it wrong. This class explores the pursuit of happiness. (Greg is a counselor in private practice. He lives and teaches others to live the "Happiness Pursuit" without jeopardizing their own welfare or infringing upon the rights of others.)

Tuesday, Feb. 24, 7-9:30pm
Class Fee: \$6, pay at registration.
Materials Fee: \$7.50 for tape, (pay at class)
Limit: Min. 4 / Max. 15

INTRODUCTION TO ASSERTIVE BEHAVIOR

S-9

Caroline Peine 532-6432

Being assertive means standing up for our rights in a way that does not infringe on the rights of others. We will explore why we are not assertive in some situations and alternative ways of dealing with these situations. (Caroline has made many presentations on assertive behavior.)

Monday, April 6, 7-9pm
Class Fee: \$6, pay at registration.
Materials Fee: None
Limit: Min. 5 / Max. None

RELAXATION AS STRESS MANAGEMENT

S-11

Grace Reischman, D.C. 537-9330

Body stress is a major factor in disease and ill health. Knowing how to relax and stay relaxed even in stressful situations will contribute to an enhanced sense of well-being. We will explore and experience different ways to relax your body and yourself. (Grace is a chiropractor in Manhattan and has been practicing and teaching relaxation skills for the past seven years.)

Sect. I: Sun. Feb. 15, 2-4pm
Sect. II: Sun. April 19, 2-4pm
Class Fee: \$6, pay at registration.
Materials Fee: None
Limit: Min. 5 / Max. 20

BASIC MASSAGE

S-12

Bob Parr 1-762-5569

This class will introduce you to traditional Swedish massage for the purpose of increased/improved circulation and total relaxation. Please sign up with a partner. Lotions, oils and handouts will be provided. Participants should wear shorts and T-shirts or other loose clothing. Bring towels and a pad of some type to lie on.

You will be notified of date at registration.
Class Fee: \$10 per couple, pay at registration
Materials Fee: \$1, pay at class
Limit: Min. 4 couples / Max. 7 couples

INTERPRET YOUR DREAMS

S-18

Gary Plumberg

The interpretation of dreams is as old as the human race. Do you understand the meaning of your dreams as a way to discover your true self? The Eck-Ynari teaches this and more, as well as giving you proven techniques for remembering and recording your nightly adventures. Dreams are a reflection of intra-psyche experiences which are recurrent in everyone. We will try to explore the inner workings of dreams. Please bring a notebook and pencil to class. (Gary has been a student of Eck-Ynari for several years.)

Thursdays, March 5 & 12, 7-9pm.
Class Fee: \$6, pay at registration.
Materials Fee: None
Limit: Min. 4 / Max. None

WHOLISTIC HEALTH WITH ACUPUNCTURE

Saturday, February 28, 8:30am-5pm.
Green Valley School Community Center
Cost: \$35

All registrations must be received by 5:00 p.m. Friday, February 20, 1987.

At one time, Acupuncture was the main form of healing in the Orient, having been around for 7000 years. It was not accepted until recently by our own scientific medical community as is the case with many other wholistic therapies. In this workshop we will discover how many of these wholistic therapies pivot around acupuncture while trying them out on each other. It is my desire to help others learn to incorporate some teachings of acupuncture into their own individual practice.

FOR FURTHER INFORMATION CALL
TESS CARBAJAL - 539-6697

Class locations will be
noted on your receipt.

9

Women's Health

P.M.S.	S-27	MENOPAUSE	C-28	WOMEN IN MID-LIFE CRISIS	S-43
Bonnie Hansen	776-3438	Dr. Anne Wigglesworth	1-456-9202	Florence Schwab	539-0976

PMS is an on-going problem for many women. We will discuss this problem and offer helpful tips to ease your suffering. (Bonnie and her husband, Larry, are owners of Hansen's Nutrition Center (10 years). She has done private diet counseling for the past 12 years and believes that diet plays an enormous role in the treatment of health problems.)

Sect. I: Tues., Jan.27, 10:30am
Sect.II: Tues. April 21, 10:30am
Class Fee: \$5, pay at registration.
Materials Fee: None
Limit: Min. 4 / Max. 10

What does "menopause" really mean? Is it a spectre at the end of life's pathway, a welcome relief, an opportunity, or a disaster? We will explore both the facts and our feelings in this session. (Dr. Anne Wigglesworth is a board certified obstetrician - gynecologist, a partner in the Kaw Valley Women's Health Center in Wamego, and a consultant to the Women's Life Center at St. Mary Hospital. She is just about the right age for menopause.)

Wednesday, April 29, 7pm.
Class Fee: \$5, pay at registration.
Materials Fee:
Limit: Min. 6 / Max. None

It is well-known that many men go through a mid-life crisis when they make drastic changes in their lives, or become restless, depressed, etc. Do women also go through a mid-life crisis. Bring your thoughts, experiences and ideas to this group. (Florence will facilitate this discussion group and has a list of books and resources to help those who wish to know more.)
Thursday, Mar. 5,12,19, 7-8:30pm
Class Fee: \$6, pay at registration
Materials Fee: \$2, for photocopying--pay at first class
Limit: Min. 4 / Max. 10

The Religious and Mystical

YOGA	S-20	INTRODUCTION TO ZEN	S-19	SACK LUNCH THEOLOGY	S-23
Rob Sheridan	776-6849	Leon Rappaport	532-6850	Dave Stewart	539-3051

Yoga is an ancient self-discipline, the practice of which improves the quality of one's life. In this class we will work with basic asanas (postures) and pranayama (breath-control techniques). Please come on an empty stomach and wear shorts or leotards. (Long baggy pants are not recommended.) Bare feet are essential. (Rob has been studying for several years with Dr. Albert Franklin, long time student of Sri Krishnama-charya of Madras, India.)

First Class: Mon. Feb.9, 5:30-6:30pm, (Class meets 6 times)
Class Fee: \$8, pay at registration.
Materials Fee: \$1, pay at first class
Limits: Min. 4 / Max. None

The origins and history of zen philosophy and practice will be described. Emphasis is given to the Soto tradition of zen meditation, including instructions and demonstrations. Wear loose clothing and bring a cushion to sit on.

Wednesdays, Mar. 25, Apr.1, 8, 7:30-9pm.
Class Fee: \$6, pay at registration
Materials Fee: \$6, pay at first class.
Limit: Min. 3 / Max. 9

In this day of crisis in rural America, we will explore the work of Old Testament scholar, Walter Bruggemann, The Land. The land, Bruggemann says, was one of the most vibrant symbols for the people of Ancient Israel. The land was for the people, a gift, a temptation and a task. In considering this work, we will also identify its implications for the land crisis of our day. (Dave is a campus minister who has led Sack Lunch Theology classes for several years.)

Mondays, Feb.9 - Apr.20, 11:30-1pm
(class meets 10 times)
Class Fee: \$5, pay at registration.
Materials Fee: Approx. \$7.50, (pay at class)
Limits: Min. 1 / Max. None

There seems to be a revival of religious story telling in the U.S. Ron, an Episcopal priest and chaplain at KSU, wants to explore this new literature, discussing content, ideas and background. Mystical stories from the Christian Bible, eastern religions, and some Native American religions will be reviewed in this group. One book the group will discuss is Twelve and One-Half Keys, a modern series of tales by Ed Hayes, a Roman Catholic priest. The book is grounded in eastern religious thought as well as contemporary Christian thought. Class members will be encouraged to share stories from other sources. (Ron is Episcopal Chaplain at KSU and has led retreats and discussions in modern spirituality for many years.)

Sect. 1: Wed. Jan.28, 7:30-9pm.
Sect.II: Tues. Feb.24, 7:30-9pm.
Class Fee: \$4, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

THE RELIGIOUS SOCIETY OF FRIENDS: QUAKERS S-24 | Dorothy Danskin Janet Kileen | 539-4676 | **READING THE BIBLE** | S-25 || **MYSTICAL STORIES AND RELIGIOUS TALES** | S-22 | **NATIVE AMERICAN SYMBOLISM AND CEREMONY** | S-21 | Jadis Paul | 776-0942 |
| Ron Clingenpeel | 537-0593 | Joyce Thierer Pat Embers | 532-6730 539-2819 | The Bible is one of the world's best selling books. Many people have one and many of us have read parts of it, but few have read it from beginning to end. In this class, we will start at the beginning and read a little each week and then meet to discuss what we have read. (Jadis enjoys reading and discussing the Bible with all kinds of people.) | Tuesdays, Beginning Feb.10, 7-8pm. Class Fee: \$5, pay at registration Materials Fee: None Limit: Min. 2 / Max. 7 |

Modern Quakers no longer wear plain clothes or use peculiar speech, but they still believe that the original Quaker concerns are important: simplicity, individual responsibility, the "Inner Light", silent meditation, constructive non-violence, and a religion without creeds. This class is for anyone interested in learning about the history and practices of the Religious Society of Friends. (Dorothy and Janet are members of the Manhattan Friends Meeting which meets Sunday mornings at the Baptist Student Center, 18th and Anderson.)

Sect. 1: Wed. Jan.28, 7:30-9pm.
Sect.II: Tues. Feb.24, 7:30-9pm.
Class Fee: \$4, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

This is a mini-course of 3 classes. The first two are lecture/discussion and the third is hands-on experience. Topics covered will be: ancient and native power circles, the medicine wheel, purification through the pipe and the burning of sage, cross-cultural symbolism of native and western legendry, and the native approach to spirituality. The third class will be held outdoors to connect in ceremony with the Earth Mother. Two sets of extensive hand-outs will be available for copying costs, (approx. \$2/person). These will cover written material, drawings, and diagrams from the books, Seven Arrows by Hyemeyohosts Storm and The Medicine Wheel by Sun Bear and Wabun, and from other sources. (Joyce and Pat are not Native American but have felt and experienced strong inclinations towards the native tradition.)


Wednesday, April 1, 8, 7-9pm
Saturday, April 11, 10-12 noon
(Rain date, April 25)
Class Fee: \$6, pay at registration.
Materials Fee: None
Limit: Min. 6 / Max. None

Do you have a skill or knowledge or just a different way of doing things that you would like to share with others? You don't have to have a degree or be a professional to teach for UFM, just a willingness to share your ideas and experiences. If you would like to talk about the possibility of teaching or just have an idea for a class, call Eunice at UFM, 532-5866.

10 Class locations will be noted on your receipt.

WANT COLUMN

Do you have a skill or knowledge or just a different way of doing things that you would like to share with others? You don't have to have a degree or be a professional to teach for UFM, just a willingness to share your ideas and experiences. If you would like to talk about the possibility of teaching or just have an idea for a class, call Eunice at UFM, 532-5866.

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Working Together

FOODS FOR FUEL

S-29

Bonnie Hansen

776-3438

Learn new food strategies for the market. We will discuss the digestive system and how the body processes foods to use for fuel and which foods maintain good health, optimal energy & ideal weight. (Bonnie is a certified diet counselor and has owned the Diet Center for the past 12 years. She is an authority on weight management and gives many talks and seminars on weight control and nutrition.)

Tuesday, Feb. 17, 10:30am.
Class Fee: \$5, pay at registration.
Materials Fee: None
Limit: Min. 4 / Max. None

PARENTS & FRIENDS OF LESBIANS AND GAYS

S-39

Ann Birney, Cherri Harper, Susan Scott.

Although we may not be aware of it, research indicates that most of us have a close friend or relative who is gay. The public and mental health professionals are beginning to give attention to this important issue. Please join with us for open dialogue and support meetings. (Susan and Cherri are in the mental health field and Ann is a librarian. All three have professional and personal interests in this area.)

Thursday, Jan. 29, 7pm.
Location: UFM, 1221 Thurston
**No registration necessary. For further information please call Eunice, UFM, 532-5866.

DISCUSSION ON EATING DISORDERS

S-40

Dr. Tom Coleman

Eating disorders are very prevalent among teenagers today and can lead to some very serious problems requiring professional help. Because of the nature of this problem, it is often hidden from family and friends and only recognized when the teenager becomes seriously ill. We will discuss these problems and how parents can recognize the signs of bulimia or anorexia, and what help is available today. This class is also open to teenagers. (Dr. Coleman is a clinical psychologist and has worked with people with eating disorders and has given many presentations.

Tuesday, Feb. 17, 7pm.
Class Fee: \$4, pay at registration
Limit: Min. 5 / Max. None

Of the Female Gender

BOOKS BY AND ABOUT WOMEN

S-3

Lorrie Cross

539-5337

Women writers say special things. Women readers often hear them. This class provides time for women to talk with each other about novels, non-fiction works, humor and satire. Dimensions of self-image shaped by literary models are examined as we discuss books selected by group members. Books we have recently read are Women on Brewster Place by Gloria Naylor and The Diviner by Margaret Laurence. (Lorrie has been a member of this informal reading group since 1978.)

1st.Meeting: Wed. Feb. 4, 7:30-9pm
Class Fee: \$3, pay at registration.
Materials Fee: None
Limit: Min. 1 / Max. None

UFM T.V.

Focus on the Community

Need something interesting to do on Monday Nights? Well, UFM has a program at 6pm on Cable Channel Six. Many of the programs cover social issues which impact on Manhattan. Have a concern or want an up-date on an issue or topic? Call UFM at 532-5866. UFM T.V.

TEEN SERIES

The following series is designed specifically for teenagers and each class will be led by an expert in that particular field. Should any teenager or parent need further information about these classes, please contact Eunice, 532-5866.

TEENAGE STRESS MANAGEMENT: WARM UP TO CHILL OUT

S-33

Clifford G. Schuette

532-6927

This session will focus on identifying your sources of stress and experimenting with ways to lower your stress level. You can expect to learn skills which will help you concentrate as well as improve academic and social abilities. Learning to let go is the first step to chilling out. (Cliff is a counselor at KSU and has taught stress management many times for UFM.)

Thursday, Feb. 5, 7:30-9pm.
Class Fee: \$4, pay at registration.
Materials Fee: None
Limit: Min. 8 / Max. 20

COPING WITH YOUR PARENT'S DIVORCE

S-34

Charlie Drees

532-6984

This class will examine ways that teenagers can cope with their parents' separation and/or divorce. We will explore various issues, feelings, emotions, and problems that might arise for the teenager during this time. It is not necessary for you to have experienced your parents separation or divorce, if you come to this class maybe you will be able to understand and help your friends. (Charlie is a graduate student in Marriage and Family Therapy focusing on the divorce process.)
Sect. I: Tues. Feb. 10, 7-9pm.
Sect. II: Tues. Apr. 14, 7-9pm
Class Fee: \$4/Sect. pay at registration.
Materials Fee: None
Limit: Min. 4 / Max. 15

Families

FATHERING - BRINGING OUT THE BEST IN YOUR BABY (A RED CROSS FAMILY LIFE SEMINAR)

S-4

Nancy Heyns, RN, BSN

776-2000

Dads - learn basic survival skills in caring for your baby. This class will prepare you for involvement with your child right from the start. Babies are invited to attend with Dad. Give Mom a break! (Nancy is a registered nurse and child-birth educator and has been active with the Red Cross for 10 years.)

Saturdays, Feb. 7-21, 10am-12n (3 times)
Class Fee: \$5, pay at registration.
Materials Fee: \$10, pay at class
Limit: Min. 4 / Max. 8

HOW TO STEP PARENT - A RED CROSS FAMILY LIFE SEMINAR

S-6

Lynda Frey, Nancy Heyns

537-2180

We will focus on the joys and strength of step-families. There will be a group discussion, sharing experiences and building strengths for step families. (Lynda and Nancy are graduate students in Family Life Education and have been associated with Red Cross for many years.)

Tuesday, April 7, 7-9pm
Class Fee: \$6/person or \$10/family.
Materials Fee: None
Limit: Min. 4 / Max. None

PEER RELATIONSHIPS

S-35

Jennifer White

The relationships with our peers exercise a great deal of influence over us, particularly during the teen years. In this class we will discuss the importance of peer relationships, the effect peers have on our decisions and lifestyle, and how you can develop and enrich these relationships.

(Jennifer is a graduate in Marriage and Family Therapy doing individual family and group counseling at The Family Center.)

Thursday, Feb. 19, 7-9pm.
Class Fee: \$4, pay at registration.
Materials Fee: None
Limit: Min. 4 / Max. 12

DEALING WITH FEELINGS OF SUICIDE

S-36

Tony Jurich

532-5510

Suicide is a major concern among adolescents. Tony will explore why it is fairly typical for teens to think about suicide and what teenagers can do to help themselves and others through suicidal feelings.

(Tony Jurich is Clinical Director of marriage and Family Therapy, Faculty Advisor to the FONE Crisis Center and has been going out on suicide calls for 16 years.)

Tuesday, Feb. 24, 7-9pm.
Class Fee: \$4, pay at registration.
Materials Fee: None
Limit: Min. 3 / Max. None

DEVELOPING DATING RELATIONSHIPS

THAT WORK

S-37

David Wright, Ph.D.

532-5510

Dating relationships pose some of the most challenging aspects of life as a teenager. This class will teach skills for developing good relationships and explore ways to handle difficult issues like jealousy and too much intimacy too fast.

(Dr. Wright teaches Marriage & Family Therapy in the Department of Human Development and Family Studies at KSU.)

Thursday, Mar. 5, 7-9pm.
Class Fee: \$4, pay at registration.
Materials Fee: None
Limit: Min. 5 / Max. 20

MAKING IT AS A STEP-PARENT IN THE 80's

S-5

Debbie Newton, M.S.W.

539-5337

Marilyn Schreiner, M.S.W.

By 1990 more than half of American families are expected to be non-traditional families. Step-families will comprise a major portion of these non-traditional families. This workshop will help step-parents understand and cope with the problems and issues they face. We will cover: 1) Stages in the Lifecycle of Step-families; 2) Common problems in Step-families; 3) Survival skills for step-parents; and 4) Information on additional resources. (Debbie and Marilyn are both Social Workers practicing in Manhattan and have worked with many step-families.)

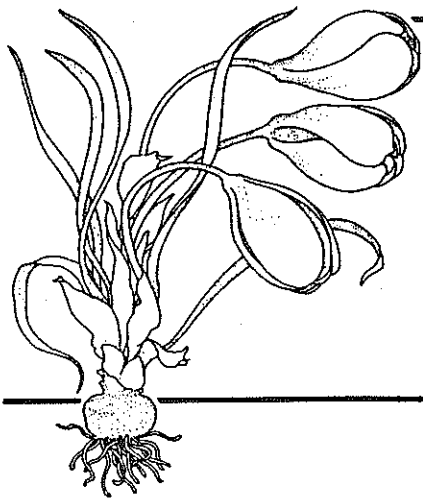
Thursday, Mar. 12, 7-9pm.
Class Fee: \$6/person or \$10/family
Pay class fees at registration.
Materials Fee: None
Limits: Min. 5 / Max. None

ROOMS FOR RENT

No, you cannot move into the UFM house, but if you are planning a meeting, potluck or just a fun function, UFM has rooms available with kitchen facilities for a reasonable price. Call UFM, 532-5866 for details.

Class locations will be noted on your receipt.

11



Fine Arts

532-5866
1221 Thurston

Beads, Lace, Flowers

BEGINNING WEAVING

FA-27

Susan Lala

537-9610

Become comfortable with the basics of weaving. Learn to prepare your yarn and loom for weaving. You will take a small loom home with you the first three weeks, each time weaving a set of samples. The fourth class will include a video review. (Susan has been weaving for 20 years and is active in the local, state and national weaving organization.)

Monday, Feb. 9 - Mar. 2, 6:30-9:30pm.
Class Fees: \$10, pay at class.
Materials Fee: \$18, pay at first class.
Limit: Min. 3 / Max. 5

BEGINNING KNITTING

FA-28

Jean Johnston

776-3292

This is a class for all ages, male as well as female. The only items you need are knitting needles, size 10, and light colored 4 ply yarn. The rest is easy - just knit one pearlone. I will be there to help you do it. (Jean has been knitting for over 20 years and has taught knitting for UFM several times.)

Wednesdays, Feb. 4, 11, 18, 25, 7-9pm.
Class Fee: \$10, pay at registration
Materials Fee: None
Limit: Min. 3 / Max. 10

INTERMEDIATE KNITTING

FA-29

Jean Johnston

776-3292

We will learn how to do different fancy stitches like shaker knit, easy cables, two color knitting, and more. Just bring size 10 knitting needles, a cable needle, and light colored 4 ply yarn. (Jean has been knitting for over 20 years and loves to try new knitting techniques)

Wed. March 4, 11, 25 & April 1, 7-9pm.
Class Fees: \$10, pay at registration.
Materials Fee: None
Limit: Min. 4 / Max. 10

SILK FLOWERS

FA-33

Lynn Doxon

539-2956

Learn to make flowers that last a lifetime. Make silk flowers that look real from pre-cut petals. We will then arrange them into attractive bouquets and demonstrate how to make corsages. (Lynn is working on her Ph.D in horticulture.)

Saturdays, March 7 & 14, 1-4pm.
Class Fee: \$5, pay at registration
Materials Fee: \$5, pay at class
Limit: Min. 3 / Max. 10

12

Class locations will be noted on your receipt.

RIBBON QUILTING

FA-30

Peggy Miao

539-0306

Make a colorful calico-ribbon quilt (36" x 36") for a wall-hanging. Strip-quilting is by machine. Batting, muslin, and sewing-machine provided. Please bring to class seventeen different-designed calico ribbons (each 2 1/2" to 2-3/4" wide) of 36" length each. Suggestion: you can get calico ribbons from "Apple Tree" or "Ben Franklin". (Peggy has been ribbon quilting the past two years).

Sect. I: Saturday, Feb. 7, 12-6pm.
Sect. II: Saturday, Feb. 14, 12-6pm.
Class Fee: \$6, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

BEAD JEWELRY

FA-31

Jeannie Kiekel

539-0997

Have you been to a craft fair lately and noticed all of the beautiful, handmade jewelry? Well, here is your chance to design and make your very own necklace, bracelet or earrings. A materials fee will be charged if you choose to make jewelry and will depend on the beads you wish to use. Choices include: blue lace, onyx, rose quartz, fresh water pearls, hematite, mother of pearl, and gold filled or sterling silver beads. (Jean has been operating Stones and Stuff in Manhattan for over a year.)

Sect. I: Saturday, Feb. 7, 1-3pm.
Sect. II: Saturday, Apr. 11, 1-3pm.
Class Fee: \$6, pay at registration
Materials Fee: Explained in description.
Limit: Min. 3 / Max. 10

PERFUMES AND POTIONS

FA-35

Carol Ebert

456-2841

Now you can concoct your own special body perfumes. Learn how to mix body rubs, hair rinses, colognes, bath oils, and signature perfumes. Be creative and discover the uniqueness of your own signature products. (Carol owns an herb shop and makes many of her herbal products).

Thurs. Apr. 23, 2-3:30
Class Fee: \$5, pay at registration
Materials Fee: \$1.50, pay at class
Limit: Min. 4 - Max. 10

POTPOURRI VALENTINE CARDS

FA-34

Jayne Link

539-7605

Learn different techniques to incorporate the use of potpourri in making a variety of scented Valentine cards. (Not suggested for people with sinus allergies.) (Jayne has been making her own potpourri for 4 years and has her own herb business, "Fragrant Memories".)

Wednesday, February 4, 6:30pm.
Class Fee: \$5, pay at registration
Materials Fee: \$4, pay at class
Limit: Min. 3 / Max. None

TATTING--THE ART OF MAKING LACE FA-32

Jessie Fouveau

776-6806

Tatting, or *frivolite* as the French call it, is a very old art. This process of making lace by looping and knotting a single strand of thread on a small shuttle originated in Europe. Years ago tatters used very fine thread and many long *picots* to create a lacy effect. Modern tatting has shorter and fewer picots, uses heavier thread, and will outwear the cloth it is on. Please bring a plastic tatting shuttle, spool of tatting thread, crochet hook or needle, and a basic tatting instruction booklet.

Sect. I: Mon. March 2, 9, 16, 7-9pm.
Sect. II: Mon. April 13, 20, 27, 7-9pm.
Class Fee: \$8, pay at registration
Materials Fee: None
Limit: Min. 2 / Max. 4

To Learn A New Language

ENGLISH AS A SECOND LANGUAGE

FA-1

Theresa Pruett

537-7577

This class is designed for those whose native language is not English. This class offers practical instruction and practice in English as it is spoken in the United States. Other areas of study will depend upon the level and needs of the students in the class. Students will need to bring pen and paper to class. (Theresa taught ESL for two years while working for the Peace Corp in Morocco.)

Begin Wednesday, Feb. 11, 6:30-8pm.
This class will continue through the semester
Class Fee: \$12, pay at registration.
Materials Fee: \$2, pay at class
Limit: Min. 3 / Max. 20.

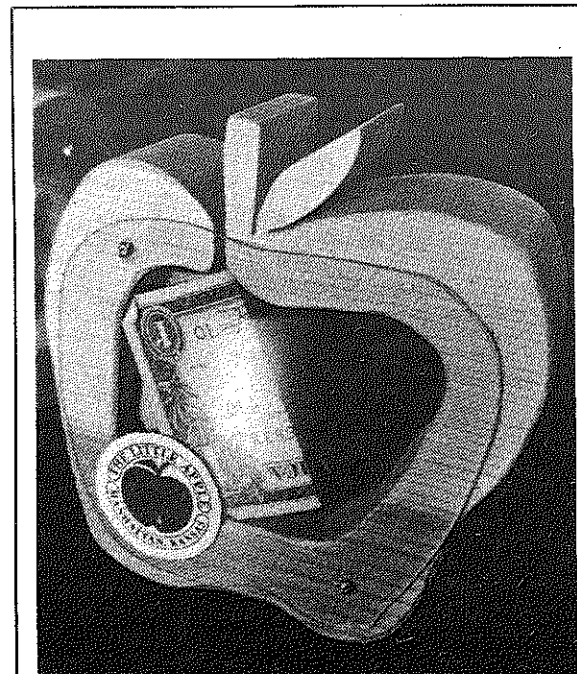
SIGN LANGUAGE

FA-2

Cynthia Haefner

Say it in sign language! Experience the world of silent communication in which the hearing-impaired live. This class will cover the basic sign alphabet and some conversational phraseology (with multiple signs). Come prepared to re-learn your own language.

Tuesdays, Mar. 3 - May 5, 7pm.
Class Fee: \$12, pay at registration
Materials Fee: \$3, pay at first class.
Limit: Min. 5 / Max. 25



UFM's "Little Apple" Banks, our pre-Christmas fundraiser, were a huge success with orders quickly outstripping production, but everyone received their orders before Christmas. We are still making "Little Apple" Banks to order so if you missed out in 1986, call 532-5866 and place your order now.

A New Medium

BEGINNING OIL PAINTING

FA-13
Cherie Fraine 539-0874

For the beginning painter or someone who would like to learn more, no experience necessary. (Cherie has an MA in Art, and is a published and internationally traveled artist.)

Wednesday, Feb. 4 - Mar. 11 (6 x's) 7-10pm
Class Fee: \$12, pay at registration
Materials Fee: \$5, pay at first class
Limit: Min. 6 / Max. 15

ADVANCED OIL PAINTING

FA-14
Cherie Fraine 539-0874

For painters who would like "another opinion" but don't need step by step assistance, or people who just enjoy painting.

Wednesdays 7-10 p.m. April 8, 15, 22, 29, and May 6
Class Fee: \$12, pay at registration.
Materials Fee: \$5, pay at class
Limit: Min. 8 / Max. 15

BEGINNING WHEEL THROWING

FA-17
Courtney Clark 539-4033

Have you always loved the look of hand-thrown pottery, but didn't know how to begin? Here is your chance to learn in four cheerful, low-pressure sessions (plus a little spare time practice). We will cover the basics of preparing, centering, and raising clay on the traditional potter's wheel. By the end of this course, you will have made yourself at least one special coffee mug and have the experience and knowledge to work on other projects in the future. (Courtney is the UFM Pottery Studio Coordinator.)

Mondays, Feb. 9 - Mar. 9, 7-9:30pm.
Class Fee: \$10, pay at registration
Materials Fee: \$10, pay at class
Limit: Min. 2 / Max. 3.

UFM POTTERY STUDIO

FA-16
Courtney Clark 539-4033

This is a cooperative studio-access class open to anyone with experience in pottery who feels confident working alone. There is no instruction provided. As a coop member you will have access to the studio for 4 hours per week, 12-1/2 lbs of clay, plus all the recycled clay you can produce, kiln space, and glazes. UFM has recently purchased a sophisticated slab roller for use in sculptural handbuilding and electric wheel to augment its studio equipment.

Mandatory Organizational Meetings will be held on the first Monday of each month. Those interested in joining can attend and new members must attend before starting work.

Coop Fees: \$20 -- 8 weeks Limit: None
\$30 -- 16 weeks
\$40 -- 24 weeks

TRI-CHEM CRAFTS

FA-15
Linda Rice 776-2226

Need a unique gift for someone special? Want to make that gift extra special, then personalize it with Tri-Chem. Decorate an apron, table cloth, or wall hanging. Tri-Chem is a washable liquid paint that can be used on many different surfaces. Lessons are available, as well as special catalogs to order gift items, stencils, and paints. The first meeting is to demonstrate Tri-Chem techniques with hands-on experience, then you order gifts to decorate to your standards and needs. (Linda has been teaching and decorating with Tri-Chem for two years.)

Sect. I, Sat. Feb. 14, 2:30-4:30 pm
Sect. II, Sat. Apr. 4 2:30-4:30 pm
Class Fee: \$5, pay at registration
Materials Fee: \$4, pay at class
Limit: Min. 7 / Max. 20

INTERMEDIATE WATERCOLOR PAINTING VIA PHOTOGRAPHY

FA-24
Gene Ernst and Ernie Peck 537-9883

Nearby Kansas stone buildings and landscapes will be photographed during the first Saturday session, with Ernie directing the class in subject selection, photo composition and technique. Students will obtain color prints of their photos and bring them to the first UFM studio session. The studio sessions will select the painting subjects from the color photos; make sketch compositions; value studies; and lay down the initial watercolor washes. Two complete watercolor paintings are expected, including instruction on matts. Students must have a 35mm camera, a 24 exp. roll of color film, and their watercolor paints, brushes, and paper.

(Ernie has taught photography frequently and is an accomplished painter. Gene has offered watercolor painting many times. The purpose of this class is to develop a photo method of subject selection and transpose that into the studio setting for the watercolor paintings.)

Sat., Apr. 25, 8:30am-1 pm. then
Thurs. & Tues. April 30, May 5, 7 & 12
Time: 7-9pm
Class Fee: \$12, pay at registration
Materials Fee: None
Limit: Min. 4 - Max. 15

Music

BEGINNING GUITAR

FA-3
Nancy Stover 537-1219

This class is for beginners and improvers. We will learn various types of music such as: folk, spiritual, and simple contemporary. At the end of the course, you will have the option of continuing on an individual basis. (Nancy is a musician and is patient with beginners.)

Tuesdays, April 7, 14, 21, 7:30pm.
Class Fee: \$6, pay at registration
Materials Fee: \$1, pay at first class.
Limit: Min. 3 / Max. 8

CELTIC MUSIC WORKSHOP

FA-4
Paul Weidhaas 539-4805
Charlie Griffin 485-2762

We'll spend an evening playing, singing, and dancing to traditional Irish music, played on the fiddle, concertina, penny whistle, hammered dulcimer, bodhran, mandolin, bones and guitar. Bring your musical instruments, voices, and feet. We'll talk about the origins of the music of the British Isles, discuss the different instruments, jig a little, and hope everyone will join in. (The Life of Riley members have been playing Celtic music around the area for several years. Charlie and Paul are members.)

Friday, Apr. 10, 7:30-9:30 p.m.
Class Fee: \$4, pay at registration
Materials Fee: None
Limit: Min. 3 / Max. None

INTRODUCTION TO THE HARP

FA-43
Florence Schwab 539-0976

Florence will begin the introduction to the harp by playing pieces on each of three harps (Concert, Troubadour, and Gothic). She will demonstrate hand positions, then each student will have the opportunity to actually play the harp. Students interested in lessons may make arrangements with Florence and she will also provide information on the rental or purchase of harps. (Florence has played the harp professionally and has also taught lessons in Manhattan and Taiwan.)

Sect. I, Thursday, April 2, 7pm.
Sect. II, Thursday, April 9, 7pm.
Class Fee: \$4, pay at registration
Materials Fee: \$2, pay at class
Limit: Min. 2 / Max. 5

Dancing

FLINT HILLS FOLK DANCERS

FA-5
Enid Cocke & Paul Weidhaas 539-4805

Learn to dance the polka, waltz, schottische, and hambo. (Learn what a hambo is!) In its fifth year, the Flint Hills Folk Dance Fellowship does a wide variety of traditional dances from America, Europe, and Israel. Beginners are welcome and partners will be provided. (Enid and Paul danced before they could walk.)

First and third Fridays, 7:30-9:30pm
Beginning February 6.
Class Fee: \$6, pay at registration
Materials Fee: None
Limit: Min. 2 / Max. None

ROUND DANCE CLASS

FA-6
Frank Nelson 539-4449

Round dancing is done in a circle formation, using choreographed routines to a definite arrangement of music. All couples dance the same steps at the same time together. Round dancing uses many rhythms and tempos including basic two-step, cha-cha, polka, rumba, and waltz. (Frank and Sylvia have been dancing with a local Round-Dance Club for 3 years and are anxious to try teaching a beginners class. No previous dance experience is required.)

Tuesdays, Feb. 10 - Apr. 14, 7:30-9 pm.
Class Fee: \$6, pay at registration
Materials Fee: None
Limit: Min. 6 couples / Max. 8 couples

SWING DANCE

FA-7
Art Clack & Kathy Colvig 1-293-5343

Don't hold yourself back when you hear that hot fiddle playing. Round up your friends to learn the sharp moves, dips, spins, turns and slides done in country western swing and "get down" to some hot tunes. Heavy emphasis on swing dance, less on two-step and cotton-eyed Joe. (Art and Kathy have taught swing dance for many years.)

Wednesdays, February 11, 18, 25, 6:30pm.
Class Fee: \$6, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. 20

BALLROOM DANCING

FA-8
Dixie and Tom Roberts

Come join us for an easy lesson in the Foxtrot and Jazz. We will start with the basics. Feel free to come alone (Dixie and Tom can trip the light fantastic with the best of them.)

Sunday, February 8, 2-4pm.
Class Fee: \$6, pay at registration.
Materials Fee: None
Limit: Min. 10 / Max. 40



Class locations will be noted on your receipt.

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F/Stops & More

BEGINNING PHOTOGRAPHY

FA-22

Ernie Peck

537-9883

Four evenings and one full day of instruction on how to operate and care for a 35mm camera. Film, processing, handouts, and a camera are furnished. The camera must be returned but the rest is yours to keep. (Ernie has taught this class many times with great success).

Classroom: Tues.Wed.Thurs. May 19,20,21
Time: 7-9pm.

Shooting: Saturday, May 23 8:30am-4:30pm
Critique: Tuesday, May 26, 7-9 p.m.
Class Fee: \$10, pay at registration
Materials Fee: \$30, pay at first class.
Limit: Min. 4 / Max. 12

HOW TO USE A 35mm CAMERA

FA-21

Brian McBride

539-8063

Everything you wanted to know about taking pictures, but were afraid to ask. We will cover composition, filters, film choices, camera and lens selection, and lighting techniques. Bring your loaded camera to class. If you are considering the purchase of a camera, this class could save you a lot of wasted film and frustration. (Brian is a freelance photographer with 12 years experience and 5 years studio experience.)

Sect. I, Thurs. Mar.5, 7:30pm.
Sect.II, Thurs. Apr 2, 7:30pm.
Class Fee: \$6, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

BLACK AND WHITE FILM PROCESSING

FA-23

Brian McBride

539-8063

Did you ever wish you could develop and print your own pictures, but did not have the space or equipment? Well, UFM has the answer. This class will show you how to develop and print black and white pictures. First we will explore light film and filters, and then a slide presentation will illustrate different aspects of picture taking before our darkroom experience. This class is specifically designed for beginners and improvers. It will emphasize developing and printing and enable you to continue on your own. (Brian has been a freelance photographer for 12 years, and he has 5 years studio/photofinishing experience.)

Sect. I: 1st.Mtg:Tues. Feb.17, 7:30pm
Sect.II: 1st.Mtg:Tues. Mar.24, 7:30pm
Sect.III:1st.Mtg:Tues. Apr.21, 7:30pm
Other meetings by appointment
Class Fee: \$8, pay at registration
Materials Fee: \$10, pay at first class.
Limit: Min. 1 / Max. 5

"To Be Or Not To Be..."

ACTING WORKSHOP

FA-9

Beth Sherby

539-0833

Ever wanted to learn how those actors make it look so easy? Ever had the desire to be under some bright lights yourself? Beth will help you learn - or help you improve - acting techniques. Feel free to bring some particular piece to work on. (Beth has performed in a number of productions on campus and has had directing experience as well.)

Class Fee: \$5, pay at registration
Tues & Thurs. 7:30-9:30pm.
Dates will be given at registration.
Materials Fee: None
Limit: Min. 4 / Max. 25

INTERMEDIATE WATERCOLOR PAINTING VIA PHOTOGRAPHY

FA-24

Gene Ernst and Ernie Peck

537-9883

Nearby Kansas stone buildings and landscapes will be photographed during the first Saturday session, with Ernie directing the class in subject selection, photo composition and technique. Students will obtain color prints of their photos and bring them to the first UFM studio session. The studio sessions will select the painting subjects from the color photos; make sketch compositions; value studies; and lay down the initial watercolor washes. Two complete watercolor paintings are expected, including instruction on matts. Students must have a 35mm camera, a 24 exp. roll of color film, and their watercolor paints, brushes, and paper. (Ernie has taught photography frequently and is an accomplished painter. Gene has offered watercolor painting many times. The purpose of this class is to develop a photo method of subject selection and transpose that into the studio setting for the watercolor paintings.)

Sat., Apr.25, 8:30am-1 pm, then
Thurs.& Tues. April 30, May 5,7 & 12
Time: 7-9pm
Class Fee: \$12, pay at registration
Materials Fee: None
Limit: Min. 4 - Max. 15

Creative Writing

STORY AND NOVEL WRITING

FA-10

Leonard Bishop

1-285-2066

All levels of craft in fiction writing: dialogue, foreshadowing, characterization, major and minor relationships, story, plot-line, situations, dramatic events, 1st person, 3rd person, opening chapters, general devices, narration, introspection, continuity, motivation, sex situations, proper prose, cameo characters, complex characters, complicated scenes, details, etc. (Leonard has taught writing for over 25 years, has published nine novels and is currently working on a book on professional writing.)

Wednesdays, Feb. 4,11,18, 7-9:30pm.
Class Fee: \$8, pay at registration
Materials Fee: \$2, pay at first class.
Limit: Min. 8 / Max. None

MANHATTAN POET'S SHARE

FA-11

Marilyn Mann
Barbara Crumble

539-4217

The Poet's Share will critique poetry in preparation for journals and books. Bring your photocopies for informal share. (Marilyn and Barbara have been writing poetry for years.)

Saturdays, 12noon - 1pm. On-going.
You will be contacted for first meeting.
Class Fee: \$2, pay at registration
Materials Fee: Cost of any photocopying.
Limit: Min. 1 / Max. None

CALLIGRAPHY

FA-12

Ernie Peck

537-9883

Calligraphy, the art of beautiful lettering, will be introduced. We will learn about lettering tools, materials, references, and one calligraphy alphabet. Felt-tipped calligraphy pens and necessary paper will be provided. Because the pens have to be ordered and have a short shelf life, it is necessary to sign up for this class as early as possible. (Ernie has been lettering since he was 13 years old and has taught many others this skill.)

Mondays, Feb. 2, 9, 16, 23, 7-9 pm.
Class Fee: \$10, pay at registration
Materials Fee: \$15, pay at first class
Limit: Min. 4 / Max. 15

UFM PHOTOGRAPHY DARKROOM COOPERATIVE BLACK & WHITE AND COLOR

FA-25

Ray Stockman

532-5869

Located just one block east of campus in the UFM House, the UFM darkroom is available to anyone who needs access to a well equipped facility. Equipment is capable of handling up to 11x14 prints and 6cm x 6cm negatives as well as 35mm. The black and white fee includes everything but paper. The color fee includes everything except paper and chemicals. The color equipment enables you to develop film or slides and to make prints from negatives or from slides (Cibachrome). For those who wish to use the darkroom, but who do not wish to purchase a membership, space is available at the rate of \$5 per hour.

Organizational Meeting: 1st Monday of each month, starting Feb. 2, 6-7pm.
Coop Fees: pay at registration.

Black & White Only:

8 weeks \$20, new members, \$15, renewal
1 semester 30, new members, 25, renewals
2 semesters 40, new members, 35, renewals
3 semesters 50, new members, 45, renewals

B & W and Color:

8 weeks \$25, new members, \$20, renewals
1 semester 35, new members, 30, renewals
2 semesters 45, new members, 40, renewals
3 semesters 55, new members, 50, renewals

READING AND WRITING WITH YOUR YOUNG CHILD

FA-42

Nancy Mangano

532-6323

This mini-course focuses on ways to encourage your pre-schooler and primary age (Kindergarten through second grade) child to begin and develop as a reader. We will discuss children's books that teach and entertain, how to interact with your young child while reading to him/her, and how to encourage reading and writing naturally even before your child can actually read and write the words. (Nancy teaches reading and language arts at K.S.U.).

Monday, March 9, 7pm.
Class Fee: \$6, pay at registration
Materials Fee: None
Limit: Min. 3 - Max. None

UFM PHOTO CONTEST

This contest is for black & white and color photographs. First, second and third place winners will be selected from both the black & white and the color photographs in the following categories: scenery, people, architecture and animals. The winning photographs will be displayed in various locations in Manhattan and at Kansas State University. For further information call UFM, 532-5866.

RULES:

1. There is no entry fee.
2. Minimum size is 5x7 inches, maximum size 11x14 inches.
3. Entries should be mounted on matt board.
4. Categories are scenery, people, architecture and animals.
5. Judges will select the first, second and third place winners in each category for both black & white and color photographs.
6. On the back of the matt board, write name, phone number, category, and optional title.
7. Entries to be submitted to UFM, 1221 Thurston, by 4:30pm. Friday, April 17
8. Non-winning entries may be picked up at UFM after May 11, 1987
9. Winning entries may be picked up at UFM after June 22nd.

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Class locations will be noted on your receipt.

Home Care For '80's

SEASONAL COLOR AT HOME FA-37
532-5780
Kathy Burke

In the early 1980's the rage of "seasonal" colors best suited to fit a tone has affected the way many people dress and use cosmetics. The use of the best seasonal colors in home decorating is fast becoming a topic of conversation. It takes a combination of imagination and expertise to design and furnish a room or a home. Color can often be one of the most difficult choices when decorating.

Kathy is an Extension Interior Design Specialist and a "do-it-yourselfer".

Monday, March 23, 6:30-8:30 p.m.
Class Fee: \$6, pay at registration
Materials Fee: None
Limit: Min 10 / Max. 50

STENCILING - DECORATING YOUR HOME FA-39
532-5866
Dean Reed

Stenciling is an inexpensive, fun way to decorate and personalize your home. This class will teach you the basic stenciling techniques. You will learn how to make and cut a stencil, and then the class will have an opportunity to practice stenciling a room at UFM before trying it at home.

(Dean taught "Fun with Stenciling" in the Fall and has stenciled many of the rooms in her home and at UFM).

Wednesdays, Feb.25, Mar.4 & 11, 7pm.
Class Fee: \$6, pay at registration
Materials Fee: \$4, pay at class
Limit: Min. 6 / Max. 10

WINDOW WIZARDRY FA-38
532-5780
Kathy Burke

Windows are important architectural decorative elements in a room. Their enhancement has been practiced by people for centuries. The window treatment options available today are practically limitless. They vary from nothing to too much! Although most people think of beauty first, a successful treatment plays many roles. We will discuss the pros and cons of the many different styles of treatments in fashion today, their function, energy conservation, and information will be given for do-it-yourself construction.

(Kathy is an Extension Interior Design Specialist and a "do-it-yourselfer").

Monday, March 2, 6:30-8:30 p.m.
Class Fee: \$6, pay at registration
Materials Fee: None
Limit: Min. 8 / Max. 50

ANTIQUE FURNITURE REFINISHING FA-40
1-485-2500
Mitte Carver

Visit an antique store in Riley and see the experts do it! Learn furniture refinishing step-by-step. Find the shortcuts to make old furniture look beautiful again so you can turn your garage sale specials into antique treasures. Wear heavy clothes.

Mitte has 18 years experience in refinishing furniture).

Monday, I, Wed. April 15, 3-4pm.
Tuesday, II, Wed. April 22, 3-4pm.
Class Fee: \$6, pay at registration
Materials Fee: None
Limit: Min. 3 / Max. 6

CHAIR CANING FA-41
539-2967
Barbara Poresky

Do you have a chair that needs a new cane seat? Be innovative and try caning it yourself. Bring the chair to the first meeting and Barbara will get you started. She will specify materials needed and in the following sessions guide you through the steps necessary to repair your chair.

(Barbara has taught this class several times before and is willing to share her skills and knowledge once again with those interested).

Tuesdays: Feb.10,24, Mar.3,10,17,24.
Time: 7:30-9:30pm.
Class Fee: \$10, pay at registration
Materials Fee: Depends on size of project
Limit: Min. 3 / Max. 10

MAKING A HOUSE A HOME FA-36
539-4121
Kathy Colvig

Color and placement are the keys to putting the finishing touches on any room--from the walls to the floors. Decorating "rules" and tips will be shared to help you do or redo your home.

(Kathy specializes in Accessory Design in our area).

Sect. I: Wed. Feb. 11, 7-8:30pm
Sect. II: Tues. Mar. 10, 7-8:30pm
Sect. III: Thurs. April 23, 7-8:30pm
Class Fee: \$6, pay at registration.
Materials Fee: None
Limit: Min. 8 / Max. 15

Wood and Glass

WOODSHOP COOP FA-18

Located in the UFM solar addition, the woodshop is equipped with a wide variety of power and hand tools, including a dial arm saw, table saw, jointer, sander, the band saw, and most common wood working tools. The membership fee is for equipment and facility use only. No materials are included. The mandatory organizational meeting will include instruction in safe equipment use and conduct in the woodshop.

Membership Fee: \$40 for 4 months
20 refundable deposit
60 pay at registration

BASIC WOOD CARVING FA-19
539-2574
Larry Wisdom

Introduction to basic wood carving, will include "relief carving", "carving in the round", and sharpening and care of tools. A manual and carving blanks will be furnished and a \$5 charge made for these items.

(Larry has assisted in teaching two previous UFM wood carving classes. He is a member and Kansas Vice President of the National Woodcarving Museum.)

Tuesdays Feb. 17,24 and Mar. 3,10 7pm.
Class Fee: \$8, pay at registration
Materials Fee: \$5, pay at class
Limit: Min. 2 / Max. 15

GLASS ETCHINGS FA-20
539-4597
Steve Baldrige

Glass etching is a simple way of enhancing glass and especially mirrors. It makes nice inexpensive gifts and can be used to accompany furniture projects. Anyone with the slightest amount of artistic ability can do it.

(Steve is a KSU student and has been etching glass for 5 years.)

Thursday, March 19, 7pm
Class Fee: \$6, pay at class
Materials Fee: \$2, pay at class.
Limit: Min. 3 / Max. 7



For Kids Only

NATURE HIKE FOR KIDS KS-4
539-5766
Neil Schanker

Let's identify some trees, plants, bugs, birds, and rocks on a fun nature hike. Wear long pants, socks, and comfortable walking shoes. Parents are welcome to accompany.

(Neil is working towards a master's degree in biology education. He is also wonderful with children.)

Sunday, March 29, 2pm.
Class Fee: \$4, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. 10

NATURE CRAFT CLASS - (3-4 YR. OLD) KS-6
539-1983
Paula Boyd

We will hike around the area and collect items for simple crafts. The children will be closely supervised. Please dress children in old clothes. Parents do not need to stay unless their child cries when left.

(Paula enjoys creative activities with children).

Saturday, April 11, 10-11am
Class Fee: \$4, pay at registration
Materials Fee: \$1, pay at class
Limit: Min. 3 / Max. 8

LEARNING TO COOK - (5-7 YRS.) KS-9
539-1983
Paula Boyd

We will learn two or three easy to cook recipes that children five to seven years can prepare on their own. The children will be closely supervised.

(Paula enjoys teaching children to do things on their own).

Saturday, February 21, 3-4pm.
Class Fee: \$4, pay at registration
Materials Fee: \$2, pay at class
Limit: Min. 4 / Max. 12

CHILDREN'S GARDENING KS-1

Children (ages 5-12) will be assigned individual and group gardens. They will learn planting, soil preparation, weeding, harvesting and other cultural practices throughout the gardening season.

Saturdays, 10am
You will be advised of starting date at registration.
Class Fee: None
Materials Fee: None
Limit: None

Continued....

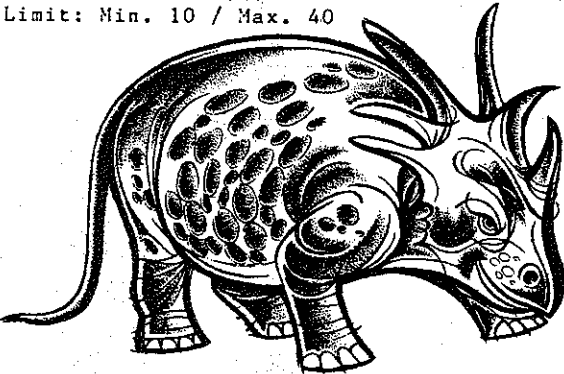
Class locations will be noted on your receipt.

For Kids Only (continued)

DINOSAURS FOR KIDS (AND KIDS AT HEART)
KS-3
Dr. Richard Busch 532-6724

Dinosaurs, or terrible lizards, ruled the Earth for about 165 million years during what is known as the Mesozoic Era of time. They were once regarded as cold-blooded, slow-moving, dumb beasts, but that image is changing. We will explore the new image of dinosaurs as warm blooded, fast, intelligent creatures. We will also examine bones of dinosaurs and other Mesozoic creatures from Kansas. Find out what Kansas was like when dinosaurs stalked the Earth! All ages welcome.
(Rich is an Assistant Professor of Geology and Adjunct Professor of Science Education at KSU with teaching and research interests dealing with fossils, stratified rocks, and Earth history. He has been fossil collecting since age 5.)

Tuesday, Feb. 24, 6:30-8pm.
Class Fee: \$4, pay at registration
Materials Fee: None
Limit: Min. 10 / Max. 40



FOSSIL HUNT FOR KIDS KS-5
Neil Schanker 539-5766

Before the age of the dinosaurs, shallow seas covered Kansas. Many small marine animals were fossilized and we can find and identify them today. Bring a container to carry home your fossils. Parents are welcome to accompany their children.

Sunday, April 12, 2pm.
Class Fee: \$4, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. 10

REPTILE ROUNDUP E-12
Mark Heinrich 776-2255

Turning over rocks on a Flint Hills hillside is likely to uncover anything from a ring-necked snake or milk snake to a collared lizard or skink. We'll search such an area and capture, discuss, and release whatever reptiles we find. Bring a pillowcase to hold your finds. This is an especially good field trip for kids. (Mark is a veterinary student who earned a master's degree for his research on reptiles of the Konza Prairie.)

Saturday, date to be announced
Class Fee: \$4, pay at registration
Materials Fee: None
Limit: Min. 6 / Max. None

VALENTINES PARTY FOR KIDS - (4-8 YRS)
KS-8
Shelly Roberts 532-5866

We will make and decorate heart sugar cookies, and prepare red cider. Each child can design special valentine cards for the sweethearts in their lives. Parents are welcome to stay. (Shelly enjoys giving children's parties.)

Thursday, Feb. 12, 6-7:30pm.
Class Fee: \$4, pay at registration
Materials Fee: \$3, pay at class
Limit: Min. 4 / Max. 12

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Class locations will be noted on your receipt.

ADVANCED MUD PIES KS-10
Scott Saskill

This class is for people 8-11 years old who have an interest in playing with clay and learning something new. The objective of this course is to experience a few techniques in clay building, have big fun, and create at least one beautiful object to take home and love. (Scott has just finished a degree in architecture and is on the market for some good, messy, light-hearted whole-some fun!).

Saturdays, Feb. 7, 14, 21, 28, 3-5pm.
Class Fee: \$5, pay at registration
Materials Fee: \$3, pay at first class
Limit: Min. 3 / Max. 6

CHILDREN'S NATIVE AMERICAN WORKSHOP KS-2

Pat Embers 539-2819
Jayne Link 539-7605
Chris Wisneski

This is a chance for children to dance, drum, chant, play, and learn the Native American love and respect for the Mother Earth. We will make a couple of Indian crafts and role-play the animals and totems of an already constructed medicine wheel. We will meet outdoors in a woods yard and play a game with the trees. The workshop will continue in successive semesters to learn new things from various leaders about nature and Indian lore. Anyone wishing to teach or help, contact Pat Embers. The above session is geared towards children aged 5-12. Future workshops will concentrate on different ages. (Pat has 2 children and is interested in Native American ways. Jayne has led many children in wilderness activities. Chris goes to Manhattan Jr. High and brings his imagination and love for the earth).

Saturday, May 2, 2-4pm. Rain date May 9.
Class Fee: \$4, pay at registration
Materials Fee: None
Limit: Min. 6 / Max. None

RED CROSS BABYSITTING KS-14
Lynda Frey, Darrell Marr 537-2180

Young people who want to earn money often babysit. This class teaches youngsters age 11 or older the basics of child care, how to prevent accidents, what to do in an emergency, and how important they can be in the life of a child. Participants must attend both sessions for certification. (Lynda and Darrell have been team teaching this course for three years. They are both first aid and health instructors).

Saturdays: April 18 & 25, 9am-12noon
Class Fee: None
Materials Fee: \$5, pay at class
Limit: Min. 5 / Max. 20

RED CROSS LATCHKEY EDUCATION KS-15
Lynda Frey 537-2180

Parents! Need something to do with the kids on teachers' inservice day? Send them to the Red Cross to learn basic self-care skills when they are home alone. Topics include safety and first aid, emergency procedures and a parent-child contract. Both class times are in-service days. (Lynda is the executive director of the Red Cross and has been teaching latchkey for three years).

Sect. I: Friday, Feb. 27 2-5pm.
Sect. II: Friday, Mar. 13, 2-5pm.
Class Fee: None
Materials Fee: \$2, pay at class
Limit: Min. 6 / Max. 20
(Limited to grades 3, 4, 5 and 6)

YOGA FOR LITTLE PEOPLE KS-12
Rob Sheridan 776-6849

This class is primarily for people between the ages of 8 and 12, although all are welcome (including parents). We will practice some easy stretching and learn a few simple yoga postures. Please wear shorts or tights. Bare feet are essential and don't snack for an hour or two before class.

Tuesdays, Feb. 10-Mar. 3 (4 x's) 5:30-6pm
Class Fee: \$5, pay at registration
Materials Fee: \$1, pay at first class
Limit: Min. 3 / Max. 10

HUMAN ANATOMY KS-13
Lynn Schanker 539-9150

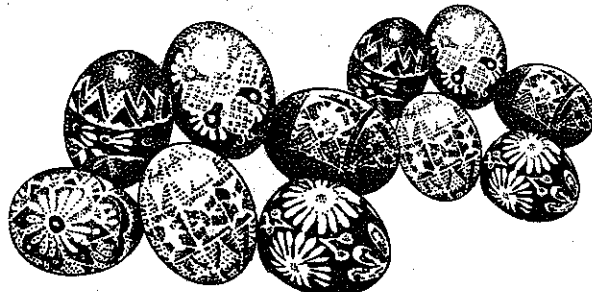
Does your child have questions about how their breathing, digestion, blood or eyesight works? Lynn will explain where the major organs are located in the body and why they are essential. Participants will have an opportunity to see the heart, lungs, kidneys, brains, eyes and bones. Parents are welcome too. (Lynn, a human body herself, is a biology instructor).

Saturday, March 7, 1-3pm
Class Fee: \$4, pay at registration
Materials Fee: None
Limit: Min. 5 / Max. 15

DIVING FOR BEGINNERS (AGES 6-13) KS-11
Lynn Schanker 539-9150

Learn to do a front dive, back dive, flip with twist. Experience the low and high diving boards. Lynn will stress getting height, proper form and how to land. Safety, including pre-dive stretching, will be emphasized. Bring a swim suit, towel, and sweatshirt. Participants must have at least beginner swimming skills.

Sect. I: Sun. Feb. 8, 15, 22, 10-11:30am
Sect. II: Sun. Apr. 12, 19, 26, 10-11:30am
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 2 / Max. 6



DECORATING EASTER EGGS KS-7
Jadis Paul 776-0942

Decorating eggs is always fun, but it is even more fun when you have got little people to inspire you. Die, crayons, glue, and other decorating materials will be provided, but you can bring more if you want. Please bring your own eggs. All ages welcome and children may bring their parents at no extra charge. Parents: please give your name as well as your child's name and age at registration. (Jadis loves to help children decorate eggs.)

Saturday, April 18, 2-3pm.
Class Fee: \$4, pay at registration
Materials Fee: \$2, pay at class
Limit: Min. 3 / Max. 10



Food

COOKING FOR ONE F-10
539-2749

Roberta Nelson
There is a secret - and a technique for cooking for one. We will learn how it is done. Come join the fun and find out how to cook for yourself only... efficiently and deliciously!
Roberta cooks for herself and knows all the secrets.)

Wednesday, April 21, 7-8:30pm.
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. 10

EGG ROLLS & EGG DROP SOUP F-3
539-7841

Lee Shih Wu
Lee's classes are becoming quite an attraction. In this class she will demonstrate how to make eggs rolls and egg drop soup. In America, eggs rolls are a great favorite for appetizers or snacks and now you can learn how to make your own and impress all your friends. And, remember this for Trivial Pursuit: In China, soup is served as the last course, not the first.

Friday, February 20, 6:30pm.
Class Fee: \$5, pay at registration.
Materials Fee: \$5, pay at class
Limit: Min. 5 / Max. 12

WON TONS & CHINESE DUMPLINGS F-4
539-7841

Lee Shih Wu
If you have been to a Chinese restaurant, then you have probably eaten won tons -- those delicious little appetizers. Chinese dumplings are used as a main dish in the northern wheat countries. The dumplings are stuffed with a pork or beef and vegetable mixture. Add variety to your meals at home and astound your friends.

Friday, March 20, 6:30pm.
Class Fee: \$5, pay at registration
Materials Fee: \$5, pay at class
Limit: Min. 5 / Max. 12

TIR FRY -- USING YOUR WOK F5
539-7841

Lee Shih Wu
Back by popular demand! Lee will demonstrate how to cut, prepare and cook a delicious, colorful and attractive meal.

Friday, April 17, 6:30pm.
Class Fee: \$5, pay at registration
Materials Fee: \$5, pay at class
Limit: Min. 5 / Max. 12

CHINESE PASTRIES F-6
539-7841

Lee Shih Wu
The Chinese make excellent pastries that can be served sweet or salty. Fillings can be made of puddings or bean pastes. Lee will prepare samples of each for your eating pleasure.

Friday, May 1, 6:30pm.
Class Fee: \$5, pay at registration
Materials Fee: \$5, pay at class
Limit: Min. 5 / Max. 12

HOW TO HAVE YOUR CAKE AND DECORATE IT TOO! F-7

Jo Rodriguez 537-8817

Have you always wanted to be able to decorate your own cakes? In this class you will learn how to decorate a cake from a professional. Bring a pre-frosted cake to class (white frosting please). At registration you will be given a list of materials needed to decorate your cake. If you do not wish to decorate your own cake, you may sign up for a demonstration only.

Monday, March 2, 6:30-8:30pm.
Class Fee: \$5, pay at registration.
Materials Fee: None
Limit: Min. 5 / Max. 10

WINE APPRECIATION F-12

Tom Wittwer

Here's an opportunity to demystify the alchemy that takes you from vine to wine, and to eliminate the mystique of choosing a pleasing wine. Learn how to match wines to food and amaze your friends with your savvy. Educate your palate to the wines you appreciate. Each wine will be expertly explained. You will taste a large selection of wines with appropriate fruits and cheeses. REQUIREMENT: YOU MUST BE OF LEGAL AGE TO ENROLL IN THIS CLASS.

Tuesdays, April 7, 14, 21, 28, 7:30pm
Class Fee: \$10, pay at registration.
Materials Fee: \$35.00, Pay at class.
Limit: Min. 6 / Max. 15

USING YOUR FOOD PROCESSOR F-1

Kayann Heinly 537-6350

The food processor is an amazing machine that makes even the most difficult cooking job easier. We will cover processor techniques. Whether you cook because you love to, or cook because you must, the food processor will bring you more pleasure in the kitchen. If you are having problems, bring your processor and information booklet to class. (Kayann has been an Extension Home Economist for 29 years.)

Thursday, Feb 19, 1:30-3pm
Class Fee: \$4, pay at registration.
Materials Fee: \$1.50, pay at class
Limit: Min. 10 / Max. 30

FOODS FOR HEALTH & WEIGHT CONTROL S-29

Bonnie Hansen 776-3438

Learn new food strategies for the market. We will discuss the digestive system and how the body processes foods to use for fuel and which foods maintain good health., optimal energy and ideal weight. (Bonnie is a certified diet counselor and has owned the Diet Center for the past 12 years. She is an authority on weight management and gives many talks and seminars on weight control and nutrition.

Tuesday, Feb. 17, 10:30am.
Class Fee: \$5, pay at registration
Materials Fee: \$ None
Limit: Min. 4 / Max. None

BASIC CHEESECAKE PHILOSOPHY F-9

Ira Stein 539-8126

Cheesecake is excess! Perhaps it is that excess that makes it almost sinful in richness ... something that hints at the possibility of pleasure without limit. Some where up in the sky a little cholesterol counter is going haywire, and we don't even care. We will make one of these cheesecakes and also learn how to make its wonderful companion, cafe au lait. Call if you want to arrange to make your very own cheesecake to take home.

(Ira has been a cheesecake addict for many years.)

Wednesday, Feb. 4, 7:30pm
Class Fee: \$5, pay at registration.
Materials Fee: \$3.00, pay at class.
Limit: Min. 3 / Max. 6

BLACK FOREST CAKE/MONT BLANC F-8

Peggy Miao 539-0306

Calorie counters beware!!
Learn to make continental European desserts:

1) -- Black Forest cake from the Black Forest of Germany. This cake is generously soaked in brandy. You will have so much fun covering this cake with cream and cherries and then you get to take it home.

2) -- Mont Blanc is from the French Alps. "Mont Blanc" translated means "white mountain". Chestnuts are cooked and pureed in a food processor, then "riced". The mound of chestnuts is then smothered with whipped cream, resembling a snow-covered mountain. You will take home the whole dessert. All ingredients/materials will be provided.

(Peggy is a baking and food science graduate).

Saturday, Feb. 7, 9am-12 noon
Class Fee: \$5, pay at registration
Materials Fee: \$3.50, pay at class
Limit: Min. 2 / Max. 4



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Upstairs Firstbank Center, Denison & Claflin
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Close to Goodnow Hall

539-9666

Class locations will be noted on your receipt.



Recreation

532-5866
1221 Thurston

Wet, But Not Windy

ADULT BEGINNING SWIMMING R-16
Neil Schanker 539-5766

Learn front and back floating, arm strokes, kicking and the ultimate goal of the crawl and back stroke. Emphasis will be placed on feeling comfortable in the water. Bring a swim suit and towel. (Neil is a Red Cross Certified Water Safety Instructor.)

Sundays, Feb. 1-22, 11am-1pm (4 times)
Class Fee: \$8, pay at registration
Materials Fee: None
Limit: Min. 6 / Max. 10

FUNDAMENTALS OF KAYAKING R-17
(AMERICAN RED CROSS)
Paul Sodaman 539-7111

Experience the challenge of kayaking! Through video films, demonstrations, lectures, and lots of hands-on experience, we will study equipment, paddle techniques, fast water maneuvers, and practice American Red Cross safety techniques. The class meets at an indoor pool. All handouts, textbooks and equipment are provided. (Paul is a certified Red Cross Fundamentals of Kayaking instructor.)

Sundays, Feb. 1, 8, 15, 22. 9am-1pm.
Class Fee: \$8, pay at registration.
Materials Fee: \$45 for equipment and text-books. Pay at first class.
Limit: Min. 4 / Max. None

FRIENDLY KANSAS CANOEING R-19
Bob Poresky 539-2967
Brenda Ryther 539-8624

Basic canoeing techniques will be incorporated into trips to nearby lakes, streams and rivers. We will have a chance to learn/relearn canoeing techniques as we explore this spring. Participants will be responsible for providing canoes, paddles, life jackets, etc. The spring schedule will be set at the April meeting at which time partners and rental locations will be found. This class welcomes both individuals and families. (Bob has taught canoeing techniques many times for UFM. Brenda, new to Manhattan, has enjoyed canoeing for many years and is Red Cross certified.)

Organizational Meeting: Tues. April 7, 7:30 - 9pm
Further Mtgs: Sundays, 1-5pm. Dates will be discussed at the first meeting.
Class Fee: \$6, pay at registration.
Materials Fee: None
Limit: Min. 4 / Max. 20

INTERMEDIATE KAYAKING WORKSHOP R-18
Rex Replogle 537-2643

This workshop is for those kayakers with some experience who desire to improve their skills. Informal critiques will be provided on rolls, and strokes in indoor pools. Boats are available for rent at the pool, or you can bring your own.
Sect. I: Sunday, Jan. 25, 9am-1pm
Sect. II: Sunday, March 1, 9am-1pm
Class Fee: \$5, pay at registration
Materials Fee: \$2.50, pay at class
Limits: Min. 4 / Max. None

Play Time

BEGINNING FENCING R-8
Doug Varney, Randy Hanes 539-1510

Learn basic fencing skills with foil, epee, or sabre. Footwork, conditioning and blade play will be emphasized with some practice bouts toward the end of the session. The materials fee pays for rental of all needed equipment. Men and women of all ages welcome! (Doug and Randy enjoy fencing!)

First Class, Wednesday, Feb. 4, 7:30pm
Length: Ongoing
Class Fee: \$10, pay at registration
Materials Fee: \$10.00, Pay at class.
Limit: Min. 4 / Max. None

INTERMEDIATE FENCING R-9
Doug Varney 539-1510

Does the play of the blades make you want to dig out your foil, epee, or sabre? We are looking for fencers with previous experience who want to become involved again. Practices will include a combination of drills and free fencing. Traveling to USFA meets and circuit events are planned. On Guard, Prets, Allez!

Tuesday, 5:30pm and Wednesdays, 8:30pm
Beginning Feb. 3, Length: Ongoing
Class Fee: \$10, pay at registration
Materials Fee: None
Limit: Min. 3 / Max. None

LEARN TO PLAY BRIDGE R-3
Charles Clack 776-0471

What makes bridge the best card game? Charlie's here to let you in on the fun. In a few quick and entertaining lessons, you can be ready to cast off your training wheels and start enjoying a lifelong hobby. (Charles learned to play bridge when he was knee high.)

Thursdays, begin Feb. 5, 6:30pm.
Class Fee: \$10, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

BRIDGE CLUB R-4
Charles Clack 776-1625
776-0471

If you like the card game of bridge, join this group. Sometimes instructive, sometimes competitive, sometimes very serious and sometimes not, this group always manages to enjoy themselves. Different tables will provide various levels for participants. Some instruction available. (Charles has played bridge for many years but still has lots to learn.)

Thursdays, Beg. Feb. 12, 6:30pm (on-going)
Class Fee: \$6, pay at registration.
Materials Fee: None
Limit: Min. 4 / Max. None

LEARN TO BOWL R-12
Jack Connaughton 532-6591

This class will review the basics of bowling and offer individual help. The items covered will include: equipment, spare shooting, release, stance, approach, and adjustments for first ball. (Jack has been involved with bowling for 33 years and has 11 sanctioned 300 games and a high series of 820.)

Saturdays: Feb. 14, 21, 28, 8:30-10am
Class Fee: \$6, pay at registration
Materials Fee: \$.95 per game and \$.30 for shoes.
Limit: Min. 6 / Max. 15



VOLLEYBALL FOR FUN (16 AND OVER) R-11
Lois Morales 539-8867

Indoor volleyball can provide low-key competition, exercise and a great time for beginners to those advanced. Nets and balls will be furnished. (Lois has played UFM volleyball for years.)

Tuesdays: 6:30-8:30pm Length: Ongoing
First Play date: Feb. 3
Class Fee: \$5, pay at registration
Materials Fee: \$1, pay at class.
Limit: Min. 1 / Max. None

DIAL A PARTNER R-7
UFM Staff 532-5866

It is so frustrating when you want to play chess, backgammon, tennis or pool or some other game and there is no-one to play with. Now you can lower your frustration level by signing up for Dial-a-Partner. When you register, write your favorite games on the back of the registration form and we will mail a list of prospective partners to you.

Class Fee: \$2, pay at registration
Materials Fee: None
Limit: Min. None / Max. None

Continued...

HELP! HELP! HELP!

Volunteers needed to assist with UFM programs. Whether it is two hours or two days, your help will be most welcome. For further details, please call Eunice at UFM, 532-5866.

18

Class locations will be noted on your receipt.

Play Time (continued)

EXTREMELY BASIC CHESS

R-2

Michael J. Prohaska 1-499-5388

es! Just like the title says, this is a course designed not to intimidate you with the Royal Game, but to teach you that that funny little horse statue does. Bring the chess set that you have been decorating your house with, and learn what to do with it. After the beginning moves make sense, you will learn basic checkmates, simple endgames and then finish up with opening theory and combinative piece play.

Mike has played chess for 25 years, and has taught several classes on chess, and was the Topeka Chess Club Champ for 2 years.)

Thursdays, Feb.19-May 7, 4-6pm.
Class Fee: \$10, pay at registration
Materials Fee: None
Limit: Min. 2 / Max. 12

LEARN TO FLY AT LOW RATES

R-6

Hugh Irvin 532-6311

The class will be an informational session to overview what's involved in learning to fly in general and the advantages of the K-State Flying Club in particular. Options available for ground school and for flight training in the Manhattan area will be discussed. Introductory flight lessons and/or short sight-seeing flights at minimum cost will also be scheduled at this meeting. (Hugh is a FAA Certified Flight Instructor and a member of the K-State Flying Club.)

Saturday, Feb. 7, 9-10:30am.
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

Fresh Air Time

CROSS COUNTRY SKIING - BEGINNERS

R-20

Sam James 776-0529

This class is intended for those with little or no cross-country skiing experience, and those with serious doubts about their technique. We will cover the basic elements of cross-country skiing, see some of the recent advances in techniques and discuss equipment. Bring your own skis.

(Sam has been skiing for 15 years and racing for 6 years. He has also conducted ski workshops in Michigan.)

Saturday, Jan.31, 10am-noon
Class Fee: \$6, pay at registration
Materials Fee: None
Limit: Min. 3 / Max. 15

INTERMEDIATE CROSS COUNTRY SKIING

R21

Sam James 776-0529

This class is for those persons who are comfortable skiing, but would like to improve their skills and add new techniques for forward motion, turning, and hill climbing. The skating techniques which have revolutionized ski racing will be included.

Saturday, Jan.31, 1-3pm
Class Fee: \$6, pay at registration
Materials Fee: None
Limit: Min. 3 / Max. 15

HIKING TRAILS IN KANSAS

R-23

Jeff Brown 537-9403

This class is for people unfamiliar with hiking trails in Kansas. We will discuss approximate 17 trails, including location length, difficulty, etc. (Jeff is an avid hiker and has worked at Konza Prairie.)

Wednesday, Feb.18, 7-8pm
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. 20

POCKET BILLIARDS FOR BEGINNERS

R-10

Marc Greeson 776-6338

This class will start with a brief history of the game. Included will be an introduction to playing equipment, basic stance, aiming, English, and control. The different games -- 8-ball, 9-ball and snooker will be covered as well as the theory and mental game. (Marc is part owner of Lucky Cue. He has played pool since he could walk and has played serious tournament billiards for over five years.)

Saturdays, Feb.7-Mar.14, 10:30am (6x's)
Class Fee: \$6, pay at registration
Materials Fee: None
Limit: Min. 3 / Max. 12

INTRODUCTION TO DUNGEONS AND DRAGONS

R-5

Pat & Glen Farrell 1-499-5388
Mike Prohaska

Enter the fantasy world of Dungeons and Dragons! This class is designed for those who have never had the chance to play D & D, but would like to. The first four classes will explain the concepts of this fantasy role playing game and the structure of the background world. Each participant will generate a character and cast-off into the wilderness with your dungeonmates. The advanced Dungeons and Dragons system will be used, with Greyhawk and the background world. (Glen, Pat and Mike are all Sci-Fi and fantasy fans that have been playing D & D for over 8 years and Mike has been Dungeon Mastering for over three years.)

Thursdays, Feb.19-May 7, 6:30-8pm.
Class Fee: \$6, pay at registration.
Materials Fee: Bring munchies
Limit: Min. 3 / Max. 9



Clowning Around

CLOWNING WORKSHOP

R-1

Ron Clingenpeel 537-0593

Is there still a little of the child left in you?...Do you really have the urge to put on make-up, dress funny, and make people laugh without them thinking you're into punk? WELL, this is for you! You will learn juggling, make-up, balloon blowing, magic, general craziness, songs and fun. For the brave at heart, soul and mind -- FIRE EATING! Join us for a look into the world of wonder, story and magic.

(Ron has been clowning around most of his life, but serious clowning began about eight years ago. He has been the director/clown of the Minstrel Show, as well as a solo performer throughout the midwest and most recently on the east coast.)

Fri. & Sat, Feb. 27 & 28
Fri: 7:30-10pm, Sat.10am-3pm.
Class Fee: \$6, pay at registration
Materials Fee: \$4, pay at class
Limit: Min.4 / Max. None



FISHING: IMPROVING YOUR TECHNIQUES AND CATCHES

R-25

David Doherty 532-5869

This class is for the young and old, beginners and amateurs, and anyone who wishes to become a better fisherman. You will learn:

- WHAT - bait to use to catch your favorite fish, and which fish live in our lakes and streams.
- WHEN - times are favorable for fishing.
- HOW - to read lakes and maps for best fishing areas, how to keep your rods and reels in good condition, and how to present bait and lures.
- WHO - to talk with to find hot spots, and
- WHERE - to find fish by knowing their living and seasonal patterns.

...AND FINALLY hands on experience and a possible fish fry. (David has been and Angler for 20 years, and has instructed many friends on the techniques of fishing.)

Saturdays, April 4, 11, 18 3:30-5pm.
Class Fee: \$6, pay at registration.
Materials Fee: \$1, pay at first class
Limits: Min.4 / Max. None

GOLF FOR BEGINNERS

R-22

Jim Gregory 539-1041

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

Thursdays, April 9-23, 6-7pm, (3 times)
Class Fee: \$6, pay at registration.
Materials Fee: \$1, pay at class.
Limit: Min. 4 / Max. 12

MOUNTAIN BIKING

R-24

John Hurd 539-6823
Dave Colburn 539-0485

Have you seen those rough/tough looking bikes with fat, overstuffed tires? Manhattan is flooded with riders of all ages. Are you one of those people who use their bikes only as a means of transportation? Why don't you start think of it as a recreational vehicle? During the first meeting we will discuss biking information, safety, and where to ride around Manhattan. We will also organize a ride and discuss the possibility of forming a Mountain Bikers Club in the future. (John and Dave are mountain bike fanatics and they both work at Pathfinder)

Wednesday, April 22, 7pm.
Second meeting date to be announced.
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 5 / Max. None

Class locations will be noted on your receipt.

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Martial Arts

BEGINNING KUNG FU (PAI TE LUNG STYLE)

R-13
Stan Wilson 539-7723

Pai Te Lung is a Kung Fu style combining hard, soft and internal methods. Beginners will learn basic techniques, some self-defense, drills, one-step sparring, and if we have time, the three short forms. Wear comfortable clothing. (Stan has studied martial arts for 16 years and is a member of the Pai family.)

Tuesdays & Thursdays, 7-8 p.m.
Length: Ongoing.
Sect. I Begins Tuesday, Feb. 3
Sect. II Begins Tuesday, March 31
Class Fee: \$12/sect, pay at registration
Materials Fee: \$2, pay at first class.
Limit: Min. 3 / Max. None

ADVANCED KUNG FU (PAI TE LUNG STYLE)

R-14
This class is available for those who wish to learn kata, application of kata, self-defense, awareness drills and sparring. Please contact Stan Wilson, 539-7723.

JUJITSU FOR BEGINNERS

R-15
Stan Wilson 539-7723

Japanese in origin, jujitsu stresses hands-on combat featuring throwing, low kicks and wrist and arm locking. This class will include the hakko ryu basic waza form which is self-defense oriented, not exercise oriented. Participants must be age 15 or over. (Stan has a black belt in jujitsu and has taught martial arts for 7 years.)

Sundays 7-8:30 p.m. Length: Ongoing.
Sect. I Begins Feb. 8
Sect. II Begins April 5
Class Fee: \$12/Sect., pay at registration
Materials Fee: \$2, pay at first class.
Limit: Min. 3 / Max. None

ALL STYLE KARATE WORKOUT

R-27
Joel Cederberg 537-7090
Richard Bammes 1-485-2480

Have martial experience and want to work out will fellow enthusiasts? All styles welcome. Join us!!!

Mondays, Wednesdays, Fridays, 8-9:30pm
Begins Monday, Feb. 2.
Class Fee: \$12, pay at registration
Materials Fee: \$2, pay at class
Limit: Min. None / Max. None

ADVANCED JUJITSU

R-26
This class is a continuation of the beginning jujitsu class. Participants will further their knowledge of jujitsu including drills and self-defense techniques. For further information call Stan Wilson, 539-7723.

TANG SOO DO KARATE

R-26
Joel Cederberg 537-7090
Richard Bammes 1-485-2480

This course will cover the basics and is for those who don't know anything about karate but really want to learn. Karate is not easy and requires much hard work, practice, patience, and perseverance. If you stay with it, you will test for your first belt rank at the end of the course. Come wearing loose clothing that you don't mind getting sweaty. You are encouraged to consider buying a uniform, which will be available from the instructors.

Mondays, Wednesdays, Fridays, 6:30-8pm.
Sect. I begins Monday, Feb. 2,
Sect. II begins Monday, March 30
Class Fee: \$12/sect., pay at registration
Materials Fee: \$2, pay at first class
Limit: Min. 4 / Max. None



Earth

532-5866
1221 Thurston

Of the Wild & Natural

DESIGNING ANNUAL FLOWER BEDS

E-16
Lynn Doxon 539-2956

For a riot of color all summer--annuals are the answer! Learn to select varieties for sunny areas and shady spots, as well as for cut flowers, continuous bloomers, or any other special needs you have!

(Lynn Doxon is working on a Ph.D in horticulture and has been planning and planting annual flower beds since she was eight years old.)

Thursday, Feb. 19, 7-9pm
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. 20

RAPTOR REHABILITATION TOUR

E-13
Terry Campbell 532-5690

Hawks and owls are raptors. Find out about how these birds are cared for when they are sick or injured. The rehabilitation program at the KSU Veterinary School cooperated with the Prairie Raptor Project at Salina to care for 200 raptors last year. We will tour both facilities. Bring a sack lunch and money for gas.

Sunday, May 3, 12noon-approx. 5:30pm.
Class Fee: \$5, pay at registration
Materials Fee: See above
Limit: Min. 4 / Max. None

REPTILE ROUNDUP

E-12
Mark Heinrich 776-2255

Turning over rocks on a Flint Hills hillside is likely to uncover anything from a ring-necked lizard or milk snake to a collared lizard or skink. We'll search such an area and capture, discuss, and release whatever reptiles we find. Bring a pillowcase to hold your finds. This is an especially good field trip for kids. (Mark is a veterinary student who earned a master's degree for his research on reptiles of the Konza Prairie.)

Saturday, date to be announced
Class Fee: \$4, pay at registration
Materials Fee: None
Limit: Min. 6 / Max. None

GEM. STONES & FACETING

E-11
Dr. F.C. Lanning 537-7599
Benjamin G. Mullinix, Sr. 539-3846

How do you think those facets were ground into that gem stone on your favorite ring? The instructors will demonstrate their faceting apparatus and will show that with it, a methodical nature and a few calculations, faceting is not as difficult as might be imagined. They will review types of gem stones in terms of their characteristics, origin, use, and value. The Manhattan Mineral, Gem and Fossil Club is sponsoring this class.

Thursday, March 12, 7:30 pm
Class Fee: \$4, pay at registration
Materials Fee: None
Limit: Min. 2 / Max. None

PRAIRIE CHICKEN BOOMING IN KANSAS

E-14
Northern Flint Hills Audoban Members

As a resident of the prairie community of the Flint Hills, you owe it to yourself to see the annual prairie chicken breeding display. The permanent blind set-up at Konza Prairie offers a very close view of this spectacle. In order to enjoy this you need to be up early, dressed warmly, and prepared to sit quietly for about 3 hours.

Sect. I, Sat. April 4, early am - 9:30am
Sect. II, Sat. April 11, early am - 9:30am
You will be notified of the time.
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 1 / Max. 5

LANDSCAPE FOR WILDLIFE

E-15
Tom Hittle & Kathy Weller 1-456-2771

It is possible with proper planning and a little work to create attractive wildlife habitat in your urban/suburban yard. You will learn about plants that are adaptable to our area to provide food, nesting cover, and winter shelter for many species of birds and mammals. Designs will be discussed that are pleasing to human neighbors as well as wildlife. This class sponsored by the Northern Flint Hills Audoban Society. (Tom and Kathy are associated with Horticultural Services.)

Saturday, Feb. 28, 9:30-11:30am.
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

ROCKY MOUNTAIN FUR TRADE AND PREHISTORIC INDIANS

E-3
John Torrence 539-2170

John will present a slide show on the history of the Rocky Mountain fur trade. You will also see displays of Kansas prehistoric Indian artifacts and original trading beads, traps and guns, etc. We will also discuss buckskinning and muzzle loading. (John has studied the fur trade and Indians for 12 years, and is District Director of the Kansas Muzzle-loading Association and President of the Rocky Mountain Fur Co.)

Thursday, Feb. 12, 7:30-9pm.
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 6 / Max. None

20

Class locations will be noted on your receipt.

Trips, Tours & Walk-a-bouts

KANOPOLIS CAMPOUT

E-9

Duane Kerr 1-456-2771

Located in the beautiful Smoky Hills, Kanopolis Reservoir and the surrounding area provide for a variety of nature-oriented activities. We will hike Horsethief Canyon to discover ferns, cacti and bountiful wildflowers. We will also take a couple of rock/fossil excursions, and we will also be on the lookout for reptiles and birds. Bring your own sleeping gear, a sack lunch and \$10 to cover remaining meals and camp fees. (Duane is leading this class under the sponsorship of the Northern Flint Hills Audoban.)

Sat. & Sun. May 16 & 17, Sat 9am.-Sun. pm.
Class Fee: \$5, pay at registration
Materials Fee: \$10 and share gas
Limit: Min. 2 / Max. 10

DINOSAURS FOR KIDS AND KIDS AT HEART

KS-3

Dr. Richard Busch 532-6724

Dinosaurs, or terrible lizards, ruled the Earth for about 165 million years during what is known as the Mesozoic Era of time. They were once regarded as cold-blooded, slow-moving, dumb beasts, but that image is changing. We will explore the new image of dinosaurs as warm blooded, fast, intelligent creatures. We will also examine bones of dinosaurs and other Mesozoic creatures from Kansas. Find out what Kansas was like when dinosaurs stalked the Earth! All ages welcome. (Rich is an Assistant Professor of Geology and Adjunct Professor of Science Education at KSU with teaching and research interests dealing with fossils, stratified rocks, and Earth history. He has been fossil collecting since age 5.)

Tuesday, Feb. 24, 6:30-8pm.
Class Fee: \$4, pay at registration
Materials Fee: None
Limit: Min. 10 / Max. 40

Mark This On Your Calendar

SUNSET ZOO ZOOBILATION

May 23-24-25

This years Sunset Zoological Park Zoobilation is going to be the Zoo's biggest Memorial Day Weekend! Not only will the Children's Zoo be re-opening, but the zoo will be sponsoring its First Annual Crafts Festival. We have lots of special family activities planned and a Sunday Sunset Serenade Concert. Please make plans to come out and support the Sunset Zoo and see what we have to offer.

Saturday, May 23rd
1st Annual Zoo Craft Festival
10am-5pm. Opening of the Children's Zoo.
Sunday, May 24th
Zoo Craft Festival Continues
10am-5pm. "Sunday Sunset Serenade" after hours concert.
Monday, May 25th
Animal Shows - Special Family Activities. Zoo Craft Festival 10am-5pm. Zoo Craft Auction.

Attention: Crafts Vendors interested in an application for the Crafts Festival should contact:
Ms. Wendy Matthews
Coordinator/Crafts Festival
2333 Oak Street
Manhattan, KS 66502
(913)539-8809

Application Deadline is April 1st.

There will be a 1/Day fee or a 3/Day fee for Saturday, Sunday and Monday. Sponsored by Sunset Zoological Park, and Friends of Sunset Zoo, a non-profit organization. All proceeds will go to the Zoo Improvement Fund.

LIVING HISTORY OF 100 YEAR OLD FARMS

E-6

Owen Jones 537-7976

The Kansas State Board of Agriculture has been encouraging people whose farms have been in their family for over 100 years to make a record of the history of these farms. We will try to update what has taken place in Riley and Marshall counties. (Owen was raised on a farm that has been in the family since 1870 and is now owned by his brother).

Monday, March 2, 7:30-9pm.
Class Fee: \$3, pay at registration
Materials Fee: None
Limit: Min. 5 / Max. 20

GLACIAL REGION FIELD TRIP

E-17

F.C. Lanning 537-7599

How do we know that glaciers visited Kansas? By the rocks from Minnesota that they left! We'll visit northern Pottawatomie County to collect glacial material: agate, jasper, quartz, quartzite, petrified wood and others, some of which may be of gem quality. Bring a sack lunch, drink, and rock container so you can be a rockhound for the day. (Dr. Lanning is a long-time member of the Manhattan Mineral, Gem and Fossil Club which is sponsoring this class.)

Saturday, April 18, 9am-1:30pm
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

BEGINNING ASTRONOMY

E-1

Larry Paris 537-3221

Larry will first discuss the basic physical structure of the known universe. After dark, we will look at planets, stars and constellations, including Cassiopeia, Cepheus, Cygnus the Swan, Lyra, Hercules, The Great Square, Draco the Dragon and others. Please bring a small flashlight. (Larry is an avid stargazer and has taught for UFM many times.)

Friday, April 24, 7pm.
Class Fee: \$6, pay at registration.
Materials Fee: \$.50, pay at class
Limit: Min. 4 / Max. None.

STOCKDALE GARNET PLUG FIELD TRIP

E-7

Benjamin Mullinix, Sr. 539-3846

Riley County contains at least six igneous intrusions that blasted through the sedimentary strata ages ago. This volcanic material is very similar to the diamond-laden kimberlite of South Africa. We'll pick up various igneous rocks and minerals, the highlight being small, but attractive, red garnets. Bring a drink and containers. (Benjamin is president of the Manhattan Mineral Gem and Fossil Club which is sponsoring this class.)

Saturday, May 9, 9am-12n.
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

HORSESHOEING

E-2

Greg Barron 1-456-7336

This will be a beginning cold-horse-shoeing class aimed at people who have had no experience in horseshoeing. Use of horseshoeing tools and care of the hooves will be covered. Each participant will also get hands-on experience if desired. (Greg has shod his own horses and horses for others for over 10 years.)

Saturday, May 23, 9-11am.
Class Fee: \$5, pay at registration.
Materials Fee: None
Limit: Min. 4 / Max. 10

WALKING TOUR OF THE CITY PARK

E-4

Owen Jones 537-7976

Spend a pleasant and informative morning learning about your City Park. Established in 1870, the Manhattan City Park is one of the oldest, if not the oldest, park in Kansas. We will review its history as told by Frank Anneberg. Come join us for a stroll through the park and listen to some fascinating tales.

Saturday, March 21, 9-11:30am.
Class Fee: \$3, pay at registration
Materials Fee: \$.50, pay at class
Limit: Min. 5 / Max. 15

FOSSIL FIELD TRIP:CRETACEOUS CHALK BEDS

E-8

Neil Schanker 539-5766
Duane Kerr 1-456-2771

The chalk beds of western Kansas are world famous for their fossils. We plan to visit the museum at Hays to see some of the best fossils, camp out near a productive area and spend some time looking for our specimens. We are still planning this trip, so if you have suggestions of places to go, please let us know. Bring your own camping gear, \$10 to pay for your meals and gas money if you are not driving. (Neil and Duane share an interest in fossils and unusual road trips.)

Sat. & Sun., May 30/31, Sat.8am-Sun. pm.
Class Fee: \$5, pay at registration
Materials Fee: \$10 + share of gas
Limit: Min. 2 / Max. 8

TOUR OF THE BIGELOW AND BARRETT TOWN SITES

E-5

Owen Jones 537-7976

The first UFM tour to this area was along the Oregon Trail to the Barrett and Bigelow Townsites in 1982, and since then even more of the history of this area has been discovered. In 1855, a party of 60 Quakers settled in the Vermillion River Valley. Find out how this ties in with the history of Manhattan, and view some of the original wheel ruts on the Oregon trail. (Owen was raised on a farm near Barrett and has assisted in compiling the history of this area.)

Saturday, April 25, 8:30am - 3pm.
Please bring a sack lunch.
Class Fee: \$5, pay at registration.
Materials Fee: \$1 for gas, .50 for copies, pay at class.
Limit: Min. 5 / Max. 20

OZARK UNDERGROUND LABORATORY

E-10

Sil & Ed Pembleton 537-4385

The Ozark Underground Laboratory consist of 286 acres of Ozark hill land in Missouri overlying the 10,000 feet of known passage in Tumbling Creek Cave. The cave is a designated National Natural Landmark primarily because the fauna is the most diverse known for any U.S. cave west of the Mississippi. An above ground orientation will include hydrology and geology as it pertains to cave formation. The underground experience will stress ecology and geology. You will be contacted as to details and what to bring. (Ed works for the National Audoban Society and he and Sil have made this trip before).

Organizational Meeting: Thurs. Apr. 2
You will be contacted for time & place.
Trip: Sat. Sun. Mon., April 18, 19, & 20
Class Fee: \$5, pay at registration
Materials Fee: approx. \$50 for van, gas, food, use of facilities, and cost of tour.

Class locations will be noted on your receipt.

THANK YOU!

On behalf of the patrons, volunteers, staff and Board of Directors of UFM, we wish to thank the following contributors to our 1986 Annual Fund (as of 12/15/86):

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Class locations will be noted on your receipt.



Registration Form

532-5866

1221 Thurston Manhattan, KS



Registration

532-5866
1221 Thurston

PLEASE PRINT ★★ ONE FORM PER PERSON

Name _____

Street _____ Apt. # _____

City _____ Zip _____

Home Phone _____ Work Phone _____

SURVEY— Please check all that apply.

Have you taken a UFM class before? YES/NO
Students (___ credit hours this semester)

Freshman KSU Faculty/Staff
 Sophomore Under 13 years
 Junior 13-18 years
 Senior Senior Citizen
 Graduate Fort Riley Personnel
 Student Spouse Handicapped

Do you require class to meet in handicapped accessible place

I would like to volunteer my skills in exchange for registration discounts.

I am interested in teaching for UFM

Classes I would like to see offered next term

Please indicate where you obtained catalog _____

CLASS #	SEC. #	TITLE	CLASS FEE
1.			
2.			
3.			
4.			
5.			
6.			

PLUS \$2.00 REGISTRATION FEE (See Exemptions) \$2.00

TOTAL DUE

KSU Student ID No. _____

I hereby authorize the use of my Visa/Master Card Visa M/C

Card No. _____

Expiration Date _____

**UFM—913-532-5866
1221 Thurston, Manhattan, KS 66502**

Three ways to register:

- A. WALK-IN:** Come to the UFM house, 1221 Thurston, during business hours or register at one of the locations listed below.
- B. MAIL-IN:** Fill in your registration form and mail it with check, money order, or Visa/MasterCard number to: UFM, 1221 Thurston, Manhattan, KS 66502 (stamped, self-addressed envelope is appreciated).
- C. PHONE-IN:** With Visa or MasterCard only, you may call 913-532-5866 during business hours to register (minimum: \$5.00).

Late registrations accepted on space-available basis.

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

RECEIPTS:

After your registration form is processed, you will receive a receipt. This is your proof of payment. UFM will retain a copy.

CLASS LOCATIONS:

When you receive your receipt, the locations of your classes will be included.

REGISTRATION FEE EXEMPTIONS:

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

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

REFUND POLICY:

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

1. the limited class you paid for has been filled
2. the class you paid for has been cancelled or significantly changed
3. you have overpaid

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- If you have problems with UFM, please call us at 913-532-5866.

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