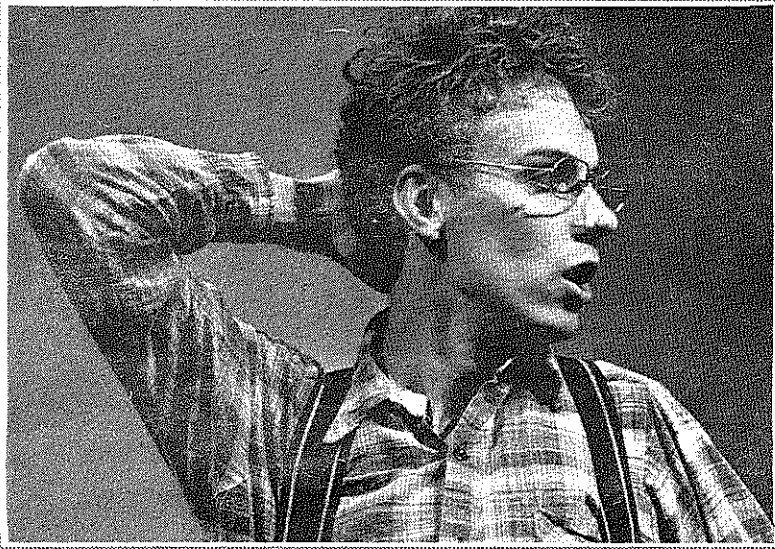


# UFM

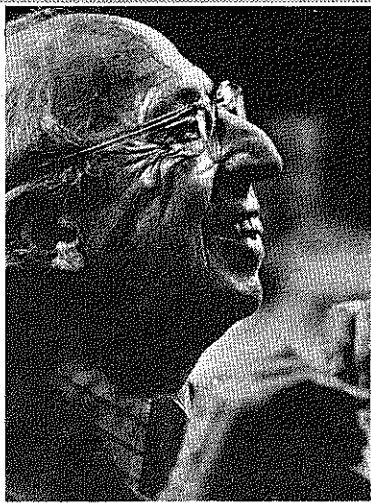
TEACHING  
LEARNING  
GROWING

## FALL 1989 CLASSES

September - December 1989



Nonprofit Organization  
U.S. POSTAGE  
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"The faces..."



Dear Friends:

UFM has a class for everyone! Young or old, business professional or nature lover . . . skim the pages of our catalog and explore the many opportunities for self growth, community awareness, and enjoyment, that we have in store for you this fall. Find the hidden artist, photographer, or writer in you. Enhance your skills for the office, or learn how to use that new home computer. Discover the Konza Prairie, the fossils and gems of Colorado, and the many resources of the community around you . . . or explore how to travel Europe and the world at large. Whatever the topic - UFM is dedicated to providing the opportunity for increased knowledge, skills, and personal growth for you -- our community.

Sincerely,



Peg Kowalczyk  
Educational Program Coordinator

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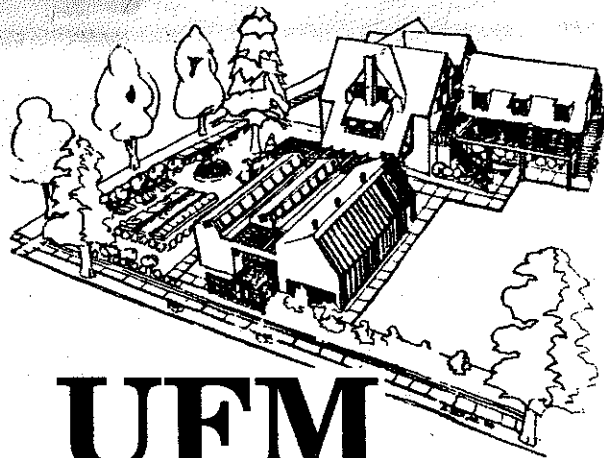
### WHAT IS UFM?

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

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

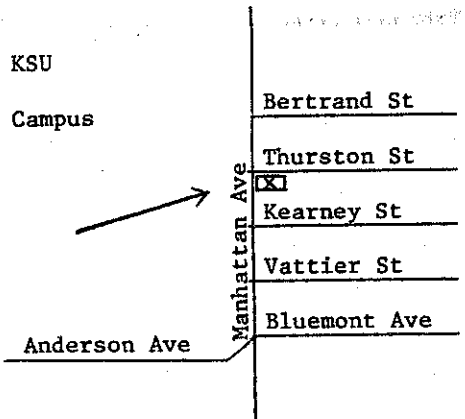
UFM also actively seeks to identify and address unmet community needs by enabling groups to organize around a common concern and by developing programs that enhance the quality of life. UFM seeks to provide assistance so that model programs can be adapted to meet the needs of other communities.

## WHERE WE'RE LOCATED...



KSU

Campus



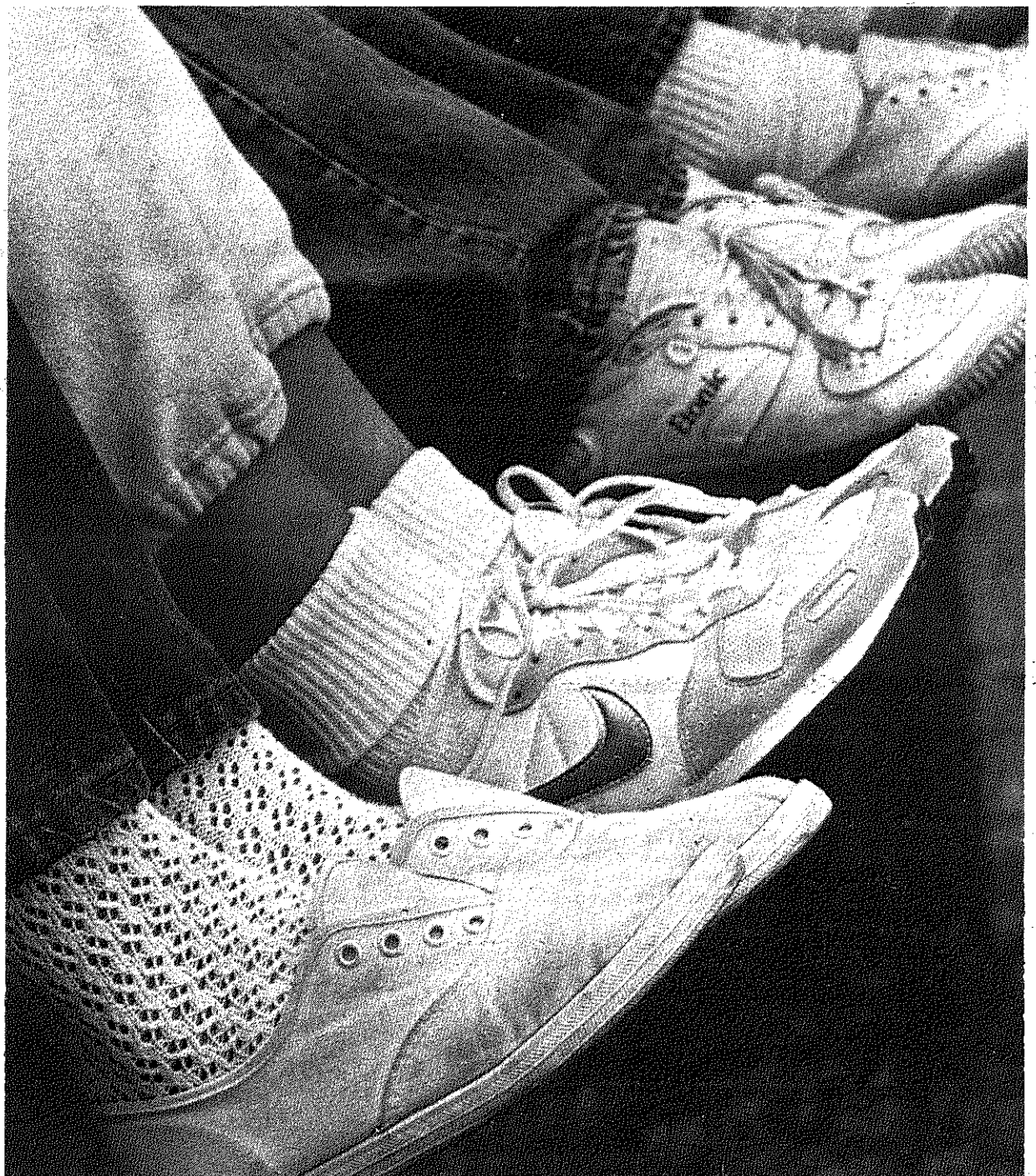
# UFM

1221 Thurston



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... and the paces of UFM."

# ABOUT OUR INSTRUCTORS...

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

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

- SUSAN ALLEN** (Nindiri, Nicaragua: Manhattan's Sister City)  
Susan, a local anthropologist, is a member of the Sister Cities Project Board of Directors and has visited Nindiri, Nicaragua.
- BRETT BALKENHOL** (Springboard Diving)  
Brett has been a diving competitor and is still an avid diver. He has taught UFM diving classes previously and enjoys the interest generated by both young and old divers.  
(Chainsaw Safety)  
Brett has been cutting firewood since his high school days, including hardwood trees for milling purposes.
- DOUGLAS BATES** (Information: How to Find It and Use It)  
Doug has a Master's Degree from Brigham Young University, was a reference librarian for U.S. Government Documents at Texas Technical University and is currently head of the KSU Documents Unit at Farrell Library.
- CAPRICE BECKER** (Beginning Marriage and Parenting Over Thirty)  
Caprice and her husband, Richard, have both married for the first time later in life, experienced a miscarriage, and had a healthy baby in the last two years.
- MICHAEL BENNETT** (Ballroom Dance)  
Michael has trained in Ballroom Dance at U.C. Berkeley; Mandola Ballroom, San Francisco; AliBaba Ballroom, Oakland, CA; and Avenue Ballroom, San Francisco; and was the 1986 San Francisco Avenue Ballroom Jitterbug Champion.
- CHRIS BIGGS** (Bluegrass Jam Session)  
Chris has been a finalist in the National Flatpicking contest on three occasions.
- LEONARD BISHOP** (Story and Novel Writing)  
Leonard has taught writing for over 25 years, has published nine novels, and has written a book on professional writing to be published by Writers Digest.
- LARRY BOYD** (Bicycling Across Kansas) (Bike Tour To Wamego)  
Larry has pedaled across Kansas seven summers in a row and has participated in other bike tours, races, and triathlons for the past nine years. As a native Kansan, he is very interested in Kansas history.
- JOANNE BROOKE** (A Case of Abuse)  
Joanne is the Executive Director of the CASA Program serving Riley and Clay Counties. This program provides trained advocates working on behalf of children who have been abused or neglected.
- BEVERLY BRZUCHALSKI** (Understanding Your Child's Behavior)  
Ms. Brzuchalski is a Home Economist with the Riley County Extension Service. She teaches family living skills to adults and youth through the Consumer and Homemaking Program.
- LAURA BURNETT, R.N.** (ABC's of First Aid) (Childproofing Your Home)  
Laura is a Registered Nurse and is the Emergency Room Supervisor at Memorial Hospital. Having dealt with emergency situations which occur in the home environment, she is well aware of situations in the environment which can prove hazardous.
- EVELYN CAMPBELL** (Growing & Using Herbs) (Flower Arranging) (Repotting & Propagating Houseplants) (Pressed Flowers) (Corsage Making) (Wreath Making)  
Evelyn, coordinator for the Manhattan Community Gardens, holds a degree in horticulture from KSU.
- HOWARD CAMPBELL** (Growing & Using Herbs) (Flower Arranging) (Repotting and Propagating Houseplants) (Pressed Flowers) (Corsage Making) (Wreath Making)  
Howard has a B.S. degree in horticulture therapy and is currently working on his doctorate in Adult Education.
- MARGUERITE W. CARLSON** (Parenting Your Parents)  
For 10 years, Marguerite has been the Senior Center Director in both Manhattan and California. She has taught "You and Your Aging Parents," "Caregiving," and "Senior Center Programming and Management" courses. Marguerite has experienced the aging and deaths of her parents during the years when her children needed parenting also.
- LONNIE CATLIN** (Basics of Therapeutic Touch) (Past Life Regression)  
Lonnie is a hypnotist certified with the American Hypnosis Association and is also a Therapeutic Touch Practitioner trained in Colorado.
- JOEL CEDERBERG** (Beginning Tang Soo Do)  
Joel has been in the martial arts for 20 years and has been teaching for 15 years. He is a 2nd degree black belt.
- JULIE CLARK** (Sports Series - Baseball: "In the Bullpen")  
As the wife of K-State's head baseball coach Mike Clark, Julie has been an avid baseball fan for as long as she can remember. She has been actively involved in sports throughout her life.
- MIKE CLARK** (Baseball Coaching)  
Mike has coached at the Little League, Babe Ruth, high school, and major college level. He holds a career record of 433-225 (win/loss record) and a 94/71 record in his three years at K-State.
- OLIVIA COLLINS, M.S.** (Sneak Previews: Using Video for Family Communication)  
Olivia, a certified family life educator, is an avid consumer of movies and television. She is a PhD candidate in Family Life Education and Consultation; and holds an M.S. in Human Development and the Family; and a B.S. Advertising.
- C.O.P.E.** Many of the Family Living classes and activities are offered in cooperation with the Manhattan Coalition of Parent Educators.
- CHARLES H. CRANE, M.D.** (How To Keep Your Child Out of the Doctor's Office)  
Dr. Crane, Pediatric Associates, is a board certified Pediatrician, who has practiced in the Community for 28 years.
- DEAN DENNER** (Building Your Own Home)  
Dean and his wife have been in their passive solar/super-insulated house for 2 1/2 years, and they are happy and proud enough to talk about it!
- KATHY DICKEY, R.N.** (Teen Sexuality: A Parents' Orientation)  
Kathy is the Director of Nursing Services at the Riley County Health Department. She has taught "Growing Up - A Good Time," a sexual education program for pre-teens and their parents.
- JERRY DISHMAN** (Fishing Kansas)  
Jerry, an avid fisherman and sportsman for 45 years, has fished for everything from bluegill to trout. He is a Master Hunter Safety Instructor for the State of Kansas, and a Wildlife Ambassador. Jerry is currently the MPRD Parks Superintendent for the City of Manhattan.



## ABOUT OUR INSTRUCTORS (Continued)

- EUNICE DORST** (Healing Workshop) (The Power of Visualizations & Affirmations)  
Eunice is a Therapeutic Touch Practitioner specializing in guided imagery and visualization. Eunice has been teaching self development and self healing classes for four years.
- RON DOWNEY** (Job Hunting - Resumes/Applications/Interviews)  
Ron, a professor in Industrial and Organizational Psychology, conducts research in the area of performance appraisal, job training, and job selection procedures. He has been at KSU for 13 years and also teaches a job training lab.
- CAROL EBERT** (Herb Lore)  
Carol has been a lifelong student of herb lore.
- JUDITH EDELSTEIN** (Helping Your Child Use the Library)  
Judith is head of children's services at Manhattan Public Library.
- BETSY EDWARDS** (Building Your Own House)  
Betsy and her husband have been living in their house for eight years, and they are happy and proud enough to talk about it!
- GENE ERNST** (Introduction to Freehand Drawing) (Watercolor Painting Via Photography)  
Gene, a professor of Architecture at KSU, has co-taught watercolor, photography, and drawing classes for several years.
- MICHELLE ERNZEN** (What's Under Your Hood?)  
Michelle, an ASE certified automobile technician, has three years experience as an auto mechanic at a car dealership, and has been teaching automobile classes at the college level for 3 1/2 years.
- MIRIAM FIELD** (Handwriting Analysis)  
Miriam, a master certified "graphoanalyst," also teaches more in-depth introductory courses.
- CATHERINE FLINCHBAUGH** (Beginning Knitting)  
Cathy has been knitting for more than 20 years and has made many items including sweaters and afghans.
- (Talking With Your Kids About Alcohol)  
Cathy is a Doctoral candidate at K-State and has been trained and certified as TWYKAA instructor.
- ARMANDO FLORES** (Aikido)  
Armando has practiced Aikido for the past 17 years and is a second degree black belt. He is also trained in Kendo, Iado, Jujitsu and Judo.
- ELINA FLORES** (Aikido)  
Elina has practiced Aikido for the past 10 years.
- JESSIE FOVRAUX** (Tattooing)  
Jessie was 11 years old when she learned this art from her grandmother and has continued tattooing to the present day.
- KAREN FRANZ** (Folk Art Painting)  
Karen has been painting for the past eight years, and enjoys using the items she paints to decorate her home. She is a member of the National Society of Decorative Painters and will be teaching a seminar at the state meeting in October.
- FRED FREEBY** (Money Matters: Investing and Planning) (Money Management for Retired and Nearly Retired)  
Fred is a Senior Account Executive with Waddell & Reed and has over 13 years of experience in Financial Planning.
- DOROTHY NICKEL FRIESEN** (Parenting For Peace and Justice)  
As a parent, feminist, and pastor, Dorothy sees the need for sharing alternative parenting models.
- DAVID GARVIN** (Europe On A Budget)  
David has been in the travel and tourism business for 13 years.
- JAMES GRIFFING** (Body Building for Men and Women)  
James, a KSU student in Exercise Science, has studied and instructed weight training for ten years. He has qualified for the NPC USA Bodybuilding Championships and IBA National Bodybuilding Championships.
- JOEL GRUENKE** (Self Defense for Adults)  
Joel, a black belt in Shorin-Ryu and Shinden-Ryu Karate, is a former president of, and instructor at, the Washburn Karate Club of Topeka, Kansas.
- RICHARD HARRIS** (Beginning Marriage and Parenting Over Thirty)  
Richard and his wife, Caprice, have both married for the first time later in life, experienced a miscarriage, and had a healthy baby in the last two years.
- DIANA HATCH** (Children's Morning Play Group)  
Diana, a mother of two, is interested in getting children together for play, as well as giving at-home parents an opportunity to share and interact.
- NANCY HEYNS, R.N., M.S.** (Solving Your Child's Sleep Problems)  
Nancy is a registered nurse with a Masters Degree in Family Life Education and Consultation. She is currently the Parent Educator at Pediatric Associates and talks with many parents about their children's sleep habits.
- JEFF HOOPER** (Beginning Tang Soo Do)  
Jeff has been in the martial arts for 6 years and has been teaching for 1 1/2 years. He is a 1st degree black belt.
- ROXANA HOWE, R.N.** (Preparing Children for the Birth of a Sibling)  
Roxana, a registered nurse, is the Director of Education at Memorial Hospital.
- LI HUANG** (Chinese Cooking)  
Li, a registered dietician, has been cooking Chinese food for more than 30 years.
- MEILANG HWANG** (World Friendship)  
Meilang came to the U.S. from Taiwan in 1962 and experienced the struggle to adjust to a different culture and language. She joined the World Friendship Organization in 1975 so that she could help others through the transition.
- HANLEY JACKSON** (Tune In: Survey of Sound Synthesis)  
Hanley, a nationally recognized leader in the field of electronic music, is the resident composer at KSU.
- RICHARD JOHNSON** (Water Conservation In Your Home)  
Richard has been interested in environmental issues for some time. For the last nine years he has lived in a rural home with a poor well and has had to apply good water management practices.
- JEAN JOHNSTON** (Beginning Knitting) (Intermediate Knitting)  
Jean has been knitting for 25 years and has taught knitting for UFM for many years.
- OWEN R. JONES** (Walking Tour of the City Park) (Reminiscing: Grandchildren of the Pioneers) (Along the Oregon Trail)  
Owen, a history enthusiast, was born in a stone house in 1912. He has assisted in compiling information of the history of this area and enjoys sharing his knowledge with others. He has been a member of the Riley County Historical Society since 1975, the Marshall County Historical Society since 1979, and the Kansas State Historical Society since 1983.
- TONY JURICH** (Parenting the Angry Adolescent)  
Tony is the criminal director for family therapy at K-State. He has been teaching therapy for 18 years.
- LEE KILLOUGH** (Let's Talk About Writing)  
Lee, the author of ten published novels and numerous short stories, is a member of the Science Fiction Writers of America and the Mystery Writers of America.
- KENNETH KINCAID** (South Africa and Divestment)  
Kenneth worked on the Ad-Hoc investment committee sponsored by the KSU Student Senate, which resulted in the divestment of student funding from South Africa.





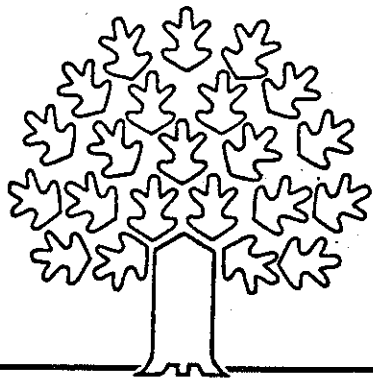
# ABOUT OUR INSTRUCTORS (Continued)

- MARK KNACKENDOPFEL** (Living Trusts)  
Mark is Vice President and Trust Officer of FirstBank in Manhattan. He was graduated from the University of Kansas with the degrees of M.B.A. and J.D. He is a member of the Riley County Bar Association and has six years of estate planning, trust and investment experience.
- GARY KNIGHT** (Basic Plumbing)  
Gary has 15 years experience as a Housing Maintenance Technician and 10 years experience in plumbing, including four years at the skilled level.
- MARTI KRIEGER** (Ages and Stages: 2 to 5 Year Olds)  
Marti is the Executive Director of the Manhattan Day Care Associations, Inc.
- BARB KRUGER** (Sports Series - Basketball: "Break Away")  
As the wife of head K-State basketball coach Lon Kruger, Barb has watched hundreds of games. Barb is a K-State alum, and has been a basketball fan for over 17 years.
- SUSAN LALA** (Beginning Weaving)  
Susan has been weaving for 22 years and is active in local, state, and national weaving organizations. She has recently spent a month teaching weaving in South America.
- F. C. LANNING** (Fossils and Gems in Colorado) (Glacial Area of Pottawatomie County)  
Dr. Lanning, Professor Emeritus of Chemistry at Kansas State, is a long-time member of the Manhattan Mineral, Gem and Fossil Club which is sponsoring this class.
- DAVID LARSEN** (Tai Ji Quan)  
David has been a Tai Ji player for 12 years and an instructor of the Yang Style form for 7 years.
- ROBERT LASHELLE** (Christmas Bird Count)  
Robert, a veteran amateur birder, is currently the Director of Bird Populations Institute at KSU.
- TIM LINDEMUTH** (Stamp Collecting)  
A collector for 30 years, Tim is a long-time member of the American Philatelic Society and the local Flint Hills Stamp Club.
- JAYNE LINK** (Children's Konza Prairie Walk and Habitat Sunprints)  
Jayne has enjoyed teaching environmental education in Wisconsin and in Kansas since 1981.
- J. HARVEY LITRELL** (Beginning Genealogy)  
Harvey has published family histories that are in the Library of Congress.
- JERRY LOWENSTEIN** (Home Ownership: The American Dream)  
Jerry has over 20 years experience in mortgage lending and serving the evolution/revolution in housing.
- MELANIE MARTIN** (U.S. Peace Corps: Still Growing Strong)  
Melanie, a Peace Corps volunteer in Jamaica from 1985-1987, is currently a representative of the U.S. Peace Corps with the Kansas City office.
- RICHARD MATTSON** (Children's Gardening)  
Richard is a Professor in Horticultural Therapy at Kansas State University.
- TERI MCCANN** (Eating Disorder Support Group)  
Teri is a counselor at Kansas State University Counseling Services. She is currently working on a PhD in Social Psychology and is doing research with the "foodways" project.
- MARY MERTZ** (The Roommate Survival Course)  
Mary, co-author of the booklet "A Roommate's Guide to Staying Sane!", has experienced her share of roommates and apartment living.
- PAUL F. MILLER** (Fishing Kansas)  
Paul has had lifelong experience fishing in Kansas waters.
- SCOTT MILLER** (Resisting Militarism)  
Scott is a draft-registration-age male who receives federal financial aid, and thus, is legally required to register for the draft. Scott is a member of Students for Educational Awareness at KSU.
- COLEEN MORGAN** (How To Choose A Fitness Program)  
Coleen Morgan, a certified aerobics instructor, teaches for the Fitness Center at Wamego City Hospital. Coleen has also taught for Manhattan Parks & Recreation and has been involved in aerobics & toning for nearly five years.
- BETSY NELSON** (Sports Series - Football: "Fair Catch")  
Betsy has been actively supporting football for 21 years. As the wife of K-State Defensive Line coach Mike Nelson, Betsy and Mike have been involved with the Big 8, Big 10, the ACC, WAC, MAC, and professional football.
- MIKE NUNAMAKER** (Trends In Health Care)  
Mike is a CEO of Memorial Hospital.
- BOB PARR** (Basic Massage)  
Bob has been a professional masseur since 1978. After working in a health club for just over two years, he is now a freelance outcall masseur.
- LARRY PARIS** (Kempo Karate)  
Larry has a 1st degree black belt and has also taught UFM Astronomy classes for several years.
- TERESA PARSONS** (Reproductive Health Issues)  
Teresa is an R.N. and Ob-Gyn Nurse Practitioner with an interest in women's health issues.
- ERNIE PECK** (Introduction to Freehand Drawing) (Watercolor Painting Via Photography) (Beginning Photography)  
Ernie, an Associate Professor in the KSU Extension Division, has taught photography for 20 years and is also an accomplished painter. Ernie has co-taught watercolor and pencil sketching at UFM for several years.
- DIANNE PERROTE** (Women Who Feel Guilty) (Spouse Abuse) (Women's Reality) (For Parents of Children Who Have Witnessed Abuse)  
Dianne is working on her M.S. at KSU in Family and Child Development and is growing more aware of how reality and role differences are affecting all of us. She has become very aware of the sociological pressure to accept misplaced responsibility and guilt. Dianne has children who witnessed abuse and has had to deal with the resulting problems. Dianne was in a battering situation for many years. With the assistance of crisis centers she has now made the transition to living on her own.
- GARY PLUMBERG** (Interpret Your Dreams)  
Gary has been a student of the ECK-Ynari for several years.
- AL POTTER** (Introduction for Zen Buddhism)  
Al has been a student of Zen for several years.
- GREG POTTER, PhD** (Listening With the Third Ear) (Compatibility Profile for Couples)  
Greg is a certified clinical mental health counselor and a registered professional counselor in the state of Kansas. He has been in private practice in Manhattan since 1981, and has worked with parents, teachers, and children in developing communication skills.
- MAXINE POTTER** (Care and Appreciation of Cats)  
Maxine, a cat breeder and exhibitor for 30 years, has been a judge throughout the U.S., Canada, and Japan.
- LEON RAPPOPORT** (Introduction to Zen Buddhism)  
Leon has been a student of Zen for several years.
- REX REPLOGLE** (Fundamentals of Kayaking) (Intermediate Kayak Workshop)  
Rex, a certified Red Cross Kayak Instructor, has been kayaking for 9 years. He was the past President of Kansas Canoe Association and the original Director of the Kayak Chapter.



## ABOUT OUR INSTRUCTORS (Continued)

- DEB ROSPROY** (Beginning Candy Making) (Pinecone Art) (Pinecone Christmas Tree) (Beginning Calligraphy) (Making Padded Baskets) (Making Covered Albums)  
Deb learned calligraphy in Denver in 1980 and currently letters cards, posters, and other personal items. She attended classes on pinecone art in Denver in 1982 and has made a variety of projects using the techniques learned. Deb has also taken classes on padded baskets and covered albums and enjoys teaching these crafts to the community.
- GARY ROZA** (Kempo Karate)  
Gary has studied Martial Arts for several years and is a 1st degree black belt.
- TIM RUES** (Nature Trail Walk)  
Tim has been the curator of the First Territorial Capitol for the past five years. He has an interest in Kansas history as well as in its native plants.
- THERESA RUSSO** (Creative Preschool)  
Theresa, a Ph.D. student in Family Life Education and Consultation, has worked with children in preschool and hospital settings.
- DAVE SAMPSON** (Children's Konza Prairie Walk and Habitat Sunprints)  
Dave has been the shop foreman at the Konza Prairie for the past 6 years.
- TERESA SANBORN, R.D.** (Heart Healthy Diet)  
Teresa is a registered dietician at Memorial Hospital.
- LEO SCHELL** (Cutting Paper Snowflakes)  
Leo, a former elementary school teacher, has delightedly cut paper snowflakes for over 30 years and has a large collection of them.
- WILMA SCHUH** (Trouble With Money)  
Wilma holds a B.S. in Family Economics and an M.S. in Adult Education. She is the Financial Counselor for Riley County Community Corrections, and the Coordinator for New Directions: Single Parent/Displaced Homemaker Program.
- FLORENCE SCHWAB** (World Friendship)  
Florence has been involved with World Friendship for seven years and was the co-president of the organization in 1983. Florence has tutored foreign students in English as a 2nd language since 1982, and has made many foreign friends throughout the years.
- JIM SHARP** (Buying A Computer For Your Business)  
Jim Sharp, a former Manager of Information Systems for a large farm and insurance organization, has taught Computer Systems courses at K-State, Ft. Riley and in the business world. He now has his own Independent Computer Consulting practice and has had extensive experience selecting hardware and software for micros, mini's, and mainframes.
- ALLEN SHELTON** (Discover Scuba Diving)  
Allen Shelton is the owner of Divers Down in Manhattan.
- JUDITH PENROD SIMINOE** (Maintaining Dignity and Autonomy) (Paying for Medical Care)  
Judith, an attorney, has been working with the Area Agency on Aging and Kansas Legal Services for the past 1 1/2 years. The purpose of the position is to fund an attorney able to specialize in legal issues affecting seniors.
- NORMA SLAGLE, R.D.** (Learning Willpower for Weight Control)  
Norma, a registered dietician, is a clinical dietician for Memorial Hospital.
- BRUCE SNEAD** (Home Energy Simulator)  
Bruce has energized a number of homes in Manhattan and works for Engineering Extension at KSU.
- JUDITH STARR** (Making T-Shirt Dresses)  
Judith is currently a junior at KSU in the College of Human Ecology studying Apparel Design.
- DAVE STEWART** (Sack Lunch Theology)  
Dave is a campus minister who has enjoyed sharing books, conversation, and sack lunches, for many years.
- ELISA STIEFEL** (Healthy Cooking)  
Elisa holds a Bachelors Degree in Food Science and Nutrition from Colorado State University. She has been teaching cooking classes for the past five years.
- BARB STORK** (Children's Morning Play Group)  
Barb, a mother of four, is interested in getting children together for play, as well as giving at-home parents the opportunity to share and interact.
- KAZUHIRO TABATA** (Beginning Sports Aikido)  
Kazuhiro, from Tokyo, Japan, belonged to the Sports Aikido Club at Waseda University in Tokyo. He has had extensive training for four years and has earned his black belt.
- SHARON TALLY** (New Directions For Life Changes)  
A widow with grown children, Sharon is taking steps (working on an Adult Education Masters degree at KSU) to help her decide "what she wants to do when she grows up." She works with others in transition through New Directions: A Single Parent/Displaced Homemaker program.
- MARSHA TANNEHILL** (Choosing Quality Childcare)  
Marsha has a degree in Early Childhood Education and has been working with young children and families since 1974. She has been the administrator at Seven Dolors Child Care/Preschoolers since 1984.
- LINDA TEENER** (Autoharp Workshop)  
Linda has been teaching UFM classes since 1971. She has taught Mountain Dulcimer, Hammer Dulcimer & autoharp. Linda also plays guitar, flute, and bowed tsaltry.
- LINDA THURSTON** (Non-Sexist Parenting)  
Linda, a former teacher and clinical psychologist, has worked with many parents. She has presented many seminars on the topic of Non-Sexist Parenting.
- GENE TOWNE** (Prairie Wildflowers)  
Gene has been teaching wildflower and grass identification classes for over 10 years.
- GERRY WALTON** (Helping Your Child Use the Library)  
Gerry is head of the reference department at the Manhattan Public Library.
- MARSHA WARD** (Siblings Without Rivalry)  
Marsha, currently a school social worker with USD 383, is an elementary prevention specialist.
- DAVID J. WHITFIL** (Tour of the KSU Nuclear Reactor)  
David, a Senior Reactor Operator for the KSU Reactor, has extensive experience in operational health physics/radiation protection.
- STAN WILSON** (Kung Fu) (Kung Fu For Children) (Kung Fu For the Less Fit) (Ninpo Jujitsu) (Self Defense)  
Stan has studied martial arts for 20 years and spent a good deal of time researching self-defense. Stan has a 2nd degree black belt in jujitsu and has taught martial arts for 8 years. Stan is a member of the Pai Family. He is the author of 40 Intermediate Techniques of the Yama Bushi Kai, a Kung fu manual and video set. Stan has been a member of the Shadows of Iga Ninja society for eight years and studied with Steve Hayes.
- LARRY WISDOM** (Basic Wood Carving)  
Larry has taught UFM wood carving courses for four years and is the Kansas Vice President of the National Woodcarving Museum.
- SHERRY WRIGHT** (China: Facing Change)  
Sherry, a writer/reporter for the MANHATTAN MERCURY, was recently in China at the time of the unrest.
- RON ZERRER** (De Re Coquinaria)  
Ron has traveled extensively throughout Asia, Europe, and the Mediterranean. A fan of the ancient Romans, he has been cooking Roman meals for his family and friends for years.



# Arts & Hobbies

1221 THURSTON

539-8763

## BEGINNING WEAVING AH-01

Become comfortable with the basics of weaving and learn to prepare your yarn and loom. Practice the art of weaving when you take a small loom home with you the first three weeks, each time weaving a set of samples. The fourth class period will be devoted to in-class weaving.

**Dates:** September 6,13,20,27  
Wednesdays (4 sessions)  
**Time:** 1:30-3:30 p.m.  
**Fee:** \$28 (Includes loom rental, yarn, & note-book)  
**Location:** 204 Colgate Terrace  
**Instructor:** Susan Lala 537-9610

## BEGINNING KNITTING AH-02

Learn the art of knitting as a family! Moms, dads, daughters and sons are welcome. Beginning knitters will learn the basic knit and purl stitches, how to cast on and bind off, increase and decrease, read directions, measure and adjust gauge, control tension, pick up dropped stitches and much more. Choose your own article to knit including sweaters and afghans.

**Dates:** September 7-October 26  
Thursdays (8 sessions)  
**Time:** 7-8 p.m.  
**Fee:** \$8  
**Location:** 1943 Bluestem Terrace  
**Instructor:** Catherine Flinchbaugh 539-6223

## LET'S TALK ABOUT WRITING AH-03

Do you like to write? You are not alone. Let's get together and talk about writing, plotting, building character, building background, submitting manuscripts, and finding agents. Bring all your questions about writing -- let's talk about it.

**Dates:** September 12,19,26  
Tuesdays (3 sessions)  
**Time:** 7-8:30 p.m.  
**Fee:** \$6  
**Location:** UFM - Conference Room  
**Instructor:** Lee Killough 776-6584

## BEGINNING KNITTING AH-04

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

**Dates:** September 12,19,26,  
October 3  
Tuesdays (4 sessions)  
**Time:** 7-9 p.m.  
**Fee:** \$10  
**Location:** 522 Vattier  
**Instructor:** Jean Johnston 776-3292

## STAMP COLLECTING AH-05

Beginning, intermediate and advanced stamp collectors of all ages are invited. The basics of collecting, how to grade stamp centering and cancellations, and how to determine perforations and watermarks will be presented. Discuss how to trade, buy, and sell stamps. Each participant will receive an envelope full of stamps to work with for several hands-on exercises.

**Dates:** September 14,October 12  
November 9,  
Thursdays (3 sessions)  
**Time:** 7:30-9:30 p.m.  
**Fee:** \$5  
**Location:** U.S. Post Office  
Civil Service Room  
5th & Leavenworth  
**Instructor:** Tim Lindemuth 532-6415

## TUNE IN: SURVEY OF SOUND SYNTHESIS AH-06

How is electronic music created? What is sound synthesis? The theory and application of analog and digital sound synthesis; multi-track recording and sampling theory will be discussed. Demonstrations and an historical perspective of electronic music will be presented by Hanley Jackson, a nationally recognized leader in the field of electronic music.

**Dates:** September 14,21,28,  
October 5,12,  
Thursdays (5 sessions)  
**Time:** 7-9 p.m.  
**Fee:** \$10  
**Location:** KSU McCain Auditorium  
Room 125  
**Instructor:** Hanley Jackson 532-5740

## BEGINNING CALLIGRAPHY FOR RIGHTHANDERS AH-07

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

**Dates:** September 15  
Friday (1 session)  
**Time:** 6:30-9 p.m.  
**Fee:** \$7  
**Location:** UFM - Fireplace Room  
**Instructor:** Deb Rosproy 1-239-3026

## FLOWER ARRANGING AH-27

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

**Dates:** September 18  
Monday (1 session)  
**Time:** 7:30-9:30 p.m.  
**Fee:** \$9  
**Location:** UFM - Greenhouse  
**Instructor:** Evelyn & Howard  
Campbell 539-8763

## MAKING T-SHIRT DRESSES AH-09

Learn how to make today's popular T-Shirt dresses! Creative ideas will also be included to create different designs for dresses. Please bring 2 t-shirts (1 for the top of the dress & 1 for the skirt of the dress), and a pair of sharp scissors.

**Dates:** September 20  
Wednesday (1 session)  
**Time:** 7-8 p.m.  
**Fee:** \$3  
**Location:** UFM - Banquet Room  
**Instructor:** Judith Starr

## INTRODUCTION TO FREEHAND DRAWING AH-08

Pencil sketching is the best way to record images, express and explore ideas, and to prepare sketch-studies for later paintings or finished drawings. Often our crude sketches have little resemblance to the subject represented . . . herein lies the challenge of this course . . . TO LEARN AND PRACTICE DRAWING, to do it well and quickly. Our media will be soft pencils and 9" x 12" pads. We'll start with simple geometric solids in perspective with shading and cast shadows. Progress will be made toward objects found in the home and simple buildings and trees. Our primary goals are to draw accurately; in proportion to the real subject; to make your sketches believable; and to start to develop line quality and an artistic skill. If you're interested in WATERCOLOR PAINTING try this course as a warm-up for your drawing skills.

**Dates:** September 19,21,26,28  
Tuesdays & Thursdays  
(5 sessions)  
**Time:** 7-9 p.m.  
Field trip: Saturday,  
September 30  
8:30 a.m. - 1 p.m.  
**Fee:** \$10  
**Location:** UFM - Banquet Room  
**Instructor:** Ernie Peck 537-9883  
Gene Ernst





## ARTS & HOBBIES (Continued)

### PRESSED FLOWERS AH-26

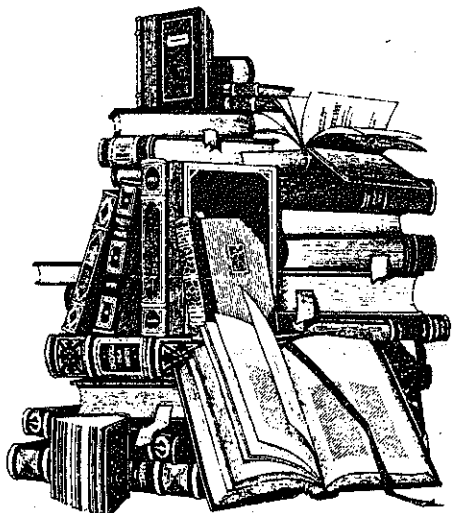
Save those beautiful flowers in your garden! Make a bookmark or a greeting card from dried and pressed flowers. Dry and press your flowers and use them to make a variety of small gifts for your friends or family.

**Dates:** September 21  
Thursday (1 session)  
**Time:** 7-9 p.m.  
**Fee:** \$6  
**Location:** UFM - Greenhouse  
**Instructor:** Evelyn & Howard  
Campbell 539-8763

### WREATH MAKING AH-28

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

**Dates:** September 25  
Monday (1 session)  
**Time:** 7:30-9:30 p.m.  
**Fee:** \$8  
**Location:** UFM - Greenhouse  
**Instructor:** Evelyn & Howard  
Campbell 539-8763



### STORY & NOVEL WRITING AH-10

All levels of craft in fiction writing will be covered: 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, and details.

**Dates:** September 26  
October 3, 10,  
Tuesdays (3 sessions)  
**Time:** 7-9:30 p.m.  
**Fee:** \$8 (Materials provided)  
**Location:** KSU - Justin Hall  
Room 149  
**Instructor:** Leonard Bishop  
1-258-2066

### CORSAGE MAKING AH-29

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

**Dates:** September 28  
Thursday (1 session)  
**Time:** 7-9 p.m.  
**Fee:** \$8  
**Location:** UFM - Greenhouse  
**Instructor:** Evelyn & Howard  
Campbell 539-8763

### BLUEGRASS JAM SESSION AH-11

Chris Biggs and other members of the Wheatland Express Band will present a Bluegrass Jam Session. Just come to listen or bring your instruments and join us for an evening of bluegrass fun.

**Dates:** October 5  
Thursday (1 session)  
**Time:** 7-9 p.m.  
**Fee:** \$0 (No Charge)  
**Location:** UFM - Patio  
**Instructor:** Chris Biggs and Members  
of Wheatland Express

### AUTOHARP WORKSHOP AH-12

Tuning, use of fingerpicks, rhythm backup, and picking melody lines, are some of the topics to be covered in this class. A basic orientation to the autoharp will be given and information on diatonic tuning will be available.

**Dates:** October 7  
Saturday (1 session)  
**Time:** 1-3 p.m.  
**Fee:** \$4  
**Location:** 1900 Judson  
**Instructor:** Linda Teener 537-0508

### INTERMEDIATE KNITTING AH-14

There is more to knitting than "knot one purl one". Bring size 10 needles, a large cable needle, and light color 4-ply worsted knitting yarn. Also bring any and all questions!

**Dates:** October 10, 17, 24,  
November 7  
Tuesdays (4 sessions)  
**Time:** 7-9 p.m.  
**Fee:** \$7 (Includes handouts)  
**Location:** 522 Vattier  
**Instructor:** Jean Johnston 776-3292

### BEGINNING BALLROOM DANCING RF-04 (See RECREATION & FITNESS section)

### BEGINNING BALLROOM DANCING RF-05 (See RECREATION & FITNESS section)

### BALLROOM DANCE (INTERMEDIATE) RF-09 (See RECREATION & FITNESS section)

### WATERCOLOR PAINTING VIA PHOTOGRAPHY AH-13

Paint from the actual picture that you photograph! Nearby Kansas stone buildings and landscapes will be photographed during the first Saturday session, with subject selection and composition emphasized. Students will obtain color prints of their photos and bring them to the first Thursday studio painting session. The studio sessions will select the painting subjects from color prints; make sketch compositions; value studies; and lay down the initial watercolor washes. Two complete watercolor paintings are expected, including instructions on matts. Students must have a 35mm camera, a 24 exposure roll of color film, watercolor paints, brushes, and paper. If your sketching skills are rusty--or you haven't sketched--consider enrolling in INTRODUCTION TO FREEHAND DRAWING BEFORE you try this course.

**Dates:** October 7, Saturday  
8:30 a.m. - 1 p.m.  
October 12, 17, 19, 24  
Tuesdays & Thursdays  
(5 sessions)  
**Time:** 7-9 p.m.  
**Fee:** \$12  
**Location:** UFM - Banquet Room  
**Instructor:** Gene Ernst  
Ernie Peck 537-9883

### BASIC WOOD CARVING AH-15

Create objects from wood! This introduction to wood carving will include "relief carving," "carving in the round," and the sharpening and care of the tools. Carving blanks will be furnished for each class.

**Dates:** October 10, 17, 24, 31  
Tuesdays (4 sessions)  
**Time:** 7-9 p.m.  
**Fee:** \$12  
**Location:** UFM - Banquet Room  
**Instructor:** Larry Wisdom 539-2574

### TATTING AH-16

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. Join us in a friendly and relaxed atmosphere to create lace today that is just as beautiful as yesterday's art. Please bring a plastic tatting shuttle and spool of tatting thread.

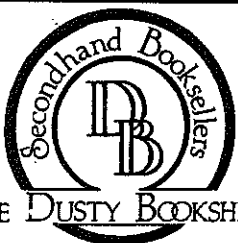
**Dates:** October 12, 19, 26  
Thursdays (3 sessions)  
**Time:** 7-9 p.m.  
**Fee:** \$8  
**Location:** 323 Thurston  
**Instructor:** Jessie Foveaux 776-6806

### TATTING AH-20

(See class description AH-16)

**Dates:** November 9, 16, 23  
Thursdays (3 sessions)  
**Time:** 7-9 p.m.  
**Fee:** \$8  
**Location:** 323 Thurston  
**Instructor:** Jessie Foveaux  
776-6806

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Crafts

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**MAKING PADDED BASKETS AH-17**

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

**Dates:** October 21  
Saturday (1 session)  
**Time:** 10 a.m. - 12 noon  
**Fee:** \$6  
**Location:** UFM - Banquet Room  
**Instructor:** Deb Rosproy 1-239-3026

**MAKING COVERED ALBUMS AH-18**

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

**Dates:** October 21  
Saturday (1 session)  
**Time:** 1-3 p.m.  
**Fee:** \$8  
**Location:** UFM - Banquet Room  
**Instructor:** Deb Rosproy 1-239-3026

**FOLK ART PAINTING AH-19**

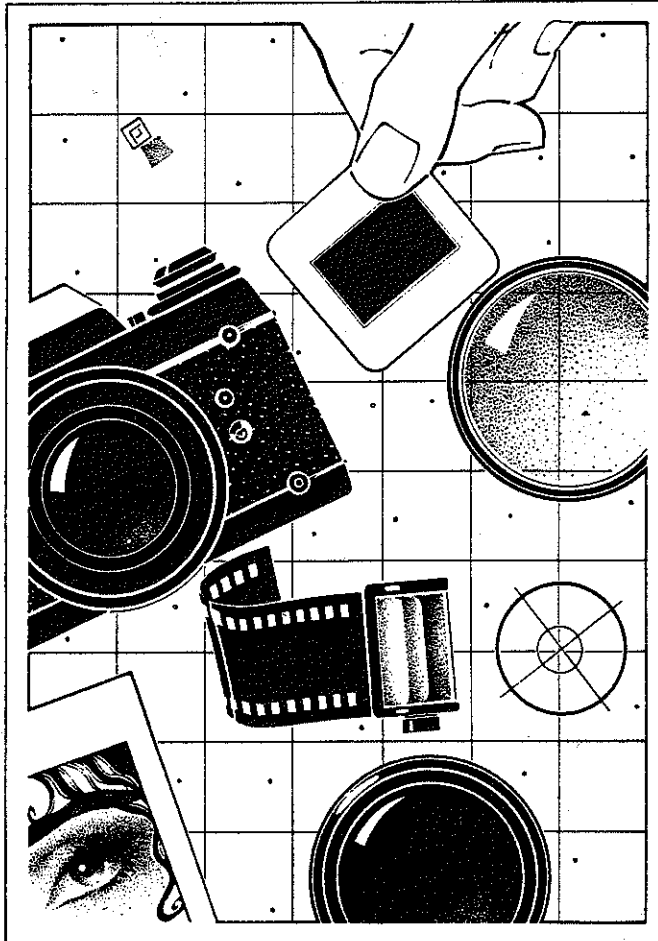
Have you ever wanted to try your hand at folk art? We'll paint a beautiful Christmas angel that can be used in your Christmas decorations! A pattern is traced on the wood, so no previous painting experience is necessary. Beginners and youth aged 12 and over are also welcome!

**Dates:** October 25  
Wednesday (1 session)  
**Time:** 7-9:30 p.m.  
**Fee:** \$10  
**Location:** UFM - Banquet Room  
**Instructor:** Karen Franz 539-5608

**PINECONE CHRISTMAS TREE AH-21**

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

**Dates:** November 11  
Saturday (1 session)  
**Time:** 1-3 p.m.  
**Fee:** \$6  
**Location:** UFM Banquet Room  
**Instructor:** Deb Rosproy 1-239-3026



**GETTING THE DARKROOM BACK IN THE BLACK**

The Darkroom Co-op could re-open at UFM if there is sufficient interest. If you see a need for low cost access to equipment to develop black & white and color film, please contact Peg at UFM, 539-8763. A planning meeting is scheduled for Tuesday, October 10, at 7:30 p.m. at the UFM house. We will work on coordination, how to cover costs, and see if we can get the darkroom "back in the black".

**PINECONE ART AH-22**

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

**Dates:** November 11  
Saturday (1 session)  
**Time:** 10 a.m.-12 noon  
**Fee:** \$6  
**Location:** UFM - Banquet Room  
**Instructor:** Deb Rosproy 1-239-3026

**CUTTING PAPER SNOWFLAKES (OR, CREATE YOUR OWN BLIZZARD) AH-23**

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

**Dates:** November 11  
Saturday (1 session)  
**Time:** 9 a.m.- 12 noon  
**Fee:** \$3  
**Location:** UFM - Conference Room  
**Instructor:** Leo Schell 539-6540

**BEGINNING PHOTOGRAPHY AH-24**

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

**Dates:** November 14,15,16,18,21  
Tuesdays/Wednesday  
Thursday/Saturday  
(5 sessions)  
**Time:** 7-9:30 p.m.  
**Fee:** \$40 (Includes film, processing, handouts, camera rental, & tour transportation)  
**Location:** Photographics  
1570 Hayes Drive  
**Instructor:** Ernie Peck 532-5768

**BEGINNING CANDY MAKING AH-25**

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

**Dates:** November 17  
Friday (1 session)  
**Time:** 6:30-9 p.m.  
**Fee:** \$8  
**Location:** UFM - Kitchen  
**Instructor:** Deb Rosproy 1-239-3026



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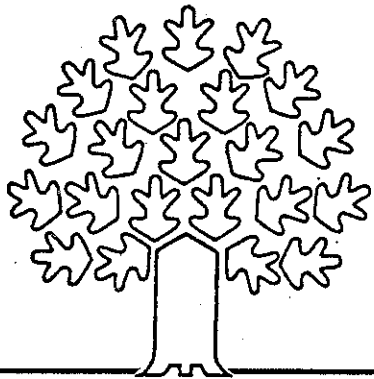
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# Business & Professional

1221 THURSTON

539-8763

## MONEY MATTERS: INVESTING AND PLANNING

BP-01

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

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

## MONEY MATTERS: INVESTING AND PLANNING

BP-03

(See class description BP-01)

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

## MONEY MATTERS: INVESTING AND PLANNING

BP-05

(See class description BP-01)

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

## TROUBLE WITH MONEY

BP-02

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

**Dates:** September 28  
October 12, 26  
Thursdays (3 sessions)  
**Time:** 7-9 p.m.  
**Fee:** \$5  
**Location:** UFM - Conference Room  
**Instructor:** Wilma Schuh 532-6561

## BUYING A COMPUTER FOR YOUR BUSINESS

BP-04

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

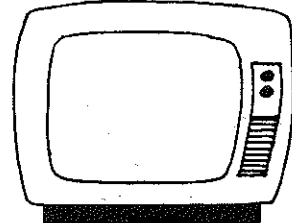
**Dates:** October 18  
Wednesday (1 session)  
**Time:** 7:30-9 p.m.  
**Fee:** \$3  
**Location:** K-State Union Room 206  
**Instructor:** Jim Sharp 539-5837

## JOB HUNTING: RESUMES/APPLICATIONS/INTERVIEWS

BP-06

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

**Dates:** October 31, November 7, 14  
Tuesdays (3 sessions)  
**Time:** 7-9 p.m.  
**Fee:** \$8  
**Location:** UFM - Conference Room  
**Instructor:** Ron Downey 537-2129



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Imagery Technique

October 10 & 11  
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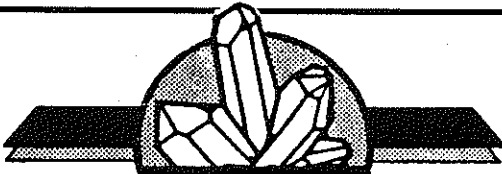


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**SOCIAL SERVICES LEADERSHIP SERIES**

BP-15

This series provides an opportunity for staff, volunteers, and board members of social services, service clubs and other non-profit groups to increase their personal skills and the efficiency and effectiveness of their organizations. The series will also be of interest to individuals who plan to become involved with the non-profit sector in the future. Attend one or more sessions (\$5/person per session) or the entire series (\$25). The program sponsor is the Riley County Council of Social Agencies.

**(A) INSURANCE AND LIABILITY ISSUES**

BP-07

What if the worst happens? An accident, a fire, a lawsuit! Most of us would prefer not to think about it. But it is important to know the basics about covering volunteers, staff, board members and property for the unthinkable.

Greg Langton is an insurance agent with Al Langton Insurance.

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

**B) NONPROFIT ACCOUNTING**

BP-08

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

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

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

**(C) EFFECTIVE MEMBERSHIP FUND DRIVES**

BP-09

The annual membership or fund drive is critical for maintaining and building a base of active financial supporters and volunteers. Learn how some local groups organize their drives.

John Biggs is Executive Director of the Manhattan Arts Council.

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

**(D) COMPUTERS & SOCIAL SERVICES**

BP-10

Word processing, databases, and spreadsheets have a variety of useful applications for your organization. An overview will help you consider ways that the power of the computer might enhance the efficiency and effectiveness of your program.

Bob Poresky teaches a computer course for Human Development and Family Studies and has been active with a number of social service agencies.

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

**(E) ROLE OF THE BOARD OF DIRECTORS**

BP-11

The duties of directors, selection and election, orientation, and the organization and the functions of the board will be presented and discussed.

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

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

**(F) CARE & FEEDING OF VOLUNTEERS**

BP-12

Volunteers are the life blood of many organizations. This session will help you put volunteers to effective use and keep volunteers satisfied and happy with their efforts.

Beryl Adams is the Executive Director of the American Red Cross of Manhattan.

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

**(G) MARKETING YOUR ORGANIZATION**

BP-13

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

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

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

**(H) WORKING WITH THE MEDIA**

BP-14

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

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



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

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## BUSINESS & PROFESSIONAL (Continued)

### THE PEOPLE'S LAW SCHOOL

BP-24

The People's Law School is a series of public education courses designed to clear up the mysteries surrounding the practice of law and to create a public, well-informed of its rights, privileges and responsibilities under our judicial system. Attend one or more sessions (\$ 5/person, per session) or the entire series (\$ 25).

### HOW THE COURT SYSTEM WORKS

BP-16

How the Courts in Kansas function, the differences in jurisdiction, and a look at the system from a Judge's perspective will be addressed.

**Date:** September 19  
Tuesday (1 session)  
**Time:** 7-9 p.m.  
**Fee:** \$5  
**Location:** Manhattan Town Center, Conference Room  
**Instructor:** The Honorable Harlan Graham, Riley County District Court Judge

The Honorable Patrick Caffey, Manhattan Municipal Court Judge

### LANDLORD AND TENANT LAW

BP-17

Kansas law and Court decisions that set out rights and responsibilities of landlords and tenants will be discussed.

**Date:** September 26  
Tuesday (1 session)  
**Time:** 7-9 p.m.  
**Fee:** \$5  
**Location:** Manhattan Town Center Conference Room  
**Instructor:** David Troup Law Firm of Weary, Davis, Henry, Stuebing & Troup

Steve Freed  
Union National Bank Tower

### WILLS AND PROBATE

BP-18

Who needs a will, what can be done in a will and the probate process in Kansas will be presented.

**Date:** October 3  
Tuesday (1 session)  
**Time:** 7-9 p.m.  
**Fee:** \$5  
**Location:** Manhattan Town Center Conference Room  
**Instructor:** M. Elizabeth Cathey Myers and Pottroff

### FAMILY LAW & DOMESTIC RELATIONS

BP-19

An overview of Kansas law in custody, support, property, and other issues relating to divorce and family law will be discussed.

**Date:** October 10  
Tuesday (1 session)  
**Time:** 7-9 p.m.  
**Fee:** \$5  
**Location:** Manhattan Town Center Conference Room  
**Instructor:** James W. Morrison Morrison, Frost & Olson  
  
Anne B. Miller  
Everett, Seaton & Miller

### CONSUMER PROBLEMS

BP-20

A discussion of legal rights and responsibilities of consumers and problems that arise will be presented.

**Date:** October 17  
Tuesday (1 session)  
**Time:** 7-9 p.m.  
**Fee:** \$5  
**Location:** Manhattan Town Center Conference Room  
**Instructor:** Brenda Bell  
Everett, Seaton & Miller  
  
Mildred F. Schroeder  
Flint Hills Legal Services

### DEBTOR-CREDITOR RELATIONS AND BANKRUPTCY

BP-21

An overview of the different types of bankruptcy proceedings that are available and related debtor/creditor situation will be addressed.

**Date:** October 24  
Tuesday (1 session)  
**Time:** 7-9 p.m.  
**Fee:** \$5  
**Location:** Manhattan Town Center Conference Room  
**Instructor:** Lawrence H. Vogel Vogel & Oleen

### PROSECUTION & DEFENSE IN THE CRIMINAL JUSTICE SYSTEM

BP-22

Two sides of the criminal justice system and how they work in the state of Kansas will be discussed.

**Date:** November 7  
Tuesday (1 session)  
**Time:** 7-9 p.m.  
**Fee:** \$5  
**Location:** Manhattan Town Center Conference Room  
**Instructor:** Ralph J. DeZago  
Public Defender

William E. Kennedy III  
Riley County Attorney

### WORKERS COMPENSATION AND PERSONAL INJURY

BP-23

How the workers' compensation system works, when to file and pursue a claim, and an overview of personal injury law will be presented.

**Date:** November 14  
Tuesday (1 session)  
**Time:** 7-9 p.m.  
**Fee:** \$5  
**Location:** Manhattan Town Center Conference Room  
**Instructor:** Rodney C. Olsen  
Morrison, Frost & Olsen

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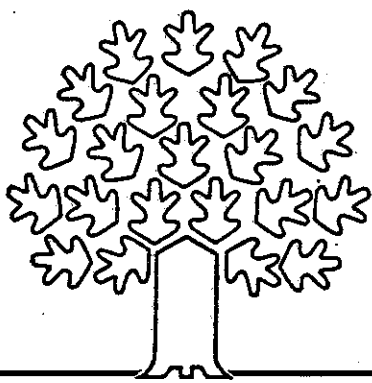
- Sept. 20 Child and Adolescent Depression
- Oct. 18 Substance Abuse in the Workplace
- Nov. 8 Understanding Anger: Risks and Rewards
- Dec. 6 Rehabilitation: Mind-Body Connection

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# Community & World

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## CHINA: FACING CHANGE CW-01

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

**Dates:** September 11  
Monday (1 session)  
**Time:** 7-9 p.m.  
**Fee:** \$2  
**Location:** K-State Student Union  
Room 208  
**Instructor:** Sherry Wright 776-3875

## NINDIRI, NICARAGUA: MANHATTAN'S SISTER CITY CW-03

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

**Dates:** September 12  
Tuesday (1 session)  
**Time:** 7-8:30 p.m.  
**Fee:** \$2  
**Location:** Manhattan Public  
Library  
Juliette & Poyntz  
**Instructor:** Susan Allen

## TOUR OF THE KSU NUCLEAR REACTOR CW-04

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

**Dates:** September 12  
Tuesday (1 session)  
**Time:** 6:30-7:30 p.m.  
**Fee:** \$2  
**Location:** KSU Ward Hall Room 135  
**Instructor:** David J. Whitfill  
532-6657

## SOUTH AFRICA & DIVESTMENT CW-05

What is the status of South Africa, apartheid, and the active role Kansas State University is taking in divestment? Alternative investments, contemporary issues, human rights violations, and the possible consequences of divestment will be addressed. Learn how you can become involved.

**Dates:** September 17 & 23  
Sundays (2 sessions)  
**Time:** 7-10 p.m.  
**Fee:** \$2  
**Location:** UFM - Fireplace Room  
**Instructor:** Kenneth Kincaid

## WORLD FRIENDSHIP CW-06

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

**Dates:** September 19-December 5  
Tuesdays (12 sessions)  
**Time:** 9:30-11 a.m.  
**Fee:** \$2  
**Location:** First Presbyterian  
Church  
8th & Leavenworth  
**Instructor:** Florence Schwab  
539-0976  
Meilang Hwang  
539-4470

## U.S. PEACE CORPS: STILL GROWING STRONG CW-07

Founded in 1961 by John F. Kennedy, 28 years later the U.S. Peace Corps is still sending volunteers to developing countries to share technical skills and to encourage mutual understanding between the U.S. and third world nations. This class is an overview of the U.S. Peace Corps and its history, goals, and accomplishments. This program includes a film focusing on three Peace Corps volunteers in three different countries to give the audience an idea of the variety of projects and lifestyles experienced by Peace Corps volunteers.

**Dates:** September 19  
Tuesday (1 session)  
**Time:** 7-8:30 p.m.  
**Fee:** \$2  
**Location:** K-State Union Room 203  
**Instructor:** Melanie Martin  
1-236-2700

## RESISTING MILITARISM CW-08

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

**Dates:** September 23  
Saturday (1 session)  
**Time:** 12 noon-1:30 p.m.  
**Fee:** \$2  
**Location:** UFM - Fireplace Room  
**Instructor:** Scott Miller

## RESISTING MILITARISM CW-10

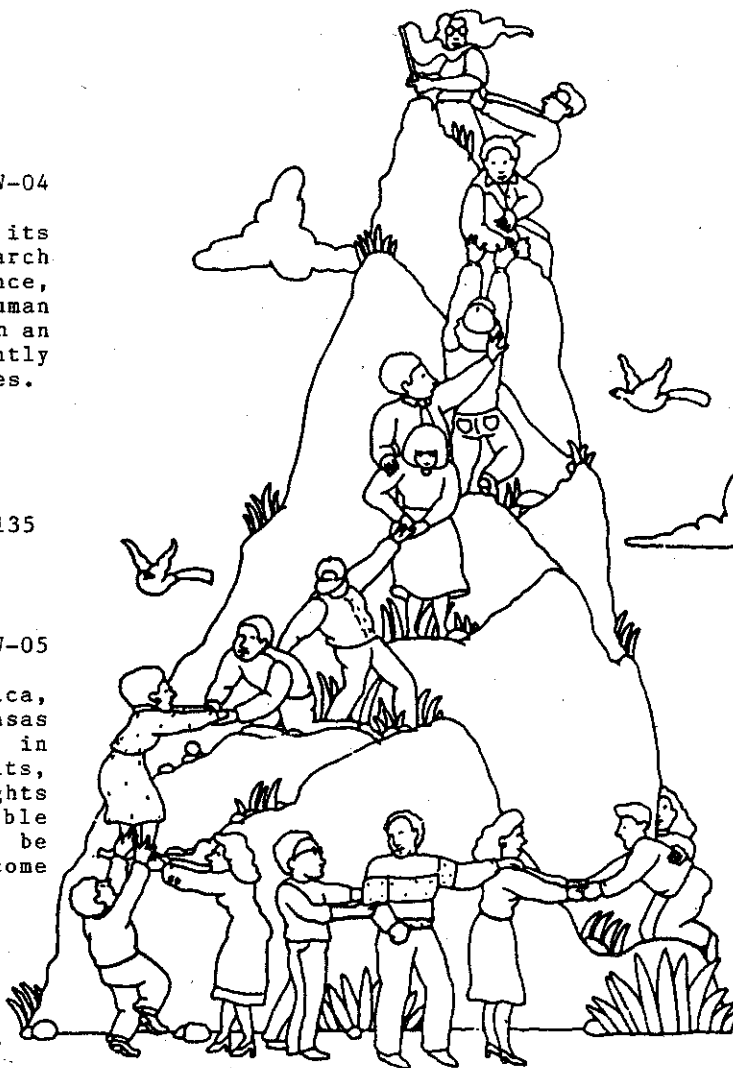
(See class description CW-08)

**Dates:** September 30  
Saturday (1 session)  
**Time:** 12 noon-1:30 p.m.  
**Fee:** \$2  
**Location:** UFM - Fireplace Room  
**Instructor:** Scott Miller

## INFORMATION ... HOW TO FIND IT AND USE IT! CW-09

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

**Dates:** September 26 & 28  
Tuesday & Thursday  
(2 sessions)  
**Time:** 7-9 p.m.  
**Fee:** \$2 (Handouts provided)  
**Location:** KSU Farrell Library  
3rd floor Room 320  
**Instructor:** Douglas Bates 776-0329







## COMMUNITY & WORLD (Continued)

### HERE'S MANHATTAN

CW-02

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

#### Manhattan's History and Community Resources

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

**Date:** September 12  
Tuesday (1 session)  
**Time:** 7-9 p.m.  
**Location:** Riley County Historical Museum  
2309 Claflin Road

### Manhattan's Education and Human Services

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

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

### Manhattan's Business and Industry

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

**Date:** September 26  
Tuesday (1 session)  
**Time:** 7-9 p.m.  
**Location:** Kansas Farm Bureau  
2627 KFB Plaza

### Manhattan's Arts and Leisure Activities

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

**Date:** September 28  
Thursday (1 session)  
**Time:** 7-9 p.m.  
**Location:** KSU - Nichols Theatre

Sponsors: UFM and the KSU Division of Continuing Education, Manhattan Parks and Recreation, Manhattan Arts Council, Manhattan Chamber of Commerce, KMAN/KMKF, Riley County Historical Museum, Welcome Wagon, United Way of Riley County, Manhattan Public Library, Riley County Council of Social Services.

### EUROPE ON A BUDGET

CW-11

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

**Dates:** October 19  
Thursday (1 session)  
**Time:** 7:30-9:30 p.m.  
**Fee:** \$2  
**Location:** Creative Travel  
Village Plaza  
957 Seth Childs Road  
**Instructor:** David Garvin 539-0531

### 1989 Lou Douglas Lecture Series New Fall Format

The Lou Douglas Lecture Series honors Dr. Douglas, the distinguished professor of political science, who was instrumental in the development of UFM. The series deals with topics pertaining to human rights, social justice, world peace and international development. Each year four prominent speakers are invited to Manhattan to address issues of current interest. This year the lecture series is moving from a spring format to establishing itself as a fall lecture series. Following is a list of lecturers currently scheduled. Call Karen McCulloh at 539-8763 for an update of new and added lecturers. Watch for more publicity in the local newspapers.

#### Tentatively scheduled:

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



## H.O.M.E. PROGRAM CRAFTS

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Please reserve \_\_\_\_\_ desk apple(s) at the price of \$10 each.

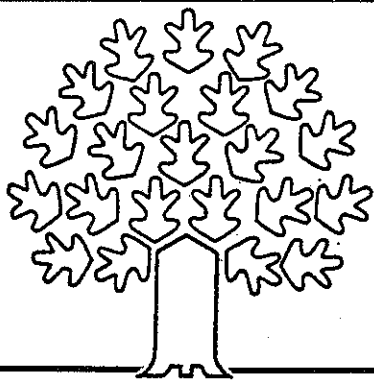
Please reserve \_\_\_\_\_ apple napkin holder(s) at the price of \$5 each.

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# Earth & Nature

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## GROWING AND USING HERBS

EN-10

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

**Dates:** September 11  
Monday (1 session)  
**Time:** 7:30-9:30 p.m.  
**Fee:** \$6  
**Location:** UFM - Greenhouse  
**Instructor:** Evelyn & Howard  
Campbell 539-8763

## FOSSILS AND GEMS IN COLORADO

EN-01

Natures most interesting and beautiful artwork can be found around us! Join us as we examine the many gems and fossils found in our neighboring state of Colorado. The Florrisant Fossil Beds National Monument is one of the most important fossil locations in the world. Significant dinosaur fossils have also been found in parts of Colorado. Igneous rocks of the mountains are sources of gems such as aquamarine (state gemstone), topaz, garnets, smoky quartz, and amazonite, to name a few. Specimens from Colorado locations will be displayed.

**Dates:** September 14  
Thursday (1 session)  
**Time:** 7:30-9 p.m.  
**Fee:** \$3  
**Location:** UFM - Fireplace Room  
**Instructor:** F.C. Lanning 537-7599

## REPOTTING & PROPAGATING HOUSEPLANTS

EN-11

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

**Dates:** September 14  
Thursday (1 session)  
**Time:** 7-9 p.m.  
**Fee:** \$3  
**Location:** UFM - Greenhouse  
**Instructor:** Evelyn & Howard  
Campbell 539-8763

## WALKING TOUR OF THE CITY PARK

EN-02

Did you know that Manhattan has one of the oldest city parks in the state? The history of the 45-acre park dates back to 1870. A historian from Riley County Historical museum will share stories of the park's past including the log cabin and the nearby Butterfield House. Join us, listen, and share your stories.

**Dates:** September 14  
Thursday (1 session)  
**Time:** 1:30-3:30 p.m.  
**Fee:** \$1  
**Location:** City Park, Log Cabin  
11th & Fremont  
**Instructor:** Owen R. Jones 537-7976

## PRAIRIE WILDFLOWERS

EN-03

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

**Dates:** September 23  
Saturday (1 session)  
(Raindate: Saturday  
September 30)  
**Time:** 10 a.m.-12 noon  
**Fee:** \$1  
**Location:** KSU - Meet in the large  
Parking Lot across from  
Umberger Hall  
**Instructor:** Gene Towne 539-0353

## GLACIAL AREA OF POTTAWATOMIE COUNTY

EN-04

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

**Dates:** October 7  
Saturday (1 session)  
(Raindate: October 14)  
**Time:** 8:30 a.m. - 12 noon  
**Fee:** \$4  
**Location:** Meet at UFM parking lot  
**Instructor:** F.C. Lanning 537-7599

## CARE AND APPRECIATION OF CATS

EN-05

Cats are people too! Basic care, various health problems, breeds of pedigreed cats, and show requirements, will be discussed in this program designed for all cat lovers.

**Dates:** October 11  
Wednesday (1 session)  
**Time:** 7:30-9 p.m.  
**Fee:** \$2  
**Location:** UFM - Fireplace Room  
**Instructor:** Maxine Potter 776-4963

## NATURE TRAIL WALK

EN-06

Do you enjoy exploring native Kansas woodlands, but hate fighting dense undergrowth? Enjoy a guided tour along the newly established Kaw River Nature and History Trail. Identify over 50 native plants on this 1 3/4 mile cleared trail located in the Kansas River bottoms behind the old historic First Territorial Capitol building. After the walk, a guided tour of the museum will be given.

**Dates:** October 15  
Sunday (1 session)  
**Time:** 1-3 p.m.  
**Fee:** \$3  
**Location:** Fort Riley Territorial  
Capitol  
Huebner Rd.(K-18)  
**Instructor:** Tim Rues 1-784-5535

## ALONG THE OREGON TRAIL

EN-07

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

**Dates:** October 21  
Saturday (1 session)  
**Time:** 9 a.m.-5 p.m.  
(Bring a sack lunch)  
**Fee:** \$3  
**Location:** Meet at UFM parking lot  
**Instructor:** Owen R. Jones 537-7976

## FISHING KANSAS

EN-08

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

**Dates:** October 25  
Wednesday (1 session)  
**Time:** 7-9:30 p.m.  
**Fee:** \$2  
**Location:** K-State Union Room 207  
**Instructor:** Paul F. Miller 539-7154  
Jerry Dishman

## HERB LORE

EN-09

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

**Dates:** December 7  
Thursday (1 session)  
**Time:** 2-3:30 p.m.  
**Fee:** \$6  
**Location:** Ebert Herb Shop  
14415 Louisville Rd  
St George  
**Instructor:** Carol Ebert 1-456-2841

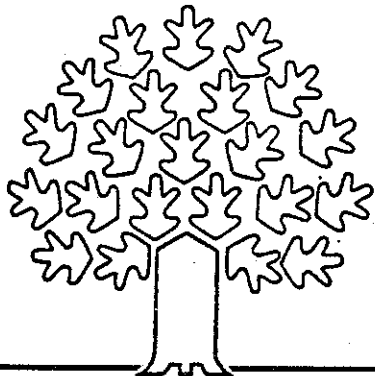
## JUNCTION CITY

EN-12

### CHRISTMAS BIRD COUNT

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

**Dates:** December 31  
Sunday (1 session)  
**Time:** 6:30 a.m. - 5 p.m.  
**Fee:** \$2  
**Location:** Meet at Denny's  
Restaurant  
I-70 Exit 296



# Family Living

1221 THURSTON

539-8763

## TALKING WITH YOUR KIDS ABOUT ALCOHOL FL-01

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

**Dates:** September 12,19,26, October 3  
Tuesdays (4 sessions)  
**Time:** 7-9 p.m.  
**Fee:** \$6  
**Location:** UFM - Fireplace Room  
**Instructor:** Catherine Flinchbaugh 539-6223

## CHOOSING QUALITY CHILD CARE FL-02

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

**Dates:** September 12  
Tuesday (1 session)  
**Time:** 7-8 p.m.  
**Fee:** \$2  
**Location:** Seven Dolors Child Care 220 S. Juliette  
**Instructor:** Marsha Tannehill 539-8592

## SOLVING YOUR CHILD'S SLEEP PROBLEMS HW-06

(See HEALTH section)

## CHOOSING QUALITY CHILD CARE FL-07

(See class description FL-02)

**Dates:** October 10  
Tuesday (1 session)  
**Time:** 7-8 p.m.  
**Fee:** \$2  
**Location:** Seven Dolors Child Care 220 S. Juliette  
**Instructor:** Marsha Tannehill 539-8592

## BEGINNING MARRIAGE AND PARENTING OVER THIRTY FL-03

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

**Dates:** September 18  
Monday (1 session)  
**Time:** 7:30-9 p.m.  
**Fee:** \$2  
**Location:** UFM - Conference Room  
**Instructor:** Richard Harris 537-1383  
Caprice Becker

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

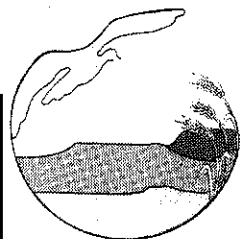
Develop an awareness of the various stages of growth of children at different ages. We will focus on the "ages and stages" of 2 to 5 year-old children, and will explore developmental activities which will nurture children in the home.

**Dates:** September 20  
Wednesday (1 session)  
**Time:** 7-9 p.m.  
**Fee:** \$2  
**Location:** UFM - Fireplace Room  
**Instructor:** Marti Krieger 776-5071

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

(See class description FL-04)

**Dates:** September 27  
Wednesday (1 session)  
**Time:** 7-9 p.m.  
**Fee:** \$2  
**Location:** UFM - Fireplace Room  
**Instructor:** Marti Krieger 776-5071



## UNITY Church of Manhattan

*"Dedicated to teaching and demonstrating the spiritual truth of life."*

Service 11 a.m. each Sunday  
Classes for adults & children 10 a.m.

Meet at UFM  
1221 Thurston

539-8416

Everyone is Welcome

## PARENTING THE ANGRY ADOLESCENT FL-08

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

**Dates:** October 11  
Wednesday (1 session)  
**Time:** 7-9 p.m.  
**Fee:** \$2  
**Location:** K-State Union Room 207  
**Instructor:** Tony Jurich 532-5510

## SNEAK PREVIEWS: USING VIDEO FOR FAMILY COMMUNICATION FL-09

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

**Dates:** October 12  
Thursday (1 session)  
**Time:** 7-9 p.m.  
**Fee:** \$2  
**Location:** K-State Union Room 207  
**Instructor:** Olivia P. Collins

## FOR PARENTS OF CHILDREN WHO HAVE WITNESSED ABUSE FL-10

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

**Dates:** October 12  
Thursday (1 session)  
**Time:** 7-9 p.m.  
**Fee:** \$2  
**Location:** K-State Union Room 203  
**Instructor:** Dianne Perrote 776-8398

## PARENTING YOUR PARENTS FL-11

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

**Dates:** October 16  
Monday (1 session)  
**Time:** 7-9 p.m.  
**Fee:** \$2  
**Location:** Senior Service Center 412 Leavenworth  
**Instructor:** Marguerite W. Carlson 776-7725

## Baby Cat Diaper Service



*Inexpensive, easier & better for our planet*

**537-3333**

*For your baby, for the earth, for you*





NON-SEXIST PARENTING FL-12

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

Dates: October 18  
Wednesday (1 session)  
Time: 7-9 p.m.  
Fee: \$2  
Location: UFM - Fireplace Room  
Instructor: Linda P. Thurston

NON-SEXIST PARENTING FL-21

(See class description FL-12)

Dates: November 14  
Tuesday (1 session)  
Time: 7-9 p.m.  
Fee: \$2  
Location: UFM - Fireplace Room  
Instructor: Linda P. Thurston

A CASE OF ABUSE FL-14

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

Dates: October 18  
Wednesday (1 session)  
Time: 7-9 p.m.  
Fee: \$2  
Location: K-State Union Room 207  
Instructor: Joanne Brooke 537-6367

PREPARING CHILDREN FOR THE BIRTH OF A SIBLING FL-13

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

Dates: October 18  
Wednesday (1 session)  
Time: 7-9 p.m.  
Fee: \$2  
Location: Memorial Hospital  
Instructor: Roxana Howe, R.N.



HELPING YOUR CHILD USE THE LIBRARY FL-15

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

Dates: October 19  
Thursday (1 session)  
Time: 7-8:30 p.m.  
Fee: \$2  
Location: Manhattan Public Library Auditorium  
Instructor: Gerry Walton 776-4741  
Judith Edelstein

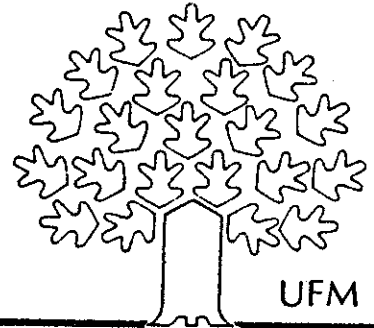
**NOW AVAILABLE AT UFM**  
Meeting facilities for parent education classes and/or support groups. Newly renovated conference and child care area may be scheduled by appropriate groups by contacting Olivia Collins, UFM Family Life Education Coordinator, 539-8763.

PARENTING FOR PEACE AND JUSTICE FL-16

In a culture full of violence, sexism, and racism, how can parents bring peace and justice to their families? We will explore alternative toys, books, and activities to support positive parenting.

Dates: October 25, November 1  
Wednesdays (2 sessions)  
Time: 7-9 p.m.  
Fee: \$3  
Location: Ecumenical Ministries  
1021 Denison  
Instructor: Dorothy Nickel Friesen  
539-4079

BEGINNING KNITTING AH-02  
(See ARTS & HOBBIES section)



BOARD OF DIRECTORS

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## FAMILY LIVING (Continued)

### CREATIVE PRESCHOOL

FL-17

The interaction we have with our children is very important. Learn creative ways in which you can interact with children in your own home. Included will be some fun, simple, and educational activities geared for children aged 4-8 years.

**Dates:** October 25  
Wednesday (1 session)  
**Time:** 7-9 p.m.  
**Fee:** \$6  
**Location:** UFM - Fireplace Room  
**Instructor:** Theresa Russo 539-6148

### TEEN SEXUALITY: A PARENTS ORIENTATION

FL-18

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

**Dates:** November 2  
Thursday (1 session)  
**Time:** 7-9 p.m.  
**Fee:** \$3  
**Location:** UFM - Fireplace Room  
**Instructor:** Kathy Dickey, R.N.

### SIBLINGS WITHOUT RIVALRY

FL-19

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

**Dates:** November 6  
Monday (1 session)  
**Time:** 7-9 p.m.  
**Fee:** \$3  
**Location:** UFM - Fireplace Room  
**Instructor:** Marsha Ward 776-0841

### UNDERSTANDING YOUR CHILD'S BEHAVIOR

FL-20

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

**Dates:** November 13 & 20  
Mondays (2 sessions)  
**Time:** 7-8:30 p.m.  
**Fee:** \$3  
**Location:** County Office Building  
110 Courthouse Plaza  
2nd floor meeting room  
**Instructor:** Beverly Brzuchalski  
537-6350

### MANHATTAN CHILD CARE CENTERS

MANHATTAN CHILD DEV. CENTER* (handicapped & normal children) Judith Delong	1125 Waters	Office 776-9201 Center 539-3861
BLUE VALLEY NURSERY SCHOOL* Rosalind Center	835 Church	539-6464
EARLY CHILD DEVELOPMENT LABORATORY Susan Wanska	Justin Hall, KSU	532-5513
FIRST BAPTIST PRESCHOOL* Diane Nichol	2121 Blue Hills	539-8811
FIRST UNITED METHODIST PRESCHOOL*	600 Humboldt	776-6625
HOEFLIN STONE HOUSE CHILD CARE Susan Wanska	North Manhattan, KSU	532-6095
KINDER CARE LEARNING CENTER Kathy Synes	1205 Hylton Heights Rd.	539-7540
KANSAS STATE CHILD DEV. CENTER Nancy Bolsen	L-9 Jardine Terrace	539-1806
MANHATTAN DAY CARE CENTER Marti Krieger	6th & Humboldt	776-5071
MANHATTAN DAY CARE-DOUGLAS BRANCH Marti Krieger	901 Yuma	Office 776-5071 Home 538-3688
MANHATTAN MONTESSORI SCHOOL	1225 Bertrand	Home 539-5534 Office 539-8014
NEW BEGINNINGS Pierre Storey	2615 Allison	539-2435
REGENCY CHILD CARE Wilma Mills	1811 Browning	776-4444
SEVEN DOLORS CHILD CARE Marsha Tannehill	220 S. Juliette	539-8592
SHIP AHOY	415 N. 10th	537-4565
ST. LUKE PRESCHOOL*	330 N. Sunset	539-2604
SUNSHINE NURSERY Joan Mathiot	1328 Pierre	539-4114
TRINITY COMMUNITY NURSERY SCHOOL* Barbara Higham, Administrator	1110 College Ave.	539-3668

(\* - Part day program only)

For more information about child care centers, registered day care homes, and licensed family day care homes, obtain the free booklet Selecting Child Care: A Guide for Parents at the Riley County Health Dept., 2030 Tecumseh, 776-4779.

To learn more in depth about day care selection, families may want to read The Parents' Guide to Daycare by Jo Ann Miller and Susan Weissman, M.S.W., Bantam Books, 1986.

### CHILDREN'S MORNING PLAY GROUP

FL-22

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

**Dates:** September 13-December 6  
**Time:** Wednesdays (13 sessions)  
10 a.m.-12 noon  
**Fee:** \$3  
**Location:** Instructor will contact you for first meeting.  
**Instructor:** Diana Hatch 776-9921  
Barb Stork 539-1379

### CHILDREN'S MORNING PLAY GROUP

FL-23

(See class description FL-22)

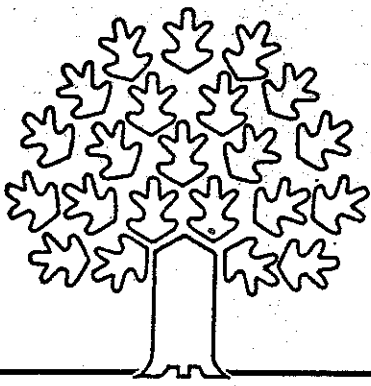
**Dates:** September 14-December 7  
**Time:** Thursdays (13 sessions)  
10 a.m.-12 noon  
**Fee:** \$3  
**Location:** Instructor will contact you for first meeting.  
**Instructor:** Diana Hatch 776-9921

19

### AMERICAN BAPTIST CAMPUS MINISTRY

**BAPTIST CAMPUS CENTER  
1801 ANDERSON  
539-3051**

*Theology Classes, Resources in Social  
Issues, Sharing Groups, Personal  
Consultations, UFM Classes  
Call for specific times and dates  
CAMPUS MINISTER — DAVE STEWART*



# Food & Nutrition

1221 THURSTON

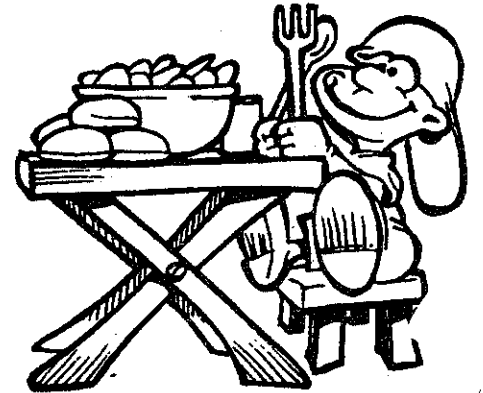
539-8763

## DE RE COQUINARIA (Roman Cooking)

FN-01

What did Ancient Romans eat? How was it cooked? Did Romans eat as we do today? Through history and archeology we now have recipes for foods nearly 2,000 years old. Learn how to prepare succulent aniseed chicken and other surprises from the ancients' kitchen.

**Dates:** September 12  
Tuesday (1 session)  
**Time:** 6:30-8:30 p.m.  
**Fee:** \$5  
**Location:** UFM - Kitchen  
**Instructor:** Ron Zerrer 539-9495



## HEALTHY COOKING

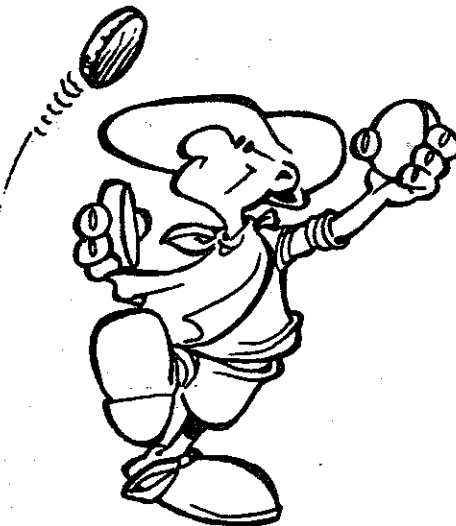
FN-02

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

**Dates:** September 14, October 12,  
November 9, December 7  
Thursdays (4 sessions)  
**Time:** 6-8 p.m.  
**Fee:** \$8  
**Location:** UFM - Banquet Room  
**Instructor:** Elisa Stiefel 537-8150

## BEGINNING CANDY MAKING (See ARTS & HOBBIES section)

AH-25



## CHINESE COOKING

FN-03

Learn the art of Chinese cooking. Make soybean milk, and various tofu dishes including chicken tofu with sugar peas. Learn to grow bean sprouts and prepare poultry and beef with bean sprouts. Cook chicken in oyster sauce, Yi shan chicken and Yi shan beef, steamed Chiu-ze, beef with broccoli, lemon chicken, and Moo-shu pork.

**Dates:** October 3-November 21  
Tuesdays (8 sessions)  
**Time:** 6-7:30 p.m.  
**Fee:** \$48 (Includes food & recipes for 8 sessions)  
**Location:** UFM - Kitchen  
**Instructor:** Li Huang 539-2482

## HEART HEALTHY DIET

FN-04

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

**Dates:** October 4  
Wednesday (1 session)  
**Time:** 7-9 p.m.  
**Fee:** \$2  
**Location:** Memorial Hospital  
**Instructor:** Teresa Sanborn



## HANSEN NUTRITION CENTER

"DIET CURES WHAT DIET CAUSES"

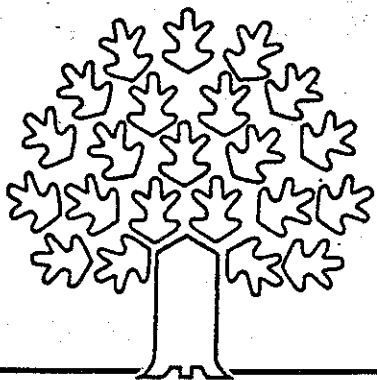
- NATURAL FOOD SUPPLEMENTS
- WEIDER PRODUCTS
- WHOLE GRAIN CEREALS
- SUNRIDER REGENERATION PRODUCTS
- NATURAL ICE CREAMS
- DIETITIC SUPPLIES
- HERBS AND SPICES
- GRADUATE NUTRITIONIST ON STAFF

MON.-SAT. 9:30 TO 6

**537-4571**

3112 ANDERSON AVE. (ACROSS FROM VILLAGE PLAZA)





# Health & Wellness

1221 THURSTON

539-8763

## LEARNING WILLPOWER FOR WEIGHT CONTROL

HW-01

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

**Dates:** September 12  
Tuesday (1 session)  
**Time:** 7-9 p.m.  
**Fee:** \$2  
**Location:** Memorial Hospital  
**Instructor:** Norma Slagle, R.D.

## ABC'S OF FIRST AID

HW-02

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

**Dates:** September 19  
Tuesday (1 session)  
**Time:** 7-9 p.m.  
**Fee:** \$2  
**Location:** Memorial Hospital  
**Instructor:** Laura Burnett, R.N.

## EATING DISORDER SUPPORT GROUP

HW-03

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

**Dates:** September 21-December 7  
Thursdays (11 sessions)  
7-8:15 p.m.  
**Fee:** \$2  
**Location:** K-State Union Room 204  
**Instructor:** Teri McCann 532-6927

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

HW-14

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

**Dates:** October 10  
Tuesday (1 session)  
**Time:** 7-9 p.m.  
**Fee:** \$2  
**Location:** St. Mary's Hospital  
**Instructor:** Charles H. Crane, M.D.  
Nancy Heyns, R.N./M.S.  
537-9030

## REPRODUCTIVE HEALTH ISSUES

HW-05

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

**Dates:** October 10  
Tuesday (1 session)  
**Time:** 7-9 p.m.  
**Fee:** \$2  
**Location:** KSU Student Union  
State Room #3  
**Instructor:** Teresa Parsons

## SOLVING YOUR CHILD'S SLEEP PROBLEMS

HW-06

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

**Dates:** October 17  
Tuesday (1 session)  
**Time:** 7-9 p.m.  
**Fee:** \$2  
**Location:** St. Mary's Hospital  
Meeting Room  
**Instructor:** Nancy Heyns, R.N., M.S.  
537-9030

## MANAGING YOUR STRESS

HW-07

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

**Dates:** October 21  
Saturday (1 session)  
**Time:** 9 a.m.-5 p.m.  
(Break for lunch)  
**Fee:** \$20  
**Location:** 426 Houston  
**Instructor:** Eunice Dorst

## TRENDS IN HEALTH CARE

HW-08

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

**Dates:** November 9  
Thursday (1 session)  
**Time:** 7-9 p.m.  
**Fee:** \$2  
**Location:** Memorial Hospital  
**Instructor:** Mike Nunamaker

## CHILDPROOFING YOUR HOME

HW-01

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

**Dates:** November 14  
Tuesday (1 session)  
**Time:** 7-8:30 p.m.  
**Fee:** \$2  
**Location:** Memorial Hospital  
**Instructor:** Laura Burnett, R.N.

"Making time  
for your  
personal needs"



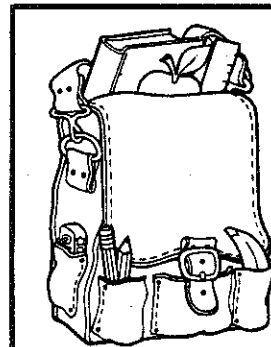
## CONSIGLI CHIROPRACTIC CLINIC

Linda D. Consigli, B.S., D.C.

- \*Chiropractic treatment
- \*Nutritional Therapy
- \*Sports Injuries

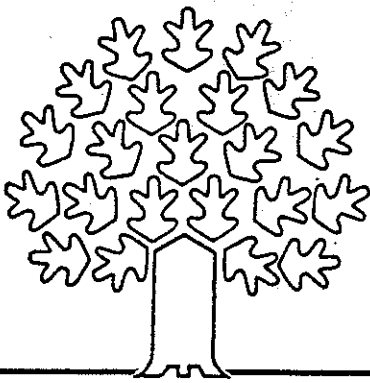
1325 Anderson Avenue

776-1850



Materials fees  
are now included  
with our  
class fees!

If you would like to advertise your business or organization in the next UFM catalog, contact Peg Kowalczyk, 539-8763.



# HOME

1221 THURSTON

539-8763

## BASIC PLUMBING

H-01

Practice hands-on maintenance and repair of faucets, toilets, and drains. Find problems in water lines and drain lines. Discuss the tools needed for basic plumbing and repairs.

**Dates:** September 11, 18, 25  
Mondays (3 sessions)  
**Time:** 6:30-7:30 p.m.  
**Fee:** \$9 (Includes manual)  
**Location:** UFM - Greenhouse  
**Instructor:** Gary W. Knight

## HOME ENERGY SIMULATOR

H-05

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

**Dates:** October 3  
Tuesday (1 session)  
**Time:** 7-8:30 p.m.  
**Fee:** \$3  
**Location:** K-State Union Room 203  
**Instructor:** Bruce Snead 532-6026

## CHAINSAW SAFETY

H-06

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

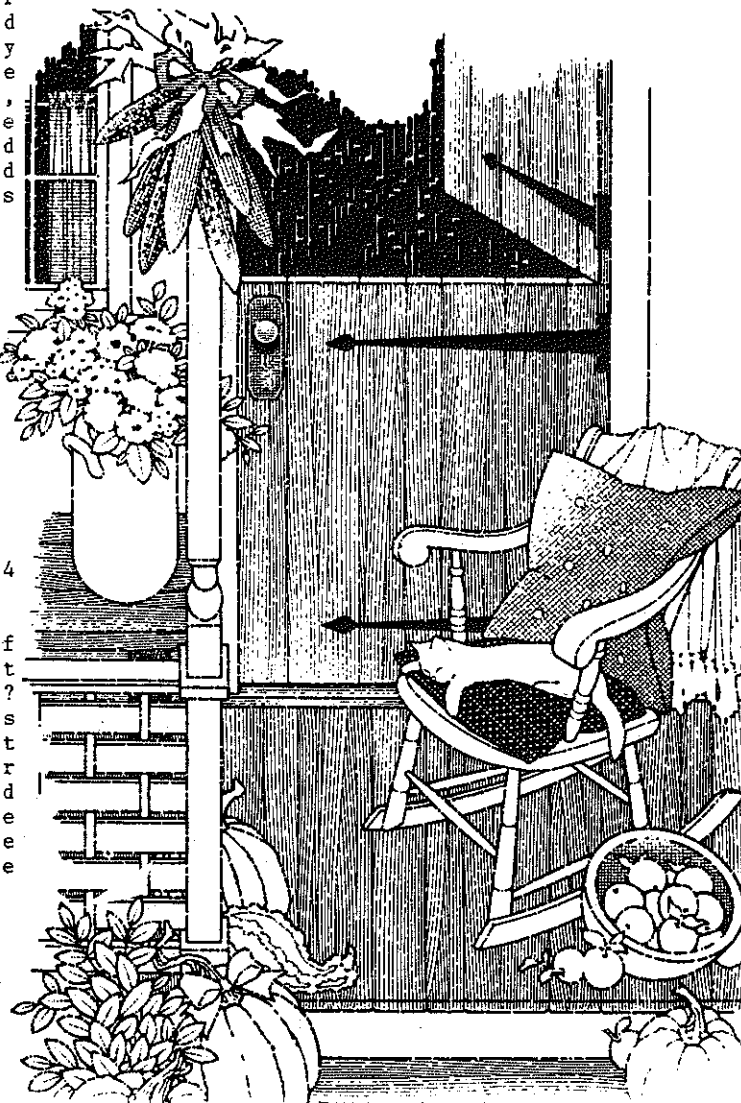
**Dates:** October 14  
Saturday (1 session)  
**Time:** 9:30 a.m.-12 noon  
**Fee:** \$5  
**Location:** Meet in the UFM parking lot  
**Instructor:** Brett Balkenhol  
539-8455

## BUILDING YOUR OWN HOUSE

H-03

Dean and Betsy will share their experiences of designing and constructing their own homes. They will talk about planning, the construction process, framing, wiring, plumbing, and selecting materials. We will take a tour of Dean's house, and discuss the materials, labor costs, and work that went into building this home.

**Dates:** September 14  
Thursday (1 session)  
**Time:** 7-9:30 p.m.  
**Fee:** \$3  
**Location:** 1204 Colorado  
**Instructor:** Dean Denner 776-5589  
Betsy Edwards  
1-456-7018



## HOME OWNERSHIP: THE AMERICAN DREAM

H-04

How has the "American dream" of ownership changed during the past decade of disinflation or deflation? What should the nation do to address the affordability in housing? What does an individual need to consider when shopping for a home in an altered economic environment? A flexible format of general or specific nature adapted to the stated needs will be addressed at the first meeting.

**Dates:** September 20  
Wednesday (1 session)  
**Time:** 7-9 p.m.  
**Fee:** \$3  
**Location:** Confirmed at registration  
**Instructor:** Jerry Lowenstein  
537-2298

## WATER CONSERVATION IN YOUR HOME

H-07

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

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

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

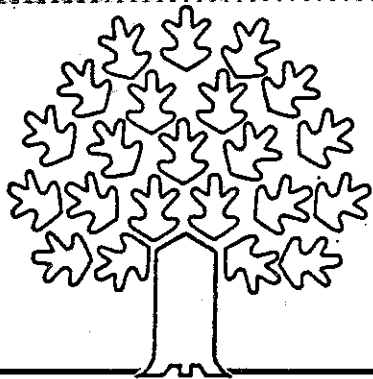
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# Recreation & Fitness

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## BEGINNING TANG SOO DO

RF-01

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

**Dates:** September 11-October 20  
Mondays, Wednesdays, &  
Fridays (18 sessions)  
**Time:** 8:30-10 p.m.  
**Fee:** \$25  
**Location:** Village Plaza  
925 Seth Childs Road  
**Instructor:** Jeff Hooper 539-5185  
Joel Cederberg

## BICYCLING ACROSS KANSAS

RF-02

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

**Dates:** September 11  
Monday (1 session)  
**Time:** 7-8:30 p.m.  
**Fee:** \$2  
**Location:** UFM - Fireplace Room  
**Instructor:** Larry Boyd 776-4350

## HOW TO CHOOSE A FITNESS PROGRAM

RF-03

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

**Dates:** September 16,23,30  
Saturdays (3 sessions)  
**Time:** 9:30-11 a.m.  
**Fee:** \$4  
**Location:** Meet at UFM parking lot  
**Instructor:** Coleen Morgan  
1-494-8508

## BEGINNING BALLROOM DANCE

RF-04

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

**Dates:** September 12-October 31  
Tuesdays (8 sessions)  
**Time:** 6:30-8 p.m.  
**Fee:** \$24  
**Location:** KSU - Fairchild Hall  
Room 202  
**Instructor:** Michael Bennett  
776-7557

## BEGINNING BALLROOM DANCE

RF-05

(See description RF-04)

**Dates:** September 12-October 31  
Tuesdays (8 sessions)  
**Time:** 8:30-10 p.m.  
**Fee:** \$24  
**Location:** KSU - Fairchild Hall  
Room 202  
**Instructor:** Michael Bennett  
776-7557

## BALLROOM DANCE (INTERMEDIATE)

RF-09

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

**Dates:** September 14-November 2  
Thursdays (8 sessions)  
**Time:** 7-9 p.m.  
**Fee:** \$24  
**Location:** KSU - Fairchild Hall  
Room 202  
**Instructor:** Michael Bennett  
776-7557

## KEMPO KARATE: FOR FITNESS & SELF DEFENSE

RF-07

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

**Dates:** September 12-December 9  
(26 sessions)  
**Time:** Tuesdays, 8-9 p.m.  
Saturdays, 3-4 p.m.  
**Fee:** \$30  
**Location:** Village Plaza  
925 Seth Childs Road  
**Instructor:** Larry Paris 537-3221  
Gary Roza

## KUNG FU

RF-06

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

**Dates:** September 12-November 2  
Tuesdays & Thursdays  
(16 sessions)  
**Time:** 7-8 p.m.  
**Fee:** \$20  
**Location:** Village Plaza  
925 Seth Childs Road  
**Instructor:** Stan Wilson 539-7723

## KUNG FU FOR THE LESS FIT

RF-08

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

**Dates:** September 13-November 15  
Wednesdays (10 sessions)  
**Time:** 7-8 p.m.  
**Fee:** \$15  
**Location:** KSU - Gymnasium Room 303  
**Instructor:** Stan Wilson 539-7723

## SELF-DEFENSE FOR ADULTS

RF-10

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

**Dates:** September 14-December 7  
Thursdays (13 sessions)  
**Time:** 8-9:30 p.m.  
**Fee:** \$20  
**Location:** Village Plaza  
925 Seth Childs Road  
**Instructor:** Joel Gruenke 776-3382

## MARTIAL ARTS: TECHNIQUES & DISCIPLINE

RF-11

Are you interested in the martial arts but would like more information about the different disciplines? Our instructors will present the philosophy, history, techniques, and demonstrate the various styles of Jujitsu, Aikido, Tang Soo Do, Tai Ji Quan, Kung Fu, Shorin-Ryu, Pai Te Lung, and Hukko Ryu. Join us, ask questions, and discover the differences between the various martial art styles.

**Dates:** September 14  
Thursday (1 session)  
**Time:** 8-9:30 p.m.  
**Fee:** \$0 (No Charge)  
**Location:** K-State Union Room 207  
**Instructor:** Armando Flores, Joel Gruenke, Jeff Hooper, David Larsen, Stan Wilson



## TAI JI QUAN RF-12

Tai Ji Quan (Tai Chi Ch'uan) is an ancient sophisticated system of exercise developed in China by Taoist Monks. The most notable of these having been Chang San-Feng. Tai Ji was and continues to be practiced for health, strength, coordination, and ultimately, for self-defense.

**Dates:** September 15,29  
October 13,27,  
November 10,24,  
December 8  
Every other Friday  
(7 sessions)  
**Time:** 6:30-8:30 p.m.  
**Fee:** \$45  
**Location:** Village Plaza  
925 Seth Childs Road  
**Instructor:** David Larsen 776-5686

## BIKE TOUR TO WAMEGO RF-13

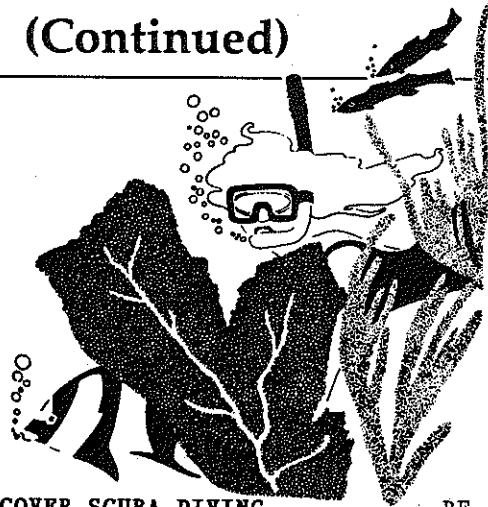
Enjoy an early morning breakfast ride to Wamego, Kansas, home of the famous Dutch Mill. This ride is for beginners as well as veteran bicyclists. We'll stop as often as the group wants to and bicycle at a leisurely pace. Plan for breakfast in Wamego at the 18 mile mark, and finish back in Manhattan for a total of 36 miles. Bring a spare tube for your bicycle, enough money for breakfast, and a hearty appetite!

**Dates:** September 16  
Saturday (1 session)  
**Time:** 8 a.m. until we finish!  
**Fee:** \$2  
**Location:** Meet at the UFM parking lot  
**Instructor:** Larry Boyd 776-4350

## AIKIDO RF-14

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

**Dates:** September 11-December 9  
Mondays, Wednesdays, &  
Saturdays (39 sessions)  
**Time:** 6:30-8:30 p.m.  
Saturdays 10a.m.-12 p.m.  
**Fee:** \$55  
**Location:** Village Plaza  
925 Seth Childs Road  
**Instructor:** Armando & Elina Flores  
1-784-4055



## DISCOVER SCUBA DIVING RF-15

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

**Dates:** September 17  
Sunday (1 session)  
**Time:** 1:30-3:30 p.m.  
**Fee:** \$8 (Includes equipment rental)  
**Location:** Junction City YMCA  
1703 McFarland Rd.  
**Instructor:** Allen L. Shelton  
539-DIVE

## DISCOVER SCUBA DIVING RF-33 (See class description RF-15)

**Dates:** October 1  
Sunday (1 session)  
**Time:** 1:30-3:30 p.m.  
**Fee:** \$8 (Includes equipment rental)  
**Location:** Junction City YMCA  
1703 McFarland Rd  
**Instructor:** Allen L. Shelton  
539-DIVE

## DISCOVER SCUBA DIVING RF-21 (See class description RF-15)

**Dates:** October 15  
Sunday (1 session)  
**Time:** 1:30-3:30 p.m.  
**Fee:** \$8 (Includes equipment rental)  
**Location:** Junction City YMCA  
1703 McFarland Rd  
**Instructor:** Allen L. Shelton  
539-DIVE

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

**Dates:** October 29  
Sunday (1 session)  
**Time:** 1:30-3:30 p.m.  
**Fee:** \$8 (Includes equipment rental)  
**Location:** Junction City YMCA  
1703 McFarland Rd.  
**Instructor:** Allen L. Shelton  
539-DIVE

## JUJITSU FOR BEGINNERS RF-16

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

**Dates:** September 17-November 5  
Sundays (8 sessions)  
**Time:** 7-8:30 p.m.  
**Fee:** \$20  
**Location:** Village Plaza  
925 Seth Childs Road  
**Instructor:** Stan Wilson 539-7723

## BEGINNING SPORTS AIKIDO RF-30

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

**Dates:** September 17-December 10  
Sundays (13 sessions)  
**Time:** 4-6 p.m.  
**Fee:** \$20  
**Location:** Village Plaza  
925 Seth Childs Road  
**Instructor:** Kazuhiro Tabata

## SELF DEFENSE RF-17

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

**Dates:** September 18-November 6  
Mondays (8 sessions)  
**Time:** 7-8:30 p.m.  
**Fee:** \$20  
**Location:** KSU - Gymnasium  
Room 303  
**Instructor:** Stan Wilson 539-7723

## NINPO TAI JUJITSU RF-05


The unarmed art of the Ninja basic technique and the eight basic Waza of Gokkokya will be taught.

**Dates:** September 24-November 12  
Sundays (8 sessions)  
**Time:** 3-4 p.m.  
**Fee:** \$16  
**Location:** Village Plaza  
925 Seth Childs Road  
**Instructor:** Stan Wilson 539-7723

## BASEBALL COACHING RF-18

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

**Dates:** September 25,26,27  
Monday, Tuesday,  
Wednesday (3 sessions)  
**Time:** 6:30-8 p.m.  
**Fee:** \$8  
**Location:** KSU Baseball Field  
College Avenue  
**Instructor:** Mike Clark 532-5723



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## RECREATION & FITNESS (Continued)

### BODYBUILDING FOR MEN AND WOMEN RF-19

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

**Dates:** September 30,  
October 14, 28,  
November 11  
Saturdays (4 sessions)  
**Time:** 10-11 a.m.  
**Fee:** \$10  
**Location:** Holton Hall  
U-Learn office  
**Instructor:** James Griffing

### SPRING BOARD DIVING RF-20

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

**Dates:** October 1, 8, 22,  
November 5,  
Sundays (4 sessions)  
**Time:** 10 a.m. - 12 noon  
**Fee:** \$10  
**Location:** KSU - Natatorium  
**Instructor:** Brett Balkenhol  
539-8455

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

### FUNDAMENTALS OF KAYAKING RF-24

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

**Dates:** October 22, November 5,  
19, December 3  
Sundays (4 sessions)  
**Time:** 9 a.m.-1 p.m.  
**Fee:** \$48 (Equipment rental &  
textbooks provided)  
**Location:** KSU Natatorium  
**Instructor:** Rex Replogle 537-2643

### INTERMEDIATE KAYAK WORKSHOP RF-25

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

**Dates:** December 3  
Sunday (1 session)  
**Time:** 9 a.m.-1 p.m.  
**Fee:** \$4  
**Location:** KSU Natatorium  
**Instructor:** Rex Replogle 537-2643

### VOLLEYBALL FOR FUN RF-31

Indoor volleyball can provide low-key competition, exercise, and a great time. It doesn't matter if you are an advanced player or a beginner. Nets and ball will be furnished.

**Dates:** Sept. 12 - Dec. 7  
Tuesdays & Thursdays  
(25 sessions)  
**Time:** 7 - 8:30 p.m.  
**Fee:** \$4  
**Location:** Douglass Center  
901 Yuma  
**Instructor:** Lois Morales 539-8867

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

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

### FOOTBALL: "FAIR CATCH" RF-26 WITH BETSY NELSON

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

**Date:** September 13  
**Time:** Wednesday (1 session)  
7-8:30 p.m.  
**Fee:** \$2 (\$5 for the series)  
**Location:** K-State Union Room 203  
**Instructor:** Betsy Nelson

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

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

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

### BASKETBALL: "BREAK AWAY" RF-28 WITH BARB KRUGER

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

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

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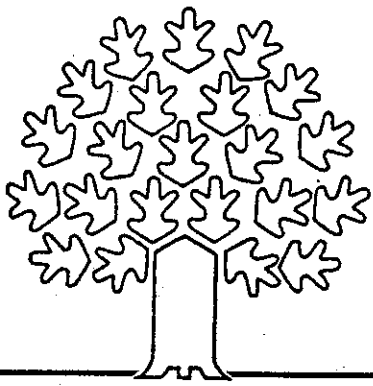
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# Self & Personal Growth

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## BASICS OF THERAPEUTIC TOUCH SP-01

What is Therapeutic Touch? Can it help you? Learn how to lessen pain and anxiety, promote health, accelerate the natural healing process, and maintain a higher level of wellness. This will be a hands-on experience and each of you will gain enough experience to start using Therapeutic Touch in your daily lives. The energy field (aura), chakra-polarity connection, the use of crystals and other healing stones, smudging, and the use of music as a healing tool will be explored. Wear loose, comfortable clothing.

**Dates:** September 13, 20, 27,  
October 4, 11, 18  
Wednesdays (6 sessions)  
**Time:** 7-9:30 p.m.  
**Fee:** \$15  
**Location:** 426 Houston  
**Instructor:** Lonnie Catlin

## PAST LIFE REGRESSION SP-02

Eastern religions teach us that we have all lived before. Past life regression is now recognized as a safe and expedient technique for personal discoveries. After 'visiting' a past life, you will see how those past experiences affect your present life: relationships, careers, prosperity, and even your identity. Often, exploring a past life will give you answers to questions you have been asking yourself during this lifetime. In this class we will focus on the process of past life regression through hypnosis: how safe it is, and how to work with your discoveries and then release the past.

**Dates:** September 16  
Saturday (1 session)  
**Time:** 1-4 p.m.  
**Fee:** \$10  
**Location:** 426 Houston  
**Instructor:** Lonnie Catlin

## WHATS UNDER YOUR HOOD? SP-03

Find out what is under the hood of your car and how it mechanically works. Learn how to check for problems, choose a garage and mechanic, and how to get a repair estimate. Get some hands-on "under the hood" experience. Learn how to save money without getting ripped off.

**Dates:** September 16  
Saturday (1 session)  
**Time:** 4-6 p.m.  
**Fee:** \$5  
**Location:** UFM - parking lot  
**Instructor:** Michelle Erzen

## WHAT'S UNDER YOUR HOOD? SP-09

(See class description SP-03)

**Dates:** September 23  
Saturday (1 session)  
**Time:** 4-6 p.m.  
**Fee:** \$5  
**Location:** UFM - Parking Lot  
**Instructor:** Michelle Erzen

## A HEALING WORKSHOP SP-04

This workshop is designed for those who wish to bring health and harmony into their lives. Through discussion, videos, and exercises, we will explore our belief systems and learn how they affect our health, relationships, and environment. To be at peace with oneself and the universe is the natural way to be. This workshop will provide the first step on this path. (Registration deadline: September 5)

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

## HEALING METHODS - PRACTICE LAB SP-05

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

**Dates:** September 18  
October 2, 16, 30,  
November 13, 27  
Every other Monday  
(6 sessions)  
**Time:** 7-9:30 p.m.  
**Fee:** \$3  
**Location:** 426 Houston  
**Instructor:** Eunice Dorst

## SACK LUNCH THEOLOGY SP-06

We will read and discuss Matthew Fox's latest book, The Coming of the Cosmic Christ. Fox challenges both the distorted religion of fundamentalism and the Enlightenment theology of liberalism to return to the Cosmic world-view of the Gospels. Such a return can lead to a healing of Mother Earth and wholeness for her creatures.

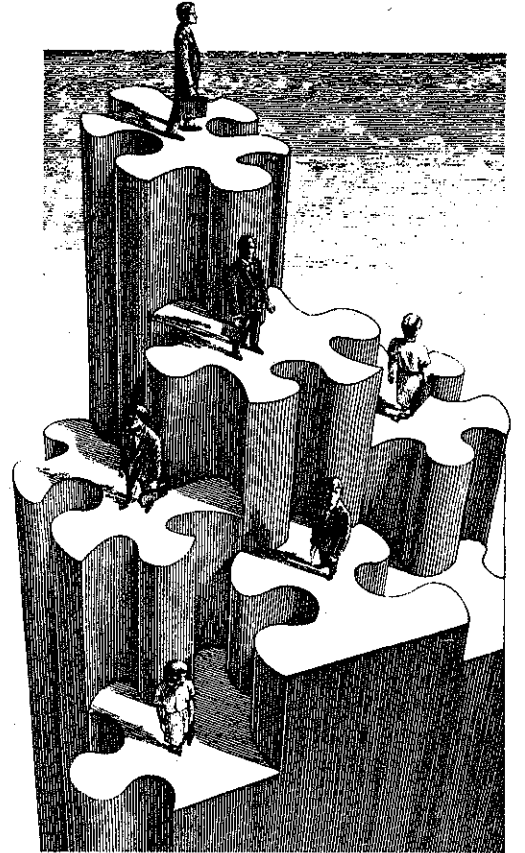
**Dates:** September 18-November 20  
Mondays, (10 sessions)  
**Time:** 11:30 a.m. - 1 p.m.  
**Fee:** \$5 (Purchase book  
through instructor  
approximately \$12)  
**Location:** Baptist Campus Center  
1801 Anderson  
**Instructor:** Dave Stewart 539-3051

## INTERPRET YOUR DREAMS SP-07

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-psychic experiences which are

recurrent in everyone. We will try to explain the inner workings of dreams. Please bring a notebook and pencil to class.

**Dates:** September 19 & 26  
Tuesdays (2 sessions)  
**Time:** 7-8:30 p.m.  
**Fee:** \$5  
**Location:** KSU - Denison Hall  
Room 220  
**Instructor:** Gary Plumberg



## NEW DIRECTIONS FOR LIFE CHANGES SP-08

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

**Dates:** September 21  
Thursday (1 session)  
**Time:** 7:30-9 p.m.  
**Fee:** \$3  
**Location:** KSU - Bluemont Hall  
Room 107  
**Instructor:** Sharon Tally 532-6561

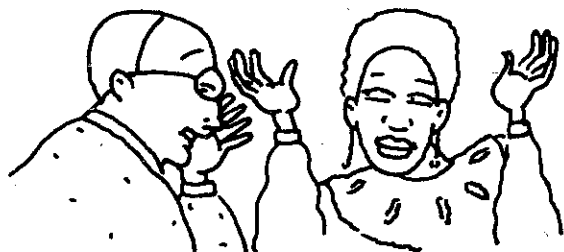
## NEW DIRECTIONS FOR LIFE CHANGES SP-09

(See class description SP-08)

**Date:** September 26  
Thursday (1 session)  
**Time:** 7:30-9 p.m.  
**Fee:** \$3  
**Location:** KSU - Bluemont Hall  
Room 112



## SELF & PERSONAL GROWTH (Continued)



### LISTENING WITH THE THIRD EAR SP-10

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

**Dates:** September 26  
Tuesday (1 session)  
**Time:** 7-9 p.m.  
**Fee:** \$3  
**Location:** Dr. Potter's office  
714 Poyntz, Suite A  
**Instructor:** Greg Potter, Ph.D.  
537-0076

### THE ROOMMATE SURVIVAL COURSE SP-11

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

**Dates:** September 27  
Wednesday (1 session)  
**Time:** 7:30-9 pm  
**Fee:** \$6  
**Location:** UFM - Conference Room  
**Instructor:** Mary Mertz

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MON.-WED. 10 a.m.-6:30 p.m.  
THURSDAY 10 a.m.-7 p.m.  
FRIDAY 10 a.m.-6:30 p.m.  
SATURDAY 10 a.m.-5 p.m.  
SUNDAY 1 p.m.-5 p.m.

### THE POWER OF VISUALIZATION AND AFFIRMATIONS SP-12

Visualization combined with affirmations are powerful tools for making changes in your life. We will discuss and practice these techniques and how to use them in sports, habit-control, careers, healing, attaining your goals, and making changes within yourself, your relationships, and environment. (Pre-register by September 25)

**Dates:** September 30  
Saturday (1 session)  
**Time:** 9 a.m. - 5 p.m.  
(Break for lunch)  
**Fee:** \$20  
**Location:** 426 Houston  
**Instructor:** Eunice Dorst

### BASIC MASSAGE SP-14

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

**Dates:** October 3  
Tuesday (1 session)  
**Time:** 5:30-8:30 p.m.  
**Fee:** \$6/couple  
**Location:** UFM - Banquet Room  
**Instructor:** Bob Parr 1-762-5569

### BASIC MASSAGE SP-20

(See class description SP-14)

**Dates:** November 14  
Tuesday (1 session)  
**Time:** 5:30-8:30 p.m.  
**Fee:** \$6/couple  
**Location:** UFM Banquet Room  
**Instructor:** Bob Parr 1-762-5569

### WOMEN WHO FEEL GUILTY SP-15

Women are socialized to accept the sole responsibility for the success of their relationships and the happiness of others. When a relationship fails, or if we are unable to 'fix' the unhappiness of another, we feel guilty -- somehow, somewhere we failed. Learn to free yourself from guilt by not accepting responsibility that is not yours. Through discussion and sharing experiences, we will find ways to let go of guilt.

**Dates:** October 5  
Thursday (1 session)  
**Time:** 7-9 p.m.  
**Fee:** \$3  
**Location:** UFM - Fireplace Room  
**Instructor:** Dianne Perrote 776-8398

### INTRODUCTION TO ZEN BUDDHISM SP-16

The origins and history of Zen philosophy and practice will be presented. Emphasis will be given to the Soto tradition of Zen meditation, including instruction and demonstration. Wear loose clothing and bring a cushion to sit on.

**Dates:** October 11, 18, 25  
Wednesdays (3 sessions)  
**Time:** 7:30-9 p.m.  
**Fee:** \$10  
**Location:** UFM - Conference Room  
**Instructor:** Leon Rappoport 532-6850  
Al Potter

### HANDWRITING ANALYSIS SP-23

What traits are revealed in your handwriting? Take this opportunity to learn more about yourself through the analysis of your handwriting.

**Dates:** October 16 & 23  
Mondays (2 sessions)  
**Time:** 7-9 p.m.  
**Fee:** \$5  
**Location:** UFM - Fireplace Room  
**Instructor:** Miriam B. Field  
539-5586

### WOMEN'S REALITY SP-17

Our reality is created by our acceptance of other's opinions. Whether it be from parents, peers, or society, we often accept that reality as true. We will discuss women's reality and the meaning of that reality. Explore the differences between women's and men's reality and discuss how these differences are perceived by society. Recognize the subtle differences between the sexes, and incorporate this knowledge into your daily life.

**Dates:** October 19  
Thursday (1 session)  
**Time:** 7-9 p.m.  
**Fee:** \$3  
**Location:** UFM - Fireplace Room  
**Instructor:** Dianne Perrote

### COMPATABILITY PROFILE FOR COUPLES SP-18

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

**Dates:** October 24  
Tuesday (1 session)  
**Time:** 7-9 p.m.  
**Fee:** \$8/couple  
**Location:** Dr. Potter's office  
714 Poyntz, Suite A  
**Instructor:** Greg Potter, Ph.D.  
CCMHC 537-0076

### SPOUSE ABUSE SP-19

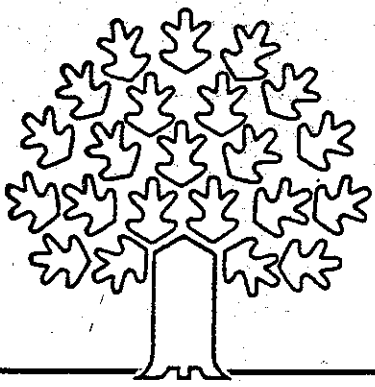
What is spouse abuse? Why do women stay in abusive situations? Dianne, a former battered wife, will lead this discussion on spouse abuse. The myths, the help that is available, and how friends can help, will be addressed in this program.

**Dates:** October 26  
Thursday (1 session)  
**Time:** 7-9 p.m.  
**Fee:** \$2  
**Location:** UFM - Fireplace Room  
**Instructor:** Dianne Perrote

### BEGINNING GENEALOGY SP-21

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

**Dates:** November 27 & December 4  
Mondays (2 sessions)  
**Time:** 7-9 p.m.  
**Fee:** \$6  
**Location:** Riley County Genealogy  
Library  
2005 Ciaflin Rd.  
**Instructor:** J. Harvey Littrell  
539-2646



# Seniors

1221 THURSTON

539-8763

## MAINTAINING DIGNITY AND AUTONOMY S-01

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

**Dates:** September 14  
Thursday (1 session)  
**Time:** 9:30-10:30 a.m.  
**Fee:** \$1  
**Location:** Senior Services Center  
412 Leavenworth  
**Instructor:** Judith Penrod Siminoe  
537-2943

## LIVING TRUSTS S-02

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

**Dates:** September 20  
Wednesday (1 session)  
**Time:** 7-8:30 p.m.  
**Fee:** \$1  
**Location:** Senior Service Center  
412 Leavenworth  
**Instructor:** Mark Knackendoffel  
537-0200

## REMINISCING: GRANDCHILDREN OF THE PIONEERS S-05

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

**Dates:** October 12  
Thursday (1 session)  
**Time:** 1:30 - 4:30 p.m.  
**Fee:** \$2  
**Location:** Senior Service Center  
412 Leavenworth  
**Instructor:** Owen R. Jones 537-7976

## PAYING FOR MEDICAL CARE S-03

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

**Dates:** September 21  
Thursday (1 session)  
**Time:** 9:30-10:30 a.m.  
**Fee:** \$1  
**Location:** Senior Service Center  
412 Leavenworth  
**Instructor:** Judith Penrod Siminoe  
537-2943

## WALKING TOUR OF THE CITY PARK EN-02 (See EARTH & NATURE section)



## MONEY MANAGEMENT FOR THE RETIRED AND NEAR RETIRED S-04

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

**Dates:** September 25  
Monday (1 session)  
**Time:** 7:30-9 p.m.  
**Fee:** \$2  
**Location:** 445 East Poyntz  
**Instructor:** Fred Freeby 537-4505

## MONEY MANAGEMENT FOR THE RETIRED AND NEAR RETIRED S-06

(See class description S-04)

**Dates:** October 16  
Monday (1 session)  
**Time:** 7:30-9 p.m.  
**Fee:** \$2  
**Location:** 445 E. Poyntz  
**Instructor:** Fred Freeby 537-4505

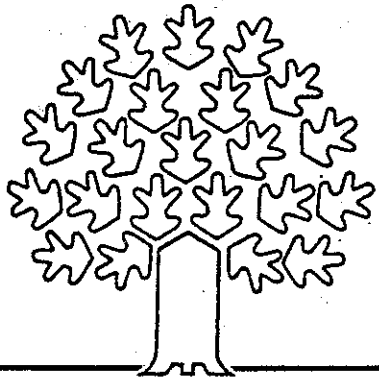
You've learned a great deal in 60 (or 70 or 80) years.

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

# RSVP

Retired Senior Volunteer Program  
412 Leavenworth  
Manhattan, KS 66502  
776-RSVP or 537-4040 (Senior Center)





# Youth

1221 THURSTON

539-8763

## CHILDREN'S GARDENING

Y-01

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

**Dates:** September 16-November 4  
Saturdays (8 sessions)  
**Time:** 10 a.m.-12 noon  
**Fee:** \$5  
**Location:** Manhattan Community Gardens  
8th & Riley Lane  
**Instructor:** Richard Mattson  
532-6170



## KUNG FU FOR CHILDREN

Y-02

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

**Dates:** September 16-November 4  
Saturdays (8 sessions)  
**Time:** 2-3 p.m.  
**Fee:** \$15  
**Location:** Village Plaza  
925 Seth Childs Road  
**Instructor:** Stan Wilson 539-7723

## CHILDREN'S KONZA PRAIRIE WALK AND HABITAT SUNPRINTS

Y-03

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

**Dates:** September 16  
Saturday (1 session)  
**Time:** 10 a.m. - 12 noon  
**Fee:** \$5  
**Location:** Konza Prairie Research Center, 6 miles south on McDowell Creek Road  
**Instructor:** Dave Sampson  
Jayne Link

## UFM POTTERY COOPERATIVE

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

### ANNUAL MEMBERSHIP

Cash Fee: -----\$45/annually  
(May be paid at the rate of \$16 every 4 months.)

### OTHER MEMBERSHIPS

4 Months:  
Cash Fee: -----\$25  
8 Months:  
Cash Fee: -----\$35

(SHORTER PERIODS OR ONE TIME USAGE CAN BE ARRANGED)

### IN-KIND CONTRIBUTIONS

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

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

### ADVANTAGES

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

FOR FURTHER INFORMATION  
CALL UFM 539-8763

## RED CROSS BABYSITTING

Y-04

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

**Dates:** October 7 & 14  
Saturdays (2 sessions)  
**Time:** 9 a.m.-1 p.m.  
**Fee:** \$8  
**Location:** American Red Cross  
411 N. 3rd St.  
**Instructor:** Red Cross Instructors  
537-2180

## BEGINNING KNITTING

AH-02

(See ARTS & HOBBIES section)

## FOLK ART PAINTING

AH-19

(See ARTS & HOBBIES section)

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# KREEM KUP STORE

ICE CREAM • SANDWICHES  
OLD TOWN MALL  
SHOPPING CENTER

17th and Yuma  
1 mile south of campus

37 Years of Service

Open Year-Round

...the classes we teach! Listed are the starting dates of each of our UFM classes.

SEPTEMBER						
SUN	MON	TUES	WED	THUR	FRI	SAT
					1	2
3	4	5	6 Weaving	7 Knitting	8	9
10	11 Growing herbs Aikido Plumbing China Tang soo do Bicycling across KS	12 De re coquinnaria Choose fitness program Talk about writing Ballroom dance Kung fu Talk w/kids about alcohol Knitting Nuclear reactor Willpower-weight control Choosing child care Here's Manhattan Nindiri Nicaragua Karate	13 Watch, enjoy sports Football: fair catch Children's a.m. play group Kung fu for the less fit Therapeutic touch	14 Houseplants Children's a.m. play group Stamp collecting Building your own house Intermediate ballroom dance Colorado fossils Martial arts Self-defense for adults Healthy cooking Walking tour Dignity & autonomy Sound synthesis	15 Tai ji quan Calligraphy	16 Children's gardening Past life regression Children's kung fu Wamego bike tour What's under your hood? Children's Konza Prairie walk Healing workshop
17 Sports aikido Scuba diving Jujitsu South Africa & divestment	18 Flower arranging Social services leadership Self defense Marriage & parenting over 30 Healing methods Theology	19 Law school How court works Interpret your dreams First aid Freehand drawing Investing, planning World friendship Peace Corps	20 Home ownership T-shirt dresses Ages & stages Living trusts	21 Pressed flowers Medical care Life changes Eating disorders	22	23 Wildflowers What's under your hood? Militarism
24 Jujitsu	25 Wreath making Money management for retired Baseball coaching	26 Landlord & tenant law Life changes Information... Story & novel writing Listening	27 Roommate survival Ages & stages	28 Trouble with money Corsage making	29	30 Militarism Visualization & affirmations What's under your hood? Body building

OCTOBER						
SUN	MON	TUES	WED	THUR	FRI	SAT
1 Scuba diving Spring board diving	2	3 Massage Investing & planning Home energy simulator Chinese cooking Wills & probate	4 Baseball: In the bullpen Heart healthy diet	5 Bluegrass jam session Women who feel guilty	6	7 Autoharp Glacial area Babysitting Watercolor painting
8 Insurance & liability	9	10 Intermed. knitting Family law Doctor's office Wood carving Choosing child care Reproductive health	11 Zen buddhism Cats Parenting the angry adolescent	12 Tatting Video for family communication Children who have witnessed abuse Grandchildren of pioneers	13	14 Chainsaw safety
15 Scuba diving Nature trail walk	16 Nonprofit accounting Handwriting analysis Money management for the retired Parenting your parents	17 Sleep problems Consumer problems	18 Buying a computer Non-sexist parenting Birth of a sibling Abuse	19 Women's reality Europe on a budget Helping your child use the library	20	21 Padded baskets Covered albums Managing stress Along the Oregon Trail
22	23	24 Investing & planning Debtor-creditor relations Compatability profile	25 Creative preschool Parenting for peace & justice Folk art Fishing Kansas	26 Spouse abuse	27	28
29 Scuba diving Kayaking	30	31 Job hunting				

# NOVEMBER

SUN	MON	TUES	WED	THUR	FRI	SAT
1	2		1	2 Teen Sexuality Basketball: Break Away	3	4
5	6 Siblings without rivalry	7 Prosecution & defense	8 Water conservation	9 Tatting Health care	10	11 Pinecone art Pinecone Christmas tree Paper snowflakes
12	13 Understanding your child's behavior	14 Massage Workers' compensation Childproofing your home Non-sexist parenting Photography	15	16	17 Candy making	18
19	20 Fund/membership drives	21	22	23	24	25
26	27 Genealogy	28	29	30		

# DECEMBER

SUN	MON	TUES	WED	THUR	FRI	SAT
					1	2
3 Intermediate kayak	4	5	6	7 Herb lore	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31 Christmas bird count						

# REGISTRATION INFORMATION 3 WAYS TO REGISTER

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

Name \_\_\_\_\_ Day Phone \_\_\_\_\_

Address \_\_\_\_\_ Evening Phone \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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

Plus \$2.00 REGISTRATION FEE

Tax Deductible Donation

TOTAL

OFFICE USE ONLY

Check \_\_\_\_\_  
Cash \_\_\_\_\_  
VISA \_\_\_\_\_  
M/C \_\_\_\_\_  
Voucher \_\_\_\_\_

I hereby authorize the use of my VISA/MasterCard

Signature \_\_\_\_\_

Card # \_\_\_\_\_ VISA or M/C? Expires \_\_\_\_\_

(Please circle all that apply)

KSU Student Fr So Jr Sr Gr Stu/Spouse

AGE Under 13 13-18 Senior Citizen

EMPLOYMENT KSU Faculty/Staff Fort Riley Personnel

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

Where did you obtain your catalog? \_\_\_\_\_

I am interested in teaching for UFM. Yes No

A class I would like offered is \_\_\_\_\_

Additional registration forms are available at UFM.

Materials fees are now included in the class fee.

#### UFM CLASS FEES:

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

#### REGISTRATION FEE EXEMPTIONS:

The following are exempt from the \$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:

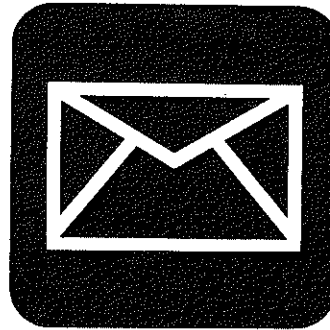
UFM will only give a REFUND voucher (redeemable for cash) in these instances:

- (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

UFM will only give a CREDIT voucher (redeemable for UFM classes) in these instances:

- (1) you are unable to attend a class and you have notified UFM and the teacher a minimum of three days before the first meeting.
- (2) you earn credit by teaching or volunteering for UFM.

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## Registration By Mail

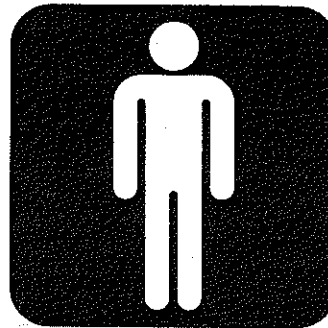
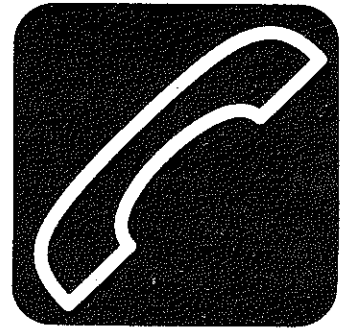
Complete the registration form and mail the form with your check, money order, or credit card number to:

UFM  
Class Registrations  
1221 Thurston  
Manhattan, Kansas 66502

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

## Registration By Phone

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



## Registration In Person

Stop by UFM, 1221 Thurston anytime between 8:00 a.m. and 5:00 p.m., Monday through Friday (closed 12-1 p.m.) or, for your convenience, the following dates and locations have been scheduled for on-site registrations:

### WE'RE STEPPING OUT...

#### Community Registrations

DATE	DAY	LOCATION	TIME
August 23	Wednesday	K-State Union	11 a.m.-1 p.m.
August 24	Thursday	K-State Union	11 a.m.-1 p.m.
August 25	Friday	K-State Union	11 a.m.-1 p.m.
August 26	Saturday	Manhattan Town Center	11 a.m.-1 p.m.
August 29	Tuesday	Manhattan Public Library	5 - 7 p.m.
August 30	Wednesday	UFM	11 a.m.-2 p.m.
August 31	Thursday	UFM	5 - 7 p.m.

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

## Register Early

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