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**TEACHING · LEARNING · GROWING**

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**CLASSES BEGIN FEBRUARY 1, 1989**

**UFM Spring CATALOG**

Dear Friends:

"The ability to teach as well as learn is not a limited commodity but should be recognized as an abundant resource in everyone." These are the observations of Ray Stockman, recent KSU graduate and UFM volunteer.

The classes on the following pages represent the "abundant resources" of the volunteer teachers that are the core of the UFM philosophy. Enjoy yourself as you look over the class offerings. Come and share with these teachers. Registration forms are on the back page.

With this catalog UFM says goodbye to Eunice Dorst who has coordinated the class offerings for two years. We wish her well in her new business ventures in Manhattan.

Welcome to Art Rathbun, the new Coordinator of Educational Programs. Art is eager to hear your suggestions for future class topics and teachers.

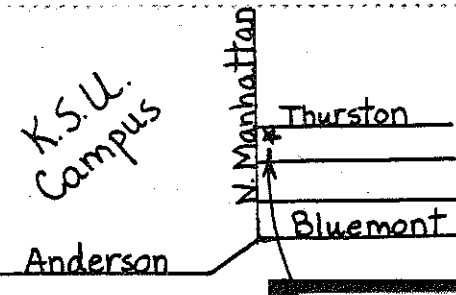
We hope you will register for several classes and take note of the other opportunities such as the Lou Douglas Lecture Series, garden plots, or volunteering to help with home repairs for low-income homeowners.

A good time to register would be from 11am to 7pm on January 21 at the UFM House when you can join us at a chili feed to help raise operating funds for UFM.

Sincerely,

*Richard*

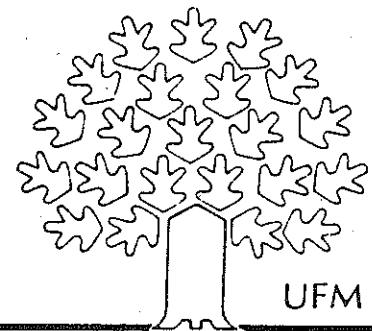
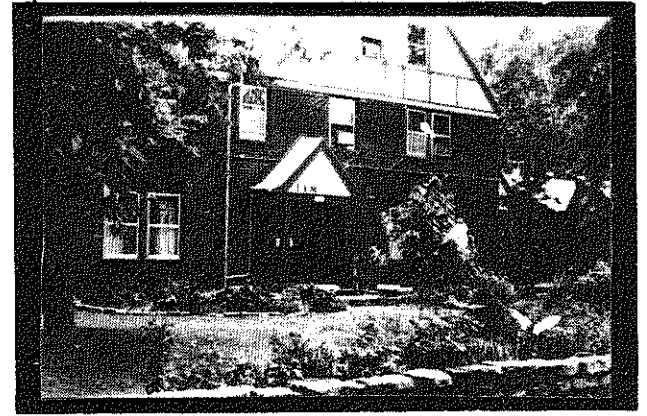
Richard Friesen  
Executive Director



539-8763

1221 Thurston

UFM is located on the east side of campus.



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## REGISTRATION SCHEDULE

\* Registration forms are on the back page.

### REGISTRATION SCHEDULE

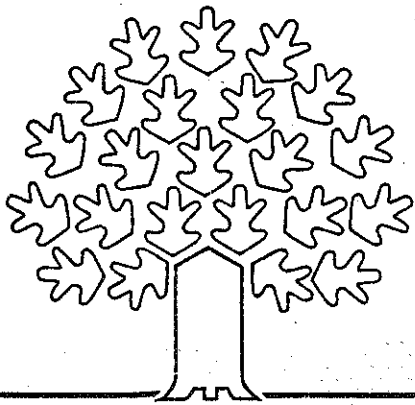
\* Registration forms are on the back page.

Wed.	Jan. 18	K-State Union	10am - 2pm
Fri.	Jan. 20	Manhattan Public Library	11am - 2pm 5pm - 7pm
Sat.	Jan. 21	University for Man	11am - 7pm
Mon.	Jan. 23	K-State Union	10am - 2pm
Tues.	Jan. 24	Manhattan Public Library	11am - 2pm 5pm - 7pm
Wed.	Jan. 2	K-State Union	10am - 2pm
Sat.	Jan. 28	Manhattan Town Center	11am - 5pm
Sun.	Jan. 29	Manhattan Town Center	2pm - 4pm
Sat.	Feb. 4	Manhattan Town Center	11am - 5pm
Sun.	Feb. 5	Manhattan Town Center	2pm - 4pm

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Class locations will be noted on your receipt.

UFA



# FINE ARTS

539-8763  
1221 Thurston

## BOOKS BY AND ABOUT WOMEN FA-1

Lorrie Cross 539-5337

Women writers say special things. Women readers often hear them. This class provides time for women to talk with each other about novels, non-fiction works, humor, and satire. Dimensions of self-image shaped by literary models are examined as we discuss books selected by group members. Books we have recently read are: Kansas Quarterly, November 1987 - Georgia O'Keefe and other Women Artists; Waiting to Vanish by Ann Hood; Mothers: Memories, Dreams, and Reflections by Literary Daughters, by Susan Cahill; The Dance of Happy Shades by Alice Munro; and Her Mother's Daughter by Marilyn French.

(Lorrie has been a member of this informal reading group since 1978.)

1st Meeting: Wed., Feb. 1, 7:30-9pm (ongoing)

Class Fee: \$4, pay at registration  
Materials Fee: None  
Limits: Min. 1 / Max. None

## BEGINNING CALLIGRAPHY FOR RIGHT-HANDERS FA-2

Debra Rosproy 1-239-3026

Do you enjoy seeing the elegant script of calligraphy, but think you could never do anything so lovely? Well, you are wrong. Once you learn the steps for each letter, you will be amazed at how quickly you can pick it up with a little practice. There are a variety of styles to choose from. Once you learn the basics, you will be able to progress onto the most difficult styles with very little extra effort.

(Deb learned calligraphy in Denver in 1980 and has been using it ever since for cards, posters, and other personal items.)

Section I: Friday, Feb. 24, 6:30-9pm

Section II: Friday, May 12, 6:30-9pm

Class Fee: \$8, pay at registration

Materials Fee: \$2, pay at class

Limits: Min. 5 / Max. 15

## BEGINNING CALLIGRAPHY FA-3

Ernie Peck

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

Mondays, February 6 - 27, 7-9pm (meets 4 times)

Note: The last registration date will be January 30.

Class Fee: \$8, pay at registration

Materials Fee: \$15, pay at class

Limits: Min. 4 / Max. 15

## QUILTING FA-4

Evelyn Campbell

Quilting is an old art form still popular today. Each quilt is an expression of the creativity of an individual. Evelyn will share her expertise in quilting and will have a large selection of finished quilts and patterns to choose from. Those interested will have the opportunity to continue to meet and work on a quilt.

Monday, February 6, 7pm

Class Fee: \$5, pay at registration

Materials Fee: depends on project

Limits: Min. 3 / Max. 10

## MAKING COVERED ALBUMS FA-5

Deb Rosproy 1-239-3026

Covered albums are one of the easiest and most adaptable items/gifts to make for yourself or friends. They can be used for weddings, birthday or Christmas gifts, made fancy for the feminine lady, or masculine for a man. The material pattern you use, plus the trim, determines whose style it will fit.

NOTE: If you have a hot glue gun, please bring it to class. Also bring 1-1/2 yds. of your choice of material plus 3 yds. of trim, (lace, ruffle, etc.) to fit the notebooks provided. (Deb learned how to do these at Ben Franklins in 1986 and has made many varieties for friends and family ever since.)

Friday, April 14, 6:30-9pm

Class Fee: \$4, pay at registration

Materials Fee: \$4, pay at class

Limits: Min. 5 / Max. 15

## MAKING PADDED BASKETS FA-6

Deb Rosproy 1-239-3026

Have you seen padded baskets at craft fairs but thought the price too high, or the color/size just not quite right for your needs. Well now you can make one to fit your own needs. Pick whatever size/shape basket you want to do and purchase enough material to loosely fit it. You can do inside, outside, or both if you prefer. If you want to trim with lace, ruffle, etc., please also buy enough of that to use wherever you want it. (NOTE: If you have a hot glue gun, please bring it to class to speed projects along.) Once you learn the basics, you can make these for yourself, friends, or for the craft fairs yourself! So come, learn & enjoy! (Deb took a class on this at Ben Franklin in 1986 and has made a variety of sizes and shapes since.)

Friday, April 28, 6:30-9pm

Class Fee: \$4, pay at registration

Materials Fee: Varies depending on amount of padding required (\$1 per each square yard needed).

Limit: Min. 5 / Max. 10

## BASIC WOOD CARVING FA-7

Larry Wisdom 539-2574

Introduction to basic wood carving, will include "relief carving", "carving in the round", and sharpening and care of tools. Carving blanks will be furnished and a \$5 charge made for these items. (Larry has taught three previous UFM wood carving classes. He is Kansas Vice President of the National Woodcarving Museum.)

Tuesday, Feb. 14, 21, 28, & Mar. 7, 7-9pm (meets 4 times)

Class Fee: \$8, pay at registration

Materials Fee: \$5, pay at class

Limits: Min. 2 / Max. 15

## CERAMIC BEAD MAKING FA-8

Ben Mullinix 539-3846

Come learn the art of ceramic bead making. In this class we will discuss the tools used along with the materials and equipment needed for the making of beads. This is a demonstration class. (Ben is a collector, lapidarist, silversmith, and a facet demonstrator.)

Thursday, April 13, 7:30pm

Class Fee: \$5, pay at registration

Materials Fee: None

Limits: Min. None / Max. None

## TATTING - THE ART OF MAKING LACE FA-10

Jessie Fouveau 776-6806

Tatting, or frivolite as the French call it, is a very old art. This process of making lace by looping and knotting a single strand of thread on a small shuttle originated in Europe. Years ago tatters used very fine thread and many long picots to create a lacy effect. Modern tatting has shorter and fewer picots, uses heavier thread, and will out-wear the cloth it is on. Please bring a plastic tatting shuttle, spool of tatting thread (#20 or 30), crochet hook or needle, and a basic tatting instruction booklet. (Jessie has taught tatting for UFM for many years.)

Thursdays, Feb. 2, 9, 16, 7-9pm

Class Fee: \$5, pay at registration

Materials Fee: None

Limits: Min. 2 / Max. 4

Class locations will be noted on your receipt.

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### 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/annum  
(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

### BEGINNING WEAVING FA-9

Susan Lala 537-9610

Become comfortable with the basics of weaving and learn to prepare your yarn and loom. You will 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.  
(Susan has been weaving for 20 years and is active in local, state and national weaving organizations.)

Wednesdays, Feb 1-22, 1:30-3:30pm  
1st class meets 3 hours.  
Class Fee: \$8, pay at registration  
Materials Fee: \$20, pay at class  
Limits: Min. 3 / Max. 5



### STORY & NOVEL WRITING FA-16

Leonard Bishop 1-258-2066

All levels of craft in fiction writing will be covered: dialogue, foreshadowing, characterization, major and minor relationships, story, plotline, situations, dramatic events, 1st person, 3rd person, opening chapters, general devices, narration, introspection, continuity, motivation, sex situations, proper prose, cameo characters, complex characters, complicated scenes, details, etc.

(Leonard has taught writing for over 25 years, has published nine novels, and has written a book on professional writing published by Writers Digest.)

Tuesdays, Feb. 14, 21, 28, 7-9:30pm  
Class Fee: \$10, pay at registration  
Materials Fee: \$2, pay at class  
Limits: Min. 8 / Max. None

### LET'S TALK ABOUT WRITING FA-17

Lee Killough 776-6584

Do you like to write? You are not alone. Let's get together and talk about writing, how you build background and characters, and how you go about submitting your manuscript for publication. Bring all your questions about writing -- let's talk about it.  
(Lee is author of nine published novels and numerous short stories, and is currently the secretary of the Science Fiction Writers of America.)

Tuesday, Feb. 14, 7-9:30 pm.  
Class Fee: \$4, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. 20

### HOW TO WRITE FOR NON FICTION MARKETS FA-18

Randy Kidd

Writing for the non-fiction markets can be profitable as well as fun. In this class we will look at some ways to use your talents as a non-fiction writer.  
(Dr. Kidd has written several hundred articles for a variety of magazines, newspapers, and books.)

Thursday, Feb. 2, 7-9pm  
(this may be an ongoing class)  
Class Fee: \$6, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. 15

### OFF TO VISIT THOMAS HART BEUTON AND HIS CONTEMPORARIES FA-15

Diane Dollar 532-6605

The Art Department and the Friends of Art will be organizing another day trip to Kansas City to visit the Nelson-Atkins gallery. Cost includes bus fare, a breakfast of sorts, entrance to the exhibition and a sociable return trip. (This is Diana's fourth year of traveling to exhibition's with interested persons. She hasn't lost anyone yet.)

Prelecture: Monday April 17, 7:30pm  
Trip: Friday, April 21, 7:30am-7:30pm  
Lecture: \$2, pay at door  
Trip cost: \$30.00  
Limits: Min. 30 / Max. 45

### SWING DANCE FA-19

Art Clack 539-4121

Are you looking for a foot-stompin' good time? Take a spin with Art and do the sharp moves, dips, turns and slides of country western swing dance. Come join the fun and learn a life-long way to keep in shape and relax.  
(Art has been teaching swing dance for eight years.)

Wednesday, Feb 1, 8, 15, 6:30-8pm  
(class meets 3 times)

Class Fee: \$8, pay at registration  
Materials Fee: None  
Limits: Min. 6 / Max. 18

### BALLROOM DANCING FA-20

Michael Bennett 776-7557

Learn the element of Foxtrot, Waltz, Jitterbug, and Latin dances. 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.  
(Michael has trained in Ballroom Dance at U. C. Berkley; Mandola Ballroom, San Francisco; AliBaba Ballroom, Oakland, CA; and Avenue Ballroom, San Francisco. In 1986 Michael was San Francisco Avenue Ballroom Jitterbug Champion.)

Mon. & Wed., Begins Feb. 1, 6:30-8pm  
(ongoing)

Class Fee: \$8, pay at registration  
Materials Fee: None  
Limits: Min. 10 / Max. 30

### USED BOOK SALE

UFM is collecting used books for a book sale in April.

- \* Hardbacks
- \* Paperbacks
- \* Comics
- \* Texts
- \* Magazines  
(special interest only, e.g. National Geographic)

We will pick up if you have at least one carton full.

WATCH FOR INFORMATION ON OTHER PICK-UP POINTS AND DATE OF SALE

or

CALL UFM FOR DETAILS  
539-8763

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Class locations will be noted on your receipt.

The Lou Douglas Lecture Series honors the distinguished professor of political science who was instrumental in the development of UFM. Each year four prominent speakers are invited by the Lou Douglas Lecture Committee to address issues of current interest. The lectures provide thought-provoking perspectives on critical public issues and are attended by 200-400 faculty members, students, and citizens of Manhattan and the surrounding area.

1988 DOUGLAS LECTURE SERIES  
LIBERATING MOVEMENTS

February 14th - Nomonde Ngubo - Ms. Ngubo is a representative of COSATU, a South African trade union. She will speak on the roles of the unions in the struggle for black liberation in South Africa.

\*\*\*\*\*

February 28th - John Swomley - Dr. Swomley is an internationally known theologian and civil libertarian. He is presently associated with St. Paul's School of Theology, a United Methodist Seminary. He will speak on "Religion and Politics: Collaboration against Liberation."

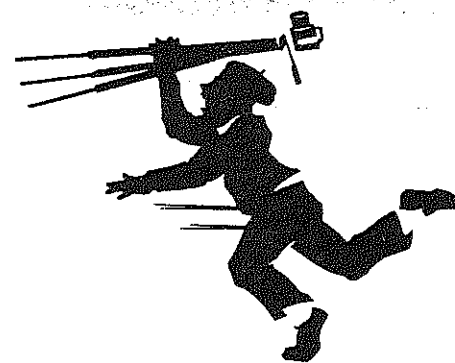
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April 6th - Jonathan Kozol - Mr. Kozol has written several best sellers dealing with social issues such as illiteracy and the homeless. In Death at an Early Age, Illiterate America and Rachel and her Children, he has confronted America with social problems that many people would rather ignore. He will be speaking on "Where Stands the Republic? Literacy and Social Justice."

\*\*\*\*\*

April 18th - Ibrahim Abu-Ludghod - Dr. Abu-Ludghod is professor and chair of the political science department at Northwestern University and 1985 winner of the Northwestern outstanding teacher award. He has written numerous books and monographs including Arab Rediscovery of Europe and African Themes. He will be speaking on "The Palestinians: Nation-building in Stateless Conditions."

All lectures will take place at 7:30 in Forum Hall of the Union.



BEGINNING PHOTOGRAPHY FA-11

Ernie Peck

Four evenings and one full day of instruction on how to operate and care for a 35mm camera. Bring your own camera if you have one. If not, one will be furnished along with film, processing and handouts. The camera must be returned but the rest is yours to keep. (Ernie has taught this class before with great success.)

Classroom: Tues./Wed./Thurs./Tues.  
April 18,19,20,25, 7-9pm  
Field Trip: Sat. April 22, 8:30-4pm  
Class Fee: \$8, pay at registration  
Materials Fee: \$30, pay at class  
Limits: Min. 4 / Max. 12

EXPLORING BLACK & WHITE PHOTOGRAPHY

FA-12

John & Carlene Kaiser 776-2213

The first session will be an introduction to the various film types and cameras. We will then experience taking pictures of a live model. The 35mm film will be provided -- you bring a 35mm camera. The final two sessions will cover film processing, printing, and critiquing our work.

Monday, Feb. 6-27, 7:30-8:30pm  
Class Fee: \$8, pay at registration  
Materials Fee: \$10, pay at class  
Limits: Min. 5 / Max. 10

WATERCOLOR PAINTING VIA PHOTOGRAPHY

FA-13

Gene Ernst & Ernie Peck

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 studio 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 mats. Students must have a 35mm camera, a 24 exposure roll of color film, watercolor paints, brushes, and paper. The purpose of this class is to develop a photo method of subject selection and transpose that into the studio setting for the watercolor painting. (Ernie has taught photography frequently and is an accomplished painter. Ernie and Gene have co-taught watercolor classes for several years.)

Photo session: Sat., Apr. 29, 8:30-1pm  
Studio Painting Sessions:  
Thursday, May 4, 7-9pm  
Tuesday, May 9, 7-9pm  
Thursday, May 11, 7-9pm  
Tuesday, May 16, 7-9pm  
Class Fee: \$10, pay at registration  
Materials Fee: None  
Limits: Min. 3 / Max. 15

Class locations will be  
noted on your receipt.

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COLLECTING ART FA-14

Julie Strecker 539-2139

Do you know how to make an intelligent decision when buying art, whether it be for decoration or an investment? In this class you will learn how to select works of art which are personally pleasing to you. We will identify specific techniques, evaluate artists, discuss appropriate prices, and learn about framing and care of art once you own it. (Julie is the owner of Strecker Gallery and has been a collector of fine art for many years.)

Monday, Feb. 27, 7:30-8:30pm  
Class Fee: \$5, pay at registration  
Materials Fee: None  
Limits: Min. 5 / Max. 12

# Manhattan

## INTER FAITH Seminars

### CREATION SPIRITUALITY A

Dave Stewart

We will explore this newly popular but very old brand of spirituality that sees creation as God in motion; that befriends and embraces creation as our home and is sensitive to the reality that is home for many other life forms; that seeks healing for creation's wounds from exploitation and abuse. (Creation Spirituality by Matthew Fox required.)

Mondays, Jan. 23, 30, Feb. 6, 13, 7-9pm  
Fee: \$5, pay at registration  
Location: First Presbyterian Church  
801 Leavenworth

### MYERS-BRIGGS TYPE INDICATOR B

Susan Scott

You will take this personality inventory and then discuss the findings. Myers-Briggs analysis can help you understand yourself, how you function in the work place, and how styles of personality affect our relationships.

Mondays, January 23 & 30, 11:45-1pm  
(Bring a sack lunch.)  
Fee: \$5, pay at registration  
Location: United Campus Ministry  
1021 Denison Ave.

### RELIGION IN THE SOVIET UNION TODAY C

Al Zimmerman

There is "Glasnot" today in the USSR. How has religion and the church been affected? Al has toured the Soviet Union and will share his observations, perspectives, and slides.

Wednesdays, Feb. 1, 8, 15, 7-9pm  
Fee: \$5, pay at registration  
Location: First Congregational Church  
700 Poyntz

### EXPLORING RELIGION AND SPIRITUALITY THROUGH FILM D

Susan Allen

This six week series will focus on the world's many forms of spiritual or religious expression. A film featuring particular view/tradition (such as Taoism, Christian mysticism, the "perennial philosophy") will be shown followed by a discussion with a person of that faith.

Sundays, Jan. 22 - Feb. 27, 6:30pm  
Fee: \$5, pay at registration  
Location: United Campus Ministry  
1021 Denison Ave.

#### OFFICE SPACE AVAILABLE

A variety of office spaces are available at UFM, 1221 Thurston.

- \* From 150 to 450 sq. ft. or more
- \* Access to conference rooms
- \* Close to KSU campus
- \* Support services available
- \* Preference to small non-profit organizations

For more information, contact  
Richard Friesen, UFM Executive  
Director at 539-8763.

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Class locations will be noted on your receipt.

### HABITS OF THE HEART E

Ron Roschke & Sue Zschoche

Discuss the book which has been a best seller. What do Americans think about a religious experience? How important is it to be part of a church? Is religion a thing of the past? (Habits of the Heart by Bellah, et. al., required.)

Thursdays, February 9, 16, 23, 7-9pm  
Fee: \$5, pay at registration  
Location: College Ave. United  
Methodist Church  
1609 College Ave.

### WOMEN AND RELIGION F

Dorothy Nickel Friesen

What is the role of women in religion from ancient times to present? When was God a woman? What judges, prophets, evangelists, preachers and teachers were women in major religions?

Tuesdays, Feb. 21, 28 & Mar. 7, 7-9pm  
Fee: \$5, pay at registration  
Location: First Baptist Church  
2121 Blue Hills Rd.

### TRAITS OF A HEALTHY FAMILY G

Jim McGill

Dolores Curran, author, columnist and parent educator, asked a broad spectrum of five hundred family professionals the question, "What are the common qualities found in the healthy families you see?" With surprising unanimity, fifteen traits emerged. In this course we will discuss her survey, the traits it surfaced, and the implications for family life today.

Mondays, Jan. 23, 30 & Feb. 6, 7-9pm  
Fee: \$5, pay at registration  
Location: First United Methodist  
Church, 612 Poyntz

### JUDAISM H

Rudy Clarenburg

Our group discussions will center around fundamentals of Jewish religion, biblical interpretation, rabbinical literature, ethics, philosophy, rites, symbols, and customs, and especially your questions and comments.

Tuesdays, Jan. 24, 31, & Feb. 7, 7-8:30pm  
Fee: \$5, pay at registration  
Location: Jewish Congregation of  
Manhattan, 1509 Wreath

### AIDS AND THE CHURCH: MEDICAL, PERSONAL, AND PASTORAL RESPONSE I

Don Fallon

The frightening disease of AIDS touches our families and our congregations leaving isolation, fear and helplessness. This seminar will focus on understanding the disease, the emotional and spiritual pain experienced by persons and families living with AIDS, theological issues, and our pastoral responses to bring dignity and compassion.

Thursdays, February 2, 9, 16, 7-9pm

Feb. 2 - Larry Moeller, M.D., Lafene Health Center, KSU  
Understanding AIDS, medical resources, and ethical questions from a medical perspective.

Feb. 9 - A family experience with AIDS. Beverly Barbo, Lindsborg, whose son, Tim, died of AIDS. Author of The Walking Wounded.

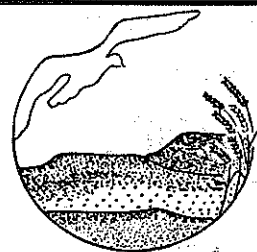
Feb. 16 - Don Fallon, Campus Pastor, KSU  
Theological issues and a pastoral response.

### RELIGION AND POLITICS J

Merlin Gustafson

Economic and social issues. Political aspects of religious organizations. The politics of televangelists. Constitutional issues and religious practices. Economics and religion.

Thursdays, Feb. 23, Mar. 2, 9, 7-9pm  
Fee: \$5, pay at registration  
Location: University Christian Church  
2800 Claflin



### UNITY Church of Manhattan

Worship services at 11 a.m. each Sunday  
10 a.m. Sunday school classes Adult and children

Speakers: Sharon Powers or students from the Unity School of Christianity.  
Discussion group studying the principles of Unity at 6:30 p.m. each Sunday

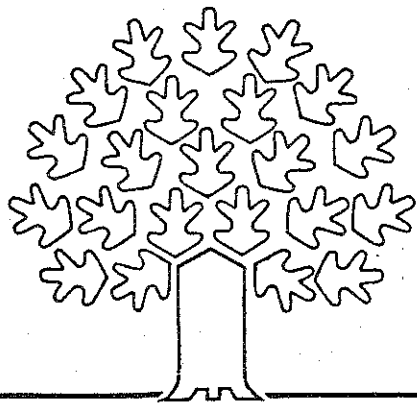
Meeting at UFM  
1221 Thurston Street  
Manhattan, KS.

Unity helps individuals find their own way to spiritual awareness.

Everyone is welcome.

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# SELF

539-8763  
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## HANDWRITING ANALYSIS S-1

Miriam Field 539-5586

This class offers an overview of the traits revealed in handwriting. This is a unique opportunity to learn more about yourself through analysis of your handwriting. (Miriam is a master certified grapho-analyst. She also teaches more in-depth introductory courses.)

Mondays, Feb. 27 & March 6, 7-9pm  
Class Fee: \$7, pay at registration  
Materials Fee: None  
Limits: Min. 6 / Max. None

## THINGS AREN'T ALWAYS WHAT THEY SEEM: THE EFFECT OF ATTITUDE ON BEHAVIOR S-3

Martha A. Sanderlin

Did your boss' comment make you angry or did you become angry because of your attitude about the comment? This course will address the ways that attitude affects what we experience and will provide some ways of changing counter-productive attitudes. Class participants will be expected to take part in discussions and practical exercises. KSU students should contact University Counseling Services 532-6927, to enroll without a class fee. (Martha has a master's degree in Counseling Psychology and is currently working on a Ph.D. in Education Counseling. She has worked in inpatient and outpatient psychiatric settings for five years before returning to graduate school.)

Thursdays, Feb. 23-April 13, 7-8:30pm  
(meets 8 times)  
Class Fee: \$5, pay at registration  
Materials Fee: None  
Limits: Min. 6 / Max. 12

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## EMOTIONAL MATURATION S-2

Carolyn Gregov, M.S.

In this class we will explore the Woolf Technique of Language and Metaphor, guided imagery, mature blocked emotions, and dys-ease. You will gain insight to your emotional maturation with these techniques. KSU students should contact University Counseling Services 532-6927, to enroll without a class fee. (Carolyn is a Doctoral student at KSU and has trained with Vernon Woolf, Ph.D)

Mondays, Feb. 27 & March 6, 7-8:15pm  
Class fee: \$5, pay at registration  
Materials Fee: None  
Limits: Min. 3 / Max. None

## SOCIO DRAMA AND PERSONAL PROBLEM SOLVING S-4

Fred Newton 532-6927  
Art Rathbun

The use of role play and drama to act out and solve human problems has been an established method for effecting change in human behavior. Socio drama is a particular form that approaches life situations common to many people. This workshop will introduce participants to various strategies and techniques used in socio drama and allow participants to experience a demonstration of this approach. This workshop is not meant as a substitute for personal therapy. KSU students should contact University Counseling Services, 532-6927, to enroll without a class fee. (Fred Newton is Director of the Kansas State University Counseling Service and licensed psychologist in Kansas. He is interested in the use of creative strategies for personal change.)

Tuesdays, February 14 & 21, 6:30-9pm  
Class Fee: \$5, pay at registration  
Materials Fee: \$5, pay at class  
Limits: Min. 5 / Max. 10

## BOOK SHOP

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## LEARNING ASSERTIVE COMMUNICATIONS

S-5  
Greg Brack 532-6927

Learning assertive communications: you will learn the 3 foundation skills for assertiveness: knowing rights and responsibilities, active listening and "I" statements. In small groups you will practice these skills using role play focusing on common situations such as having to state your opinion, to make a request, to say "no" etc. If you are a KSU student register by calling 532-6927, others register thru UFM. (Greg is a Psychology intern at University Counseling Services and a Ph.D. candidate in Counseling Psychology at Indiana University.)

Mondays, Feb. 6-March 13, 3-5pm  
(meets 6 times)  
Class Fee: \$5, pay at registration  
Materials Fee: \$5, pay at class  
Limits: Min. 5 / Max. 10

## ADVANCED TRAINING IN ASSERTIVENESS

S-6  
Dori Lambert, Ph.D. 532-6927

For individuals who have previously participated in assertiveness training groups and want to better apply these skills to dealing with criticism and anger - both for expressing and handling these issues. This is a semi-structured learning experience incorporating attention to individual use of roleplay. After you register, you will be contacted to discuss details and location. If you are a KSU student register by calling 532-6927, others register thru UFM. (Dori is a psychologist at University Counseling Services and has ten years of experience in Assertiveness Training.)

Mondays, Jan.30-March 6, 6-8pm  
(meets 6 times)  
Class Fee: \$5, pay at registration  
Materials Fee: \$5, pay at class  
Limits: Min. 5 / Max. 10

## MANAGING CONFLICT CREATIVELY S-7

Marjorie J. Area

The participants of this class will learn to understand conflict and its patterns; identify their method for handling conflict; and learn techniques for creatively managing conflict situations. Individuals may provide conflict situations from family, business, and/or community organizations to use as part of the class. (Marjorie is a former Extension staff member at KSU. She is presently owner-operator of a downtown retail business, and a volunteer workshop presenter with the Riley County Extension FCL team.)

Thursday, March 16, 7-9pm  
Class Fee: \$4, pay at registration  
Materials Fee: None  
Limits: Min. 10 / Max. 20

## PSYCHOLOGY OF SELF-MANAGEMENT S-8

Joe Younger 532-6277

Learn the art of organizing yourself to do what needs to be done when it needs to be done. Increase your creative, technical, and management skills. (Joe is Manager, Staff Training and Development, Kansas State University.)

Monday, May 8, 7-8:30pm  
Class Fee: \$5, pay at registration  
Materials Fee: None  
Limits: Min. 6 / Max. 12

*Class locations will be  
noted on your receipt.*

7

Roma Drevets

Often we set out to accomplish something without a formula for achieving success. In this class we will set individual goals and work together toward these goals. As we work toward success we will take a look at stumbling stones, and how we might remove these from our paths. Emphasis will be on individual development. KSU students should contact University Counseling Services 532-6927, to enroll without a class fee. (Roma has taught for 20 years and feels that many individuals have the potential for success but do not recognize it.)

Mondays, Feb. 20-April 24, 7-8:30pm  
(Meets 10 times)

Class Fee: \$5, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. 20

GOAL SETTING S-10

Joe Younger 532-6277

To get ahead, you have to have goals. Zig Ziglar is a master at telling audiences how to set them, how to achieve them, and how to enjoy their benefits. On this video you get a step-by-step approach that you can tailor to your immediate needs - one you can easily alter as your needs change. Through this video/narrative presentation, discover the seven steps to goal-setting and the importance of mental well-being in having goals. (Joe is Manager, Staff Training and Development, Kansas State University.)

Thursday, February 23, 7-9pm  
Class Fee: \$5, pay at registration  
Materials Fee: None  
Limits: Min. 6 / Max. 15

HOW TO DEAL WITH DIFFICULT PEOPLE S-11

Tracey Fraser 532-6561

Do you have "problem" people in your life? A difficult boss, a tough teacher, an unwarmed receptionist, and angry banker or stubborn landlord. Explore specific strategies to bring out their best and yours too! (Tracey is the coordinator of the Single Parent/Displaced Homemaker Program. She is a K-State graduate and loves to work with people.)

Saturday, February 18, 10-noon & 1-3pm  
(Bring a sack lunch.)  
Class Fee: \$8, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. 10

TEENAGE ADDICTS-STOP THE CYCLE S-15

Donna Edwards 776-0885

Learn how to recognize symptoms of teenage alcoholics and other drug abuse and addiction. Specific areas to be covered are the processes of intervention, specific help for the teen and teen's family. Intervention gets kids help and restores them to growing up naturally. (Donna is the school/community consultant for the Northeast Kansas Regional Prevention Center for Riley County. She is also a Doctoral candidate in the College of Education at KSU.)

Wednesday, March 22, 7-9pm  
Class Fee: \$5, pay at registration  
Materials Fee: None  
Limits: Min. 3 / None



BODY LANGUAGE IN THE WORKPLACE S-12

Frank (Skip) Saal 532-6850

In this class we will examine the ways in which body language can facilitate or inhibit communication in work settings, in employment interviews, and other organizational contexts. (Frank is an industrial/organizational psychologist currently doing research on gender in the workplace (sexual harassment, etc.)

Wednesday, March 22, 7-9pm  
Class Fee: \$6, pay at registration  
Materials Fee: None  
Limits: Min. 3 / Max. None

PARENTS SUPPORT GROUP FOR LEARNING DISABLED CHILDREN S-13

Jeannie Castaneda

I have recently taken a class in Theatre for Special Populations. I have seen drama, art, and music work to help all of us through some of the most frustrating periods of our lives, dealing with relationships, fears, anger, and self-worth. I have been blessed with two special L.D. children and want to help them and other L.D. children learn and feel good about themselves. I want to share with other parents some of the methods we can use for teaching, and coping with this fear and frustration when our children make painful statements such as "My brain is broke", or "I'm just stupid." (Jeannie is a fifth year senior at KSU in Theatre and the Mother of two bright and beautiful L.D. children.)

Saturdays, Feb. 4, Noon-2pm  
(ongoing)  
Class Fee: \$2, pay at registration  
Materials Fee: None  
Limits: Min. 6 / Max. 15

EATING DISORDERS SUPPORT GROUP S-17

Teri Hardister

The main purpose of this group is to provide a "support system" for maladaptive eating patterns. Present members of this group are recovering from anorexia and bulimia, but anyone wishing to understand the nature of eating disorders is invited to attend. The group is informal and a nonconfrontive setting. (Teri has worked with groups like this in the past and is presently working on research to help illuminate the cultural variables which perpetuate eating disorders.)

Thursdays, Begins Feb. 2, 7-8pm  
(ongoing)  
Class Fee: None  
Materials Fee: None  
Limits: Min. 2 / Max. None

HELPING YOUR CHILD SAY "NO" S-14

Donna Edwards 776-0885

Find out how to tap into the many drug and alcohol abuse prevention programs available through the schools and communities in Riley County. Leave this class knowing what help is available and how to take an active part in prevention. (Donna is the school/community consultant for the Northeast Kansas Regional Prevention Center for Riley County. She is also a Doctoral candidate in the College of Education at KSU.)

Wednesday, March 8, 7-9pm  
Class Fee: \$5, pay at registration  
Materials Fee: None  
Limits: Min. 3 / Max. None

WHY WE GET SICK, WHAT WE CAN DO ABOUT IT S-16

Martha A. Sanderlin

It takes more than germs to make us sick. Human beings are wonderfully complex creatures whose physical functioning is influenced by both internal attitudes and external agents and events. This class will review evidence about the factors involved in illness and present some ideas for enhancing wellness. (Martha has a master's degree in Counseling Psychology and is currently working on a Ph.D. in Education Counseling. She has worked in inpatient and outpatient psychiatric settings for five years before returning to graduate school.)

Tuesdays, Feb. 21, 28 & March 7, 7-9pm  
(meets 3 times)  
Class Fee: \$8, pay at registration  
Materials Fee: None  
Limits: Min. 8 / Max. None

STRESS MANAGEMENT S-18

Gregory Brack, M.S. 532-6927

This one session seminar will introduce participants to the concepts involved in stress management. Demonstrations illustrating stress management techniques will also be provided. "Stressed" individuals are encouraged to attend and see what alternatives are available for dealing with everyday life. KSU students should contact University Counseling Services, 532-6927, to enroll without a class fee. (Greg is a Psychology Intern at University Counseling Services and became interested in Stress Management after years of being overly stressed.)

Wednesday, Feb. 22, 6-8pm  
Class Fee: \$5, pay at registration  
Materials Fee: \$1  
Limit: Min. 5 / Max. 25

**8** Class locations will be noted on your receipt.

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**STRESS-MANAGEMENT FOR YOU, A PERSON WITH A DISABILITY** S-19

Dave & Dorothy Danskin

This is for people with a fairly wide range of physical disabilities - asthma, paraplegia, hypertension, heart problems, etc. Much of the time you'll be practicing strategies you can begin using right away, along with learning a little different view of the stresses in your life. We'll also have time for you to share any tried-and-true strategies you've found useful.

(Dave does stress management training in the K-State Counseling Services and he and Dorothy have published a book on stress management for persons with a disability.)

Wednesday, March 15, 7:30-9pm  
Class Fee: \$5, pay at registration  
Materials Fee: None  
Limits: Min. None / Max. None

**THERAPEUTIC TOUCH - THE BASICS**

Lonnie Catlin S-20  
539-6137

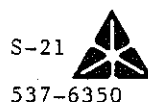
What is Therapeutic Touch? Can it help you? During our look at this body/energy work we will learn how to lessen pain and anxiety, promote health, accelerate the natural healing process, and maintain a higher level of wellness. This will be a hands-on experience and each of you will gain enough experience to start using Therapeutic Touch in your daily lives. Areas we will explore: the energy field (aura), chakra-polarity connection, and the use of music as a healing tool. Wear loose clothes and be comfortable.

(Lonnie has studied and used T.T. as a method of wellness since 1980 and received his practitioner in 1986. He is also the Co-owner of Wellness Unlimited.)

Saturday, March 4, 8:30am-5:30pm  
Class Fee: \$20, pay at registration  
Materials Fee: \$3, pay at class  
Limits: Min. 2 / Max. 8

**FAMILY COMMUNITY LEADERSHIP COMMUNICATION SKILLS** S-21

Riley County FCL Team



537-6350

We will discuss and explore the ability to communicate with others as a valuable life skill. In this presentation, you will practice different methods of communication, such as verbal, non verbal, body language, facial expressions, vocabulary, speech, ect. Listening skills will also be covered.

(Bernis, the facilitator, has been involved with the Extension Homemaker Program for 39 years. She is an active volunteer, a certified FCL instructor, and has conducted 4-H Leader Learning Labs.)

Thursday, March 9, 7-9pm  
Class Fee: \$4, pay at registration  
Materials Fee:  
Limits: Min. 10 / Max. 20

**YOU'RE A GATEKEEPER!** S-22

Nancy Anderson 537-4040

This thirty minute presentation will show you how to assist vulnerable elderly in getting the support they need to remain at home. We will discuss how you can participate in keeping the gate of community support open. At the end of the presentation you will have an opportunity to ask questions about this program and about other aging services in Riley County.

(Nancy has coordinated the HELP Program at the center for 6 years - networking with 13 other agencies that deal with aging to promote independent living by combining the right in-home supports.)

Wednesday, February 8, 7:30pm  
Class Fee: \$3, pay at registration  
Materials Fee: None  
Limits: Min. None / Max. None

**THE PROPHETIC IMAGINATION** S-28

Dave Stewart

The prophetic imagination. What is the prophetic mind? Are there those among us who can see beyond the clamor and cliché of our day and point us toward the truth? If so, what is that truth? We will explore models of prophetic ministry as described by Old Testament Scholar Walter Brueggemann in his book, The Prophetic Imagination, and consider the role and importance of prophets for our day.

Mondays, Feb. 6 - March 27, 11:30-1pm  
(meets 8 times)  
Class Fee: \$5, pay at registration  
Materials Fee: \$8, pay at class (for book)  
Limits: Min. 3 / Max. None

**WHAT IS THE NEW AGE?** S-29

Samantha Smith

What does the New Age have to do with:

- \* the destruction of the United States?
- \* the one world government and the Soviet connection?
- \* John Denver?
- \* World Citizenship?
- \* Shirley McClain?
- \* Channeling?
- \* the United Nations as the world police force?
- \* Eliminating 1/2 of the world's population by the year 2000?
- \* Witchcraft in the public schools and in churches?

Come and hear what Samantha has to say concerning the New Age seminars and conferences that she has attended. (Samantha has personally interviewed many top leaders of the New Age movement.)

Friday, February 10, 6:30-8:45pm  
Class Fee: None  
Materials Fee: None  
Limits: Min. 3 / Max. None

**INTRODUCTION TO ZEN** S-30

Al Potter, Leon Rappoport & other members of the Manhattan Zen group

The origins and history of Zen philosophy and practice will be described. Emphasis is given to the Soto tradition of Zen meditation, including instruction and demonstration. Wear loose clothing and bring a cushion to sit on. (Leon has been a student of Zen for many years.)

Wednesdays, Feb. 8, 15, 22, 7:30-9pm  
(meets 3 times)  
Class Fee: \$6, pay at registration  
Materials Fee: \$6, pay at class  
Limits: Min. 3 / Max. 9

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For more information, contact Richard Friesen, UFM Executive Director at 539-8763.

Class locations will be noted on your receipt.

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**WE BUY HIGH VOLUMES TO GIVE YOU LOW PRICES**

Kate Cashman

In this class we will focus on our wardrobe as an integral part of our appearance, how the clothes we choose to wear reflect a great deal about us. We dress every day -- too often our selections are a source of discomfort. Let's explore dressing as an expression and affirmation of the self. Wear a favorite from your wardrobe and bring a clothing catalog you like.

Wednesday, Feb. 15 & 22, 7:30-9pm  
Class Fee: \$6, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. None

WOMEN OVER 50: SUPPORT GROUP S-24

Cathie Hay 532-6927

Women over 50 are KSU students who discuss perceptions and skills related to aging, sexuality, academic preparation, contributions to society, creativity, and any other topic of current interest. Members are determined by life stage rather than strict age. New members may join and alter time of meeting for the group. 80 women are eligible according to KSU figures -- come join us. KSU students should contact University Counseling Services, 532-6927, to enroll without a class fee. (Cathie was last a full time student in 1963. She is convener for the group, courtesy of University Counseling Services.)

Tuesdays, Feb. 7, 12:00-1pm  
(ongoing)  
Class Fee: \$2, pay at registration  
Materials Fee: None  
Limits: Min. None / Max. None



WOMEN IN TRANSITION GROUP S-25

Joyce Woodford 532-6927

We will focus on needs of non-traditional women college students and on needs of women considering a career change or a return to school. Some topics will be time management, self-defeating behaviors, health, communication, values, and career choice. KSU students should contact University Counseling Services, 532-6927, to enroll without a class fee. (Joyce has worked with this group several times and always enjoys it.)

Wed., Feb. 8 - April 26, 4:30-6pm  
No class on March 15 & 22  
(meets 10 times)  
Class Fee: \$5, pay at registration  
Materials Fee: \$10, pay at class  
Limits: Min. 6 / Max. None

Diane Perrote

Our reality is created by our acceptance of other's opinions, whether they be from parents, peers, or society, and we accept that reality as true. During this class we will explore and discuss women's reality. What that reality means, if it is real, if there are differences between women's and men's reality, and how these differences are perceived by society. We will also explore how to recognize the subtle differences between the sexes. (Diane 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. Diane is also an F.B.W.)

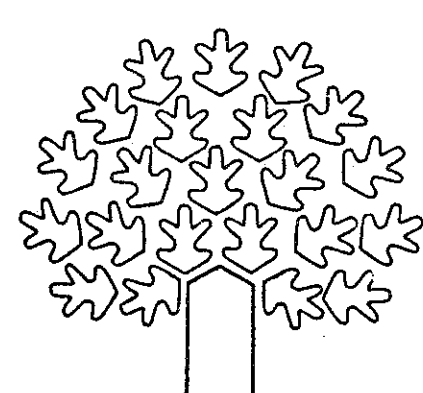
Wednesday, February 15, 7-9pm  
Class Fee: \$5, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. None

WOMEN WHO FEEL GUILTY S-27

Dianne Perrote

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. (Dianne has become very aware of the sociological pressure to accept misplaced responsibility and guilt.)

Wednesday, February 1, 7-9pm  
Class Fee: \$4, Pay at registration  
Materials Fee: None  
Limits: Min. 3 / Max. None



# EARTH

**539-8763**  
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KANSAS BUFFALO

E-3

Kenneth Visser 461-5744

The buffalo, proclaimed the Kansas state animal, is a fascinating creature. Learn about these gentle beasts so important in Kansas History -- what they eat, what their habits are, and how they act on the prairie. You will see slides of a 2500 pound herd bull as well as a baby calf. A field trip will be planned after this introductory class so you can see actual buffalo in their natural environment. (Kenneth was an animal caretaker for the buffalo at Fort Riley, Kansas, during 1986 & 1987.)

Friday, February 3, 7-9pm  
Class Fee: \$5, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. None

BEGINNING ASTRONOMY

E-1

Larry Paris 537-3221

Ever wonder about the universe? What is a galaxy? Where are we? How can I learn the constellations? Come spend an evening learning about the universe and the constellations. Please bring a small flashlight. (Larry has taught this class several times and always enjoys it!)

Friday, February 10, 8pm  
Class Fee: \$5, pay at registration  
Materials Fee: \$.50, pay at class  
Limits: Min. 4 / Max. None

NATURE TRAIL WALK

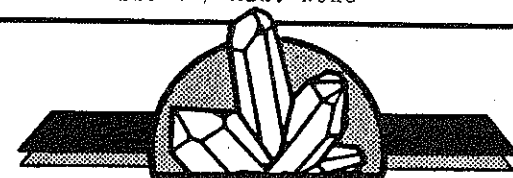
E-2

Tim Rues 784-5535

Do you enjoy exploring native Kansas woodlands, but hate fighting dense undergrowth? If you do, then come and enjoy a guided tour along the newly established Kaw Valley River Nature and History Trail. Over 50 native plants are identified on this mile-long 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.

(Tim has been the curator of the First Territorial Capitol for the past three years. He has an interest in Kansas history and its native plants.)

Saturday, April 15, 10am-1pm  
Class Fee: \$3, pay at registration  
Materials Fee: None  
Limits: Min. 1 / Max. 15



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**10**

*Class locations will be  
noted on your receipt.*

PRAIRIE WILDFLOWERS

E-4

Gene Towne 539-0353

This area of Kansas has many wildflowers. We will take a short hike through the prairie and learn the identifying characteristics and some interesting tidbit information about our local wildflowers.

Saturday, May 6, 10am  
Class Fee: \$1, pay at registration  
Materials Fee: None  
Limit: Min. 10 / Max. None

KONZA PRAIRIE TRAIL

E-5

David Hartnett 776-9597

We will take a 2.5 mile guided hike on the new nature trail at Konza Prairie. The trail traverses numerous habitats including gallery forests, successional old-fields, and lowland and upland tallgrass prairie. A 30 minute slide show about the natural history of the prairie will also be presented. (David is a professor of Botany at KSU and researcher at Konza Prairie.)

Saturday, May 6, 9am-Noon  
Class Fee: \$5, pay at registration  
Materials Fee: None  
Limits: Min. 6 / Max. 20

KAW RIVER NATURE & HISTORY TRAIL WINTER AND SPRING OUTINGS

E-6

Jeff Brown 537-9403

We will be making a one mile circuit of the Kaw River Nature & History Trail, both in winter and in spring to see what differences there are in the flora and fauna of this heavily -- forested river bottom area. (Jeff is field trip chair of the Northern Flint Hills Audubon Society this year.)

Sect. I: Sunday, Feb. 5, 1-2pm  
Sect. II: Sunday, April 9, 1-2pm  
Class Fee: \$4, pay at registration  
Materials Fee: None  
Limits: Min. 2 / Max. 25

FIELD TRIP TO GLACIAL AREA OF POTTAWATOMIE COUNTY

E-7

F.C. Lanning 537-7599

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

Saturday, April 8, 9am-Noon  
Rain Date: Saturday, April 15  
Class Fee: \$3, pay at registration  
(Children under 13, may accompany parents free of charge)  
Materials Fee: None  
Limits: Min. 4 / Max. None

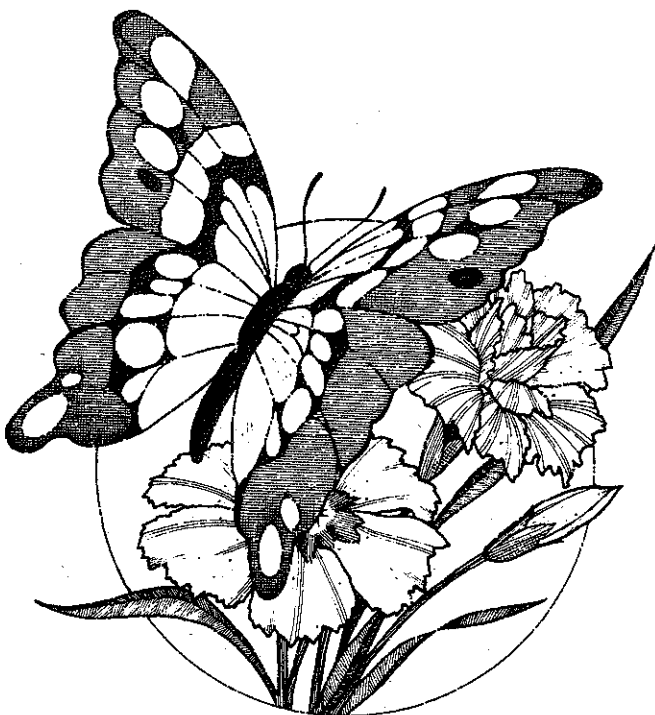
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LINEAR PARK HIKE AND CLEAN-UP

E-8

Jeff Brown 537-9403

On April 22, we will be celebrating the 19th anniversary of Earth Day. This will be a day to focus our attention on our environment and what we can do to help clean it up and keep it clean. We will be walking the Linear Park Trail, all or part - not to exceed six miles, and cleaning up any litter we find along the way. (Jeff is the field trip chair for the local Audubon Society chapter.)

Saturday, April 22, 1-4pm  
Class Fee: None  
Materials Fee: None  
Limits: Min. 1 / Max. None

KANSAS LANDSCAPE ARBORETUM FIELD TRIP

E-9

Gregory Wurst

The Kansas Landscape Arboretum near Wakefield is a wonderful place to hike, picnic, fish, enjoy nature, study trees and shrubs, see antique farm equipment, and much more. Sign up early: this trip will fill up fast. (Greg is a lifetime member of the arboretum and a ranger for the Milford Lake Corps of Engineers.)

Saturday, April 8, 8am-noon  
Class Fee: \$5, pay at registration  
Materials Fee: \$1, pay at class  
Limits: Min. 3 / Max. 5

REPOTTING YOUR HOUSEPLANTS

E-10

Evelyn and Howard Campbell

So often houseplants die because they were not correctly repotted or not repotted in time. Evelyn and Howard will discuss how and when your plants need repotting and give you some tips to growing healthy houseplants. If you have a plant crying out for a new pot, please bring it with you.

Monday, April 25, 7pm  
Class Fee:  
Materials Fee: \$2, pay at class  
Limit: Min. 2 / Max. 8

PRUNING YOUR ROSE BUSHES

E-11

Evelyn and Howard Campbell

Roses will provide beauty year after year if they are looked after properly. Pruning is one of the most important tasks in taking care of your rose bushes. Learn how to prune your bushes to stimulate healthy growth and beautiful roses.

Saturday, March 11, 1:30pm  
Class Fee: \$5, pay at registration  
Materials Fee: \$1, pay at class  
Limit: Min. 2 / Max. 8

PROPOGATING YOUR HOUSE PLANTS

E-12

Evelyn and Howard Campbell

Learn how to grow healthy, flourishing plants from cuttings. Many plants can be easily propagated giving you an endless supply of your favorite house plant to beautify your house or give to others as gifts.

Monday, March 13, 7pm  
Class Fee: \$5, pay at registration  
Materials Fee: \$2, pay at class  
Limit: Min. 2 / Max. 8

GROWING HERBS

E-13

Howard & Evelyn Campbell

Would you like to pick fresh herbs for your cooking? Learn how to raise, dry, and store herbs for your own use or for gifts for your family and friends. We will explore new ways to use your dried herbs and you will also take a few plants home. (Howard and Evelyn have been raising herbs for five years. They are both seniors in horticultural therapy at K-State).

Monday, April 17, 7pm  
Class Fee: \$5, pay at registration  
Materials Fee: \$4, pay at class  
Limit: Min. 2 / Max. 10

BEGINNING GARDENING

E-14

Evelyn Campbell 539-8763

This class is designed for those who are beginning gardeners. We will discuss starting a garden, its use and purpose, and the basics of care and maintenance.

Monday, April 3, 7pm  
Class Fee: \$4, pay at registration  
Materials Fee: \$2, pay at class  
Limits: Min. 2 / Max. None

FLOWER ARRANGING DEMONSTRATION

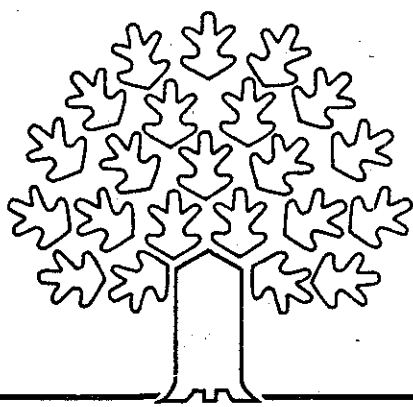
E-15

Evelyn and Howard Campbell

Let your creative abilities flow. Learn how to turn the natural beauty of flowers into works of art. An attractive flower arrangement enhances your decor and will be the envy of your friends. (Evelyn & Howard are seniors in horticultural therapy at KSU).

Monday, March 20, 7pm  
Class Fee: \$4, pay at registration  
Materials Fee: \$5, pay at class  
Limits: Min. 2 / Max. 5

Class locations will be noted on your receipt.



# COMMUNITY

539-8763  
1221 Thurston

## GRAND POST TOUR OF HISTORIC FT. RILEY C-1

Step back into the history of Ft. Riley, one of the oldest military posts. The sites you will see on your tour are the Custer House, U.S. Cavalry Museum, the historic buildings and parade groups of Main Post, the Buffalo Coral, the Post Cemetery and the First Territorial Capitol. This tour is open to 5th & 6th grade students accompanied by adults.

Sunday, March 12, 1:30-3:30pm  
Class Fee: None  
Travel Fee: To be determined  
Materials Fee: None  
Limits: Min. 10 / Max. 44

## HISTORIC TOUR OF FT. RILEY C-2

Step back into the history of Ft. Riley, one of the oldest military posts. The sites you will see on your tour are the Custer House, U.S. Cavalry Museum, the historic buildings and parade groups of Main Post, the Buffalo Coral, the Post Cemetery and the First Territorial Capitol.

Wednesday, March 22, 1:30-3:30pm  
Class Fee: None  
Travel Fee: To be determined  
Materials Fee: None  
Limits: Min. 10 / Max. 44

## STARTING YOUR OWN BUSINESS C-3

Bill Edison, Bernie Butler

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

Monday, February 27, 7pm  
Class Fee: \$5, pay at registration  
Materials Fee: None  
Limits: Min. 5 / Max. None

## STARTING A HOME-BASED BUSINESS C-4

Fred Rice 532-5529

This class will cover everything you need to know about selecting, planning, and launching the right home-based business. Topics include developing a business plan, financing, taxes, marketing tips, and techniques, and sources of assistance. Learn how to turn your skills and energy into a profitable venture. (Fred is the Director of the KSU Small Business Development Center (SBDC) and has counseled hundreds of home-based business owners.)

Friday, March 31st, 9am-4:30pm  
Class Fee: \$8, pay at registration  
Materials Fee: \*\$4 (for book) Please pay materials fee at registration.  
Limits: Min. 6 / Max. None

## PERFORMANCE EVALUATION FOR SMALL NON-PROFIT ORGANIZATIONS C-5

Arthur Rathbun 539-8763

Evaluating the performance of employees in small non-profit organizations is as important as it is in any other organization. The method used is somewhat different from that used in other organizations. This course will deal with methods that can be used effectively in small non-profit organizations. It will also deal with ways to gain employee cooperation in this process. (Art has a M. Div. in Theology, an M.S. in Counseling, and is a Ph.D. student at K-State. He has, for a number of years, been a consultant for small non-profit organizations. Currently he is Educational Coordinator at UFM.)

Thursday, May 4 & 11, 7:30-9:00pm  
Class Fee: \$5, pay at registration  
Materials Fee: None  
Limits: Min. 5 / Max. 20

## OPENING A BED AND BREAKFAST C-6

Fred Rice 532-5529

Learn how to open and operate a Bed & Breakfast. Topics include assessing your skills and your facility, analyzing your market, licenses and permits, and the essentials of hospitality administration. Weigh the risks and rewards of being a Bed & Breakfast host. (Fred, Director of the KSU Small Business Development Center, has helped hundreds of small businesses get started in Kansas.)

Saturday, April 22, 8:30am-Noon  
Class Fee: \$5, pay at registration  
Materials Fee: \$3, pay at class  
Limits: Min. 4 / Max. None

## ISSUES IN ORGANIZATIONAL DEVELOPMENT FOR SMALL NON-PROFIT ORGANIZATIONS

C-7  
Arthur Rathbun 539-8763

This class will deal with issues of organizational development as they are particularly applicable to small non-profit organizations. We will deal with: Structures, processes, systems, people, and how they affect the functioning or disfunctioning of small non-profit organizations. This will provide a frame work for members to examine their own organizations, and from that examination develop plans for the future. This will be helpful for small churches as well as secular small non-profit organizations. (Art has a M. Div. in Theology, an M.S. in Counseling, and is a Ph.D. student at K-State. He has, for a number of years, been a consultant to small non-profit organizations. Currently he is Educational Coordinator at UFM.)

Thursday, April 6, 13, 20, 27, 7:30-9pm  
(meets 4 times)

Class Fee: \$5, pay at registration  
Materials Fee: None  
Limits: Min. 5 / Max. 20

## ENVIRONMENTALLY CONSCIOUS INVESTMENTS C-8

Greg Barron 776-1066

In this class we will examine some of the companies that help our environment rather than harm it. We will learn who these companies are, and how investing in them will help the problems and the future of our environment. (Greg is an investment executive with Stifel Nicolaus. He also has a Masters degree in Agriculture Economics.)

Tuesday, February 14, 7pm  
Class Fee: \$5, pay at registration  
Materials Fee: None  
Limits: Min. 5 / Max. None

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**12**

*Class locations will be noted on your receipt.*

**FOR WOMEN ONLY -- MONEY MANAGEMENT**

C-9  
Rene J. Radil 537-4505

More and more women are or will be in a position of taking an active role in their family finances, either through their career, a divorce, or loss of their spouse, therefore, it is essential that women understand the importance and the basics of money management. Through discussion and slides, we will learn about investments, insurance, retirement programs, and wills. (Rene is a Registered Representative of Waddell & Reed.)

Sect. I: Tues., Feb. 28, 7-9pm  
Sect. II: Sat., Mar. 18, 9:30-11:30am  
Class Fee: \$5, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. None

**BASICS OF INVESTING** C-10

Rene J. Radil 537-4505

This is a three-part workshop to help individuals learn how to become financially independent. We will start with the basic concepts of when and how to start an accumulation program, and cover risk management, cash reserves, and income and growth investments. We will also study how personal preferences and attitudes, as well as inflation and taxes, have an impact on investments. At the conclusion of this workshop each participant will have his/her own completed, personalized financial plan. (Rene is a Registered Representative of Waddell & Reed, one of the largest financial and planning organizations in the United States with over \$7 billion under management.)

Thursdays, Feb. 9, 16, 23, 7:30pm (meets 3 times)  
Class Fee: \$8, pay at registration  
Materials Fee: None  
Limits: Min. 6 / Max. None

**MONEY MANAGEMENT SEMINAR** C-11

Fred Freeby 537-4505

This class will cover the following topics:

- \*Structuring savings, investments and insurance programs for today's world.
  - \*Saving taxes today while providing future dollars for education or retirement.
  - \*The impact of inflation and how to make it work for, rather than against, one's financial plan.
  - \*Affordable ways of investing and saving regardless of one's budget.
  - \*And much more.....
- (Fred is a Senior Account Executive at Waddell & Reed Inc., and has over 12 years experience in financial planning.)

Monday, February 13, 7:30-9pm  
Class Fee: \$5, pay at registration  
Materials Fee: None  
Limits: Min. 5 / Max. 30

**YOUR 1988 TAX RETURN** C-12

James Gordon 537-0190

This seminar will cover the information necessary for filing your 1988 income tax returns. Topics to be covered will include itemized deductions, filing status, exemptions, and business expenses. A question and answer period will follow the presentation. (Jim, a certified public accountant, prepares tax returns on a daily basis, and is a frequent speaker on taxes and tax planning.)

Thursday, February 9, 7:30pm  
Class Fee: \$5, pay at registration  
Materials Fee: None  
Limits: Min. 6 / Max. None

**UNDERSTANDING MEDICARE & HEALTH INSURANCE** C-13

Elaine Johannes 776-9294

What does medicare cover? What doesn't it cover? What changes were made in January this year? These and other questions will be answered at this evening session. Medicare supplement insurance will also be highlighted. (Elaine Johannes has worked with the Area Agency on Aging since 1982 and has helped people from an 18 county area solve their medicare problems.)

Thursday, April 6, 7pm  
Class Fee: \$5, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. None

**CATASTROPHIC COVERAGE ACT OF 1988** C-14

Rene J. Radil 537-4505

The Medicare Catastrophic Coverage Act of 1988 Explained! Congress has increased taxes by 15% (up to an extra \$1,600 per couple). A slide presentation will explain the highlights of this coverage and what the medicare enrollee's premiums will be. Recommendations will be presented that may help people reduce this cost.

(Rene is a Registered Representative of Waddell & Reed, Inc., a subsidiary of TMK/United, a national financial services organization dedicated to serving the financial planning needs of individuals, families, businesses and organizations.)

Monday, February 6, 7:30-8:30pm  
Class Fee: \$5, pay at registration  
Materials Fee: None  
Limits: Min. 6 / Max. None

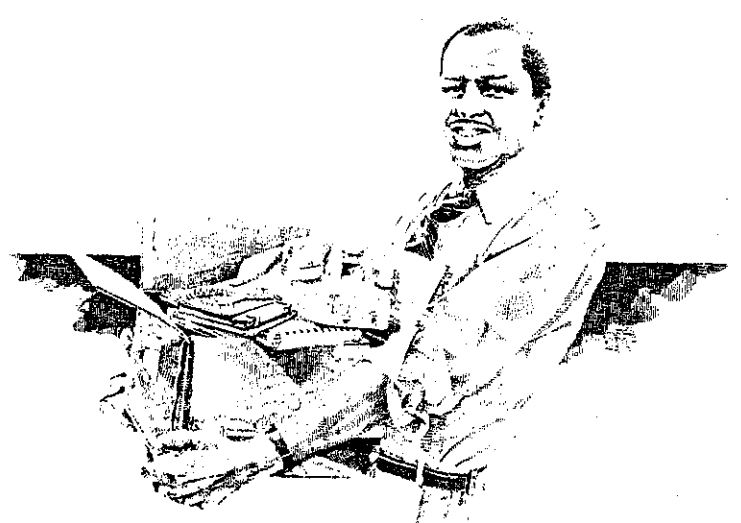
**THE JOB MARKET OLYMPICS** C-15

Tracey Fraser 532-6561

Entering the job market for the first time - re-entering the job market after a long absence? Learn how to present yourself. During this series of classes, we will write resumes, practice interviewing and discuss the realities of job searching.

(Tracey has a masters degree in counseling from KSU. She is coordinator of the Single Parent/Displaced Homemaker Program.)

Tuesdays, May 2, 9, 16, 7-9pm  
Class Fee: \$8, pay at registration (scholarships available)  
Materials Fee: None  
Limits: Min. 4 / Max. 8



**FINANCES AND JOB CHANGES** C-16

Wilma Schuh 532-6561

Attention, all people who are considering a job change. Explore and learn the importance of financial preparation prior to making a job change. This class will focus on basic financial needs.

(Wilma has her B.S. in Family Economics, and is working on her Master's Degree in Adult & Continuing Education. She also serves as the Financial Counselor for Riley County Community Corrections and Assistant Coordinator of Single Parent/Displaced Homemaker Program.)

Thursdays, April 13 & 20, 7-9pm  
Class Fee: \$8, pay at registration  
Materials Fee: \$10, pay at class (scholarships available)  
Limits: Min. 4 / Max. 10

**STUDENT FORUM FOR CAREER CHANGE** C-18

Arthur Rathbun 539-8763  
Suzanne Knorr 532-6434

Designed for student heads-of-households who are going to college to change careers. Non-traditional student roles can be complex and demanding, especially when unexpected career changes propel you back to school. The demands of juggling job, school, and family responsibilities coupled with a new identity as a student can be challenging. Come share your tips for success, your concerns, your suggestions for needed programming, and your strategies for change with other non-traditional students and with representatives from various K-State service agencies. Representatives from K-State's FENIX Adult Student Program and Farmers Assistance Counseling and Training Service (FACTS) will be available, as well as others. Class will cover strategies for change, available resources, and career considerations. Your experience and ideas may be of tremendous help to other students. (Suzanne Knorr, a Ph.D. candidate and a student head-of-household. She is also the Director of K-State's FENIX Adult Student Program.)

Thursdays, February 2 & 9, 7-9pm  
Class Fee: None  
Materials Fee: None  
Limits: Min. 5 / Max. None

Class locations will be noted on your receipt.

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GRADUATION -- NEXT STEP FINANCIAL INDEPENDENCE C-17

Rene J. Radil 537-4505

College Degree, New Career. "Now what will I do with my money?" What about paying off student loans? We will discuss a variety of options to help you attain your financial goals, learn how money works, and how these rules can be applied to your advantage. Also the advantages of financial planning will be discussed.  
(Rene is a Registered Representative of Waddell & Reed, Inc.)

Tuesdays, April 11 & 18, 7-8:30pm  
Class Fee: \$5, pay at registration  
Materials Fee: None  
Limits: Min. None / Max. None

COLLEGE FOR THOSE PAST 18-20 C-19

Suzanne Knorr 532-6434  
Wendy Wolfe 532-6434

What to Do If You're Over 18 and Interested in going to College. This class is geared toward non-traditional learners (those out of school, married, or with dependents) interested in going to college but unsure about how to get started. We will discuss admission, enrollment, registration, financial aid, scholarships, housing, selecting a major, math anxiety, course offerings, transfer credit, student services, juggling time (family, home, and school), student employment opportunities, and strategies for success.  
(Suzanne, a single-parent and Ph.D. student, is Director of K-State's Fenix Adult Student Program. Wendy, a graduate student, at KSU, works full-time in K-State's Admissions Office as a transfer coordinator.)

Sect. I: Thurs., March 2, 7-9pm  
Sect. II: Sat., May 6, 2-4pm  
Class Fee: \$5/Sect, pay at registration  
Materials Fee: None  
Limits: Min. 5 / Max. None

THE OWLS HOOTENANNY C-20

Tracey Fraser 532-6561  
Suzanne Knorr 532-6434

This group will allow OWLS (Older Wiser Learning Students) to examine common issues and develop effective leadership strategies to initiate change. The facilitators will assist members to identify concerns and formulate issues. Specific leadership styles and strategies will be explored. Guest facilitators will aid the group.  
(Tracey and Suzanne both work with adults returning to school at K-State. Tracey coordinates the Single Parent Displaced Homemaker Program and Suzanne directs the FENIX program.)

Tuesday and Wednesday  
Feb. 21, 4:30-5:30  
Feb. 22, 11:30am - 1pm  
Class Fee: None  
Materials Fee: None  
Limits: Min. 4 / Max. None

BLUEMONT CONSORTIUM--AN OPEN FORUM C-21

Dick Hayter 532-6026

The Bluemont Consortium is a partnership of public and private groups which have joined together to investigate the possibility of a multiple use project of housing, industry, and research in a planned development. The feasibility of such a project is being studied as well as possible sites for the project. The forum will provide an opportunity to learn about the project and its present status. Time will be allowed for your comments and questions.  
(Dick is a member of the Manhattan City Commission. He serves on the consortium as a representative of the city.)

Monday, May 8, 7-9pm  
Class Fee: None  
Materials Fee: None  
Limits: Min. None / Max. None

RILEY COUNTY - "GO DIRECTLY TO JAIL" C-23

G. Eric Shoults 537-6330

The Riley County Law Enforcement Facility is being planned for expansion to comply with current State and Federal laws and to implement a more efficient operation. The purpose of this class is for the Citizenry of Riley County to become familiar with the existing facility; to show its deficiencies in the physical plant and operations; and to explain the proposed future plan. Unlike the game of Monopoly, if our present operation continues, most people receiving a card stating "Go Directly To Jail" will, because of the facility not meeting minimum correctional requirements, receive a "Get Out Of Jail Free" card. A tour of the existing facilities will follow the classroom meeting.  
(Eric, Assistant Riley County Engineer, is a Needs Study, Design, and Construction Coordinator of Special Projects; and for the past two years has been working with the Board of County Commissioners, the Police Director and staff, and the Architects and Consultants on the Riley County Law Enforcement Facility.)

Saturday, February 25, 10am-1pm  
Class Fee: None  
Materials Fee: None  
Limits: Min. 8 / Max. 20

UNDERSTANDING CITY GOVERNMENT C-24

Dick Hayter 532-6026  
Mike Conduff

How are your city taxes determined? How is your neighborhood zoned? How can you serve on a City Board, or become an Elected Official? This class will give you an overview on how influencing decisions can benefit you and the community.  
(Dick Hayter is a Manhattan City Commissioner. Mike Conduff is Manhattan City Manager.)

Wednesday, May 3, 7-9pm  
Class Fee: None  
Materials Fee: None  
Limits: Min. 2 / Max. None

REAPPRAISAL AND CLASSIFICATION C-22

Sam Schmidt 537-6310

With the passage of reappraisal in 1985 and classification amendment to the constitution in 1986, we now have totally new appraisal process that affect your ad valorem taxes. We will review the total process to give you a better understanding of appraisal and how this affects you.  
(Sam has been a Riley County Appraiser since 1979. He previously was the Butler County Appraiser. He has been involved in the business since 1970 and is a Qualified Kansas Appraiser, a Certified Kansas Appraiser, and a member of the International Association of Assessing Officers.)

Tuesday, March 7-28, 7-9pm  
(meets 4 times)  
Class Fee: \$5, pay at registration  
Materials Fee: \$5, pay at class  
Limits: Min. 3 / Max. None

THE FEDERAL BUDGET AND RILEY COUNTY C-25

League of Women Voters

Individuals and organizations will learn how to research how changing federal budget priorities affect Manhattan and Riley County. This information will be used in a public hearing to be held later.  
(The League of Women Voters wants to encourage citizens participation in the federal budget process.)

Saturday, January 21, 10-noon  
Class Fee: None  
Materials Fee: None  
Limits: Min. 3 / Max. None

CURRENT TOPICS IN F.R. GERMANY C-26

Christof Ebert 532-5750

We will discuss and analyze current issues related to the Federal Republic of Germany. In the first class there will be a short introduction of Germany today, its economy, and foreign relationships. Examples of classes to follow are: Political Parties and Development, and the Common European Market.  
(Christof is a Fulbright Scholar from Germany. He has had many different political experiences in various fields. His personal interests are in engineering, philosophy, and history.)

Thursdays, Begins Feb. 2, 7-9pm  
(meets 5 times)  
Class Fee: \$4, pay at registration  
Materials Fee: \$1, pay at class  
Limits: Min. 5 / Max. None

14

Class locations will be noted on your receipt.

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**RECYCLING**

C-27

Dave Sampson 1-499-5311

The problem of solid waste disposal is looming its ugly head over the Kansas River Basin. The Riley County Landfill has long been filled in and is now towering thirty feet above the flood plain. Efforts are now underway to close the landfill and find an alternative solution to the avalanche of trash being trucked in daily. This class will focus on recycling, the terminology, types of plastic that are recyclable, separation of glass, aluminum cans, paper, methods of collection and marketing will all be discussed. This has to be looked at sometime, we might as well start now. (Dave is starting up Oak Grove Recyclers and needs 42,000 pounds of plastic jugs. Do you have any you do not need?)

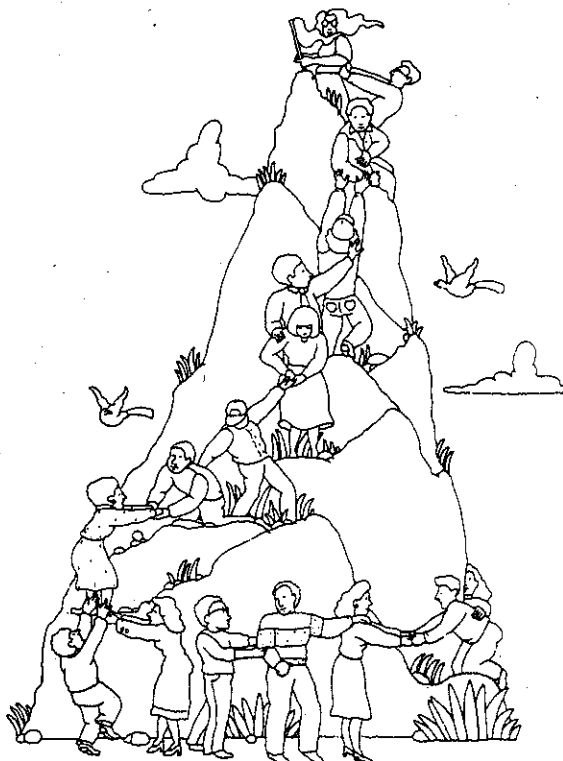
Tuesday, March 28, 7pm  
Class Fee: \$2, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. None

**PREVENTION PROGRAMS FOR TODAY'S YOUTH**

Donna Edwards C-29 776-0885

Has your child participated in Project Star? Has your child's teachers been through school team training, intervention training? Are you aware of TWYKAA? Is there a "Just Say No" club, or SADD group in your schools? As a parent what can you do to help your child make wise choices concerning alcohol and other drug use. This session will provide an overview of the different prevention programs that may be available to you as a parent, or offered through the schools in your community. (Donna is the school/community consultant for the Northeast Kansas Regional Prevention Center for Riley County. She is also a Doctoral candidate in the College of Education at KSU.)

Wednesday, March 1, 7:30-9pm  
Class Fee: \$3, pay at registration  
Materials Fee: None  
Limits: Min. 6 / Max. 15

**HUMAN RIGHTS AND AMNESTY INTERNATIONAL**Dave McConnel C-28 537-1933  
Dave Schmidt

It has been 40 years since the United Nations ratified the Universal Declaration of Human Rights. What rights does the Declaration guarantee? We will view an animated video about the Declaration and discuss Amnesty International's work for universal human rights. (The two Daves are members of the Manhattan Chapter of Amnesty International.)

Sect. I: Thurs., Feb. 2, 7-8:30pm  
Sect. II: Thurs., March 9, 7-8:30pm  
Class Fee: None  
Materials Fee: None  
Limits: Min. None / Max. None

**GUARDIANS AND CONSERVATORS** C-30

Jean Krahn

Were you aware that Kansas law differentiates between being a guardian and a conservator? We will look at what a guardian can and cannot do, and the responsibilities of a conservator. We will also discuss accountability to the Kansas courts who appoint the guardian and/or conservator. The class format will be informal discussion with time allowed for questions and answers. (Jean has been working with guardianship and conservator issues for four years and is a conservator for an individual. She is also the Project Coordinator of the Kansas Guardianship Program with Kansas Advocacy and Protective Services in Manhattan.)

Tuesday, March 14, 7pm  
Class Fee: \$3, pay at registration  
Materials Fee: None  
Limits: Min. 3 / Max. None

**NEW BEGINNINGS IN THE WORKPLACE:  
VALUES, INTERESTS, NEEDS, & SKILLS**

Tracey Fraser C-31 532-6561

Single parents, displaced homemakers and all other folks in transition (men & women) - come explore your abilities, talents and personality. Discover what new career direction you would find most rewarding, fulfilling and challenging! This class will strictly focus on new career beginnings. (Tracey has a masters degree from KSU in counseling. She is coordinator of the Single Parent/Displaced Homemaker Program.)

Wednesdays, April 5, 12, 19, 26, 7-9pm  
Class Fee: \$5, pay at registration  
Materials Fee: \$10, pay at class (scholarships available)  
Limits: Min. 4 / Max. 10

**BEGINNING GENEALOGY** C-33

J. Harvey Littrell 539-2646

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

Mondays, Feb. 6 & 13 7-9pm  
Class Fee: \$5, pay at registration  
Materials Fee: \$1, pay at class  
Limits: Min. 5 / Max. 12

**ADVANCED GENEALOGY** C-34

J. Harvey Littrell 539-2646

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

Mon. & Tues., Feb. 20 & 21, 7-9pm  
Class Fee: \$5, pay at registration  
Materials Fee: \$1, pay at class  
Limits: Min. 5 / Max. 15

**CONTINUING EDUCATION****Spring 1989—Credit workshops for health care professionals****EATING DISORDERS**

Leaders: Gary Boxer, M.D., psychiatrist, Marlys Gardner, R.N.C., Tammi Hawk, LCSW, Robbin Waldner, LMSW.

Anorexia, bulimia and obesity are eating disorders experienced by adults, adolescents and even children. Symptoms, medical risks, psychological components, and treatment options for the three types of disorders will be addressed. Cost, \$30. Six continuing education credits (CEUs).

February 15 9 a.m. to 4 p.m. Manhattan 2001 Claffin

**PEOPLE IN CRISIS: OFFERING HOPE**

Leader: Mary Herrmann, M.A., Mental Health Chaplain/Psychologist

Helping professionals often work directly with people who have just experienced an unexpected crisis. The crisis intervention skills taught in this workshop can mean the difference between growth and tragedy for the person who is losing hope. Cost, \$15. Three CEUs. Time: 1 to 4 p.m.

March 8 1 p.m. to 4 p.m. Manhattan 2001 Claffin  
March 13 7 p.m. to 10 p.m. Junction City 816 Caroline Dr**DEPRESSION IN THE ELDERLY**

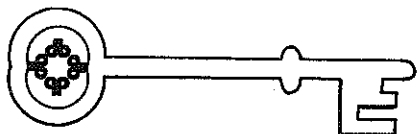
Leaders: Kathy Pearce, M.S., Aging Specialist and Steven Eshelman, M.D., psychiatrist, Medical Director for Pawnee Mental Health Services

Depression is the most common mental health problem experienced by the elderly. Intervention can alleviate the suffering for many people. This workshop will suggest treatment approaches for several specific settings. Cost, \$15. Three CEUs. Time: 1 to 4 p.m.

April 12 1 p.m. to 4 p.m. Manhattan 2001 Claffin

**REGISTER** by calling Linda Johnson at 539-5337. Or mail your request to attend specific workshop and payment to Continuing Education, Pawnee Mental Health Services, 2001 Claffin, Manhattan, KS 66502. (Make checks to: Pawnee Mental Health Services.)

Continuing Education workshops are a service of the Mental Health Resources Division, Pawnee Mental Health Services. For information about inservice training for your school or business and programs on mental health topics for organizations call Barbara Hayter, at 539-5337.

**Pawnee Mental Health Services**

2001 Claffin

Manhattan, KS 66502

*Class locations will be noted on your receipt.***15**

CREATIVE EMPLOYMENT FOR PERSONS WITH DISABILITIES C-32

Deb Engstrom 539-0934

Persons with disabilities have proven to be reliable, productive members of the work force. Learn about ways to integrate them into your work site and receive financial and other benefits to your business.

(Deb has been a special education teacher in USD 383 for 8 years. She has a special interest in vocational training and job placement for moderately and severely handicapped.)

Thursday, March 23, 7:30-9pm  
Class Fee: \$4, pay at registration  
Materials Fee: None  
Limits: Min. None / Max. None

LADIES NIGHT OUT C-35

Eunice Dorst, Evelyn Campbell

This is an organizational meeting for women who would like to get together with other women for a regular night out. Activities could include going to the movies, concerts, bowling, playing cards, or any other activity of interest to the group.

Tuesday, March 21, 7pm  
Class Fee: None  
Materials Fee: None  
Limits: Min. 3 / Max. None

WEDNESDAY MORNING PLAY GROUP C-36

Diana Hatch 776-9921  
Barb Stork 539-1379

This is an ongoing "Support Group" for at-home mothers. Pre-school age children 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. This group has been in existence for about ten years.

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

EARLY MANHATTAN PERSONALITIES C-37

Lowell Jack 776-4851

This is not a history lesson. It is a 55-minute lecture about individuals important to early Manhattan. For several years it has been the initial class session for the Future Manhattan leadership class.

(Lowell is the general manager for KMAN/KMKF. He is a former Manhattan Mayor and President of Riley County/Manhattan Bicentennial Commission. He is also a member of the Riley County Historical Museum Building Committee.)

Tuesday, February 21, 7pm  
Class Fee: \$3, pay at registration  
Materials Fee: None  
Limits: Min. 6 / Max. None

NORTH AMERICAN INDIANS C-38

Darrel G. Wilson

This class will provide a basic understanding of the American Indian. Pre-historic to historic time period will be studied, as well as the similarities and differences between cultures. (Darrel has been interested in the American Indian for over 30 years and has studied their culture both formally and informally.)

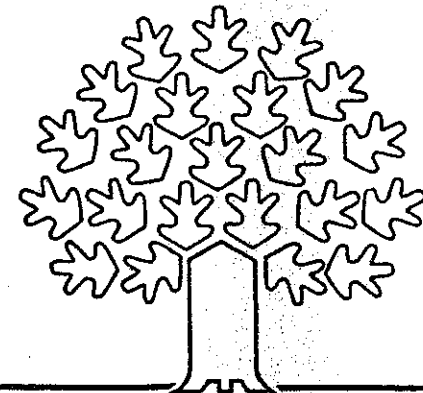
Tuesdays, Feb. 14 & 21, 7:30-8:30pm  
Class Fee: \$7, pay at registration  
Materials Fee: None  
Limits: Min. 5 / Max. 12

EUROPEAN GETAWAYS C-39

David Garvin 539-0531

Do you dream of Paris in the spring, catching a glimpse of the Queen in London or maybe sailing down the Rhine? It really is not as expensive as you might think. Now is the time to take advantage of low fares and the strong dollar and take that once-in-a-lifetime trip. We will discuss the cheapest ways to travel and staying at fun places that you can afford. (David has been in the travel tourism business for 11 years.)

Thursday, Feb. 16, 7:30pm  
Class Fee: \$5, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. None



# RECREATION

**539-8763**  
**1221 Thurston**

OH MY ACHING BACK R-1

Jackie Macdonald

This class will be a discussion, and practice of exercises for prevention of back ache and good posture. We will include some lifting techniques, as well as other helpful hints. Please dress comfortable and be ready to relieve your aching back.

(Jackie is a practicing Physical Therapist with the skill and knowledge to "set you straight!")

Tuesday, Feb. 14, 7:30-9pm  
Class Fee: \$7, pay at registration  
Materials Fee: None  
Limits: Min. None / Max. None

**16** *Class locations will be noted on your receipt.*

HATHA YOGA R-5

Jeannie Castanida

Learn the basic postures, stretching, breathing, and relaxation techniques of Hatha Yoga that can be beneficial at any age. When combined, these techniques will increase your mind/body connection and awareness. Please wear loose clothing and bring a small blanket, beach towel, or exercise mat.

(Jeannie has practiced yoga for the past 20 years. She received her teacher's certificate from Yoga East Teachers Training Program in 1974 in Louisville, Kentucky. The Director, Maja Trigg, was certified by Richard Hittleman, Maja Trigg also studied under Swami Vishner Devananda.)

Mon. & Weds., Begins Feb. 1, 11am-Noon (ongoing)  
Class Fee: \$8, pay at registration  
Materials Fee: None  
Limits: Min. 6 / Max. 15

BEGINNING FENCING R-6

James Eicher

En Garde! Learn basic fencing skills with foil, epee, or sabre. Fencing is one of the oldest sports known to man. It began with the ancient Romans in preparing for battle. Now, it has come to Manhattan, Kansas. Modern fencing is an exhilarating and fast paced olympic sport. The materials fee pays for the rent of all needed equipment. Men and women of all ages are welcome. Come cross blades with us. (James began fencing in the Philadelphia area with one of the top clubs in the nation, SALLE CSISZAR. He has fenced in the National Championships in Phoenix, Arizona, and Chicago, Illinois, and is currently a ranked foilist.)

Wednesdays & Saturdays, Begins Feb. 1  
Wed. - 7:15pm, Sat. - 2pm, (ongoing)  
Class Fee: \$12, pay at registration  
Materials Fee: \$10, pay at class  
Limits: Min. None / Max. 30

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**STARTING A FITNESS PROGRAM R-2**

Michael Dannells 532-5936

If you are always starting physical fitness programs, but have problems staying with them this class is for you! We will discuss how to start and stay with your program. Emphasis will be on aerobic conditioning through running, cycling, and swimming. Other topics we will cover are where to train, avoiding injuries, types of equipment and gear. (Michael has been an avocational runner since 1974. He is also a triathlon competitor.)

Thursdays, April 13, 20, & 27, 7pm  
(meets 3 times)  
Class Fee: \$10, pay at registration  
Materials Fees: None  
Limits: Min. 5 / Max. None



**GOLF FOR BEGINNERS R-3**

Jim Gregory 539-1041

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

Thursdays, April 13, 20, 27, 6-7pm  
(meets 3 times)  
Class Fee: \$8, pay at registration  
Materials Fee: \$1, pay at class  
Limits: Min. 4 / Max. 12

**VOLLEYBALL FOR FUN (16 AND OVER)**

Lois Morales R-4 539-8867

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 balls will be furnished. (Lois has played UFM volleyball for many years.)

Tues. & Thurs. Begins Feb. 7  
6:30-8:30pm. (Ongoing)  
Class Fee: \$3, pay at registration  
Materials Fee: \$1, pay at class  
Limits: Min. 1 / Max. None

**FUNDAMENTALS OF KAYAKING (AMERICAN RED CROSS)**

R-11

Rex Replogle 537-2643

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

Sundays, Feb. 5-26, 9am-1pm  
Class Fee: \$5, pay at registration  
Materials Fee: \$45, pay at class  
Limits: Min. 4 / Max. None

**INTERMEDIATE KAYAKING WORKSHOP R-12**

Rex Replogle 537-2643

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

Sect. I: Sunday, Jan. 29, 9am-1pm  
Sect. II: Sunday, Mar. 5, 9am-1pm  
Class Fee: None  
Materials Fee: \$2.50, pay at class  
Limits: Min. 4 / Max. None

**KANSAS RECREATIONAL CANOEING R-13**

David Hartnett 776-9597

Instruction on basic canoeing techniques will be incorporated into Sunday afternoon trips to nearby lakes, streams, and rivers. Participants may provide their own canoes and equipment, or rental arrangements can be made. The spring schedule will be set at the meeting. Families and individuals are welcome.

(David is a professor of Botany at KSU and has been canoeing for years throughout various parts of the U.S.)

Monday, March 6, 7:30-8:30pm  
(organizational meeting)  
Class Fee: \$4, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. 12

**BIG CANOES ON THE BIG RIVER R-14**

Jeff Brown 537-9403

An exciting trip is being planned, taking about twenty people on a canoe-paddling excursion down the Missouri River in N.E. Kansas. Travel will be in 26 foot replicas of early-day birchbark canoes that carry 6-12 people. This trip will carry us through a little bit of history, as well as encounters with interesting scenery and wildlife in the 25 miles we paddle. The outfitter/guide for this trip, Tom Sitzman, is well-versed in Missouri River lore and has travelled down the Missouri on many similar trips with his big canoes. (Jeff is currently Field Trip Chair in the Northern Flint Hills Audubon Society and is interested in the voyageurs who paddled this type of watercraft in the 18th & 19th centuries.)

Saturday, May 13, (all day)  
You will be advised of departure time.  
Class Fee: \$5, pay at registration  
Materials Fee: Approx. \$40, pay at class.  
Limits: Min. 14 / Max. 20



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Class locations will be noted on your receipt.

BEGINNING KUNG FU  
(PAI TE LUNG STYLE)

R-7

Stan Wilson

539-7723

Pai Te Lung is a Kung Fu style combining hard, soft, and internal methods. Beginners will learn basic techniques, some self-defense, drills, one-step sparring, and if we have time, the three short forms. Wear comfortable clothing. (Stan has studied martial arts for 17 years, is a black belt, and also 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.)

Tues. & Thurs. Begins Feb. 2, 7-8pm  
(Ongoing)

Class Fee: \$14, pay at registration  
Materials Fee: \$2, pay at class.  
Limits: Min. 3 / Max. None

ADVANCED KUNG FU  
(PAI TE LUNG STYLE)

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

JUJITSU FOR BEGINNERS

R-8

Stan Wilson

539-7723

Japanese in origin, jujitsu stresses hands-on combat featuring throwing, low kicks, and wrist and arm locking. This class will include the hakko ryu basic waza form and walking exercises. This class is self-defense oriented. Participants must be age 15 or over. (Stan has a 2nd degree black belt in jujitsu and has taught martial arts for 8 years.)

Sundays, Begins Feb. 5, 7-8:30 pm  
(Ongoing)

Class Fee: \$14, pay at registration  
Materials Fee: \$2, pay at class.  
Limits: Min. 3 / Max. None

INTRODUCTION TO KARATE

R-10

Joel Cederberg

537-7090

This course will cover the basics and is for those who do not know anything about karate, but really want to learn. Karate is not easy and requires much hard work, practice, patience, and perserverance. Please wear loose clothing that you do not mind getting sweaty.

Mon/Wed/Fri. Feb. 1- Feb. 27

8-9:30 pm. (meets 12 times)

Class Fee: \$12, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. None

ADVANCED JUJITSU

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

AIKIDO

R-9

Elisa Flores

1-784-4055

Aikido is known, technically, as a "Martial Art" such as Jujitsu, Judo, Kendo, or Karate, since it does teach techniques which enable one to defend her/him self against physical attack if necessary. Aikido is much more than a mere "self defense", it can become a way of life. When those daily problems of living cause tension, nervousness, pain, or poor health, aikido can help to dramatically decrease them. Sincere practice of the art will gradually change the way you breathe, stand, and move, in your everyday activities which can lead to relaxation, self-confidence, balance, and control in both the physical and mental parts of life. (Elisa has practiced aikido for the past few years, as well as Kendo, Judo, Iado, and Jujitsu. It has become a part of her daily life.)

Meets: Mon/Wed/Sat. Begins Feb. 1  
(Mon & Wed meets 7-9pm, Sat 10am-12)  
Class Fee: \$15, pay at registration  
Materials Fee: None  
Limits: Min. 2 / Max. 10

BEGINNING CANDY MAKING

F-9

Debra Rosproy

1-239-3026

Would you like to make candies for family and friends that now cost you at least \$5 for just 1 lb? Come learn about the variety of things you can make which cost less money and are more attractive than store-bought candy. We will make candy by dipping and by using molds. We will stress Valentine candy ideas in the February class, and Easter candy in the March class. Once you learn the basics you will be amazed at the variety of things you can do. Come and have a great time and take home some goodies too!  
(Deb took a basic candy decorating class from Mrs. Mayo's Cake and Candy Store in Denver in 1982, and has had fun making candy ever since. She has won prizes in various shows in Kansas City and Denver.)

Sect. I: (Valentine Candy)

Friday, Feb. 3, 6:30-9pm

Sect. II: (Easter Candy)

Friday, March 10, 6:30-9pm

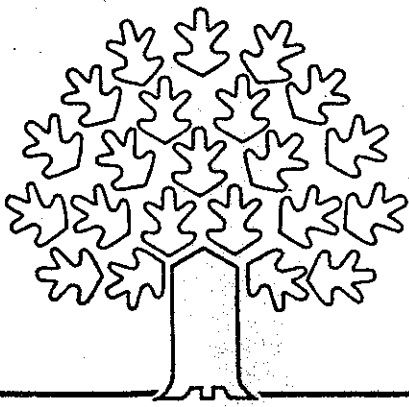
Class Fee: \$5/Sect, pay at registration  
Materials Fee: \$3, pay at class  
Limits: Min. 5 / Max. 10

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# FOOD



539-8763

1221 Thurston

ITALIAN COOKING

F-1

Laura Virgil

776-7213

Cooking the Italian way. In this class we will make two mouth-watering dishes. One is Bigoli alla matriciana, a spaghetti dish with homemade sauce using fresh tomatoes, bacon, and red pepper. The second delightful dish will be Scaloppine alle pizzaiole, veal with tomatoes, cheese, and spices. This dish is similar to pizza. (Laura was born in Italy and has been in the states for 3 months. While living in Italy she worked in a restaurant and learned many Italian recipes.)

Friday, Feb. 10, 6-8pm

Class Fee: \$6, pay at registration  
Materials Fee: \$5, pay at class  
Limits: Min. 2 / Max. 7

DE RE COQUINARIA

F-2

Ron Zerrer

539-9495

What did Ancient Romans eat? How was it cooked? Did Romans eat as we do today? Through the Sciences of 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.

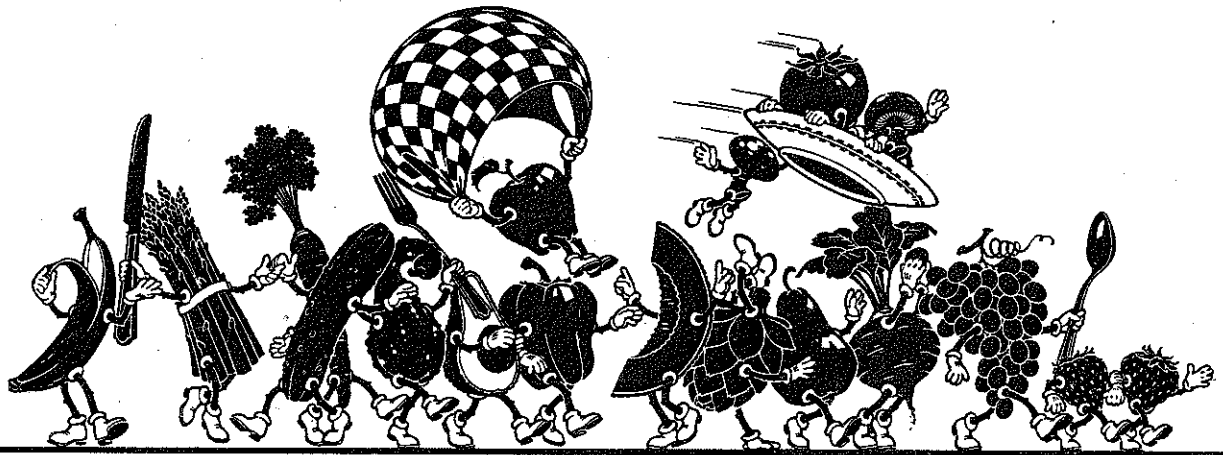
(Ron has traveled extensively through Asia, Europe, and the Mediterranean. He is a fan of the Ancient Romans and has been cooking Roman meals for his family and friends for some years.)

Tuesday, March 21, 6:30-8:30pm

Class Fee: \$6, pay at registration  
Materials Fee: \$1, pay at class  
Limit: Min. 2 / Max. 8

**18**

*Class locations will be noted on your receipt.*



**CONVERTING YOUR KITCHEN TO A WHOLE  
FOODS KITCHEN** F-3

Elisa Stiefel 537-8150

Come learn healthy alternatives for traditional kitchen staples, where to find them, how to read labels, ways to save money, and suggested cookbooks for using whole foods. (Elisa has been teaching cooking classes and showing people how to use healthier foods for about 5 years. She has a degree in Nutrition from Colorado State University.)

Tuesday, Feb. 7, 7-9pm  
Class Fee: \$5, pay at registration  
Materials Fee: \$3, pay at class  
Limits: Min. 5 / Max. 12

**HEALTHY COOKING: LIGHT AND NATURAL  
IDEAS** F-4

Elisa Stiefel 537-8150

Learn to prepare several wholesome, low-calorie dishes, including entrees, soups, salads, and desserts. Recipes and samples provided. Come hungry! (Elisa enjoys sharing her love of whole foods with others. She has cooked for groups and families and has taught "Healthy Cooking" classes. She has a degree in Nutrition from Colorado State University.)

Thursday, April 6, 6-8:30pm  
Class Fee: \$5, pay at registration  
Materials Fee: \$5, pay at class  
Limits: Min. 5 / Max. 12

**MORE THAN JUST OAT BRAN** F-5

Elisa Stiefel 537-8150

Learn about 8 basic wholegrains: their nutritional importance in our diets, how to store them, how to use them, where to purchase them, and more. Samples provided. Come hungry! (Elisa has a Bachelor's in Food Science & Nutrition from Colorado State University. She has been cooking with and teaching about wholefoods for the past 5 years.)

Wednesday, March 8, 6:30-8:30pm  
Class Fee: \$5, pay at registration  
Materials Fee: \$3.50, pay at class  
Limits: Min. 5 / Max. 12

**MARVELOUS MUFFINS** F-6

Eileen Schofield-Barkley 539-8312

Don't settle for the tasteless muffins sold in stores! Learn how easy it is to make your own delicious muffins. We'll bake and taste several kinds in class. Recipes will be provided, plus a collection of muffin cookbooks to look over. (Freshly baked muffins are Eileen's favorite Sunday breakfast and she has been collecting recipes for several years.)

Saturday, February 18, 10am-Noon  
Class Fee: \$5, pay at registration  
Materials Fee: \$1.50, pay at class  
Limits: Min. 4 / Max. 10

**CHILI FEED**  
January 21, 11am-7pm  
1221 Thurston  
\$3/person  
  
Register for classes and  
have a bowl of chili.  
  
This is a fundraiser for UFM.

**CAKE DECORATING** F-7

Jo Rodriguez 537-8817

Have you always wanted to be able to decorate your own cakes? In this class you will learn how to decorate a cake from a professional. Bring a prefrosted cake to class (white frosting please). At registration you will be given a list of materials needed to decorate your cake. If you do not wish to decorate your own cake, you may sign up for a demonstration only. (Jo studied cake decoration in Chicago and taught cake decorating for many years. She also does wedding cakes to order.)

Monday, Feb. 27, 6:30-8:30pm  
Class Fee: \$4, pay at registration  
Materials Fee: None  
Limits: Min. 5 / Max. 10

**DECORATING SUGAR EGGS** F-8

Deb Rosproy 1-239-3026

Have you seen Sugar Eggs at Easter or other holidays and wished you could make them? If you have Great Eggs! Sugar & Candy Egg Decorating Kit by Wilton, please bring it to class; if not, a few will be furnished by instructor. (Deb has 6 brand new kits that will be sold at a cost of \$6 each to anyone who cannot find them in Manhattan & would like a kit.) Although most often seen at Easter, the Sugar Egg can be used all year round, depending upon what you put in it and how you decorate the outside. Many pictures will be furnished to give you ideas--these are all from shows that Deb has attended in Denver, Kansas City, and Tulsa. (Deb took a class from JC Penneys in Denver on Sugar Eggs and has made a variety since then.)

Friday, March 17, 6:30-9pm  
Class Fee: \$4, pay at registration  
Materials Fee: \$3, pay at class  
Limit: Min. 5 / Max. 10

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*Class locations will be  
noted on your receipt.*      **19**



# H.O.M.E.

539-8763  
1221 Thurston

## HOME OWNERSHIP - THE AMERICAN DREAM

H-1

Jerry Lowenstein 537-2298

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 first meeting.

(Jerry has 20+ years experience in mortgage lending and observing the evolution/revolution in housing.)

Tuesday, April 11, 7-9pm  
Class Fee: \$5, pay at registration  
Materials Fee: None  
Limits: Min. 5 / Max. 25

## CHILDPROOFING YOUR HOME

H-2

Laura Burnett 776-3300

Have you ever thought that your child or toddler could open a cabinet or door and endanger themselves? What causes child poisoning? How do children hurt themselves? In this class Laura will surprise you with the many startling ways to safeguard children in your home through "childproofing".

(Laura is a Registered Nurse and is the Emergency Room Supervisor at Memorial Hospital. Having dealt with emergency situations which occurred in the home environment, she is well aware of situations in the environment which can prove hazardous.)

Tuesday, April 4, 7-8:30pm  
Class Fee: \$5, pay at registration  
Materials Fee: None  
Limits: Min. 3 / Max. None

## MANHATTAN COMMUNITY GARDENS

Applications are now being accepted for garden plots.

Sliding fee based on income.

Contact Evelyn Campbell  
Community Gardens Coordinator  
539-8763

20

Class locations will be noted on your receipt.

## HOME FIRE SAFETY

H-3

Larry Wesche, Fire Marshall 537-0205

Home fire safety course will cover all areas of fire safety including smoke detectors, fire extinguishers, planning an escape plan, and a demonstration of fire problems around the home and how to prevent them. Class participants will be given a tour of the Headquarters Station's facilities as well as the firefighting equipment.

(Larry has been with the Manhattan Fire Department for 20 years and presently is Fire Marshal for the department. As Fire Marshal, part of his job responsibility is fire education.)

Wednesday, March 1, 7-9 pm.

Class Fee: None  
Materials Fee: None  
Limit: Min. 6 / Max. None

## KITCHEN PLANNING

H-4

Mary E. Tucker 537-8605

Whether you're building or remodeling, you can make a good kitchen even better. The information you need on how to do it will be presented in a three hour session with an emphasis on making your kitchen meet the needs of your family.

(Mary E. Tucker recently retired from Kansas State University as Extension Housing Specialist in the Department of Clothing, Textiles and Interior Design. Her expertise is in family needs in housing. She developed Kitchen Planning teaching material that is used throughout Kansas.)

Sect. I: Sat., Feb. 11, 9am-noon  
Sect. II: Tues., March 14, 9am-noon  
Class Fee: \$8/Sect, pay at registration  
Materials Fee: \$3, pay at class  
Limits: Min. 6 / Max. 10

## BASIC ELECTRICAL WIRING

H-5

Paul Burke

This class is a MUST for anyone who does their own home repair work! We will discuss different kinds of electrical problems and how they can be solved. Learn how to change receptacles, switches, three-way switches and photo cells.

(Paul has over 30 years experience in electrical work and is currently working in USD #383 maintenance department.)

Tuesdays, May 2 & 9, 7 pm  
Class Fee: \$6, pay at registration  
Materials Fee: \$1, pay at class  
Limits: Min. 1 / Max. 15

## BASIC PLUMBING

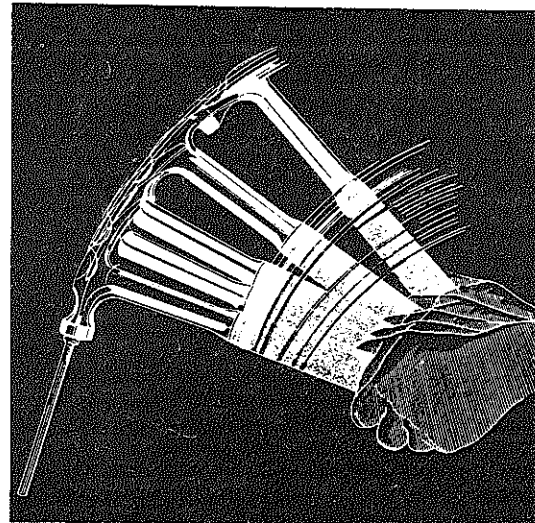
H-6

Gary W. Knight

Come and learn maintenance and repair of faucets, toilets, and drains. Also learn how to find problems in water lines and drain lines. We will discuss the tools needed for 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.)

Monday, April 10, 17, 24, 6:30-7:30pm  
(meets 3 times)

Class Fee: \$8, pay at registration  
Materials Fee: None  
Limits: Min. 6 / Max. 24



## BASIC WOODCRAFT

H-7

Gary Knight

Ever wanted to build a wooden bird house or bird feeder? What about the chair you need fixed but can't afford the furniture repairer? Why not make your bookshelves, table or spice holder? In this class you will learn basics of woodworking and simple laws of craft applied to making beautiful things from wood.

(Gary has worked with wood(s) for 20 years -- In numerous jobs demanding carpentry skills.)

Mondays, March 27-April 17, 7-8pm  
(meets 4 times)

Class Fee: \$10, pay at registration  
Materials Fee: depends on project  
Limits: Min. 6 / Max. 12

## BASIC HEATING & COOLING EQUIPMENT MAINTENANCE

H-8

Ted Ayon

537-1450

In this class we will familiarize you with the care and maintenance of your heating and cooling equipment. We will discuss what to look for during operation and how to tell when you need to call a professional.

(Ted is presently a heating and cooling mechanic in Manhattan.)

Wednesday, April 12, 6-8pm

Class Fee: \$5, pay at registration  
Materials Fee: None  
Limits: Min. 3 / Max. None

## CHILI FEED

January 21, 11am-7pm

1221 Thurston

\$3/person

Register for classes and have a bowl of chili.

This is a fundraiser for UFM.

# FOR KIDS ONLY

539-8763  
1221 Thurston

## PAPIER-MACHE

KS-1

Jennifer Monihen 539-8763  
Lonnie Catlin 539-8763

Old newspapers are always a nuisance. In this class we will create fun sculptures using old newspapers and glue. After we've created and the sculptures have had time to dry, we will paint them and give them that true to life look. (Jennifer is a K-State student studying Elementary Education. Lonnie is interested in the area of arts and crafts and loves children.)

Saturday, March 11, 1-3pm  
Class Fee: \$3, pay at registration  
Materials Fee: None  
Limits: Min. 3 / Max. 20

## CHILDREN'S NATIVE AMERICAN WORKSHOP - PART I (ages 5-12)

KS-2  
Pat Embers 539-2819  
Jayne Link 539-7605

This is an introduction for children to participate with nature in Native American ways. We will learn to honor the earth through the ceremonial use of sage, corn drumming, dancing, sand painting, and the medicine wheel. We will meet in a yard where we can play games in and around the cedars and oaks. We will learn to relate to our brother/sister animal and plant friends as the Indians did and still do. Parents are welcome. Part II will be offered in the summer catalog on June 24, in combination with the summer solstice. (Jayne & Pat have been doing this workshop series for UFM and other groups upon request for a couple of years.)

Saturday, May 13, 10am-noon  
Class Fee: \$4, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. None

## STRESS MANAGEMENT FOR CHILDREN

(ages 10-13) KS-3

Eunice Dorst 539-6137

We all know that good wellness habits include managing stress in a positive healthy way. Children can also suffer from the effects of stress resulting in poor concentration, behavioral problems, or ill-health. During this course, children will learn the effects of stress, identify stressors in their lives, discuss how they presently handle stress, and learn techniques to handle their stress in a positive way. Parents will receive a handout each week explaining the techniques and it is important that the children are encouraged to practice the exercises between each class. Please wear loose, comfortable clothes. (Eunice has taught UFM classes for the past 4 years.)

Wednesdays, Feb. 15-March 1, 6:30-8pm  
(meets 3 times)

Class Fee: \$5, pay at registration  
Materials Fee: \$1, pay at class  
Limits: Min. 3 / Max. 10

## BEGINNING MEDITATION FOR TEENAGERS

KS-4  
Eunice Dorst 539-6137

We will discuss and practice various meditation techniques, and the benefits associated with regular meditation. Please dress in loose comfortable clothes. (Eunice has taught UFM classes for the past 4 years.)

Wednesdays, March 8 & 15, 6:30-8pm

Class Fee: \$5, pay at registration  
Materials Fee: \$1, pay at class  
Limits: Min. 3 / Max. 10

## SIT ROVER DOG TRAINING/DOG TRICKS

KS-5

Cheryl May

Teach your old dog some new tricks--or your new dog some old tricks--in this class for kids aged 8-16 and dogs over 6 months. You will learn the basic obedience skills--heeling, the sit, down and stay commands--plus a few "dog tricks". Bring your dog, a 6-foot leather or nylon lead, and a "choke" chain training collar. (Cheryl teaches advanced obedience for the Riley County 4-H Kennel Club. She will be assisted by junior leaders from that group.)

Thursday, May 11, 6:30-8pm  
Class Fee: \$4, pay at registration  
Materials Fee: None  
Limits: Min. 3 / Max. 8

## MICROWAVE COOKING FOR KIDS

(Ages 8-10) KS-6



Sharolyn Flaming 537-6350

Microwave cooking for kids will explore how food is cooked in a microwave oven; how to operate the oven properly; and safety as it relates to food preparation and microwave cooking. Recipes for simple snacks and quick meals will be included. Class members will cook a simple lunch and snack in the microwave oven. (Sharolyn is an Extension Agent in Riley County and works with the Home Economics and 4-H youth programs.)

Tuesday, March 14, 10:30-12:30pm  
Class Fee: \$4, pay at registration  
Materials Fee: \$2, pay at class  
Limits: Min. 10 / Max. 15

## COOKIES FOR KIDS

KS-7

Jennifer Monihen  
Theresa Rathbun  
Cindy Jones

Everybody enjoys eating cookies, but making the cookies can be fun too! In this class we will learn to make three different types of cookies. Each section will make a different cookie. After making the cookies we will turn into cookie monsters and gobble them up.

Sect. I: Sat., Feb. 11, 1:30-3:30pm  
Sect. II: Sat., Feb. 18, 1:30-3:30pm  
Sect. III: Sat., Feb. 25, 1:30-3:30pm  
Class Fee: \$5, pay at registration  
Materials Fee: \$3/Sect., pay at class  
Limits: Min. 3 / Max. 8

## KUNG FU FOR CHILDREN

KS-8

Stan Wilson

Students will learn the modified basics of Pai Te Lung Kung Fu and some methods of self-defense for younger people aged 6-12. Children over 12 should join the adult class. (Stan taught a children's class for two years at Fort Riley.)

Begins Saturday, Feb. 4, 2-3pm  
(ongoing)

Class Fee: \$8, pay at registration  
Materials Fee: \$2, pay at class  
Limits: Min. 6 / Max. 12

## CHILDREN'S SPRING GARDENING

KS-9

Dr. Richard Mattson

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

Starts Saturday, April 22, 10am  
Class Fee: None  
Materials Fee: None  
Limits: Min. None / Max. None

## FORT RILEY HISTORICAL SOCIETY'S STORY TIME

KS-10

If your child enjoys hearing stories about the horse cavalry days of Fort Riley and military life in the olden times, then bring them to the Fort Riley Historical Society's Story Time. No admission is charged for Story Time. This is a good activity for youngsters ages four to eight.

Sunday, March 19, 1:30-2:00pm  
Class Fee: None  
Materials Fee: None  
Limits: Min. 5 / Max. 10

## Reduce the Risk of alcohol and other drug abuse for children and youth

Programs, resources, training for parents, schools, community leaders, organizations.

Alcohol and drug information • drug free alternatives • life skills • social policy • intervention

Call 539-7180 Beth Hughes, Coordinator

**Northeast Kansas Regional Prevention Center**  
2001 Claflin Manhattan, KS 66502



A program of Pawnee Mental Health Services partially funded by Kansas Alcohol & Drug Abuse Services.

Class locations will be noted on your receipt.

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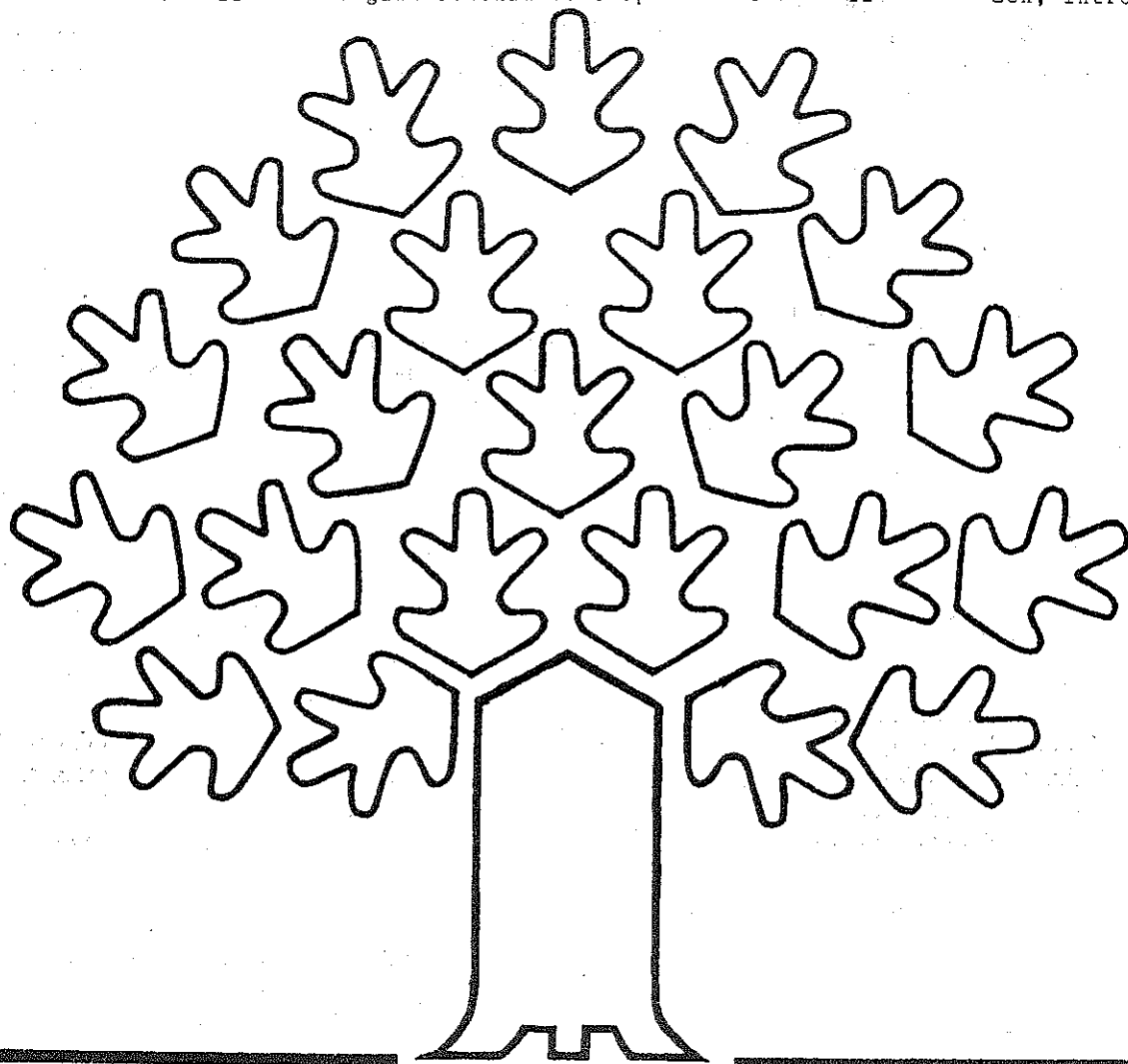
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*Class locations will be  
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**TEACHING · LEARNING · GROWING**



### REGISTRATION

PLEASE PRINT ONE FORM PER PERSON

CLASS #	SEC. #	TITLE	CLASS FEE
1.			
2.			
3.			
4.			
5.			
PLUS \$2.00 REGISTRATION FEE (See Exemptions)			\$2.00
Tax Deductible Donation			
<b>TOTAL</b>			

Name \_\_\_\_\_  
 Street \_\_\_\_\_ Apt. # \_\_\_\_\_  
 City \_\_\_\_\_ Zip \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

**SURVEY— Please check all that apply.**  
 Have you taken a UFM class before? YES/NO  
 Students ( \_\_\_ credit hours this semester)

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

Do you require class to meet in handicapped accessible place

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

I am interested in teaching for UFM

Classes I would like to see offered next term \_\_\_\_\_

KSU Student ID No. \_\_\_\_\_  
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Four ways to register:

- A. WALK-IN:** Come to the UFM house, 1221 Thurston, during business hours (8 a.m.-5 p.m. closed noon-1 p.m.).
- B. MAIL-IN:** Fill in your registration form and mail it with check, money order, or Visa/MasterCard number to: UFM, 1221 Thurston, Manhattan, KS 66502 (stamped, self-addressed envelope is appreciated).
- C. PHONE-IN:** With VISA or MasterCard only, you may call 913-539-8763 during business hours to register (minimum: \$5.00).
- D. SITES: See below.**

REGISTRATION SCHEDULE

\* Registration forms are on the back page.

Wed.	Jan. 18	K-State Union	10am - 2pm
Fri.	Jan. 20	Manhattan Public Library	11am - 2pm 5pm - 7pm
Sat.	Jan. 21	University for Man	11am - 7pm
Mon.	Jan. 23	K-State Union	10am - 2pm
Tues.	Jan. 24	Manhattan Public Library	11am - 2pm 5pm - 7pm
Wed.	Jan. 2	K-State Union	10am - 2pm
Sat.	Jan. 28	Manhattan Town Center	11am - 5pm
Sun.	Jan. 29	Manhattan Town Center	2pm - 4pm
Sat.	Feb. 4	Manhattan Town Center	11am - 5pm
Sun.	Feb. 5	Manhattan Town Center	2pm - 4pm

UFM CLASS FEES:

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

RECEIPTS:

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

CLASS LOCATIONS:

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

REGISTRATION FEE EXEMPTIONS:

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

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

REFUND POLICY:

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

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

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
- If you have problems with UFM, please call us at 913-539-8763.

**TAKE TWO—GET ONE FREE**

Register for two classes and select another class FREE OF CHARGE!

This free class is restricted to classes without a maximum limit, or on a space available basis. (Call two days prior to the class date.)

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Class locations will be noted on your receipt.

