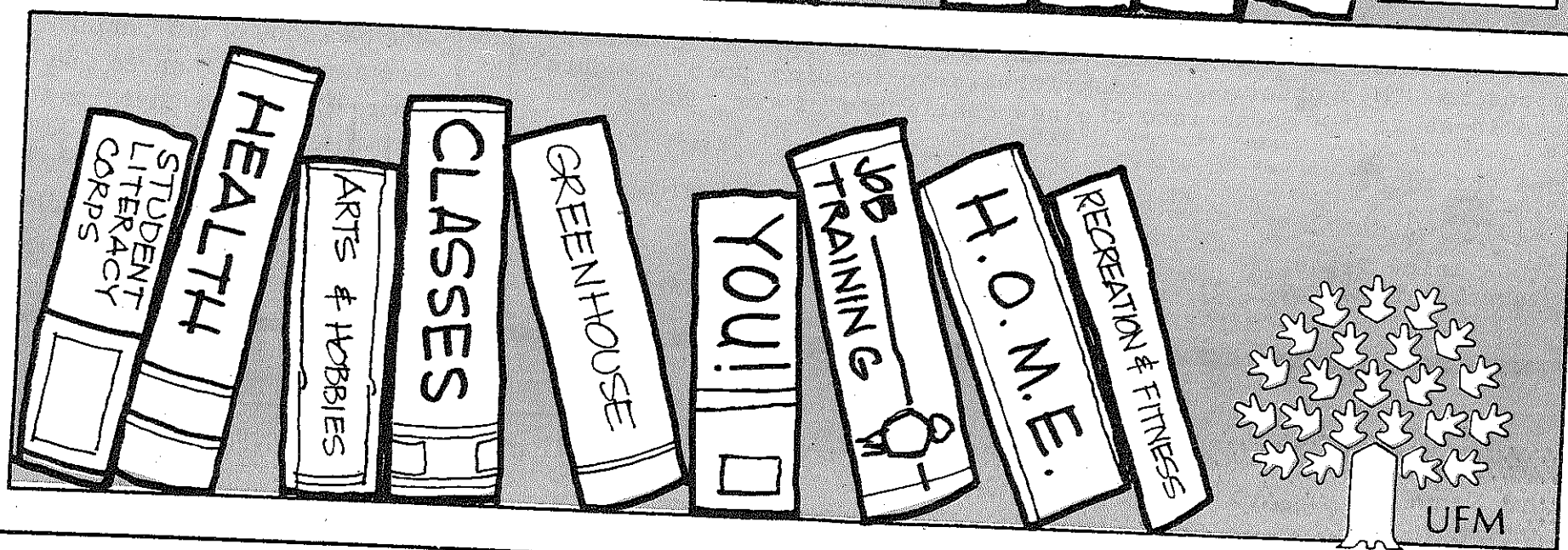
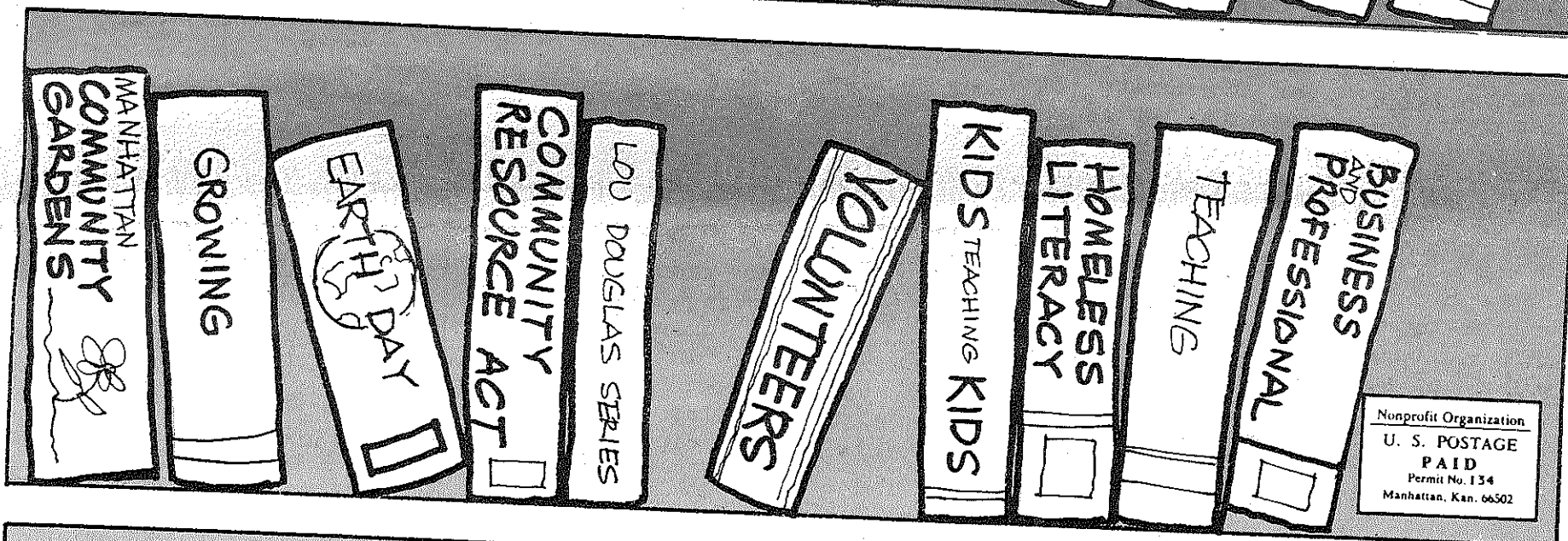
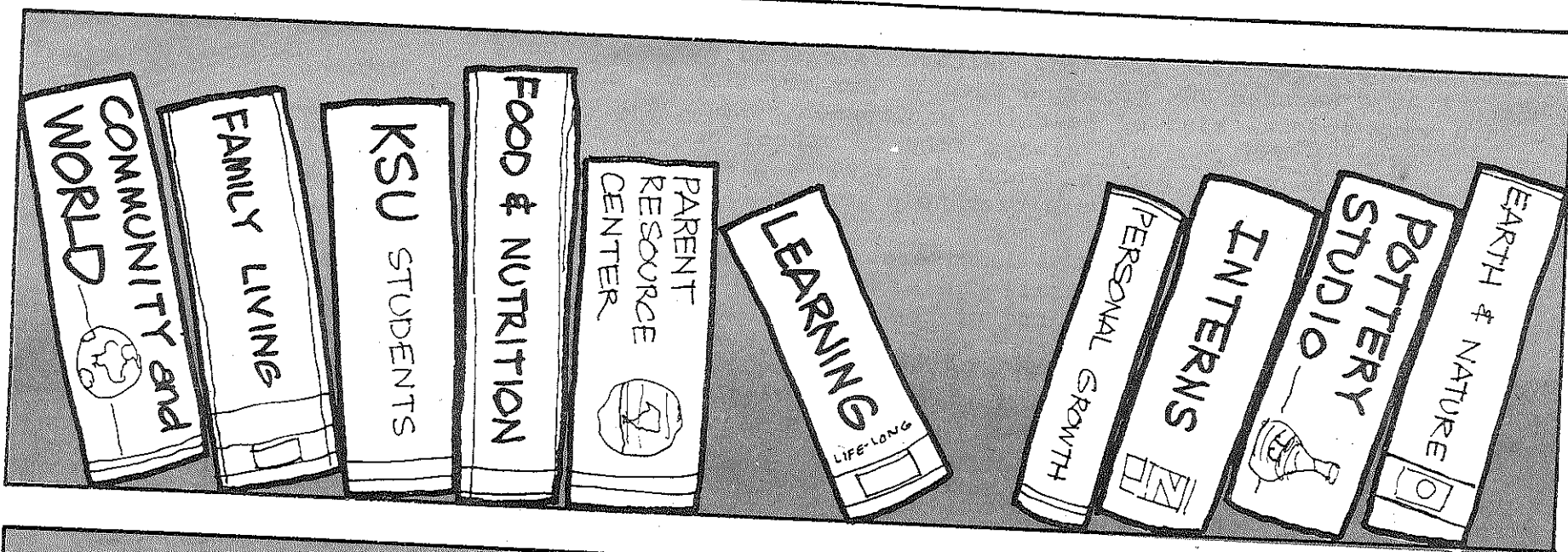


# UFM IS ...



**1990 Fall Classes**

**Sept. - Dec.**

## Dear Friends,

UFM has had a special place in my heart for a long time and it is both an honor and pleasure to now be directing this organization.

My first experience with UFM was as a college student at KSU. It was amazing to me that anyone would think I had a skill to teach. Yet they did, and one more link in UFM's lifelong learning chain was born. I gained confidence, met some people and found a way to share something I loved with others.

Since that humble start teaching guitar lessons in my residence hall, I have watched UFM grow and adapt. For me, UFM has always been a very special kind of learning environment where you could learn something you couldn't always find in school or try a new skill in a safe way. I have found it to be a place that will support new ideas and, when possible, help implement those ideas.

When I was learning to play the dulcimers, I sought others with whom to play. UFM met the challenge and Flint Hills Dulcimer Players was born. Over the course of the next 5 years more than 100 people found their way through my living room with mountain and hammered dulcimers galore. Who would have thought there were so many dulcimers in town?! What fun we had, what friends I made and what opportunities arose - again because UFM was there.

While the unique educational structure is at the core of UFM, it also serves the campus and community in other ways. The Lou Douglas Lecture Series and the Community Resource Act funding provide ideas, dialogue and new growth. UFM also serves as a neutral site for community development and change. Many community services started as a UFM project. Recent programs include the now independent HOME program, a Parent Education project and two current literacy projects, one for the homeless and one in the school district.

UFM is a jewel of a resource for this community. It is the concept of lifelong learning in action. UFM has made us all richer by allowing us to participate on equal footing. We ARE UFM - student, faculty, business person, mother, grandparent. UFM is at a new crossroad in its existence. It is a time for all of us to stand up and be counted. Show your support for this truly valuable organization. Teach a class, take a class, send a donation, help with a fundraiser, tell others about the organization.

If you've not experienced UFM firsthand, give it a try. Teach or take a class, or stop by and learn about the special community programs UFM sponsors. I look forward to hearing your thoughts and ideas as UFM moves into the new challenges of the '90's.

See you soon.



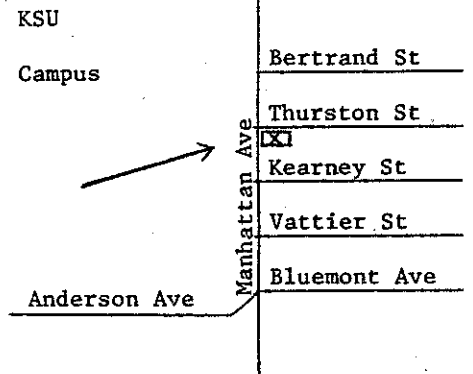
Linda Inlow Teener  
Executive Director

## WHERE WE'RE LOCATED



# UFM

### 1221 Thurston



## Instructors Wanted

Become a UFM instructor!  
Please call Terry Carpenter (539-8763) by October 30 if you have a skill or interest that you would like to share with others in our community.

Our volunteer instructors are the backbone of our campus/community program as they share their knowledge and expertise.

Become a link in our goal of life-long learning and living.

## CLASS SECTIONS

Earth & Nature.....4-5	Self & Personal Growth..12-13
Health & Wellness.....6	Arts & Hobbies.....15-16
Recreation & Fitness.....7-8	Food & Nutrition.....17
Youth.....9	Community & World.....18-19
Family Living.....10-11	Business & Professional.20-22

### NOW AVAILABLE AT UFM

Meeting Facilities for family life education classes and/or support groups are available. A newly renovated conference and child care area may be scheduled by appropriate groups by contacting UFM, 539-8763.

### CLASS INFORMATION

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

## UFM is . . .

UFM is the oldest "free university" in the nation. Organized in 1968 as an experiment to provide an atmosphere for discovery with no grades or credits, UFM has evolved as a non-profit community-based education program. A central premise of the UFM philosophy is that within any community there are resources, including community agencies, residents, and facilities, which may be used to integrate education with living in both practice and concept.

Each year UFM helps connect hundreds of volunteer teachers with thousands of learners. UFM helps connect the university and the community, young and old, poor and rich, old and new residents with each other.

The connections that have happened through classes have led UFM to become involved in other concerns and projects. If you would like to learn more about these projects, call UFM and ask for additional information.

Executive Director - Linda Inlow Teener  
Campus/Community Classes - Terry Carpenter  
Community Resource Act - Anita Madison  
Lou Douglas Lecture Series - Karen McCulloh  
Manhattan Community Gardens - Evelyn Campbell  
Edible Landscape - Evelyn Campbell  
H.O.M.E. (Home Owners Maintenance and Energy) Program - Larry Kabriel  
Adult Education for the Homeless - Michael Cody  
KSU Student Literacy Corps - Karen McCulloh  
Pottery Studio - Sharon Jackson  
Meeting rooms - Linda Thomason

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

## UFM INSTRUCTORS

Ilene Adams  
Nancy Anderson  
Brett Balkenhol  
Michael Bennett  
Jean Bigbee  
Leonard Bishop  
Dennis Blair  
Larry Boyd  
Vicki Brown  
Laura Burnett  
Evelyn Campbell  
Howard Campbell  
Sue Carlson  
Mike Clark  
Beth Ann Cobb  
Enid Cocke  
Olivia Collins  
Paula Cook  
Lorrie Cross  
Elfriede Cuyle  
Floyd Davis  
Eunice Dorst  
Donna Edwards  
Sandra Emley  
Emily Epstein  
Gene Ernst  
Sharolyn Flaming  
Jessie Foueaux  
Fred Freeby

Jill Frese  
David Garvin  
Marlys Gardner  
Erika Geradeau  
Susan Gormely  
Jim Gregory  
Kelly Hansen  
Diana Hatch  
Edith Hinricks  
T.J. Hittle  
Beth Hughes  
Jean Johnston  
Owen Jones  
Tony Jurich  
Marlies Keogh  
Susan Koelliker  
Mark Knackendoffel  
Sam Lacy  
F.C. Lanning  
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Sherry McCurry  
Arlia McManis  
Rick Miller  
Lois Morales  
Twila O'Brien  
Susan O'Neill

Ernie Peck  
Lori Peterson  
Al Potter  
Lubov Ramm  
Leon Rappoport  
Deb Rosproy  
Phoebe Samuelson  
David Seamon  
Leo Schell  
Marilyn Schreiner  
Jim Sharp  
Mark Shipman  
Joan Smith  
Deyanira Solano  
Lee Staab  
Bob Stamey  
Derek Stanfill  
Carolee Stark  
Dave Stewart  
Barb Stork  
Aikihiko Tachiyama  
Linda Teener  
Travis Troyer  
Nancy Twiss  
James Underwood  
Gary Warren  
Darrel Wilson  
Stan Wilson

## CAMPUS & COMMUNITY STAFF

Terry Carpenter.....Educational Coordinator  
Linda Thomason.....Educational Assistant  
Evelyn Campbell.....Office Assistant  
Howard Campbell.....Advertising Manager

Volunteers, Interns and others:

Julie Norris  
Tammy Baxter

Cover designed by KSU art student Joel Johns

## THANK YOU!

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

If you would like to advertise your business or organization in the next UFM catalog, contact Terry Carpenter (539-8763) by November 1.

## BOARD OF DIRECTORS

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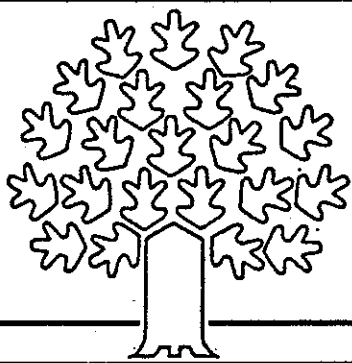
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Linda Inlow Teener, Director  
UFM

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Woodrow Wilson School



# Earth & Nature

1221 THURSTON

539-8763

## Making Potpourri from Your Garden EN-01

Do you love the aroma of potpourri? Create your own from flowers and herbs taken from your garden. Learn about those "secret" ingredients which make your potpourri complete. Experience the mixing process. Taking a fragrant sample of potpourri home.

*Evelyn and Howard Campbell* (539-8763) made 15 gallons of potpourri last year from their garden.

Date: September 11 (Tues)  
Time: 7 - 8:30 p.m. (1 session)  
Fee: \$8  
Location: UFM Greenhouse

## Container Gardening EN-02

Bring the outdoors into your home through container gardening. Learn how to grow various herbs and houseplants all year long. Take home some plants to start your own container garden.

*Evelyn and Howard Campbell* (539-8763) enjoy sharing their knowledge of container gardening which they have been enjoying for years.

Date: September 12 (Wed)  
Time: 7 - 8 p.m. (1 session)  
Fee: \$8  
Location: UFM Greenhouse

## Along the Oregon Trail EN-03

Join us as we explore several pioneer villages that sprang up along the Oregon Trail between Westmoreland and Frankfort. Relive some of our pioneer history as we see actual ruts of the Oregon Trail. Bring your own road map and mark the country roads that we take on this tour of early townsites that formed where the railroads crossed the Oregon Trail.

*Owen Jones* (537-7976), the grandchild of some pioneer settlers of Kansas, grew up on a farm that contains portions of the Oregon Trail. He enjoys sharing the living history of Kansas pioneer and farm life.

Date: September 15 (Sat)  
Time: 8:30 a.m. - 4:30 p.m. (1 session)  
(Bring a sack lunch and beverage)  
Fee: \$3  
Location: Meet at the UFM parking lot to carpool

## Solar Greenhouse and Edible Landscape Tour EN-04

Have you ever seen fish living in a greenhouse or observed an edible landscape? Join us for an educational tour. Our solar greenhouse demonstrates effective, low-cost ways to use renewable energy sources. Our edible landscape is an example of how ecologically-derived design principles can be used to create an urban agricultural landscape that is aesthetically pleasing and productive. Observe and enjoy scented geraniums and herbs growing. See and hear the story of the passion vine as it relates to the life of Christ. The tour is a great idea for student and community groups looking for ways to learn about promoting self-reliance in the areas of energy and food production. Special tours can be arranged by appointment.

*Evelyn and Howard Campbell* both have degrees in horticultural therapy and have managed the UFM Greenhouse for 3 years.

Date: September 19 (Wed)  
Time: 6:30 - 7:30 p.m. (1 session)  
Fee: \$6 (book provided)  
Location: UFM Greenhouse

## Earth Day - Every Day EN-11

UFM hopes to provide a clearinghouse for information on environmental activities happening in Manhattan. We will discuss specific projects currently taking place and plan some which we hope will be successful. Such projects include: a campus energy audit, recycling innovations, alternative transportation days, consumer education, and outreach programs. We welcome attendance from other groups to inform us of their environmental activities to help prevent duplication of energies. UFM and SAVE (the KSU student environmental club) are working on a library of green literature which will be available to the public.

*Karen McCulloh* (539-8763) helped coordinate Earth Day activities in April and would like to see the efforts continued.

Date: September 27 (Thurs)  
Time: 7 - 8:30 p.m. (1 session)  
Fee: \$2  
Location: UFM Fireplace Room

## Disruptions and Eruptions: Earthquakes and Volcanoes EN-05

Class participants will be introduced to two of the Earth's most spectacular natural hazards: earthquakes and volcanic eruptions. In addition to consideration of the processes involved, major historic occurrences will be reviewed, together with the impact such occurrences have on society. Can these phenomena be predicted or even prevented? Join this class and learn about some of Mother Earth's more exciting mood swings that can affect us even here in Manhattan, KS.

*James R. Underwood* (532-6724) has been a professor of geology at KSU since 1974 with special interests in rock deformation and geology of solid bodies of the Solar System.

Date: October 2 & 4 (Tues & Thurs)  
Time: 7:30 - 9:30 p.m. (2 sessions)  
Fee: \$6  
Location: KSU, Thompson Hall Room 213 (ample parking available in lots at SE corner of KSU campus; Lots A1, A2, & A3)

## Composting EN-06

Even the old children's nursery rhyme question "...how does your garden grow?" Gardens can grow beautifully on other than "silver bells and cockle shells." Learn about composting and what to use for a compost pile at each stage. Give your garden or flower beds a head start for spring.

*Evelyn and Howard Campbell* (539-8763) both have degrees in horticulture therapy from KSU.

Date: October 8 (Mon)  
Time: 7 - 8:30 p.m. (1 session)  
Fee: \$3  
Location: UFM Greenhouse



## Soil Conservation Practices EN-07

Learn about the practices that are used to control soil erosion. Gain a basic understanding of how erosion control structures are designed and managed. There will be a special emphasis on mechanical/structural practices that are used in the area for controlling soil erosion.

*Darrel Wilson* (537-2862) has 11 years of field experience with the Soil Conservation Service and a degree in Natural Resource Management.

Date: October 10 and 17 (Wed)  
Time: 7 - 9 p.m. (2 sessions)  
Fee: \$6  
Location: UFM Banquet Room


4

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## EARTH & NATURE (Continued)

### Chainsaw Safety

EN-18

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

*Brett Balkenhol* (539-8455) has been cutting firewood since his high school days, including hardwood trees for milling purposes.

Date: October 13 (Sat)  
Time: 9:30 - 12 noon (1 session)  
Fee: \$5  
Location: UFM parking lot

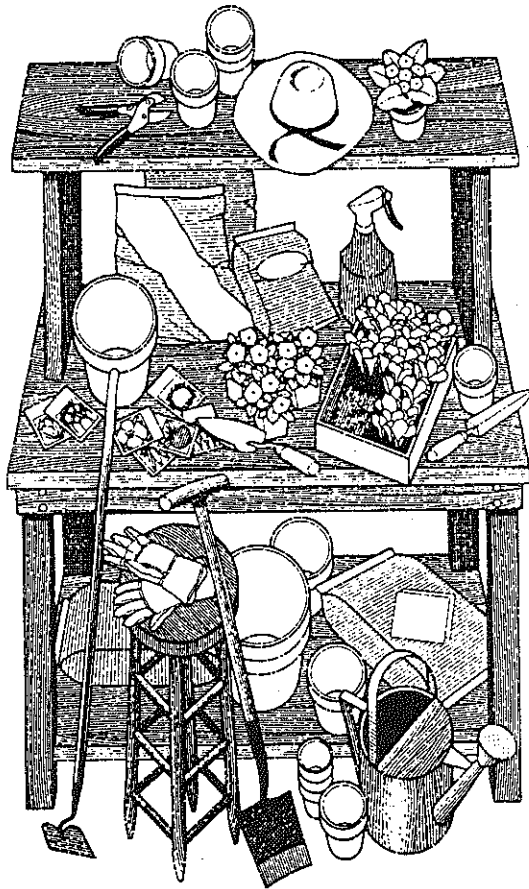
### Growing Plants for the Home

EN-08

Do you ever wish you had a green thumb? Come and learn how to grow and reproduce plants for your home. Learn about fruiting and flowering varieties of plants including citrus, hibiscus, pachytaxis, and the orchid cactus.

*Sam Lacy* (539-4404) has grown and experimented with plants for over forty years. He enjoys sharing his horticultural successes and failures through teaching.

Date: October 17 & 31, November 14 (Wed)  
Time: 7 - 9 p.m. (3 sessions)  
Fee: \$6  
Location: UFM Banquet Room



### The Purchase and Care of New and Used Lawn Mowers

EN-17

Are you confused by the array of choices confronting you when you purchase a lawn mower? How do you decide between the purchase of a new or used lawn mower? Learn about how different mowers are made and the affect it has on price. Learn to compare the new versus used mower. Care and maintenance of your mower will be discussed including the proper oil and gas to use, blade sharpening, care of the filter, and changing oil and spark plugs.

*Gary Warren* (537-1340) has had eight years experience working with lawn mowers. He is the Department Manager in the lawn and garden section at Waters True Value. Previously he worked with lawn mowers at golf courses.

Date: October 18 (Thurs)  
Time: 7 - 8:30 p.m. (1 session)  
Fee: \$6  
Location: Waters True Value Westloop Shopping Center

### Field Trip to Glacial Area of Pottawatomie County

EN-09

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

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

Date: October 20 (Sat)  
(Raindate: October 27)  
Time: 8:30 - Noon (1 session)  
Fee: \$4  
Location: Meet at UFM parking lot

### Winter Pruning

EN-10

Do you have doubts about the proper procedures to follow when pruning trees, shrubs, and vines? Learn about the methods, tools, and timing necessary to prune your trees to proper shape.

*Floyd Davis* (767-5813) is a senior in horticultural therapy at KSU.

Date: October 26 (Fri)  
Time: 6 - 7:30 p.m. (1 session)  
Fee: \$3  
Location: UFM Greenhouse

## UFM SOLAR GREENHOUSE TOURS

Tours of the UFM Solar Greenhouse and edible landscape are available by reservation. Winter tours (November through April) view the Solar Greenhouse, some edible landscape, and raised garden beds used for the handicapped. Participants learn about the bead wall, the heat storage tanks, and the underground air conditioning tubes. Summer tours (May to October) view, touch, and smell the entire edible landscape and, additionally, see the Passion Vine and hear its history.

Call 539-8763 for an appointment.

5

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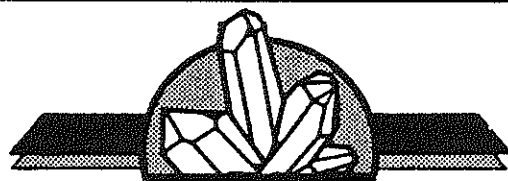
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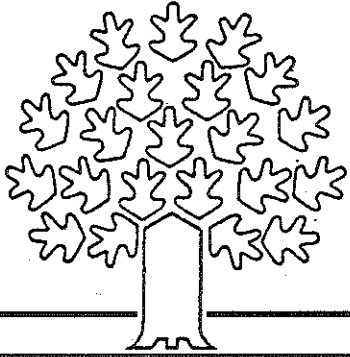
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# Health & Wellness

1221 THURSTON

539-8763

## Alcoholism: A Family Disease

HW-01

Explore how one person's drinking affects the behaviors, feelings, and attitudes of an entire family. How can the family get well together? Join us for a discussion of the options.

*Dennis Blair* (776-3875) is a staff psychologist at the Fort Riley Counseling Center. For 10 years, he has helped individuals and families recover from alcoholism and other chemical dependency.

Date: September 11 (Tues)  
Time: 7 - 9 p.m. (1 session)  
Fee: \$5  
Location: UFM Fireplace Room

## Living with PMS

HW-02

This informative session on Premenstrual Syndrome will define PMS - what it is and what it isn't. Who's affected by PMS and to what extent? Factors affecting incidence and severity will be addressed. Several proposed theories and the importance of keeping a diary will be discussed. Also included will be an overview of treatment approaches. PMS will be recognized as a stress factor in the family and ways to alleviate that stress will be briefly described. Men accompanying their partners are welcome, but must be enrolled.

*Marlys Gardner* (539-5337) is a certified psychiatric and mental health registered nurse who has worked at Pawnee Mental Health Services for five years. She has helped women with PMS both on an individual basis and in group sessions. *Susan Koelliker* is an outpatient therapist at Pawnee Mental Health Services. She works with entire families as well as individuals.

Date: September 27 (Thurs)  
Time: 6:30 - 8:30 p.m. (1 session)  
Fee: \$3  
Location: Pawnee Mental Health Services  
2001 Claflin



## Managing the Stress of Single Parenthood

HW-03

Stressed out? Tired? Discouraged? How can you keep up with the pressures of being a single parent? Must you? Re-evaluate your needs. Eliminate the pretenses. Employ the methods of coping: exercise, time management, setting priorities, and realistic self-appraisal. Realize the importance of your own choices and values.

*Marlies Keogh* (539-5337), LMSW is a single parent and licensed social worker. She currently works as a substance abuse therapist at Pawnee Mental Health Services.

Date: October 4 (Thurs)  
Time: 7 - 9 p.m. (1 session)  
Fee: \$12 (includes materials)  
Location: Pawnee Mental Health Services  
2001 Claflin

## AIDS and the American Teenager

HW-04

Over 20% of people with AIDS are in their 20's. Because of the latency period between HIV infection and the onset of symptoms, most of these people probably contracted HIV as a teenager. AIDS cases among teenagers increased 51% between 1988 and 1989. What type of high risk behavior do parents and teens need to be aware of to avoid exposure to this deadly disease?

*Joan Smith* (776-4779) is the Riley County Health Department's Health Educator. She is the director for the LIVELY program and the AIDS education Risk Reduction Program. She has a MS degree from K-State and has many years of experience in the medical community.

Date: October 8 (Mon)  
Time: 7 - 9 p.m. (1 session)  
Fee: \$5  
Location: Riley County Health Department  
2030 Tecumseh Road

## ABC's of First Aid

HW-05

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

*Laura Burnett* is a registered nurse and is the Emergency Room Supervisor at Memorial Hospital.

Date: October 15 (Mon)  
Time: 7 - 9 p.m. (1 session)  
Fee: \$4  
Location: Memorial Hospital Conference Room

## Stress Management Strategies for the 90's

HW-06

The physical and psychological effects of work-related stress can be serious and far reaching. Learn the basics of stress management. Get hooked on positive addition and become more productive at home and at work.

*Joan Smith* (776-4779) is the Riley County Health Department's Health Educator. She is the director of the LIVELY Program and the AIDS Education Risk Reduction Program. She has a MS degree from K-State and has many years of experience in the medical community.

Date: October 16 (Tues)  
Time: 7 - 9 p.m. (1 session)  
Fee: \$5  
Location: Riley County Health Department  
2030 Tecumseh Road

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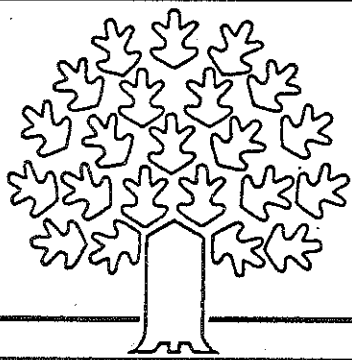
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# Recreation & Fitness

1221 THURSTON

539-8763



## Contra Dancing

RF-08

Contras are "longways" dances (like the Virginia Reel) usually of English, Scottish, or American origin. They are growing in popularity across the U.S. Join us for several evenings of fun as we dance to wonderful music!

Enid Cocks (539-6306) has danced and taught contra dancing for many years.

Date: October 5, November 2, & December 7  
(first Friday of month)  
Time: 7:30 - 9:30 p.m. (3 sessions)  
Fee: \$9  
Location: Douglass Center Annex  
10th & Yuma

## Golf

RF-01

Learn to play golf. Geared for beginning and intermediate players, the fundamentals of the full swing, short game-pitching, and chipping and putting will be covered. Get some fresh air and find out if golf is the sport for you.

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

Date: September 6 - 20 (Thurs)  
Time: 6:30 - 7:30 p.m. (3 sessions)  
Fee: \$18 (includes golf club rental)  
Location: Stagg Hill Golf Course  
4441 Fort Riley Boulevard

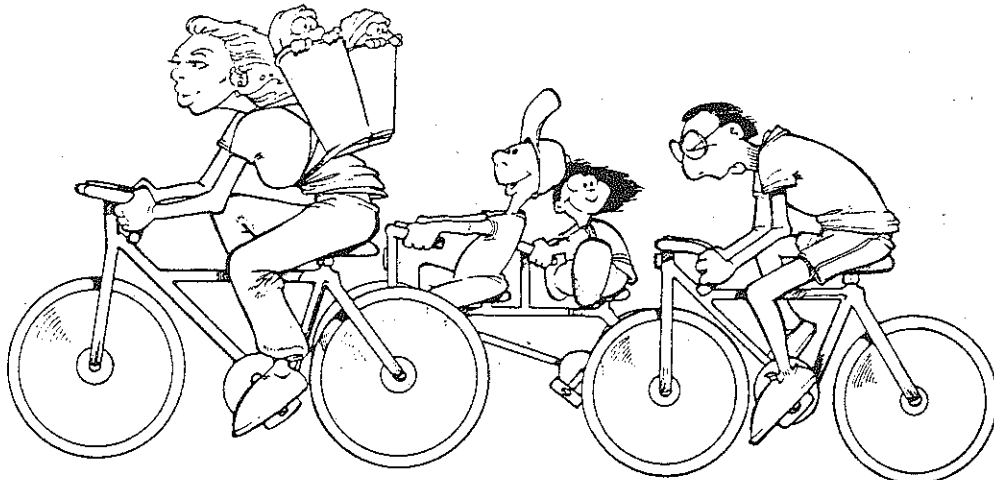
## Volleyball for Fun

RF-02

Indoor volleyball can provide low-key competition, exercise, and a great time. Beginners and advanced players are invited to join us each week for informal games. Get the exercise you need and the recreational fun you deserve.

Lois Morales (539-8867) has played UFM Volleyball for many years.

Date: September 11 - December 13  
(Tues & Thurs)  
Time: 6:30 - 8:30 p.m. (28 sessions)  
Fee: \$3 (\$1 material fee collected by instructor at first class)  
Location: Douglass Community Center  
901 Yuma



## Bike Tour to Wamego

RF-07

Enjoy a bicycle ride to Wamego, home of the famous Dutch Mill. This ride is for beginners as well as veteran bicyclists. We'll stop as often as the group wants to and bicycle at a leisurely pace. Plan for lunch in Wamego at the 18 mile mark, and finish back in Manhattan for a total of 36 miles. Bring a spare tube for your bicycle, enough money for lunch, and a helmet. Optional items include: a camera, roadside snacks, and a water bottle. On September 24, we will have a planning and preparation seminar. Bring your bicycle for a safety check.

Larry Boyd (776-4350) has pedaled across Kansas seven summers in a row and has participated in other bike tours, races, and triathlons for the past nine years. As a native Kansan, he is very interested in Kansas history.

Date: September 24 (Mon) - preparation seminar  
September 29 (Sat) - actual bike tour  
Time: 7 - 8 p.m. (preparation seminar)  
8 a.m. - until finished (about 3 p.m.)  
Fee: \$4  
Location: UFM Fireplace Room  
UFM parking lot (prior to tour)

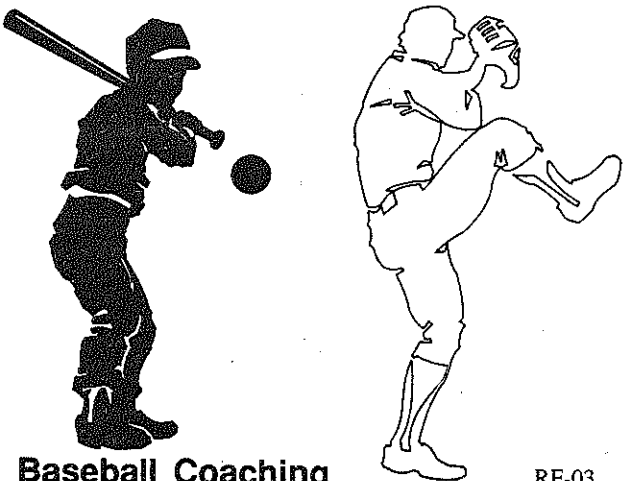
## Fundamentals of Kayaking

RF-09

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

T.J. Hittle is a certified Red Cross kayak instructor/trainer. He has been kayaking for about 10 years.

Date: October 6 (Sat)  
October 7, 21, & November 4 (Sun)  
Time: 9 a.m. - 12 noon (1st session)  
9 a.m. - 1 p.m. (all other sessions)  
Fee: \$50 (includes equipment rental)  
Location: UFM Fireplace Room (1st session)  
KSU Natatorium (all other sessions)



## Baseball Coaching

RF-03

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

Mike Clarke (532-5723) is the head varsity baseball coach at K-State.

Date: September 24, 25, & 26  
(Mon, Tues, & Wed)  
Time: 6:30 - 8:30 p.m. (3 sessions)  
Fee: \$9  
Location: Frank Myers Field  
College Avenue



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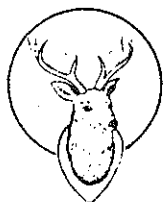
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**Ballroom Dance I** RF-10

Learn to dance! It's never too late to learn the elements of the Foxtrot, Waltz, Jitterbug, and Latin dance. Practice the basic steps with simple variations so that you can be the dancer you've always wanted to be. Become smooth on your feet, get some exercise, and have fun in this six week introductory program geared for adults of all ages and teenagers. Partners are not necessary.

Michael Bennett (776-7557) has trained in Ballroom Dance at U.C. Berkeley; Mandola Ballroom, San Francisco; AliBaba Ballroom, Oakland, CA; Chicago Dance Studio, Chicago, IL; and Avenue Ballroom, San Francisco; and was the 1986 San Francisco Avenue Ballroom Jitterbug Champion.

Date: September 10 - October 22 (Mon)  
Time: 7 - 8:30 p.m. (7 sessions)  
Fee: \$21  
Location: To be announced

**Ballroom Dance II** RF-11

Latin Intermediate (Mambo, Cha Cha, & Rumba)

Date: September 10 - October 22 (Mon)  
Time: 8:30 - 10 p.m. (7 sessions)  
Fee: \$21  
Location: To be announced

**Ballroom Dance I** RF-12

Latin Intermediate (Mambo, Cha Cha, Rumba) is an intermediate class that emphasizes proper technique and style. Combination, composed of 6-8 variations, will be taught at the rate of one combination per night.

Date: September 11 - October 23 (Tues)  
Time: 7 - 8:30 p.m. (7 sessions)  
Fee: \$21  
Location: To be announced

**Ballroom Dance II** RF-13

This is an intermediate class that emphasizes proper technique and style. Combination, composed of 6-8 variations, will be taught at the rate of one combination per night. Included will be Jitterbug, Waltz, and Foxtrot.

Date: September 11 - October 23 (Tues)  
Time: 8:30 - 10 p.m. (7 sessions)  
Fee: \$21  
Location: To be announced



**Ballroom Dance** RF-16

Date: October 29 - December 10 (Mon)  
Time: 7 - 8:30 p.m. (7 sessions)  
Fee: \$21  
Location: To be announced

**Ballroom Dance** RF-17

Date: October 29 - December 10 (Mon)  
Time: 8:30 - 10 p.m. (7 sessions)  
Fee: \$21  
Location: To be announced

**Ballroom Dance** RF-14

Date: October 30 - December 11 (Tues)  
Time: 7 - 8:30 p.m. (7 sessions)  
Fee: \$21  
Location: To be announced

**Ballroom Dance** RF-15

Date: October 30 - December 11 (Tues)  
Time: 8:30 - 10 p.m. (7 sessions)  
Fee: \$21  
Location: To be announced

**MARTIAL ARTS**

**White Dragon Kung Fu I** RF-04

This Kung Fu style combines hard, soft, and internal methods of martial arts. Beginners will learn basic techniques, self-defense, drills, and one-step sparring. Wear comfortable clothing.

Stan Wilson (539-7723) has studied martial arts for 20 years and taught for 12 years. He holds a black belt in Kung Fu and is a member of the Shadows of Iga Ninja society. He has studied judo, aikido, four styles of karate, six styles of kung fu, and various other martial arts. He has also written six manuals on martial arts.

Date: September 11 - October 4  
Time: 7 - 8 p.m. (Tues & Thurs)  
3 - 4 p.m. (Sun)  
(11 sessions)

Fee: \$21 (includes manual)  
Location: To be announced

**Hakko Ryu Jujitsu** RF-06

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

Stan Wilson (539-7723) has studied martial arts for 20 years and taught for 12 years. He has a second degree black belt in Hakko Ryu Jujitsu, and is a member of Shadows of Iga. He has studied judo, aikido, hapkido, four styles of karate, six styles of kung fu, and various other martial arts, and has written six manuals on martial arts and self-defense.

Date: September 16 - October 28 (Sun)  
Time: 4 - 5 p.m. (7 sessions)  
Fee: \$21  
Location: To be announced

**White Dragon Kung Fu II** RF-05

This Kung Fu style combines hard, soft, and internal methods of martial arts. Beginners will learn basic techniques, self-defense, drills, and one-step sparring. Wear comfortable clothing.

Stan Wilson (539-7723) has studied martial arts for 20 years and taught for 12 years. He holds a black belt in Kung Fu and is a member of the Shadows of Iga Ninja society. He has studied judo, aikido, four styles of karate, six styles of kung fu, and various other martial arts. He has also written six manuals on martial arts.

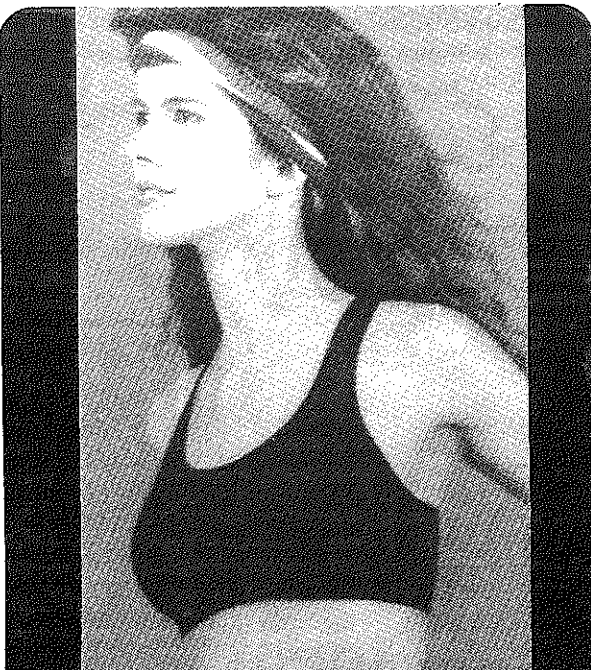
Date: October 4 - October 30  
Time: 7 - 8 p.m. (Tues & Thurs)  
3 - 4 p.m. (Sun)  
(11 sessions)

Fee: \$21 (includes manual)  
Location: To be announced

**THANK YOU ADVERTISERS for your faithful support.**

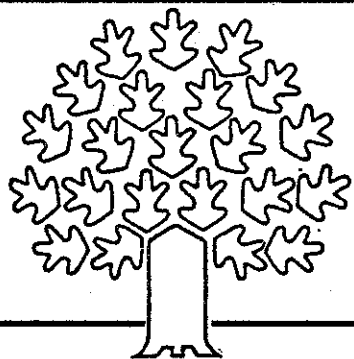
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# Youth

1221 THURSTON

539-8763

## Beginning Ballet

Y-04

Does your child dream of becoming a dancer? This introduction to ballet can be that first step. Children ages 3 - 12 years will learn the five basic ballet positions and practice simple steps such as the plie, passe, and arabesque. The discipline of ballet transcends to other forms of dance including jazz, tap, and modern dance.

Portia Sisco, (456-7842) who is 12 years old, has studied dancing for 10 years and plans to pursue dancing as a career. Recently, Portia danced in the lead role in the play *Velveteen Rabbit* under choreographer Sharron Washington.

Date: September 12 - October 3 (Wed)  
 Time: 6:30 - 7:30 p.m. (4 sessions)  
 Fee: \$9  
 Location: UFM Banquet Room

## Kung Fu for Children

Y-01

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

Stan Wilson (539-7723), who holds a 2nd degree black belt in jujitsu and a first degree black belt in Kung Fu, has studied martial arts for 20 years and has taught for eight years. He is a member of the Pai Family. Stan has been a member of the Shadows of Iga Ninja society for eight years and studied with Steve Hayes.

Date: September 15 - October 27 (Sat)  
 Time: 2 - 3 p.m. (7 sessions)  
 Fee: \$18  
 Location: To be announced

## Kansas Sunprints

Y-02

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

Jayne Link (539-7761) has enjoyed teaching environmental education in Wisconsin and in Kansas since 1981.

Date: September 15 (Sat)  
 Time: 10:30 - 11:30 a.m. (1 session)  
 Fee: \$5  
 Location: UFM Patio

## Tree Identification

Y-03

Join us for a walking tour of KSU as we learn to identify trees through leaf identification. The instructor will share his leaf collection of species found in other areas.

Travis Troyer is 14 years old. He has been involved in forestry through the 4-H for the past six years. Travis has been a winner in forestry at the Riley County Fair for the past five years and has won a blue ribbon at the State Fair for the last two years.

Date: October 13 (Sat)  
 Time: 9:30 - 11:30 a.m. (1 session)  
 Fee: \$3  
 Location: KSU Bleumont Hall Room 111



9

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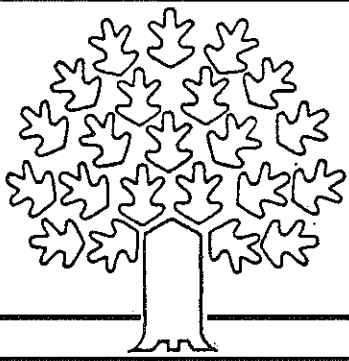
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# Family Living

1221 THURSTON

539-8763

## Mother - Daughter Choices FL-07

At last, a way to bridge the communication gap between busy mothers and their pre-teen daughters during the critical transition to junior high school. Seventh grade girls will have the opportunity to gain skills in goal planning and problem solving as they assess their own career options and life choices. This program helps girls see their mothers as resources in the process of making life decisions. It is fun! Open to any seventh grade girl and her mother.

*Marilyn Schreiner* (539-5337) is a social worker and *Beth Hughes* is a prevention specialist on the staff of Pawnee Mental Health Services. They have led this class for other groups.

Date: September 15 & 22 (Sat)  
Time: 8:30 a.m. - 12:30 p.m. (2 sessions)  
Fee: \$25/per mother-daughter pair (includes workbook)  
Location: Pawnee Mental Health Services  
2001 Claflin

## Single Parent Support Group FL-01

This group will address the stresses, strains, and joys of single parenting. Take this opportunity to address important questions. How do I feel about myself? How can I deal with anger? Focus on self-acceptance and building a positive self-image.

*Vicki Brown* and *Lori Peterson* are both single parents. They are working on M.S. degrees in the Department of Marriage and Family Therapy at KSU. Vicki has coordinated single-parent support groups previously.

Date: September 9 - December 9 (Sun)  
Time: 7 - 8:30 p.m. (14 sessions)  
Fee: \$4  
Location: UFM Conference Room

## Children's Morning Play Group FL-03

Join us for an ongoing support group for at-home parents. Pre-school age children will play while parents visit with other adults. Parents are responsible for their own children so no separation is necessary. During nice weather we will meet outside, and during inclement weather we will meet in homes of participants. Choose between Wednesday and Thursday mornings. These groups have been in existence for 14 years.

*Diana Hatch*, (776-9921) a mother of two, and *Barb Stork*, (539-1379) a mother of four, are interested in getting children together for play, as well as giving at-home parents an opportunity to share and interact.

Date: September 12 - December 12 (Wed)  
Time: 10 a.m. - noon (14 sessions)  
Fee: \$4  
Location: Instructor will contact you for first meeting

## The In-Between Years: Understanding the Transition from Elementary to Middle School FL-02

The transition from elementary to middle school means children become teenagers, and this presents challenges for the entire family. Learn more about this important transition as this class focuses on understanding adolescent growth and change.

*Susan O'Neill* (539-8079) has been a school social worker for the past five years and is present on staff full time at the Manhattan Middle School.

Date: September 10 (Mon)  
Time: 7 - 9 p.m. (1 session)  
Fee: \$5  
Location: UFM Conference Room

## Children's Morning Play Group FL-04

Date: September 13 - December 13 (Thurs)  
Time: 10 a.m. - noon (13 sessions)  
Fee: \$4  
Location: Instructor will contact you for first meeting

## Family Survival Series for Parents of Adolescents! FL-05

This series will help parents recognize the early signs of adolescent alcohol and drug problems and talk about positive action steps for parents. Video presentations, group discussion and short lectures will be used.

*Donna Edwards* (537-7180) is a prevention and intervention specialist for the Northeast Kansas Regional Prevention Center, a program of Pawnee Mental Health Services. Donna frequently offers workshops on parenting, alcohol, other drug abuse issues, and the intervention process.

Date: September 12 - October 3 (Wed)  
Time: 7 - 9 p.m. (4 sessions)  
Fee: \$10  
Location: Pawnee Mental Health Center  
2001 Claflin Road

## Parenting the Angry Adolescent: Tips on How to Put Out the Fire FL-06

Why do adolescents lash out at parents in anger? How can you, as a parent, cope? This class will attempt to help parents deal with their adolescent's angry responses - a major roadblock on the way to effective family communication. Time for trouble shooting and individual questions will be included.

*Tony Jurich* (532-5510) is clinical director of the marriage and family therapy program at K-State. A teacher for 18 years, Tony is also a Fellow of the American Association for Marriage and Family Therapy. One of his major areas of expertise is therapy with families that include adolescents.

Date: September 19 (Wed)  
Time: 7 - 10 p.m. (1 session)  
Fee: \$6  
Location: UFM Conference Room

## Sneak Previews: Using Video for Family Communication FL-09

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

*Olivia Collins* (776-3547), a certified family life educator, is an avid consumer of movies and television. She has a Ph.D. in Family Life Education and Consultation and is an Extension 4-H Youth Specialist at K-State.

Date: November 6 (Tues)  
Time: 7 - 9 p.m. (1 session)  
Fee: \$6  
Location: K-State Union Room 206

10

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**Child Sexual Abuse**  
September 19 8:45 a.m. (6 hours)

**Adolescent Substance Abuse**  
October 17 12:45 p.m. (3 hours)

**Domestic Violence**  
Co-sponsored with The Crisis Center  
November 14 12:45 p.m. (4 hours)

For social workers, RNs, LPNs, counselors, educators, clergy, law enforcement officers, volunteers, and others. Fee for each workshop is \$7 per hour. Call for brochure with workshop descriptions and additional dates and locations. Pre-registration requested.

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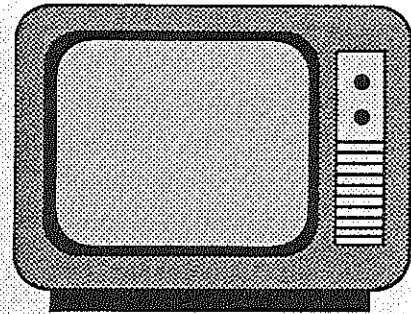
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18 & 19: Eisenhower Centennial Exhibition  
(Riley County Historical Museum)

25 & 26: Centennial Anniversary of the Electric  
Light in Manhattan

October 2 & 3: National Stamp Month

9 & 10: Celebrating, Creating a New Season

16 & 17: Stamp Collecting with Tim Lindemuth

23 & 24: Cairo, Egypt with Dr. Medhat M. Morcos

30 & 31: Aerial Topography with Peter Miles

November 6 & 7: Remembering Veterans' Day  
with Jessie Foveaux

13 & 14: A Tour to the Rare Book Room  
at Farrell Library

20 & 21: Prevention of Food Poisoning  
with Dr. Daniel Fung

27 & 28: Artist Diane Milords

December 4 & 5: Photography with Doug

11 & 12: Dr. Reginald Bennett,  
Food & Drug Administration

18 & 19: Cooking with Max Ulveling

### You and Your Aging Parents

FL-08

As our parents become older and experience health problems, adult children are faced with the task of helping them, while at the same time meeting the many demands in their own lives. This class will explore some of the special challenges of helping aging parents and offer suggestions in finding solutions to these

complex issues.

*Rick Miller* (532-5510) is an assistant professor at KSU in the Department of Human Development and Family Studies. He is a marriage and family therapist with a specialty in aging families.

Date: October 23 (Tues)  
Time: 7 - 9 p.m. (1 session)  
Fee: \$6  
Location: UFM Banquet Room



## 10th Annual Working with Families Conference September 26-28, 1990 K-State Union, Manhattan, KS

We're celebrating our 10th anniversary! Over two thousand professionals who are working with American families have attended the past nine conferences. These have included individuals from over 25 states and three foreign countries. We believe our tenth annual conference will be our biggest and best. We hope you can attend.

- \* University credit, CEU's, and PDU's will be offered in conjunction with the conference.
- \* Midwest debut of the play *Amber Waves*, a newly commissioned play first performed in the spring of 1990 by the Kennedy Center Theatre for Young People. Written by Kansan James Still and produced by another Kansan, Carole Sullivan, the play is a sensitive treatment of a serious subject, a farm family in trouble.
- \* National Photo Competition for amateur photographers.

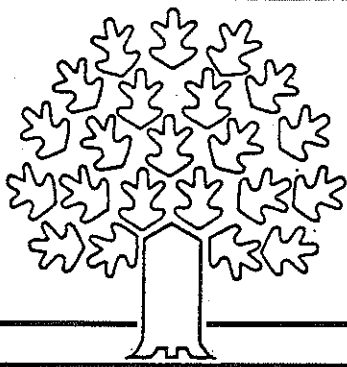
For more information about the conference or any of the related activities, please call 1-800-432-8222.

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# Self & Personal Growth

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## Holistic Approach to Stress Management SP-05

Do you ever feel "stressed out"? Discover the high stress areas of your life, and how to create a happier, healthier lifestyle by learning intervention strategies to eliminate or reduce your stress.

*Eunice Dorst (539-3438) is the owner of Stress Management Clinic. She has studied the effects of stress and stress management techniques for three years.*

Date: September 17 & 24 (Mon)  
Time: 7 - 9 p.m. (2 sessions)  
Fee: \$12  
Location: Stress Management Clinic  
426 Houston

## Conversational English SP-19

This is an English as a second language conversation class. We will discuss English grammar, pronunciation, and vocabulary in an informal setting. Become familiar with the educational and recreational resources that the KSU/Manhattan community has to offer while gaining confidence in using the English language. Make new friends while learning the English language and sharing your culture.

*Kelly Hansen (532-6865) is an anthropology major who has tutored English as a second language for over three years. She is currently learning a second language and knows the frustration of not always being able to express her thoughts in a language other than her own. She is a member of the International Coordinating Council and plans to pursue a M.A. in English as a Second Language.*

Date: September 11 - December 11 (Tues)  
Time: 2:30 - 4 p.m. (14 sessions)  
Fee: \$15  
Location: UFM Conference Room

## Introduction to Spoken Japanese SP-06

Are you fascinated by the Japanese language and culture? This course will introduce the participant to spoken Japanese. Japanese culture and customs including foods, currency, and greetings will also be discussed.

*Aikihiko Tachiyama (776-8063) graduated from the International Economics Department at Japanese University. He worked for seven years at a Japanese trade company. He is presently working toward his MBA at KSU and welcomes the opportunity to share his knowledge of Japan and its language.*

Date: September 17 - December 3 (Mon)  
Time: 7 - 9 p.m. (12 sessions)  
Fee: \$25  
Location: KSU Bluemont Hall Room 111

## Spanish for Beginners SP-08

Learn to speak Spanish. Geared for beginning students, this course will cover pronunciation, grammar, and easy conversations.

*Deyanira Solano (539-7630) is a Costa Rican native who has taught Spanish at Kansas State University.*

Date: September 17 - December 3 (Mon)  
Time: 7 - 8 p.m. (12 sessions)  
Fee: \$25  
Location: UFM Conference Room

12

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## Conversational German SP-20

This course is designed to provide German conversation for people who speak some German.

*Erika Geradeau (539-2866), a German native, is a K-State student studying business and German.*

Date: September 19 - December 5 (Wed)  
Time: 7 - 8 p.m. (12 sessions)  
Fee: \$25  
Location: KSU Eisenhower Hall Room 16

## Introduction to German SP-07

This class is designed to give you an introduction to the German language, culture, and customs. It is ideal for the traveler. We will learn how to ask for directions, order in a restaurant, find hotel rooms, and better understand "the German ways" of doing things.

*Elfriede Cuyle has taught German to military personnel in Germany. She has also given private lessons in German.*

Date: September 20 - November 29 (Thurs)  
Time: 7 - 8 p.m. (10 sessions)  
Fee: \$25  
Location: KSU Justin Hall Room 149

## The Art of Public Speaking SP-04

Nervous about speaking before others? Develop confidence in this important area. Learn about different speaking methods. Participate in this class through prepared and extemporaneous talks on many different subjects. **Everyone** will gain confidence. This course is for the very shy to the confident speaker who just needs a little polishing.

*Jill Frese (537-4505) is a registered representative for Waddell & Reed. She has taught Public Speaking previously.*

Date: September 20 - November 8 (Thurs)  
Time: 7 - 9 p.m. (8 sessions)  
Fee: \$15  
Location: 445 East Poyntz

## Introduction to the Philosophy of Gurdjieff and Ouspensky SP-03

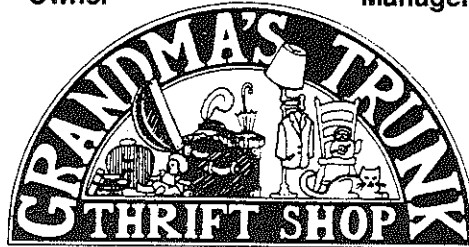
Explore the psychological system of the two Russian philosophers and teachers, Gurdjieff and Ouspensky. Their philosophy seeks to join Eastern traditions with Western needs, emphasizing a system of self-development grounded in verification through personal exercises, discussions, and reading aloud from Ouspensky's *A Psychology of Man's Possible Evolution*.

*David Seamon has been active with Gurdjieff's work for 15 years. He has studied with J.G. Bennett, a pupil of both Gurdjieff and Ouspensky.*

Date: September 13 - October 18 (Thurs)  
Time: 7:30 - 9 p.m. (6 sessions)  
Fee: \$12  
Location: UFM Greenhouse

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## Zen Buddhist Philosophy and Practice SP-14

Zen Buddhist philosophy aims for enlightenment by direct intuition through meditation. Join us for discussion and practice of Zen meditation (Zazen) with a major focus on the soto tradition or "school." Other traditions will also be discussed.

*Leon Rappoport, (532-6850) a professor with the KSU Psychology department, and Al Potter, a medical technician in the Veterinary school, have studied Zen for several years and are affiliated with the Minneapolis Zen Center and the Manhattan Zen Group.*

Date: October 3, 10 & 17 (Wed)  
Time: 7:30 - 9 p.m. (3 sessions)  
Fee: \$12  
Location: UFM Conference Room

## Sack Lunch Theology: "God the Economist" SP-13

Do religious values have anything to do with the way we use resources? Do economic values say anything about the way we view and live in the world? Theology and economics are rarely considered to have any relationship to each other. However, there are implicit economic values underlying our theologies and implicit theologies underlying our economics. We will explore these implications through the use of Douglas Meek's book, *God The Economist* (available at the first class for approximately \$12).

*Dave Stewart (539-3051) is a campus minister who has been teaching Sack Lunch Theology courses for years.*

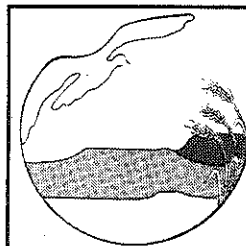
Date: October 1 - November 26 (Mon)  
Time: 11:30 a.m. - 1 p.m. (9 sessions)  
Fee: \$5  
Location: Baptist Campus Center  
1801 Anderson Avenue

## Advanced Genealogy SP-18

What are the roots of your family tree? Designed for individuals who have taken beginning genealogy or who have done previous genealogical research, this course will cover sources of information, special techniques for making genealogical decisions, and organizing and publishing your genealogical data.

*J. Harvey Luttrell, a retired KSU professor, has done extensive genealogical research. He is the past president of the Riley County Genealogical Society and the editor of the *Kansas Kin*, the Society's quarterly.*

Date: November 5 and 12 (Mon)  
Time: 7 - 9 p.m. (2 sessions)  
Fee: \$12  
Location: Riley County Genealogical Society Library  
2005 Claflin Road



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539-8416 Everyone is Welcome



SELF & PERSONAL GROWTH (Continued)

**Personal Image Seminar** SP-09

Learn how to present a confident personal image. With computer assistance, learn precisely which of 93 types of summers, autumns, winters, or springs you are according to the color of your hair, skin, and eyes. Learn how to choose the most flattering make-up and clothing colors, and the best clothing styles based on your own unique body proportions.

Betty Lyn Llaneta (539-6851) is an independent image and color consultant with Beauty For All Seasons, Inc., the international leader in the science of image and color. Betty Lyn, who is a Contrasting Dynamic Winter, was certified as a Color Alliance consultant in September 1988 and a Signia image consultant in April 1990.

Date: September 23 (Sun)  
Time: 1 - 3 p.m. (1 session)  
Fee: \$6  
Location: UFM Conference Room

**Personal Image Seminar** SP-10

Date: October 21 (Sun)  
Time: 1 - 3 p.m. (1 session)  
Fee: \$6  
Location: UFM Conference Room

**Personal Image Seminar** SP-11

Date: November 18 (Sun)  
Time: 1 - 3 p.m. (1 session)  
Fee: \$6  
Location: UFM Conference Room

**Personal Image Seminar** SP-12

Date: December 9 (Sun)  
Time: 1 - 3 p.m. (1 session)  
Fee: \$6  
Location: UFM Conference Room



**Basic Skin Care** SP-15

Learn the basic principles of skin care. Discuss skin care products that help you retain moisture and look your best.

Paula Cook (776-4794) is the director of esthetics at Crum's Beauty College.

Date: October 10 (Wed)  
Time: 6 - 8 p.m. (1 session)  
Fee: \$10  
Location: Crum's Beauty College  
512 Poyntz Avenue

**Natural Nail Care** SP-16

Have you always wanted to have beautiful nails? Join us for an informative class on nail care. Gain experience working with nail care products such as nutrients, fortifiers, and color.

Beth Ann Cobb (776-4794) is an instructor of onychology (nail care) at Crum's Beauty College and a nail tech at Lords 'n Ladys.

Date: October 17 (Wed)  
Time: 6 - 8 p.m. (1 session)  
Fee: \$10  
Location: Crum's Beauty College  
512 Poyntz Avenue

**A Whole New You** SP-02

Find a whole new image of yourself. This class includes a three part series on balance, design, and proportions according to your individual build and facial structures. The classes also entail colors, make-up, and an in-depth look at any products used to create the professional you.

Lee Staab (776-9100) has been a hair stylist and nail technician for four years.

Date: October 22, 29, & November 5 (Mon)  
Time: 7 - 8:30 p.m. (3 sessions)  
Fee: \$10  
Location: Shear Dynamics  
1125 Laramie

**INSTRUCTORS WANTED**

Become an instructor! If you have a skill or interest that you would like to share with others in the community, please call Terry Carpenter at 539-8763 by October 30. Our volunteer instructors are the backbone of our campus/community program as they share their knowledge and expertise. Become a link in our goal of life-long learning and living.

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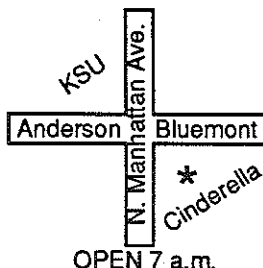
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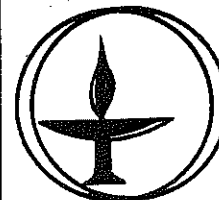


**Now Available at UFM**

Meeting Facilities for family life education classes and/or support groups are available. A newly renovated conference and child care area may be scheduled by appropriate groups by contacting UFM, 539-8763.

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- Stimulating programs
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- Childcare for those too young for classes
- Refreshments after programs
- Social events

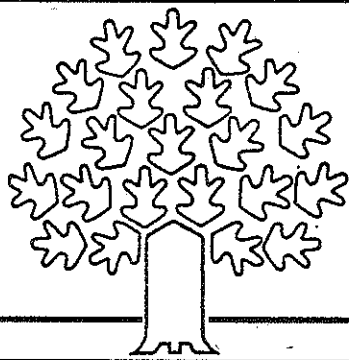


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# Arts & Hobbies

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539-8763

## Pressed Flowers

AH-01

Save those beautiful flowers in your garden! Learn how to preserve flowers by pressing or drying them. Get ideas about how to use them in home decorating projects or for gift making.

Date: September 10 (Mon)  
Time: 6 - 7 p.m. (1 session)  
Fee: \$6  
Location: UFM Greenhouse

## Corsage Making

AH-05

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

Date: September 17 (Mon)  
Time: 7 - 8 p.m. (1 session)  
Fee: \$8  
Location: UFM Greenhouse

## Flower Arranging

AH-08

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

Date: September 24 (Mon)  
Time: 7 - 9 p.m. (1 session)  
Fee: \$10  
Location: UFM Greenhouse

## Wreath Making

AH-17

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

Date: October 15 (Mon)  
Time: 7 - 9 p.m. (1 session)  
Fee: \$12  
Location: UFM Greenhouse

Evelyn and Howard Campbell (539-8763) both have degrees in horticulture therapy from KSU. Their talents and expertise range from making corsages to using flowers (fresh, dried, and pressed) for gifts and home-decorating projects such as wreaths and floral designs.

## Antique Glassware

AH-02

Interested in antique glassware? How do you determine the characteristics, age, and different types of glassware? What are the different types of manufacturing processes used to produce glassware? These areas will be covered as we focus on cut, carnival, pressed, depression (inexpensive and elegant), pottery, china, and other types of glassware.

Jean Bigbee (537-4884) enjoys sharing her love of antiques and collectibles with others. She manages Tuttle's Antique Market in Manhattan.

Date: September 11 - 25 (Tues)  
Time: 7 - 8:30 p.m. (3 sessions)  
Fee: \$10  
Location: Tuttle's Antique Market  
2010 Tuttle Creek Boulevard

## Books For and About Women

AH-03

We will discuss thoughts, ideas, and issues expressed by women authors through fiction and non-fiction books. Through this informal class we will exchange different perceptions from our own experiences interpreting the themes seriously and lightly. Past book selections include: *At Risk* by Alice Hoffman, *Six Feet of the Country* by Nadine Gordimer, *The Joy Luck Club* by Amy Tan, and *My Place* by Sally Morgan.

Lorrie Cross (539-5337) enjoys reading and discussing books by and about women. She has been a member of this group since its beginning in 1978.

Date: September 12 - December 12 (Wed)  
(every 2 - 3 weeks until December 12)  
Time: 7:30 - 9 p.m. (6 sessions)  
Fee: \$6  
Location: call Lorrie for the weekly class location

## Beginning Knitting

AH-06

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

Jean Johnston (776-3292) is an experienced knitter of 25 years and has taught knitting for UFM for many years.

Date: September 18 - October 9 (Tues)  
Time: 7 - 9 p.m. (4 sessions)  
Fee: \$10  
Location: 522 Vattier

## Silk Flower Arrangements

AH-07

Have you admired silk floral arrangements that you've seen? Create your own beautiful floral design. Bring a container, silk flowers, and dried natural materials. Take home a work of art!

Sherry McCurry has 20 years experience as a florist and is employed in Dillon's floral shop making arrangements from silk, fresh, and dried materials.

Date: September 24 (Mon)  
Time: 7 - 9 p.m. (1 session)  
Fee: \$7  
Location: UFM Banquet Room



## Basic Sketching

AH-11

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

Gene Ernst is a Professor of Architecture at KSU. Ernie Peck (537-9883) is an Associate Professor in the KSU Extension Service. He is an accomplished painter. Gene and Ernie have co-taught pencil sketching for several years.

Date: October 2, 4, 9, 11, & 13  
Time: 7 - 9 p.m. (4 sessions - Tues & Thurs)  
Field Trip - 8:30 a.m. - 1 p.m.  
(1 session - Sat)  
Fee: \$10  
Location: UFM Banquet Room

## Professional Novel & Story Writing

AH-12

Covers all phases of writing (non-fiction and fiction). Learn how to develop character, dialogue, long scenes, short scenes, documentation, foreshadowing, time transitions, flashbacks, recollections, introspection, action, and other topics. The book *Dare To Be A Great Writer* written by the instructor will be used in class.

Leonard Bishop has taught writing courses for over 25 years, has published nine novels, and has written a professional book on writing titled *Dare To Be Different*, now in its second printing.

Date: October 3 - 17 (Wed)  
Time: 7 - 9:30 p.m. (3 sessions)  
Fee: \$11  
Location: KSU Justin Hall Room 256

14

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ARTS & HOBBIES (Continued)

**Tatting**

AH-13

Tatting, or frivolite as the French call it, is a very old art. This process of making lace by looping and knotting a single strand of thread on a small shuttle originated in Europe. Join us in a friendly and relaxed atmosphere to create lace today that is just as beautiful as yesterday's art. Please bring a plastic tatting shuttle and spool of tatting thread (no. 20).

Jessie Foueaux (776-6806) has been teaching tatting for UFM for 14 years. She truly enjoys sharing her knowledge of this almost lost art.

Date: October 4 - 18 (Thurs)  
Time: 7 - 9 p.m. (3 sessions)  
Fee: \$8  
Location: 323 Thurston

**Folk-style Autoharp**

AH-16

Discover the fun of playing your autoharp folk-style! This class will cover the autoharp basics including tuning, common chords, and strum patterns. Bring your autoharp, a thumbpick and at least two finger picks. If you have a favorite song, bring it and we'll try to accompany it!

Linda Teener (537-0508), UFM's new Executive Director, has been playing the autoharp for ten years and finds the autoharp to be as versatile as the guitar without the difficulty.

Date: October 13 (Sat)  
Time: 1 - 3 p.m. (1 session)  
Fee: \$4  
Location: 1900 Judson

**Basic Book Repair**

AH-24

This course will demonstrate simple book repairs that can be done at home. Bring some books for evaluation and possible work.

Emily Epstein (532-7435) is a specialized collections cataloguer at KSU's Farrell Library. She is interested in book preservation and supervised the preservation program for one year at Oberlin College in Ohio.

Date: October 15 (Mon)  
Time: 7 - 9 p.m. (1 session)  
Fee: \$4  
Location: UFM Banquet Room



15

**UFM POTTERY COOPERATIVE**

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

**ANNUAL MEMBERSHIP**

Cash fee:.....\$45/annually  
(May be paid at the rate of \$16 every 4 months.)  
(Shorter periods or one-time usage can be arranged.)

**OTHER MEMBERSHIPS**

4 Months:  
Cash fee:.....\$25  
8 Months:  
Cash fee:.....\$35

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- 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 property through pottery sales at the UFM House

For further information,  
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**Beginning Calligraphy (for Right Handers)** AH-04

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

Date: September 14 (Fri)  
Time: 6:30 - 9 p.m. (1 session)  
Fee: \$11  
Location: UFM Banquet Room

**Making Covered Books/Albums** AH-09

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

Date: September 29 (Sat)  
Time: 10 a.m. - 12 noon (1 session)  
Fee: \$11  
Location: UFM Banquet Room

**Making Padded Baskets** AH-10

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

Date: September 29 (Sat)  
Time: 1 - 3 p.m. (1 session)  
Fee: \$11  
Location: UFM Banquet Room

**Creative Twist Dolls** AH-15

Have you admired the corn husk-type dolls so popular in a variety of colors? If so, you can learn to make them at a fraction of what you'd pay at craft fairs. You can make your doll in whatever color you purchase of the creative twist ribbon. You will need 6 yards of the color of your choice, and will need to have pre-cut these pieces from instructions given at the time of registration.

Date: October 13 (Sat)  
Time: 1 - 3 p.m. (1 session)  
Fee: \$10 (includes some materials)  
Location: UFM Banquet Room

**Beginning Calligraphy (for Right Handers)** AH-20

Date: November 16 (Fri)  
Time: 6:30 - 9 p.m. (1 session)  
Fee: \$11  
Location: UFM Banquet Room

**Pine Cone Christmas Tree** AH-22

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

Date: December 1 (Sat)  
Time: 10 a.m. - 12 noon (1 session)  
Fee: \$9  
Location: UFM Banquet Room

**Pinecone Artistry** AH-23

Do you enjoy the natural look of pine cone art? See samples of wreaths, trees, and candle holders and learn how to make items that can be personalized to match any decor. Please bring a variety of small cones no larger than two inches (approximately 30). You'll then be shown the technique for making a pine cone candle holder. Some cones will be provided by instructor. Also bring a caulking or hot glue gun if you have one to expedite projects.

Date: December 1 (Sat)  
Time: 1 - 3 p.m. (1 session)  
Fee: \$9  
Location: UFM Banquet Room

Deb Rosproy (239-3026) is a craft-oriented person. She learned how to do calligraphy in 1980, and currently letters cards and posters for personal and professional use. She has made numerous pinecone wreaths and Christmas trees using techniques she learned in 1982. Since 1986, she has done all varieties of padded baskets and covered albums. One of her latest hobbies is the making of creative twist dolls. Deb enjoys sharing what she has learned with all interested members of the community. She finds that many times her students "teach" her with their ideas as well.

**Intermediate Knitting** AH-18

There is more to knitting than "knit one, purl one." Learn the cable stitch, 2-color knitting, and other decorative stitches. Bring size 10 knitting needles, a large cable needle, and light-colored 4-ply worsted knitting yarn. Also bring any and all questions.

Jean Johnston (776-3292) is an experienced knitter of 25 years and has taught knitting for UFM for many years.

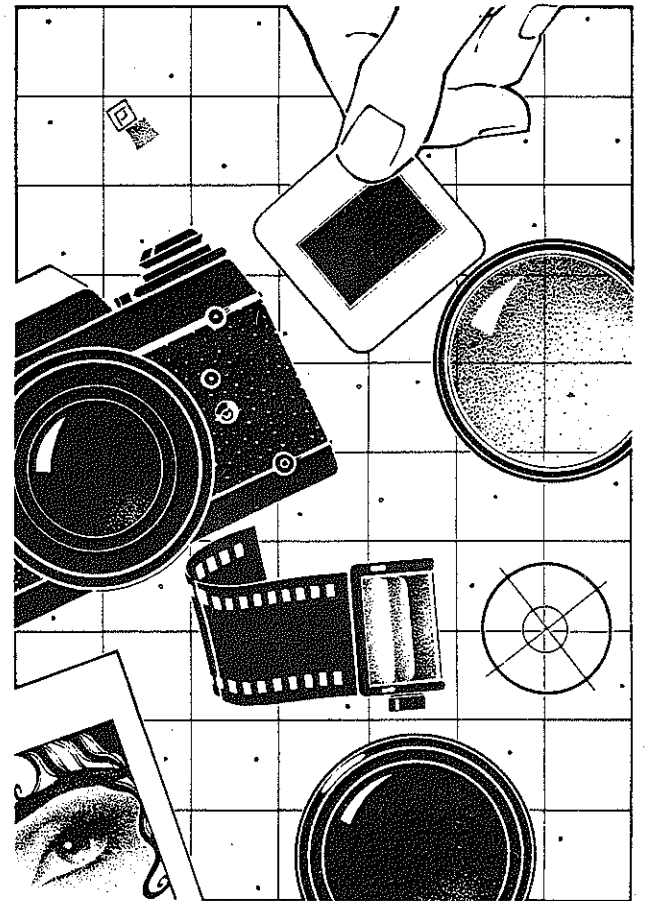
Date: October 16 - November 13 (Tues)  
Time: 7 - 9 p.m. (4 sessions)  
Fee: \$10  
Location: 522 Vattier

**Cutting Paper Snowflakes** AH-19

It's easy and fun to cut eye-catching, artistic, dramatic snowflakes in a variety of styles. Numerous examples will be displayed, and students will be led step-by-step through various patterns. A catalog of examples will be available at a cost of \$1.00. For ages 9 - 90. Bring sharp adult scissors!

Leo Schell, (539-6540) a former elementary school teacher, has delightedly cut paper snowflakes for over 30 years and has a large collection of them.

Date: November 10 (Sat)  
Time: 9 a.m. - 12 noon (1 session)  
Fee: \$3  
Location: KSU Bluemont Hall Room 114



**Beginning Photography** AH-21

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

Ernie Peck (532-5768) is an Associate Professor in the KSU Extension Service. He has taught photography for 20 years.

Date: November 13, 14, 15, 17, & 20  
Time: 7 - 9 p.m.  
(4 sessions - Tues, Wed, & Thurs)  
Field Trip - 8:30 a.m. - 4:30 p.m.  
(1 session - Sat)  
Fee: \$40 (includes film, processing, handouts, camera rental, & tour transportation)  
Location: Photographics  
1570 Hayes Drive

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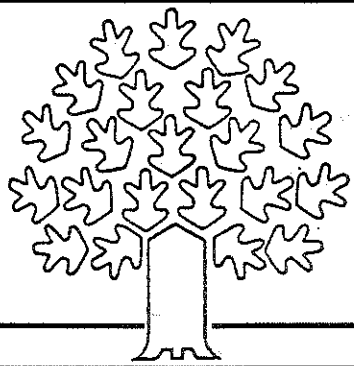
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539-8763

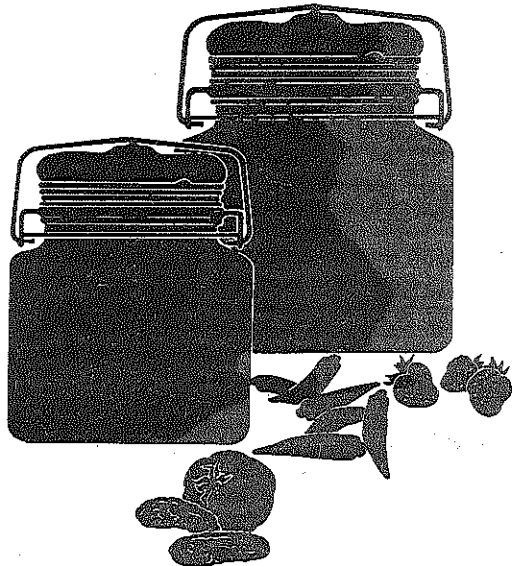
## Home Canning for the Beginner

FN-01

Enjoy fruits and vegetables from your garden all year long by learning how to can or freeze produce. Whether you grow your own or visit the produce section of the grocery store, you will learn how to prepare and can nutritious foods to stock your shelves. Besides being an enjoyable and inexpensive way to feed your family, canning and freezing provide an escape from commercially canned and frozen foods that are highly seasoned.

*Evelyn Campbell* (539-8763) has canned for 25 years. In 1989 she canned and froze over 115 quarts.

Date: September 4 (Tues)  
Time: 7 - 9 p.m. (1 session)  
Fee: \$6  
Location: UFM Greenhouse



## Beginning Candy Making

FN-08

Learn to make candy not just for the holidays, but year round. Create mouth-watering treats that are more attractive, tastier, and cost less than store bought! A variety of candies will be made by using candy molds and dipping techniques. Come have a good time and take home some sweets, too!

*Deb Rosproy* (239-3026) took her first candy class in 1982 and has made gifts for family and bazaars ever since. Deb enjoys sharing what she has learned with all interested members of the community.

Date: October 13 (Sat)  
Time: 10 a.m. - 12 noon (1 session)  
Fee: \$12 (includes materials)  
Location: UFM Kitchen/Banquet Room

## Cooking with Herbs

FN-04

Enjoy an evening of taste testing teas and other food items flavored with freshly grown herbs. Find out how herbs are used and how they can enhance home cooking. Take home recipes that will spark your cooking creativity using basil, sage, thyme, and oregano.

*Evelyn and Howard Campbell* (539-8763) have been cooking with fresh and dried herbs for over 25 years.

Date: October 22 (Mon)  
Time: 7 - 9 p.m. (1 session)  
Fee: \$9  
Location: UFM Kitchen

## Quick Bread

FN-05

Looking for a Christmas gift that can be enjoyed by everyone? Learn how to make a variety of quick breads that can be used for your home entertaining or given as gifts.

*Evelyn and Howard Campbell* (539-8763) have been giving homemade breads as gifts for over 25 years.

Date: November 5 (Mon)  
Time: 7 - 9 p.m. (1 session)  
Fee: \$9  
Location: UFM Kitchen

## Wok Cookery

FN-02

The wok, a cooking utensil, is considered to be an old cookery method. Its popularity has increased dramatically because of encouragement to reduce fat in the diet. Learn the basic technique of stir-frying and cooking in a wok through a hands-on experience. Bring your appetite. We will prepare a dinner of egg drop soup, egg rolls, two entrees, rice, and cookies. If you have a wok, please bring it to class.

*Sharolyn Flaming* is a Riley County Extension Agent. She has taught many wok cookery workshops.

Date: November 8 (Thurs)  
Time: 6 - 9 p.m. (1 session)  
Fee: \$8  
Location: UFM Kitchen & Banquet Room

## Christmas Candy

FN-06

Learn to prepare Christmas candies just in time for the holiday season. During this hands-on class, we will make fudge, peanut brittle, and taffy. If you have favorite candy recipes, bring them to share with other participants. You will have candy and recipes to take home.

*Floyd Davis* (539-7426) is a senior in horticulture therapy at KSU. He enjoys making candy.

Date: November 9 (Fri)  
Time: 6 - 8 p.m. (1 session)  
Fee: \$12  
Location: UFM Kitchen

## Castle Cuisine: An Introduction to Medieval Cooking

FN-03

Receive an overview of medieval cookery and the diet of the nobility. Medieval dishes will be demonstrated and served. Bring your appetite for hearty samples of medieval cooking.

*Emily Epstein* (532-7435) is a member of the Society for Creative Anachronism, an organization dedicated to the study and re-creation of selected aspects of the middle ages. Her particular interest has been medieval cooking.

Date: November 12 (Mon)  
Time: 7 - 9 p.m. (1 session)  
Fee: \$8  
Location: UFM Kitchen



## Cookie Swap

FN-07

Want some variety on your Christmas cookie platter? Bring your favorite cookie recipe and 5 dozen cookies to share. Take home a variety of cookies from other participants.

*Evelyn Campbell* is the coordinator of the cookie swap.

Date: December 10 (Mon)  
Time: 7 - 8 p.m. (1 session)  
Fee: \$2  
Location: UFM Fireplace Room

17

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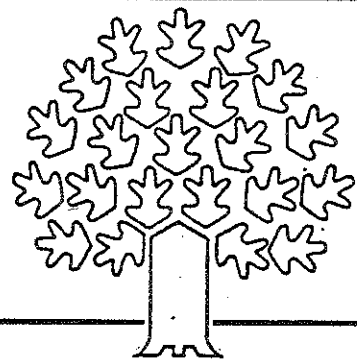
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# Community & World

1221 THURSTON

539-8763

## HISTORICAL TOURS

Have you wanted to visit some of the interesting sights within an hour's drive of Manhattan? Join us as we tour some historical sites at Wamego, Fort Riley, and Abilene.

### Wamego Tour

CW-06

Tour the old Dutch Mill (1879) and museum. We will visit the one-room schoolhouse, log cabin, and jail that are located in the City Park of Wamego. See the home of Walter P. Chrysler. After lunch at the Friendship House and Gift Shop, we will tour the Leach House (1890). Meet at the old Dutch Mill, Wamego City Park.

Date: September 22 (Sat)  
Time: 10 a.m. - 3 p.m. (1 session)  
Fee: \$15 (includes admissions, map, and lunch)  
Location: Wamego City Park

### Fort Riley Tour

CW-07

Join us for a tour of Fort Riley. We will begin with a command briefing followed by a tour of the Calvary Museum and Custer House (both built in 1855). Lunch will be a buffet at the Leader's Club. We will then board a bus and explore various military equipment (tank, helicopter). See a demonstration of the MP working dogs by their trainers. Meet at the information booth on Huebner Road (map will be provided upon registration).

Date: October 19 (Fri)  
Time: 8:45 a.m. - 4:15 p.m. (1 session)  
Fee: \$10 (includes lunch)  
Location: Meet at Information Booth, Huebner Road, Fort Riley

### Abilene Tour

CW-08

Celebrate the Eisenhower Centennial by visiting the Eisenhower Center. There you will see his home, library, museum, and "A Place of Meditation." Old Abilene Town and the Western Museum are within walking distance for those who desire to visit these sites. After lunch at the historic Kirby House we will tour the Seelye House built in 1905. Bring your walking shoes and meet at the Eisenhower Center at 9 a.m. (Map and schedule will be provided at the time of registration).

Date: October 27 (Sat)  
Time: 9 a.m. - 4 p.m. (1 session)  
Fee: \$20 (includes lunch and admissions)  
Location: Eisenhower Center, Abilene

Evelyn Campbell, series coordinator. For more information contact UFM 539-8763.

### Community Volunteer Training

CW-01

Increase your natural helping skills, knowledge of resources, and level of confidence in being a volunteer with older adults. Take this opportunity to become the best volunteer you can be at the place where you are already involved. Or learn where you are needed and how to start. No UFM registration fee is required. Attend either or both sessions. Specific agenda is available.

A task force from the H.E.L.P. Agency network, (including the Senior Center, Home Care, Inc., Riley County Health Department, Pawnee Mental Health, RSVP, and Red Cross) has planned this training to encourage active and new volunteers that have or want more contact with the aging population. For additional information contact Nancy Anderson, HELP Coordinator, at the Senior Center, 537-4040.

Date: September 15 & 22 (Sat)  
Time: 9 a.m. - 12:30 p.m. (2 sessions)  
Fee: No charge  
Location: Senior Service Center  
412 Leavenworth

### World Friendship

CW-02

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

Carolee Stark (539-1781) and Lubov Ramm (539-0959) are coordinators for this organization.

Date: September 18 - December 4 (Tues)  
Time: 9:30 - 11 a.m. (12 sessions)  
Fee: \$3  
Location: First Presbyterian Church  
8th and Leavenworth

18

### Afrique, Mon Afrique

CW-03

Explore the exotic nations of Senegal and The Gambia (Origin of Roots), West Africa! Join us for an evening of culture! This multi-media participatory adventure will include conversation, lecture, slides, music, ethnic clothing, and art. Take this opportunity to replace myths and stereotypes with information that will provide insight into this "global village" in which we live. Bring your questions for discussion.

Derek Stanfill (1-236-2700) grew up in Denver, Colorado. He earned his Bachelor's degree from Lewis & Clark College in Portland, Oregon. He served as a volunteer for the U.S. Peace Corps in Senegal, West Africa, from 1986 to 1988 and is currently working as an U.S. Peace Corps Representative in the Kansas City Area Office.

Date: October 2 (Tues)  
Time: 6:00 - 8:00 p.m. (1 session)  
Fee: \$3  
Location: K-State Union Room 205

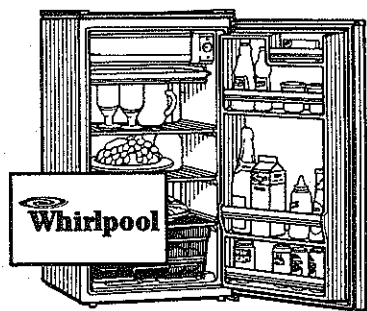
### European Getaways

CW-04

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

David Garvin (539-0531) has been in the travel and tourism business for 14 years.

Date: October 10 (Wed)  
Time: 7 - 9 p.m. (1 session)  
Fee: \$2  
Location: Creative Travel  
957 Seth Childs Road



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**HERE'S MANHATTAN**

CW-05

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

**Manhattan's History and Community Resources**

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

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

**Manhattan's Education and Human Services**

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

Date: *October 16 (Tues)*  
Time: *7 - 9 p.m. (1 session)*  
Location: *K-State Union Big 8 Room*

**Manhattan's Business and Industry**

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

Date: *October 23 (Tues)*  
Time: *7 - 9 p.m. (1 session)*  
Location: *Union National Bank Main Lobby*

**Manhattan's Arts and Leisure Activities**

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

Date: *October 30 (Tues)*  
Time: *7 - 9 p.m. (1 session)*  
Location: *Manhattan Public Library  
Juliette & Poyntz*

Sponsors: UFM and the KSU Division of Continuing Education, Manhattan Arts Council, Manhattan Chamber of Commerce, Riley County Historical Museum, Welcome Wagon, United Way of Riley County, Manhattan Public Library, Army Community Service Office at Fort Riley

Childcare will be available at the UFM Child Care Area during the "Here's Manhattan" series. Reservations are required. Please let us know the number of children and their ages at the time of registration (maximum number - 10 children).

**Before and After the Curtain Rises**

CW-09

This roundtable discussion will allow us to examine the style, plot, character, and themes of two upcoming plays to be presented by the Manhattan Civic Theater. After the opening night performance, we will meet with the director and cast to talk about the individual process and goal of each play.

*Edith Hinricks* has been engaged in theater as an actress, director, and teacher, both at KSU and in the community. She is currently serving as President of the Manhattan Civic Theater.

**"You Can't Take It With You"**

Date: *September 17 (Mon) (pre-play discussion)*  
Time: *7 - 8:30 p.m.*  
Location: *Baptist Student Center  
1801 Anderson*

Date: *September 21 (Fri) (post-play discussion)*  
Time: *following performance of "You Can't Take It With You"*  
Fee: *\$3 (includes both sessions)*  
Location: *Wareham Opera House  
410 Poyntz*

**Before and After the Curtain Rises**

CW-10

**"Nunsense"**

Date: *November 5 (Mon) (pre-play discussion)*  
Time: *7 - 8:30 p.m. (1 session)*  
Location: *Baptist Student Center  
1801 Anderson*

Date: *November 9 (Fri) (post play discussion)*  
Time: *following performance of "Nunsense"*  
Fee: *\$3 (includes both sessions)*  
Location: *Wareham Opera House  
410 Poyntz*

**THE LOU DOUGLAS LECTURES 1990**

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. For further information call Karen McCulloh, Coordinator, at 539-8763.

September 25 7:30 p.m. Forum Hall

David Orr will be speaking on "Refugees or Homecomers: The Reinhabitation of Rural America." Mr. Orr is the founder of the Meadowcreek Project, a center for the environment in Fox, Arkansas. He is on the staff of Oberlin College and is currently writing on the re-ruralization of America - the conflict between a global economy and finite resources.

October 11 7:30 p.m. McCain Auditorium

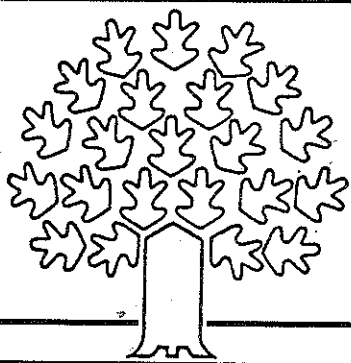
Amory Lovins will be speaking on "Negawatts." Mr. Lovins is the the director of the Rocky Mountain Institute based in Aspen, Colorado. He is internationally known as one of the pre-eminent authorities on the environment.

September 11 7:30 p.m. Forum Hall

Molly Ivins will be speaking on "The Media, Politics, and Other Forms of Insanity." Ms. Ivins is a Texas news correspondent who reports the political scene on the state and national levels. She is a frequent commentator on NPR and in *Mother Jones*. She is known for her dry, salty wit and her ability to deflate political pretensions.

October 30 7:30 p.m. Forum Hall

Kenneth E. Boulding will be speaking on "Century Twenty-One: An Age of Maturity?" Dr. Boulding is Distinguished Professor of Economics, Emeritus at the University of Colorado. A prolific writer, his most recent book is *The Faces of Power*.



# Business & Professional

1221 THURSTON

539-8763

## Money Management for Women for the 90's

BP-01

A workshop designed to present the basic benefits and concepts of financial planning for women. Learn about educational funds, retirement planning, health insurance needs, and financial wellness. A complete financial plan will be given to each participant.

*Jill Frese* (537-4505) is a registered representative for Waddell & Reed. She is active in women's issues and is concerned about women of all walks of life being able to take care of themselves and their families.

Date: September 19 (Wed)  
Time: 7 - 9 p.m. (1 session)  
Fee: \$4  
Location: 445 East Poyntz

## Money Management for Women for the 90's

BP-02

Date: October 24 (Wed)  
Time: 7 - 9 p.m. (1 session)  
Fee: \$4  
Location: 445 East Poyntz

## Money Management for Women for the 90's

BP-03

Date: November 14 (Wed)  
Time: 7 - 9 p.m. (1 session)  
Fee: \$4  
Location: 445 East Poyntz

## Successful Money Management

BP-04

Be a successful money manager! This program will cover savings structure, investment, and insurance programs for today's world. Discover how to save taxes today while providing future dollars for education or retirement. We will discuss the impact of inflation and how to make it work, for rather than against, one's financial plan. Affordable ways of investing and saving regardless of one's budget will also be addressed. A financial plan for each class participant will be provided.

*Fred Freeby* is a senior account executive for Waddell & Reed, Inc. and has 14 years experience as a financial planner.

Date: September 25 (Tues)  
Time: 7:30 - 9:30 p.m. (1 session)  
Fee: \$4 per person (\$5 per couple)  
Location: 445 East Poyntz

## Successful Money Management

BP-05

Date: October 16 (Tues)  
Time: 7:30 - 9:30 p.m. (1 session)  
Fee: \$4 per person (\$5 per couple)  
Location: 445 East Poyntz

## Successful Money Management

BP-06

Date: November 13 (Tues)  
Time: 7:30 - 9:30 p.m. (1 session)  
Fee: \$4 per person (\$5 per couple)  
Location: 445 East Poyntz

## Living Trusts

BP-19

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

*Mark Knackendoffel* (537-0200) is Vice-President and Trust Officer of FirstBank in Manhattan. He graduated from the University of Kansas with the degrees of M.B.A. and J.D. He is a member of the Riley County Bar Association and has eight years of estate planning, trust, and investment experience.

Date: September 11 (Tues)  
Time: 7 - 9 p.m. (1 session)  
Fee: \$3  
Location: Senior Service Center  
412 Leavenworth

## Introduction to Word Perfect 5.1

BP-18

This is a hands-on introductory course to Word Perfect 5.1. Learn how to do computer set-up, retrieve, and save documents, format text, print, and switch between documents. If time allows, we'll learn to change fonts and work with the date feature. The book *Using Word Perfect 5.1* by Que is strongly recommended for this course.

*Mark Shipman* (539-0801) has a B.S. and M.S. in Business Education. He has taught introductory through advanced Word Perfect courses at the high school and college level. He has five years of teaching experience.

Date: September 13 - 27 (Thurs)  
Time: 7 - 9 p.m. (3 sessions)  
Fee: \$20  
Location: The Connecting Point  
1115 Westloop

## Buying A Computer For Your Business

BP-07

Selecting the correct computer software and the proper hardware configuration for your business can be a critical, complicated, and costly process if not done properly. This class "in the basics" will help you identify the sequence, key tasks, and other steps critical to the evaluation, selection, acquisition, installation, and conversion process.

## Understanding Computers

BP-09

It's the computer age and you know absolutely nothing about these machines. Or, are you interested in buying a computer and don't know where to begin? Don't get left behind! Join other beginners in a basic computer literacy workshop designed to help you better understand computers and their functions. Decipher computer terms and learn various hardware and software options.

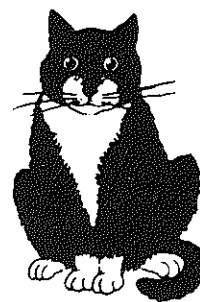
Date: November 7 (Wed)  
Time: 7:30 - 9:00 p.m. (1 session)  
Fee: \$9  
Location: UFM Office

*Jim Sharp* (539-5837), a graduate of KSU in business administration, IBM's System Science Institute, and AT&T's Executive Communication Symposium, has more than 20 years experience as a programmer, systems analyst, data base manager, and computer systems manager. He has taught computer classes in area business organizations, at KSU, Fort Riley, and owns an independent computer consulting business.

Date: October 9 (Tues)  
Time: 7:30 - 9 p.m. (1 session)  
Fee: \$9  
Location: UFM Office

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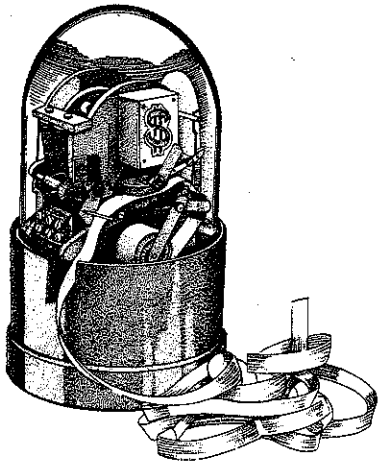
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**Retirement and Financial Planning for Women** BP-10

Three-fourths of elderly Americans living below the poverty level are women. . . half of the widows who are poor were not poor before their husbands died. . . 85% of all married women will live part of their financial life alone. . . What are you doing now to be sure you won't be one of these statistics? This course is designed to address these issues and discuss ways to avoid being caught in these traps. We will examine various retirement plans and other financial options that are available to women and couples.

Sandra Emley and Bob Stamey (776-9118) are with Professional Planning Services of Manhattan. They have many years experience in the areas of financial planning, including retirement and estate planning, financial contingency planning, and asset accumulation.

Date: October 16 (Tues)  
Time: 7 - 8:30 p.m. (1 session)  
Fee: \$4  
Location: K-State Union Room 203

**Retirement and Financial Planning for Women** BP-08

Date: November 13 (Tues)  
Time: 7 - 8:30 p.m. (1 session)  
Fee: \$4  
Location: K-State Union 203

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**CAREER OPTIONS**

Are you interested in exploring different career options? Join us for one or all of these informative sessions on the legal and health professions.

**Legal Professions: What's Involved?** BP-11

Thinking about law school? Not sure? Come to an informative discussion on what's required to obtain admission to law school, when to take the LSAT, and other pertinent issues. Bring your questions.

Nancy Twiss (532-6902) is the pre-law advisor for KSU, College of Arts and Sciences.

Date: September 19 (Wed)  
Time: 12 noon - 1 p.m. (1 session)  
Fee: \$2  
Location: K-State Union Room 206



**Health Professions: What's Involved?** BP-13

What's involved in pursuing a career in nursing, occupational therapy, physical therapy, respiratory therapy, veterinary medicine, and some of the life sciences? Join us for an informative discussion on the requirements necessary to train for these careers. Please bring your questions.

Phoebe Samuelson (532-6902) is an advisor in the College of Arts and Sciences. She works with students interested in careers in occupational therapy, physical therapy, respiratory therapy, nursing, some life sciences, and veterinary medicine.

Date: September 12 (Wed)  
Time: 12 noon - 1 p.m. (1 session)  
Fee: \$2  
Location: K-State Union Room 206

**Health Professions: What's Involved?** BP-12

Are you considering a career in medicine, dentistry, optometry, pharmacy, or medical technology? Join us for a discussion on requirements for admission to these health profession schools, when to take appropriate exams (MCAT, OAT, DAT), and other pertinent issues. Your questions are encouraged.

Susan Gormely (532-6904) is an advisor in the College of Arts and Sciences. She deals with students interested in careers in medicine, optometry, dentistry, pharmacy, and medical technology.

Date: September 26 (Wed)  
Time: 12 noon - 1 p.m. (1 session)  
Fee: \$2  
Location: K-State Union State Room #3

**THANK YOU!**

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

If you would like to advertise your business or organization in the next UFM catalog, contact Terry Carpenter (539-8763) by November 1.

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### PRESENTING A POSITIVE PROFESSIONAL IMAGE

#### What? You Want a Resume and Cover Letter!

BP-14

Are you unsure as to what a resume should include? Does your resume need some improvement? Learn the basics of resume writing. Content, style, paper choices, and that all-important cover letter will be included. If available, bring your resume for review.

*Arlia McManis* is the owner of Resume Service which has been operating in Manhattan for over ten years. She has extensive experience in cover letter composition.

Date: *October 4 (Thurs)*  
Time: *7 - 8:30 p.m. (1 session)*  
Fee: *\$3*  
Location: *K-State Union Room 206*

#### Modern Business Etiquette

BP-16

Have you ever found yourself in a situation where you're not sure what rules of etiquette apply? This course will give you an overview of modern etiquette needed in the business world for graduating students or anyone entering the professional workplace.

*Twila O'Brien* is a native Kansan and an extensive world traveler. She has a B.S. in Business, a M.S. in Counseling, a M.B.A. in Administration, and is currently working on her doctorate. She is affiliated with the Greek Affairs Office and has a particular interest in etiquette.

Date: *October 18 (Thurs)*  
Time: *6:30 - 8:30 p.m. (1 session)*  
Fee: *\$3*  
Location: *K-State Union Room 206*

#### The Art of Interviewing

BP-15

Nervous about that all-important interview? What kind of impression will you make? Learn how to plan and prepare for an employment interview. Your confidence will be increased with greater knowledge of the interviewing process.

*Sue Carlson* (537-0200) is Personnel Director at FirstBank. She received her degree in education at Northern Colorado and taught for 12 years. She has been in personnel management for the past five years and is working towards her M.S. in counseling at KSU.

Date: *October 11 (Thurs)*  
Time: *7 - 8:30 p.m. (1 session)*  
Fee: *\$3*  
Location: *K-State Union Room 207*

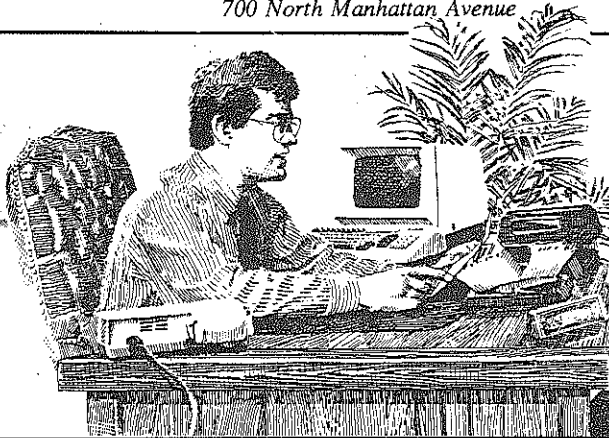
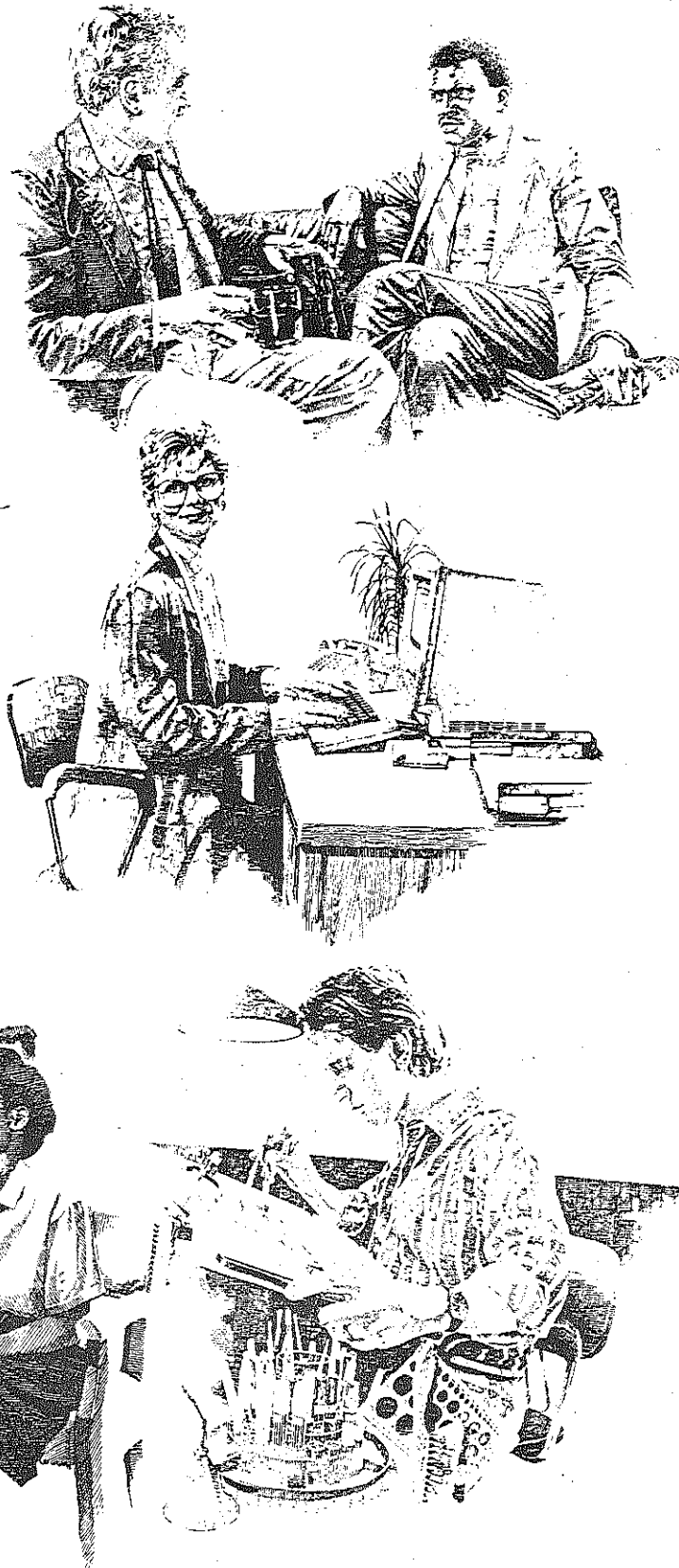
#### Dressing For Success

BP-17

Every trade or profession has its own set of standards of dressing correctly. Your success is bound to depend, in part, on how you measure up to those standards. While interviewing your appearance is helping your prospective employers form their impressions of you. Every successful person does some "work" on the golf course, in a restaurant, or on a social visit to a client's home. This class will show you how to become more fashion confident by wearing clothes that signal self-assurance.

*Ilene Adams* (539-1414), a lifetime resident of Manhattan, graduated from Kansas State University in 1988 with a B.A. in English. She has worked in various business and service areas and has a strong interest in the field of education. Ilene is the manager of Brentwood for Men and Women.

Date: *October 30 (Tues)*  
Time: *7 - 9 p.m. (1 session)*  
Fee: *\$3*  
Location: *Brentwood for Men and Women  
700 North Manhattan Avenue*



#### Now Available at UFM

Meeting Facilities for family life education classes and/or support groups are available. A newly renovated conference and child care area may be scheduled by appropriate groups by contacting UFM, 539-8763.

#### Class Information

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

#### Instructors Wanted

Become an instructor! If you have a skill or interest that you would like to share with others in the community, please call Terry Carpenter at 539-8763 by October 30.

Our volunteer instructors are the backbone of our campus/community program as they share their knowledge and expertise.

Become a link in our goal of life-long learning and living.

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Patty Kline  
Division Mgr.



Fred Freeby  
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Darlene Jorgensen  
Registered Rep.

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537-4505

# UFM is . . .

UFM is the oldest "free university" in the nation. Organized in 1968 as an experiment to provide an atmosphere for discovery with no grades or credits, UFM has evolved as a non-profit community-based education program. A central premise of the UFM philosophy is that within any community there are resources, including community agencies, residents, and facilities, which may be used to integrate education with living in both practice and concept.

Each year UFM helps connect hundreds of volunteer teachers with thousands of learners. UFM helps connect the university and the community, young and old, poor and rich, old and new residents with each other.

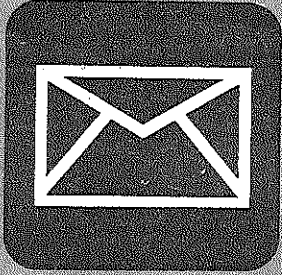
The connections that have happened through classes have led UFM to become involved in other concerns and projects. If you would like to learn more about these projects, call UFM and ask for additional information.

Executive Director - Linda Inlow Teener  
Campus/Community Classes - Terry Carpenter  
Community Resource Act - Anita Madison  
Lou Douglas Lecture Series - Karen McCulloh  
Manhattan Community Gardens - Evelyn Campbell  
Edible Landscape - Evelyn Campbell  
H.O.M.E. (Home Owners Maintenance and Energy) Program - Larry Kabriel  
Adult Education for the Homeless - Michael Cody  
KSU Student Literacy Corps - Karen McCulloh  
Pottery Studio - Sharon Jackson  
Meeting rooms - Linda Thomason

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



# REGISTRATION INFORMATION 3 WAYS TO REGISTER



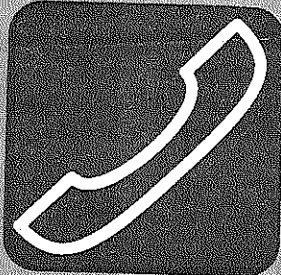
## Registration By Mail

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

UFM  
Class Registrations  
1221 Thurston  
Manhattan, Kansas 66502-5299

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

For you . . .



## Registration By Phone

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

## Registration In Person

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

DATE	TIME	LOCATION
August 22	11 a.m. - 1 p.m.	K-State Union
August 23	11 a.m. - 1 p.m.	K-State Union
August 24	11 a.m. - 1 p.m.	K-State Union
August 25	11 a.m. - 1 p.m.	Town Center
August 28	5 - 7 p.m.	Public Library
August 30	5 - 7 p.m.	Public Library

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

For a friend . . .

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

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

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

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

CLASS #	TITLE	FEES	LOCATION	DATE	TIME
1.					
2.					
3.					
4.					

\*Add \$2.00 REGISTRATION FEE

Tax Deductible Donation

Total

\*Registration Fee Exemptions

- 1) KSU full-time student
- 2) Under 13 years
- 3) Over 60 years
- 4) Handicapped

I hereby authorize the use of my Visa  Master Card

Signature \_\_\_\_\_

Card # \_\_\_\_\_ Expiration Date: \_\_\_\_\_

(Please check all that apply)

KSU STUDENT Fr So Jr Sr Gr  
AGE Under 13 13-18 19-24 25-59 60+  
EMPLOYER KSU Faculty/Staff Fort Riley Personnel

Where did you obtain your catalog?  
I am interested in teaching for UFM. yes  no

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

OFFICE USE ONLY		DATE	STAFF	Check	AMOUNT	TOTAL PAID
Date received	_____	_____	_____	Cash	_____	[ ]
Entered	_____	_____	_____	Visa	_____	
Computer	_____	_____	_____	M/C	_____	
Fee	_____	_____	_____	Voucher	_____	

### REFUND POLICY:

A REFUND voucher check will be issued in these instances:

- (1) the class you have paid for has been filled
- (2) the class you have paid for has been cancelled or significantly changed
- (3) you have overpaid

A CREDIT voucher (redeemable for UFM classes) will be issued 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.

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

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

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

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

CLASS #	TITLE	FEES	LOCATION	DATE	TIME
1.					
2.					
3.					
4.					

\*Add \$2.00 REGISTRATION FEE

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Computer	_____	_____	_____	M/C	_____	
Fee	_____	_____	_____	Voucher	_____	

### DON'T GET SHUT OUT!

Register early:

So we can notify you of any course changes. So you can be assured of space in the course.

So the instructor knows how many students to prepare for.