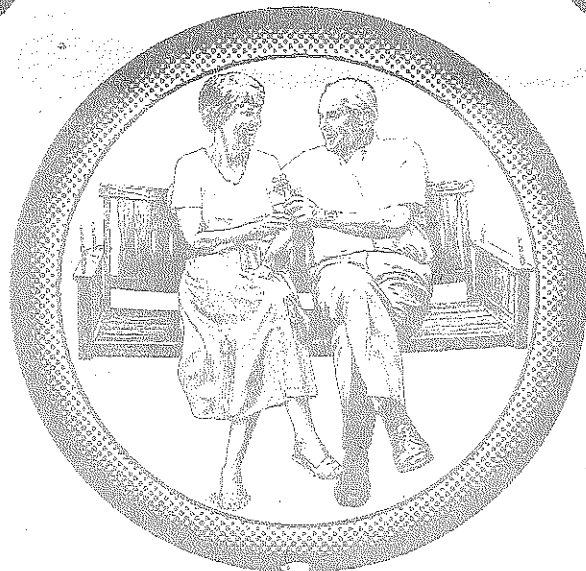
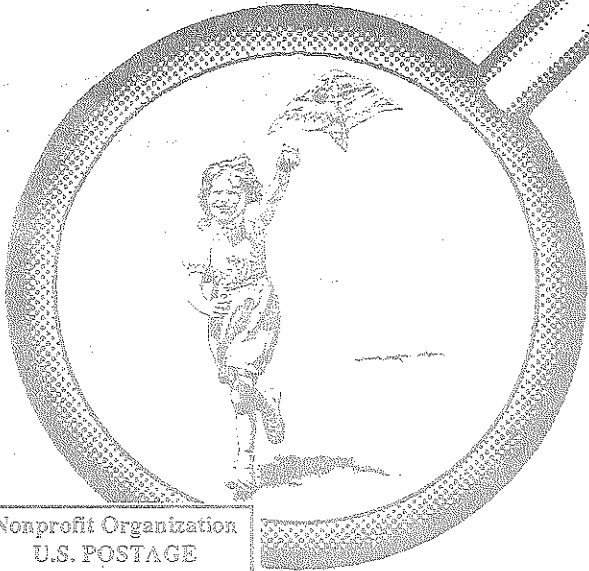
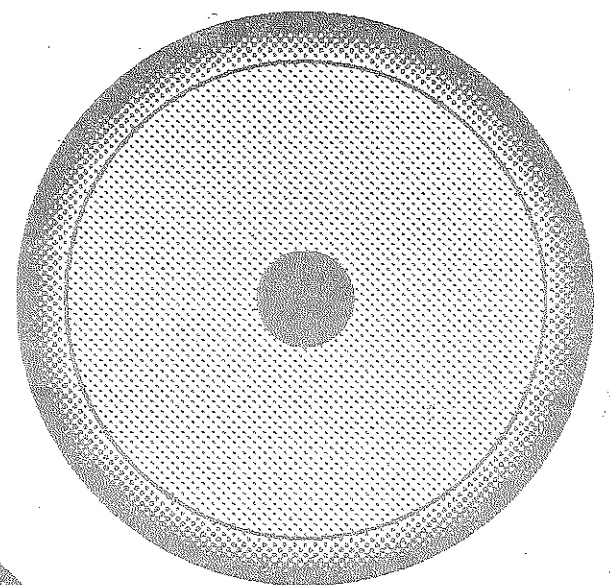
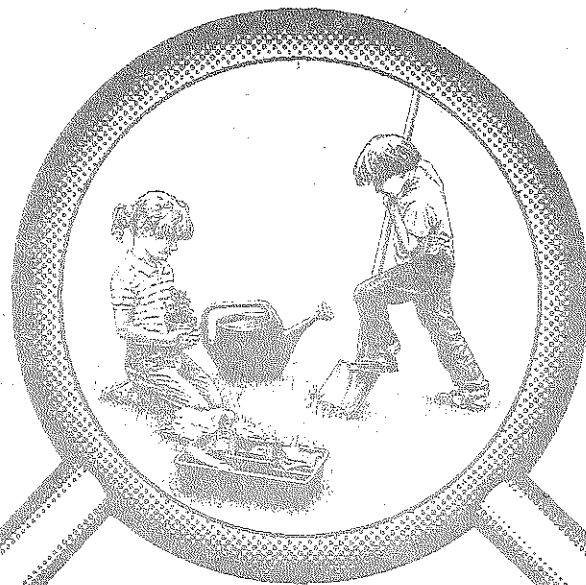
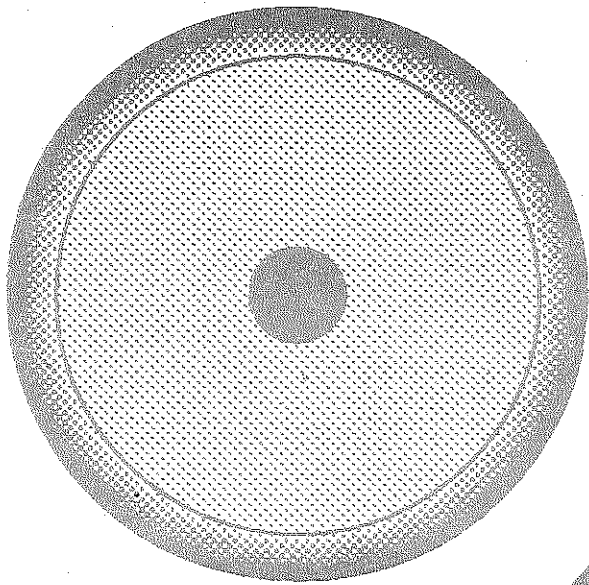


UFM

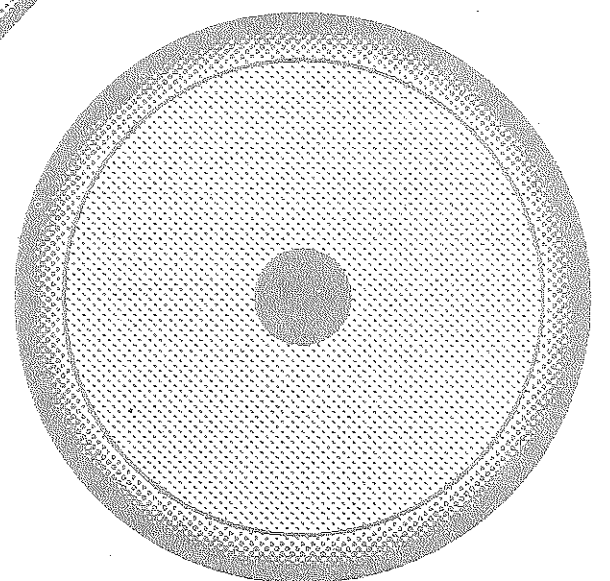
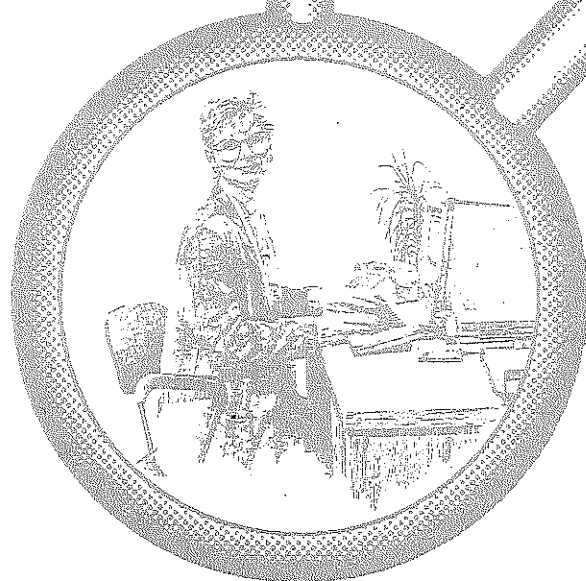
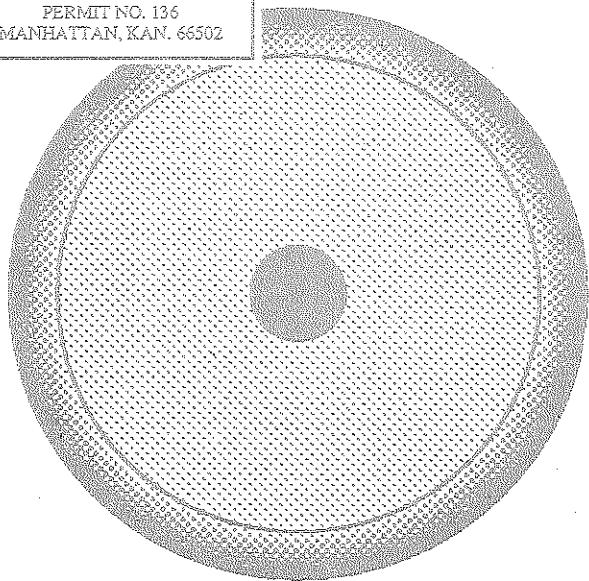
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SPRING 1990 CLASSES

FEB. - MAY 1990



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"MAKING CONNECTIONS"

WHO WE ARE

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.

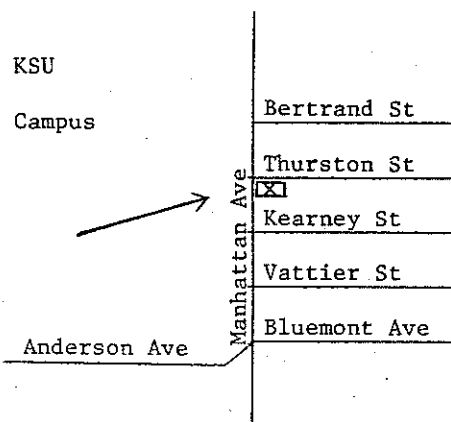
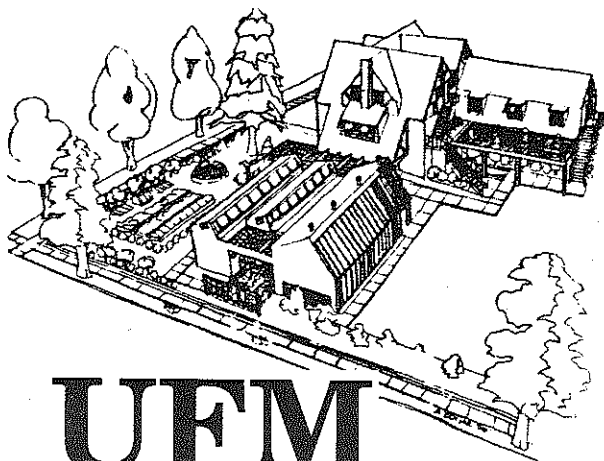
Executive Director - Richard Friesen
 Campus/Community Classes - Peg Kowalczyk
 Community Resource Act - Anita Madison
 Lou Douglas Lecture Series - Karen McCulloh
 Manhattan Community Gardens - Evelyn Campbell
 Edible Landscape - Evelyn Campbell
 H.O.M.E. (Home Owners Maintenance and Energy) Program - Ron Zerrer
 Family Life Education - Olivia Collins
 Adult Education for the Homeless - Michael Cody
 KSU Student Literacy Corps - Karen McCulloh
 Pottery Studio - Sharon Jackson
 Meeting rooms - Richard Friesen

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.

BOARD OF DIRECTORS

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 Anne Butler, Director
 Educational Supportive Services, KSU
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 University for Man, Inc.
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 Rod Olsen
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 U.S.D. No. 383
 Susan M. Scott, Associate
 Dean of Student Life, KSU
 A. David Stewart, Resource Minister
 American Baptist Campus Ministry
 Tom Whalen
 Kansas Farm Bureau Life Insurance Co.

WHERE WE'RE LOCATED...



UFM

1221 Thurston

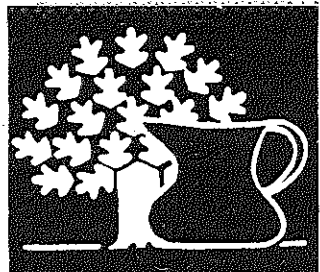
CAMPUS AND COMMUNITY STAFF

Peg Kowalczyk . . . Educational Program Director
 Brandi Stevens . . . Office Assistant
 Linda Thomason . . . Educational Assistant

Volunteers, Interns, and others:
 Maude Klein
 Terri Peters
 LaDonna Powell

CLASS SECTIONS

	Page #s
ARTS & HOBBIES	4 - 5
BUSINESS & PROFESSIONAL	6 - 7
COMMUNITY & WORLD	8 - 9
EARTH & NATURE	10 - 11
FAMILY LIVING	12 - 16
HEALTH & WELLNESS	17
MANHATTAN INTERFAITH SEMINARS	18
FOODS & NUTRITION	19
RECREATION & FITNESS	20 - 22
SELF & PERSONAL GROWTH	23 - 24
YOUTH	25



WHAT'S IN A NAME?

"University for Man" was the name given to this great experiment over twenty years ago. All people were invited to help create an atmosphere for discovery that combined living and learning. "The purpose of education is to make life more meaningful. Here is your chance to meet other people who get excited about ideas, about being alive," stated a 1968 brochure.

From a few non-credit classes based at Kansas State University, the organization has evolved to hundreds of classes each year that attract thousands of learners from the community as well as the university. Other communities in Kansas and in other states have modeled their programs after UFM.

UFM became more than classes. UFM became a place where new projects could be created and nourished such as the Lou Douglas Lecture Series, Manhattan Community Gardens, the Home Owners Maintenance and Energy Program, and many others.

The concept was inclusive. But the name began to sound exclusive. So University for Man tried to use the initials - "UFM". But, of course, people who came in contact with UFM wanted to know what the initials stood for.

After years of discussion the time has come for a change. We hope to find a creative response that is sensitive to the issues.

SUGGEST A NAME

You are invited to suggest a new name or new word(s) to go with the old initials. The name must be appropriate to the mission and spirit of UFM. The decision of the Board of Directors will be finalized in May with the new name used for the first time with the Fall 1990 catalog.

Five awards of \$20 (Susan B. Anthony dollars) will be distributed as follows:

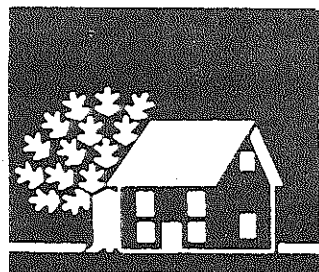
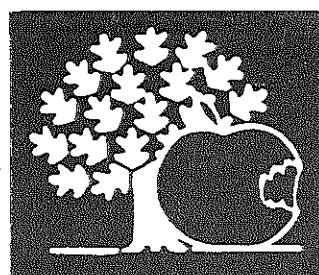
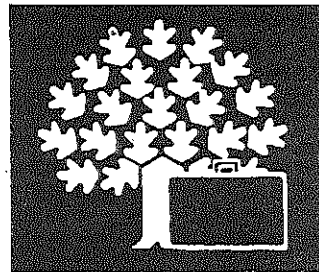
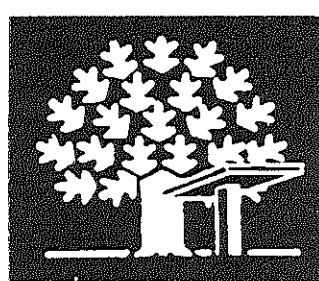
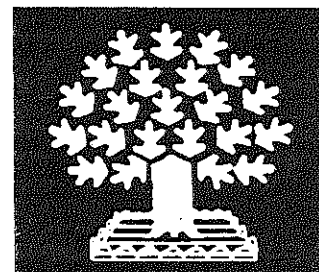
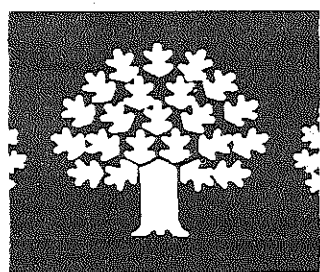
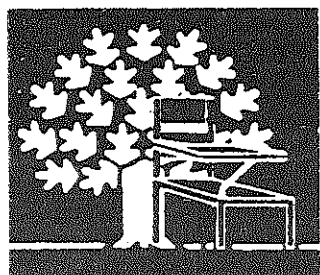
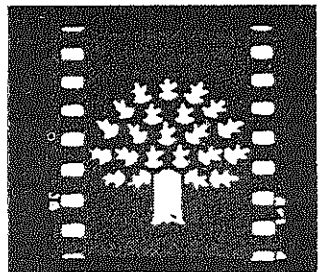
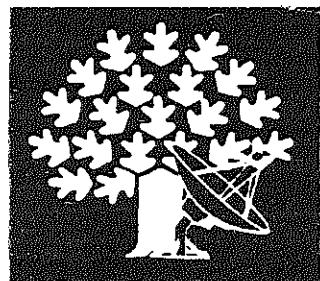
1. The first person to suggest the name that is finally selected by the Board of Directors as determined by the postmarked date of an entry mailed to UFM or the stamped date of an entry delivered to UFM.
2. The four best short essays of 250 words or less on a topic related to UFM such as the following:

- The name of UFM should be changed to....because
- When people think of UFM they think of....
- Why UFM is important to the university or community
- UFM has been important to me because....
- A future mission for UFM should be to....because....
- If UFM had not existed,
- It is fitting that the oldest "free university" is in Manhattan because....

One individual will be recognized in each of the following categories: university student, high school student, middle school student, and community resident.

PROCEDURE

1. On a piece of paper give your suggestion for a new name or new words to go with the old initials.
2. Write an essay of 250 words or less on a topic related to UFM.
3. Write down your name, address, phone number and whether you are a university, high school, or middle school student or a community resident.
4. Mail to Name, UFM, 1221 Thurston, Manhattan, KS 66502 or deliver to UFM during office hours between 8 a.m. and 5 p.m., Monday-Friday.
5. A team of judges appointed by the UFM Board of Directors will review and screen all entries and select entries that will be submitted directly to the Board of Directors for the final decision. All decisions of the judges and the Board of Directors are final. The Board reserves the right to reject all suggestions.



OUR INSTRUCTORS

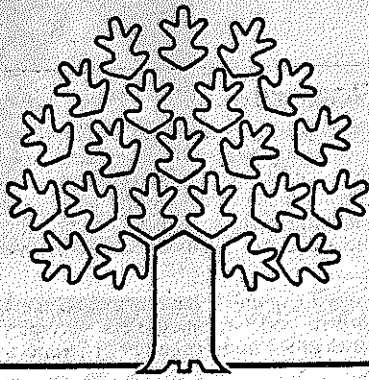
Beryl Adams
 Nancy Anderson
 Mary Andrews
 Kirk Astroth
 Robert Beardsley
 Michael Bennett
 Bonnie Berggren
 Leonard Bishop
 Dennis Blair
 Beverly Brzuchalski
 Evelyn Campbell
 Howard Campbell
 Kathy Campbell
 Michel Cavigelli
 Rudy Clarenburg
 Kay Clarke
 Joy Cody
 Christopher Cokinos
 Olivia Collins
 Joel Coopersmith
 Wayne Corn
 Lorrie Cross
 Lloyd Davenport

Nancy Denning
 Jerry Dishman
 Bill Dorsett
 James Eicher
 Pat Embers
 Gene Ernst
 Michelle Ernzen
 John Exdell
 Evelyn Fisher
 Sharolyn Flaming
 Esther Fleming
 Bernd Foerster
 Enell Foerster
 Jessie Fouveaux
 Fred Freeby
 Dorothy Nickel Friesen
 Joanna Friesen
 Richard Friesen
 Leon Fundenberger
 Stephanie Greene
 Jim Gregory
 LeAnn Harrell
 Diana Hatch

Kelly Hodge
 Mike Holmes
 Marlene Howell
 C. Clyde Jones
 Tony Jurieh
 Lee Killough
 Janet Klaver
 Mark Knackendoffel
 Marti Krieger
 Sam Lacy
 Jayne Link
 Harvey Littrell
 Amy Lyons
 Shirley Marshall
 Greg Matthews
 Kristi McCall
 Randy McCall
 Kathy Menzie
 Kim Mertz
 Mary Mertz
 Mary Miller
 Paul Miller
 Walt Miller

Janet Milliken
 Lois Morales
 Patrice Murphy
 Shauna Murphy
 Larry Paris
 M.J. Poehler
 Janette Poole
 Bob Poresky
 Al Potter
 Kammi Powell
 Scott Ramsdell
 Leon Rappaport
 Rex Replogle
 Gary Rosa
 Ron Roschke
 Deb Rosproy
 Tim Rues
 Paulette Schaller
 Mary Alice Schlesener
 David Seamon
 Ken Shaffer
 Jim Sharp
 Sarah Shields

Scott Shute
 Portia Sisco
 Joan Smith
 Craig Sommer
 Bob Stamey
 Derek Stanfill
 Dave Stewart
 Elisa Stiefel
 Barb Stork
 Kazuhiro Tabata
 Sharon Tally
 Beth Tatarko
 Mike Thompson
 Linda Thurston
 Spencer Tomb
 Gene Towne
 David Verschelden
 Charles Walters
 Walt Webb
 Edie Williams
 Stan Wilson
 Al Zimmerman



Arts & Hobbies

1221 THURSTON

539-8763

Welcome to Chess!

AH-01

Learn how to play chess! Basic rules and tips on tactics and strategy will be presented. Standard openings, offenses and defenses, and short quick mating combinations will be covered. Learn tactics such as pins, forks, skewers, castling, and pawn promotion. Holes in the pawn structure, overburdening one piece, and king side and queen side pawn majorities are a few of the strategies that will be covered. Bring your own chess board.

Scott Ramsdell (537-9450), a KSU student and member of the United States Chess Federation and the Kansas Chess Association, has been playing chess for 15 years. Scott won first place in the unranked division of the Kansas Open in 1987 and welcomes the chance to share with others what he has learned with others.

Date: Feb. 4 - 25 (Sun)
Time: 2 - 4 p.m. (4 sessions)
Fee: \$9
Location: UFM Banquet Room

Story and Novel Writing

AH-02

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

Leonard Bishop (1-258-2066) 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: Feb. 6, 13, & 20
Time: 7 - 9:30 p.m. (3 sessions)
Fee: \$11
Location: Justin Hall Room 256

Let's Talk About Writing

AH-03

Do you like to write? You are not alone. Let's get together and talk about plotting, building characters, building background, and any other writing topics you have questions about. Give your characters, settings, and imagination the opportunity to develop and come alive on paper.

Lee Killough (776-6584), member of the Science Fiction Writers of America and the Mystery Writers of America, has published eleven novels and thirty short stories.

Date: Feb. 6, 13, 20, 27 (Tues)
Time: 7 - 9 p.m. (4 sessions)
Fee: \$9
Location: UFM Conference Room

Books By and About Women

AH-04

We will discuss the thoughts, ideas, and issues expressed through both fiction and non-fiction books written by women authors. Through this informal class we will exchange different perceptions from our own experiences and interpret the themes seriously and lightly. Past book selections have included: Libby by Betty John, Gaudy Night by Dorothy Sayers, Superior Women by Alice Adams, and Loving Kindness by Anna Roiphe.

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

Date: Feb. 7 - May 30 (Wed) - every 3 weeks
Time: 7:30 - 9 p.m. (5 sessions)
Fee: \$4
Location: call Lorrie for the weekly class location (539-5337)

Beginning Bridge

AH-05

Learn to play bridge. Bridge basics including point count; opening bids; responses; rebids; take-out doubles; opening leads; signals; and play of the hand will be emphasized in this eight week course geared for beginning players.

Kelly Hodge (238-4869) B.S., M.A., J.D. is not only a bridge buff, but is an attorney in private practice.

Date: Feb. 7 - March 28 (Wed)
Time: 7 - 9 p.m. (8 sessions)
Fee: \$9
Location: UFM Fireplace Room

Beginning Calligraphy for Right Handers

AH-06

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.

Deb Rosproy (239-3026) learned calligraphy in Denver in 1980, and currently letters cards and posters for personal and professional use.

Date: Feb. 9 (Fri)
Time: 6:30 - 9 p.m. (1 session)
Fee: \$11 (includes materials)
Location: UFM Fireplace Room

Creative Twist Dolls

AH-07

Have you admired the colorful corn husk-type dolls popular today? Learn to make these creative twist dolls at a fraction of what you would pay at craft fairs. Make your doll in any color of the rainbow. (You will need 6 yards of creative twist ribbon, the color of your choice. Precut these pieces from instructions given at the time of registration.)

Deb Rosproy (239-3026) recently took a class on creative twist dolls in October 1989 and has enjoyed giving them as gifts.

Date: Feb. 19 (Mon)
Time: 6:30 - 8:30 p.m. (1 session)
Fee: \$9 (includes some materials)
Location: UFM Banquet Room

Bookmarkers

AH-08

Delight someone special with a bookmarker designed with ribbon and dried and pressed flowers. Finish and take home three handcrafted bookmarkers - ideal for Mother's Day and other special occasions.

Evelyn and Howard Campbell have worked with the UFM Community Gardens and Greenhouse for many years and enjoy teaching crafts made with natural items.

Date: Feb. 19 (Mon)
Time: 4:30 - 5:30 p.m. (1 session)
Fee: \$7 (includes materials)
Location: UFM Solar Greenhouse

Tatting

AH-09

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 No. 30 tatting thread.

Jessie Foveaux (776-6806) was 11 years old when she learned this art from her grandmother and has continued tatting for 80 years to the present day. Jessie will be 91 years old this spring.

Date: Feb. 22, March 1 & 8 (Thurs)
Time: 7 - 9 p.m. (3 sessions)
Fee: \$12
Location: 323 Thurston

Beginning 5-String Banjo

AH-10

Certain individuals feel called to play the banjo, much the same as others who feel called to participate in research, or tooth decay. If you are one of the former, this class will include: tuning the banjo, identifying various 5-string banjo playing styles, reading banjo tablature (simple, written music), and how to play basic 3 finger "Scruggs style" banjo. Formal music theory will not be used. Bring a banjo and banjo-style finger picks.

David Verschelden (1-485-2688) is a folk musician and has played the banjo for many songs. He has taught UFM banjo courses for several years.

Date: Feb. 26 - April 9 (Mon)
Time: 7 - 8:30 p.m. (7 sessions)
Fee: \$15
Location: UFM Conference Room

4

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ARTS & HOBBIES (Continued)

Introduction to the Current Middle Ages AH-11

Do you like the concept of chivalry and the pageantry of the Middle Ages, but don't know where to start? A general introduction to the Society for Creative Anachronism, Inc. (SCA) including what the society does and how it operates, activities, making costumes, and simple dances will be presented. The third "class" will be a small SCA event, complete with armored fighting, dancing, and a feast, giving you a chance to not only see the SCA in action, but also to take part in some of the activities (the best part!).

Randy & Kristi McCall are officers in the local SCA chapter, the Shire of Spinning Winds. Randy makes armor and costumes, fights and does embroidery on long car trips. Kristi makes fancy costumes and jewelry, cooks and does miscellaneous crafts. Both have been in the SCA for over seven years.

Date: March 22, 29, & 31
Time: 7 - 9 p.m. (Thurs)
1 - 5 p.m. (Sat) (3 sessions)
Fee: \$12 (includes "feast")
Location: UFM Fireplace Room

Poetry Workshop AH-12

Explore the many facets of poetry writing in a supportive and comfortable atmosphere. We will devote most of our time to supportive and congenial critiques of each other's work. Two questions central to these critiques will be, "What is this poem about?" and "How does the language in this poem help or hurt its meaning?" Thus, a major goal of the class will be the refinement of self-expression into form and artistic statement. We will address the inclination for self-expression -- at whatever level of success -- and help all of us to see how to render it into poetry. We will discuss Image and Metaphor; The Line in Free Verse; The Story in Poetry (a discussion of narrative); The Persona Poem; and Tone. If you would like to have a poem discussed at the second class meeting, bring 10 copies of it the first class, at which time we will distribute them. Bring paper and a pencil for in-class writings.

Christopher Cokinos (537-4143) has studied on fellowship in The Writers' Program at Washington University in St. Louis. He received his bachelor's degree in English from Indiana University, where he worked for Indiana Review. His poems and essays have appeared and are forthcoming in a number of publications, including the 1989 Roberts Writing Awards Annual, Witness, North Dakota Quarterly, The Midwest Quarterly, and Alabama Literary Review. Now with the Kansas Regents Network, he is the former Associate Editor of Indiana University's Research & Creative Activity.

Date: March 22, 29; April 5, 12, 19, 26, and May 3 (Thurs)
Time: 7:30 - 9:30 p.m. (7 sessions)
Fee: \$12
Location: Justin Hall Room 341

Beginning Candy Making AH-13

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! We will be using Easter molds specifically for this class.

Deb Rosproy (239-3026) took her first candy class in 1982 and has made gifts for family and bazaars every since. She has been a member of the International Cake Decorators Club since 1982 and has attended shows throughout the U.S. to learn more about these areas.

Date: March 31 (Sat)
Time: 10 a.m. - noon (1 session)
Fee: \$12 (includes materials)
Location: UFM Kitchen

Decorating Sugar Eggs AH-14

Have you seen beautiful sugar eggs at Easter and other holidays and wished you could make them? Now you can learn the basics. Although most often seen at Easter, the egg can be used year round depending on how it's decorated and what you put in and on it. Samples will be available at the class. (If you have the Great Eggspectations molds by Wilton, please bring to class. Some will be available for use at class also.)

Deb Rosproy (239-3026) took her first sugar egg class in 1982 and has made gifts for family and bazaars ever since. She is a member of the International Cake Decorators Club.

Date: March 31 (Sat)
Time: 1 - 3 p.m. (1 session)
Fee: \$11 (includes materials)
Location: UFM Kitchen

Making Covered Albums AH-15

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 gifts, or Christmas gifts, and personalized to suit any style. Bring 3/4 yard of material and 2-3 yards of trim. The notebooks are provided. Bring a hot glue gun to class if you have one to expedite projects.

Deb Rosproy (239-3026) has taken craft classes on padded baskets and covered albums since 1986. She has been teaching for several years and enjoys sharing and learning from others.

Date: April 7 (Sat)
Time: 10 a.m. - 12 noon (1 session)
Fee: \$11 (includes notebook and padding)
Location: UFM Banquet Room

Making Padded Baskets AH-16

Have you seen padded baskets at craft fairs but thought the price too high? Make a beautiful padded basket for a fraction of the cost! These unique baskets can be personalized and are ideal for gifts for the holiday season or anytime throughout the year. This would be a perfect opportunity to make that special Easter basket for your young friends. 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.

Deb Rosproy (239-3026) is a craft-oriented person and has been making padded baskets since 1986. She enjoys sharing what she has learned with all interested members of the community, and finds that many times her students "teach" her with their ideas as well.

Date: April 7 (Sat)
Time: 1 - 3 p.m. (1 session)
Fee: \$11 (includes padding)
Location: UFM Banquet Room

Drying Flowers AH-17

Do you enjoy the dried arrangements which you see in stores, but are so costly to purchase? Learn how to preserve and dry plant material for several seasons of enjoyment. Learn which plants dry the best. Start drying and preserving early so you will have all summer to collect and dry plants for your favorite arrangements.

Evelyn and Howard Campbell have managed the UFM Community Gardens and Greenhouse for several years. They both have degrees in Horticulture Therapy from Kansas State University.

Date: May 7 (Mon)
Time: 7 - 9 p.m. (1 session)
Fee: \$6 (includes handouts)
Location: UFM Solar Greenhouse

Historic Preservation of Your Home AH-18

Do you want to retain the charm of your older home and property while making necessary improvements? This four session course geared for homeowners, will cover researching the history of a property, foundation and masonry, wooden members and trim, services such as electric and plumbing, interiors and detailing, and documentation for a historic register.

Robert L. Beardsley (539-6379), a long-time resident of Manhattan, received a Master of Architecture degree in Historic Preservation from KSU. Robert sat in on discussions for the Kansas Historic Sites Master Plan, and has written articles and consulted on historic preservation projects in the area.

Date: Feb. 1, 8, 15, 22 (Thurs)
Time: 7 - 9 p.m. (4 sessions)
Fee: \$12
Location: UFM Banquet Room

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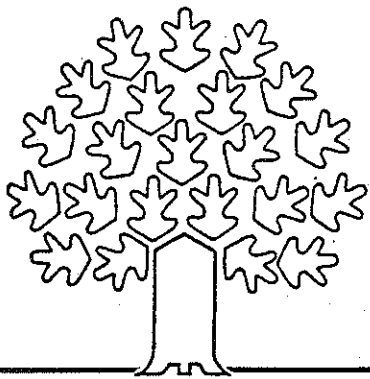
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Business & Professional

1221 THURSTON

539-8763

Creating and Maintaining Non-Profit Organizations

BP-02

Designed to assist communities in creating and maintaining non-profit organizations, this workshop will provide all legal materials needed to setup a non-profit organization. Walk through the legal issues step by step with workshop leaders. The program is geared for community leaders, social service personnel, volunteers, business persons, public and private economic development practitioners, local government officials, chambers of commerce and other persons interested in stimulating economic development.

Kansas Legal Services, Inc. has undertaken a Rural Community Development Project. Attorneys and other professional staff have formed a Rural Development Team. The staff presenting this workshop has a combined experience of more than forty years in working with non-profit organizations, and include Pat Donahue, Managing Attorney, Northeast Kansas Legal Services; Wayne White, Research Specialist, Kansas Legal Services, Inc.; and Will Maden, Managing Attorney, Hays Legal Services.

Program Sponsors: Kansas Center for Community Economic Development, Kansas Center for Rural Initiatives, Kansas State University, UFM. For additional information contact UFM or Beth Tatarko, 532-5560.

Date: Feb. 16 (Friday)
Time: 8 a.m. - 12 noon
Fee: \$6 (includes workshop and materials)
A buffet lunch for \$6.50 is optional (please include at pre-registration).
Location: Manhattan Holiday Inn & Holidome
530 Richards Drive

Social Services Leadership Series

This series provides an opportunity for staff, volunteers, and board members of social services, service clubs and other non-profit groups to increase their personal skills and the efficiency and effectiveness of their organizations. The series will also be of interest to individuals who plan to become involved with the non-profit sector in the future. Bring your lunch and join us monthly for these informative discussions that will help any organization function more effectively.

The program is sponsored by the *Riley County Council of Social Agencies*.

Date: 3rd Monday of each month
Time: 11:30 a.m. - 1 p.m.
Fee: \$20 for the series, or \$5 per session
Location: Manhattan Town Center Conference Room

Computers & Social Services

BP-19

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

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

Date: January 15 (Mon)

Role of the Board of Directors

BP-20

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

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

Date: Feb. 19 (Monday)

Care and Feeding of Volunteers

BP-21

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

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

Date: March 19 (Mon)

Marketing Your Organization

BP-22

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

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

Date: April 16 (Mon)

Working with the Media

BP-23

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

Date: May 21 (Mon)

6

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Take Time to Meet the Bag Lady

BP-04

What can you learn about finances from a bag lady? Plenty. She's seen it all and knows all the financial disasters that can send women to the "pink-collar" ghetto. She hasn't lost her sense of humor, but she's got some advice: If you've got a financial house, you'd better get it in order, or you may wake up some morning and find out the roof has caved in. Raise your financial I.Q. Don't become a statistic. 70% of the older poor in the U.S. are women. The median income of women over 60 is \$6300. 85% of all married women will spend part of their financial life alone.

This program is presented by *Bob Stamey* (776-5025), who is with Mony Financial Services, and his "bag lady" friend. Bob has worked on financial plans for both women and men for several years. Sponsored by Mony Financial Services.

Date: Feb. 26 (Mon)
Time: 7 - 8:30 p.m.
Fee: No charge, but please pre-register
Location: KSU Union Room 208

dBase IV - A Brief Introduction

BP-05

dBase IV is the latest version of the popular database program. This course provides an introductory look at this computer program. By using the dBase IV Control Center you will help create a database, queries, forms, reports, and labels. You will gain a basic understanding of the capabilities as well as the effort required to use dBase IV.

Richard Friesen is Director of UFM where staff use dBase IV for many record keeping purposes.

Date: Feb. 26 & March 5 (Mon)
Time: 7 - 9 p.m. (2 sessions)
Fee: \$6
Location: UFM Office



BUSINESS & PROFESSIONAL (Continued)

Successful Money Management

BP-01

Be a successful money manager! This program will cover structuring savings, 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: Feb 12 (Mon)
Time: 7:30 - 9:30 p.m. (1 session)
Fee: \$9
Location: 445 East Poyntz

Successful Money Management

BP-03

Date: Feb. 20 (Mon)
Time: 7:30 - 9:30 p.m. (1 session)
Fee: \$9
Location: 445 East Poyntz

Successful Money Management

BP-06

Date: March 5 (Mon)
Time: 7:30 - 9:30 p.m. (1 session)
Fee: \$9
Location: 445 East Poyntz

Successful Money Management

BP-07

Date: March 19 (Mon)
Time: 7:30 - 9:30 p.m. (1 session)
Fee: \$9
Location: 445 East Poyntz

Successful Money Management

BP-10

Date: April 9 (Mon)
Time: 7:30 - 9:30 p.m. (1 session)
Fee: \$9
Location: 445 East Poyntz

Successful Money Management

BP-13

Date: April 23 (Mon)
Time: 7:30 - 9:30 p.m. (1 session)
Fee: \$9
Location: 445 East Poyntz

Business Sense

Your business can prosper on paper. You have a good product. You have adequate financing. Your books are in order. Unless you can deal with various personality styles, improve customer relations, and avoid staff burnout, the best businesses will fail. Join us for one or all three seminars in this series geared for both managers and support staff.

Fee: \$16 for the series or \$7 each session

Dealing with Difficult People

BP-16

Do you have trouble dealing with difficult people? Learn how to effectively deal with a wide range of individuals in a variety of settings. Examine your own personality style and the relationship of personality type and communication. Practical application situations will be discussed to enable you to work more effectively with co-workers and customers, as well as family and friends.

Walt Webb (776-9159), a K-State graduate in Radio-TV and speech, is area manager for First Page. He is currently serving the Kansas Jaycees as Individual Development Vice President, and presents this course to Jaycee chapters across the state of Kansas.

Date: March 21 (Wed)
Time: 7-9 p.m.
Fee: \$7
Location: K-State Union Room 203

Professional Burnout

BP-17

The weakest part of a machine will break down first. Don't let your job break you down. Stress affects all of us in different ways. Stress can be positive or negative, and depending on the meaning it has for you, it may be felt as tension, anxiety, or as a lowered energy level. Learn to identify stress in the workplace and practice skills and techniques to help you cope. Communication, acceptance, assertiveness, the use of support systems, and dealing with worry will be addressed. Learn activities which will help strengthen the mind, body, and spirit and help you cope and avoid professional burnout.

Joan Smith, M.S., is a health educator for the Riley County Health Department. She is a registered Medical Technologist and received her masters degree in Adult Education from Kansas State University.

Date: March 28 (Wed)
Time: 7 - 9 p.m. (1 session)
Fee: \$7 (includes handouts)
Location: K-State Union Room 203

Improving Customer Relations

BP-18

All businesses are not equal. The difference is in the value placed on customer service. Improve customer relations and enhance your business image. Learn how to solve customer problems and resolve conflict so that both the company and the customer benefit. Staff selection and evaluation, the friendliness and enthusiasm of your staff, and the importance of telephone contact will be addressed.

Paulette Schaller is a graduate of Marymount College in Education and was a teacher at Manhattan High School. Paulette has been involved with the Dale Carnegie course for six years.

Date: April 4 (Wed)
Time: 7 - 9 p.m.
Fee: \$7
Location: K-State Union Room 204

Understanding Computers

BP-08

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 workshop designed to help you better understand computers and their functions. Decipher computer terms and learn various hardware and software options.

Jim Sharp (539-5837) is a KSU graduate of Business Administration; IBM's System Science Institute; and AT&T's Executive Communication Symposium; and has more than twenty years experience as a programmer, systems analyst, and computer manager. He has taught computer courses at K-State, Ft. Riley, and in business organizations, and has his own independent computer consulting business.

Date: March 27 (Tues)
Time: 7:30 - 9 p.m. (1 session)
Fee: \$9
Location: UFM Conference Room

Buying A Computer For Your Business

BP-09

Selecting the correct computer hardware and software can be a critical, complicated, and costly process if not done properly. Identify the ratings, steps, and process necessary for selecting the best hardware and software to meet your business requirements and your budget.

Jim Sharp (539-5837) is a KSU graduate of Business Administration; IBM's System Science Institute; and AT&T's Executive Communication Symposium; and has more than twenty years experience as a programmer, systems analyst, and computer manager. He has taught computer classes at K-State, Ft. Riley, and in business organizations, and has his own independent computer consulting business.

Date: March 29 (Thurs)
Time: 7:30 - 9 p.m. (1 session)
Fee: \$9
Location: UFM Conference Room

Living Trusts

BP-24

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.

Mark Knackendoffel 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 six years of estate planning, trust and investment experience.

Date: April 23 (Mon)
Time: 7 - 8:30 p.m. (1 session)
Fee: \$3
Location: Senior Service Center
412 Leavenworth

Corporate Employee Benefit Evaluation

BP-11

Not all employee benefits are created equal! Compare the true value of different employee benefit packages offered by prospective employers. Geared for college graduates, or anyone planning to enter the corporate workforce, what to look for in employee fringe benefits and general financial planning will be discussed.

Mike Thompson (537-4414) has worked for a nationwide employee benefits company and is a licensed agent with Mid-Kansas Insurance. Mike Holmes, also a licensed agent at Mid-Kansas Insurance, has worked with graduating college students for many years in the area of financial planning.

Date: April 10 (Tues)
Time: 7 - 8 p.m.
Fee: \$6
Location: Mid-Kansas Insurance, 1014 Poyntz

Corporate Employee Benefit Evaluation

BP-12

Date: April 17 (Tues)
Time: 7 - 8 p.m.
Fee: \$6
Location: Mid-Kansas Insurance, 1014 Poyntz

Corporate Employee Benefit Evaluation

BP-14

Date: April 24 (Tues)
Time: 7 - 8 p.m.
Fee: \$6
Location: Mid-Kansas Insurance, 1014 Poyntz

Corporate Employee Benefit Evaluation

BP-15

Date: May 1 (Tues)
Time: 7 - 8 p.m.
Fee: \$6
Location: Mid-Kansas Insurance, 1014 Poyntz



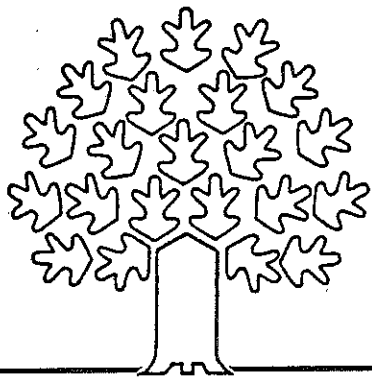
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1408 POYNTZ

Ron Gould

Jim Sipes



Community & World

1221 THURSTON

539-8763

Central America: Historical Perspectives on a Contemporary Issue

Take a step outside of the United States. Acquaint yourself with the history of Central America and U.S. involvement there. The region as a whole, as well as the past, present, and future of the individual countries of El Salvador, Guatemala, Nicaragua, Costa Rica, Honduras, and Panama will be discussed. Helpful to anyone seeking to understand the context for U.S. involvement in Central America, we will address the issues that each country has dealt with historically as well as the issues each country faces today. Dialogue is encouraged in this "who's who" and "what's what" eight-session series. Join us for one evening or for the entire eight weeks.

The Manhattan Alliance on Central America will share their knowledge and expertise about the region and the individual countries of Central America.

Date: Feb. 4 - April 1 (Sun)
Time: 4 - 6 p.m.
Fee: \$12/series or \$3/session (includes literature)
Location: UFM Conference Room

Central America and the U.S.A.

CW-02

What are the historical connections between Central America and the United States? Why are they important today? U.S. involvement in Central America over the last century, the current struggles, and the United States' interest in these struggles will be addressed. By having a sense of history, the contemporary issues facing the U.S., its policy makers, and its citizens, can be considered in a broader perspective.

Date: Feb. 4

El Salvador

CW-03

What motivates the revolutionary movement in El Salvador? Is this movement a threat to U.S. interests?

Date: Feb. 11

Guatemala

CW-04

Has the history of Guatemala defied its future? Why is the U.S. involved?

Date: Feb. 18

Nicaragua

CW-05

Why does the hostility between the U.S.A. and Nicaragua continue? What will the February 25 elections mean for Central America as a whole?

Date: Feb. 25

Costa Rica

CW-06

What sets Costa Rica apart from other Central American countries? Why is this country more developed and more autonomous? What is Costa Rica's relationship with Washington?

Date: March 4

Honduras

CW-07

What is the relationship of the U.S. with Honduras? Where does this country fit into the picture of U.S. Central American relations?

Date: March 18

Panama

CW-08

What does the future hold for the Panamanian people, the canal, Noriega, and U.S. involvement there?

Date: March 24

Fiesta

CW-09

The people of Central America are strengthened through celebration. Join us for a potluck fiesta as we celebrate the cultures of Central America and the conclusion of our series.

Date: April 1

Acting Locally (Or How To Keep Your Government Alive and Healthy)

CW-01

Have you been thinking globally and thinking about acting locally? If you choose to act on an issue that concerns you at some point you will likely need to deal with our local government. City and county government is a mystery to most of us, but a basic working knowledge of government at the local level will make your efforts easier and more meaningful. In these workshops we will attempt to demystify local government by asking questions and seeking answers. City and county officials and informed citizens will be invited to help us in our search for an understanding of our part in effecting local issues.

Wayne Corn (776-6253) became interested in local issues through the Northern Flint Hills Audubon Society.

Date: Feb. 1 - March 22 (Thurs)
Time: 7:30 - 9 p.m. (8 sessions)
Fee: \$3 (materials included)
Location: UFM Fireplace Room

Fort Riley Expansion Question

CW-10

What prospects does the proposed expansion of Fort Riley hold for Manhattan, Junction City, and other surrounding communities? How would it impact the quality of life? How would it affect property values and property tax rates? What would its impact be on the land, the water, the air, and other environmental elements? Beyond the rhetoric, what are the real economic prospects for the people? On February 21, a panel of experts will explore these and related questions. On February 28, plans and strategies will be set for mobilizing those who want to make their wishes known in the decision making process.

Janette Poole and Amy Lyons are KSU students whose homes are in the potentially affected area; Dave Stewart is a Campus Minister at KSU.

Date: Feb. 21 & 28 (Wed)
Time: 7 - 9 p.m. (2 sessions)
Fee: \$1
Location: K-State Union, Big 8 Room.

"UFM...Making Connections"

INSTRUCTOR APPRECIATION

Friday, April 13

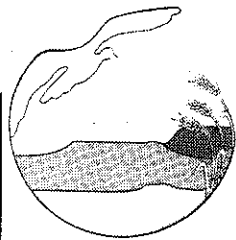
4 - 6 p.m.

1221 Thurston

(Fireplace Room)

UFM has been "making connections" for 22 years! All past and present UFM instructors are invited to share old times, and discuss new times. Flip through old photo albums, catalogs and slides. Meet the many UFM instructors that have taught for us over the years. Share ideas, conversation and refresh-ments. Stop by...we'd like to see you again.

8



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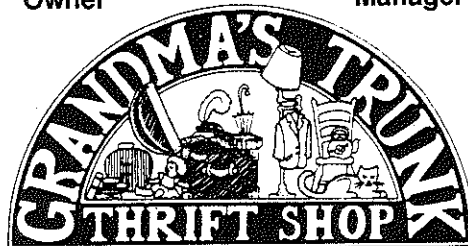
Meet at UFM
1221 Thurston

539-8416

Everyone is Welcome

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Owner

Roger Andres
Manager



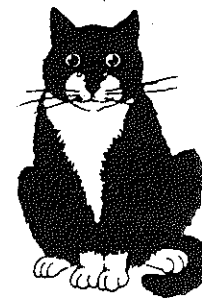
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COMMUNITY & WORLD (Continued)

Community Volunteer Training

CW-11

Increase your 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 in the place you are already involved or learn where you are needed. No UFM registration is required. A donation lunch will be provided or brown bag it.

A task force from RSVP, Senior Center, Red Cross, Pawnee Mental Health, Homecare, and the Health Department have planned this training to encourage current and new volunteers that have contact with the aging population. For additional information or to R.S.V.P. for lunch, contact Nancy Anderson with the HELP Program at 537-4040.

Date: March 3 (Sat)
Time: 9 - 3 p.m.
Fee: No fee
Location: Riley Co. Senior Service Center
412 Leavenworth

Behind the Rusting Curtain - an illustrated talk by Bernd Foerster, FAIA

CW-12

Bernd was the leader of a preservation delegation to the Soviet Union, Poland, Czechoslovakia, and Hungary in the summer of 1989. Along the way he learned a great deal about the political life in those countries. This presentation will deal with some of what the team learned, and will describe the experience of being there at such an exciting time.

Bernd Foerster is a Professor in the College of Architecture and Design at KSU. The 1989 trip was organized by the Citizen Ambassador Program of People to People. Bernd was also the leader of the U.S. Delegation on preservation planning to the Peoples Republic of China in 1982.

Date: March 5 (Mon)
Time: 7 - 9 p.m. (1 session)
Fee: \$3
Location: UFM Fireplace Room

Afrique, Mon Afrique

CW-13

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 and music; ethnic clothing and art; questions, answers, and discussion. Goals: To replace a few myths and stereotypes with information and gain insight into this "global village" in which we live.

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

Date: March 27 (Tue)
Time: 7 - 9 p.m.
Fee: \$3
Location: K-State Union Room 207

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NATIONAL ISSUES FORUMS

National Issues Forums

National Issues Forums brings together citizens in communities across the country to discuss current public issues, to air their opinions, and to work toward a common ground for mutually acceptable solutions. A specific solution or point of view on public issues is not advocated. Rather, a means by which citizens can gain an influential role in public policy-making is sought. Join us for one or all three issues including the drug crisis, the environment, and the day care dilemma.

The Drug Crisis: Public Strategies for Breaking the Habit

CW-14

Despite increased efforts, the problem of illicit drug use is getting worse rather than better. Drug trafficking has become the world's most profitable business. Roughly 80% of the illicit drugs used in the United States are smuggled across our borders from other countries. Should we go after drugs at their source? Should we crack down on drug dealers? Will legalizing drugs make the problem more manageable? What are the ramifications of these proposed solutions? Help develop a public policy to combat drugs in America.

Date: April 19 (Thurs)
Time: 7 - 9 p.m.
Fee: \$5 (includes book)
Location: UFM Conference Room

The Environment At Risk: Responding to Growing Dangers

CW-15

People have become increasingly aware that ecological systems can be strained to the breaking point. "In a sense," said President Bush, referring to fouled ocean beaches, polluted air, and extreme weather events around the globe, "1988 was the year the earth spoke back." The country faces an array of environmental problems even more daunting than in the past. Although we have achieved some subtle successes, the nation faces new hazards that are insidious and intractable. What can we do about the greenhouse effect and the energy dilemma? What are the costs and benefits of a cleaner environment? Can we put a price on pollution?

Date: April 26 (Thurs)
Time: 7 - 9 p.m.
Fee: \$5 (includes book)
Location: UFM Conference Room

The Day Care Dilemma

CW-16

Across the nation, many working parents have discovered that quality child care is hard to find and difficult to afford. The childcare debate raises fundamental questions about what is best for young children, what families should be expected to do on their own, and what the government's role should be. Explore the different options and viewpoints. Discuss if, and to what extent, child care should be subsidized by our government.

Date: May 3 (Thurs)
Time: 7 - 9 p.m.
Fee: \$5 (includes book)
Location: UFM Conference Room

9

Continuing Education

For Helping Professionals

Human Sexuality: A Professional Perspective

Jan. 31 Manhattan

Feb. 7 Junction City

Co-dependence and Self-esteem

Feb. 28 Manhattan

Mar. 7 Junction City

Mar. 21 Concordia

Substance Abuse and the Elderly

Mar. 28 Manhattan

Enhancing Professional Effectiveness

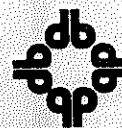
Apr. 25 Manhattan

May 2 Concordia

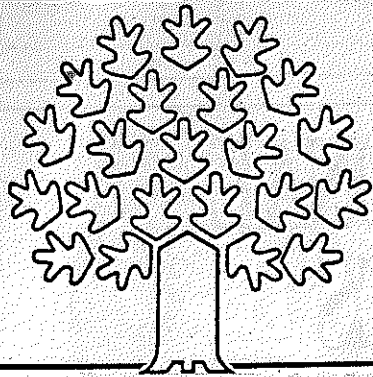
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Earth & Nature

1221 THURSTON

539-8763

Earth Day 1990

EN-01

People around the globe are planning and hosting various events throughout 1990 in honor of Earth Day on Sunday, April 22, 1990. As Manhattanites, let's do our part! Join us in February for an informal brainstorming session to discuss what we can do to give back to our community and our earth. Individually, we can do our part. Collectively, we can accomplish a lot! For additional information contact *Leann Harrell* (539-6459).

Date: Feb. 3 (Sat)
Time: 9 a.m. - 12 noon
Fee: No charge
Location: UFM Fireplace Room

Sustainable Agriculture: An Introduction

EN-02

Are you concerned about the environment, the foods you and your family eat or the demise of farm communities? Come join us as we discuss the challenges of developing a sustainable agriculture. The shortcomings of traditional agricultural practices will be addressed and the potential and proven alternatives that could lead to sustainable farm and home-garden practices will be explored.

Stephanie Greene (539-0429) is working on a PhD. in plant breeding and genetics at KSU. She is the organizer of the Sustainable Agriculture Discussion Group, which is a multi-disciplinary group of students and faculty that has been meeting on campus for the past year. *Michel Cavigelli* is a M.S. student in soil science. He is a former intern of the Land Institute in Salina, Kansas. He also spent two years at the Kansas Rural Center working with organic farmers.

Date: Feb. 5 & 12 (Mon)
Time: 7 - 9 p.m. (2 sessions)
Fee: \$7
Location: UFM Fireplace Room

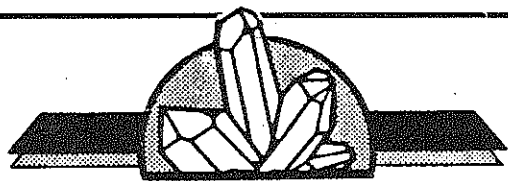
Houseplants and Aquariums

EN-03

There are a few basic rules for keeping houseplants healthy and aquarium fish alive. We will discuss the most rewarding, simplest, and inexpensive methods for maintaining indoor plants and freshwater aquariums, as well as the reproductive methods involved. Let's talk, share, and exchange tips and ideas from our personal

Sam Lacy (539-4404) has been interested in plants for 40 years and aquarium fish for 20 years.
Date: Feb. 5 & 19, March 5 (Mon)
Time: 7 - 9 p.m. (3 sessions)
Fee: \$6
Location: UFM Conference Room

10



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Fishing Kansas

EN-04

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

Paul Miller (539-7154) has had lifelong experience fishing in Kansas waters. *Jerry Dishman*, an avid fisherman and sportsman for 45 years, is a Master Hunter Safety Instructor for the State of Kansas, a Wildlife Ambassador, and is currently the MPRD Parks Superintendent for the City of Manhattan.

Date: March 14 & 21 (Wed)
Time: 7 - 9:30 p.m. (2 sessions)
Fee: \$5
Location: UFM Banquet Room

Photovoltaics: Solar Electricity

EN-05

Photovoltaics, from their exotic space uses in the early '60's, have brought the possibility of solar electricity to rural areas now served by rural electric co-ops - at prices per KWH close to what REA customers may already be paying. This class will offer basics to the close-future promise of this non-polluting and inherently democratic technology.

Bill Dorsett (539-1956) initially became interested in PV's as an alternative to nuclear power, and has been following this technology for almost a decade.

Date: Feb. 20 (Tues)
Time: 7 - 8:30 p.m. (1 session)
Fee: \$7
Location: UFM Solar Greenhouse

Kaw River Nature Trail Walk

EN-06

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

Tom Hines (539-5555) has been the curator of the First Territorial Capitol for the past five years and has a interest in Kansas history and its native plants.

Date: Feb 25 (Sunday)
Time: 1 - 4 p.m. (1 session)
Fee: \$4
Location: First Territorial Capitol, Ft. Riley, KS

Beginning Bird Watching

EN-07

The best way to learn about bird identification is to watch with experienced birders. This two-session workshop will serve as an excellent primer to watching and identifying local birds. Join us as we share basic information on beginning bird watching and explore select birding locations.

Esther Fleming (776-4560) has been an avid birder for many years. She is Beginner's Birding Chairperson for Northern Flint Hills Audubon Society.

Date: March 3 & April 7 (Sat)
Time: 8 - 10 a.m. (2 sessions)
Fee: \$4
Location: Ackert Hall parking lot, KSU

Square Foot and Postage Stamp Gardening

EN-08

You don't have any space for a garden! Find out what you can grow in a 12" X 12" area! Learn how to better utilize your garden space. Tomatoes, peppers, beans, and peas don't need the traditional rows. Learn to plan your garden, the various space options, and what soil to use.

Evelyn Campbell holds a degree in Horticulture Therapy from KSU.

Date: March 26 (Mon)
Time: 7 - 9 p.m. (1 session)
Fee: \$6
Location: UFM Greenhouse

Solar Greenhouse and Edible Landscape Tour

EN-09

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. The tour is a great way for school 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.

Evelyn and Howard Campbell both have degrees in horticultural therapy and have managed the UFM Greenhouse for 2 years.

Date: April 2 (Mon)
Time: 5 - 6 p.m. (1 session)
Fee: \$5 (book provided)
Location: UFM Solar Greenhouse

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537-7755

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EARTH & NATURE (Continued)

Composting

EN-10

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

Evelyn and Howard Campbell have coordinated the UFM Community Gardens for several years. They are each Horticulture Therapy graduates from KSU.

Date: April 16 (Mon) Raindate: April 19
Time: 6 - 7:30 p.m. (1 session)
Fee: \$3
Location: Manhattan Community Gardens
9th & Riley Lane

Growing Herbs

EN-11

Grow fresh herbs for your cooking! Learn about the various types of herbs, what they are used for, and how to grow them. Take some basil, mint, and sage home with you for your own garden.

Howard Campbell has been growing herbs for over 6 years and has a degree in horticulture therapy.

Date: April 23 (Mon)
Time: 7 - 9 p.m. (1 session)
Fee: \$12 (includes herb plants and handouts)
Location: UFM Solar Greenhouse



Conversations about the Universe

Join us in conversations about our fantastic universe. *Charles P. Walters*, professor emeritus of geology who had been at KSU since 1948, will discuss common myths and misconceptions about Kansas, our earth, and the entire solar system, and reveal new theories that counter old beliefs. Attend one or all four evenings as we begin to unravel a billion years of Kansas geologic history, the creation of our earth, the mysteries of the moon, and the origins of Venus and Mars.

Date: Feb. 12 - March 5 (Tues)
Time: 7 - 9 p.m. (4 sessions)
Fee: \$12 for entire 4 session series
or \$4 for each class
Location: UFM Conference Room

Kansas

EN-13

We will discuss Kansas as it was over a billion years ago - from the rifting of the continent to the Cambrian Seas. We will discuss the Salina Basin and ponder the question of the existence of oil. We will explore Kansas from the seas to the mountains to our west, from a billion years ago to the present.

Date: Feb. 12

The Earth

EN-14

What is significant about our earth? We will discuss the creation of a solar system and the growth of a planet. We will explore the common notion of the earth having an iron core and the reasons for the earth having a magnetic field. What is the concept of entropy and the Quantum Theory? We must understand our earth before we can understand the complexities of the universe.

Date: Feb. 19

The Moon

EN-15

What is the origin, the history, and future of the moon? We will discuss the concepts of a hot interior, the presence of water, and craters that are forming and changing.

Date: Feb. 26

Venus and Mars

EN-16

What are the similarities and differences of Venus and Mars to our earth? Is there life on these planets? What do we know about the temperature, the atmosphere, clouds, windstorms, landslides, volcanos, and the presence of water there? Discover the existence of planets and matter beyond our small world. . . join in the conversations about the universe!

Date: March 5



Prairie Wildflowers

EN-12

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

Gene Towne (539-0353) has been teaching wildflower and grass identification classes for 13 years.

Date: May 19 (Sat) (Raindate: May 26)
Time: 10 a.m. - noon (1 session)
Fee: \$2
Location: Large parking lot south of
Umberger Hall - KSU Campus

MANHATTAN COMMUNITY GARDENS OPEN HOUSE

The Manhattan Community Gardens is celebrating it's 15th year! Join us on Saturday, April 21st. Come meet us and look us over. Speakers from K-State University have been invited to tell you about the gardens. Open House Tea will be from 10:00 AM to 12:00 noon. The gardens are located at 9th and Riley Lane (south end of Manhattan). (Raindate is Saturday, April 21) Manhattan Community gardens serves over 70% of the low income families in Manhattan. For more information contact Evelyn Campbell at 539-8763.

GARDEN SPACE AVAILABLE AT MANHATTAN COMMUNITY GARDENS

Do you need space for a garden? Manhattan Community Gardens has space and a supply of seeds, tools, water, and compost, and is fun for the whole family. Meet new people and enhance your family's meal with fresh produce from your own garden. If you have never planted a garden, we are here to help.

Call Evelyn Campbell, coordinator of the Manhattan Community Gardens, 539-8763.

GROUP GARDENING

Looking for a unique project for groups of all ages? Enjoy a garden plot shared by your group. Produce nutritious fruits and vegetables for a low cost. Have fun with your friends while relaxing in the out-of-doors. Do you like to do activities as a group? Do you need to work on a club badge? Do you want to grow vegetables to give to a needy family? We are inviting any 4-H, boy/girl scout or church groups to put in a garden at Manhattan Community Gardens. It takes only an hour each week. Group leaders, call Evelyn Campbell, 539-8763, for more information. A \$10 fee includes seeds and plot.

APRIL 25 - THROUGH OCTOBER

WEDNESDAYS

5:00 - 6:00PM

MANHATTAN COMMUNITY GARDENS

(9TH AND RILEY LANE)

HANDICAPPED GARDENING

This class is for physically and/or mentally handicapped people as well as senior citizens.

You believe you can't garden anymore because of physical limitations? Whether you are in a wheel chair, or have limitations that don't allow you to bend or move with ease, you can still garden! Raised beds make gardening easy - for everyone.

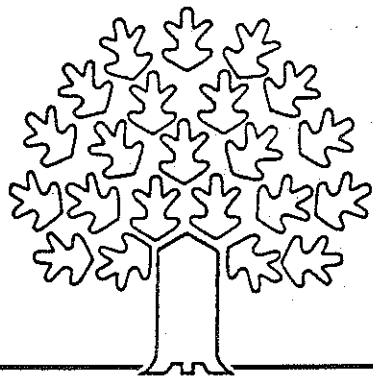
\$10 for plot and seeds. Contact Evelyn Campbell at 539-8763.

BEGINNING APRIL 26

THURSDAY

5:00 - 6:00 PM

MANHATTAN COMMUNITY GARDENS 9TH AND RILEY LANE



Family Living

1221 THURSTON

539-8763

Children's Morning Play Group

FL-01

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 the colder months we will meet in homes of participants. Choose between Wednesday and Thursday mornings. These groups have been in existence for 13 years.

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: Feb. 1 - May 31 (Thurs)
Time: 10 a.m. - 12 noon
Fee: \$4
Location: Instructor will contact you for first meeting.

Children's Morning Play Group

FL-03

Date: Feb. 7 - May 30 (Wed)
Time: 10 a.m. - 12 noon
Fee: \$4
Location: Instructor will contact you for first meeting.

Homeschool Celebration

FL-02

Parents choose to educate their children at home for a variety of reasons. This group will provide ideas and support for those who homeschool for non-religious reasons. We will meet weekly, with our children, to share suggestions and to learn from each other.

Sarah Shields is homeschooling a kindergartner this year.

Date: Feb. 5 - May 21 (Mon)
Time: 9:30 - 11 a.m. (15 sessions)
Fee: \$6
Location: UFM Conference Room

12



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Here or there
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- *PICNICS
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1305 WESTLOOP
776-8660

A Little of This and That for Parents

Learn to deal with life's little and big problems in the family. This six-week discussion, activity, and interaction series will highlight the many facets of family life. We plan to share tips and encourage participants to share their own strategies for dealing with life's simple and no-so-simple problems. From shopping and cooking to managing the family money and time, we'll tackle it all in the spirit of "Parents Night Out to Have Fun and Learn." This program is co-sponsored by UFM and the Riley County Cooperative Extension.

Sharolyn Flaming and *Beverly Brzuchalski* are Riley County Cooperative Extension Home Economists.

Date: Feb. 6 - March 20 (Tues)
Time: 7 - 8:30 p.m. (6 sessions)
Fee: \$18/series or \$4/session (\$8 for Making Meals session)
Location: 110 Courthouse Plaza

Making Meals in Minutes

FL-11

Learn to prepare time saving recipes and quick-to-fix foods. Geared for busy families, this food demonstration will help families-on-the-go make nutritious meals in minutes.

Date: Feb. 6 (Tues)
Fee: \$8
Location: Pottorf Hall Kitchen, CiCo Park

Finding Nutritious Food at the Supermarket

FL-12

Join us a grocery store guided tour with attention given to deciphering the nutrition labeling on many food products. We'll meet at the UFM House for an overview and divide into small groups to go to different stores with a Home Economist guide.

Date: Feb. 13 (Tues)
Fee: \$3

Stretching the Money

FL-13

Get the family budget organized! We will discuss ways of stretching our monthly income and share money management tips.

Date: Feb. 20 (Tues)
Fee: \$4



Can We Talk?

FL-14

Improve communication with the family. Let's talk, share, and learn from each other.

Date: Feb. 27 (Tues)
Fee: \$4

It's a Matter of Time

FL-15

We all have the same amount of time in the day. How we choose to spend our time is the key. Tips for managing time for family and personal activities will be discussed.

Date: March 6 (Tues)
Fee: \$4

You're a Great Parent

FL-16

This wrap-up session will discuss self esteem for parents to ensure a happy, healthy family.

Date: March 20 (Tues)
Fee: \$4

Child care is available during all Family Living classes and activities scheduled for the UFM Building. Designed for children through the age of five, child care is provided by volunteers from the K-State Student Human Development Interest Group in the UFM's new Child Care Area. You must register your child for this service when you register for your Family Living class. Just tell us how many children you have and how old they are by writing on the registration form or telling us over the telephone. We can accommodate 10 children per class or activity, so register early in order to obtain this service. If you have any questions about child care at UFM during spring Family Living classes, call Olivia P. Collins, UFM Family Life Education Coordinator, 539-8763.

ANNOUNCING. . .

WHAT: A Resource Center for Parents

WHERE: 2nd Floor UFM Building, 1221 Thurston

WHEN: Tuesdays and Wednesdays 11 a.m. to 3 p.m.
Saturdays 10 a.m. to 2 p.m., beginning January 23rd

HOW: Books, magazines, catalogs, audio cassettes, video cassettes designed to help families enhance their parenting skills, and strengths to review at UFM or check out for home use.

To learn more about UFM's Parent Resource Center, contact Susan Haislip, volunteer coordinator, 776-3748, or attend UFM's January 20th Chili feed and get a sneak preview.



FAMILY LIVING (Continued)

The Parenting Zoo

FL-04

Come meet the folks in the parenting zoo, They're a strange set of ducks, not like me or like you, They've hidden agendas, relating to child - Some are quite forceful, others quite mild! We all have our styles of parenting kids! If you say that it's easy, I'd say that you fib! So let's get together and talk for awhile Of how we can grow in our parenting styles! Sharon Tally, mother of two grown daughters, now works with the New Directions Single Parent/Displaced Homemaker program.

Date: Feb. 7 (Wed)
Time: 7 - 8:30 p.m. (1 session)
Fee: \$7
Location: UFM Conference Room

It's Only Rock-n-Roll: Is Music Killing Your Kids?

FL-05

How influenced are your children by so-called "shock rock"? Are your children being damaged by the music they listen to? How should parents respond to their children's music choices? Is the solution censorship or communication? Participants will view and discuss the video, "Rising to the Challenge" produced by the Parents' Music Resource Center. This video presents graphic and explicit examples of some music and music videos that are popular today. This will be a fast-paced, lively discussion that you will never forget--plus, a promise that you will never be the same again.

Kirk A. Astroth is an Extension Specialist for the 4-H Youth Programs at Kansas State University.

Date: Feb. 15 (Thurs)
Time: 7:30 - 9 p.m. (1 session)
Fee: \$7
Location: KSU, Durland Hall, Room 161

Fun with Flowers and Plant Day

FL-06

Come in out of the cold and have fun in the world of plants and flowers. Bring the whole family and make dried flower bookmarks, mini-terrariums, and prepare seeds and bean spouts for growing. With the help of the K-State Horticulture Therapy Club members, your family will be sure to go home with plants, handmade crafts, and green thumbs.

Evelyn Campbell is coordinator of UFM's Community Gardens project and is friendly with all types of plants and flowers. In addition, she has a horticulture therapy degree from K-State.

Date: Feb. 24 (Sat)
Time: 1 - 3 p.m. (1 session)
Fee: \$9
Location: UFM Banquet Room

Capable Kids Can

FL-07

Geared for parents and children 8-12 years of age to attend together, this program helps parents and their children evaluate whether the children are ready for and capable of self-care for short periods of time without adult supervision. Activities, videos, and discussions will help parents and children learn the skills needed for children to care for themselves when they are home alone. Childcare will be provided at the UFM house.

Beverly Brzuchalski, Riley County Extension Home Economist, has coordinated after school programs for elementary students at Ogden and Douglass Community Center for the last four years. She has taught self-care skills to youth during after school programs and during summer day camps. This program is co-sponsored by UFM and the Riley County Cooperative Extension.

Date: Feb. 24 (Sat)
Time: 10 a.m. - 12 noon (1 session)
Fee: \$6 per family
Location: County Extension Office, 110 Courthouse Plaza

Brown Bag Book Review

FL-08

Busy schedules often mean less time to read or even to identify books of interest to parents and other family members. Why not sit back, relax, and enjoy lunch while discussing books designed to build family strengths and parenting skills. Specific books to be discussed by reviewers will be announced through the Manhattan Mercury prior to each session, or you can call the instructor to learn about the book to be discussed. All books to be reviewed will be available at the library or through a local bookstore.

Thursday, March 8
Reviewer: Olivia Collins (539-8763), Family Life Education Coordinator, UFM

Thursday, March 22
Reviewer: M.J. Poehler (539-2785), Client Services Coordinator, Manhattan Crisis Center

Thursday, April 5
Reviewer: Mary Miller (776-7750), Marriage & Family Therapist & mother of Mark, age 2.

Thursday, April 19
Reviewer: Shirley Marshall (532-5510), Instructor, Dept. of Human Development & Family Studies

Thursday, May 3
Reviewer: Evelyn Fisher (776-8821), Associate Pastor, First United Methodist Church

Date: March 8, 22 April 5, 19 May 3 (Thur)
Time: 12 noon - 1 p.m.
Fee: \$4 (book list provided)
Location: UFM Fireplace Room

Parenting the Angry Adolescent: Tips on How to Put Out the Fire

FL-09

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 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: April 12 (Thurs)
Time: 7 - 10 p.m. (1 session)
Fee: \$6
Location: UFM Conference Room

Fantastic Family Kite Fly

FL-10

Let's go fly a kite! Learn from experts about kite construction. Make and decorate your own family kite, and take it for a friendly flight around Warner Park. Adults and children of all ages are welcome to learn and fly. Family kite flying is a fantastic way to have fun together.

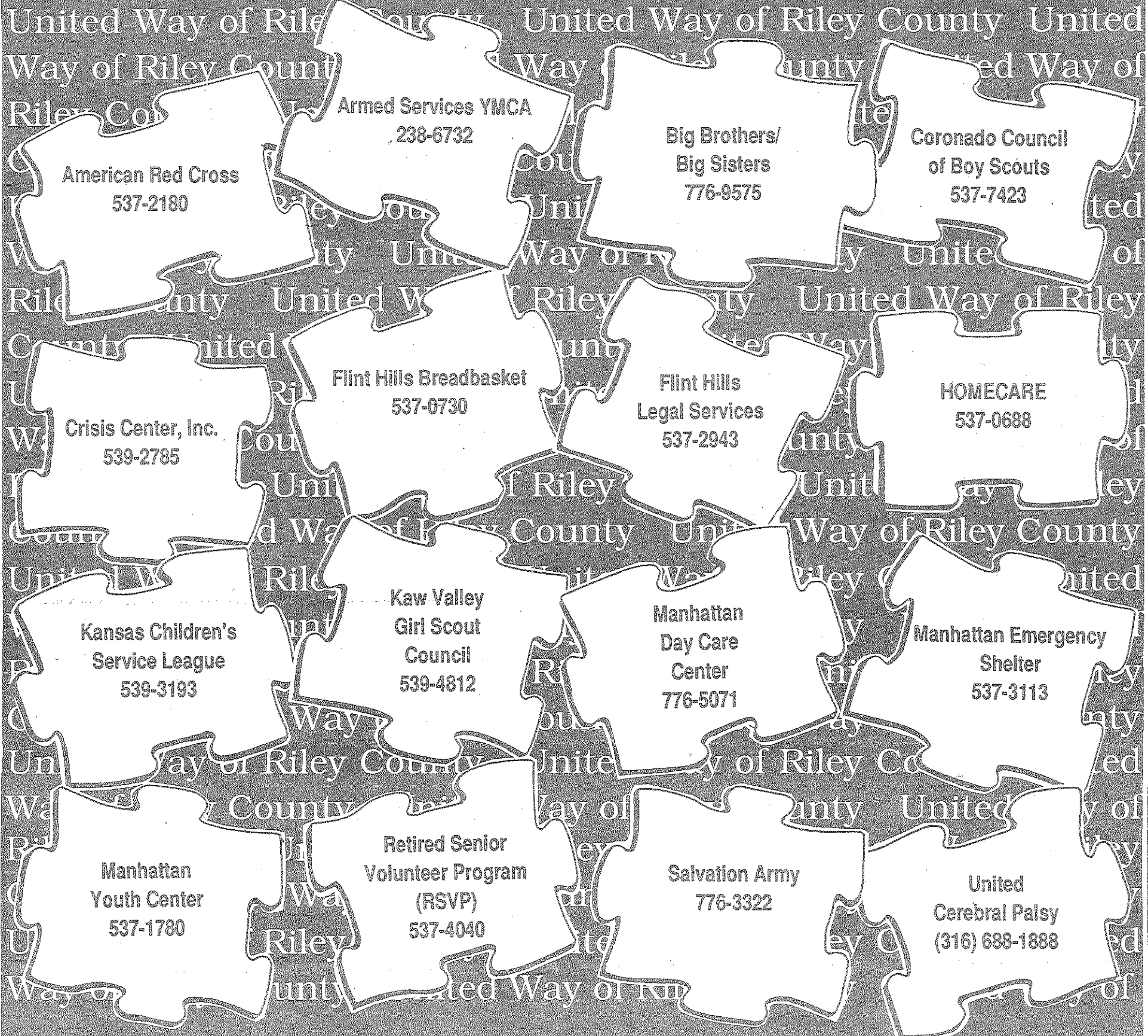
Kathy Menzie is a recreation specialist with Manhattan Parks and Recreation. Leon Funderberger is an avid kite maker and flyer.

Date: April 21 (Sat)
Time: 1 - 3 p.m. (1 session)
Fee: \$9 (per family)
Location: Warner Park

CHILD CARE CENTERS

(* - Part day program only)

Manhattan Child Dev. Center* (handicapped & normal children)	1125 Waters	Office 776-9201 Center 539-3861
Judith Delong		
Blue Valley Nursery School* Rosalind Center	835 Church	539-6464
Early Child Development Lab. Susan Wanska	Justin Hall, KSU	532-5513
First Baptist Preschool* Diane Nichol	2121 Blue Hills	539-8811
First United Meth. Preschool* Karen Thurman	600 Humbolt	776-6625
Hoeflin Stone House Child Care Susan Wanska	North Manhattan, KSU	532-6095
Kinder Care Learning Center Kathy Symes	1205 Hylton Heights Rd.	539-7540
Kansas State Child Dev. Center Nancy Bolsen	L-9 Jardine Terrace	539-1806
Manhattan Day Care Center Marti Krieger	6th & Humbolt	776-5071
Manhattan Day Care-Douglas Br. Marti Krieger	901 Yuma	Office 776-5071 Home 539-3688
Manhattan Montessori School	1225 Bertrand	Home 539-5534 Office 539-8014
New Beginnings Pierre Storey	2615 Allison	539-2435
Regency Child Care Wilma Mills	1811 Browning	776-4444
Seven Dolores Child Care Marsha Tannehill	220 S. Juliette	539-8592
Ship Ahoy	415 N. 10th	537-4565
St. Luke Preschool*	330 N. Sunset	539-2604
Sunshine Nursery Joan Mathiot	1328 Pierre	539-4114
Trinity Community Nursery * Barbara Higham, Administrator	1110 College Ave.	539-3668
Wee Care Memorial Hospital	1105 Sunset	776-3300



American Red Cross
537-2180

Armed Services YMCA
238-6732

Big Brothers/
Big Sisters
776-9575

Coronado Council
of Boy Scouts
537-7423

Crisis Center, Inc.
539-2785

Flint Hills Breadbasket
537-0730

Flint Hills
Legal Services
537-2943

HEMOCARE
537-0688

Kansas Children's
Service League
539-3193

Kaw Valley
Girl Scout
Council
539-4812

Manhattan
Day Care
Center
776-5071

Manhattan Emergency
Shelter
537-3113

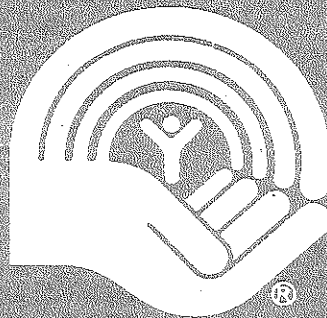
Manhattan
Youth Center
537-1780

Retired Senior
Volunteer Program
(RSVP)
537-4040

Salvation Army
776-3322

United
Cerebral Palsy
(316) 688-1888

Riley County



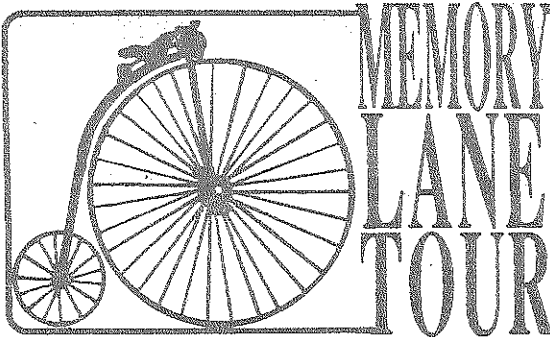
and YOU...

United Way

(913) 776-3779

"Together We're Completing the Puzzles"

P.O. Box 922, Manhattan, KS 66502, Glenda Humbert, Executive Director



Ride down memory lane . . . participate in Riley County's first historical bicycle tour.

Challenge yourself and discover the history of our area. Spend some time with old friends and meet new friends on a bicycle tour that will take you back to the mid-1800's. Rediscover the first settlers that developed homesites near the head of Wildcat Creek or ride past the "Little Gobi Desert" a glacial formation of sand dunes that was a popular recreation area for the pioneer children.

1 . 9 . 9 . 0

Who? Bicycling enthusiasts, recreational riders, families, beginning and easy riders, and anyone interested in discovering the history of our area via bicycle is invited!

What? Ride 13, 30, or 66 miles - whatever suits your interest and level of conditioning. You will go back into history as you stop at historical landmarks and, along the way, learn about the early life in Kansas.

Why? To provide a unique opportunity that combines the out-of-doors, bicycle riding, and discovering the historical significance of the Flint Hills area. Proceeds will benefit the UFM Campus/Community program.

When? Saturday, May 5, 1990 9:00 a.m. (rain or shine)

Where? Meet at Anneberg Park
3805 W. Anderson Ave., Manhattan

Routes: Route 1 (13 miles): Keats Classic
Route 2 (30 miles): Riley Rider
Route 3 (66 miles): Turn of the (Metric) Century

Safety: Helmets are strongly encouraged

Food: Complimentary fresh fruit, cookies, water, and a historical tale or two will be provided at the sag stops along each route. If your body demands heartier fare, the aroma from several cafes from Riley to Olsburg will invite you to partake. Join us for an after-ride celebration picnic of chicken and fixin's and dessert.

Sag Wagon: Don't fret if you experience a mechanical breakdown or if you can't finish the ride, a sag wagon will be along the route helping those who may need it.

Ride Leaders: You will see ride leaders along each route to answer questions, assist with that occasional flat tire, or to just offer encouragement and conversation as you pedal along.

Workshops: Take advantage of the pre-ride workshops planned on sports nutrition, bicycling basics, touring tips, and fixing flats.

Registration: \$12 per family member
\$15 per individual
(After April 20, the fee will be \$17 per family member and \$21 per individual - so register today!)

All registrants will receive an MLT 1990 water bottle, sag stop food, and route maps.

Registrations will also be taken at 8 a.m. the day of the ride.

For additional information contact Peg Kowalczyk, 539-8763.

Wheeling It: Bicycle Touring & Commuting

RF-30

Have you wanted to start bicycle touring or commuting and didn't know where to start? Join the Stiefel family as they take you back to their October 1987, 3 month, 3000 mile bicycle tour from Salina, Kansas, through Oklahoma, Texas, New Mexico, Arizona, Nevada, and California! (The youngest Stiefel to take the trip was 2 year old Jenna). Regain an appreciation for nature, travel, become fit, decrease environmental pollution, and save money. Ride your bicycle!

Elisa and Vern Stiefel (537-8150) have been married five years, have never owned a car, and virtually ride their bicycles everywhere!

Date: April 19 (Thurs)
Time: 7 - 9 p.m. (1 session)
Fee: \$4 (no charge for Memory Lane Tour registrants!)

Location: UFM Fireplace Room

Pedal Power: Nutrition for the Bicyclist

RF-31

Gearing up for the Memory Lane Bicycle Tour? Interested in proper nutrition to supplement your exercise program? Eat better to perform better. While there are many factors which affect your energy level and performance during exercise, nutrition plays a vital role. Calories to meet energy needs, the role of complex and simple carbohydrates, pre-event meals, and fluid intake and replacement will be addressed in this workshop geared for both recreational and competitive cyclists.

Elisa Stiefel (537-8150) has a degree in Foods and Nutrition from Colorado State University.

Date: April 25 (Wed)
Time: 7 - 9 p.m. (1 session)
Fee: \$4 (\$2 for Memory Lane Tour registrants) (food samples provided)

Location: UFM Fireplace Room

Bicycle Tour Basics

RF-34

Get geared up for the summer - learn the basics of bicycle touring. Whether you plan to ride 5 or 500 miles, knowing a few key elements will ensure a fun and safe riding experience. Riding with others, drafting, cadence and pace, climbing and descending hills, shifting gears, weather extremes, cycling equipment and clothing, training and conditioning, and bicycle safety will be covered. Meet others who would like to set up some informal training rides to prepare you for the Memory Lane Tour or your summer riding adventures!

Members of the Memory Lane Bicycle Tour committee

Date: April 9 (Mon)
Time: 7 - 9 p.m. (1 session)
Fee: \$3 (no charge for Memory Lane Tour registrants)

Location: UFM Fireplace Room

Fixing A Flat Tire

RF-32

You are out on the road and your bicycle tire becomes punctured. Don't despair! It doesn't take too much time to learn how to change a flat, and knowing how makes a difference in how much you can enjoy the independence of cycling. Bring your bicycle and be prepared for some hands-on experience. You will leave the workshop with your own patch kit and tire irons and knowing how to fix a flat!

Vern Stiefel has been a bicycle mechanic in Salina, Kansas, for several years. Both Vern and his wife Elisa, ride thousands of miles annually.

Date: May 3 (Thurs)
Time: 7 - 9 p.m. (1 session)
Fee: \$8 (patch kit and tire irons included for you to take home!)

Location: UFM Fireplace Room and parking lot

Memory Lane Tour c/o UFM,
1221 Thurston, Manhattan KS 66502

REGISTRATION (Please complete one form for each participant)

Name _____
Address _____
Phone (home) _____
(work) _____
Age _____
If under 18 years, parent _____

Select one: Route 1 (13 miles) Keats Classic
 Route 2 (30 miles) Riley Rider
 Route 3 (66 miles) Turn of
the (Metric) Century

Fees: Family \$12 (\$17 after April 20)
 Individual \$15 (\$21 after April 20)
 T-Shirt (\$7.50)
Before April 20 only
Size: S ___ M ___ L ___ XL ___
 Post Ride Celebration Meal (\$4.75)
 Total enclosed

I hereby authorize the use of my VISA/Mastercard:

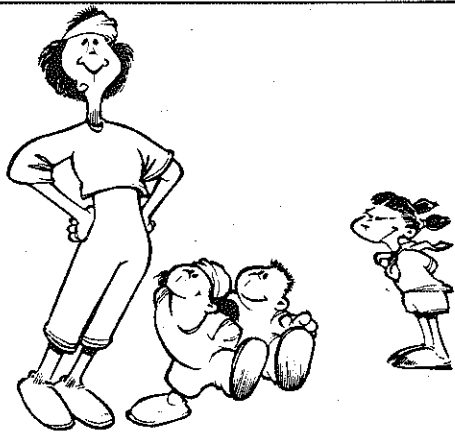
Signature _____
Card #: _____ Expiration: _____

RELEASE

As a participant in the activities sponsored by UFM on the Memory Lane Tour, I hereby release and agree to hold harmless said organization, its officers, directors, and tour organizers and any other MLT participants for any and all claims for personal injury or property damage sustained by me.

Office use:
check
cash
VISA
MC

Signed _____ Date _____
Signed _____ Date _____
(Guardian signature if under 18 years old)



Parent Power Series

Geared for parents of children 2 to 5 years of age, this four-session series will help participants better understand young children; offer appropriate guidance for children's behavior; and positively impact children's attitudes. Attend one or all four sessions.

Marti Krieger is the Executive Director of Manhattan Day Care Association, Inc.

Date: Held the third Tuesday of each month
Time: 7 - 8:30 p.m.
Fee: \$18 for the series or \$6 per session
Location: UFM Banquet Room

Ages and Stages: 2 - 5 Year Olds

FL-17

It helps adults understand young children when they have an awareness of the various stages of growth a child experiences at different ages. In this class we will discuss the ages and stages of 2 to 5 year-old children and explore activities with children in the home.

Date: Feb. 20 (Tues)

Dealing With Behavior and Guidance I: Understanding Your Child's Behavior and How To Guide It

FL-18

The Who, What, When, and Whys of behavior and guidance as you interact with your child will be the focus of this session. We will discuss: WHY behavior and guidance is important; WHAT is important in behavior and guidance; WHO is important in behavior and guidance; and WHEN to offer behavior and guidance.

Date: March 20 (Tues)

Dealing With Behavior and Guidance II: Techniques That Work

FL-19

As a parent, guiding the behavior of your child is one of your primary responsibilities. Sometimes guiding those behaviors can be somewhat difficult, especially when the behaviors involve "hittin', spittin', and all that stuff." This class focuses on specific types of child misbehaviors: spitting, hitting, kicking, biting, clinging, temper tantrums, throwing toys, profanity, crying when left, talking back or sassing, and problems with rest time. As a group, we will discuss ways to handle these types of misbehaviors.

Date: April 17 (Tues)

Food and Attitudes

FL-20

As parents, you have an impact on your child's attitudes about foods. Your reactions to different food choices can affect your child's choice of foods and attitudes about foods. Learn about how children eat at different times in their development. Identify various types of foods and then think about your attitudes towards them. Targeted towards parents of children 2 to 5 years of age.

Date: May 15 (Tues)

16

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Saturday and Sunday, April 28 and 29
2 to 4 p.m.

Manhattan Town Center, near J.C. Penney

Bring the whole family, meet the folks from UFM, and spend some time making a "family portrait" to take home. In addition, your family will be able to add its own handprint to the family rainbow on permanent display at the Mall. This is a joint project of Manhattan Town Center, the Children's Discovery Museum, and many of Manhattan's social service agencies.

MOM'S CLUB OPEN HOUSE

Moms! An exciting new organization is coming to Manhattan. . . . a local chapter of the M.O.M.S. (Moms Offering Moms Support), a national network of support groups for mothers who have chosen to stay home with their children, is beginning. Become a charter member!

Open House: January 19th
10:00 am - 12:00 noon
UFM Conference Room
Children are welcome - childcare provided.
For more information call Susan Haislip, 776-3748.

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For more information, contact Olivia Collins, UFM Family Life Education Coordinator, 539-8763.

776-5577

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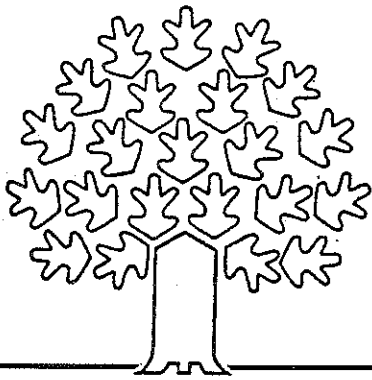
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Health & Wellness

1221 THURSTON

539-8763

Yoga

HW-01

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

Enell Foerster (537-0977) has taught UFM Yoga classes for two years and trained under Albert Franklin. She has also taught First Aid, CPR, swimming, and aerobics classes.

Date: Feb. 2 - May 8 (Tues & Fri)
 Time: 6:30 - 7:30 a.m. (22 sessions)
 Fee: \$16
 Location: UFM Conference Room

Alcoholism: Answers Behind the Disease

HW-03

What is addiction? What makes anything a disease? The difference between alcohol dependence and alcohol abuse will be discussed. The DSM III/R, a mysterious book you thought was only meant for doctors, will be used to learn the answers.

Dennis Blair (776-3875), a psychologist at the Fort Riley Counseling Center, has worked in alcohol and drug rehabilitation for nine years.

Date: Feb. 6 (Tues)
 Time: 7 - 8:30 p.m. (1 session)
 Fee: \$5
 Location: UFM Banquet Room

What You Should Know About Aids

HW-05

No doubt you have read or heard much recently about AIDS. You may believe AIDS doesn't affect you personally, but chances are everyone will know someone who is affected by this disease by the year 2000. AIDS affects us all, directly or indirectly - male or female, married or single, young or old, rich or poor. Learn the facts about AIDS. Find out how we can protect ourselves, protect those we love, and stop the spread of the disease. We will discuss what AIDS is, how it is spread, and what the future holds.

Joan Smith, M.S., is a health educator for the Riley County Health Department. She is a registered medical technologist and received her masters degree in Adult Education from Kansas State University.

Date: Feb. 21 (Wed)
 Time: 7 - 8:30 p.m. (1 session)
 Fee: \$3
 Location: Riley County Health Dept., 2030 Tecumseh

It's Up To Me To Keep My Blood Pressure Down

HW-02

What causes high blood pressure? Are there dangers associated with high blood pressure? This six-week educational program will help you understand the implications and risks of hypertension. Medications, stress management, nutrition information and cholesterol management, and recipe modification will be covered. It is up to you to keep your blood pressure down. (This program is sponsored by the Kansas Department of Health and Environment, the University of Kansas School of Medicine, the American Heart Association, and the Riley County Department of Health.)

Joan Smith, M.S. is a health educator for the Riley County Health Department. She is a registered Medical Technologist and received her masters degree in Adult Education from Kansas State University.

Date: Feb. 5, 12, 19, 26; March 5 & 12 (Mon)
 Time: 7 - 8 p.m. (1 session)
 Fee: \$12 (includes manual)
 Location: Riley County Health Department
 2030 Tecumseh Road

Myths About Mental Illness

HW-04

Few people understand that serious mental illnesses are real brain diseases and are not someone's fault. Face the facts and help solve the problem. Learn about mental illness and how you can help. We will discuss the Compeer program, sponsored by Pawnee Mental Health Services, and its usefulness in helping someone recover from mental illness.

Patrice Murphy (539-7426) has a M.S. Degree from KSU. She is the supervisor of the community support program at Pawnee Mental Health. This program helps people recovering from mental illness. *Mary Alice Schiesener* has a B.S. Degree from KSU. She is the coordinator for the Compeer program for Pawnee Mental Health and has worked closely with the National Alliance for Mental Illness programs.

Date: Feb. 20 (Tues)
 Time: 7:30 - 9 p.m. (1 session)
 Fee: \$3
 Location: Pawnee Mental Health, 1650 Hayes Drive

Cholesterol Management

HW-06

Learn to manage your cholesterol and decrease your risk for heart disease. Participants will complete a risk assessment profile and discuss what the numbers mean. Terms used such as HDL, LDL, and lipoproteins will be discussed. The effect of diet, exercise, and body weight on cholesterol levels will also be addressed.

Joan Smith, M.S., is a health educator for the Riley County Health Department. She is a registered Medical Technologist and received her masters degree in Adult Education from Kansas State University.

Date: March 15, 22 & 29 (Thurs)
 Time: 7 - 9 p.m. (3 sessions)
 Fee: \$6
 Location: Riley County Health Dept., 2030 Tecumseh

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MAY 5	NEW BEGINNINGS: AN EMPOWERMENT WORKSHOP	\$18

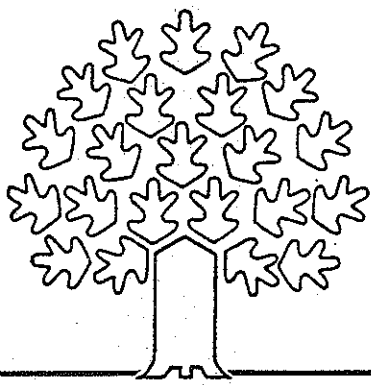
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Manhattan Interfaith Seminars

The Manhattan Interfaith Seminars is a new venture developed for those who want to learn about faith and living. The seminars are designed to invite participation and interaction from a broad cross-section of our community. A variety of faith perspectives will be represented by your enrollment. These non-credit classes meet for a series of discussions with instructors from a variety of religious and philosophical traditions.

Special needs? Questions? Scholarship needed? Call Dorothy Nickel Friesen at 539-4079 for more information.

Science and Religion IS-01

Is the scientific method the only reliable guide to truth? Is a human being only a complex biochemical mechanism? How can God act if the world is law-abiding? We will explore the relationship between science and religion as we discuss issues such as the origin of the universe, evolution, and quantum physics. Special guest speakers for many sessions.

Charles Walters, Spencer Tomb, and others.

Date: Feb. 4, 11, 25, March 4, 18, 25 (Sun)
Time: 6:30 - 7:30 p.m.
Fee: \$5
Location: Ecumenical Campus Ministry
1021 Denison Avenue

Church Architecture IS-02

Architectural spaces and symbolic detail (stained glass, lighting, structure, figures, artworks, color, etc.) that contribute toward worship and spiritual celebrations will be discussed and viewed. We will examine some historic examples and their influence on contemporary church design. Visits to three local churches and discussions with their architects, craftspersons and pastors will highlight each architectural intention and result.

Bonnie Berggren and F. Gene Ernst

Date: Feb. 4, 11, 18, 25 (Sun)
Time: 4 - 5:30 p.m.
Fee: \$5
Location: UFM (Feb. 4) and three Manhattan churches

The Land and Our Faith IS-03

Land is central, if not the central, theme of the biblical faith. It will no longer do to talk only of God and God's people. We must talk of God and God's people and God's land, according to Old Testament scholar Walter Brueggemann. We will explore Brueggemann's work, *The Land*, and the implications for our present relationship to the Land.

Dave Stewart

Date: Feb. 5, 12, 19, 26, March 5 (Mon)
Time: 7 - 9 p.m.
Fee: \$5
Location: St. Paul's Episcopal Church
601 Poyntz Avenue

Judaism IS-04

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

Rudy Clarenburg

Date: Feb. 6, 13, 20, 27 (Tues)
Time: 7 - 8:30 p.m.
Fee: \$5
Location: Jewish Congregation of Manhattan
1509 Wreath Avenue

China and Religious Freedom Before Tiananmen Square IS-05

View slides and hear reflections about a six-week study trip Craig participated in during the summer of 1988, the summer before demonstrations throughout China. Insights concerning the Christian church in China will be explored.

Craig Sommer

Date: Feb. 6, 13 (Tues)
Time: 7 - 8:30 p.m.
Fee: \$5
Location: First Christian Church
115 Courthouse Plaza

Women and Religion IS-06

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

Dorothy Nickel Friesen

Date: Feb. 7, 14, 21
Time: 7 - 9 p.m.
Fee: \$5
Location: First Lutheran Church
930 Poyntz Avenue

Eye Witness Israel IS-07

An eye witness account of the Palestinian intifadah (uprising) in the West Bank, Gaza Strip, and within Israel itself will be shared by Walt from his November, 1988 trip to the occupied territories. Slides, narration, and discussion will be used. Recommended reading is *Blood Brothers* by Elias Chacour and will be available for purchase.

Walt Miller

Date: Feb. 14, 21
Time: 7 - 8:30 p.m.
Fee: \$5
Location: College Avenue United Methodist Church
1609 College Avenue

Jesus Through the Centuries IS-08

Yale historian and theologian Jaroslav Pelikan has written this excellent book which takes a broad look at Western culture through the lens of Christian faith. Pelikan reveals how each successive epoch has shown Jesus' continuing impact on cultural, political, social and economic history. (*Jesus Through the Centuries* by Pelikan, et. al., required)

Ron Roschke

Date: Feb. 8, 15, 22, March 1, 8 (Thurs)
Time: 7 - 8:30 p.m.
Fee: \$5
Location: University Christian Church
2800 Claffin

Liberation Theology IS-09

Does God take sides? Liberation theology says "Yes", that God maintains a "preferential option for the poor". Liberation theology underlies the actions of many of those striving for justice in Central America, in the women's rights movement, and in the Black rights movement in America. We will undertake a general survey of liberation theology, starting with its Biblical base and ending with its social implications.

Al Zimmerman

Date: Feb. 8, 15, 22, March 1 (Thurs)
Time: 7 - 8:30 p.m.
Fee: \$5
Location: Seven Dolors Catholic Parish Center
731 Pierre


18

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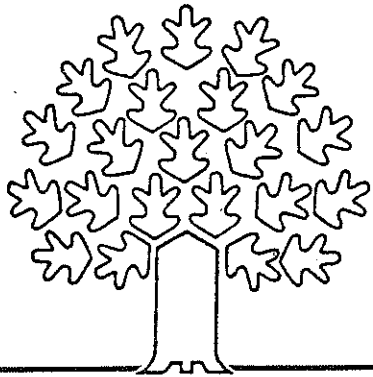
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Food & Nutrition

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Introduction to Wine

FN-01

In vino veritas! Study wine from the vine to the glass, including chemistry, geography, history, and viticulture. Studies will be accompanied with tasting of domestic and foreign wines. **PARTICIPANTS MUST BE OVER 21 YEARS OF AGE.**

Lloyd Davenport (539-1823) is retired from KSU and is a member of the Society of Wine Educators. He is a wine maker, tends a small experimental vineyard, and has taught wine classes for many years.

Date: Feb. 2, 9, 23 & March 9 & 23 (Fri)
 Time: 7 - 9:30 p.m. (5 sessions)
 Fee: \$32. (includes wine tasting)
 Location: 2909 Sunnyside Drive

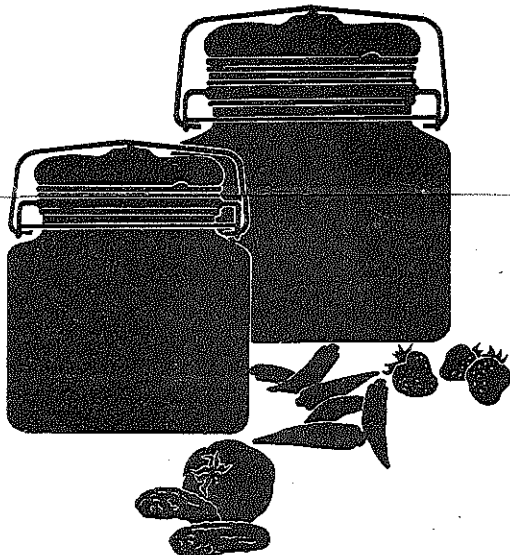
Home Canning

FN-02

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, jar, and can nutritious foods to stock your shelves. Besides being a fun and inexpensive way to feed your family, canning and freezing provide an escape from ready canned and frozen foods that are highly seasoned.

Evelyn Campbell has canned for 25 years. In 1989 she canned and froze over 115 quarts.

Date: April 9 (Mon)
 Time: 7 - 9 p.m. (1 session)
 Fee: \$6
 Location: UFM Kitchen



Cooking with Herbs

FN-03

Enjoy an evening of taste testing teas, cookies and other food items flavored with freshly grown herbs. Find out how herbs are used and how they can enhance home cooking. Delight your palate with homemade anise cookies, natural tea, hot vegetable soup, fresh biscuits, and a non-alcoholic mint julep. Take home recipes that use basil, sage, thyme, and oregano. You'll be certain to leave with a satisfied stomach!

Evelyn and Howard Campbell have been cooking with fresh and dried herbs over 25 years.

Date: May 3 (Thurs)
 Time: 7 - 9 p.m. (1 session)
 Fee: \$9 (includes food)
 Location: UFM Kitchen



Cooking Light

This series of six courses is designed to help you obtain and prepare wholesome, health-promoting foods. Join us as we bake delicious yeast breads, cakes, cookies, and muffins using whole grains. Or, try your hand at bean burgers and tofu cheesecake! Learn and devour healthful, mouthwatering meals and take home recipes to continue a pattern of nutritious home cooking and baking. Learn to cook light and cook right!

Elisa Stiefel (537-8150) has a degree in Foods and Nutrition from Colorado State University and enjoys sharing her knowledge and experience related to food preparation. She has cooked at a retreat center in Colorado, catered for families and organizations, and taught many classes related to healthful cooking.

Date: Feb. 15 - April 26 (Thurs)
 Time: 6 - 8 p.m. (6 sessions)
 (bread baking class 6 - 9 p.m.)
 Location: 813 Colorado

Stocking Up

FN-04

Come take a mini-tour of several food suppliers and learn how to select the most wholesome foods for your dollar. We will read and discuss labels, talk about seasonal availability and quality of fresh produce, and compare prices of many products.

Date: Feb. 15 (Thurs)
 Fee: \$6

Baking With Wholegrains I

FN-05

Participate in and learn the basic techniques for creating your own delicious yeast breads. We will prepare and devour several types of breads!

Date: March 1 (Thurs)
 Fee: \$9 (food samples and recipes provided)

Baking With Wholegrains II

FN-06

Participate in and learn techniques for preparing quick breads, cakes, cookies, and muffins using whole grains. We will prepare and eat these goodies.

Date: March 15 (Thurs)
 Fee: \$9 (food samples and recipes provided)

The World of Grains

FN-07

Discover the many types of grains available and ways to incorporate them into your daily diet. We will discuss the nutritional value of millet, buckwheat, oats, corn, rice, wheat, barley, and rye, and learn methods of preparation. Sample grain dishes such as pilafs, soups, and granolas.

Date: March 29 (Thurs)
 Fee: \$9 (food samples and recipes provided)

The Benevolent Bean

FN-08

Learn to prepare beans and to appreciate their nutritional benefits. We will make various bean dishes including refried beans, baked beans, bean burgers, and tofu cheesecake!

Date: April 12 (Thurs)
 Fee: \$9 (food samples and recipes provided)

Cooking Light, Cooking Right

FN-09

Learn to use whole, unprocessed foods in the preparation of simple meals. Whole grains and fresh fruits and vegetables are naturally low in fat, cholesterol, sodium, and sugar. **COME HUNGRY!**

Date: April 26 (Thurs)
 Fee: \$9 (food samples and recipes provided)

19

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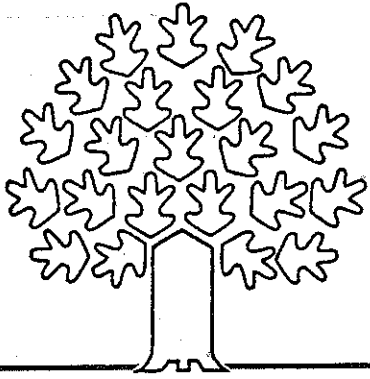
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Recreation & Fitness

1221 THURSTON

539-8763

Intermediate Kayak Workshop

RF-01

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

Rex Replogle (537-2643) a certified Red Cross Kayak instructor, has been kayaking for nine years. He was the past president of Kansas Canoe Association and the original director of the kayak chapter.

Date: Jan. 21 (Sun)
Time: 9 a.m. - 1 p.m. (1 session)
Fee: \$4
Location: KSU Natatorium

Fundamentals of Kayaking

RF-06

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

Rex Replogle (537-2643), a certified Red Cross Kayak instructor, has been kayaking for 9 years. He was the past President of Kansas Canoe Association and the original director of the kayak chapter.

Date: Feb. 3, 4, 18, & March 4 (Sun)
Time: 9 - 11 a.m. (Sat, Feb. 3)
9 a.m. - 1 p.m. (all other sessions)
(4 sessions)
Fee: \$48 (includes equipment rental)
Location: UFM, 1221 Thurston (1st session)
KSU Natatorium (all other sessions)

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 has played UFM Volleyball for many years.

Date: Feb. 1 - May 31 (Tues & Thurs)
Time: 6:30 - 8:30 p.m. (33 sessions)
Fee: \$3
Location: Douglass Community Center, 901 Yuma

Walking Companions

RF-07

Do you like to walk, but don't enjoy walking alone? Join us for a 30 minute walk on Tuesdays in the city and/or for a longer walk in the nearby country on Saturdays. Wear socks, comfortable footwear, and dress for the weather. Dogs on leashes are welcome.

Edie Williams (539-2552) loves to walk and discover new places. She has been walking all her life.

Date: Feb. 3 - May 29
Time: 5:15 - 5:45 p.m. (Tues)
4 - 5 p.m. (Sat) (35 sessions)
Fee: \$6
Location: UFM Parking Lot, 1221 Thurston
(rain - walk at mall)
Contact instructor regarding meeting location after 2nd session



Ballroom Dance I

RF-11

Date: Feb. 5 - March 26 (Mon)
Time: 8:30 - 10 p.m. (8 sessions)
Fee: \$24
Location: KSU, Fairchild Hall Room 208

Ballroom Dance I

RF-19

Date: April 2 - May 21 (Mon)
Time: 6:30 - 8 p.m. (8 sessions)
Fee: \$24
Location: KSU, Fairchild Hall Room 208

Ballroom Dance I

RF-20

Date: April 2 - May 21 (Mon)
Time: 8:30 - 10 p.m. (8 sessions)
Fee: \$24
Location: KSU, Fairchild Hall Room 208

Ballroom Dance II

RF-14

Enhance your dancing technique. This eight-week program is geared for those who have mastered the basic steps of beginning ballroom dance. Adults of all ages are encouraged to participate. Partners are not necessary.

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

Date: Feb. 8 - March 29 (Thurs)
Time: 7:30 - 9 p.m. (8 sessions)
Fee: \$24
Location: KSU, Fairchild Hall 208

Ballroom Dance II

RF-26

Date: April 5 - May 24 (Thurs)
Time: 7:30 - 9 p.m. (8 sessions)
Fee: \$24
Location: KSU, Fairchild Hall Room 208

20

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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 you can be the dancer you've always wanted to be. Become smooth on your feet, get some exercise, and have fun in this eight-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; Mandala Ballroom, San Francisco; and was the 1986 San Francisco Avenue Ballroom Jitterbug Champion.

Date: Feb. 5 - March 26 (Mon)
Time: 6:30 - 8 p.m. (8 sessions)
Fee: \$24
Location: KSU, Fairchild Hall Room 208

Christina

Patricia's
UNDERCOVER
Lingerie

1224 MORO AGGIEVILLE



RECREATION & FITNESS (Continued)

Fencing

RF-13

Fencing, one of the oldest sports known to man, began with the ancient Romans in preparing for battle. Now fencing has come to Manhattan, Kansas. Learn basic fencing skills with foil, epee, or sabre, in this eight-week fencing program geared for both beginning and intermediate fencers. Men and women of all ages and boys and girls over eight years are welcome. Come and cross blades with us.

James Eicher (784-4916) began fencing in the Philadelphia area with one of the top clubs in the nation, SALLE CSISZAR. James has fenced at the National Championships in Phoenix and Chicago. He also served as a volunteer at the 1989 World Fencing Championships, held in Denver. James is currently a ranked foilist.

Date: Feb. 7 - March 28 (Wed)
Time: 7:30 - 9:30 p.m. (8 sessions)
Fee: \$24 (includes equipment rental)
Location: KSU, Ahearn Field House

Fencing

RF-25

Date: April 4 - May 30 (Wed)
Time: 7:30 - 9:30 p.m. (9 sessions)
Fee: \$24 (includes equipment rental)
Location: KSU, Ahearn Field House

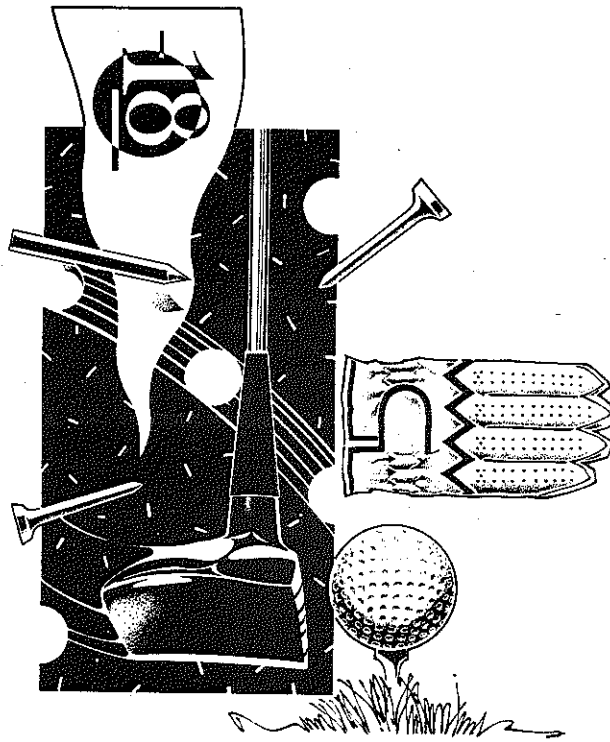
Sunday Morning Walkers

RF-16

Walk for health, fitness, and enjoyment. Join us on Sunday mornings as we walk and talk our way to a healthier lifestyle. We will meet at different locations each month and walk varying distances - generally 2-3 miles depending on group consensus. Longer walks will also be planned ranging from 5-7 miles in length. As we warm-up, we will discuss topics such as heart rate monitoring, selecting walking shoes, safety, and local, regional, and national walking events. We will begin and end each walk together. We will walk - rain or shine or snow!

Mary Anne Andrews (537-4439) holds an undergraduate degree in Education and a Masters degree in Recreation, both from Oklahoma State University. She is presently the certification officer for the Department of Athletics in the Athletics Academic Services area. Mary Anne has hiked and climbed in Mexico and throughout the southern Colorado continental divide area. She walks 2-3 miles daily on indoor and outdoor tracks and tries to walk most places she goes throughout Manhattan.

Date: March 4 - May 27 (Sun)
Time: 8:30 - 9:30 a.m. (13 sessions)
Fee: \$6
Location: City Park Shelter
entrance off Poyntz (near horseshoe pit)



Golf

RF-27

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: April 5, 12, & 19 (Thurs)
Time: 6:30 - 7:30 p.m. (3 sessions)
Fee: \$18 (includes golf club rental)
Location: Stagg Hill Golf Course
4441 Fort Riley Blvd.

Golf

RF-28

Date: April 26, May 3 & 10 (Thurs)
Time: 6:30 - 7:30 p.m. (3 sessions)
Fee: \$18 (golf club rental provided)
Location: Stagg Hill Golf Course
4441 Fort Riley Blvd.

Golf

RF-29

Date: May 17, 24, & 31 (Thurs)
Time: 6:30 - 7:30 p.m. (3 sessions)
Fee: \$18 (golf club rental provided)
Location: Stagg Hill Golf Course
4441 Fort Riley Blvd.

Walking Kansas

RF-18

Walking Kansas is a health promotion program geared for beginning walkers. Develop the walking habit, enhance body image and condition, reduce tension, and develop a higher level of wellness while reducing your risk for heart attack, and stroke. (This program has been developed by the Kansas Department of Health and Environment).

Joan Smith, M.S., is a health educator for the Riley County Health Department. She is a registered Medical Technologist and received her masters in adult education from Kansas State University.

Date: March 19 - May 7 (Mon)
Time: 6 - 7:30 p.m. (8 sessions)
Fee: \$7 (includes "Walking Kansas" passport)
Location: Riley County Health Department
2030 Tecumseh Road

Tennis

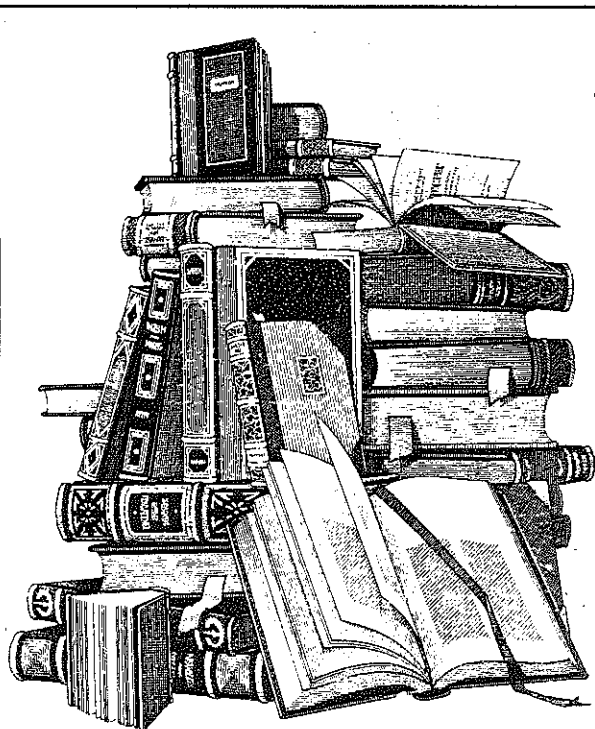
RF-08

Learn to play tennis. Geared for beginning and intermediate players, basic fundamentals court strategy and step-by-step instruction will be provided. Please bring a racket and tennis balls.

Janet Klaver (539-4194) has taught beginning tennis for 6 years and has played competitive tennis in the Manhattan and Topeka areas.

Date: April 1 - May 20 (Sun)
Time: 8 - 10 a.m. (8 sessions)
Fee: \$12
Location: KSU Washburn Tennis Courts

21



3RD ANNUAL UFM USED BOOK SALE

April 28
10:00 am - 5:00 pm
Manhattan Town Center
Courtyard west of Penney's

Donations of books welcomed after April 1st,
at University For Man, 1221 Thurston.

Watch for collection barrels
at your area grocery store.

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MARTIAL ARTS

Tae Kwon Do

RF-03

Tae Kwon Do, the art of hand and foot, is a martial art that originated in Korea. Learn the fundamentals of kicking, punching, and KATA forms. Increase your flexibility, stamina, and physical and mental discipline.

Joel Coopersmith, (539-0144), has practiced martial arts for over 12 years; 8 years in Tae Kwon Do. He has also studied Judo, Karate, Aikido, and holds rank in each of these arts.

Date: Feb. 1 - March 31
Time: 7 - 9 p.m. (Tues & Thurs)
12 noon - 2 p.m. (Sat) (26 sessions)
Fee: \$24
Location: KSU, Eisenhower Hall Room 121

Tae Kwon Do

RF-22

Date: April 3 - May 31
Time: 7 - 9 p.m. (Tues & Thurs)
12 noon - 2 p.m. (Sat) (26 sessions)
Fee: \$24
Location: KSU, Eisenhower Hall Room 121

Kempo Karate II

RF-05

Geared for the more advanced students, the emphasis will be on developing a broader and deeper base in accuracy, speed, power, technique variety, and self-defense. Methodology will include the use of focus gloves, air and foam shields, heavy bag, double-ended bag, free sparring, stationary hand sparring, Katas, drills, and an introduction to the sais and bo (staff).

Larry Paris (537-3221), a first degree black belt in Kempo, has taught several UFM classes before. Ken Shaffer (539-3306) has a brown belt in Kempo and stays in condition through martial arts and aerobics.

Date: Feb. 3 - March 31
Time: 8 - 9:30 p.m. (Tues)
3 - 4:30 p.m. (Sat)
Fee: \$15
Location: KSU, Ahearn 303

Kempo Karate II

RF-24

Date: April 3 - May 29
Time: 8 - 9:30 p.m. (Tues)
3 - 4:30 p.m. (Sat)
Fee: \$15
Location: KSU, Ahearn 303

Kempo Karate I

RF-04

The basics of Karate, including skill development in the use of the hands and feet for self-defense and personal satisfaction, will be emphasized. Blocks, strikes, kicks, take-downs, and body movements will be taught. For both females and males, this program is geared for those who would like to start on the path to self-defense.

Gary Rosa (1-944-3691) has trained in several martial arts and is a first degree black belt in Kempo.

Date: Feb. 3 - March 31
Time: 7 - 8 p.m. (Tues)
2 - 3 p.m. (Sat) (17 sessions)
Fee: \$15 (including contact equipment)
Location: KSU, Fairchild Hall 208

Kempo Karate I

RF-23

Date: April 3 - May 29
Time: 7 - 8 p.m. (Tues)
2 - 3 p.m. (Sat) (17 sessions)
Fee: \$15 (including contact equipment)
Location: KSU, Fairchild Hall 208

White Dragon Kung Fu

RF-09

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 has studied martial arts for 20 years, holds a 2nd degree black belt in jujitsu, and has taught martial arts for eight years. Stan is a member of the Pai Family. He is the author of 40 Intermediate Techniques of the Yama Bushi Kai, a Kung Fu manual and video set. Stan has been a member of the Shadows of Iga Ninja society for eight years and studied with Steve Hayes.

Date: Feb. 4 - March 1
Time: 7 - 8 p.m. (Tues & Thurs) 3 - 4 p.m. (Sun)
(12 sessions)
Fee: \$16 (includes manual)
Location: KSU, Ahearn Room 303

White Dragon Kung Fu

RF-17

Date: March 4 - 29
Time: 7 - 8 p.m. (Tues & Thurs) 3 - 4 p.m. (Sun)
(12 sessions)
Fee: \$16 (includes manual)
Location: KSU, Ahearn Room 303

Aikido

RF-12

Aikido, known technically as a martial art, includes techniques which enable one to defend against physical attack if necessary. Sincere practice of the art will gradually change the way one breathes, stands, and moves in everyday activities which can lead to relaxation and control in both the physical and mental aspects of life.

Greg Matthews (776-0803) has been practicing Aikido for over three years.

Date: Feb. 5 - March 28 (Mon & Wed)
Time: 7 - 9 p.m. (16 sessions)
Fee: \$16
Location: KSU, Ahearn 205

Aikido

RF-21

Date: April 2 - May 30 (Mon & Wed)
Time: 7 - 9 p.m. (18 sessions)
Fee: \$16
Location: KSU, Ahearn 205

Beginning Sports Aikido

RF-15

Enjoy the Japanese, time-honored sport of Aikido. Aikido resembles judo and is one of the traditional martial arts of Japan. This form of Aikido is from the Tomiki School and is performed as a sport and also in competitive matches. Please wear comfortable clothing.

Kazuhiro Tabata (532-3712) from Tokyo, Japan, belonged to the Sports Aikido Club at Waseda University in Tokyo. He has had extensive training for four years and earned his black belt.

Date: Feb. 10, 24; March 10, 24; April 7, 21;
May 5 (Sat)
Time: 4 - 5:30 p.m. (8 sessions)
Fee: \$16
Location: KSU, Ahearn 205

3RD ANNUAL UFM USED BOOK SALE

April 28
10:00 am - 5:00 pm
Manhattan Town Center
Courtyard west of Penney's

Donations of books welcomed after April 1st,
at University For Man, 1221 Thurston.

Watch for collection barrels
at your area grocery store.

22

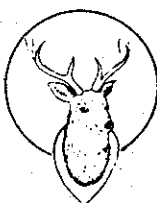


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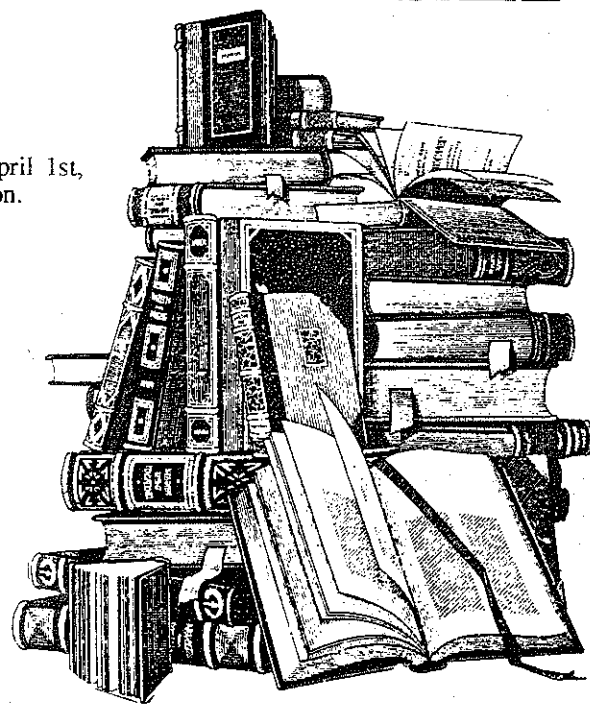
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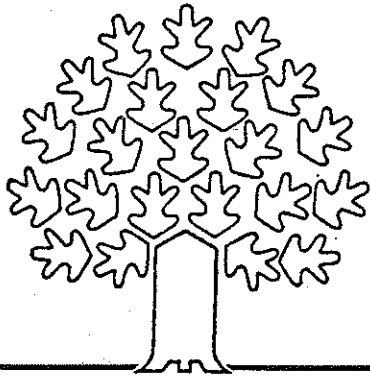
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Self & Personal Growth

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539-8763

Introduction to the Philosophy of Gurdjieff and Ouspensky

SP-01

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 experience. Classes will include psychological exercises, discussion, 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: Feb 1 - March 8 (Thurs)
Time: 7:30 - 9 p.m. (6 sessions)
Fee: \$9
Location: UFM Solar Greenhouse

Advanced Genealogy

SP-02

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 Littrell (539-2646), a retired KSU professor, is a past president of the Riley County Genealogical Society. He has published family histories that are currently in the Library of Congress.

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

Sack Lunch Theology: The Power of Myths

SP-03

In this modern technological age we may be tempted to believe that myth, or stories of the inner life, are not important or even necessary. For us the important thing is the news of the day and the problems of the hour. Yet without myth and stories that give understanding, our information and experience remain disconnected and meaningless. Myth has played a vital role not only in this era of human experience but in all ages. Moreover, myth from various cultures and eras reveal striking similarities to each other. These similarities suggest that deep within our spiritual roots we are all related to each other. We will explore Joseph Campbell's book, *The Power of Myth*, (available at first class for approximately \$12) together with video tapes that were made for PBS.

Dave Stewart is a Campus Minister at KSU who has been teaching Sack Lunch Theology classes for many years.

Date: Feb. 5 - April 23 (Mon)
Time: 11:30 a.m. - 1 p.m. (12 sessions)
Fee: \$5
Location: The Baptist Campus Center, 1801 Anderson

Beginning Russian

SP-04

Learn to speak Russian. Geared for beginning and intermediate students, this eight week course will cover the alphabet, vocabulary, and conversational Russian.

Janet Klaver, a graduate of Kansas University with a Masters from Kansas State, is presently working towards her doctorate. She is conversant in four languages. Russian has remained a hobby which she would like to share with others.

Date: Feb. 5 - March 26 (Mon)
Time: 7 - 9 p.m.
Fee: \$6 (includes handouts)
Location: UFM Conference Room

Nail Care for Beautiful Hands

SP-05

Have you always wanted to have the perfect set of beautiful long strong nails? Learn the five steps for proper nail care. You will have actual hands-on experience as you practice with oil treatments, fortifiers, binders, color shields, and protective coats.

Janet Milliken (539-9469), who has lived in the Manhattan community for 20 years, teaches skin and nail care for Mary Kay Cosmetics.

Date: Feb. 7 (Wed)
Time: 7 - 8:30 p.m. (1 session)
Fee: \$7
Location: UFM Banquet Room

Dreams and Awareness Workshop

SP-06

Why do we dream? What do our dreams mean? Better understand your dreams and other life experiences, through this informal, two-session knowledge and awareness workshop. Imagery, intuition, and relaxation techniques will be practiced. Learn how to use these techniques in your daily life to make life easier and less confusing. Bring your experiences, dream, and an open heart and mind.

Scott Shute has studied ECKANKAR for 5 years. Kathy Campbell has studied for 15 years.

Date: Feb. 10 & 17 (Sat)
Time: 2 - 3:30 p.m. (2 sessions)
Fee: \$9
Location: UFM Conference Room

Zen Buddhist Philosophy and Practice

SP-07

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, 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: March 21 - April 4 (Wed)
Time: 7:30 - 9 p.m. (3 sessions)
Fee: \$12
Location: UFM Conference Room

A Roommate's Guide To Staying Sane

SP-08

Are you ready for "Life After Home?" Will you be sharing an apartment, dorm room, or house with a roommate? Make the transition to greater independency. Discuss what to look for in an apartment; how to handle pet peeves and compromises with your roommate; and budgeting for "survival" on your own; in this fun yet practical course on adjusting to the transition of moving.

Mary Mertz (456-9201) is the co-author of the booklet "A Roommate's Guide to Staying Sane!" After having experienced years of apartment living in Chicago, Mary now resides on a farm east of Manhattan with her husband and two children.

Date: Feb. 21 (Wed)
Time: 7 - 9 p.m. (1 session)
Fee: \$6 (includes book)
Location: UFM Banquet Room



Natural Nail Care

SP-09

Do you have trouble growing your nails because they break, split, crack, and peel? Join us for an informative program on natural nail care. Factors affecting nail growth, hand moisturizing treatments, polishes, and home maintenance products will be discussed. Begin to grow your own beautiful nails.

Kay Clarke, (539-2622) cosmetologist and esthetician (skin care specialist) assisted in the development of the skin care program at Crum's Beauty College. She is currently the owner of Skin Care Essentials. Paulette Schaller is a graduate of Crum's Beauty College and is also an esthetician.

Date: Feb. 21 (Wed)
Time: 7 - 8 p.m. (1 session)
Fee: \$7
Location: 108 S 4th St

23

Eunice Dorst Guided Imagery and Therapeutic Touch Practitioner

These techniques release stress, relieve pain, assist healing or physical trauma, build self-esteem, and facilitate weight loss.

Change old negative thought patterns to promote physical and emotional well being.

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Ethics Discussion Group SP-10

From schools to business to politics, the topic of ethics is pervasive in our society today. Join an informal discussion group in which we will trace the history of ethics from the classical thinkers such as Plato and Socrates, to the ethical issues affecting our government, educational institutions, and family life in the twentieth century. We will relate the moral dilemmas in daily life to the moral dilemmas which affect individuals who are held in high esteem.

Michael Bennett, (776-7557) a graduate of U.C. Berkeley, is a student in Education at KSU. Michael has studied law for 2 1/2 years, has particular interest in ethics, and plans to do continued research on this topic as he works on his PhD.

Date: Feb 22 - March 8 (Thurs)
Time: 7 - 8:30 p.m. (3 sessions)
Fee: \$7 (includes handouts)
Location: UFM Conference Room

Unity Principles & Practical Christianity SP-11

Metaphysical ideas such as the law of word-action, provide lessons which can help guide our daily activities to develop our awareness of love in each other, in ourselves, and in the world. These and other principles of the Unity Church of Christianity will be discussed.

Unity Church members will lead the discussion.

Date: Feb. 24 (Sat)
Time: 7 - 9 p.m. (1 session)
Fee: \$3
Location: UFM Conference Room

Unity Principles & Practical Christianity SP-17

Date: April 28 (Sat)
Time: 7 - 9 p.m. (1 session)
Fee: \$3
Location: UFM Conference Room



Skin Care For Teens SP-12

Learn about proper skin care and steps to take for a clearer complexion. Parents and teens are welcome to join in an open discussion of a teenagers' worst enemy - acne. Home cleansing procedures, soaps and cleansers, misuse of topical anti-blemish medications, and the effects of diet on the skin will be presented. Learn about the causes, myths, and more importantly, how acne can be controlled.

Kay Clarke, (539-2622) cosmetologist and esthetician (skin care specialist), assisted in the development of the skin care program at Crum's Beauty College. She is currently the owner of Skin Care Essentials. Paulette Schaller is a graduate of Crum's Beauty College and is also an esthetician.

Date: March 7 (Wed)
Time: 7 - 8 p.m. (1 session)
Fee: \$7
Location: 108 S 4th

Make-Up Makeovers SP-13

Put your best face forward. Create your best look with some basic make-up techniques. you will have an opportunity to apply your own make-up with guidance to enhance your best facial features. Bring your current make-up or buy some from the instructor the evening of class.

Kay Clarke, (539-2622) cosmetologist and esthetician (skin care specialist), assisted in the development of the skin care program at Crum's Beauty College. She is currently the owner of Skin Care Essentials. Paulette Schaller is a graduate of Crum's Beauty College and is also an esthetician.

Date: March 21 (Wed)
Time: 7 - 8 p.m. (1 session)
Fee: \$7
Location: 108 S 4th St

Winter Facials: Restoring Moisture Loss SP-14

The environment has a great impact on our skin. We will discuss and demonstrate ways to restore moisture loss caused by the sun, wind, and pollution. Learn how to utilize facials with home maintenance skin care routines to combat the effects of mother nature.

Kay Clarke, (539-2622) cosmetologist and esthetician (skin care specialist) assisted in the development of the skin care program at Crum's Beauty College. She is currently the owner of Skin Care Essentials. Paulette Schaller is a graduate of Crum's Beauty College and is also an esthetician.

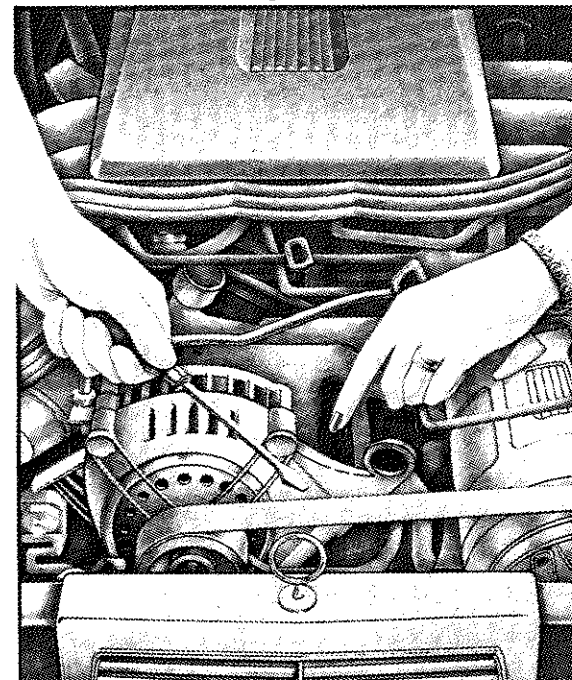
Date: April 4 (Wed)
Time: 7 - 8 p.m. (1 session)
Fee: \$7
Location: 108 S 4 St

What's Under Your Hood? SP-15

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

Michelle Ernzen, an ASE certified automobile technician, has 2 1/2 years experience as an auto mechanic at a car dealership, and has been teaching automobile classes at the college level for 4 years.

Date: April 21 (Sat)
Time: 4 - 6 p.m. (1 session)
Fee: \$9
Location: UFM Parking Lot



Tune Up Your Car SP-16

Do it yourself! Learn how to replace your car's sparkplugs, fuel filter, air filter, and PCV. Check and adjust your car's timing if necessary. Tools will be provided. Ask at registration for a list of parts you will need for your car. Wear clothing that you don't mind getting greasy.

Michelle Ernzen, an ASE certified automobile technician, has 2 1/2 years experience as an auto mechanic at a car dealership, and has been teaching automobile classes at the college level for 4 years.

Date: April 28 (Sat)
Time: 4 - 6 p.m. (1 session)
Fee: \$9
Location: UFM Parking Lot

UFM CHILI FEED

Saturday, January 20

11 a.m. - 7 p.m.

UFM Banquet Room
1221 Thurston

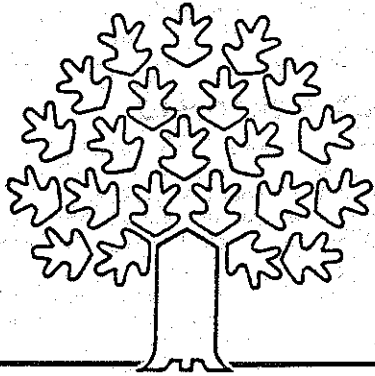
Adults \$3 Children \$2 (under 10)

Enjoy tasty homemade chili, crackers, relish, beverage, and dessert also . . .

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UFM class registrations

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Youth

1221 THURSTON

539-8763

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, has studied martial arts for 20 years and has taught for eight years. He is a member of the Pai Family, and is the author of 40 *Intermediate Techniques of the Yama Bushi Kai*, a Kung Fu manual and video set. Stan has been a member of the Shadows of Iga Ninja society for eight years and studied with Steve Hayes.

Date: Feb. 3 - March 24 (Sat)
Time: 2 - 3 p.m. (8 sessions)
Fee: \$15 (includes manual)
Location:

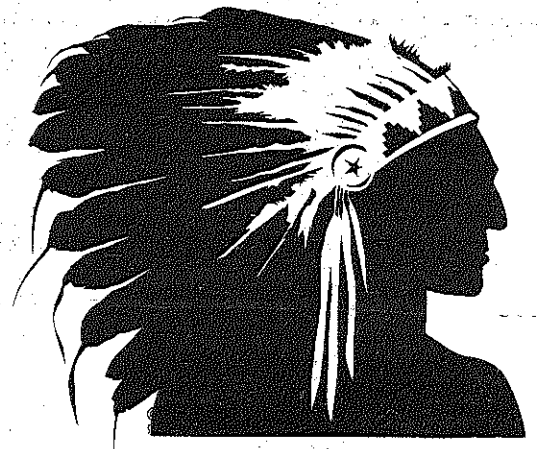
Fat Sheep and Ewe

Y-06

What was the first animal to be domesticated over 8,000 years ago? The sheep became man's constant companion providing all the basic needs of life - food, shelter, and clothing. Tour the Mertz family feeder lamb operation and ewe flock. Observe, first hand, a working family farm in action including how sheep and lambs are fed, what they are fed, and how they are fattened. See newborn lambs and the ewe flock!

The Mertz family (1-456-9650) is made up of 3rd and 4th generation farmers. They are a diversified family farm that has been in existence since the turn of the century. The family has maintained a lamb feeding operation for 54 years.

Date: March 31 (Sat)
Time: 1 - 3 p.m. (1 session)
Fee: \$3
Location: Mertz Family Farm, 7160 Zeandale Road



Native American Workshop

Y-08

Learn about Native American ways, especially those of honoring mother earth. Children, families, and adults of all ages are invited to participate in the time-honored tradition of honoring the four directions and all creation. With offerings of tobacco and smudging of sage; making small God's-Eyes using sticks, yarn, and feathers; and strolling through the UFM garden in appreciation of our "brothers and sisters of the plant kingdom"; we will experience a proud and distinct heritage. The Nells family, of Navaho, Cheyenne-Arapaho heritage, will dress in ceremonial outfits and lead us in Native American dancing and storytelling. Join us for this special treat, and learn more about Native American culture.

Jayne Link & Pat Embers (539-4811) enjoy these classes as much as the participants do. They especially look forward to sharing again with the Nells family as they did last fall at a youth center.

Date: April 28 (Sat)
Time: 10 a.m. - 12 noon (1 session)
Fee: \$6
Location: UFM Fireplace Room



Kids Teaching kids!

This series offers programs "for kids, by kids." From arts and crafts to cooking and dance, our community youth have a lot to offer their peers. Informal classes are held in an atmosphere that is conducive to fun and learning. Maybe your child has a skill, talent or interest to share with others? Try the Youth Leadership College to prepare him or her as a Kids Teaching Kids instructor this summer.

Youth Leadership College

Y-04

You're never too young to be a leader. This leadership college, geared for youth 10-16 years of age, will help our kids of today realize their potential for tomorrow. Group building processes, self-esteem, communication and listening skills, and values will be discussed and shared to allow participants to identify their personal abilities and potential for the future.

Shauna Murphey (537-6350) is the 4-H Youth agent in Riley County.

Date: Feb. 10 (Sat)
Time: 10 - 12 noon
Fee: \$
Location:

Monster Bubble-Makers

Y-07

Create giant bubbles with your very own monster bubble-maker! Two to three foot bubbles are possible with household dish detergent and the Monster Bubble Maker you will construct and take home with you. If the weather is nice, there will be opportunity to go outside and practice. Geared for first graders and older.

Joanna Friesen is an 8th grade student at Manhattan Middle School and learned to make a Monster Bubble Maker at church camp.

Date: April 14 (Sat)
Time: 10 a.m. - 12 noon (1 session)
Fee: \$6
Location: UFM Banquet Room

Cooking for Kids

Y-03

Kids can discover the joy of cooking - and eating what they make! Delicious, nutritious snacks, main meals, and desserts are simple and easy to make. Children will learn all the steps necessary to prepare Peter Rabbit salad, mini-meat loaves, and Pennsylvania Dutch Ginger cookies - including clean up.

Joy Cody (539-8657) is a 9th grader at Manhattan High School. She has been cooking ever since she can remember and loves making old recipes and trying new ones.

Date: Feb. 8, 15, 22, & March 1 (Thurs)
Time: 4 - 6 p.m. (4 sessions)
Fee: \$9
Location: UFM Kuchen

Beginning Ballet

Y-05

Does your child dream of becoming a dancer? This introduction to ballet can be that first step. Children aged 3-12 years will learn the five basic ballet positions and practice simple steps such as the plie, passe, and gleassade. 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 Sharon Washington.

Date: March 22, 29, & April 5 (Thurs)
Time: 7 - 8:30 p.m. (3 sessions)
Fee: \$9
Location: UFM Banquet Room

A "Twist" of Creativity:

Y-02

Paper Ribbon Dolls

Create a unique paper ribbon doll with ribbon, lace, and flowers. Standing about 12 inches tall, these beautiful dolls make great decorations, inexpensive gifts, and are a fun project for people of all ages.

Kammi Powell (776-6335), a senior at Manhattan High School, is a nine year member of 4-H and the recipient of several county craft awards. She enjoys creating new projects and spends many hours with her art hobby. Kammi plans to major in graphic design at college.

Date: Feb. 5 (Mon)
Time: 4 - 5 p.m. (1 session)
Fee: \$9
Location: UFM Conference Room

25

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THANK YOU

Your contributions are a vital part of our operating budget and we could not continue operating without them. On behalf of the patrons, volunteers, staff, and Board of Directors of UFM, we wish to thank the following contributors to our 1989 Annual Fund Drive (as of 12/15/89). If you are not a contributor and would like to help UFM meet its goals, please send your contributions to UFM, 1221 Thurston, Manhattan, KS 66502.

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Anonymous

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ACEware Systems
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Edith & Jay Stunkel

Educator:

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Helen Brockman
Forrest Buhler
Bernie & Sherry Butler
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F. Gene Ernst
Dr. & Mrs. Albert Franklin
Doris & Gene Grosh
Kathy Grunewald
Atina Hanna
Ruth Hoefflin
Kansas Farm Bureau Services, Inc.
Sam & Yvonne Lacy
Jim & Marilyn Legg
Jack & Betha Maes
Manhattan Rotary Club
Richard Mattson
Karen & John McCulloh
William L. Muir
Caroline F. Peine
Steel & Pipe Supply
Union National Bank
Varney, Mills, Rogers,
Burnett & Associates
Doug & Julie Walter
Jackie Spears & Dean Zollman

Learner:

Elinor Anderson
Talat Rahman & Lyman A. Baker
Glenn & Rosemary Busset
Mary Douglas
Jan & Cornelia Flora

Learner (Continued)

Mrs. Florence D. Griffith
Manhattan Zen Group
Shelia Hochhauser &
David Margolies
Kansas State Bank
Richard L.D. & Marjorie Morse
Virginia Moxley
Wilfred & Bea Pine
Susan M. Scott
Dave & Kay Stewart
Ray & Kathleen Stockman
Martha Streeter
Linda Teener
Charles & Dorothy Thompson
Barbara Wilson
Ron Zerrer

Friend:

Mrs. Donald Ameal
Anderson Realty
BHS Construction
Margi Barber
Mr. & Mrs. Philip W. Becker
James Blood
J. David & Henrietta Bock
Botger's Marine Center
Brent Bowman & Assoc.
Bruce McMillan AIA
Robert Burnham
Robert & Marguerite Carlson
Jean Caul
Tony Jurich & Olivia Collins
Leila B. Colwell
L.R. & Esther Dalrymple
Mike & Shicia Dannels
Charles E. Dominy
L. G. Dufva
Nelda Elder
John & Judy Exdell
L. T. & Eva Fan
Bill & Wanda Fateley
Louise Ferguson
William & Ann Feyerharm
Anonymous
Bernd & Enell Foerster
Thomas Frith
Jan Garton
Kent Glasscock
Nadine & Dick Green
Julie & John Harder
Dr. Mark Hatesohl
Joe & Barbara Hebert
Ron & Judith Hedman
Ernst Horber
Don & Joyce Hoyt
Ken & Phyllis Hoyt
Mark Hungerford DDS/PA
Mrs. Mary Janes
Marlies Keogh
Jeune & Philip Kirmser

Friend (Continued)

Emily B. Kling
Owen & Joann Koepp
Bobbie & Dave Kromm
Robert & Jan Kruh
Dorinda Lambert
Ray & Florence Lippenberger
J. Harvey Littrell
Dee Locker
Glenn & Ivalee Long
Manhattan Realty Services
Frank & Jo Manz
Sandra Lou Nelson
Senator Lana Oleen
Rod & Susie Olsen
Gwen Owens-Wilson
Paul & Jane Pelletier
John & Karen Pence
Jerry & Betty Phares
Grant & Miriam Poole
Charles & Sharon Reagan
John & Barbara Rees
Mary Beth & John Reese
James M. Rhine
Dan & Mitzi Richards
Leslie & Rosalys Rieger
Tom Ryan & Kiva Rogers-Ryan
Jack & Jenney Ryan
Phoebe & Franz Samelson
Paul & Helen Sanford
Rix & Phyllis Shanline
Gary Coates &
Susanne Siepl-Coates
Bruce & Leslie Snead
Brenda R. Spencer
Barbara S. Stowe
George & Julie Strecker
The Pathfinder, Inc.
Roger Trenary
Jim & Pat Tubach
Dale & Winkie Turner
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Leona & Doris Velen
Gerald Wilde
Philip & Joyce Woodford
Mary Jane & Emmett Wright

Donors:

Bob Anderson
Bill Arck
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Eloise W. Bourque
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Evelyn & Howard Campbell
Joseph & Shirley Campbell
Florence Cappon
Lewis & Evelyn Carr
Ann Carter
Mary P. Clarke
Larry & Linda Cline
Katherine & David Coleman

Donors (Continued)

Charles H. Crane, M.D.
Loriel Cross
Marianne Cullers
Brock & Bettie Dale
Richard & Rita Davies
Drapery World
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William L. Featherston
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Michelle Garibay
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Jean Krahn
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Debra Rosproy
Sally Routson
Leo & Joy Schell
Cherry Searle
James & Jean Stueve
Mary Ann Sullivan
John & Beth Tatarko
Jean Trumpp
Don Watts
Phyllis J. Whiteside
Barbara A. Wilson
Donna Woodford
Gregory Wurst

WE'RE STEPPING OUT...

COMMUNITY REGISTRATIONS

For your convenience, UFM Staff will be in the Community to process your class registrations. Remember, you may also register by mail, phone, or at the UFM house. You may register any time you like - but, register early so you don't get shut out!

Date	Day	Location	Time
January 16	Tuesday	Manhattan Public Library	5-7 p.m.
January 17	Wednesday	Manhattan Public Library	5-7 p.m.
January 24	Wednesday	K-State Union	11-1 p.m.
January 25	Thursday	K-State Union	11-1 p.m.
January 26	Friday	K-State Union	11-1 p.m.

NOW AVAILABLE AT UFM

Meeting Facilities for family life education classes and/or support groups. Newly renovated conference and child care area may be scheduled by appropriate groups by contacting Olivia Collins, UFM Family Life Education Coordinator, 539-8763.

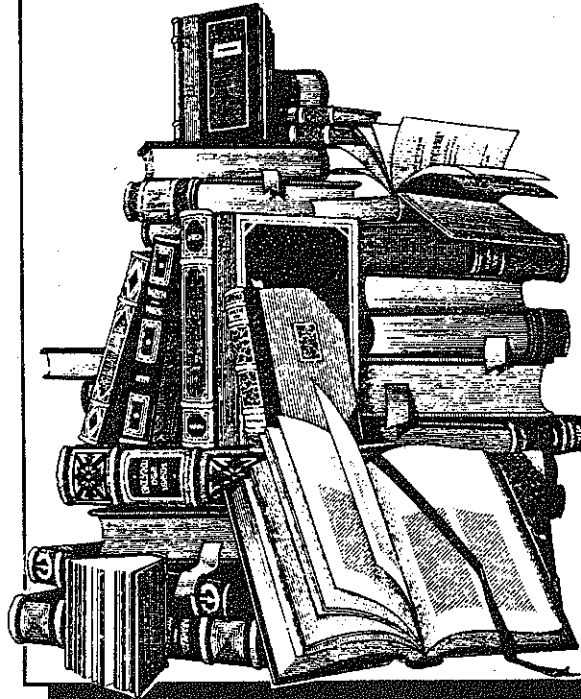
EXTENDED HOURS FOR CLASS REGISTRATIONS

UFM will be open from 8 a.m. - 6 p.m. daily from January 22 through February 2! Stop by the UFM house at 1221 Thurston.

REGISTER FOR A CLASS DURING YOUR LUNCH BREAK!

UFM staff will be available during the lunch hour January 22 through February 2 to process your class registrations. Register for a class today.

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



3RD ANNUAL UFM USED BOOK SALE

April 28
10:00 am - 5:00 pm
Manhattan Town Center
Courtyard west of Penney's

Donations of books welcomed after April 1st, at University For Man, 1221 Thurston.

Watch for collection barrels at your area grocery store.

UFM CHILI FEED

Saturday, January 20

11 a.m. - 7 p.m.

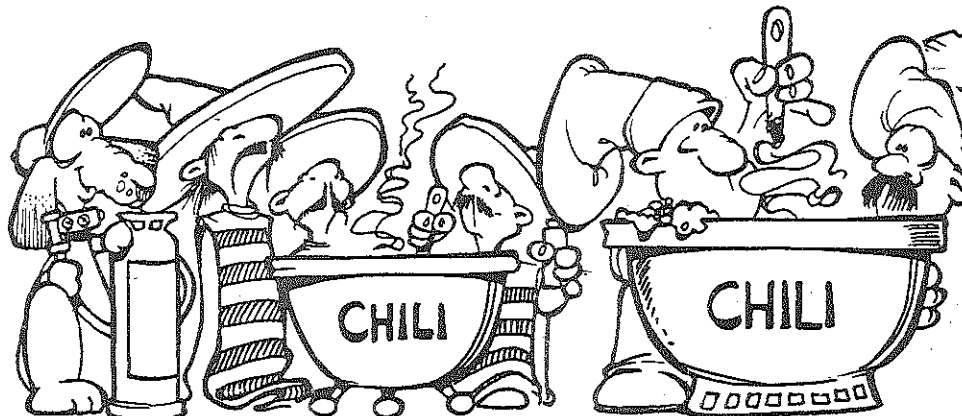
UFM Banquet Room
1221 Thurston

Adults \$3 Children \$2 (under 10)

Enjoy tasty homemade chili, crackers, relish, beverage, and dessert also . . .

Crafty Seniors arts and crafts sale
Bake Sale
Plant Sale
UFM class registrations

FOR TICKETS - call 539-8763 or stop by UFM, 1221 Thurston



"UFM...Making Connections"

INSTRUCTOR APPRECIATION

Friday, April 13

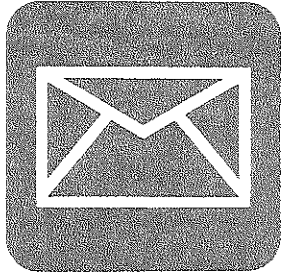
4 - 6 p.m.

1221 Thurston

(Fireplace Room)

UFM has been "making connections" for 22 years! All past and present UFM instructors are invited to share old times, and discuss new times. Flip through old photo albums, catalogs and slides. Meet the many UFM instructors that have taught for us over the years. Share ideas, conversation and refresh-ments. Stop by. . . we'd like to see you again.

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.

For you . . .

UFM 1221 Thurston Manhattan, KS
539-8763

Name _____ Day Phone _____

Address _____ Evening Phone _____

City _____ State _____ Zip _____

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

Plus \$2.00 REGISTRATION FEE _____

Tax Deductible Donation _____

TOTAL _____

OFFICE USE ONLY

Check _____

Cash _____

VISA _____

M/C _____

Voucher _____

I hereby authorize the use of my VISA/MasterCard _____

Signature _____

Card # _____ VISA or M/C? Expires _____

(Please circle all that apply)

KSU Student Fr So Jr Sr Gr Stu/Spouse

AGE Under 13 13-18 Senior Citizen

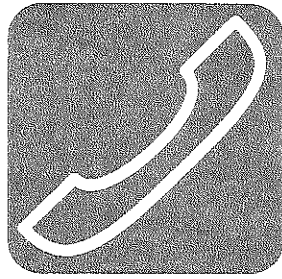
EMPLOYMENT KSU Faculty/Staff Fort Riley Personnel

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

Where did you obtain your catalog? _____

I am interested in teaching for UFM. Yes No

A class I would like offered is _____



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.

For a friend . . .

UFM 1221 Thurston Manhattan, KS
539-8763

Name _____ Day Phone _____

Address _____ Evening Phone _____

City _____ State _____ Zip _____

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

Plus \$2.00 REGISTRATION FEE _____

Tax Deductible Donation _____

TOTAL _____

OFFICE USE ONLY

Check _____

Cash _____

VISA _____

M/C _____

Voucher _____

I hereby authorize the use of my VISA/MasterCard _____

Signature _____

Card # _____ VISA or M/C? Expires _____

(Please circle all that apply)

KSU Student Fr So Jr Sr Gr Stu/Spouse

AGE Under 13 13-18 Senior Citizen

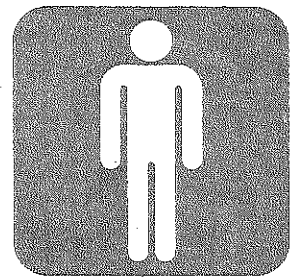
EMPLOYMENT KSU Faculty/Staff Fort Riley Personnel

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

Where did you obtain your catalog? _____

I am interested in teaching for UFM. Yes No

A class I would like offered is _____



Registration In Person

Stop by UFM, 1221 Thurston anytime between 8:00 a.m. and 5:00 p.m., Monday through Friday (closed 12:30 p.m. to 1:00 p.m.) or, for your convenience, the following dates and locations have been scheduled for on-site registrations.

REFUND POLICY:

A REFUND voucher (redeemable for cash) will be issued in these instances:

- (1) the limited 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.

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.