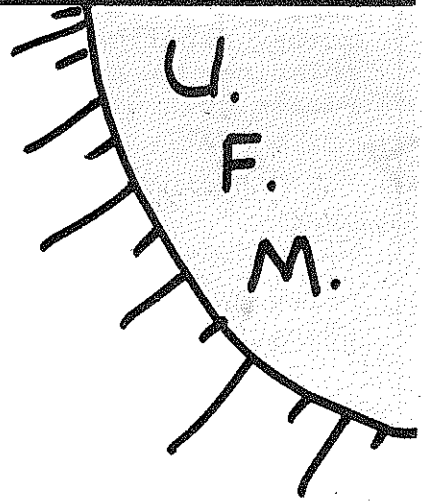
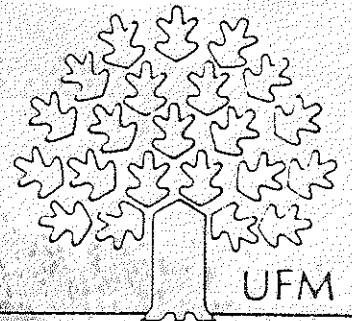


UFM



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Feb.-May**



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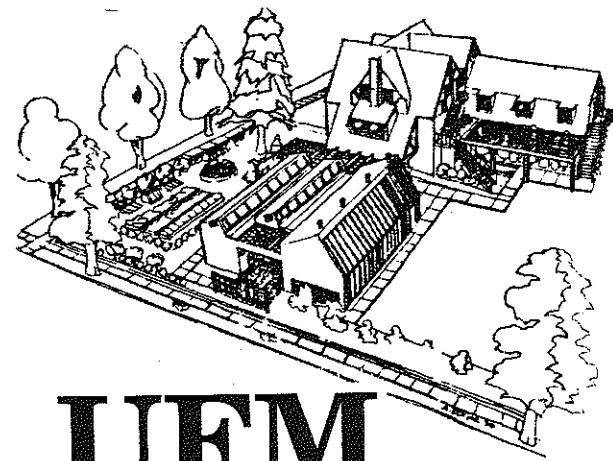
UFM has a class for everyone! Explore the pages of our catalog and find opportunities for growth and learning for people of all ages. Take time to pursue a new hobby or join in a recreational sport. Increase your business skills and knowledge. Expand your understanding of the world and the events that surround us daily. Enjoy the realm of nature from the ground that we garden to the starry skies of Kansas. Beautify your homes, experiment with new recipes, and gain food for thought in relating to others. UFM has something for you this Spring. Please join us in the process of life-long learning.

Sincerely,



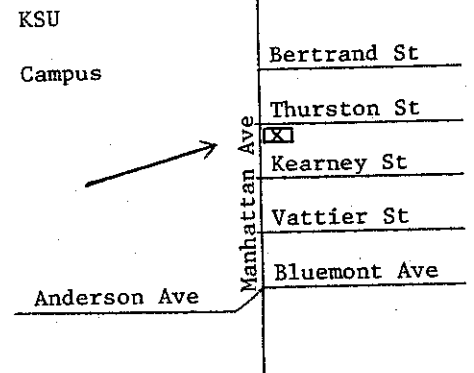
Terry Carpenter
Educational Program Coordinator

WHERE WE'RE LOCATED



UFM

1221 Thurston



WHO WE ARE

CAMPUS & COMMUNITY STAFF

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

ABOUT OUR COVER

Our cover was created by Alianna Fowler. She enjoys reading, writing, cooking, and spending time with her family. She is currently a student at Manhattan Vo-Tech in Graphic Arts and would like to someday travel around the world.

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Community Registrations

For your convenience the following dates and locations have been scheduled for on-site registrations. . .

<u>DATE</u>	<u>TIME</u>	<u>LOCATION</u>
January 14	11 a.m. - 1 p.m.	K-State Union
January 15	11 a.m. - 1 p.m.	K-State Union
January 19	11:30 a.m. - 1:30 p.m.	Town Center
January 22	5 - 7 p.m.	Public Library
January 24	5 - 7 p.m.	Public Library
Registration continues throughout the semester at the UFM House from 8 a.m. - 5 p.m. (Closed Noon - 1 p.m.)		

UFM provides a neutral site to discuss community issues. The views expressed by course instructors or those groups utilizing our meeting space are not necessarily those held by the UFM organizations, Board members, or staff.

UFM is committed to a policy of nondiscrimination on the basis of race, sex, national origin, handicap, religion, age, sexual preference, or other non-merit reasons, in relation to admissions, educational programs or activities, and employment, all as required by applicable laws and regulations.

PROJECT MANHATTAN CARES

PROJECT MANHATTAN CARES is a group of caring, concerned individuals, organizations, businesses, and educational institutions, whose purpose is to facilitate a supportive, caring environment for military families in a time of crisis. We seek to help meet the immediate and on-going needs of the spouse and families of deployed military personnel.

To receive information about services and resources available to military families in the area or to volunteer services (individual, groups, businesses) call MANHATTAN CARES HOTLINE, 539-7508.

Monday - Saturday 10 a.m. - 9 p.m.
Sunday 12 noon - 5:30 p.m.

1-800 NUMBERS

UFM would like to extend its support to the families of the 1st Infantry Division and relay the following helpful information:

FORT RILEY FAMILY SUPPORT CENTER	1-800-786-0017 (open 24 hours)	USDA - Kinds of foods to send troops	1-800-535-4555
DESERT SHIELD HOT LINES:		RETIREMENT INFO	1-800-336-4909
Army	1-800-542-9254	RESERVE SOLDIERS JOB RIGHTS	1-800-336-4590
Navy	1-800-372-5463	CHILD ABUSE HOTLINE	1-800-423-2290
Marines	1-800-854-2131	Other important numbers:	
ARMY FAMILY INFO LINE	1-800-833-6622	MANHATTAN AMERICAN RED CROSS	537-2180
ARMY RESERVE PERSONNEL CENTER	1-800-874-8451	AIR FORCE (for Kansas only) (located in Wichita)	1-316-652-6020
IRS - MILITARY QUESTIONS	1-800-424-3676		
PARENT HOTLINE	1-800-332-6378		

Manhattan Military Wives

MILITARY WIVES is a support group for all military families living in the Manhattan community. Meetings are held every Wednesday afternoon from 1 - 3 p.m. at the First Presbyterian Church, 8th and Leavenworth. Free nursery care is provided for these meetings. For transportation or more information, please call Angie Fryer, 537-7146.

WAITING WIVES GROUP

Is your husband TDY or PCS? Enjoy an evening out with other women whose husbands are also gone. Meetings are held every other Friday night. Call Angie Fryer, 537-7146, for details. New members are always welcome!

GROUP, INDIVIDUAL, & FAMILY COUNSELING. . . Tuesdays, 12:30-4:15 p.m.

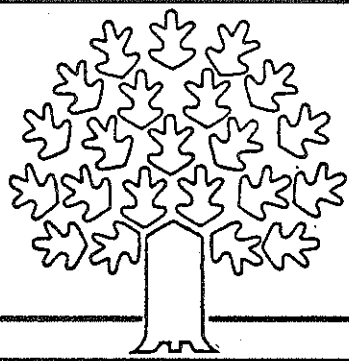
Confidential, professional counseling is available in Manhattan at First Presbyterian as an extension of clinical services provided by Irwin Army Community Hospital Social Work Services Department. There are support groups for women who are geographically separated from their spouses, and for women who have been abused physically, sexually, or emotionally as children or adults. Individual and family counseling is for help adjusting to or coping with past or present problems. These services are limited to active duty military members and their dependents. For more information or to schedule an appointment, call Betsy Walker, MSW, 1-239-7267, and leave a message for her to return your call. For transportation, call Angie Fryer, 537-7146.

BABYSITTING CO-OP

Women who attend Military Wives meetings on Wednesday afternoon, or weekend Waiting Wives meetings, are eligible for membership in the Manhattan Military Wives Babysitting Co-op. For more information, call coordinator Colletta Doran, 776-9178.

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Arts & Hobbies

1221 THURSTON

539-8763

Wreath Making

AH-01

Got the winter blues? Decorate a beautiful vine wreath and add a splash of color to your home or office. Use your creativity to personalize your wreath to match any decor.

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

Date: Feb 25 (Mon)
Time: 6:30 - 8:30 p.m. (1 session)
Fee: \$15 (includes wreath and dried flowers)
Location: UFM Greenhouse

A Love Affair with Words: Writing Fiction

AH-02

Gain proficiency in the essentials of fiction writing including research, plotting, characterization, and background. Learn how to market what you write.

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

Date: Feb 12 - March 5 (Tues)
Time: 7:30 - 9:30 p.m. (4 sessions)
Fee: \$8
Location: UFM Conference Room

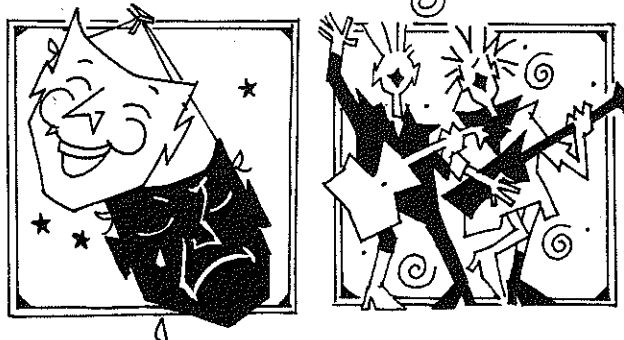
Books By and About Women

AH-03

Discuss thoughts, ideas, and issues expressed by women authors through fiction and non-fiction books. Through this informal class we will exchange different perceptions from our own experiences interpreting the themes seriously and lightly. Past book selections include: *Breathing Lessons* by Anne Tyler, *The Temple of My Familiar* by Alice Walker, *A White Bird Flying* by Bess Streeter Aldrich, and *The Road from Coorain* by Jill Kerr Conway.

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

Date: Feb 6 - May 22 (Wed)
Time: 7:30 - 9:00 p.m. (meets every 2 - 3 weeks)
Fee: \$6
Location: Call Lorrie for class location



Community Talent Night

AH-05

Are you a budding performer in search of an audience? Can you sing? Play a musical instrument? Act? Do a comedy routine? Perhaps your fears have kept you from seeking out places to share your talents. This is an opportunity to actually perform in a safe and supportive atmosphere. Network with other performers in various stages of expertise and experience. Come share your talents in what could be a starting point for future performances.

Sharon Powers (539-8416) is a performer who knows the strength and fun that can result from overcoming your fears and expressing your talent. She is the new spiritual leader of the Unity Church of Manhattan and wants to connect with other performers in the area.

Date: April 6 (Sat)
Time: 7 - 9 p.m. (1 session)
Fee: \$3
Location: Ecumenical Ministries
1021 Denison

With A Song in Your Heart

AH-06

Do you find yourself singing along with the radio? Do you sound great in the shower? This will be an opportunity for us to sing a variety of positive, uplifting songs ranging from old standards to Broadway tunes to recent hits. We will talk about creating ongoing opportunities to sing for our own enjoyment and possibly entertain others in our community.

Sharon Powers (539-8416) loves to sing and knows the power of music in curing what "ails" you.

Date: Feb 15 (Fri)
Time: 7:30 - 9:30 p.m. (1 session)
Fee: \$3
Location: Ecumenical Ministries
1021 Denison

Sugar Eggs

AH-08

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, these sugar eggs can be used year round depending on how they're decorated. 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).

Date: Mar 18 (Mon)
Time: 6:30 - 9 p.m. (1 session)
Fee: \$8 (includes materials)
Location: UFM Kitchen

Making Covered Books/Albums

AH-09

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

Date: April 20 (Sat)
Time: 1 - 3 p.m. (1 session)
Fee: \$11 (includes notebook & handouts)
Location: UFM Banquet Room

Creating Padded Baskets

AH-10

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

Date: April 20 (Sat)
Time: 10 a.m. - 12 Noon (1 session)
Fee: \$11 (includes handouts and some materials)
Location: UFM Banquet Room

Beginning Calligraphy (for Right Handers)

AH-11

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

Date: Feb 8 (Fri)
Time: 6:30 - 9 p.m. (1 session)
Fee: \$11 (includes materials)
Location: UFM Banquet Room

Beginning Calligraphy (for Right Handers)

AH-12

Date: May 3 (Fri)
Time: 6:30 - 9 p.m. (1 session)
Fee: \$11
Location: UFM Banquet Room

Deb Rosproy (239-3026) is a craft-oriented person who learned how to do calligraphy in Denver in 1980 and currently letters cards and posters for personal and business use. She took her first candy and sugar egg classes in 1982 and has made gifts for family and bazaars every since. Deb learned to make padded baskets and covered albums in 1986 and has done all varieties since then. Deb 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.

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ARTS & HOBBIES (Continued)

Tatting AH-13

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

Date: Feb 14 - 28 (Thurs)
Time: 7 - 9 p.m. (3 sessions)
Fee: \$8
Location: 323 Thurston

Tatting AH-14

Date: March 7 - 21 (Thurs)
Time: 7 - 9 p.m. (3 sessions)
Fee: \$8
Location: 323 Thurston

Jessie Foueaux (776-6806) learned tatting from her grandmother when she was 11 years old. She has willingly shared this almost lost art by teaching for UFM for the last 15 years.

Getting Acquainted With Antiques

For antique lovers! This three class series will focus on a different subject each week. Attend one or all three sessions.

Jean Bigbee (537-4884), an antique and collectible lover, manages Tuttle's Antique Market in Manhattan. Jean and other antique dealers associated with Tuttle's are anxious to share their knowledge with others.

Date: March 7, 14, & 21 (Thurs)
Time: 7 - 8:30 p.m.
Fee: \$10 for the series or \$4 per session
Location: Tuttle's Antique Market
2010 Tuttle Creek Boulevard

Antique Furniture AH-15

Learn about styles and what to look for in antique furniture. This class will touch on restoration and stripping - when to strip and when not to strip.

Date: March 7 (Thurs)

Antique Glassware AH-16

Focus on Victorian, Depression, and patterned glassware.

Date: March 14 (Thurs)

Antique Collectibles AH-17

Designed for participants who enjoy other kinds of antiques, the main focus will be on antique toys and other collectible items.

Date: March 21 (Thurs)

Beginning Calligraphy AH-18

Calligraphy, the art of beautiful lettering, will be introduced. We will learn about lettering tools, materials, references, and one calligraphy alphabet. Felt-tipped calligraphy pens and necessary paper will be provided. Because the pens have a short shelf life and have to be ordered, it is necessary to sign up for this class as early as possible!

Ernie Peck (532-5768) has been lettering since he was 13 years old. He enjoys sharing this skill with others.

Date: Feb 6 - 27 (Wed)
Time: 7 - 9 p.m. (4 sessions)
Fee: \$23 (includes materials)
Location: KSU Umberger Hall Room 125

Watercolor Painting Via Photography AH-19

Transform photographs into watercolor paintings. Photograph Kansas stone buildings and landscapes during the first class session with emphasis on subject selection and composition. During the studio sessions, select painting subjects from your developed color prints, make sketch compositions, value studies, and lay down the initial watercolor washes. Students should complete two watercolor paintings and receive instructions on matting. Students must have a 35mm camera, a 24 exposure roll of color film, watercolor paints, brushes and paper.

Ernie Peck (532-5768) and Gene Ernst have taught photography frequently and are accomplished painters. Ernie and Gene have co-taught watercolor classes for several years.

Date: April 6, 16, 18, 23, & 25
(Sat, Tues, & Thurs)
Time: 8:30 - 1 p.m. (Sat)
7 - 9 p.m. (Tues & Thurs)
(5 sessions)
Fee: \$10
Location: UFM Fireplace Room (1st session)
UFM Banquet Room (other sessions)

Stamp Collecting AH-20

If you're a beginning, intermediate, or advanced stamp collector, this class is for you. Learn the basics of collecting, how to grade stamp centering and cancellations, and how to determine perforations and watermarks. Discuss how to trade, buy, and sell stamps. Each participant will receive an envelope full of stamps to work with for several hands-on exercises. This class is for all ages!

Tim Lindemuth (532-6415) has been a stamp collector for 30 years. He is a long-time member of the American Philatelic Society and the Local Flint Hills Stamp Club.

Date: Feb 28, March 28, & April 25 (Thurs)
Time: 7:30 - 9:30 p.m. (3 sessions)
Fee: \$6
Location: Manhattan Post Office
Civil Service Room
5th & Leavenworth

Professional Novel & Story Writing AH-21

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

Leonard Bishop has taught writing courses for over 25 years, has published nine novels, and has written two professional books on writing titled *Dare To Be Different* (now in its second printing) and *Dare To Be A Great Writer*.

Date: May 7 - 21 (Tues)
Time: 7 - 9:30 p.m. (3 sessions)
Fee: \$11 (plus purchase of *Dare To Be A Great Writer*)
Location: UFM Conference Room

Silk Flower Sweatshirts AH-22

Have you admired sweatshirts and tee shirts that have been transformed into a personal fashion statement through the use of paints and other embellishments? Take this opportunity to create a unique shirt through the use of silk flowers and tube paints for fabrics. (Supply list will be provided upon registration).

Barbara Kelly (776-9085) enjoys making gifts, especially at Christmas. During the Christmas season of 1989, she designed numerous sweatshirts for gift-giving.

Date: Feb 18 & 20 (Mon & Wed)
Time: 7 - 9:30 p.m. (2 sessions)
Fee: \$5
Location: 1900 Beck



The Essence of Poetry AH-23

Focus upon poetry and its relationship to still life art, nature, and culture, as well as the relationship of poetry to our lives and situations that occur in life.

J. Edgar Spencer (537-3981), a native of Macon, Georgia, is a published poet and playwright. He is a recipient of the National Poetry Award. The author of many short stories, he is currently trying to organize a poetry workshop.

Date: April 15 - May 13 (Mon)
Time: 7 - 8:30 p.m. (5 sessions)
Fee: \$12
Location: UFM Banquet Room

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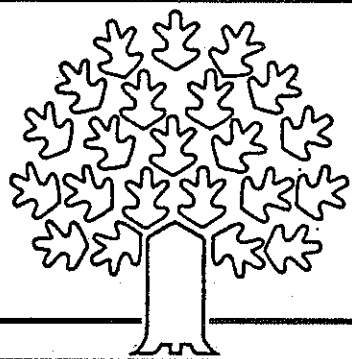
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Business & Professional

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PRESENTING A POSITIVE PROFESSIONAL IMAGE

Dress for Success: The Interview Image

BP-01

Every trade or profession has its own set of standards of dressing correctly. Your success is bound to depend, in part, on how you measure up to those standards. While interviewing your appearance is helping your prospective employers form their impressions of you. Through viewing a video tape and discussion, learn about proper attire and correct fit. See the current fashion styles. This class will show you how to become more fashion confident by wearing clothes that signal self-assurance.

Kevin Panning (539-1414) worked for Sears for 14 years and became owner/manager of Brentwood for Men and Women in Aggieville in October 1990.

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

K.A.S.H: Knowledge, Attitudes, Skills, and Habits

BP-05

Take this opportunity to learn about the interviewing process. How do I prepare for the upcoming interview? Who is the most important person on interview day? What should I wear? Your confidence will be increased with greater knowledge of the interviewing process. Bring your questions for discussion.

Karl Russell has a B.S. in Business Administration and is currently working on his M.S. in Public Administration. He is employed by the Kansas Farm Bureau as the Employment and Associates Relations Manager. He has extensive experience as an employee recruiter in both corporate situations and for the federal government.

Date: March 26 (Tues)
Time: 7 - 9 p.m. (1 session)
Fee: \$3
Location: UFM Conference Room

What? You Want a Resume and Cover Letter

BP-13

Are you unsure as to what a resume should include? Does your resume need improvement? Learn the basics of resume writing. Content, style, paper choices, and that all important cover letter will be included during the first session. Bring your personal resume to the second class. We will evaluate and critique resumes. Take this opportunity to create a first-class resume.

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

Date: Feb 21 & 28 (Thurs)
Time: 7 - 8:30 p.m. (2 sessions)
Fee: \$3
Location: K-State Union Room 203



Successful Money Management

BP-08

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

Date: Feb 12 (Tues)
Time: 7:30 - 9:30 p.m. (1 session)
Fee: \$4 per person (\$5 per couple)
Location: 445 East Poyntz

Successful Money Management

BP-09

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

Successful Money Management

BP-10

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

Fred Freeby is a senior account executive for Waddell & Reed, Inc. and has 15 years experience as a financial planner.

Retirement & Financial Planning for Women

BP-11

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

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

Date: March 5 (Tues)
Time: 7 - 8:30 p.m. (1 session)
Fee: \$4
Location: K-State Union Room 205


People: Feelings, Relationships, & Environments

(for description see FAMILY LIVING section)

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F. Y. I.



This series was designed with the K-State student and the soon-to-be college student in mind. Topics, selected by the UFM Student Program Council, cover information that will enrich student life at KSU. Although there is no fee for any of these courses, it is necessary that you preregister by telephone, in person, or by mail. **Insufficient registration will lead to course cancellation.** This will allow presenters to have adequate handouts related to the subject matter.



Getting Involved

BP-04

Have you ever wondered if there is more to life than just attending classes? Take this opportunity to learn how organizational involvement can benefit you as a person and the K-State community as a whole. We will explore the various avenues by which you can more fully participate in life at KSU.

Sally Rouison (532-6541) has been Coordinator of Student Activities at KSU for nine years. She is the advisor to the Student Governing Association, the University Activities Board, and teaches a leadership class at KSU.

Date: Feb 18 (Mon)
Time: 7:30 - 8:30 p.m. (1 session)
Fee: No charge
Location: K-State Union Room 203

Financial Aid

BP-06

Have you often heard about student financial aid, but are unsure as to what's available and whether you qualify? Join us for an informational session on student financial aid and filling out application forms. If available, bring copies of your 1990 tax forms and other pertinent financial information. Questions are encouraged!

Personnel from the Student Financial Assistance Office deal with an array of questions about financial aid daily. They are willing to share their expertise in this area.

Date: Feb 11 (Mon)
Time: 7 - 9 p.m. (1 session)
Fee: No charge
Location: K-State Union Room 203



Health Professions in Medicine, Dentistry, Optometry, Pharmacy, and Medical Technology: What's Involved?

BP-02

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

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

Date: Feb 27 (Wed)
Time: 12 noon - 1 p.m. (1 session)
Fee: No charge
Location: K-State Union Room 203

Health Professions in Nursing, Occupational, Physical, and Respiratory Therapy

BP-03

What's involved in pursuing a career in nursing, occupational therapy, physical therapy, and respiratory therapy? Join us for an informative discussion on the role of these health professions, employment opportunities, and educational preparation for these careers. Please bring your questions.

Phoebe Samelson (532-6900) is an advisor in the College of Arts and Sciences. She works with students interested in careers in occupational therapy, physical therapy, respiratory therapy, and nursing.

Date: Feb 13 (Wed)
Time: 12 noon - 1 p.m. (1 session)
Fee: No charge
Location: K-State Union Room 203

The Legal Profession: What's Involved?

BP-07

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

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

Date: Feb 20 (Wed)
Time: 12 noon - 1 p.m. (1 session)
Fee: No charge
Location: K-State Union Room 204

The Electronic Library: Checking It Out

BP-30

Through demonstration, discussion, and hands-on experience, participants will be introduced to the latest technology used in locating and retrieving information: compact disc indexes, LYNX: the Online Catalog, and online literature searching. Procedures for locating sources within Farrell Library will also be discussed.

Nancy McFarlin is an Assistant Professor at Farrell Library and Head of the Office of Instructional Services.

Date: Feb 6 (Wed)
Time: 6:30 - 8:30 p.m. (1 session)
Fee: No charge
Location: KSU Farrell Library Room 4

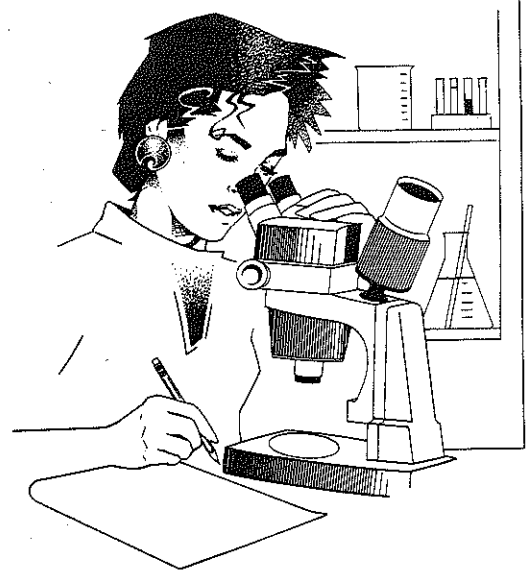
Income Tax: Filing the Short Form

BP-12

What do I need to know about filing an income tax form? Take this opportunity to learn what everyone should know about filing taxes, but no one ever tells you! We'll discuss who should use the short form and how to complete it. Bring your questions!

Gil Gillispie (776-4420) has had over 25 years experience in tax form preparation.

Date: Feb 25 (Mon)
Time: 7 - 8:30 p.m. (1 session)
Fee: No charge
Location: K-State Union Room 203



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Become a UFM instructor! Please call Terry Carpenter (539-8763) by April 30 if you have a skill or interest that you would like to share with others in our community. Become a link in our goal of life-long learning and living.

If you would like to advertise your business or organization in the next UFM catalog, contact Terry Carpenter (539-8763) by April 30.



Financial Planning: Practical Concepts for Planning Your Financial Future BP-15

Receive a foundation of basic financial concepts. Learn how to start or revise a financial plan, evaluate your budget, make the most of employee benefits, the basics of investing and saving, the power of compounding, the impact of taxes on your financial future, how to avoid the pitfalls of financial success, and the importance of retirement planning.

Date: Feb 6 (Wed)
Time: 7 - 9 p.m. (1 session)
Fee: \$4
Location: 445 East Poyntz

Financial Planning: Practical Concepts for Planning Your Financial Future BP-20

Date: Mar 20 (Wed)
Time: 7 - 9 p.m. (1 session)
Fee: \$4
Location: 445 East Poyntz

Tax Advantage Investing BP-16

What are the effects of taxes on our investment decisions? Learn about tax-deferred investments, tax-free investments, tax-favored saving methods for future college expenses and/or retirement, and tax equivalent yields. You'll gain a better understanding of how taxes impact upon our financial future.

Date: Feb 13 (Wed)
Time: 7 - 9 p.m. (1 session)
Fee: \$4
Location: 445 East Poyntz

Tax Advantage Investing BP-21

Date: Mar 27 (Wed)
Time: 7 - 9 p.m. (1 session)
Fee: \$4
Location: 445 East Poyntz

Financial Strategies for Educational Funding BP-17

Are you worried about the rising costs of higher education? Learn how to calculate future college costs and determine how much to save now. We'll discuss how to select an appropriate college savings investment plan and ways to defer taxes on your plan. Take this opportunity to develop personal strategies for educational funding.

Date: Feb 20 (Wed)
Time: 7 - 9 p.m. (1 session)
Fee: \$4
Location: 445 East Poyntz

Financial Strategies for Educational Funding BP-22

Date: April 3 (Wed)
Time: 7 - 9 p.m. (1 session)
Fee: \$4
Location: 445 East Poyntz

Pre-Retirement Financial Planning BP-18

People in or about to enter retirement have many concerns. How do I make investment choices to make retirement comfortable? How can I save on taxes at my age? How can I keep major illness from destroying my finances? How does my present life insurance effect my future? How can I take care of my family in the event of my death or disability? Come and receive answers to these important issues.

Date: Feb 27 (Wed)
Time: 7 - 9 p.m. (1 session)
Fee: \$4
Location: 445 East Poyntz

Pre-Retirement Financial Planning BP-23

Date: April 10 (Wed)
Time: 7 - 9 p.m. (1 session)
Fee: \$4
Location: 445 East Poyntz

Retirement Planning BP-24

Come and learn the basic retirement concepts that everyone should know. We will discuss when to start retirement planning, investment vehicles, current guidelines for IRA's, control of retirement assets, and retirement investment alternatives. Gain a better understanding of how much to invest now to retire comfortably in the future.

Date: March 6 (Wed)
Time: 7 - 9 p.m. (1 session)
Fee: \$4
Location: 445 East Poyntz

Retirement Planning BP-25

Date: April 17 (Wed)
Time: 7 - 9 p.m. (1 session)
Fee: \$4
Location: 445 East Poyntz

"Too Much Month at the End of Your Money?" BP-26

Do you ever have too much month at the end of your money? Join us as we discuss setting and prioritizing financial goals, the process of budgeting, and the real cost of credit. Be better prepared financially for your future.

Date: March 13 (Wed)
Time: 7 - 9 p.m. (1 session)
Fee: \$4
Location: 445 East Poyntz

"Too Much Month at the End of Your Money?" BP-27

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

Jill Frese (537-4505 or 539-7900) is a registered representative for Waddell & Reed.

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Pay Equity BP-14

Comparable worth, or pay equity, means you receive a fair salary for the work you do because of its value, not because of who you are. Come learn more about what pay equity is, what it isn't, and where Kansas stands on pay equity. Members of the Manhattan Pay Equity Coalition will discuss excuses, myths, other obstacles, and progress related to pay equity.

Beverly Miller, Jill Frese, Sandra Coyner, and Linda Morse, steering committee members of the Manhattan Pay Equity Coalition, will facilitate this class.

Date: April 2 (Tues)
Time: 7 - 9 p.m. (1 session)
Fee: \$5
Location: KSU Justin Hall Room 149



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Living Trusts BP-19

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

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

Date: April 22 (Mon)
Time: 7 - 9 p.m. (1 session)
Fee: \$3
Location: Senior Service Center
412 Leavenworth



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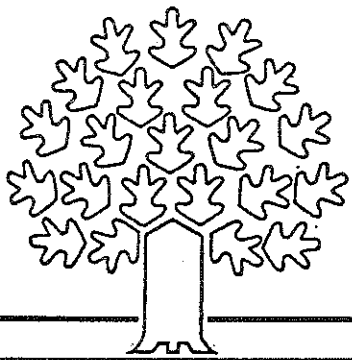
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Community & World

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539-8763

KSU Nuclear Reactor Tour: The Fundamentals of Radiological Control CW-01

Visit the KSU reactor and learn its role in teaching and research. Learn about radioactivity, how to use radiation detection instruments, radioactive waste, and the difference between radiation exposure and radioactive contamination. Nuclear reactor types currently being utilized in the United States will also be discussed.

David Whitfill (532-6657) is the KSU Reactor Supervisor. He is currently working on his M.S. in Nuclear Engineering and has nine years of naval nuclear power experience.

Date: Feb 12 (Tues)
Time: 7 - 10 p.m. (1 session)
Fee: \$3
Location: KSU Ward Hall Room 135

Central America: Historical Perspectives On A Contemporary Issue CW-02

Take a step outside the United States. Acquaint yourselves 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 through guest speakers, videos, and dialogue.

Al Zimmerman (539-4281), series coordinator, is the minister of the Ecumenical Campus Ministry at KSU.

Date: Feb 19 - April 9 (Tues)
(no class March 12)
Time: 7 - 9 p.m. (7 sessions)
Fee: \$15
Location: Ecumenical Ministries
1021 Denison

On The Road: International Hitchhiking CW-10

A sage old hobo once said that you need two things to travel: time and money. The more of one you have the less of the other you need. Bill spent four years traveling around the tropical world: South America, Africa, the Middle East, and Asia. This course is more a how-to for would be travelers than a travel-log. We'll deal with meds, visas, routes, etc. Any journey begins by placing one foot in front of the other, so bring your maps and point your steps for true adventure!

Bill Dorsett (539-1956) had much more time than money after graduating and spent four years traveling.

Date: Feb 12 (Tues)
Time: 7:30 - 9:30 p.m. (1 session)
Fee: \$3
Location: UFM Fireplace Room



Where In The World? Geography for Global Awareness CW-03

Develop an awareness of where global events are taking place. Why do events happen certain places? Slides will be used to focus our discussion on current events with emphasis on China, the Gulf Crisis, unification of Europe, and natural disasters. Stimulate your thinking about our world.

Kay Weller (539-7266) received her M.S. in Geography and is beginning her doctoral work in the field of education. She is interested in sharing her knowledge of geography and current events to increase awareness of our world.

Date: Feb 7 - 28 (Thurs)
Time: 7:15 - 9 p.m. (4 sessions)
Fee: \$6
Location: UFM Banquet Room

Where in the World? Geography of Southern Africa CW-09

This course will consider the general regional geography of Southern Africa at a time of political change. Zimbabwe, Botswana, South Africa, and Lesotho will be studied in detail, based on the experience of the instructor, who traveled through those countries in the summer of 1990. A discussion format will be followed, and students are encouraged to contribute their ideas and questions.

Mark Guizlo (776-9478) has a B.S. in Political Science. He is a graduate student in the Geography Department at KSU with a particular interest in wildlife issues and land management.

Date: March 20 - April 10 (Wed)
Time: 7 - 9 p.m. (4 sessions)
Fee: \$8
Location: UFM Banquet Room

A Middle East Primer CW-04

An introduction to the current issues of the Middle East and the history behind them. Through a variety of speakers and pertinent films, special attention will be given to the invasion of Kuwait by Iraq, the civil war in Lebanon, the quest for security by the state of Israel, and the plight of the Palestinians.

Al Zimmerman (539-4281) is a Kansas State graduate. He is the Campus Minister for Ecumenical Ministries and an activist interested in peace and justice.

Date: April 7 - 28 (Sun)
Time: 6:30 - 8:30 p.m. (4 sessions)
Fee: \$10
Location: Ecumenical Ministries
1021 Denison

THE LOU DOUGLAS LECTURES

Lou Douglas Lecture Series: A Discussion of the Issues

Did you miss the Lou Douglas Lectures last fall? Take this opportunity to see and hear the speakers via video and participate in a post-lecture discussion.

Karen McCulloh (539-8763), Lou Douglas Lecture Series coordinator, and Lou Douglas interns will facilitate this series.

Molly Ivins - "The Media, Politics, and Other Forms of Insanity" CW-05

Ms. Ivins is a columnist for the Dallas Times Herald where she reports on "Texas politics and other bizarre happenings." She is a frequent commentator on NPR and the McNeil/Lehrer Report. Her freelance work appears in *Esquire*, *Atlantic*, *The Nation*, *Harpers*, and numerous other publications. In 1976, she was named outstanding alumna by Columbia University's School of Journalism.

Date: Feb 13 (Wed)
Time: 7 - 9 p.m. (1 session)
Fee: \$3 per session (\$10 for series)
Location: UFM Fireplace Room

Hunter Lovins - "How Not to Parachute More Cats: The Hidden Links Between Energy and Security" CW-07

Ms. Lovins is Rocky Mountain Institute's President and Executive Director. She served as Assistant Director of the California Conservation Project. She has co-authored six books and many papers.

Date: Feb 27 (Wed)
Time: 7 - 9 p.m.
Fee: \$3 per session (\$10 for series)
Location: UFM Fireplace Room

David Orr - "Refugees or Homecomers: The Reinhabitation of Rural America" CW-06

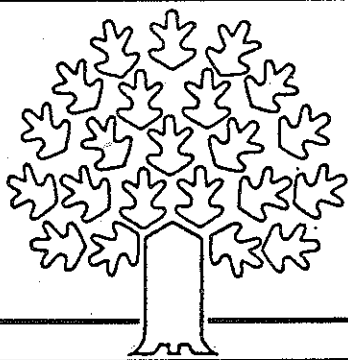
Dr. Orr is the co-founder of the Meadowcreek Project, a non-profit environmental education organization located in north central Arkansas. After eleven years at Meadowcreek, he has just moved to Oberlin College where he will be director of the Environmental Studies Program. Among his publications are articles in the *Harvard Educational Review*, *Journal of Politics*, *Polity*, *Sierra Club Bulletin*, and *Bioscience*.

Date: Feb 20 (Wed)
Time: 7 - 9 p.m.
Fee: \$3 per session (\$10 for series)
Location: UFM Fireplace Room

Kenneth Boulding - "Century 21: An Age of Maturity?" CW-08

Mr. Boulding is a distinguished professor emeritus at the University of Colorado, Boulder. A prolific writer, the most recent of his books is *Three Faces of Power*. He has also been the president of many learned societies including the American Economic Association and the International Studies Association.

Date: March 6 (Wed)
Time: 7 - 9 p.m.
Fee: \$3 per session (\$10 for series)
Location: UFM Fireplace Room



Earth & Nature

1221 THURSTON

539-8763

Kaw River Nature Trail Guided Walk

EN-05

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

Tim Rues (784-5535) has been the curator of the First Territorial Capitol for the past six years and has an interest in Kansas history and its native plants.

Date: Feb 23 (Sat)
Time: 11 a.m. - 1 p.m. (1 session)
Fee: \$4
Location: First Territorial Capitol, Fort Riley

Roses Are NOT Always Red!

EN-01

What kind of rose bush should I select? Where should I buy it? What are the proper steps in planting and caring for rose bushes? How do I prune a rose bush? Come and learn the answers to these questions. Create a sensation in your yard this summer with one of nature's most beautiful flowers!

New!

Date: Feb 4 (Mon)
Time: 6 - 7:30 p.m. (1 session)
Fee: \$6
Location: UFM Greenhouse



The Perennial Garden: Creating Blooms That Last

EN-02

Would you like to have flower beds full of bloom throughout the growing season without having to plant twice a year? Learn how to plan your gardens to create lovely blooms that go from Spring to Fall. Learn about various types of perennials and how to plant and maintain them.

Date: Feb 11 & 18 (Mon)
Time: 6:30 - 8:30 p.m. (2 sessions)
Fee: \$10 (includes handouts and personal garden plan)
Location: UFM Greenhouse

How Does Your Garden Grow?

EN-03

What are the necessary steps for planting and raising a garden? Come and learn how to raise a beautiful garden that provides fresh produce for your dinner table. What grows best? How much should be planted? Learn how to water, mulch, and use compost in your garden. Plan your personal garden plots for this summer.

Date: April 8 (Mon)
Time: 7 - 8:30 p.m. (1 session)
Fee: \$6
Location: UFM Greenhouse

Growing Herbs

EN-04

Have fresh herbs all summer! Enjoy the flavor of fresh mint iced tea. Learn how to raise, dry, and store herbs for your own use or to give as gifts to family and friends. Explore ways to use your dried herbs. Start your herb garden with the plants you take home.

Date: April 24 (Wed)
Time: 7 - 9 p.m. (1 session)
Fee: \$12 (includes herb plants and handouts)
Location: UFM Greenhouse

Flowers That Last: Planning A Garden for Dried Flowers

EN-09

Have you ever admired beautiful wreaths and floral designs that use dried flowers? Do you love to garden? Learn how to plan a garden where you grow flowers that will dry well. We will discuss the types of flowers to use and where to purchase your seeds or plants. Techniques for drying flowers and ways to use them will also be covered.

Date: April 15 & 17 (Mon & Wed)
Time: 7 - 8:30 p.m. (2 sessions)
Fee: \$10
Location: UFM Greenhouse

Composting

EN-11

Recycle some of your garbage! Find out what can be used in a compost pile. We will discuss the components of a compost pile, when to turn it, how to take care of it, and its utilization. See the results of composting in different layers. Make your vegetable garden and flower beds healthier and happier with compost.

Date: April 22 (Mon)
Time: 7 - 8:30 p.m. (1 session)
Fee: \$4
Location: UFM Greenhouse

Evelyn and Howard Campbell (539-8763) both have degrees in Horticultural Therapy from KSU. Evelyn has coordinated the Manhattan Community Gardens for three years. In addition, Evelyn and Howard plant and maintain the edible landscape and greenhouse at UFM. They enjoy sharing the experiences they have gained from gardening for over 25 years.

Buffalo in Kansas

EN-06

How much do you know about our state animal? Through a special slide presentation, learn about the characteristics of buffalo. Journey through time from the historical significance of the buffalo as used by the Indians to the future outlook for this fascinating animal.

Ken Visser (1-461-5744) was caretaker of the buffalo herd at Fort Riley for two years. He is a retired farmer and graduate of the Animal Sciences Program at KSU.

Date: March 4 (Mon)
Time: 7 - 8 p.m. (1 session)
Fee: \$3
Location: UFM Conference Room

Solar Greenhouse and Edible Landscape Tour

EN-10

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 idea for student and community groups looking for ways to learn about promoting self-reliance in the areas of energy and food production. Special tours can be arranged by appointment.

Date: April 29 (Mon)
Time: 7 - 8:30 p.m. (1 session)
Fee: \$6 (includes book)
Location: UFM Greenhouse

The Kansas Skies: A Planetarium Presentation

Native American Workshop

The World of Nature: An Indoor Environmental Experience

(See YOUTH for description)

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Application forms for garden plots must be picked up at UFM (1221 Thurston). New and returning gardeners must also attend one of the three informational meetings to be conducted by the MCG Board and scheduled as follows:

March 7, 1991 7 p.m.
 April 1, 1991 7 p.m.
 May 2, 1991 7 p.m.

1/2 to 1 hour meeting in the Fireplace Room at UFM, 1221 Thurston
 For further information, call Evelyn Campbell at 539-8763

GROUP GARDENING

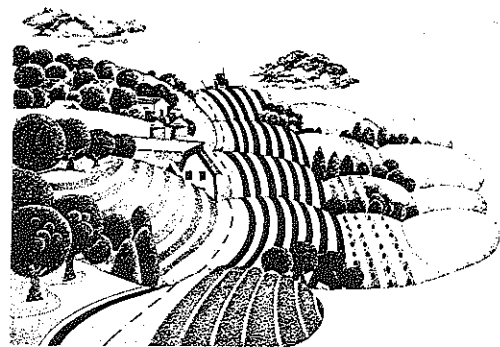
Looking for a unique project for all ages? Do you need to work on a club badge? Do you want to grow vegetables to give to a less fortunate family? Enjoy a garden plot shared by your group. Produce nutritious fruits and vegetables for a low cost. Have fun with your friends while relaxing in the out-of-doors. We are inviting any 4-H, boy/girl scout, or church group 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.

HANDICAPPED GARDENING

Do you believe you can't garden anymore because of physical limitations? This class is for physically and/or mentally handicapped people as well as senior citizens. 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.

UFM SOLAR GREENHOUSE TOURS

Tours of the UFM Solar Greenhouse and edible landscape are available by reservation. Winter tours (November to April) view the Solar Greenhouse, some edible landscape, and raised garden beds used for the handicapped. Participants learn about the bead wall, the heat storage tanks, and the underground air conditioning tubes. Summer tours (May to October) view, touch, and smell the entire edible landscape and also see the Passion Vine and hear its history. Call 539-8763 for an appointment.



Field Trip to Flush Area of Pottawatomie County

EN-25

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

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

Date: April 13 (Sat) (Raindate: April 20)
 Time: 9 - 11:30 a.m. (1 session)
 Fee: \$3
 Location: Meet at UFM parking lot

Schoolday Tours: Solar Greenhouse & Edible Landscape

EN-30

Teachers, are you looking for field trip ideas? Join us for an educational tour. See fish living in the greenhouse. Observe an edible landscape. 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. Call Evelyn or Howard Campbell at UFM (539-8763) to schedule a Schoolday Tour.

Date: May 10 (Fri) (or other times by appt)
 Time: as scheduled by organization
 Fee: No charge
 Location: UFM Greenhouse, 1221 Thurston

Planning for Earth Day '91

EN-15

Earth Day '90 was a great success! It has been suggested that we repeat some of the activities on a smaller scale. If you are interested in planning and/or participating in an environmental awareness day during the Spring, this meeting is for you! Suggested focal points include gas conservation and a car-free day, a recycling fair, water quality and conservation exhibits, and environmental information distribution. If you or your group would like to participate, please join us.

Karen McCulloh (539-8763) served as coordinator for the Earth Day '90.

Date: Feb 9 (Sat)
 Time: 10:30 a.m. - 12 Noon (1 session)
 Fee: No charge
 Location: UFM Conference Room

The Care and Rehabilitation of Injured and Orphaned Wildlife

EN-16

Have you ever encountered injured or orphaned wildlife? Are you uncertain as to how to proceed in the care of such animals? Take this opportunity to prepare yourself for this situation. During the first session, we will discuss the philosophies and techniques for providing medical and supportive care to orphaned and injured mammals and songbirds. At the second session, we will cover the care and rehabilitation of owls, hawks, and eagles, including a demonstration of handling techniques.

Jim Carpenter, Bernie Robe, and Sharon Taylor are all members of Project Release, an organization dedicated to the care and rehabilitation of injured and orphaned wildlife. In addition to being experts in wildlife care, they are associated with the College of Veterinary Medicine at KSU.

Date: April 1 & 8 (Mon)
 Time: 7 - 8:30 p.m. (2 sessions)
 Fee: \$6
 Location: UFM Banquet Room

New!

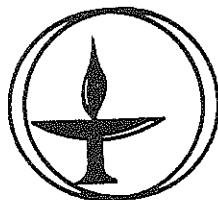
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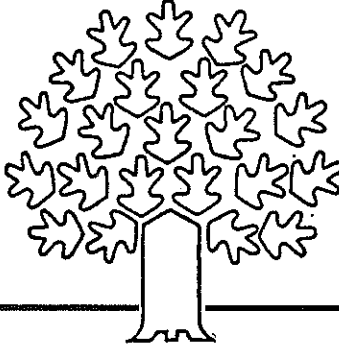
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Family Living

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Capable Kids Can FL-01

Capable Kids Can is a program for parents and school-aged children 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 about the skills needed by children to care for themselves when they are home alone.

Beverly Brzuchalski is a Riley County Extension Home Economist who has coordinated after school programs for elementary students in Ogden and Manhattan for the last five years. She has taught self-care skills to youth during after school programs and summer day camps.

Date: Feb 9 - March 2 (Sat)
 Time: 10 - 11:30 a.m. (4 sessions)
 Fee: \$10
 Location: Riley County Extension Office
 110 Courthouse Plaza

Early Talk FL-02

New!

Do you have concerns in regard to your child's speech patterns? This class will center on a discussion of early speech and language (communication) development. Stimulation techniques and material ideas will be shared. Birth to preschool years will be targeted. Bring your questions and concerns!

Deborah Thomas is a speech pathologist with 16 years experience. She has worked with infants to geriatric patients in homes, preschools, clinics, hospitals, public school, and university settings.

Date: Feb 11 (Mon)
 Time: 9:30 - 10:30 a.m. (1 session)
 Fee: \$5 (includes packet of materials)
 Location: UFM Conference Room

Early Talk FL-03

Date: Feb 11 (Mon)
 Time: 7 - 8 p.m. (1 session)
 Fee: \$5 (includes packet of materials)
 Location: UFM Banquet Room

Children's Morning Play Group FL-04

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

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

Date: Feb 6 - May 15 (Wed)
 Time: 10 a.m. - noon (15 sessions)
 Fee: \$4
 Location: Instructor will contact you for first meeting

Children's Morning Play Group FL-05

Date: Feb 7 - May 16 (Thurs)
 Time: 10 a.m. - noon (15 sessions)
 Fee: \$4
 Location: Instructor will contact you for first meeting

Generation in the Middle: You and Your Aging Parents FL-06

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

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

Date: Feb 19 (Tues)
 Time: 7 - 9 p.m. (1 session)
 Fee: \$6
 Location: UFM Banquet Room

Single-Parent Support Group FL-07

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

Vicki Brown and *Lori Peterson* are both single parents. They are working on M.S. degrees in the Department of Marriage and Family Therapy at KSU. Vicki and Lori have coordinated single-parent support groups previously. This group is co-sponsored by New Directions. For further information, call Shirley Marshall (532-6561).

Date: Feb 10 - May 19 (Sun)
 (no class on March 10 & 17)
 Time: 7 - 8:30 p.m. (13 sessions)
 Fee: \$4
 Location: UFM Conference Room

Fathers in Today's Families FL-08

New!

Fathers, how many times have you asked yourselves, "Do I spend enough time with my child? Is it quality time?" Learn to identify your strengths as a father. Find ways to improve your fathering skills in areas of concern. Take this opportunity to work toward becoming the father you'd like to be.

Rick Müller (532-5510) and *Rick Moody*, fathers of two and three children, respectively, are affiliated with the Department of Human Development and Family Studies at K-State. They both maintain hectic schedules and are aware of the challenges of modern fathering.

Date: April 4 (Thurs)
 Time: 7 - 9 p.m. (1 session)
 Fee: \$6
 Location: UFM Banquet Room

People: Feelings, Relationships, and Environment FL-09

New!

This class, which is designed for the professional childcare provider, focuses on the growing social and emotional abilities of young children. It stresses the importance of nurturing care and the use of guidance which helps children develop positive interpersonal relationships. The social-emotional stages of Erik Erikson are used as a framework for the basic information of the course.

- Session 1: Building trust and self-esteem
- Session 2: Autonomy and make-believe play
- Session 3: Problem solving through initiative and decision making
- Session 4: Positive peer relationships
- Session 5: Social Service Resources and planning of special occasions

Mari Burris (776-5071) is the Executive Director of the Manhattan Day Care Association, Inc., and an approved trainer for Kansas Child Care Training Opportunities (KCCTO).


Date: Feb 18 - 22 (Mon - Fri)
 Time: 7 - 9 p.m. (5 sessions)
 Fee: \$20 (includes book and handouts)
 Location: KSU Justin Hall Room 256
 KSU Bluemont Hall Room 107 (Tues only)

Practical Parenting: Building Life Skills FL-10

Parents, how do you help your children (ages 4 - 12) develop the life skills that will determine their success throughout life? Join us for a discussion of how-to activities that teach skills such as confidence, motivation, responsibility, problem-solving, and others.

Terry Carpenter (539-8763) is the Educational Program Coordinator at UFM.

Date: March 25 (Mon)
 Time: 7 - 9:30 p.m. (1 session)
 Fee: \$5
 Location: UFM Banquet Room




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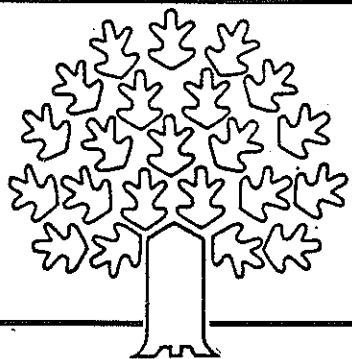
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Food & Nutrition

1221 THURSTON

539-8763

Wok Cookery

FN-01

The wok, a Chinese cooking utensil, is considered to be an old cookery method. Its popularity has increased dramatically because of encouragement to reduce fat in the diet. Learn the basic technique of stir-frying and cooking in a wok through a hands-on experience. Bring your appetite. If you have enjoyed the previous wok class, come and learn how to prepare new recipes consisting of an appetizer, a soup, and two entrees. If you have an electric wok, please bring it to class along with a sharp knife, a cutting board, and a large and several small plastic containers.

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

Date: March 19 (Tues)
Time: 6 - 9 p.m. (1 session)
Fee: \$10
Location: Pottorf Hall - CiCo Park

The Upper Crust: Baking with Wholegrains

FN-02

Interested in breadmaking? Or need help in perfecting your yeast bread? Participate in and learn the basic techniques for creating your own delicious yeast breads. We will prepare and devour several types of breads!

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 20 (Wed)
Time: 6 - 9 p.m. (1 session)
Fee: \$9 (includes recipes and food samples)
Location: 813 Colorado

Introduction to Wine

FN-03

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 1, 15, March 1, 15, & 29 (Fri)
Time: 7 - 9:30 p.m. (5 sessions)
Fee: \$32
Location: 2909 Sunnyside

Become a UFM instructor! Please call Terry Carpenter (539-8763) by April 30 if you have a skill or interest that you would like to share with others in our community. Become a link in our goal of life-long learning and living.



Winter Soups and Stews

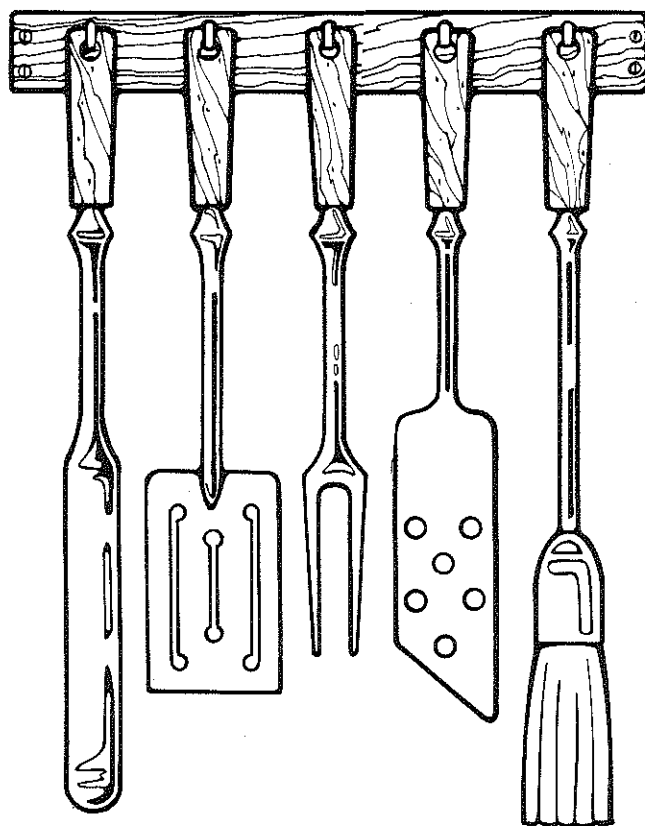
FN-04

Need some meal ideas for these cold winter nights? Join us and see thick, hearty, but economical soups and stews prepared. These foods are a great way to turn leftovers into delicious, creative, foolproof meals. If you have favorite soup and stew recipes, bring them along to share.

Jason Lancaster (776-9478) enjoys cooking as a hobby. He has been a member of People's Grocery Coop for over a year and particularly likes to create dishes which are made from natural foods and are economical.

Date: Feb 4 (Mon)
Time: 7 - 9 p.m. (1 session)
Fee: \$9
Location: UFM Kitchen

New!



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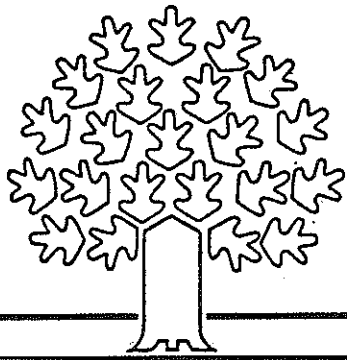
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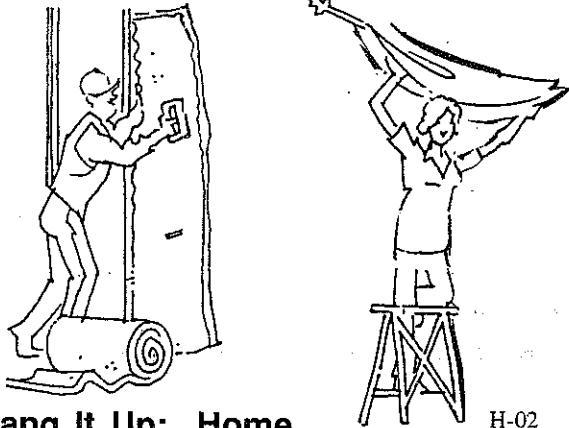
The American Dream: Affordable Home Ownership

H-01

Have you dreamed of home ownership only to be discouraged by an inflated market? Perhaps it's time to consider the possibilities again! In many cases the housing market has reached a plateau creating opportunities that were not available previously. Join us to discuss the various methods of financing which could allow your dream to become a reality.

Jerry Lowenstein (537-2298) is a loan officer for Manhattan Federal Savings and Loan. He is interested in sharing his expertise to help others fulfill their housing needs.

Date: Feb 21 (Thurs)
Time: 7:30 - 9:30 p.m. (1 session)
Fee: \$3
Location: 800 Poyntz Avenue



Hang It Up: Home Decorating with Wallpaper

H-02

Want to spruce up your home with wallpaper? Take this opportunity to see various types and styles of wallpaper. We'll discuss techniques of paperhanging and surface preparation. Learn what you need to know before you choose your paper. This class is geared toward the do-it-yourself enthusiast, but will help anyone who uses professional paperhangers to better communicate their wishes to the paperhanger and wallpaper dealer. Bring your questions, your wallpaper problems, and a notebook.

Claudia Jones (776-6742) graduated from KSU with a degree in Interior Design. She manages the wallpaper and window blinds section at Crown Decorating. *Charlie and June Kempthorne* have been professional wallpaper hangers for a number of years in Manhattan.

Date: Feb 28 (Thurs)
Time: 7 - 9 p.m. (1 session)
Fee: \$5
Location: Crown Decorating
201 Colorado

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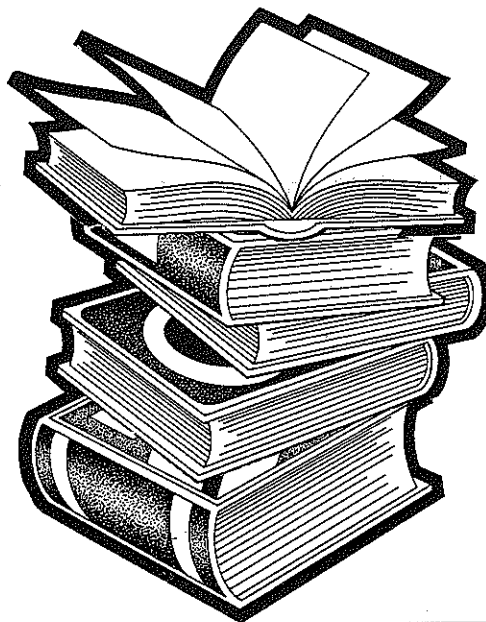
The Purchase and Care of New and Used Lawn Mowers

H-03

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

Dee Forge (537-1340) has a B.S. in Agronomy. He has been gardening all his life and enjoys all aspects of landscaping. His father was a mechanic, so Dee has had the opportunity to tinker around with mechanical projects for years. He does the basic maintenance and repair of his own lawn mowers.

Date: April 8 (Mon)
Time: 7 - 8:30 p.m. (1 session)
Fee: \$5
Location: Waters True Value Hardware
Westloop Shopping Center



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Fri. & Sat. 10 a.m.-2 a.m.

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What's Under Your Hood? H-04

What are the mechanical workings of your car's engine? Find out what is under the hood of your car. 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 several years experience as an auto mechanic at a car dealership. She has been teaching automobile classes at the college level for 4 1/2 years.

Date: April 20 (Sat)
Time: 1 - 3:30 p.m. (1 session)
Fee: \$9
Location: UFM Parking Lot

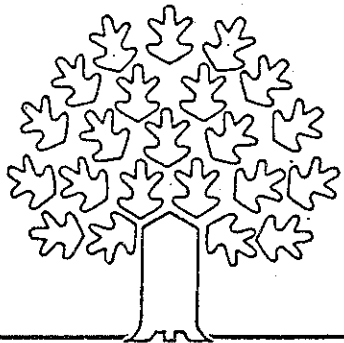
Planned Planting: Tips on Landscaping H-05

Does the arrival of spring create in you a desire to beautify your yard? But where do you start? Come and learn which plant materials are adapted to the Manhattan area. We'll talk about identification of plants and proper placement of plant materials. Plan on touring a local nursery during the second session.

Alan Ladd has been a Riley County Extension Agent for 12 years.

Date: April 30 & May 7 (Tues)
Time: 7 - 8:30 p.m. (2 sessions)
Fee: \$6
Location: Pottorf Hall, CiCo Park

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Manhattan
**INTER
FAITH**
Seminars

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Manhattan Interfaith Seminars

The Manhattan Interfaith Seminars is a 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. 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 Al Zimmerman (539-4281) for more information.

Comparative Mystical Traditions and Meditative Practices IF-01

This six week series will focus on the world's many forms of spiritual or religious expression. A film featuring a particular view/tradition will be shown, followed by a discussion with a person of that particular tradition. Films include "The Perennial Philosophy," "Buddhism, Man and Nature," "The Art of Meditation," "The Sufi Way" (Islamic mysticism), and a look at Judaism.

Sue Allen

Date: Feb 3 - 24 (Sun)
Time: 6:30 - 8:30 p.m. (4 sessions)
Fee: \$5
Location: Ecumenical Campus Ministry
1021 Denison

Judaism IF-02

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 5 - 26 (Tues)
Time: 7 - 8:30 p.m. (4 sessions)
Fee: \$5
Location: Jewish Congregation of Manhattan
1509 Wreath Avenue

Liberation Theology IF-03

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 7 - 28 (Thurs)
Time: 7 - 8:30 p.m. (4 sessions)
Fee: \$5
Location: Seven Dolors Catholic Parish Center
731 Pierre

A Prayer For Owen Meany IF-04

John Irving's latest novel will launch us into a lively discussion about vocation and character, and offers us a unique opportunity to explore the role of religion and religious themes in current American art and culture. **A Prayer for Owen Meany** is available in paperback at most bookstores and newsstands. It raises interesting questions about how the future shapes the present. Irving is a witty, wonderful narrative artist who paints verbal portraits of unforgettable characters. His novel invites us to think about the ways in which our own life stories beckon us to faithful (and faith-filled!) living in the world.

Ron Roschke

Date: Feb 7 - 28 (Thurs)
Time: 7 - 8:30 p.m. (4 sessions)
Fee: \$5
Location: Trinity Presbyterian Church
1110 College Avenue

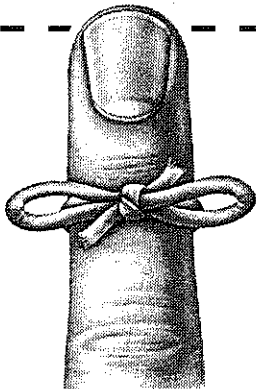
The Metaphysical and Mystical Tradition in Christianity IF-05

Jesus Christ said, "The Kingdom of Heaven is within you." St. Paul spoke of the "Christ in you, your hope of glory." Down through the ages in the midst of dogma and turmoil there have always been voices within Christianity who insisted on the omnipresent goodness of God, the Divine spark within human beings, the power of consciousness to change the world, and the importance of finding truth directly from the Source through prayer and meditation. Come and "hear" some of those voices.

Sharon Powers

Date: March 7 - 28 (Thurs)
Time: 7 - 8:30 p.m. (4 sessions)
Fee: \$5
Location: Ecumenical Campus Ministry
1021 Denison

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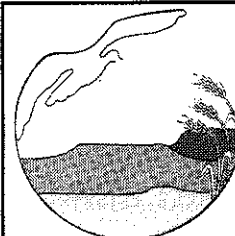
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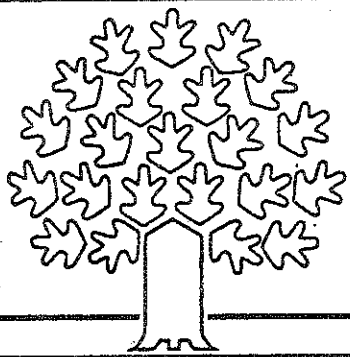
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Recreation & Fitness

1221 THURSTON

539-8763

Tennis for Fun

RF-01

Enjoy playing tennis, but having a difficult time finding partners? Brush up on your skills while playing tennis for fun. Please bring a racket and tennis balls.

Judy Klaver (776-7082) has taught beginning tennis for six years and has played competitive tennis in the Manhattan and Topeka areas.

Date: April 7 - May 19 (Sun)
Time: 8 - 10 a.m. (7 sessions)
Fee: \$12
Location: KSU Washburn Tennis Courts

Fundamentals of Kayaking

RF-02

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

Paul Sodamann (1-494-2340) is a certified Red Cross kayak instructor/trainer.

Date: Feb 2 (Sat)
Feb 3, 17 & March 3 (Sun)
Time: 9 a.m. - 12 noon (1st session)
9 a.m. - 1 p.m. (all other sessions)
Fee: \$50 (includes equipment rental)
Location: UFM Fireplace Room (1st session)
KSU Natatorium (all other sessions)

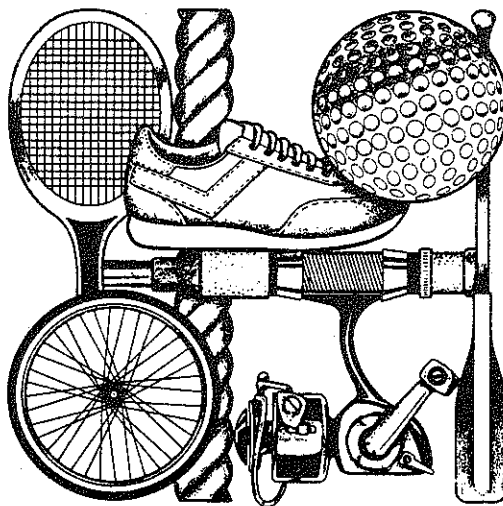
Volleyball for Fun

RF-03

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

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

Date: Feb 5 - May 23 (Tues & Thurs)
Time: 6:30 - 8:30 p.m. (32 sessions)
Fee: \$5 (plus \$1 material fee collected by instructor at first class)
Location: Douglass Center
901 Yuma



Golf for Beginners

RF-04

Learn to play golf. Geared for beginning and intermediate players, the fundamentals of the full swing, short game-pitching, 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: March 28 - April 11 (Thurs)
Time: 6 - 7 p.m. (3 sessions)
Fee: \$20 (includes golf club rental)
Location: Stagg Hill Golf Course
4441 Fort Riley Boulevard

Golf for Beginners

RF-05

Date: April 18 - May 2 (Thurs)
Time: 6:30 - 7:30 p.m. (3 sessions)
Fee: \$20 (includes golf club rental)
Location: Stagg Hill Golf Course
4441 Fort Riley Boulevard

Golf for Beginners

RF-06

Date: May 9 - 23 (Thurs)
Time: 6:30 - 7:30 p.m. (3 sessions)
Fee: \$20 (includes golf club rental)
Location: Stagg Hill Golf Course
4441 Fort Riley Boulevard



Ballroom Dance

RF-08

Ballroom dancing is back! Time, Newsweek, and Smithsonian report that ballroom dancing is popular throughout the U.S. Manhattan is no exception. Join the hundreds of people who have learned to dance with UFM. You will learn to Foxtrot, Waltz, and Swing. By the end of seven weeks you will be able to perform numerous variations. You will be dancing around the expansive floor. So, bring a friend, or two, and learn how to dance with someone in your arms. Classes fill early and it is advisable to register early.

Date: Feb 11 - April 1 (Mon)
(no class March 11)
Time: 7 - 8:30 p.m. (7 sessions)
Fee: \$24
Location: To be announced

Ballroom Dance

RF-09

Date: Feb 11 - April 1 (Mon)
(no class March 11)
Time: 8:30 - 10 p.m. (7 sessions)
Fee: \$24
Location: To be announced

Ballroom Dance

RF-10

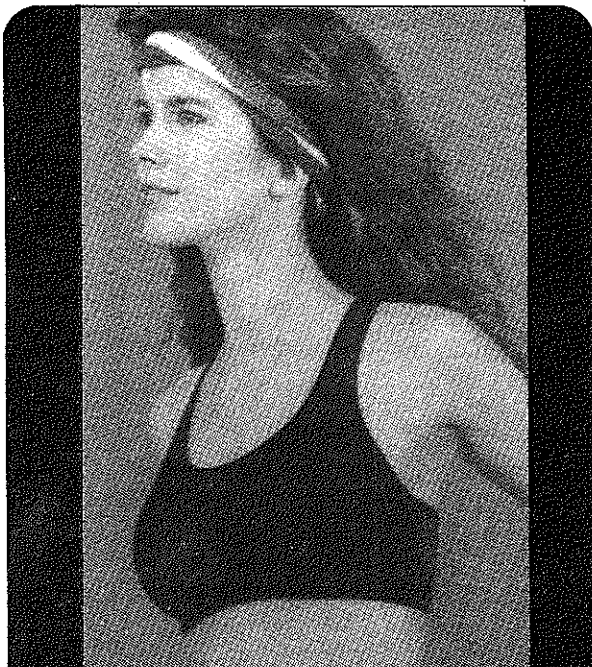
Date: April 8 - May 20 (Mon)
Time: 7 - 8:30 p.m. (7 sessions)
Fee: \$24
Location: To be announced

Ballroom Dance

RF-11

Date: April 8 - May 20 (Mon)
Time: 8:30 - 10 p.m. (7 sessions)
Fee: \$24
Location: To be announced

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



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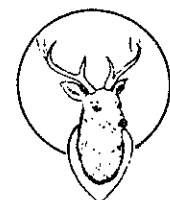
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RECREATION & FITNESS (Continued)

Canoe & Kayak Roll Clinic RF-07

Do you want help with your canoe or kayak roll? American Red Cross instructors and club "roll monsters" in K-1, OC-1, and C-1 will be on hand to offer demos and hands-on practice for club canoeists and kayakers. Complete with videos, instructors, and the great pool facilities at KSU, enrollment will be on a first-come, first-serve basis. Limits on numbers of open and decked boats will allow adequate space. Bring your boat (completely outfitted with floatation), PFD, helmets, paddles, gear, and nose clips. **PLEASE NOTE: Your boat must be completely washed inside and out prior to pool use!!** Shower facilities are on site.

T.J. Hittle (539-7772) and Scott Duffens (1+266-2217) are coordinators for this class.

Date: Jan 20 (Sun)
 Time: 9 a.m. - 1 p.m. (1 session)
 Fee: \$12
 Location: KSU Natatorium

White Dragon Kung Fu I RF-12

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.

Date: April 2 - April 28 (12 sessions)
 Time: 3 - 4 p.m. (Sun)
 7 - 8 p.m. (Tues & Thurs)
 Fee: \$25
 Location: KSU Ahearn Fieldhouse

White Dragon Kung Fu II RF-13

Date: April 30 - May 26 (12 sessions)
 Time: 3 - 4 p.m. (Sun)
 7 - 8 p.m. (Tues & Thurs)
 Fee: \$25
 Location: KSU Ahearn Fieldhouse

Hakko Ryu Jujitsu RF-14

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

Date: April 7 - May 26 (Sun)
 Time: 4 - 5 p.m. (8 sessions)
 Fee: \$21
 Location: KSU Ahearn Fieldhouse

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

UFM is...

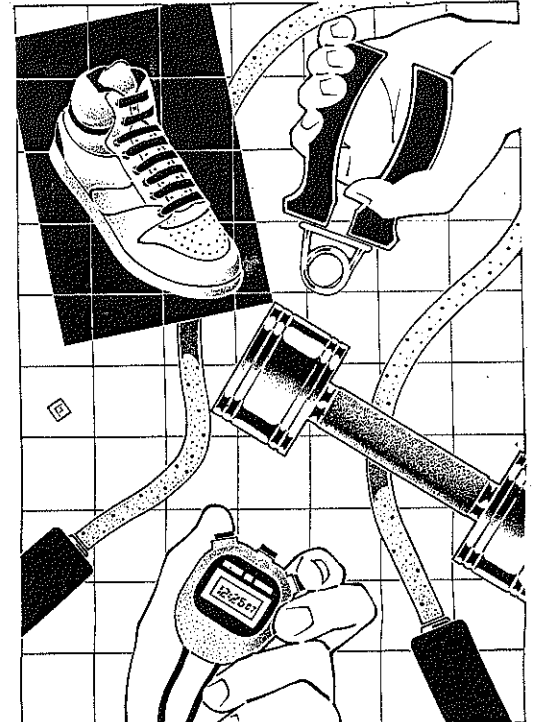
UFM is the oldest "free university" in the nation. Organized in 1968 as an experiment to provide an atmosphere for discovery with no grades or credits, UFM has evolved as a non-profit community-based education program. A central premise of the UFM philosophy is that within any community there are resources,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

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

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

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

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



Become a UFM instructor! Please call Terry Carpenter (539-8763) by April 30 if you have a skill or interest that you would like to share with others in our community. Become a link in our goal of life-long learning and living.

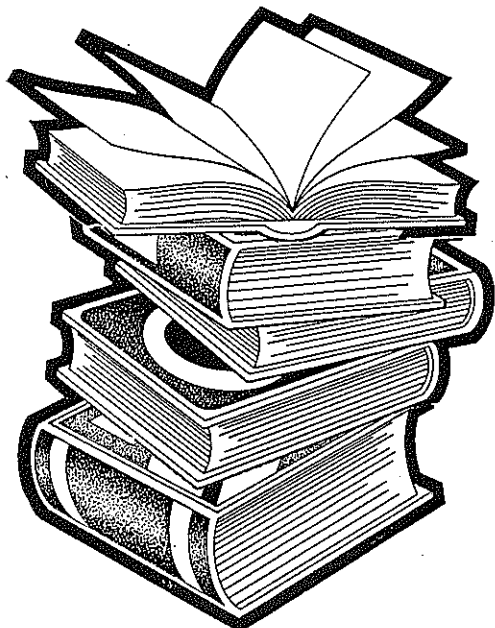
If you would like to advertise your business or organization in the next UFM catalog, contact Terry Carpenter (539-8763) by April 30.

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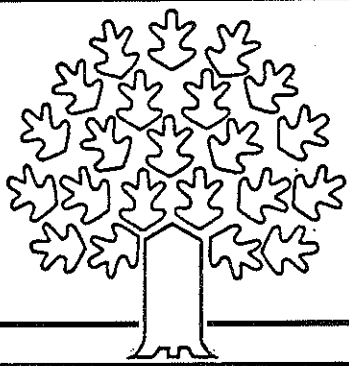
10:00 a.m. - 5:00 p.m.

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Self & Personal Growth

1221 THURSTON

539-8763

Introduction to Zen Philosophy and Practice

SP-02

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. Please bring a cushion to sit on to class.

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

Date: *March 20 - April 3 (Wed)*
April 11 (Thurs)
Time: *7:30 - 9 p.m. (4 sessions)*
Fee: *\$12*
Location: *UFM Conference Room*

Introduction to the Philosophy of Gurdjieff and Ouspensky

SP-06

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

David Seamon (539-8883) 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 7 - March 21 (Thurs)*
Time: *7:30 - 9:30 p.m. (7 sessions)*
Fee: *\$12*
Location: *UFM Greenhouse*

Sack Lunch Theology

SP-20

This long-standing, popular class has explored a variety of subjects in the past from books such as God, the Economist; The Power Myth; Creation Spirituality; and Stewardship of the Land. The book selection for this semester will be available upon registration. The cost of the text is approximately \$12, payable at the first class session.

Susan Sawyer (539-3051) is a campus minister and has participated in the Sack Lunch Theology previously.

Date: *Feb 4 - March 25 (Mon)*
Time: *11:30 a.m. - 1 p.m. (8 sessions)*
Fee: *\$5*
Location: *Baptist Campus Center*
1801 Anderson Avenue

Living Originally

SP-13

Are you searching for life's deeper meaning? Join us for an introduction to the "work" of inwardness. Lecture, Gestalt (experiential) methods of awareness, and the methodology of Carl Jung will be used to explore personal meanings in dreams, myths, and other expressions of the unconscious. The work of inwardness is a process by which we learn to listen to our inner self and begin living from our deep origins.

Marilyn Mick (537-8042) has facilitated groups and has been deeply involved in the work for ten years. She is affiliated with The Collegium, Center for Integral Education, K.C., MO, and is currently a graduate student at KSU.

Date: *Feb 20 - March 13 (Wed)*
Time: *7 - 9 p.m. (4 sessions)*
Fee: *\$10*
Location: *UFM Conference Room*

Who's In Charge of My Life?

SP-08

Are you unfulfilled? Do you want to make changes in your life, but are unsure what direction to go? You are not alone! Participate in a workshop where through various activities we seek to get in touch with the desires of our hearts.

Date: *Feb 23 (Sat)*
Time: *1 - 4 p.m. (1 session)*
Fee: *\$3*
Location: *Ecumenical Ministries*
1021 Denison

Prosperity Principles for Successful Living

SP-09

Could you use more joy, creativity, and financial well-being in your life? The convener will introduce practical, spiritually-based ideas for changing your belief system. Make room for greater abundance in your life!

Date: *March 9 (Sat)*
Time: *1 - 4 p.m. (1 session)*
Fee: *\$3*
Location: *Ecumenical Ministries*
1021 Denison

The Inner Child: Healing the Hurt

SP-10

Do you ever ask yourself "What is wrong with me?" Even as adults we may exhibit non-productive behaviors that result from emotional needs that were unmet as children. How do we learn to accept our feelings and reflect upon the positive aspects of our personality? This class is a non-threatening introduction to the interrelated issues of abandonment, abuse, addiction, co-dependence, and anger. A program toward spiritual recovery will be introduced.

Date: *Feb 9 (Sat)*
Time: *1 - 4 p.m. (1 session)*
Fee: *\$3*
Location: *Ecumenical Ministries*
1021 Denison

Sharon Powers (539-8416) has B.S. and M.A. degrees in human development. She has dealt with these issues in her own life and would like to share with others. She is a licensed Unity teacher and the spiritual leader of Unity Church of Manhattan.

Grandchildren of Pioneers: Reminiscing

SP-14

Do you remember hearing stories of the pioneer days through grandparents or other relatives? Would you like to share old family pictures or trade tales from the past? Come and share in an evening of memories. We'll make plans to take part in some historical tours in the Spring!

Owen Jones (537-7976) is the grandson of pioneers who arrived in Kansas in 1870. He is interested in the history of Manhattan's City Park and the Oregon Trail through Kansas. He would like to share his interest with other pioneer descendants in an effort to preserve and transmit valuable local history.

Date: *Mar 12 (Tues)*
Time: *7:30 - 9 p.m. (1 session)*
Fee: *\$3*
Location: *UFM Banquet Room*

Grandchildren of Pioneers: Reminiscing

SP-16

Date: *Mar 13 (Wed)*
Time: *7:30 - 9 p.m. (1 session)*
Fee: *\$3*
Location: *UFM Banquet Room*



P A W N E E
Mental Health Services

Continuing Education

February 13 Conflict Resolution

Angela Gieber, M.S., Employee Assistance Program Coordinator

March 6 Guilt, Shame, and Forgiveness

Mary Herrmann, M.A., Mental Health Chaplain
Also on March 20 in Junction City

April 10 The Elderly: Coping with Change and Loss

Kathy Pearce, RMLP, Aging Specialist

Three CEU's for RN's, LPN's, social workers and others. Open to all helping professionals and volunteers. Fee, \$21. Workshops begin at 12:45 p.m. at Pawnee, 2001 Clafin. Pre-register to assure space. For brochure or information call 539-5337.

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SELF & PERSONAL GROWTH (Continued)

Beginning Spanish

SP-26

Are you interested in learning to speak Spanish? Geared for beginning students, this course will cover Spanish vocabulary, grammar, pronunciation, and easy conversations.

Ana Maria Briscia speaks Spanish fluently and is willing to share her knowledge with others.

Date: Feb 12 - April 23 (Tues)
(no class March 12)
Time: 7 - 8 p.m. (10 sessions)
Fee: \$25
Location: KSU Bluemont Hall Room 108

Intermediate Spanish

SP-01

Interested in expanding your present knowledge of Spanish? Intermediate Spanish will allow you to increase your skills in Spanish grammar, reading, and conversation.

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

Date: Feb 11 - May 20 (Mon)
(no class March 11)
Time: 7 - 8 p.m. (14 sessions)
Fee: \$25
Location: UFM Conference Room

Beginning Dutch

New!

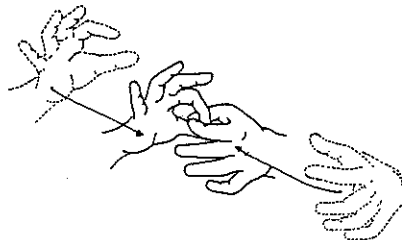
SP-04

Take this opportunity to learn beginning Dutch while discovering its relationship to German and English. Explore the country, customs, culture, and currency of the Dutch people while learning the basic vocabulary and grammar of the language.

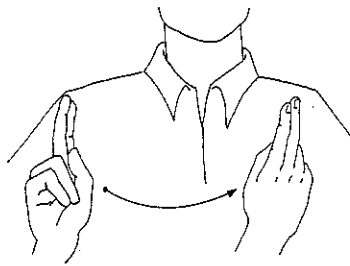
Jan van Oosten, (539-3889) a Dutch student at KSU, comes from Roosendaal, the Netherlands, and has studied German in Leiden (The Netherlands) and Freiburg (Germany).

Date: Feb 13 - April 24 (Wed)
(no class March 13)
Time: 7 - 9 p.m. (10 sessions)
Fee: \$20
Location: KSU Bluemont Hall Room 111

JOIN



US



Introduction to Sign Language

SP-03

Would you like to comprehend those nimble fingers and hands that move eloquently to convey a message??

Receive an introduction to sign language, communication, and deaf culture. Participate in games used to teach and improve your signing and communication skills. Beginners and advanced signers are encouraged to take this course!

Kim Minnich (537-1605) is a junior in Human Development and Family Studies. She has taught sign language classes for the past two years in Leavenworth, KS. Kim was born deaf and sign language was her first form of communication.

Date: Feb 7 - May 16 (Thurs)
(no class March 14)
Time: 7 - 8 p.m. (14 sessions)
Fee: \$25
Location: UFM Conference Room

Beginning French

SP-17

Are you interested in learning the French language? Take this opportunity to learn about the French language, culture, and customs. Geared for beginning students, this course will cover French vocabulary, grammar, pronunciation, and easy conversations.

Nicole Branlard, her husband, and three children are residing in Manhattan for one year. She is an elementary school teacher in France.

Date: Feb 12 - May 7 (Tues)
(no class March 12)
Time: 6:30 - 7:30 p.m. (12 sessions)
Fee: \$25
Location: KSU Justin Hall Room 256

New!

The Art of Public Speaking

SP-18

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

Jill Frese (537-4505 or 539-7900) is a registered representative for Waddell & Reed. She has taught Public Speaking previously.

Date: Feb 7 - April 11 (Thurs)
Time: 7 - 9 p.m. (10 sessions)
Fee: \$15
Location: 445 East Poyntz

English Conversation Seminar

SP-19

Become more confident about using spoken English through discussion of current issue topics. This course is geared toward students who are intermediate to advanced in their use of spoken English, but desire further practice to gain confidence.

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

Date: Feb 12 - April 9 (Tues)
(no class March 12)
Time: 2:30 - 3:30 p.m. (8 sessions)
Fee: \$15
Location: UFM Conference Room

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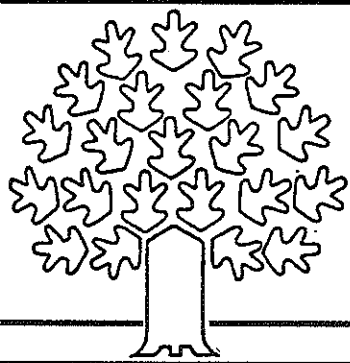
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Youth

1221 THURSTON

539-8763

Native American Workshop

Y-01

Participate in native American ways. Use sage, cornmeal, and simple gifts of the Earth to honor all creation as the Indians have done for centuries. Learn about Indian culture as the Nells family of Arapahoe, Cheyenne, and Navajo origin dance to Indian music in beautiful pow-wow attire. Participate in the formation of a native American medicine wheel made from feathers and stones which represent the Creator, Earth Mother, Father Sun, the four directions, and the months of the year.

Jayne Link (539-7761) and Pat Embers (539-2819) enjoy sharing their love of the Indian culture with community members of all ages. The Nells family, known in area schools and clubs, have enriched our community through the sharing of their native culture.

Date: April 27 (Sat)
Time: 10 a.m. - 12 Noon (1 session)
Fee: \$6
Location: UFM Fireplace Room

Red Cross Babysitting

Y-02

Become a certified babysitter. Youth, age 11 or older, will learn the skills and functions of babysitting. This course teaches prospective babysitters how to prevent home accidents and handle emergencies. Participants are shown how to identify the characteristics of children at different ages, select safe toys and games, supervise children, and provide basic care skills such as feeding and dressing. Full attendance is required for certification. **This class is being held during Spring Break.**

Leslie Rose (537-2180) has been on staff at the American Red Cross since 1981. As a mother of three, she knows the skills and abilities that are valuable to parents when they hire babysitters.

Date: March 14 (Thurs)
Time: 9:30 a.m. - 4:30 p.m. (1 session)
Fee: \$10 (includes handouts and course material)
Location: American Red Cross Office
411 North 3rd Street

Flying Paper Airplanes

Y-03

Paper airplanes that soar, loop, curve, and glide are easy to make and fun to fly. There are dozens of styles other than the typical dart and we'll fold and fly all of them! We'll fold, fly, have contests, and award prizes. Class members will be given a catalog of unusual styles. Join us for the fun! Ages 9 - 13.

Leo Schell (539-6540) and Ralph Fontenot have folded and flown paper airplanes for years and have an extensive library. They taught this class once before and had a great time!

Date: March 23, 30, & April 6 (Sat)
Time: 11 a.m. - 12 Noon (3 sessions)
Fee: \$5
Location: Marlatt School
Hobbs and Browning Avenue



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Beginning Ballet

Y-04

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

Portia Sisco (537-7253) is 14 years old, has studied dancing for 12 years, and plans to pursue dancing as a career. One of her most recent ballet performances was at the Jerry Lewis Telethon in Topeka.

Date: Feb 6 - March 6 (Wed)
(no class Feb 28)
Time: 6:30 - 7:30 p.m. (4 sessions)
Fee: \$12
Location: UFM Banquet Room



The World of Nature: An Indoor Environmental Experience

New!

For nature lovers! This series will focus on a different subject each month. Bring the outdoors in! Learn about our natural environment and participate in related arts and crafts activities. This class is designed for an adult/child team. Attend one or all three sessions. This course is being conducted in cooperation with the Northern Flint Hills Audubon Society.

Monta Marney (537-0624) has a background in science education. She has teaching experience at several levels, and is presently the chairperson of the Educational Committee of the Northern Flint Hills Audubon Society.

Date: March 2, April 6, & May 4 (Sat)
Time: 10 a.m. - 12 Noon
Fee: \$10 for series or \$4 per session
Location: UFM Banquet Room

Spring's Coming!

Y-12

Explore the coming of Spring. Look at plant materials. Make a bird feeder from natural or recycled materials.

Date: March 2 (Sat)

Celebrate Audubon Month!

Y-13

Take a close up look at birds. Learn a little history about the Audubon Society and participate in a craft activity.

Date: April 6 (Sat)

Field Trip Enrichment

Y-14

How can you receive the most from a field trip experience? Learn how to identify certain groups of plants. Enjoy working on an art/craft project.

Date: May 4 (Sat)

Breadmaking for BOYS and GIRLS (ages 11 & up)

Y-05

Boys (and girls), have fun learning the basics of breadmaking. We'll be making (and eating) white sourdough French bread and whole wheat bread. Once you know the basics you can make dinner rolls, holiday sweet breads, English muffins, pita, and other yeast breads. Remember that many of our great chefs are men!

Sam Lacy (539-4404) has been making yeast breads for years! He is a firm believer that boys should know how to use and enjoy the kitchen.

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

Pressed Flower Bookmarks (ages 6 & up)

Y-15

Kids, do you love to make things? Create a touch of Spring with pressed flowers and ribbon. Design a lovely bookmark for yourself or to use as a gift.

Evelyn and Howard Campbell (539-8763) enjoy helping youngsters make crafts from natural items.

Date: March 18 (Mon)
Time: 4 - 5 p.m. (1 session)
Fee: \$4
Location: UFM Fireplace Room

Kung Fu for Children

Y-17

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

Stan Wilson (539-7723), who holds a 2nd degree black belt in jujitsu and a first degree black belt in Kung Fu, has studied martial arts for 20 years and has taught for 12 years. He is a member of Pai Family. Stan has been a member of the Shadows of Iga Ninja society for eight years and studied with Steve Hayes.

Date: April 6 - May 25 (Sat)
Time: 2 - 3 p.m. (8 sessions)
Fee: \$20
Location: KSU Ahearn Fieldhouse

Have A Heart: A Valentine Workshop

Y-18

Create a valentine for those special people in your life. Use a variety of materials to make your personal style of valentine; (Ages 6 - 11 years).

Terry Carpenter (539-8763), the Educational Program Coordinator at UFM, enjoys crafts.

Date: Feb 8 (Fri)
Time: 4 - 5 p.m. (1 session)
Fee: \$5 (materials included)
Location: UFM Banquet Room

Children's Spring Gardening

Y-19

Children, do you love digging in the dirt? Put this interest to work and learn about planting a garden, soil preparation, weeding, harvesting, and garden maintenance throughout the growing season. Children (ages 5 & 12 years) will be assigned individual and group gardens.

Date: April - October
(specific date to be announced)
Time: 10 a.m. - 12 noon
Fee: No charge
Location: Manhattan Children's Garden
8th & Riley Lane

The Kansas Skies: A Planetarium Presentation

New!

Y-20

Do you enjoy viewing the starry skies over Kansas? Join us for a family night planetarium presentation. See the night skies of Kansas as they would be observed from Manhattan at this time of year. Presentation is geared for families with children ages 8 - 11. **Children must be accompanied by an adult.**

A member of the KSU Astronomy Club will make this presentation.

Date: Feb 22 (Fri)
Time: 7 - 8 p.m. (1 session)
Fee: \$1.50 per person/\$3 per family
Location: KSU Planetarium, Cardwell Hall

The Kansas Skies: A Planetarium Presentation

Y-21

Date: March 1 (Fri)
Time: 7 - 8 p.m. (1 session)
Fee: \$1.50 per person/\$3 per family
Location: KSU Planetarium, Cardwell Hall

THANK YOU ADVERTISERS for your faithful support.



YOUTH (Continued)

Making Gifts for Mother's Day

Kids, want to make a one-of-a-kind gift for the special lady in your life? Join us! You will make a gift, a card, and wrap your creation so it will be a surprise!

Terry Carpenter (539-8763), mother of two, is Educational Program Coordinator at UFM.

Date: May 3 (Fri)
Time: 4 - 5 p.m. (1 session)
Fee: \$5 (includes materials)
Location: UFM Banquet Room

Y-22

Parent-Teacher Conference Enrichment Days

Parents, provide your children (grades 1 - 4) some supervised fun and activity during March Parent-Teacher Conference days. Children, join us for mini-courses which may include arts and crafts, music, cooking, horticulture, and others. For further information call UFM (539-8763). We'll have a great time!

Date: March 28 (Thurs)
Time: 8 a.m. - 5 p.m. (1 session)
Fee: \$14/day; \$8/half day (includes materials)
Location: UFM Banquet Room & Kitchen

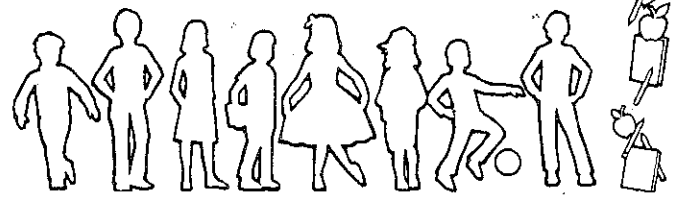
New!

Y-23

Parent-Teacher Conference Enrichment Days

Date: March 29 (Fri)
Time: 8 a.m. - 5 p.m. (1 session)
Fee: \$14/day; \$8/half day (includes materials)
Location: UFM Banquet Room & Kitchen

Y-24

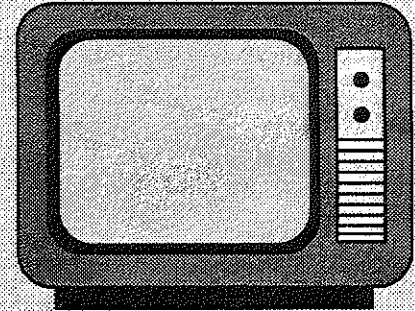


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Jan. 1 & 2: *From Wonder to Wisdom* with Dr. Charles Smith

8 & 9: Financial Planning with Bill Walsh, Part 1

15 & 16: Financial Planning with Bill Walsh, Part 2

22 & 23: Tales of Whales with Drs. Charles & Margery Oaklief, Part 1

29 & 30: Tales of Whales with Drs. Charles & Margery Oaklief, Part 2

Feb. 5 & 6: *Wheat an Expression!* with artist Stanley Herd

12 & 13: Handbell Ringers, St. Valentine's Serenade

19 & 20: Travel with Nancy Dailey

26 & 27: Getting Acquainted: Friends from Saudi Arabia

Mar. 5 & 6: *The Dusty Bookshelf* with Diane Meredith

12 & 13: A Rerun (Spring Break)

19 & 20: Environmental Research with Dr. Sam Unger

26 & 27: Pots, Pans, and Woks with Trish Jefferson

Apr. 2 & 3: *Making Ice Cream* with Jim and Joe Johns

9 & 10: Languages Institute with Dr. Loren Alexander

Questions We're Often Asked

1. When should I register?

Registration begins January 8 and continues until classes have filled or started. We encourage you to sign up early to assure getting a space in the class you want. Please do not go to the class unless you have registered with our office.

2. How do I sign up?

You may register in person, through the mail with the registration forms at the back of this catalog, or by phone, using your MasterCard or VISA.

3. When do I pay?

Payment is made at the time of registration. If you enroll over the telephone (with a MasterCard or VISA), you are added to the course roll immediately. If you register in person or by mail, we enroll you the day we receive your payment.

4. Are there fees to pay in addition to the course fee?

We are glad to announce that starting this Spring, UFM has eliminated the course registration fee. In some courses, however, you will be given a supply list and asked to bring your supplies to

class. We will make every effort to designate these courses in our catalog.

5. When is the office open?

Our office hours are 8 a.m. - 5 p.m. Monday through Friday.

6. Will I receive a confirmation?

You will receive a confirmation only if you have registered by phone with MasterCard or VISA, or upon request.

7. What if a course is cancelled or rescheduled?

When we cancel or reschedule a class, we'll call you. For this

reason, it's extremely important that we have both a daytime and an evening phone number where we may reach you or leave a message. You are welcome to call our office the day your class meets to find out if there are any changes. We reserve the right to cancel any class.

8. Can I get a refund?

We'll give you a full refund if we cancel your class. If you decide to withdraw before the class begins, and you tell us 48 hours before the starting date, we'll send you a refund. We do, however, keep a \$2 processing fee.

THANK YOU

Your contributions are vital to UFM. UFM depends on private and corporate contributions to help keep class fees low and make the programs accessible to all. On behalf of UFM's patrons, volunteers, staff, and Board of Directors, we wish to thank the following contributors to our 1990 Annual Fund Drive.

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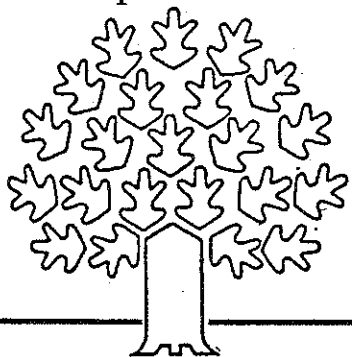
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It's not too late...If you would like to help UFM meet its goals,
please return the coupon below with your contribution. Your donation is tax deductible.



1221 Thurston, Manhattan, KS
66502 (913) 539-8763

YES!

**I WANT TO
SUPPORT**

UFM!

I wish to donate: _____ \$25 _____ \$50 _____ \$100 _____ \$250 _____ Other

My check for \$ _____ is enclosed. I prefer # _____ Installments of \$ _____

Charge to my: MasterCard _____ VISA _____ Card # _____

Name on card _____ Expiration date _____

Name _____

Address _____

City _____ State _____ Zip _____

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What are volunteers?

Volunteers are like FORD
 They have better ideas
 Volunteers are like COKE
 They are the real thing
 Volunteers are like PAN AM
 They make the going great
 Volunteers are like PEPSI
 They've got a lot to give
 Volunteers are like DIAL SOAP
 They care more; don't you
 wish everyone did?
 Volunteers are like V05 HAIRSPRAY
 Their goodness holds in all
 kinds of weather
 Volunteers are like HALLMARK CARDS
 They care enough to give the
 very best
 Volunteers are like STANDARD OIL
 You expect more and you get it
 BUT most of all, VOLUNTEERS are
 like FROSTED FLAKES. . .
 They're GRREEEAATTT!!!

Bob Stamey
 Elisa Stiefel
 Barb Stork
 Sharon Taylor
 Deborah Thomas
 Nancy Twiss

Ken Visser
 Jan Van Oosten
 Kay Weller
 David Whitfill
 Stan Wilson
 Al Zimmerman

WE'RE STEPPING OUT. . .

Community Registrations

For your convenience the following dates and locations have been scheduled for on-site registrations. . .

DATE	TIME	LOCATION
January 14	11 a.m. - 1 p.m.	K-State Union
January 15	11 a.m. - 1 p.m.	K-State Union
January 19	11:30 a.m. - 1:30 p.m.	Town Center
January 22	5 - 7 p.m.	Public Library
January 24	5 - 7 p.m.	Public Library

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

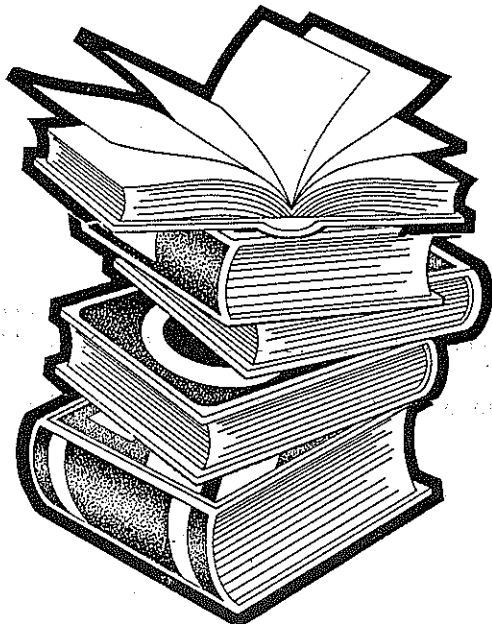


DON'T GET SHUT OUT!

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 for how many students to prepare.

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.



4TH ANNUAL UFM USED BOOK & PLANT SALE

MARCH 2

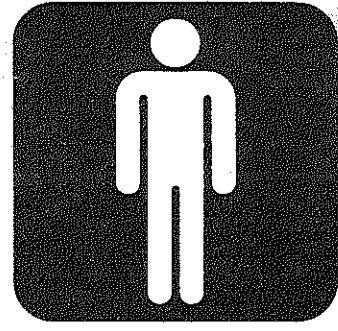
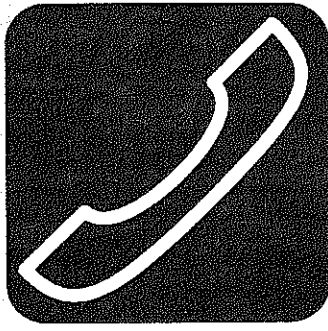
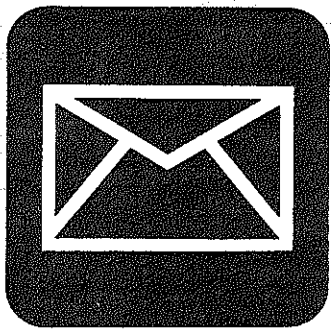
10:00 a.m. - 5:00 p.m.

Manhattan Town Center
 Courtyard west of Penney's

Donations of books welcomed after Feb. 4
 at University for Man, 1221 Thurston

Watch for collection barrels
 at your area grocery store.

REGISTRATION INFORMATION 3 WAYS TO REGISTER



Registration By Mail

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

UFM
Class Registrations
1221 Thurston
Manhattan, Kansas 66502-5299

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

Registration By Phone

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



Registration In Person

Stop by UFM, 1221 Thurston anytime between 8:00 a.m. and 5:00 p.m., Monday through Friday (closed 12:00 noon to 1:00 p.m.).

FOR YOU...

FOR A FRIEND...

UFM		1221 THURSTON		539-8763	
		Manhattan, KS 66502			
Name _____		Day Phone _____			
Address _____		Evening Phone _____			
City _____		State <u>Kansas</u>		Zip _____	
CLASS #	TITLE	FEES			
1.					
2.					
3.					
4.					
			Tax deductible donation		
			Total		
I hereby authorize the use of my Visa <input type="checkbox"/>		Master Card <input type="checkbox"/>			
Signature _____					
Card # _____		Expiration Date: _____			
(Please check all that apply)					
KSU STUDENT	Fr	So	Jr	Sr	Gr
AGE	Under 13	13-18	19-24	25-59	60+
EMPLOYER	KSU Faculty/Staff		Fort Riley Personnel		
Where did you obtain your catalog? _____					
I am interested in teaching for UFM.		yes <input type="checkbox"/>	no <input type="checkbox"/>		
A class I would like offered is _____					
OFFICE USE ONLY				AMOUNT	
Date received	DATE	STAFF	Check	_____	TOTAL PAID
Entered	_____	_____	Cash	_____	
Computer	_____	_____	Visa	_____	
Fee	_____	_____	M/C	_____	
			Voucher	_____	

UFM		1221 THURSTON		539-8763	
		Manhattan, KS 66502			
Name _____		Day Phone _____			
Address _____		Evening Phone _____			
City _____		State <u>Kansas</u>		Zip _____	
CLASS #	TITLE	FEES			
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Signature _____					
Card # _____		Expiration Date: _____			
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Entered	_____	_____	Cash	_____	
Computer	_____	_____	Visa	_____	
Fee	_____	_____	M/C	_____	
			Voucher	_____	