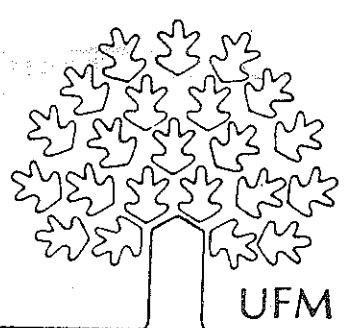


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TEACHING • LEARNING • GROWING

UFM

1992

Spring

Classes

(Jan.-May)



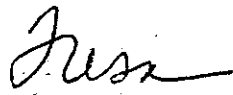
Dear Friends,

It has been fun coordinating the Spring Catalog for you. We have been impressed by the willingness of people to support the UFM mission and to become a part of the teaching, learning, and growing process. This commitment has again allowed us to offer something for everyone.

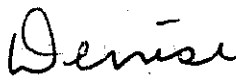
As you browse through the catalog you will notice some changes in classes formerly part of the Community Enrichment insert. This Spring they have been combined with other UFM offerings. Classes such as Scuba Diving, Windsurfing, Trapshooting, and some of the Martial Arts, to name a few, certainly add to UFM's existing selection of quality courses. UFM will also be offering Red Cross certified swim lessons for all ages.

We are excited to continue providing Manhattan and surrounding communities with opportunities for such unique learning experiences. Be sure to register early and enjoy come class time! Let us hear from you.

Sincerely,

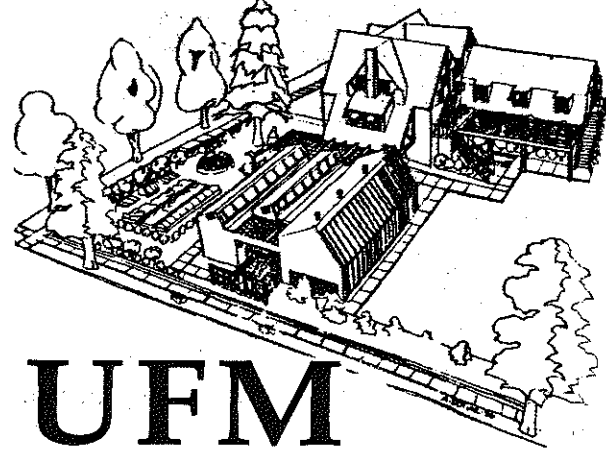


Tresa Weaver
Educational Coordinator



Denise Carlson
Campus Outreach Coordinator

WHERE WE'RE LOCATED...



UFM

1221 Thurston

KSU

Campus

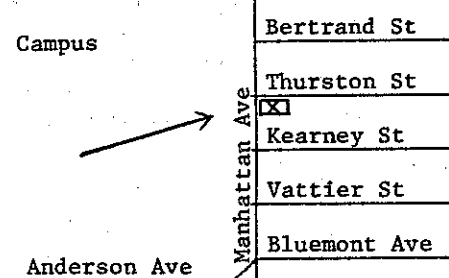


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6-7	Arts & Hobbies	Antiques, Basketry, Boat Building, Calligraphy, Painted Shirts, Photo Arranging, Serger Sewing, Writing and more
8-9	Business & Professional	Career Profiles, Employability Skills, Income Tax Short Form, Living Trusts, Laser Printer Care, Money Management, Special Section for KSU Students and more
9	Community & World	Hunger and Poverty, Intl. Courtesy, Etiquette and more
10-11	Earth & Nature	Composting, Fishing, Gardening, Kaw River Nature Trail Walk, Outdoor Survival, Wabaunsee Co. Field Trip and more
12	Family Living	Kids and Money, Parenting, Toilet Training and more
13	Food & Nutrition	BreadMake, Coffee Tasting, International Desserts, Wine Tasting, Wok Cookery and more
14	Home	Bicycle Maintenance, Landscaping, Pets and more
15	Interfaith	Zen, Christian Preaching & Apocalyptic Interpretation
16	Martial Arts	Judo, Jujitsu, Kung Fu, Tae Kwon Do and more
16-17	Recreation, Health & Fitness	CPR, First Aid, Golf, Trapshooting, Tennis, Tumbling and more
18	Language	Chinese, German, Japanese, Russian, Sign Language and more
19	Self & Professional Growth	Aging, Coordinated Image, Divorce, Shyness, Stress Management and more
20-21	Youth	Astronomy, Ballet, Breakfast with Easter Bunny, Collecting Sports Memorabilia, Conference Days, Keyboard, Fieldtrip to Pillsbury Crossing and more

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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.

Our Campus and Community Staff includes:

Executive Director—Linda Inlow Teener
Educational Coordinator—Tresa Weaver
Campus Outreach Coordinator—Denise Carlson
State Outreach Coordinator—Anita Madison
Lou Douglas Lecture Coordinator—Karen McCulloh

Educational Assistant—E'Lynn Wright
Family Literacy Program—Michael Cody
Office Manager & Greenhouse Coordinator—Evelyn Campbell

Ad Manager—Howard Campbell

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

BOARD OF DIRECTORS

Nancy Denning, Chairperson
Denning & Associates
Linda Inlow Teener, President
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First National Bank & Trust
Craig A. Weigel
Kansas Farm Bureau

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.

THANKS TO OUR UFM VOLUNTEER INSTRUCTORS

Nancy Anderson	John Daly	Amy Handle	Ray Kowalczewski	Dev Nelson	Show-Ing Shieh
Doug Bates	Lloyd Davenport	Atina Hanna	Missie Kyer	Kathleen Oldfather	Portia Sisco
P.J. & J.E. Beaudoin	Waid Davis	David Harbaugh	Sam Lacy	Pat Palin	Barb Stork
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Virginia Bennett	Bill Dorsett	Diana Hatch	F.C. Lanning	Clark Peters	Les Streit
Leonard Bishop	Gene Ernst	T.J. Hittle	Bill Levin	Al Potter	Linda Teener
Jean Bigbee	Najia Faroogi	Roy Hunter	Yue Liao	Richard Pretorius	Brenda Thomas
Helen L. Bontrager	Sharolyn Flaming	KSU Senior	Jerry Lowenstein	Wade Radina	Linda Thurston
Shirley Bramhall	Bill Fortney	Veterinary Students	Shirley Marshall	Leon Rappoport	Kevin Weisner
Evelyn Campbell	Fred Freeby	Jean Johnston	LeAnn Mease	Gabriela Rector	Stan Wilson
Howard Campbell	Ron Gaines	Linda Kalmar D.V.M.	Members of S.A.V.E.	Rex Replogle	Brett Younger
Sandy Chard	The Gallery for Hair	Barbara Kelly	Paul Miller	Deb Rosproy	Sadiyah Yusof
Art Clack	Gil Gillespie	Nasrin Khedri	Takako Miura	Tim Rues	
Louise Couilalay	Susan Gormely	Lee Killough	Jodi Moherman	Susan Sawyer	
Lorrie Cross	Jim Gregory	Mark Knackendoffel	Nobana Nakajima	Aliah Seay	

UFM POTTERY COOPERATIVE

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

ANNUAL MEMBERSHIP
Cash fee.....\$60
(Shorter periods or one-time usage can be arranged.)

OTHER MEMBERSHIPS
4 months Cash fee.....\$28
8 months Cash fee.....\$48

IN-KIND CONTRIBUTIONS

- *Co-teach classes or workshops
- *Locate teachers for classes or workshops
- *Assist with other income producing projects

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

Studio open during UFM building hours or by arrangement.

NEW COORDINATORS

For further information, call UFM 539-8763



WE'RE STEPPING OUT...

Community Registrations

For your convenience, the following dates and locations have been scheduled for onsite registrations...

DATE	TIME	LOCATION
Jan. 13	11 am-2 pm	KSU Union
Jan. 14	11 am-2 pm	KSU Union
Jan. 15	4 pm-6 pm	Commissary Fort Riley
Jan. 18	11 am-2 pm	Wal-Mart
Jan. 21	9:30-10:30 am	Public Library
	12:30-1:30 pm	Public Library
	5-7 pm	Public Library
Jan. 23	5-7 pm	Public Library

Registration will continue throughout the semester at the UFM House, 1221 Thurston, 8 a.m. - 5 p.m.

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.

DON'T GET LEFT OUT!

Register early:

- So we can notify you of any course changes.
- To assure your enrollment in the course of your choice.
- To allow instructors adequate preparation time.

Manhattan Military Wives

MILITARY WIVES is a program for all military families living in the Manhattan community. Group meetings are held every Wednesday afternoon from 1-3 p.m. at the First Presbyterian Church, 8th and Leavenworth. No reservations are needed. Childcare and transportation are provided.

Wednesday programs facilitate new friendships and mutual support, emotional and intellectual growth, and lots of group fun. Program topics include home management, cooking, parenting, self-improvement, communication, career planning, educational opportunities, field trips/tours, potluck luncheons, crafts, and information about Manhattan and Ft. Riley.

Monthly calendars of MILITARY WIVES activities are available at the Manhattan Public Library and First Presbyterian Church. Weekly activities are published in *The Manhattan Mercury* and *Ft. Riley Post*.

Home visits and transportation to medical, mental health and social services are also offered.

BABYSITTING CO-OP

Women who attend MILITARY WIVES meetings on Wednesday afternoon are eligible for membership in the Manhattan Military Wives Babysitting Co-op.

SPECIAL CLASSES & WORKSHOPS

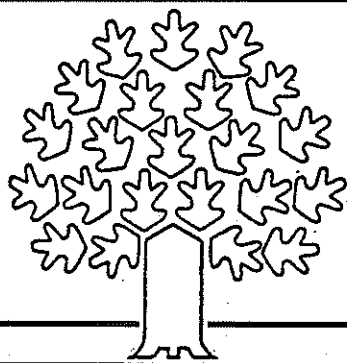
Special classes and workshops are available. Childcare for infants and preschool children is provided. Topics include parenting, personal growth and sewing.

COMMUNITY NETWORKING

MILITARY WIVES brings together the needs of military families with resources available in the civilian and military communities, through group activities and for individuals.

For more information, please call
Angie Fryer at 537-7146.

UFM CLASSES MAKE GREAT GIFTS! GIFT CERTIFICATES ARE AVAILABLE.



Aquatics

1221 THURSTON

539-8763

Fundamentals of Kayaking

AQ-01

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

Rex Replogle (539-2643), a certified Red Cross Kayak instructor, has been kayaking for 9 years. He is a past President of Kansas Canoe Association and the original director of the Kayak Chapter.

Date: Feb. 1 (Sat)
Feb. 2, 16 & March 2 (Sun)
Time: 9 a.m.-12 noon (first session)
9 a.m.-1 p.m. (2nd-4th sessions)
Fee: \$50--includes equipment rental
Location: UFM Fireplace Room (first session)
KSU Natatorium (all other sessions)

Canoe/Kayak Practice Roll Class

AQ-02

Practice your canoe or kayak roll in the relative safety of the swimming pool. You supply boats and equipment you need. Participants must be age 16 or older and should have some white water experience. Instructors from the Kansas Canoe Association will be available to assist you.

M.J. O'Shea has 10 years experience in flat water and white water canoeing.

Date: May 3 (1 session)
Time: 10 a.m.-1 p.m. (Sunday)
Fee: \$12
Location: KSU Ahearn Natatorium

Scuba Diving

AQ-03

This class will prepare students for open water one certification. The certificate is included in the class fee, however, neither UFM nor KSU is responsible for this certification. Travel and lodging are at the student's expense. The certification dates will be explained at the first class meeting. Students must provide their own mask, fins, and snorkel. The class fee includes instruction, the dive manual and equipment rental during class. Students will practice with air tanks a minimum of five classes. (Estimated cost to student, \$60-\$90; snorkel, \$30-\$35; fins, \$40-\$70). Limit: 10 students.

MINIMUM AGE: 12. Parents of 12-15 year olds must accompany children (pool side). A complete physical is required for participants aged 45 and up. Free scuba demonstration will be held in the KSU Natatorium on Friday, March 20 from 6-7:30 p.m. This session will acquaint participants with the skills and techniques of safe underwater diving. Bring swimsuits and be prepared to enter the water.

Jeff Wilson has been diving for 22 years and instructing scuba for 12 years.

Date: Mar 21-April 25
Time: 9 a.m.-1 p.m. (Sat)
Fee: \$195
Location: KSU Natatorium

Windsurfing

AQ-04

This expanded Windsurfing course consists of one lecture meeting and 10 hours of lakeside instruction at the River Pond area of Tuttle Creek Lake State Park. Sailboards, textbooks, and wetsuits are provided. This class includes directions in rigging, sailing theory, safety, land simulator and on-the-water training.

Brenda and Bernard Buster, owners of Blue River Sailboards, have taught Windsurfing 6 years. Mr. Buster is a Master Instructor and supervises a staff of certified instructors under the Sailboard School System. Certification which is recognized worldwide.

Date: April 7
Other dates by appointment
Time: 6:30-9:30 p.m. (Tuesday)
Fee: \$90--All equipment and course materials provided
Location: Orientation and first lecture class held in Ahearn, Room 205. Lakeside instruction on weekends arranged at this class.

Fundamentals of Canoeing

AQ-05

Experience the fun of canoeing! We will discuss equipment, safety, and paddling techniques with lots of on-the-water practice. Participants must be age 11 or older.

M.J. O'Shea is a certified Red Cross Instructor and has 10 years experience in flat water and white water canoeing.

Date: March 21, 22, 29, & April 5
(4 sessions)
Time: 9 a.m.-1 p.m. (1 Sat & 3 Sundays)
Fee: \$50--includes book and canoe rental
Location: UFM Fireplace room (1st session only)
KSU Natatorium (all other sessions)

Swim Classes:

The Division of Continuing Education and UFM in cooperation with the American Red Cross are pleased to present Red Cross certification to participants that successfully pass Beginners, Advanced Beginners, Intermediate, Swimmers, Basic Lifeguarding, Lifeguard Training, Lifeguarding Instructor, Water Safety Instructor, and Swim and Stay Fit programs. Classes are taught by certified American Red Cross Water Safety Instructors.

All swim classes are held in the KSU Natatorium. Lockers are available for use during class. Participants must supply towels and swimsuits. Showers are required before entering the water.

Note: Minimum enrollment for all classes is 5. If less than 5 enroll, classes of the same level may be combined or they will be cancelled. You may be asked to show record of having passed prerequisite courses.

Swim Coordinator: *Stephanie Nicholson* has extensive experience teaching all levels of American Red Cross classes and has instructed hydroaerobics and other swim classes for several years.

No classes March 7 - 14

Session I: Mon/Wed: January 27-March 4
Tue/Thu: January 28-March 5
Session II: Mon/Wed: March 16-April 22
Tue/Thu: March 17-April 23
Sat Session: January 25-April 25
No classes Feb 8 & 15

Parent/Infant and Parent/Tot Ages 6 mo-3 years

This is a water orientation program designed to teach you how to work safely and effectively with your child and to teach basic water safety and self-help skills. The program emphasizes water adjustment, preparatory activities for swimming and water enjoyment for you and your child. Parent-Infant and Parent-Tot class fees include the ARC Aquatic Program Parent's Guide. Small children should wear snug-fitting lightweight pants covered by rubber pants. To participate, infants must have the ability to voluntarily raise their heads 90 degrees when lying flat on their stomachs. Parent must accompany child.

Date/Time: AQ-20-Session I 7-7:30 p.m. M/W
AQ-36-Session II 7-7:30 p.m. M/W
AQ-37-Session II 7-7:30 p.m. T/Th
AQ-06-Sat Session 10:30-11 a.m. Sat
Fee: \$21.25 per session

Tweens

Ages 4-5 years

This class allows for a gradual adjustment to the water and instruction in elementary swimming techniques. One adult may accompany the child if needed.

Date/Time: AQ-21-Session I 6:15-6:45 p.m. M/W
AQ-38-Session II 7-7:30 p.m. M/W
AQ-39-Session II 6:15-6:45 p.m. T/Th
AQ-07-Sat Session 9:30-10 a.m. Sat
AQ-08-Sat Session 10-10:30 a.m. Sat
Fee: \$20 per session

Advanced Tweens

Ages 5-6 years

Continued instruction in elementary swimming techniques and skill development necessary for Beginner's Class. This class is appropriate for children relatively comfortable putting their faces in the water.

Date/Time: AQ-22-Session I 7-7:30 p.m. T/Th
AQ-40-Session II 6:15-6:45 p.m. M/W
AQ-41-Session II 7-7:30 p.m. T/Th
AQ-09-Sat Session 10:30-11:00 a.m. Sat
Fee: \$20 per session

Beginners

Ages 6 plus

Basic water skills are emphasized during the beginners classes. Swimming skills learned in this class include rhythmic breathing, front crawl, winging, and survival float.

Date/Time: AQ-23-Session I 6:05-6:45 p.m. M/W
AQ-24-Session I 6:05-6:45 p.m. T/Th
AQ-42-Session II 6:50-7:30 p.m. M/W
AQ-43-Session II 6:05-6:45 p.m. T/Th
AQ-10-Sat Session 9:30-10:15 a.m. Sat
AQ-11-Sat Session 10:30-11:15 a.m. Sat
Fee: \$35 per session

Advanced Beginners

Ages 6 plus

The requirement for this class is to show proficiency at or above the Beginner level. New skills include the survival stroke, treading water, diving, elementary backstroke, and underwater swimming.

Date/Time: AQ-25-Session I 6:50-7:30 p.m. M/W
AQ-26-Session I 6:50-7:30 p.m. T/Th
AQ-44-Session II 6:05-6:45 p.m. M/W
AQ-45-Session II 6:50-7:30 p.m. T/Th
AQ-12-Sat Session 9:30-10:15 a.m. Sat
AQ-13-Sat Session 10:30-11:15 a.m. Sat
Fee: \$35 per session

Intermediate

Participants in this class must show proficiency at or above the advanced beginner level. New skills include the breaststroke, sidestroke, sculling, five-minute swim, turns and back float. Certification requirements regarding stroke development almost always require two sessions of the Intermediate class for each participant.

Date/Time: AQ-27-Session I 6:05-6:45 p.m. M/W
AQ-46-Session II 6:05-6:45 p.m. T/Th
AQ-14-Sat Session 9:30-10:15 a.m. Sat
Fee: \$35 per session

Swimmers

Participants in this class must show proficiency at or above the Intermediate level. New skills include back crawl, surface diving, entries, snail and canoe sculling, and the 10 minute swim.

Date/Time: AQ-28-Session I 6:05-6:45 p.m. T/Th
AQ-47-Session II 6:05-6:45 p.m. M/W
AQ-15-Sat Session 10:30-11:15 a.m. Sat
Fee: \$35 per session

Swim and Stay Fit

Ages 13 plus

Swim and Stay Fit is a planned activity to encourage adults and advanced swimmers to swim regularly and frequently. Participants receive individual work-outs planned and supervised by instructor daily. Those wishing to swim more than twice a week, please make arrangements with instructor.

Date/Time: AQ-29-Session I 6:05-7 p.m. M/W
AQ-30-Session I 6:05-7 p.m. T/Th
AQ-48-Session II 6:05-7 p.m. M/W
AQ-49-Session II 6:05-7 p.m. T/Th
AQ-16-Sat Session 9:30-10:30 a.m. Sat
AQ-17-Sat Session 10:30-11:30 a.m. Sat
Fee: \$20 per session

Swim and Stay Fit for Parents

Are you tired of being just an observer at your child's swimming lessons? If so, then take advantage of the time you spend watching and enroll in our **SPECIAL** Parent's Swim and Stay Fit Class. This class is available to you at a reduced rate of \$15 and will meet everyday your child is enrolled in swimming lessons. In this class you will set your own goals and the instructor will help monitor your program.

Date/Time: AQ-31-Session I 6:05-7 p.m. M/W
AQ-32-Session I 6:05-7 p.m. T/Th
AQ-50-Session II 6:05-7 p.m. M/W
AQ-51-Session II 6:05-7 p.m. T/Th
AQ-18-Sat Session 9:30-10:30 a.m. Sat
AQ-19-Sat Session 10:30-11:30 a.m. Sat
Fee: \$15 per session

THANK YOU, ADVERTISERS for your support.



AQUATICS (Continued)

Hydroaerobics Ages 16 plus

This class is designed to use water exercises for the development of physical fitness, muscle tone, flexibility, and cardiovascular endurance. Open to non-swimmers and swimmers alike. Monday through Thursday evenings and Saturday morning.

Charlene Brownson, Instructor M/W, uses water walking for the aerobic workout in addition to flippers, jugs, kickboards, wall work, stretching and toning, warm-up, and cool-down. *Sandy Trentman, Instructor T/Th*, designs her class with stationary aerobic exercise in addition to wall work, stretching and toning, jugs, warm-up, and cool-down.

Date: AQ-33-Session I--2 meetings per week
AQ-34-Session I--3 meetings per week
AQ-35-Session I--4 meetings per week
AQ-52-Session II--2 meetings per week
AQ-53-Session II--3 meetings per week
AQ-54-Session II--4 meetings per week
Time: 6:05-7 p.m. Monday through Thursday
9:30-10:30 a.m. Saturdays
Fee: 2 meetings per week \$18 per session
3 meetings per week \$27 per session
4 meetings per week \$36 per session

Adult Swim lessons

AQ-55

For adults who want to become comfortable in the water, add to their knowledge of personal safety, and increase enjoyment of their leisure time. No prerequisites. If enrollment is low, this class will be moved to private or semi-private lessons.

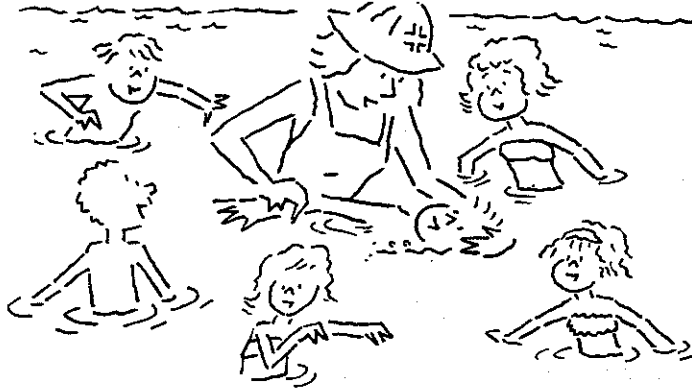
Date: AQ-55- Saturday Session
No classes Feb 8 & 15, & March 7-14
Time: 9:30-10:15 a.m.
Fee: \$35 per session

Private Lessons for Special Populations

AQ-57

For people with special physical or mental needs. Arrangements will be considered for private swimming lessons. The Swim Coordinator will contact individuals during the second week of each session to arrange 6 classes of 30 minutes each, if conditions can be met. The facility is equipped with a lift and a set of stairs leading into the pool.

Date/Time: By appointment
Fee: \$38 per session of 6 lessons



Private Lessons

AQ-56

Arrangements will be considered for private swimming lessons. The Swim Coordinator will contact individuals during the second week of each session to arrange 6 classes of 30 min. each, if conditions can be met.

Date/Time: By appointment
Fee: \$38 per session of 6 lessons

Lifeguard Training

AQ-60

This course provides explanations, demonstrations, practice, and review of rescue skills essential for lifeguards. Also covers extensive pool management. Textbooks may be purchased at the American Red Cross Office. Prerequisite: Students must be at least 15 years old and pass a skills test the first class day to be a candidate for certification.

David Chase, Instructor.

Date: March 17-April 30
Time: 5-7:30 p.m. (Tues/Thurs & 1 Sat morning)
Fee: \$70
Location: KSU Ahearn Natatorium

Water Safety Instructor

AQ-61

This class provides an overview of the American Red Cross basic teaching concepts and methods of teaching swimming and water safety courses according to ARC guidelines. Prerequisite: Current certification in ARC Emergency Water Safety, Basic Lifeguarding, or Lifeguard Training. Students must also demonstrate "swimmer" level swimming skills and be 17 years of age or older. Textbooks may be purchased at the American Red Cross Office.

Date: Spring Break Week
Time: Call UFM, 539-8763, for information.
Location: KSU Ahearn Natatorium.

Basic Lifeguarding

AQ-58

This class will prepare students to lifeguard at most pools. You will be instructed in proper use of rescue equipment and lifeguarding duties and responsibilities. This certification does not meet ARC requirements for open water guarding, water park guarding, or full prerequisites for taking the water safety instructor class. Prerequisite: You must be at least 15 years of age and will be required to pass a skills test the first class period. Textbooks may be purchased at the American Red Cross Office for \$8.50.

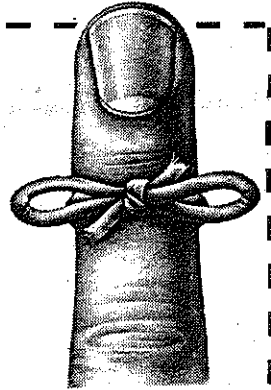
Date: March 21-May 2
No class April 18
Time: 9 a.m.-1 p.m. (Saturdays)
Fee: \$60
Location: KSU Ahearn Natatorium

KSU POOL RENTAL

Planning a swim meet or pool party?

The KSU pools can be reserved for usage through the Continuing Education Program on Fridays, 6:00-7:30 p.m., and Saturday or Sunday evenings between 5:00-7:00 p.m. All pool reservations must be scheduled one month in advance of usage. The pools are located in the KSU Natatorium. Contact Anita Madison at 539-8763 for more information or to schedule the pools.

WHAT
DID WE
FORGET?



Name _____

Address _____

City _____

Phone _____

A good addition to the brochure would be:

I am willing to lead a class on:

I want to be on the mailing list for class brochures.

Return or mail this form to:
UFM
1221 Thurston
Manhattan, KS 66502

Farm Bureau Insurance

No matter what your insurance needs...



Randy McCracken

- Car
- Home
- Life
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- Retirement Planning



Steve Baxter



Mark Tatum

- Business
- Farm
- Boat
- Mobile Home
- Renters
- ...and more



Howard Beikmann

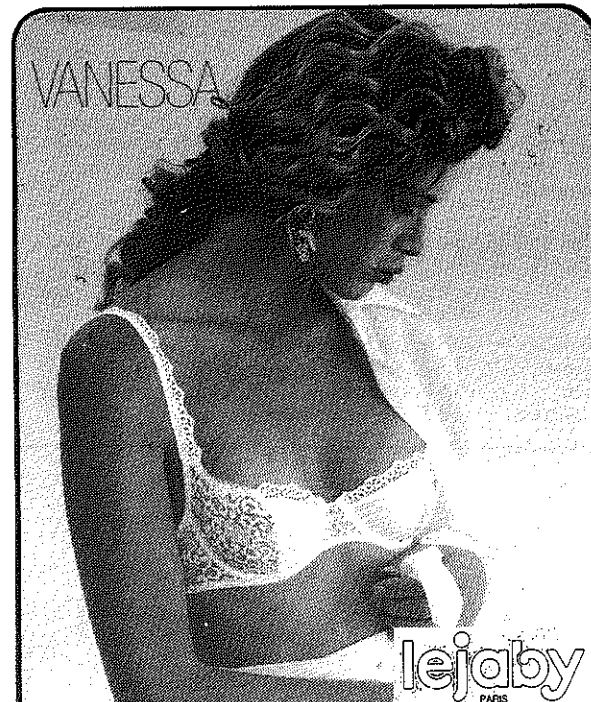


Jim Smallwood

Call us at
537-0339
2630 Farm Bureau Road
539-2111

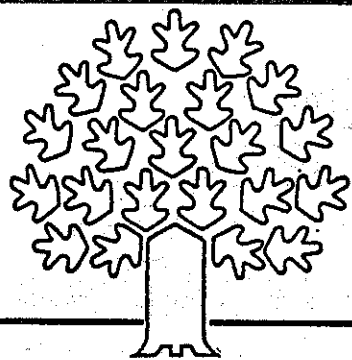


Don Thomson



Patricia's
UNDERCOVER
Lingerie

1224 MORO AGGIEVILLE
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Arts & Hobbies

1221 THURSTON

539-8763

A Love Affair with Words: Writing Fiction AH-01

We will discuss writing skills, including research, plotting, character development, and building background and characterization. Marketing will also be covered.

Lee Killough (776-6584), a 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 20 - March 12 (4 sessions)
Time: 7:30-9:30 p.m. (Thurs)
Fee: \$15
Location: UFM Conference Room

Books by and About Women AH-02

We will discuss thoughts, ideas, and issues expressed by women authors through fiction and non-fiction books. Through this informal class we will exchange different perceptions from our own experiences interpreting the themes seriously and lightly. Past book selections include: *Soviet Women: Walking the Tightrope* by Francine Du Plessix Gray, *A Quilt of Words* collected by Sharon Niederman, *Fathers and Daughters* edited by Terry Eicher and Jesse D. Geller, *Ceremony* by Leslie Marmon Silko, and *Jump Off Creek* by Molly Gloss.

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

Date: Feb 19 - May 20 (meets every 2-3 weeks)
Time: 7:30-9 p.m. (Wednesdays)
Fee: \$6
Location: Call Lorrie for class location

Beginning Calligraphy--for Right Handers AH-05

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

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

Date: Feb 28 (1 session)
Time: 6:30-9 p.m. (Friday)
Fee: \$10--includes materials
Location: UFM Banquet Room

Beginning Calligraphy--for Right Handers AH-06

Date: May 1 (1 session)
Time: 6:30-9 p.m. (Friday)
Fee: \$10--includes all materials
Location: UFM Banquet Room

Sweater Repair AH-03

Don't throw away that favorite sweater because of an oops! Take this opportunity to learn how to fix a crocheted or knitted sweater and make it like new again. Bring your damaged sweater, a crochet hook, and yarn needle to class and wear your sweater home.

Jean Johnston (776-3292) is experienced at knitting and crocheting and has taught knitting for UFM for many years.

Date: Feb 26 (1 session)
Time: 7-9 p.m. (Wed)
Fee: \$7
Location: 522 Vattier

Sweater Repair AH-04

Date: March 21 (1 session)
Time: 1:30-3:30 p.m. (Sat)
Fee: \$7
Location: 522 Vattier

Making Covered Books/Albums AH-07

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 holiday 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.

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

Date: April 11 (1 session)
Time: 1-3 p.m. (Saturday)
Fee: \$10--includes padding, notebook, and handouts
Location: UFM Banquet Room

Creating Padded Baskets AH-08

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. This would be the perfect opportunity to make a special Easter basket. Bring the basket of your choice and enough material and trim to loosely cover it--you can do just the inside, just the outside, or both, as you prefer. If you have a hot glue gun, please bring it to class to expedite the project.

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

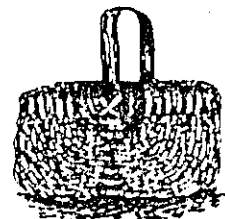
Date: April 11 (1 session)
Time: 10-12 noon (Saturday)
Fee: \$10--includes handouts and some materials
Location: UFM Banquet Room

Sugar Eggs AH-09

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.

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

Date: April 6 (1 session)
Time: 6:30-9 p.m. (Monday)
Fee: \$8
Location: UFM Kitchen



Market Basket AH-10

A Tisket, A Tasket. . . Let's Weave A Basket. This class is designed for beginners and will discuss types of baskets and materials needed. You will create a 6" X 9" rectangular basket with a wooden handle. It's very functional for carrying things. Please register at least one week in advance so supplies can be ordered.

Nancy Anderson has been weaving baskets for nine years and has taught this skill for eight years. Last spring she taught at the North Carolina Basketmakers Association Conference.

Date: March 23 (1 session)
Time: 6-10 p.m. (Monday)
Fee: \$20--supplies included
Location: UFM Banquet Room and Kitchen

Fabric Covered Box Workshop AH-11

Create an attractive heart-shaped box, just in time for Valentine's Day! Workshop fee includes a pre-cut box kit, fusible web, and instructions. You will need to supply your own fabric and trims to personalize your box. Please bring the following items to class: 1/2 yard of 45" fabric for both top and bottom, or 3/8 yard for top of box and 1/3 yard for bottom; iron and ironing surface; ruler, scissors, and pencil; optional trims; and a hot glue gun if you have one.

Sharon Flaming (537-6350) is a Riley County Extension Agent.

Date: Feb 3 (1 session)
Time: 1 p.m. (Monday)
Fee: \$11
Location: Pottorf Hall--Clover Room
Cico Park

Fabric Covered Box Workshop AH-12

Date: Feb 3 (1 session)
Time: 7 p.m. (Monday)
Fee: \$11
Location: Pottorf Hall--Clover Room
Cico Park

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ARTS & HOBBIES (Continued)

Using your Serger/Overlock Machine AH-13

Make sewing easier, faster, and more complete. Bring your serger, instruction book, thread, and attachments to this workshop. By practicing with the demonstration kits provided you'll learn basic techniques and what they can do. You must know how to thread your serger. "Sewing with Nancy" video which presents general information for all brands of sergers will also be available.

Kevin Weisner (776-6100) owner-manager of Weisner's Sew Unique. Has sold Elna and White sergers for 15 years.

Date: Feb 25 (1 session)
Time: 6:30-7:30 p.m. (Thursday)
Fee: \$6
Location: UFM Banquet Room

Paper Twist Basket AH-14

You can make a soft basket out of paper twist ribbon in one easy lesson. The basket body is woven with 2 colors of paper twist and adorned with a bow and braided handle. What a wonderful Easter idea! Bring 6 yards of each color (2) of paper twist ribbon to class. Please bring glue gun and sticks if possible.

Amy Handle (539-9282) is a senior in Elementary Education at Kansas State University. She works in the fabric and craft department at Wal-Mart.

Date: Feb 27 (1 session)
Time: 7-8 p.m. (Tuesday)
Fee: \$5
Location: UFM Banquet Room

Shoebox to Showcase AH-15

Are your precious photos stuffed in shoeboxes and crammed into drawers? Or worse yet, are they stored in albums that are chemically destroying your pictures...and your memories? If so, this class is for you. We will discuss how to properly protect and display family photos, organizing photos, and negatives, documenting family history, and more.

Clark Peters (539-1377) owns Photographics, Inc. He has been in the photo business for over a decade. He has experience with snapshots, slides, old family photos and new enlargements.

Date: Feb 24 (1 session)
Time: 7-8:30 p.m. (Monday)
Fee: \$5
Location: 1570 Hayes Drive

Creative Fabric Painting AH-16

You don't have to be an artist to design and create your own custom garments or home decor. Bring your pillow covers, accessories, garments, or canvas shoes to this workshop along with the tube paints for fabric. You may wish to apply other fabric, beads, or mirrors. Let your creativity be your guide and have a great time.

Deb Rosproy (239-3026) loves to do crafts. She is excited by the creative potential in this class.

Date: March 12 & 14 (2 sessions)
Time: 6:30-8 p.m. Thursday--Introduction
9 a.m. Saturday--Work session
Fee: \$8
Location: UFM Banquet Room
1221 Thurston

Silk Flower Sweatshirts AH-17

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. This class is just in time for Valentine's Day! Supply list will be provided upon registration.

Barbara Kelly (776-9085) has been designing and making sweatshirts for several years. She loves them as a gift idea.

Date: Feb 8 (1 session)
Time: 9-12 noon (Saturday)
Fee: \$5
Location: 1900 Beck

Make Your Own T-shirt with A Serger/Overlock Machine AH-18

If you have intermediate serger experience and want some help, this class is for you. Bring your pattern, material, and notions to this class and learn all the tips to make a nifty T-shirt. Have the T-shirt cut out before class time if possible.

Kevin Weisner (776-6100) owner-manager of Weisner's Sew Unique. Has sold Elna and White sergers for 15 years.

Date: March 24 (1 session)
Time: 6:30-8:30 p.m. (Tuesday)
Fee: \$5
Location: UFM Banquet Room

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.

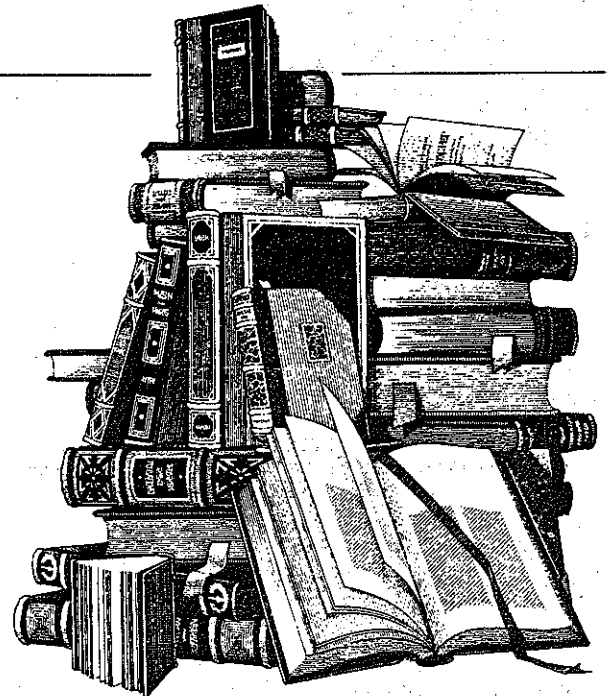
Ernie Peck (537-9883) and Gene Ernst (776-3622) have taught photography frequently and are accomplished painters. Ernie and Gene have co-taught watercolor classes for several years.

Date: April 18-30 (5 sessions)
Time: 8:30 a.m.-1 p.m. (1 Sat)
7-9 p.m. (2 Tues & 2 Thurs)
Fee: \$14
Location: UFM Banquet Room

Collecting Antique Furniture AH-22

Interested in collecting and using antique furniture? Learn about styles and what to look for in antique furniture. Gain tips on bidding and other auction strategies. This class will touch on restoration and stripping--when to strip and when not to strip.

Jean Bigbee (537-4884).
Date: March 19 (1 session)
Time: 7-8:30 p.m. (Thurs)
Fee: \$5 one class
\$8 both classes--AH-21 & AH-22
Location: Tuttle's Antique Market
2010 Tuttle Creek Boulevard



Professional Novel and Story Writing AH-20

Covers all phases of writing (non-fiction and fiction). Learn how to develop character, dialogue, long scenes, short scenes, documentation, foreshadowing, time transition, 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: Feb 18-March 3 (3 sessions)
Time: 7-9:30 p.m. (Tuesdays)
Fee: \$12
Location: 107 Bluemont Hall, KSU

Collecting Antique Glassware AH-21

For antique lovers! We will focus on Victorian, Depression, and patterned glassware. Learn more about what you have or want to buy. Gain tips on bidding and auction strategy.

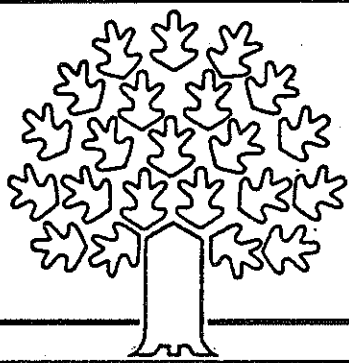
Jean Bigbee (537-4884), an antique and collectible lover, manages Tuttle's Antique Market in Manhattan. Jean and other antique dealers associated with Tuttle's are anxious to share their knowledge with others.

Date: March 26 (1 session)
Time: 7-8:30 p.m. (Thurs)
Fee: \$5 one class
\$8 both classes--AH-21 & AH-22
Location: Tuttle's Antique Market
2010 Tuttle Creek Boulevard

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Business & Professional

1221 THURSTON

539-8763

Career Profiles

BP-21

Remember being asked, "What do you want to do when you grow up?" Important information will be presented on 5 career fields including job duties, working conditions, salaries, education/training required, and job outlook. These seminars will be very helpful for individuals who are exploring career options. High school students, single parents, and homemakers are encouraged to attend.

Sheryl DeMond and Shirley Marshall (532-6561) are on staff with New Directions, an Adult Education/Human Service Outreach Program in the College of Education. Both provide vocational guidance to job seekers.

Dates:	BP-16 Mar 28	Drafting
	BP-17 Apr 4	Clerical and Administrative Support
	BP-18 Apr 11	Paralegal
	BP-19 Apr 18	Travel
	BP-20 Apr 25	Health Care
	BP-21 3/28-4/25	Series of 5 sessions
Time:	11 a.m. (Saturdays)	
Fee:	\$5 per session--\$12 series	
Location:	Bluemont Hall, Room 108	

Successful Money Management

BP-01

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

Fred Freeby (537-4505) is a senior account executive for Waddell & Reed, Inc. and has 16 years experience as a financial planner.

Date: March 3 (1 session)
Time: 7:30 - 9:30 p.m. (Tues)
Fee: \$5 per person
 \$8 per couple
Location: 445 East Poyntz
 (K-Mart Shopping Center)

Successful Money Management

BP-02

Date: April 7 (1 session)
Time: 7:30 - 9:30 p.m. (Tues)
Fee: \$5 per person
 \$8 per couple
Location: 445 East Poyntz
 (K-Mart Shopping Center)

Successful Money Management

BP-03

Date: May 5 (1 session)
Time: 7:30 - 9:30 p.m. (Tues)
Fee: \$5 per person
 \$8 per couple
Location: 445 East Poyntz
 (K-Mart Shopping Center)

Living Trusts

BP-04

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 over eight years of estate planning, trust, and investment experience.

Date: April 20 & 27 (2 sessions)
Time: 7-9 p.m. (Wed)
Fee: \$8
Location: 701 Poyntz
 FirstBank

Employability Skills

BP-15

Do you dread the thought of finding a job? Make the task a little easier with these 6 sessions which comprise a comprehensive training program full of helpful information for job seekers. You may be ready to enter the job market for the first time, re-enter the job market after an absence, or currently employed but want to change jobs or vocations. Lots of helpful information will be given.

Shirley Marshall and Sheryl DeMond (532-6561) are on staff with New Directions, an Adult Education/Human Service Outreach Program in the College of Education. Both have experience in the personnel field and are trained job readiness facilitators.

Dates:	BP-09 Apr 8	Career Exploration
	BP-10 Apr 15	Identifying Your Skills and Abilities
	BP-11 Apr 22	Applications, Resumes, and Cover Letters
	BP-12 Apr 29	The Job Search Process
	BP-13 May 6	Successful Interviewing
	BP-14 May 13	Tips for Job Success and Advancement
	BP-15 4/8-5/13	Series of 6 sessions
Time:	6:30-9:30 p.m. (Wednesdays)	
Fee:	\$5 per session--\$14 series	
Location:	Bluemont Hall, Room 108	

ATTENTION KSU STUDENTS!!!

Need a place to study during Finals Week?
The UFM House will be open 8 am - 10 pm Come by and find a quiet corner or call 5398763 if you would like to reserve a particular location.

K-State Specials

Income Tax: Filing the Short Form

BP-22

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 4 (1 session)
Time: 7-8:30 p.m. (Tuesday)
Fee: No charge
Location: K-State Union, Room 204

Study Tips

BP-26

Will cover techniques used in studying, such as: note taking, reading textbooks, time management, taking tests, generating questions, memory techniques, and several motivational tips and suggestions.

Missie Kyer (532-6492) is a KSU student in Architecture. She has been a learning skills leader for 3 years. Ray Kowalczewski is a KSU student in Economics and Political Science and has been a learning skills leader for 2 years.

Date: Feb 24 (1 session)
Time: 7 p.m. (Monday)
Fee: No charge
Location: KSU Union 209



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

BP-27

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 26 (1 session)
Time: 12 noon-1 p.m. (Wed)
Fee: No charge
Location: K-State Union, Room 204

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BUSINESS & PROFESSIONAL (Continued)

Effective Writing for Editorial Pages

BP-23

Students will learn about how they can get their views into a newspaper. This course will focus on effective letter and column writing--concentrating on what makes an effective, powerful column.

Richard Pretorius (776-2200) is the editor of the editorial page of The Manhattan Mercury.

Date: Feb 17 (1 session)
Time: 7-8:30 p.m. (Monday)
Fee: \$5
Location: UFM Banquet Room

Effective Writing for Editorial Pages

BP-24

Date: Feb 24 (1 session)
Time: 7-8:30 p.m. (Monday)
Fee: \$5
Location: UFM Fireplace Room

Effective Writing for Editorial Pages

BP-25

Date: March 2 (1 session)
Time: 7-8:30 p.m. (Monday)
Fee: \$5
Location: UFM Fireplace Room

No Dumb Questions

BP-07

Do you ever wonder about personal financial issues or procedures, but don't know who to ask? Bring those financial questions to the first session. The following sessions will be structured to cover the questions and topics from those attending.

Mrs. Oldfather (537-3738), a former KSU Instructor of Finance, is currently employed by VALIC--a company specializing in pension and individual retirement plans.

Date: Feb 18, 25 & March 3 (3 sessions)
Time: 7-8 p.m. (Tuesdays)
Fee: \$10
Location: UFM Fireplace Room (session 1 & 2)
UFM Banquet Room (session 3)

Personal Computer Help

BP-05

Having trouble figuring out how your computer works? Need help translating those manuals or interpreting the screens? Get some help understanding how to make your computer work for you. Schedule a private tutoring session to answer your personal questions. This service is directed toward beginning computer users with IBM compatible computers.

Linda Teener (539-8763) is Executive Director of UFM and is extremely knowledgeable about computers.

Date: By appointment
Fee: \$15 per hour
Location: As arranged

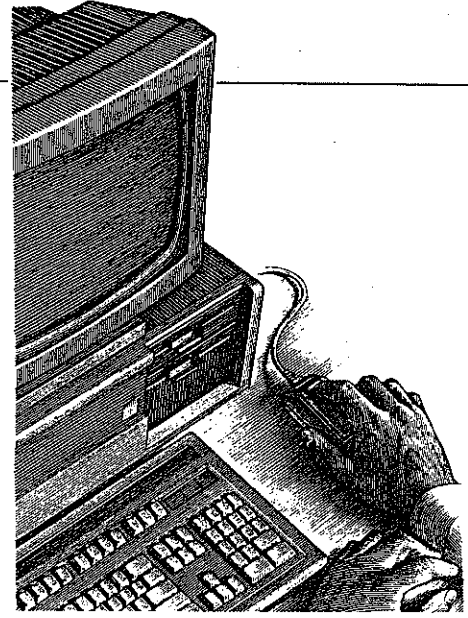
Codependency in the Workplace

BP-06

At this workshop participants will explore the issue of codependency in the workplace. Participants will gain a working definition of codependency, understand the cause and family dynamics which lead to codependency, see how codependent behaviors are often exhibited in the workplace, be able to identify codependent characteristics in employees and supervisors, identify strategies to break the cycle of codependency in workplace, and become aware of community resources for further information, support, and/or treatment.

Brenda Thomas (1+762-5250) has a B.S. in Human Development and Family Studies. She is currently pursuing her M.S. in Counselor Education and is working in the field of alcohol and drug abuse prevention. As an adult child of an alcoholic, she has personal and professional experience in dealing with codependent behavior that persists beyond leaving a dysfunctional family.

Date: April 1 (1 session)
Time: 6:30-8:30 p.m. (Wednesday)
Fee: \$8
Location: Pawnee Mental Health Services
2001 Claflin Road



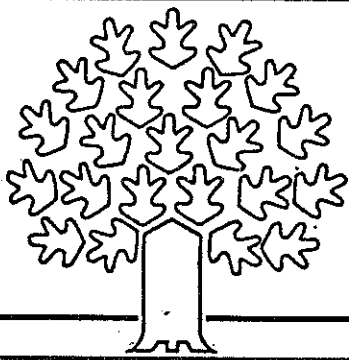
Laser Printer Quick Fix

BP-08

Are you frustrated with trying to keep your laser printer in top working order? Learn tips on how to troubleshoot and maintain these printers. Save a service call or printer downtime by learning how to clean toner cartridges, eliminate streaking, fix paper jams, and gain full use of expensive toner. The class will provide hands on participation in the general care and maintenance of laser printers. An easy to use troubleshooting guide will be provided to all participants.

Les Streit (234-9141) owns StreitLine Recharging. He has been providing laser-printer service, care, and toner cartridges in Manhattan since 1988. He is an experienced desktop publisher and has written several textbooks and training manuals.

Date: Feb 5 (1 session)
Time: 1-2 p.m. (Wednesday)
Fee: \$6
Location: Bluemont Hall, Room 021



Community World

1221 THURSTON

539-8763

Sack Lunch Theology

CW-01

The American Journey, 1492-1992: A Call to Conversion? We will "re-discover" Columbus as we read and reflect upon multi-cultural writings concerning the impact of the European arrival in the Americas 500 years ago. We will reassess our history to help understand our civilization today and plan for the future. (Copies of the book will be available at the first class for approximately \$15.) Please join us--and bring your lunch!

Susan Sawyer (539-3051) is the American Baptist Campus minister at KSU and an Episcopal priest. She likes to read and doesn't like to eat lunch alone.

Date: Feb 17-April 13 (8 sessions)
No class March 9
Time: 11:30 a.m.-1 p.m. (Mondays)
Fee: \$5
Location: Baptist Campus Center
1801 Anderson

Shopping for a Greener World

CW-02

Ever stop to think about the environmental impact of the products you normally purchase in the grocery store? Many ordinary products on the market today have the potential to harm our environment. This class will examine how the average shopper can change his/her buying habits to help make the Earth a better place to live. Topics to be discussed include waste reduction/over-packaging, hazardous household products, product labeling, and much more. By touring a local supermarket, participants will have the opportunity to examine actual products. Participants are encouraged to actually shop as we go along and implement their newly acquired skills of recognizing environmentally-conscious products. There will be time allotted throughout the tour for questions and discussion. Each participant will receive an information packet containing summaries of all topics discussed, an "eco-product checklist" for easy reference during future shopping trips, a guide to recycling in the Manhattan area, fact sheets on major environmental issues, household environmental tips, and much more! Please join us for an exciting and informative eco-shopping adventure.

Members of *Students Acting to Save a Vulnerable Environment (S.A.V.E.)*, a KSU student organization.

Date: March 6 (1 session)
Time: 1:30-3:30 p.m. (Friday)
Fee: \$5
Location: Dillons West--In front of the store by the soda machines

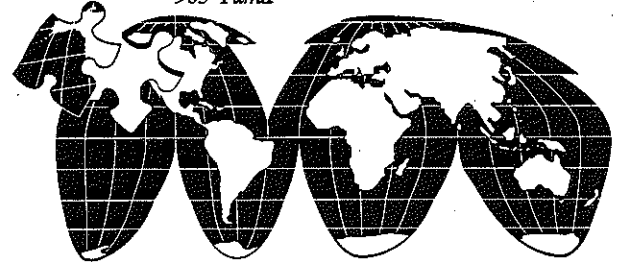
Hunger and Poverty: Long Term Solution

CW-03

Come and participate in the discussion of the food assistance chain in the community. Learn about the different levels of hunger and the long term solutions to these problems.

Atina Hanna (537-0730) has been Executive Director of Flint Hills Breadbasket for 8 years. Linda Thurston is the 1991 President of the Flint Hills Breadbasket and is Associate Professor of special Education at Kansas State University.

Date: March 31 & April 7 (2 sessions)
Time: 7-9 p.m. (Tuesdays)
Fee: \$8
Location: Flint Hills breadbasket
905 Yuma



International Courtesy and Etiquette

CW-04

Don't be afraid to visit or talk to people from other areas of the world because you don't understand their culture. Come learn rules of etiquette and social custom. We will gain tips from a panel representing countries from around the world.

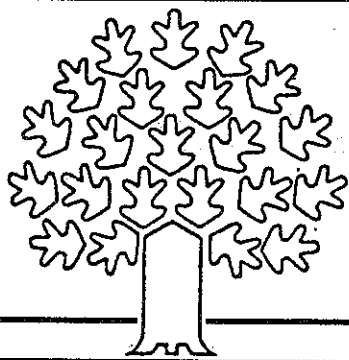
Bill Dorsett (539-1956) is an experienced international traveler. Each person on the panel has lived in or traveled extensively in the area of the world they represent.

Date: Feb 24 (1 session)
Time: 7-9 p.m. (Monday)
Fee: \$5
Location: International Student Center
Claflin and Mid Campus Drive

UFM is in need of a few things. If you wish to donate, please call 539-8763 or bring them by 1221 Thurston. All donations are tax deductible.

- Gas Range •Vacuum Cleaner •Wheelbarrow
- Card Tables •School Supplies

VOLUNTEERS are like Ford—they have better ideas.



Earth & Nature

1221 THURSTON

539-8763

Growing Herbs

EN-06

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.

Evelyn and Howard Campbell (539-8763).

Date: April 16 & 23 (2 sessions)
Time: 6:30-8 p.m. (Thurs)
Fee: \$15--includes herb plants and handouts
Location: UFM Greenhouse

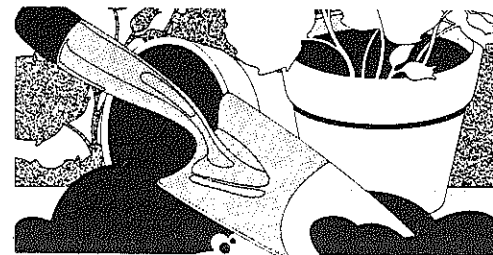
Solar Greenhouse and Edible Landscape Tour

EN-07

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. **Special tours can be arranged by appointment.**

Evelyn and Howard Campbell.

Date: May 4 (1 session)
Time: 6-7:30 p.m. (Monday)
Fee: \$8--includes book
Location: UFM Greenhouse



Live Hobbies: House plants and aquariums

EN-08

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

Sam Lacy (539-4404) has been interested in houseplants and aquariums for a few decades. He says he learns more with each UFM class he "teaches."

Date: Feb. 12 & 19 (2 sessions)
Time: 7:30-9 p.m. (Wed)
Fee: \$8
Location: UFM Banquet room

The Perennial Garden: Creating Blooms That Last

EN-01

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.

Evelyn and Howard Campbell (539-8763) both have degrees in Horticultural Therapy from KSU. Evelyn has coordinated the Manhattan Community Gardens for four 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.

Date: March 4 & 11 (2 sessions)
Time: 6:30-8 p.m. (Wed)
Fee: \$10
Location: UFM Greenhouse

Beginning Gardeners

EN-04

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.

Evelyn and Howard Campbell (539-8763).

Date: Feb 13 (1 session)
Time: 6:30-8 p.m. (Thurs)
Fee: \$7
Location: UFM Greenhouse

Beginning Gardeners

EN-05

Date: March 18 (1 session)
Time: 6:30-8 p.m. (Wed)
Fee: \$7
Location: UFM Greenhouse

Flowers That Last: Planning A Garden for Dried Flowers

EN-02

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.

Evelyn and Howard Campbell (539-8763).

Date: March 9 & 16 (2 sessions)
Time: 6:30-8 p.m. (Mon)
Fee: \$10
Location: UFM Greenhouse

Composting

EN-03

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.

Evelyn and Howard Campbell (539-8763).

Date: April 6 (1 session)
Time: 6:30-8 p.m. (Monday)
Fee: \$5
Location: UFM Greenhouse

Spring Plant Swap

EN-14

Does your flower garden need rejuvenating? Divide your perennial plants and bulbs (NOTE: Divide bulbs only if they have already bloomed) and bring them to swap. We will trade evenly for different colors or varieties. **EXAMPLES: Iris, peony, herbs, vines, and columbine or whatever you wish to trade.**

Evelyn and Howard Campbell

Date: March 21 (1 session)
(Rain date March 28)
Time: 2-4 p.m. (Saturday)
Fee: \$3--includes planting instructions
Location: UFM Greenhouse and patio

THE AUDUBON SOCIETY

(Northern Flint Hills Chapter, P.O. Box 1932, Manhattan, KS 66502-0022)
invites you to join us in the following activities:

BEGINNING BIRD WALKS

Monthly, 2nd Saturday, 8 a.m. Meet in the parking lot of Ackert Hall, KSU Campus. Includes novices and experts; children especially welcome. For more information, contact Dave Rintoul, 537-0781.

EDUCATIONAL PROGRAMS:

Monthly, 3rd Wednesday, 7:30 p.m. Room 221, Ackert Hall, KSU Campus.

Jan. 15: "Kansas Natural Heritage: An Inventory Update."

Feb. 19: "A Practical Approach to Ecological Feminism."

Mar. 18: "Ecology and Management of the Greater Prairie Chicken."

Apr. 15: "The Costa Rican Tropics."

May 20: "The Green Party of Germany."

BIRDSEED SALES:

Feb. 8, 9:00 a.m.-1:00 p.m. UFM Fireplace Room. Order seed in advance by calling 1-494-2556.

For more information, pick up the *Audubon Directory* at UFM or the public library, or call 1-456-7053.

Need a Gift Idea?

Why not give a Gift of Learning?

Gift Certificates for UFM Classes are always available.

Call or stop by UFM.
1221 Thurston
539-8763



EARTH & NATURE (Continued)

Fishing Northeast Kansas EN-09

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

Paul Miller (539-7941) has been a life long resident of Kansas and has spent most of his spare time outdoors. His very favorite past-time is fishing. Paul writes a weekly article for *The Manhattan Mercury* and has done extensive instruction on walleye and crappie fishing.

Date: March 19 (1 session)
Time: 7-9:30 p.m. (Thursday)
Fee: \$5
Location: UFM Banquet room

Field Trip: Wabaunsee County Glacial Area EN-10

Come venture to the glacial area of Northwestern Wabaunsee County. We'll search for materials such as agates, quartzite, and fossils left behind by the glaciers. Bring a beverage and a container for your "treasures."

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 11 (1 session)
(Rain date: April 25)
Time: 9-12 noon (Saturday)
Fee: \$5
Location: Meet at UFM parking lot

Kaw River Nature Trail Guided Tour EN-11

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 seven years and has an interest in Kansas history and its native plants.

Date: May 10 (1 session)
Time: 1-3 p.m. (Sunday)
Fee: \$5
Location: First Territorial Capitol, Fort Riley

Small Fiberglass Boat Building EN-13

Join us for a weekend of boat building. The emphasis of this class will be on knowledge and skills needed to build a canoe or kayak, but will apply to building or repairing all types of fiberglass boats. It is designed for those with no previous boat building experience. **Participants should have read *The Boat Builders Manual* by Charles Waldrige before class.** The book may be purchased from the Pathfinder for \$8.95. Saturday's discussion will include laminate design, safety, and building techniques. Sunday will be actual hands on fabrication of a canoe or kayak hull. **Bring old clothes, Platex rubber gloves, and safety goggles. YOU WILL NEED A SACK LUNCH BOTH DAYS.**

Roy Hunter (776-7745) has been building white water canoes since 1980 and has lots of experience using them. He is an instructor at KSU.

Date: April 25 & 26 (2 sessions)
Time: 9 a.m.-5 p.m. (Sat & Sun)
Fee: \$10
Location: Saturday--UFM Banquet Room
Sunday--6460 N. 52nd (Directions will be provided)

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.

SPECIAL GROUP OR SCHOOL DAY TOURS WELCOME!
Call 539-8763 for an appointment

MANHATTAN COMMUNITY GARDENS

Do you need space for a garden? Would you like to share in the fun, responsibility, and sense of accomplishment of being involved in a community garden and at the same time provide your family with fresh produce?

Manhattan Community Gardens has over 150 plots (average size 20 ft. x 20 ft.) and provides water, compost, and some basic tools (paid for by plot rental fees). Besides tending your garden plot(s), you provide your enthusiasm and involvement on one of the garden management "working committees" to contribute to the garden's overall operation.

The plot rental fee is based on your income level and ranges from 2 1/2 cents to 5 cents per square foot. A \$10.00 per plot deposit is also required.

To apply for a garden plot, please attend one orientation and application session listed below, held at UFM, 1221 Thurston.

RETURNING GARDENERS: Saturday, February 1 9:00 - 11:00 am
Tuesday, February 18 7:00 - 9:00 pm

NEW GARDENERS: Saturday, February 29 9:00 - 11:00 am
Tuesday, March 17 7:00 - 9:00 pm
Saturday, April 4 9:00 - 11:00 am
Saturday, May 2 10:00 - 12:00 NOON

If you'd like more information or cannot attend any of the above sessions, call UFM at 539-8763 and leave a message. A Manhattan Community Gardens Board Member will contact you.

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.

Outdoor Survival EN-12

Do you love the natural outdoors, but fear getting stranded? Join us to discuss the fundamentals of warmth, shelter, food, and water. You will learn tips to help you survive with only what you have and what is available by nature. Weather permitting, the class will venture out to practice. Children fifteen and under should be accompanied by an adult. **Instructor will contact you with a list of things to bring.**

Art Clack (539-4121) spent 7 years as a camp counselor in Colorado. He has lots of outdoor experience and is eager to share it.

Date: April 12 (1 session)
Time: Noon (Sunday)
Fee: \$5
Location: UFM Banquet Room

Earth Day 1992 Planning Meeting EN-15

Join us for planning the 1992 Earth day celebration in Manhattan. Our theme this year is energy issues. Your input is greatly appreciated, so bring your ideas and suggestions to help make Earth day 1992 a success.

Ray Kowalczewski (532-2026).

Date: Feb 8 (1 session)
Time: 10-12 noon (Saturday)
Fee: No charge
Location: UFM Conference Room



5TH ANNUAL UFM USED BOOK & PLANT SALE February 29

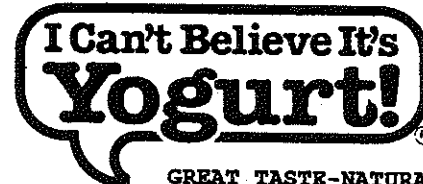
10:00 a.m.-5:00 p.m. & 7:00-9:00 p.m.

Manhattan Town Center

Courtyard west of Penney's

Donations of books welcomed after Feb. 1
at University for Man, 1221 Thurston

Watch for collection barrels at your area grocery store.



GREAT TASTE-NATURALLY

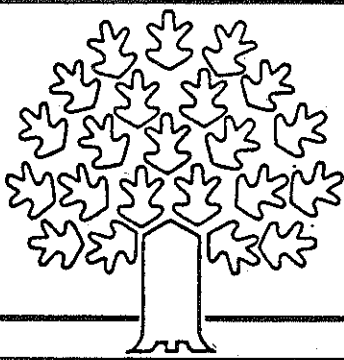
Try our healthy gourmet non-fat frozen yogurt.

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Family Living

1221 THURSTON

539-8763

Aging

FL-03

We are all facing age issues, so why not do it together? Many authors have said that the older years are a time for great inner growth and development. Come prepared with examples from your own life for this discussion of aging and its accompanying feelings and issues.

Helen Bontrager, PhD. (537-3877), is a local psychologist in private practice. She is sensitive to the fact that our materialistic, competition-oriented, disposable culture does not adequately value older adults and their contributions.

Date: *March 3 (1 session)*
Time: *7:30-9 p.m. (Tuesday)*
Fee: *\$5*
Location: *UFM Fireplace Room*



Children's Morning Play Group--Wednesdays

FL-01

Join us for an ongoing support group for at-home parents. Pre-school age children will play while parents visit with other adults. Parents are responsible for their own children, so no separation is necessary. During nice weather we will meet outside, and during inclement weather we will meet in homes of participants. These groups have been in existence for 15 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 21 (16 sessions)*
Time: *10 a.m. - 12 Noon (Wednesdays)*
Fee: *\$5*
Location: *Instructor will contact you with location*

Children's Morning Play Group--Thursdays

FL-02

Date: *Feb 5 - May 20 (16 sessions)*
Time: *10 a.m. - 12 Noon (Thursdays)*
Fee: *\$5*
Location: *Instructor will contact you with location*

Toilet Training

FL-05

Is your child reaching the age of diaper freedom? We will discuss the signs of readiness and the importance of waiting for the signs. We will share ideas, frustrations, and receive positive reinforcement.

LeAnn Mease (532-5510) is a 3rd year Masters Candidate in Marriage and Family Therapy through Human Development and Family Studies. She is a mother of two and works with toddlers on a daily basis.

Date: *Feb 15 (1 session)*
Time: *10-11 a.m. (Saturday)*
Fee: *\$5.25*
Location: *UFM Conference Room*

Effective Parenting: Communicating with Your Child

FL-04

Help your child improve his or her self-esteem by exploring the reasons of your child's behavior. We will discuss methods to more effectively communicate with your child in order to develop his or her positive self-esteem.

Sheryl DeMond (532-6561) is on staff with New Directions, a KSU Adult Education/Human Service Outreach Program in the College of Education.

Date: *Feb 26 (1 session)*
Time: *6:30-8:30 p.m. (Wednesday)*
Fee: *\$5*
Location: *UFM Conference Room*



Kids and Money

FL-06

Money can be a lot of fun or a troubling matter. We will focus more on children's money management than earning money. Our discussion will also include the value of money and when allowance is appropriate.

LeAnn Mease (532-5510) is a 3rd year Masters Candidate in Marriage and Family Therapy through Human Development and Family Studies. She is a mother of two.

Date: *April 11 (1 session)*
Time: *10-11 a.m. (Saturday)*
Fee: *\$5.25*
Location: *UFM Conference Room*

UNIVERSAL Insurance Services

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Help UFM collect a mile of quarters and celebrate its 25th Anniversary!!

A Quarter Mile



for UFM

Donate your quarter(s) at UFM class registration, special sites, or drop by UFM at 1221 Thurston. Call 539-8763 for details.

Add your quarter to the mile!

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AMERICAN BAPTIST CAMPUS MINISTRY

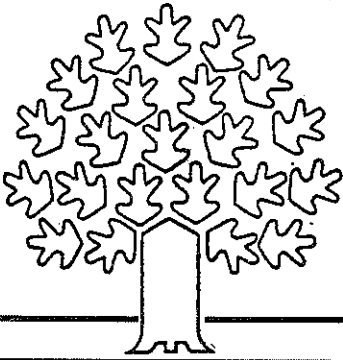
BAPTIST CAMPUS CENTER
1801 ANDERSON 539-3051

Theology Classes, Resources in Social Issues, Sharing Groups, Personal Consultations, UFM Classes

Call for specific times and dates

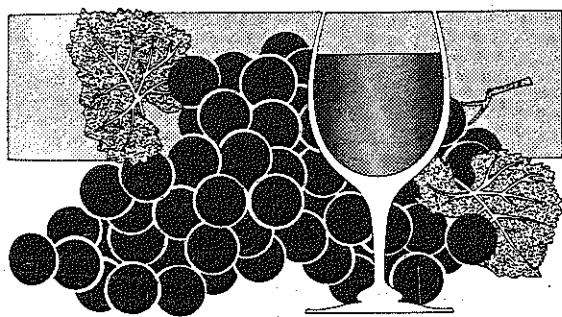
CAMPUS MINISTER—SUSAN SAWYER

UFM CLASSES MAKE GREAT GIFTS! GIFT CERTIFICATES ARE AVAILABLE.



Food & Nutrition

1221 THURSTON 539-8763



Introduction to Wine FN-01

In vino veritas! Study wine from the vine to the glass including chemistry, geography, history, and viticulture. Studies will include 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 charter member of the Society of Wine Educators. He is a wine maker, has cultivated wine grapes, and has taught wine classes for many years.

Date: Feb 7, 14, 21, 28 & March 20 (5 sessions)
Time: 7 p.m. (Fridays)
Fee: \$35
Location: 2909 Sunnyside Drive

BreadMake Workshop FN-02

Come discover a foolproof, 40-minute method for making yeast breads--whole wheat, rye, raisin, oatmeal and others--all without recipes. Beginners catch on easily. Men take pride in crusty loaves. Experienced BreadMakers delight in new shortcuts and creative shaping techniques. Children think they've found the original "playdough." You'll learn to make healthy, whole grain breads that aren't heavy. You'll make and take home for baking a one-pound loaf of Golden Grain Bread. All ingredients and utensils supplied.

Pat Palin (468-3505) has completed the course for BreadMake instructors. She loves to bake bread and has lots of fun teaching.

Date: March 5 (1 session)
Time: 7-8:30 p.m. (Thursday)
Fee: \$13
Location: UFM Banquet Room/Kitchen

If you would like to advertise your business or organization in the next UFM catalog, contact the UFM Office (539-8763) by April 24.

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ORGANIC FRUITS & VEGETABLES, pleasing selection of domestic & imported cheeses, whole grain breads, bulk herbs and spices, coffee, tea, ORGANIC grains, flours, pastas, nut butters, raw nuts, dried fruits, trail mix, snack foods, local honey, baking supplies, crackers & chips, yogurt, tempeh, tofu, frozen foods, vitamins, health & beauty aids, bio-degradable cleaning products, recycled paper greeting cards and paper products, Ecoware light bulbs...and more.

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Wok Cookery FN-03

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 techniques of stir-frying and cooking in a wok through a hands-on experience. Bring your appetite. Come and learn how to prepare 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 one large and several small plastic containers.**

Sharolyn Flaming (537-6350) is a Riley County Extension Agent. She has taught many wok cookery workshops.

Date: Feb 27 (1 session)
Time: 5:30 p.m. (Thursday)
Fee: \$11
Location: Pottorf Hall--CiCo Park



The Fine Art of Making Coffee FN-04

Did you know that coffee is native to northern Africa and not South America? And that it was through the crusades of the 12th and 13th centuries that coffee was introduced to European society? Join us to learn more about coffee's unique history and trade secrets regarding the preparation of various coffee specialties. This class will detail coffee selection. We will also be tasting different roasts, beans, and teaching the use of home espresso machines.

Wade Radina (537-2345) has been with the Espresso Royale Caffe Corporation for two years. His coffee education includes formal classes in Ann Arbor, MI, and training with Paramount Coffee--the largest gourmet coffee importer and roaster in the U.S. Wade is a coffee enthusiast and loves to share his knowledge.

Date: Feb 3 and 10 (2 sessions)
Time: 7-8:30 p.m. (Mondays)
Fee: \$18
Location: UFM Banquet Room--Feb 3
Espresso Royale--Feb 10
618 N. Manhattan

International Dessert: Creating and Tasting FN-12

While cultures may vary we all seem to like our sweets at the end of a meal. Join us for desserts from other cultures. Together we will make desserts and enjoy sampling!

Coordinated by Nabana Nakajima (539-7121).
Instructors: Yue Liao (China), Sadiah Yusof (Malaysia), Takako Miura (Japan), Najia Farooqi (Pakistan), Nasrin Khedri (Iran), Louise Coullilaly (Ivory Coast-Africa), and Azza Hassan (Egypt).

Dates: FN-05 Saturday Feb 15
Iran--Gholab Cookie (sandwich cookie)
FN-06 Friday Feb 21
Malaysia--Steam sweet rice with topping
FN-07 Wednesday Feb 26
Pakistan--Sewaiaa
FN-08 Monday March 2
Japan--Kinako-Dango Joma (sesame) cookie
FN-09 Monday March 16
Egypt--Siezi (cake)
FN-10 Friday March 27
China--Sweet dumpling
FN-11 Saturday April 4
Ivory Coast--African Salad
FN-12 Series of 7 sessions
Time: Weekdays 7 p.m. (5 sessions)
Saturday 2/15 10 a.m.
Saturday 4/4 2 p.m.
Fee: \$7 per session/\$25 per series
Location: UFM Kitchen and Banquet Room

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Teaching a class at UFM can enhance your business, be an instructional opportunity for education students, an opportunity to network with those who share your interest or a nice way to make friends. Call the UFM office (5398763) by April 24 to offer a class in the summer catalog.

HANSEN NUTRITION CENTER

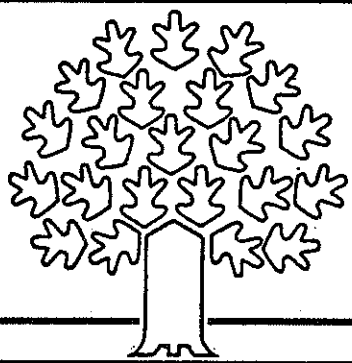
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MON.-SAT. 9:30 TO 6

537-4571

3112 ANDERSON AVE. (ACROSS FROM VILLAGE PLAZA)



Home

1221 THURSTON

539-8763

The American Dream: Affordable Home Ownership

HO-01

Have you dreamed of home ownership only to be discouraged by an inflated market? Perhaps it's time to consider the possibilities again! Join us to discuss the various methods of financing which could allow your dream to become a reality.

Jerry Lowenstein (537-2441) 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: *March 19 (1 session)*
Time: *7:30 p.m. (Thurs)*
Fee: *\$5*
Location: *800 Poyntz Avenue*

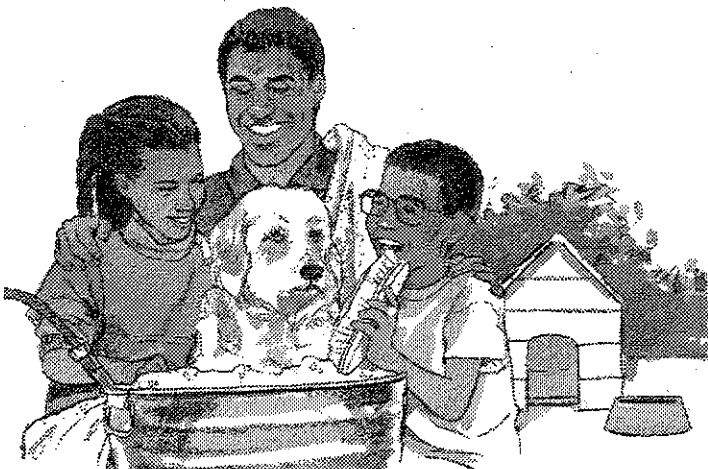
Landscaping Around the Home

HO-02

Would you like to know more about the basics of landscaping your home. Different resources that are available locally will be discussed and a limited discussion on advantages and disadvantages of plant material. This course will be a must for new residents to the Manhattan community or those of us with "brown thumbs."

Alan Ladd (537-6350) is the Riley County Extension Director at the County Extension Office and coordinates the horticulture program in Riley County. He believes that education is a lifelong process and everyone needs to keep updated on areas of interest to them.

Date: *April 23 & 30 (2 sessions)*
Time: *7-8:30 p.m. (Thurs)*
Fee: *\$13*
Location: *Pottorf Hall at Cico Park Avery Avenue*



Sensible Pet Selection

HO-04

Are you thinking about getting a pet? This class is for you. We will discuss how to decide what pet is right for you with consideration of grooming, size, and temperament. Dogs, cats, birds, and pocket pets will be discussed. Tips on how to select a healthy specimen, what to look for, and what you should avoid. Participants will receive handouts and a decision making guide sheet.

Linda Kalmar, D.V.M., (539-0191) is the owner of Little Apple Veterinary Clinic. She owns 4 dogs, 7 cats, 4 birds, and 2 horses. She shows her Irish sitters in conformation and obedience and is a member of the Manhattan Kennel Club.

Date: *Feb 9 (1 session)*
Time: *3-5 p.m. (Sunday)*
Fee: *\$5*
Location: *UFM Fireplace Room*

Bicycle Repair and Maintenance

HO-03

Most of us know how to ride a bike--but we don't know the first thing about repairing a flat tire! No problem. We'll soon have you comfortably dealing with basic bike repairs and maintenance. This class is designed for those who are not mechanical wizards but who nevertheless want to learn basic bike repair. Simple repairs such as tube patching and front or rear derailleur adjustment and repair will be covered in this informative seminar. Also learn how to adjust your brakes and clean the chain.

The staff at Aggie Bike Station (776-2372) are all cyclist and have 15 years of bike repair experience between them.

Date: *April 6 (1 session)*
Time: *7 p.m. (Monday)*
Fee: *\$5*
Location: *Aggie Bike Station 1217 Moro*

Small Animal Health Care through Preventive Measures

HO-05

Do you have questions about how to keep your small animal healthy? Join us as we discuss common, but preventable small animal problems. After our discussion, there will be demonstrations in performing physical examinations, nail trimming, routine ear care, and bathing procedures. In addition, there will be a tour of the clinical pathology laboratory, pharmacy, treatment areas, and physical therapy areas of the teaching hospital. Don't miss this informative session.

Dr. William Fortney (532-5690) is a clinician in Small Animal Medicine at the College of Veterinary Medicine, Kansas State University. He will be assisted by senior students at the College of Veterinary Medicine.

Date: *March 26 (1 session)*
Time: *6-8 p.m. (Thursday)*
Fee: *\$5*
Location: *KSU Veterinary Teaching Hospital North Denison*

776-5577



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2 Pizzas
2-Toppings 2-Cokes

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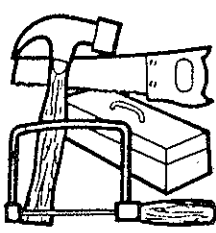
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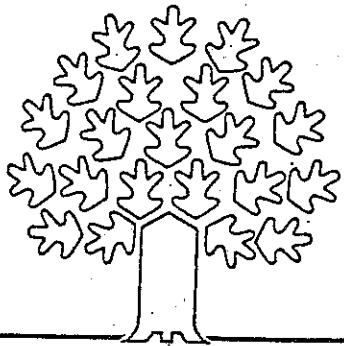
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 FAITH**

1221 THURSTON

539-8763

**Introduction to Zen
 Philosophy and Practice**

IF-01

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: April 15, 22, 29, & May 7 (4 sessions)
 Time: 7:30-9 p.m. (3 Wednesdays & 1 Thursday)
 Fee: \$12
 Location: UFM Conference Room
 1221 Thurston

Intro to Christian Preaching

IF-02

This class is designed to improve the preacher and lay person's use of the Bible, incorporate cultural insights into sermons, and assist in effective sermon organization and delivery.

Brett Younger (537-7744) is Pastor at the College Heights Baptist Church. He has a PHD in Christian preaching and has taught preaching at Southern Baptist Theological Seminary.

Date: March 16-April 6 (4 sessions)
 Time: 7 p.m. (Mondays)
 Fee: \$13
 Location: College Heights Baptist Church
 2221 College Heights Road

Apocalyptic Interpretation

IF-03

Studies in biblical prophecies concerning last day events. Many people are trying to understand, in a straightforward manner, what the Bible has to say concerning the times in which we live. The purpose of this course is to offer a verse by verse study of the last day prophecies as described in the Bible in a classroom setting. A topical format will be followed with you asking the questions. The books of Revelation and Daniel will specifically be used. Class syllabus available upon request.

Bill Levin (537-3792), has been teaching classes on Bible prophecy for nine years. He has a Master's Degree in Divinity from Andrews University Theological Seminary, and is presently the pastor of the Adventist Church in Manhattan.

Date: April 2-28 (8 sessions)
 Time: 7:30 p.m. (Tues & Thurs)
 Fee: \$15
 Location: KSU Student Union
 Room 209--April 2, 7, 9, 14, 23, & 28
 Room 208--April 16 & 21

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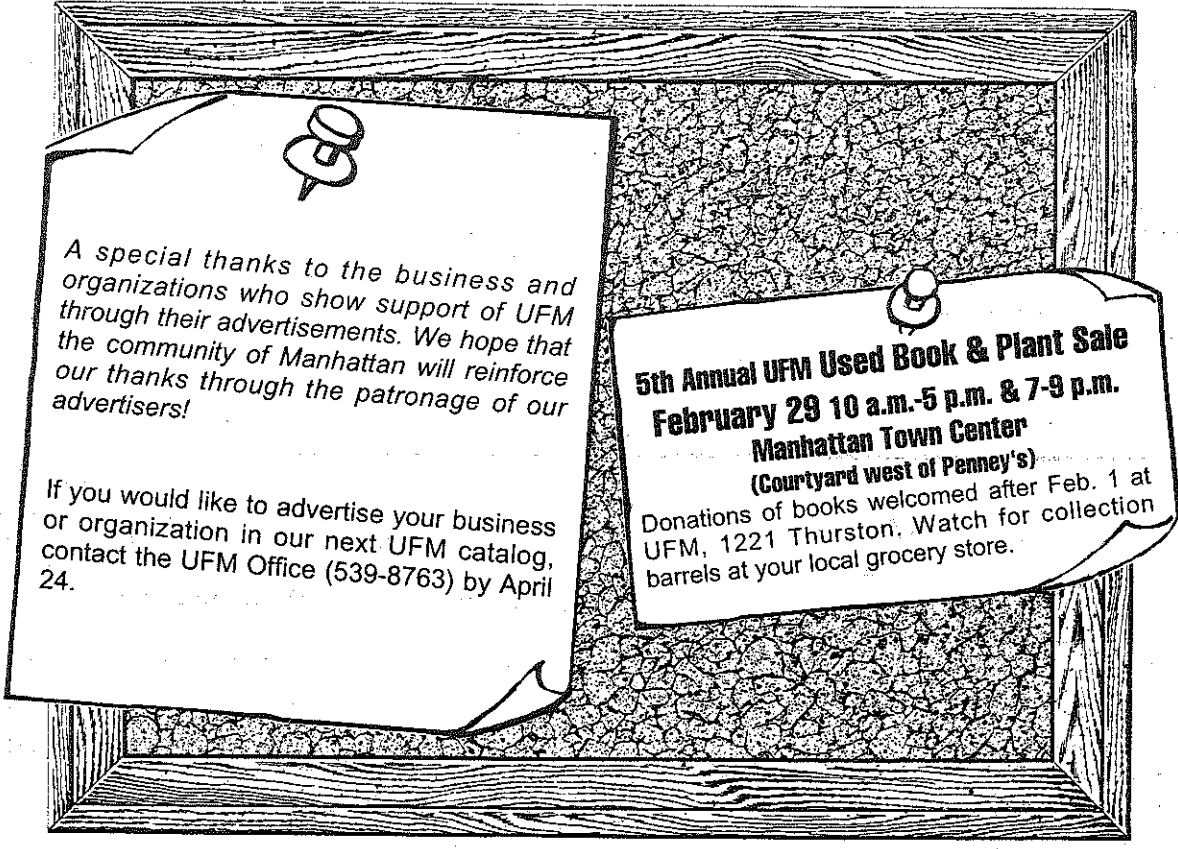
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Donate your quarter(s) at UFM class registration, special sites, or drop by UFM at 1221 Thurston. Call 539-8763 for details.

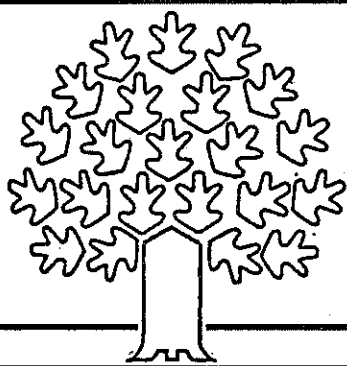
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Martial Arts

1221 THURSTON

539-8763

Hakkro Ryu Jujitsu

MA-01

Hakkro Ryu is a 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. Hakkro Ryu is related to aikido, yet stresses a less active style, and more subtle, gentle techniques acceptable for use in modern society.

Stan Wilson (539-7723) has studied martial arts for 20 years and taught for 13 years. He holds a black belt in Kung Fu, a second degree black belt in Hakkro 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.

Date: Feb. 23-April 26 (8 sessions)
No classes March 15 & April 19
Time: 4-5 p.m. (Sundays)
Fee: \$20
Location: KSU Ahearn Fieldhouse

White Dragon Kung Fu I

MA-02

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

Stan Wilson (539-7723) has studied martial arts for 20 years and taught for 13 years. He holds a black belt in Kung Fu, a second degree black belt in Hakkro 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.

Date: Feb. 18-March 19 (11 sessions)
No classes March 10, 12, & 15
Time: 7-8 p.m. (Tues & Thurs)
3-4 p.m. (Sun)
Fee: \$28
Location: KSU Ahearn Fieldhouse

White Dragon Kung Fu II

MA-03

Continuation of White Dragon Kung Fu I.

Date: March 22-April 16 (12 sessions)
Time: 7-8 p.m. (Tues & Thurs)
3-4 p.m. (Sun)
Fee: \$30
Location: KSU Ahearn Fieldhouse

Beginning Shiatsu Massage

RH-18

Shiatsu is Japanese for "finger pressure," this rhythmic, moderately deep massage technique has been used for more than 1,000 years. Please bring a partner. You can share the experience of giving and receiving the massage to relieve those tight spots. We will relax and have fun. Very casual.

Nobana Nakajima (539-7121) is a KSU student.

Date: January 25 (1 session)
Time: 2-3:30 p.m. (Saturday)
Fee: \$5
Location: UFM Conference Room

Tae Kwon Do Karate I Beginning

MA-06

This course will consist of basic hand and foot movements and the physical fitness patterns used in self-defense techniques. Teaching methods include class demonstration and practice. Each student will be given an opportunity to purchase a uniform and belt at the first class. The uniform is not a requirement for the class. After two months of class, an optional testing to advance in the Tae Kwon Do degree ranking is held in Topeka. The cost is not included in the class fee and a uniform is required for testing. Age: 7 plus.

Chief Instructor Grand Master Chae Sun Yi has instructed these outreach classes at KSU since 1975. Known worldwide, he has several academies in Kansas and has been Chief Instructor to over 400 Black-belts. Assistant instructors are Master Rick Chaffee, 5th Degree Black-belt, Master James Craeton, 5th Degree Black-belt, and Jr. Master Michael Parr, 4th Degree Black-belt.

Date: Jan 24-May 1
No classes March 10 & 13
Time: 6:30-7:30 p.m. (Tues & Fri)
Fee: \$60
Location: **Ahearn gymnasium

Tae Kwon Do Karate II Advanced

MA-07

Date: Jan 24-May 1
No classes March 10 & 13
Time: 7:30-8:30 p.m. (Tues & Fri)
Fee: \$60
Location: **Ahearn gymnasium

Judo I--Beginners

MA-04

This course is designed to teach the fundamentals of sport judo. Students will learn breakfalls, throwing and mat techniques as well as rules for contest judo. Each student will be given an opportunity to order a uniform the first night of class. The uniform is not required the first three weeks of class, but will thereafter.

Tony Luginbill is a second degree black belt. He has been practicing judo for 16 years and has competed in the U.S. Open 3 times.

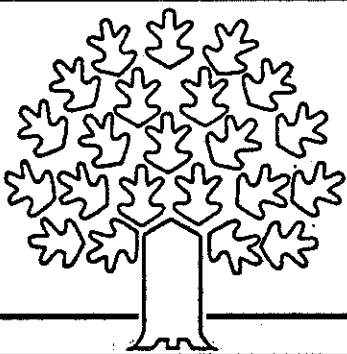
Date: Jan 22-May 6
No classes March 9 & 11
Time: 6-7 p.m. (Mon & Wed)
Fee: \$60
Location: Ahearn Fieldhouse, KSU

Judo II--Advanced (Age 7 & up with one Beginner's Class)

MA-05

Date: Jan 22-May 6
No classes March 9 & 11
Time: 7-8 p.m. (Mon & Wed)
Fee: \$60
Location: Ahearn Fieldhouse, KSU

**Jan. 24 6:30-7:30 p.m.--Public demonstration and formal introduction of instructors in Ahearn gymnasium. All other classes will be in KSU Ahearn gymnasium or fieldhouse



Recreation, Health & Fitness

1221 THURSTON

539-8763

Trapshooting

RH-06

This class covers proper use of firearms, equipment selection and care, fundamental shooting skills, safety, and techniques of trapshooting. Registration fee includes ammunition, use of guns, and targets. The first class will include demonstrations. You may register after this class. Class limit: 20.

Charles LaMaster has been a certified instructor with the Amateur Trapshooting Association of America for 22 years, a past president and Hall of Fame member of the Kansas Trapshooting Association. He has also instructed at Manhattan High School and Manhattan Area Vo-Tech for 35 years.

Date: March 17-May 5
Time: 7-9 p.m. (Tuesdays)
Fee: \$95
Location: Tuttle Creek Trapshooting Park
(9 miles north of Wal-Mart on
Tuttle Creek Blvd)

ATTENTION KSU STUDENTS!!!

Need a place to study during Finals Week?

The UFM House will be open 8 am - 10 pm Come by and find a quiet corner or call 5398763 if you would like to reserve a particular location.

Tennis--Beginners Ages 7-16

RH-10

Join us for fun and skill development in this great sport! This class is designed for beginning players and will provide instruction in fundamentals of strokes, basic rules of play and beginning competition. We provide balls. Students provide your own racquets. If you don't have one, give us a call and we may help you locate one. Class minimum: 6.

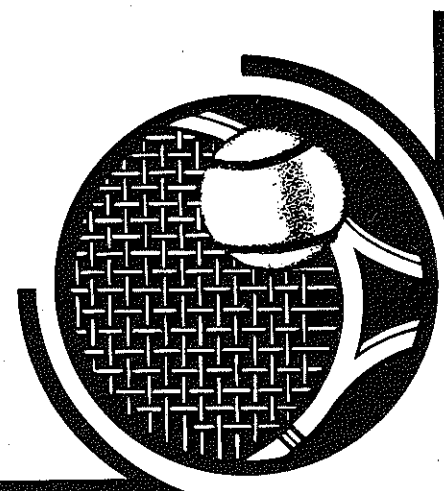
Mark Tessendorf, a KSU graduate student in Kinesiology, has played tennis for 20 years and is a ranked district player.

Date: April 6-May 4
Time: 6:30-7:30 p.m. (Mondays)
Fee: \$30
Location: L.P. Washburn Recreational Complex

Tennis--Beginners/ Intermediate Ages 17 and up

RH-11

Date: April 6-May 4
Time: 7:30-8:30 p.m. (Mondays)
Fee: \$30
Location: L.P. Washburn Recreational Complex





RECREATION, HEALTH & FITNESS (Continued)

Golf

RH-04

* One hour optional KSU credit available.

This course emphasizes fundamentals of the full golf swing, short game techniques of chipping, pitching, putting and sand shots. Rules of play, course etiquette, and selection of equipment will also be covered. Clubs, balls and tees are provided. You may bring your own clubs if you prefer. Limit: 15.

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

Date: March 18-May 6
5:30-7:30 p.m. (Wednesdays)
Fee: \$78 noncredit
\$98 credit--PE 140A *
Location: Stagg Hill Golf Club
4441 Fort Riley Boulevard

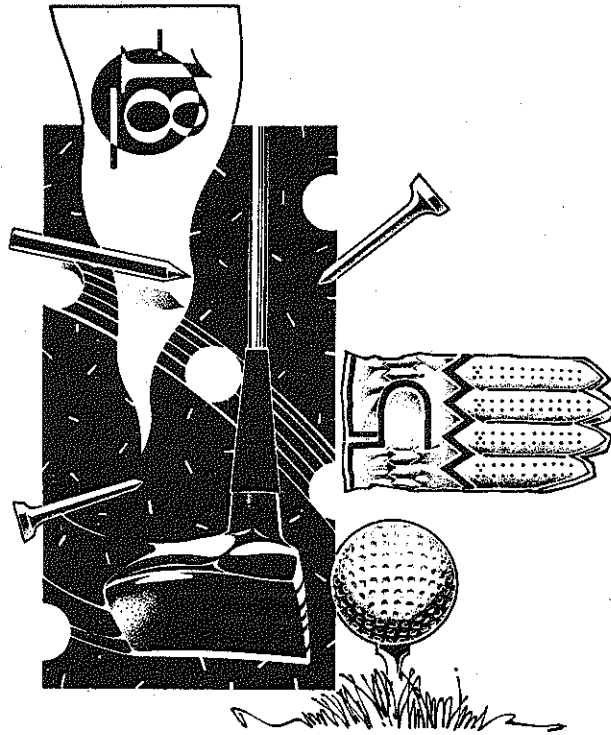
Golf

RH-05

* One hour optional KSU credit available.

Date: March 19-May 7
9:30-11:30 a.m. (Thursdays)
Fee: \$78 noncredit
\$98 credit--PE 140B *
Location: Stagg Hill Golf Club
4441 Fort Riley Boulevard

* One (1) hour credit classes require additional charges to cover KSU administrative costs. Students enrolled in less than 6 hours, will also be assessed for student activity and health fees.



Golf for Beginners-Class I

RH-01

A short course 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 Professional, is the golf pro at Stagg Hill Golf Course.

Date: March 26-April 9 (3 sessions)
Time: 6-7 p.m. (Thurs)
Fee: \$20
Location: Stagg Hill Golf Club
4441 Fort Riley Boulevard

Golf for Beginners-Class II

RH-02

Date: April 16-April 30 (3 sessions)
Time: 7-8 p.m. (Thurs)
Fee: \$20
Location: Stagg Hill Golf Club
4441 Fort Riley Boulevard

Golf for Beginners-Class III

RH-03

Date: May 7-May 21 (3 sessions)
Time: 7-8 p.m. (Thurs)
Fee: \$20
Location: Stagg Hill Golf Club
4441 Fort Riley Boulevard

Tumbling

These tumbling classes will provide instruction in basic tumbling skills appropriate to age and ability levels. Participants should wear comfortable clothing such as gym shorts and T-shirts, or tights and leotards. Socks or gymnastic shoes are required.

Tumbling coordinators: Debbie Jones and Rachael Tofflemire have extensive experience teaching gymnastics and tumbling in addition to backgrounds in competitive gymnastics.

Parent/Toddlers Ages 1-3

This class focuses on teaching parents effective teaching methods and safety concerns. Children will be introduced to elementary movement patterns. Parents must accompany children onto the mats.

Dates: RH-12--Jan 25-Feb 29--Session I
RH-15--Mar 21-Apr 25--Session II
Time: 9:30-10 a.m. (6 Saturdays)
Fee: \$21 per session
Location: Ahearn Natatorium, Room 004

Tumbling Tots Ages 3-6

Basic tumbling skills including locomotor skills, exploration of movement, and exercises for strengthening muscle groups.

Dates: RH-13--Jan 25-Feb 29--Session I
RH-16--Mar 21-Apr 25--Session II
Time: 10:05-10:35 a.m. (6 Saturdays)
Fee: \$21 per session
Location: Ahearn Natatorium, Room 004

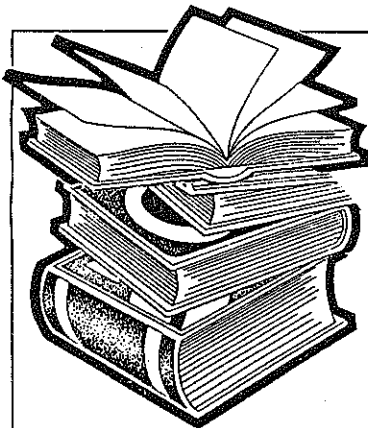
Beginning/Intermediate

Tumbling Ages 4-12

An introduction to basic tumbling and acrobatic skills for developing coordination, balance, flexibility, and muscle strength.

Dates: RH-14--Jan 27-Mar 4--Session I
RH-17--Mar 16-Apr 22--Session II
Time: 4-4:45 p.m. (12 meetings on Mon/Wed)
Fee: \$42 per session
Location: Ahearn Natatorium, Room 004

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5TH ANNUAL UFM USED BOOK & PLANT SALE

February 29

10:00 a.m.-5 p.m. & 7:00-9:00 p.m.

Manhattan Town Center

Courtyard west of Penney's

Donations of books welcomed after Feb. 1 at University for Man, 1221 Thurston. Watch for collection barrels at your local grocery store.

Standard First Aid/ Community CPR/Basic Life Support

RH-07

This course teaches fundamental principles and skills of first aid, correct CPR techniques for adult and infant victims of cardiac arrest and other respiratory emergencies. The Basic Life Support section teaches specialized skills and techniques for 2 rescuer CPR and special rescue situations including the use of resuscitation masks. Red Cross Certification is given on successful completion of the course. Textbooks may be purchased at the Red Cross Office and are not included in the class fee. Limit: 8 per session.

Carol Stites, Instructor.

Date: Jan 21-Mar 31
No class March 10
Time: 2-4 p.m. (Tuesdays)
Fee: \$90
Location: Riley County American Red Cross Office
1014 Poyntz

Standard First Aid/ Community CPR/Basic Life Support

RH-08

Enell Foerster, Instructor.

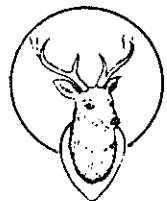
Date: January 22-February 19
Time: 6-10 p.m. (Wednesdays)
Fee: \$90
Location: Riley County American Red Cross Office
1014 Poyntz

Standard First Aid/ Community CPR

RH-09

Enell Foerster, Instructor.

Date: March 18- April 15
Time: 6-10 p.m. (Wednesdays)
Fee: \$60
Location: Riley County American Red Cross Office
1014 Poyntz



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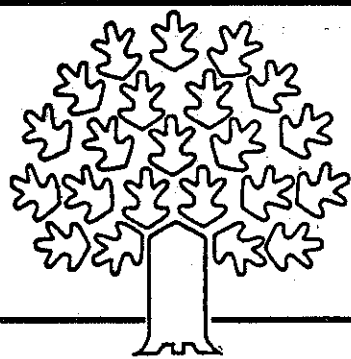
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Language

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539-8763

Beginning Sign Language

LA-01

This class is designed for individuals who are interested in learning the basic skills of American Sign Language. Students will be instructed in the Manual Alphabet and a vocabulary of about 500 functional signs. Fee includes book *Gallaudet's Survival to Signing*. Limit: 20. *Natalie Smith*, Instructor.

Date: Jan. 29-April 1 (9 sessions)
No class March 11
Time: 6-8 p.m. (Wed)
Fee: \$65--includes book
Location: 149 Justin Hall, KSU

Beginning Conversational Chinese

LA-02

If you know nothing about the Chinese language, and want to learn it by using the direct conversational approach, this course is for you. We'll use everyday vocabulary and some grammar for correct usage of the language. Learn basic conversational phrases and progress to short sentences.

Show-Ing Shieh (776-6238) is a graduate student in Adult Education at Kansas State University.

Date: Feb 25-April 28 (10 sessions)
Time: 7-8 p.m. (Tuesdays)
Fee: \$22
Location: UFM Conference Room

Beginning German

LA-03

This is an introductory course to the German language. We will discuss German culture and history. We will also cover grammar, proper sentence formation, reading, and numbers. After learning the basics, we will do basic conversational German.

Gabriele L. Rector (537-0683) is a native of Germany who has been in the U.S. since 1968. She has a degree in nursing. Gabriele has taught German through Barton Community College at Fort Riley for 3 1/2 years.

Date: Feb 5-March 25 (8 sessions)
Time: 7-8 p.m. (Wednesdays)
Fee: \$18
Location: 114 Bluemont Hall, KSU

Survival Skills in Czech

LA-05

This class will begin with the basic structure, correct pronunciations, and simple phrases of the language. The focus will be on commonly used phrases helpful for travel in Czechoslovakia.

Magdalena Velebilova, a graduate student in the KSU Math Department, is from Czechoslovakia and looks forward to sharing her knowledge of the language and her home country.

Date: March 25-April 29
Time: 6:30-8 p.m. (Wednesdays)
Fee: \$22
Location: 121 Cardwell Hall, KSU

Beginning Swedish Conversation--Session II

LA-04

Join us for Session II of Conversational Swedish. This will be a continuation of Session I and will be geared for advanced beginners. We will cover basic grammar, vocabulary, and pronunciation with an emphasis on conversation practice.

Doug Bates (532-7449) spent two years living in Sweden and learning the language.

Date: Feb 20-April 30 (10 sessions)
No class March 12
Time: 7:30-9 p.m. (Thursdays)
Fee: \$25--includes workbook
Location: 109 Bluemont Hall

Survival Skills in Japanese

LA-06

Join us for an introduction to Japanese. This class will cover basic language skills for use in travel such as ordering from a menu and understanding directions. Participants will be asked for input regarding specific learning interests.

Pochi Watanabe, a Japanese student in Agricultural Engineering, is anxious to share his knowledge with others.

Date: Jan 27-March 2
Time: 7-8:30 p.m. (Mondays)
Fee: \$22
Location: 131 Seaton Hall, KSU

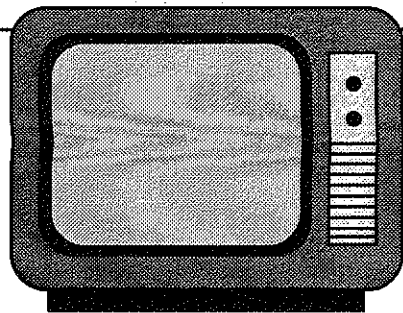
Elementary Russian

LA-07

The opportunities to explore the Soviet Union are boundless as tensions between the USA and USSR relax. In the time allowed, this course will get you started with the basics of the Russian language and culture.

John C.K. Daly (532-6730) is Assistant Professor of Russian History at Kansas State University. He has a PhD from the University of London.

Date: Feb 17-May 4 (12 sessions)
Time: 7-8:30 p.m. (Mondays)
Fee: \$30
Location: 107 Bluemont Hall, KSU



Catherine L. Fung, PH.D. Candidate, hosts UNIVERSITY FOR MAN FOURTH SEASON

on 6, ME/U (where local cable originates)
Tuesdays at 5 p.m. & Wednesdays at 4:30 p.m.

- Jan. 7 & 8: *Peace Corps*
14 & 15: *Balancing Life and Women*
21 & 22: *Rapport on Post Modernism*
28 & 29: *Heating and Air Conditioning*
- Feb. 4 & 5: *Delicious Chocolate Creations*
11 & 12: *Celebrating St. Valentine's Day*
18 & 19: *Two International Friends*
25 & 26: *Feet and Shoes*
- March 3 & 4: *Food, Self-Management, Part 1*
10 & 11: *Ning's Music (requested rerun)*
17 & 18: *Health: Self-Management, Part 2*
24 & 25: *Cooking, Self-Management, Part 3*
- March 31 & Apr. 1: *Geriatrics, Self-Management, Part 4*
7 & 8: *Farrell Library Reference Desk, Part 1*
14 & 15: *Farrell Library Reference Desk, Part 2*
21 & 22: *Farrell Library Reference Desk, Part 3*
28 & 29: *EF Institute for Cultural Exchange*
- May 5 & 6: *Praying Mantis Martial Art, Part 1*
12 & 13: *Praying Mantis Martial Art, Part 2*
19 & 20: *What Wheat? White Wheat*
26 & 27: *An Art Exhibition*

Questions We're Often Asked

1. When should I register?

Registration begins as soon as the current catalog is printed 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?

Recently UFM 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.

9. Must I register to take a class?

Yes. You should not attend a class unless you are registered. This allows course instructors to have adequate handouts related to the subject matter. In addition, insufficient registration leads to course cancellation.



Self & Personal Growth

1221 THURSTON 539-8763

Stress Control and Relaxation Seminar SP-01

Do you find yourself in stressful situations almost daily? Do you respond with anxiety, uncertainty, frustrations, or anger? This relaxation seminar can help you learn mental and physical relaxation that will better enable you to deal with stress. Learning how to manage stress constructively will help you cope with pressures of everyday living and enhance your health and well-being.

David Harbaugh (1+632-6575) is the Director of The Silva Method of Kansas (NE).

Date: Feb 13 (1 session)
 Time: 7-9:30 p.m. (Thurs)
 Fee: \$20--includes booklet, tape, and book
 Location: UFM Banquet Room
 1221 Thurston

Stress Control and Relaxation Seminar SP-02

Date: March 18 (1 session)
 Time: 7-9:30 p.m. (Wed)
 Fee: \$20--includes booklet, tape, and book
 Location: UFM Conference Room
 1221 Thurston

Overcoming Shyness SP-04

A discussion on shyness and how to overcome it. The book *Shyness* by Philip G. Zimbardo will be used. There are 84 million shy people in America, they can work to overcome their shyness.

Helen Bontrager, PhD, (537-3877) was very shy as a child and still feels that way at times. She is a local psychologist in private practice.

Date: March 17 (1 session)
 Time: 7:30-9 p.m. (Tues)
 Fee: \$5
 Location: UFM Fireplace room
 1221 Thurston

Contacting and Befriending Your Inner Child SP-03

John Bradshaw and many other authors have written about the importance of treating the little girl and little boy inside us with more kindness. Through a relaxation exercise the facilitator will help you get in touch with your inner child and find out what she or he needs from the grownup person. Bring blankets, pillows, teddy bears, and other comforting items.

Helen L. Bontrager, PhD, (537-3877) is a clinical psychologist in private practice in the Manhattan area.

Date: Feb 18 (1 session)
 Time: 7:30-9 p.m. (Tues)
 Fee: \$5
 Location: UFM Conference Room

Bridge SP-05

This course is designed for the beginner, the bridge player with no formal training, or simply the player wanting to play a better game. It will cover all aspects of play in contract bridge, such as: Bidding, playing the cards, scoring, and movements. Utilizing lecture, demonstration, and application of theory and practice, the course will give the student the basics of playing bridge for both personal and social satisfaction. Individuals may enroll without a playing partner. All material for the course will be provided.

Dick Claussen, Life Master.

Date: Jan. 27-March 2 (6 sessions)
 Time: 7-9 p.m. (Mon)
 Fee: \$20
 Location: UFM Conference room

Divorce Support Group SP-06

Ever feel like nobody understands? Join this support group which provides members with an opportunity to interact with and learn from each other, to give emotional support, and to offer and receive practical help with problems that are common to all members.

Shirley Bramhall is an active community leader and volunteer who is interested in empowering the lives of single parents. Sheryl DeMond (532-6561) is on staff with New Directions, a KSU Adult Education/Human Service Outreach Program.

Date: May 22
 Time: 7-8:30 p.m. (Fridays)
 Fee: \$5
 Location: UFM Conference Room

Getting It All Together: Creating a Coordinated Image SP-07

Come and learn how to balance your facial shape with the proper selection of hair style and color, clothing, jewelry, and make-up. Pull your look together for the nineties!

The Gallery for Hair.

Date: March 18 (1 session)
 Time: 7-8 p.m. (Wednesday)
 Fee: \$5
 Location: The Gallery for Hair
 3266 Kimball Avenue in Candlewood Shopping Center

Nail Care for the Nineties SP-08

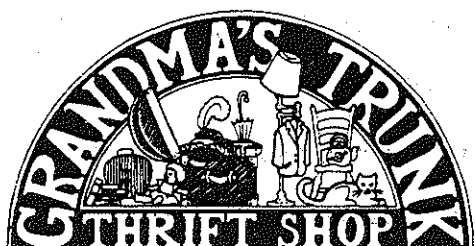
Do you ever admire those beautifully manicured nails that add the perfect touch to a person's image? Join us to learn about proper nail care and the products available to help. We'll talk about linen wraps, silk wraps, sculptures, manicures, and pedicures. Learn how to have healthy and beautiful nails!

The team at The Gallery for Hair (776-5632) in the Candlewood Shopping Center will conduct this informative session.

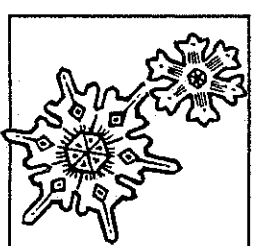
Date: March 18 (Wed)
 Time: 7 - 8 p.m. (1 session)
 Fee: \$5
 Location: The Gallery for Hair
 3266 Kimball Avenue at Candlewood Shopping Center



FONE Crisis Center
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continuing education

spring 1992

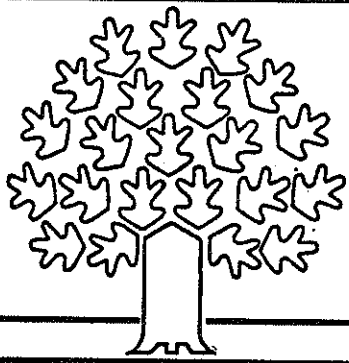
February 12	Child Abuse and Neglect John Fajen, Ph.D. Lamar Roth, M.A.
March 18	Postpartum Depression Kathy Pearce, RMLP
April 8	Stress Management in the Workplace Charles Drees, LCSW

587-4326

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 3 CEU's for RN's, LPN's, social workers and others.
 12:45-3:45 p.m. 2001 Claflin Road

Pre-registration required. \$21 fee for each workshop.
 Call 587-4326 for details or brochure.

P A W N E E
 Mental Health Services



Youth

1221 THURSTON

539-8763

Monster Bubbles

YO-01

Experience the art of making soap bubbles on a grand scale. You have to see it to believe it. Participants in this class will make a monster-bubble wand and learn how to make gigantic bubbles. We will talk about making bubble solution and other tools for making bubbles.

Linda Teener is Executive Director of UFM and a newly won bubble convert.

Date: April 25 (1 session)
Time: 9:30 a.m. (Sat)
Fee: \$7.50
Location: UFM Fireplace room and parking lot

Beginning Ballet

YO-02

Do you dream of becoming a dancer? This very basic introduction to ballet can be that first step. Children ages 3-12 years will learn basics of dance movement and practice some simple ballet-type steps. The discipline of ballet transcends to other forms of dance including: Jazz, tap, and modern dance.

Portia Sisco (537-7253) is 15 years old, has studied dancing for 12 years, and plans to pursue dancing as a career. Portia is currently a dance student at Kansas State University.

Date: March 4-April 1 (4 sessions)
No class March 11
Time: 6:30-7:30 p.m. (Wed)
Fee: \$12
Location: UFM Banquet Room

Kung Fu for Children

YO-03

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 13 years. He is a member of the Pai Family. Stan has been a member of the Shadows of Iga Ninja Society for eight years and studied with Steve Hayes.

Date: Feb 22-April 18 (8 sessions)
No class March 14
Time: 2-3 p.m. (Sat)
Fee: \$23
Location: KSU Ahearn Fieldhouse

Collecting Sports Memorabilia

YO-04

If you are interested in collecting sports memorabilia or have a collection already started, this class is for you! Learn important tips on collecting (includes many sports). What are good buys? Insight about the industry. Avoid the pitfalls of collecting. This class is for all ages.

Dev Nelson (776-7022) is owner of Dev's Dugout. He is a lifetime collector of sports memorabilia. Dev was Voice of the Wildcats from 1954-1980.

Date: April 27 (1 session)
Time: 6:30-8 p.m. (Monday)
Fee: \$5
Location: UFM Banquet Room

Cornhusk Dolls

YO-05

Do you love to read about Laura Ingalls Wilder and her life on the prairie? Her dolls were made from the husks of corn. Join us and make your own authentic cornhusk doll. Please bring scissors.

Aliah Seay (776-4958) is 11 years old. She has been making cornhusk dolls for 2 years. She has taught it several times including a class of international students.

Date: April 30 (1 session)
Time: 7-8:30 p.m. (Thurs)
Fee: \$6--supplies included
Location: UFM Conference Room

Preschool Art Activities

YO-11

Looking for ways to enrich your preschoolers? Join us for fun and interaction. Parents are welcomed to stay.

Virginia Bennett (539-9362) is a mother of two preschool children. She coordinates art activities for Mom's Club.

Dates: YO-06--Jan 28---Pine Cone Bird Feeder
YO-07--Feb 11---Snowman
YO-08--March 3---Leprechaun Hat
YO-09--April 14---Paper Windsock
YO-10--May 5---Muffin Cup Flowers
YO-11--1/28-5/5---Series of 5
Time: 10-11 a.m. (Tuesdays)
Fee: \$6 per session--\$16 series
Location: UFM Banquet Room

Constellations

YO-12

If you've always enjoyed the night sky and would like to learn some of the names of the stars and constellations, join us for a sky show indoors. In a dark, comfortable room (no frozen feet!), you'll see Orion, Leo, Gemini, the dipper, and many other constellations. You'll learn the names of bright stars such as Betelgeuse, Antares, and Alpheratz. Handouts will be available to help you learn the sky on your own.

Dean Stramel (539-1931) teaches astronomy at Manhattan High School. He will present his astronomy slide show. His students really enjoy his "sky talk" and often come back years later to tell him they still remember the constellations.

Date: April 28 (1 session)
Time: 7-9:30 p.m. (Tuesday)
Fee: \$5 individual
\$8 both classes--YO-12 & YO-13
Location: Manhattan High School Little Theater

The Night Sky

YO-13

We're lucky to live in an area where dark skies can still be found! Join us to look at the beautiful night sky. We'll learn to identify the spring constellations and observe whatever planets are up. We should be able to catch a few meteors, too. Bring warm clothes, binoculars--if you have them, and a small flashlight. If you have star-finders or maps, bring them, although maps will be available at class. If the sky is more than 50% cloudy, we will reschedule.

Dean Stramel (539-1931) teaches astronomy at Manhattan High School.

Date: May 5 (1 session)
(Cloudy date--May 12)
Time: 7:30 p.m. (Tuesday)
Fee: \$5 individual
\$8 both classes--YO-12 & YO-13
Location: Meet at UFM parking lot

Field Trip--Pillsbury Crossing

YO-14

Join us and explore a unique geological formation--Pillsbury Crossing. We will discover what kind of creatures live there. Wear old clothes and wading shoes (old sneakers). Bring small nets if you have them and plastic containers.

Sylvia Beeman has a Masters in Entomology and Ron Gaines has a Masters in Anatomy. They both love nature.

Date: May 9 (1 session)
(Rain date--May 16)
Time: 9-11:30 a.m. (Saturday)
Fee: \$5
Location: Meet at UFM parking lot

UFM is in need of a few things. If you wish to donate, please call 539-8763 or bring them by 1221 Thurston. All donations are tax deductible.

- Vacuum Cleaner
- Wheelbarrow
- Card Tables
- School Supplies
- Gas Range

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collect a mile
of quarters
and celebrate
its 25th
Anniversary!! for UFM**

Donate your quarter(s) at UFM
class registration, special sites,
or drop by UFM at 1221 Thurston.
Call 539-8763 for details.

**Add your quarter
to the mile!**

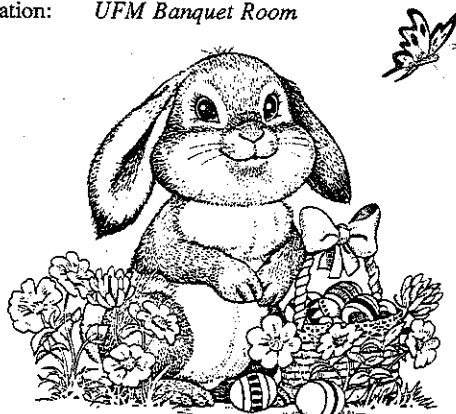
 **YOUTH (Continued)**

Eco-Lympics

Join us for a fun and informative cooperative olympic-style session on our environment. Expanding on lessons taught in the public education system today, this class has a comprehensive focus on current environmental issues with an emphasis on conservation. Themes include: Land, water, energy, and species. The presentation is geared for children K-6.

Members of S.A.V.E. (*Students Acting to Save A Vulnerable Environment*) will conduct this class.

Date: *March 28 (1 session)*
Time: *9-12 noon (Saturday)*
Fee: *\$5*
Location: *UFM Banquet Room*



Breakfast with the Easter Bunny

Here comes ole Peter Cotton Tail! He'll stop by for a visit during breakfast and bring each child a special treat. Although it is not required, parents are welcome to stay and take pictures or watch the festivities. Please register 2 weeks prior to class.

UFM Staff
Date: *April 11 (1 session)*
Time: *9-10:30 a.m. (Sat)*
Fee: *\$8*
Location: *Vista Drive In
1911 Tuttle Creek Boulevard*

Pressed Flower Bookmarks

Do you love to make things? Create a lovely bookmark with pressed flowers and ribbons. It makes a beautiful gift for someone special.

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

Date: *March 19 (1 session)*
Time: *5-6 p.m. (Thursday)*
Fee: *\$7*
Location: *UFM Fireplace Room*

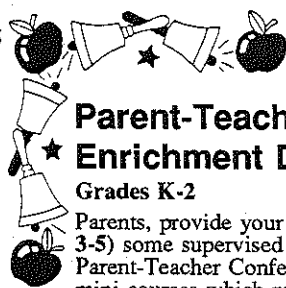
T-Shirt Painting

Do you want to learn an inexpensive way to designer T-shirts? You be the designer! You will learn how to do transfer design with a heat iron transfer pencil and paint your design. Bring a laundered T-shirt, fabric paints, and brush.

Sandy Chard (776-4897) has worked for Wal-Mart in the fabric department for 12 years. She has done many different types of painted shirts.

Date: *Feb 24 & March 2 (2 sessions)*
Time: *7-9 p.m. (Mondays)*
Fee: *\$5*
Location: *Wal-Mart*

YO-15



Parent-Teacher Conference Enrichment Days--Thursday

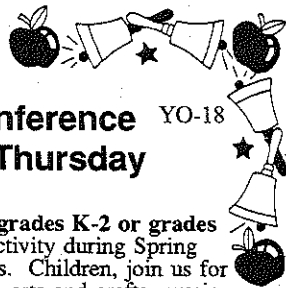
Grades K-2

Parents, provide your children (grades K-2 or grades 3-5) some supervised fun and activity during Spring Parent-Teacher Conference Days. Children, join us for mini-courses which may include arts and crafts, music, cooking, science, horticulture, and others. For further information call UFM (539-8763). We'll have a great time!

UFM Staff

Date: *April 2 (1 session)*
Time: *8 a.m.-5 p.m. (Thurs)*
Fee: *\$8 half day--INDICATE a.m. or p.m.
\$15 full day*
Location: *Woodrow Wilson School
Juliette and Leavenworth*

YO-18



Children's Spring Gardening

YO-23

Children, do you love digging in the soil? 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*
Starting date to be announced
Time: *10 a.m.-12 noon (Saturdays)*
Fee: *No charge*
Location: *Manhattan Children's Garden
8th & Riley Lane*

Keyboard Introduction

YO-25

Does your keyboard seem to have more buttons to push than you know how? Gain a greater understanding of how to utilize those buttons and maximize what your keyboard can do. We will help you become better acquainted with sounds and techniques and then apply them to specific songs.

Jodi Moherman (537-2385) is a graduate student in piano performance and pedagogy at Kansas State University. She toured with the Continental Singers for 3 months as their synthesizer players. Jodi enjoys sharing her knowledge by teaching.

Date: *Yamaha: Feb 4 (1 session)*
Time: *6:30-8:30 p.m. (Tuesday)*
Fee: *\$5*
Location: *UFM Childcare Area*

Keyboard Introduction

YO-26

Date: *Casio: Feb 11 (1 session)*
Time: *6:30-8:30 p.m. (Tuesday)*
Fee: *\$5*
Location: *UFM Childcare Area*

Keyboard Introduction

YO-27

Date: *Panasonic: Feb 18 (1 session)*
Time: *6:30-8:30 p.m. (Tuesday)*
Fee: *\$5*
Location: *UFM Childcare Area*

Kansas Landscape

YO-28

Arboretum Nature Trail

A walk on a nature trail, is a lesson in life. Enjoy this guided tour along a well marked path of wood chips which blend into the natural surrounding. Look for wildlife tracks, see how close you can get to an eastern cotton tail rabbit before it disappears into the brush, experience nature and it's natural evolution. A great spring family outing.

P.J. and J.E. Beaudoin (461-5259) are caretakers of the Arboretum. They love to share the natural beauty with Arboretum visitors.

Date: *April 25 (1 session)*
Time: *9 a.m.-1 p.m. (Saturday)*
Fee: *\$5*
Location: *Meet in UFM Parking Lot*

Parent-Teacher Conference Enrichment Days--Thursday

YO-19

Grades 3-5

Date: *April 2 (1 session)*
Time: *8 a.m.-5 p.m. (Thurs)*
Fee: *\$8 half day--INDICATE a.m. or p.m.
\$15 full day*
Location: *Woodrow Wilson School
Juliette and Leavenworth*

Parent-Teacher Conference Enrichment Days--Friday

YO-20

Grades K-2

Date: *April 3 (1 session)*
Time: *8 a.m.-5 p.m. (Friday)*
Fee: *\$8 half day--INDICATE a.m. or p.m.
\$15 full day*
Location: *Woodrow Wilson School
Juliette and Leavenworth*

Parent-Teacher Conference Enrichment Days--Friday

YO-21

Grades 3-5

Date: *April 3 (1 session)*
Time: *8 a.m.-5 p.m. (Friday)*
Fee: *\$8 half day--INDICATE a.m. or p.m.
\$15 full day*
Location: *Woodrow Wilson School
Juliette and Leavenworth*



Become a UFM instructor!

Please call the UFM Office (539-8763) by April 24 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.

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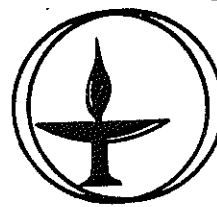
We have outgrown our space and will be moving to 304 Poyntz in time for Spring camping and bicycling. Till then, see us at

1111 Moro 539-5639
Aggieville - Manhattan
Hours: Mon. - Fri. 9-6;
Thurs. 9-8; Sat. 9-5



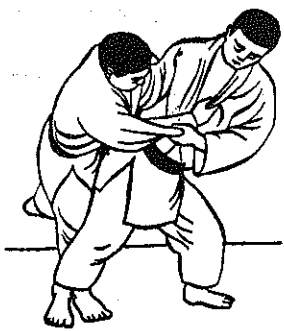
JOIN US Sundays at 10:45

- Stimulating programs
- Liberal religious education classes for children
- Childcare for those too young for classes
- Refreshments after programs
- Social events



Unitarian-Universalist Fellowship
481 Zeandale Rd.
Just 1/2 mile east of viaduct on K-18

1992 Spring Calendar (by days)



MONDAYS

Monday, Jan. 20
Judo I (Beg.)
Judo II (Adv.)

Monday, Jan. 27
Tumbling I (ages 4-12)
Japanese Bridge
Swim I (ages 6 mo-3 yr)
Swim I (ages 4-5)
Begin. Swim I (ages 6 & up)
Adv. Beg. Swim I (ages 6 & up)
Intermediate Swim I
Swim & Stay fit I (ages 13 & up)
Swim & Stay fit Parents I
Hydroaerobics I (ages 16 & up)

Monday, Feb. 3
Fine Art of Making Coffee
Fabric Covered Box Workshop

Monday, Feb. 17
Elementary Russian
Sack Lunch Theology
Effec. Writing Editorial Pages

Monday, Feb. 24
Effec. Writing Editorial Pages
T-Shirt Painting
Shoebox to Showcase-Photos

Intl. Courtesy & Etiquette
Study Tips

Monday, March 2
Effec. Writing Editorial Pages
Intl. Dessert: Japan

Monday, March 9
Flowers That Last

Monday, March 16
Tumbling II (ages 4-12)
Intl. Dessert: Egypt
Intro. to Christian Preaching
Swim II (ages 6 mo-3 yr)
Swim II (ages 4-5)
Swim II (ages 5-6)
Begin. Swim II (ages 6 & up)
Adv. Beg. Swim II (ages 6 & up)
Swim & Stay Fit II (ages 13 & up)
Swim & Stay Fit Parents II
Hydroaerobics II (ages 16 & up)
Swimmers II (above Interm.)

Monday, March 23
Market Basket

Monday, April 6
Tennis (ages 7-16)
Tennis (ages 17 & up)
Sugar Eggs
Composting
Bicycle Repair & Maintenance

Monday, April 27
Coll. Sports Memorabilia

Monday, May 4
Solar Greenhouse Tour

TUESDAYS

Tuesday, Jan. 16
Lifeguard Training

Tuesday, Jan. 21
Standard First Aid/CPR

Tuesday, Jan. 28
Preschl Art: Cone Bird Feeder
Swim I (ages 5-6)
Begin. Swim I (age 6 & up)
Adv. Beg. Swim I (age 6 & up)
Swimmers I (above Interm.)
Swim & Stay Fit I (age 13 & up)
Swim & Stay Fit Parents I
Hydroaerobics (ages 16 & up)

Tuesday, Feb. 4
Keyboard Intro. - Yamaha
Income Tax

Tuesday, Feb. 11
Keyboard Intro. - Casio
Preschool Art: Snowman

Tuesday, Feb. 18
Keyboard Intro. - Panasonic
White Dragon Kung Fu I
Novel & Story Writing
No Dumb Questions
Your Inner Child

Tuesday, Feb. 25
Beg. Conversational Chinese
Using your Serger

Tuesday, March 3
Preschool Art: Leprechaun Hat
Aging
Successful Money Management

Tuesday, March 17
Trapshooting
Overcoming Shyness
Swim II (ages 6 mo-3 yr)
Swim II (ages 4-5)
Swim II (ages 5-6)
Begin. Swim II (ages 6 up)
Adv. Beg. Swim II (ages 6 & up)
Intermediate Swim II
Swim & Stay Fit II (ages 13 & up)
Swim & Stay Fit Parents II
Hydroaerobics II
Lifeguard Training

Tuesday, March 22
White Dragon Kung Fu II

Tuesday, March 24
Make Your Own T-Shirt

Tuesday, March 31
Hunger and Poverty

Tuesday, April 7
Windsurfing
Successful Money Management

Tuesday, April 14
Preschool Art: Paper Wind Sock
Constellations

Tuesday, May 5
The Night Sky
Preschl Art: Muffin Cup

Flower
Successful Money Management

WEDNESDAYS

Wednesday, Jan. 15
Water Safety Instructor

Wednesday, Jan. 22
Standard First Aid/CPR

Wednesday, Jan. 29
Begining Sign Language

Wednesday, Feb. 5
Children's Morning Play Group
Laser Printer Quick Fix
Begining German

Wednesday, Feb. 12
Live Hobbies

Wednesday, Feb. 19
Books by and About Women

Wednesday, Feb. 26
Effective Parenting
Sweater Repair
Health Professions
Intl. Dessert: Pakistan

Wednesday, March 4
The Perennial Garden
Begining Ballet



Wednesday, March 18
Standard First Aid/CPR
Golf
Stress Control & Relaxation
Coordinated Image
Nail Care for the Nineties
Begining Gardeners

Wednesday, March 25
Czech

Wednesday, April 1
Codependency in the Workplace

Wednesday, April 8
E.S.: Career Exploration

Wednesday, April 15
Intro. to Zen Buddhist
E.S.: Identifying Skills

Wednesday, April 20
Living Trust

Wednesday, April 22
E.S.: Application, Resume, Letter

Wednesday, April 29
E.S.: Job Search

Wednesday, May 6
E.S.: Successful Interviewing

Wednesday, May 13
E.S.: Success & Advancement

THURSDAYS

Thursday, Jan 16
Lifeguarding Instructor

Lifeguard Training

Thursday, Feb. 6
Children's Morning Play Group

Thursday, Feb. 13
Begining Gardeners
Stress Control & Relaxation

Thursday, Feb. 20
Begining Swedish II
Love Affair with Words: Writing Fiction

Thursday, Feb. 27
Wok Cooking
Paper Twist Basket

Thursday, March 5
BreadMake Workshop

Thursday, March 12
Creative Fabric Painting

Thursday, March 19
Golf
Pressed Flower Bookmarks
Collecting Antique Furniture
Fishing Northeast Kansas
Affordable Home Ownership

Thursday, March 26
Collecting Antique Glassware
Golf for Beginners
Small Animal Emergency Care

Thursday, April 2
Parent Teacher Conference
Apocalyptic Interpretation

Thursday, April 16
Golf for Beginners
Growing Herbs

Thursday, April 23
Landscaping Around the Home

Thursday, April 30
Cornhusk Dolls

Thursday, May 7
Golf for Beginners

FRIDAYS

Friday, Jan. 24
Tae Kwon Do Karate I (Beg.)
Tae Kwon Do Karate II (Adv.)

Friday, Feb. 7
Introduction to Wine

Friday, Feb. 21
Divorce Support Group
Intl. Dessert: Malaysia

Friday, Feb. 28
Begining Calligraphy

Friday, March 6
Shopping for a Greener World

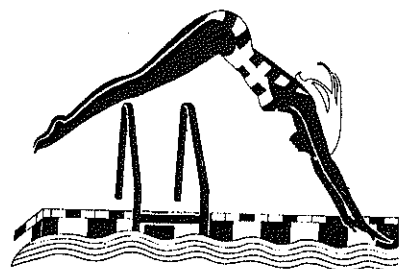
Friday, March 27
Intl. Dessert: China

Friday, April 3
Parent Teacher Conference

Friday, May 1
Begining Calligraphy

SATURDAYS

Saturday, Jan. 25
Begining Shiatsu Massage
Tumbling I (ages 1-3)
Tumbling I (ages 3-6)
Scuba Diving I
Swim (ages 6 mo-3 yr)
Swim (ages 4-5)
Swim (ages 5-6)
Begin. Swim (ages 6 & up)



Adv. Begin. Swim (ages 6 & up)
Intermediate Swim
Swimmers (above Interm.)
Swim & Stay Fit (ages 13 & up)
Swim & Stay Fit Parents
Hydroaerobics (ages 16 & up)
Adult Swim Lessons

Saturday, Feb. 1
Kayaking

Saturday, Feb. 8
Silk Flower Sweatshirts
Earth Day 1992 Planning

Saturday, Feb. 15
International Dessert: Iran
Toilet Training

Saturday, Feb. 22
Kung Fu for Children

Saturday, March 21
Scuba Diving II
Basic Lifeguarding (ages 15 & up)
Sweater Repair
Fundamentals of Canoeing
Spring Plant Swap
Tumbling II (ages 1-3)
Tumbling II (ages 3-6)

Saturday, March 28
Eco-Lympics
Career Profiles: Drafting

Saturday, April 4
Intl. Dessert: Africa
Career Profiles: Clerical

Saturday, April 11
Kids and Money
Breakfast with Easter Bunny
Making Covered Albums
Creat'ing Padded Baskets
Wabaunsee Glacial Area
Career Profiles: Paralegal

Saturday, April 18
Watercolor Painting
Career Profiles: Travel

Saturday, April 25
Monster Bubbles
Field Trip KS Arboretum
Fiberglass Boat Building
Career Profiles: Healthcare

Saturday, May 9
Field Trip Pillsbury Crossing

SUNDAYS

Sunday, Feb. 9
Sensible Pet Selection

Sunday, Feb. 23
Hakkro Ryu Jujitsu

Sunday, April 12
Outdoor Survival

Sunday, May 3
Canoe/Kayak Practice Roll

Sunday, May 10
Kaw River Nature Trail

INCLEMENT WEATHER POLICY

UFM courses held on campus follow the inclement weather policy of Kansas State University. Courses will be conducted unless all University courses are cancelled. If the instructor informs his/her students personally that he or she will not be present at a given class meeting, the instructor is then responsible for arranging a make-up lesson. Weather sensitive courses will use the scheduled rain date. If a rain date is not scheduled, instructor will be responsible for rescheduling.

SPECIAL POLICIES FOR CREDIT OPTIONAL CLASSES

Credit Registration Refunds: After the second credit optional class meeting, but before one third of the scheduled class sessions have met, fifty percent of the fee may be refunded if requested in writing. No refund is issued if it is requested after one-third of the class meetings have ended.

Credit Enrollment Fees: Courses taken for credit carry additional fees required for University administration of the credit program. A \$15.00 late fee will be charged for enrollments taken after the second class meeting. A \$35.00 late fee will be charged for enrollments taken after one-third of the class meetings. Additional student activity and health fees may be assessed for students enrolled in 6 or fewer KSU credit hours.

Withdrawals: A student may withdraw from a credit option

class by written request prior to the completion of one-third of the scheduled class meetings without a grade being recorded on the student's transcript. If a student withdraws after one-third, but before two-thirds of the scheduled class meetings, a grade of W (withdrawn) will be issued. No withdrawals will be accepted after two-thirds of the scheduled classes have been completed.

LIABILITY STATEMENT

Individual participants should be aware of the risks and hazards involved in recreational sports and fitness activities. They should voluntarily elect to utilize KSU and UFM facilities and participate in programs recognizing present conditions and further agree to voluntarily assume all risks of loss, damage, or injury that may be sustained while using KSU or UFM facilities or participating in programs.

KSU Continuing Education/UFM assumes no responsibility for costs involved with individual injury or property loss incurred in connection with the use of University or UFM facilities. Individuals are reminded that they should review their own personal circumstances to determine if they have adequate insurance or protection in case of injury resulting from the use of University facilities or participation in programs. It is recommended that all participants have a complete physical before engaging in any physical recreation program.

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.

WE'RE STEPPING OUT...

Community Registrations

For your convenience the following dates and locations have been scheduled for onsite registrations...

DATE	TIME	LOCATION
January 13	11 am-2 pm	KSU Union
January 14	11 am-2 pm	KSU Union
January 15	4 pm-6 pm	Commissary Ft. Riley
January 18	11 am-2 pm	Wal-Mart
January 21	9:30-10:30 am	Public Library
	12:30-1:30 pm	Public Library
	5-7 pm	Public Library
January 23	5-7 pm	Public Library

Registration continues throughout the semester at the UFM House from 8 a.m.-5 p.m.

DON'T GET LEFT OUT!

Register early:

- So we can notify you of any course changes.
- To assure your enrollment in the course of your choice.
- To allow instructors adequate preparation time.

THANK YOU

Your contributions are a vital part of our operating budget and we could not continue without them. We wish to thank the following contributors to our 1991 Annual Fund Drive. If you are not a contributor and would like to help UFM meet its goals, please send your contributions to UFM, 1221 Thurston, Manhattan, KS 66502.

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REGISTRATION INFORMATION

3 WAYS TO REGISTER

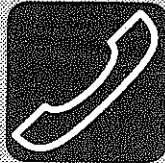


Registration by Mail

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.

FOR YOU...

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

FOR A FRIEND...

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

Name _____ Day Phone _____

Address _____ Evening Phone _____

City _____ State Kansas Zip _____

Social Security No. _____ Credit _____ Non Credit _____

CLASS #	Session	TITLE	FEE	LOCATION	DATE	TIME
1.						
2.						
3.						
4.						

Tax Deductible Donation _____
Total _____

I hereby authorize the use of my Visa MasterCard

Signature _____

Card # _____ Expiration Date _____

Card Cardholder's Name (Please Print) _____

(Please check all that apply)
KSU STUDENT: Fr So Jr Sr Gr

AGE: Under 18 exact age _____, 19-24 25-59 60+

Parent's Name if Student is Under Age 18 _____

EMPLOYER: KSU Faculty/Staff Fort Riley Personnel Other

Where did you obtain your catalog? _____

A class I would like offered _____

I am participating upon my own initiative and upon my own assumption of risk in a University For Man program. I hereby agree, for myself and all who may hereafter claim through or for me, to assume all risk of personal harm or injury relating to or resulting from my participation in any or all classes for which I have registered and to hold University For Man harmless as to liability for such injury.

Signature ** _____ Date _____

**Signature of parent or guardian required for minors.

OFFICE USE ONLY		amount	
date	staff		
Date Received	_____	Check	_____
Entered	_____	Cash	_____
Computer	_____	Visa	_____
Fee	_____	M/C	_____
		Voucher	_____
			Date _____
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Name _____ Day Phone _____

Address _____ Evening Phone _____

City _____ State Kansas Zip _____

Social Security No. _____ Credit _____ Non Credit _____

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Fee	_____	M/C	_____
		Voucher	_____
			Date _____
		TOTAL PAID	