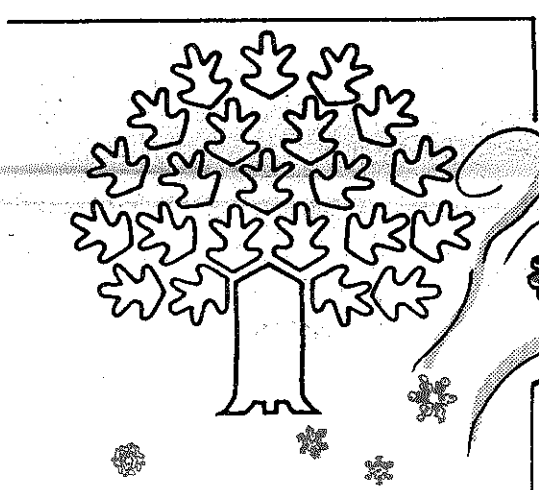


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UFM
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(Jan.-May)



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 thriving, non-profit, community-based education program. A central premise of the UFM philosophy is that within any community there are resources, including residents, organizations, and facilities, which may be used to integrate education with living in both practice and concept.

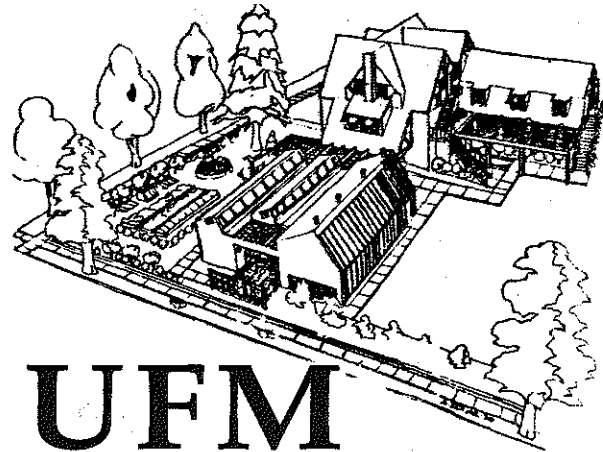
Each year UFM helps put the community into education through teaching, participating in classes, attending lectures, gardening, literacy classes and community involvement activities. UFM helps connect the university and the community, youth and adult, poor and rich, new and old residents with each other. All participate on equal footing, bringing local resources together to benefit all.

The UFM staff:

- Executive Director - Linda Inlow Teener
- Educational Coordinator - Tresa Weaver
- State Outreach Coordinator - Anita Madison
- Lou Douglas Lecture Coordinator - Karen McCulloh
- Family Literacy Program - Michael Cody
- Office Coordinator - Bonnie Wellmeier

It is the goal of UFM to continue bringing people together to identify other needs in the community and to 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.

WHERE WE'RE LOCATED...



UFM
1221 Thurston

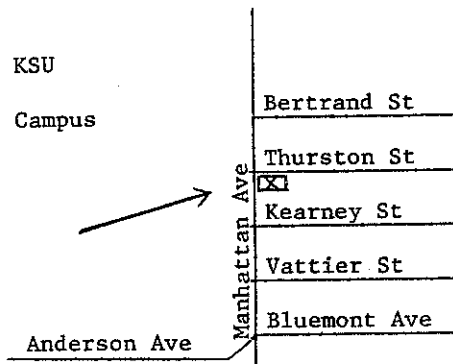


TABLE OF CONTENTS

Information

Cancellation of classes	23	Registration Forms	24
Inclement Weather	23	Registration Information	23, 24
General Policies	23	University Credit Information	23
Map	2		

Classes

Aquatics	4-7	Languages	16
*Red Cross Learn to Swim & Water Safety		*English as a Second Language	
*Scuba		*Sign Language	
Business & Professional	8-9	*Foreign Languages	
*Computer classes		Martial Arts	17
*Investment classes		*Full Range of classes	
Creative FreeTime	10-11	Our Community & Beyond	18
*Photography		*Field Trips	
*Writing classes		*Travel	
*Crafts		Personal Development	19-20
*Calligraphy		*Self Defense for Women	
*Bridge		*Stress Control	
Earth & Nature	12	Recreation and Health	20-21
*Gardening classes		*Sports Lessons	
*Fishing		*Ballroom Dance	
Family Living	13	*Standard First Aid/CPR	
*Elderly		Youth	22
*Parenting		*Self Defense for PreTeens	
Food For Fun	14	*Sewing	
*Cake Decorating		*Kids on Campus	
*Beer Making		*Fine Arts	
*Cooking classes			
Home and Auto	15		
*Home Repairs			
*Landscaping			
*Antiques			

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 UFM programs, Board members, or staff.

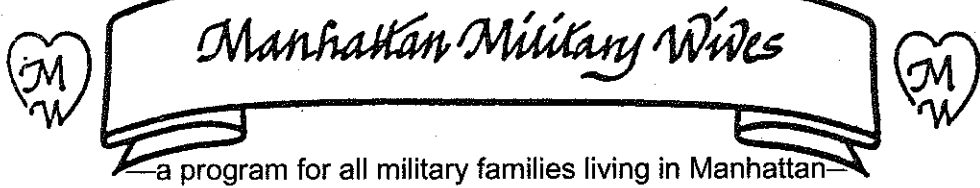
UFM is committed to a policy of nondiscrimination on the basis of race, sex, national origin, handicap, religion, age, sexual preference, or other non-merit reasons, in relation to admissions, educational programs or activities, and employment, all as required by applicable laws and regulations.

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—a program for all military families living in Manhattan—

MILITARY WIVES programs facilitate new friendships and mutual support, emotional and intellectual growth, and lots of group fun. Weekly program topics include information about Manhattan and Ft. Riley, home management, cooking, parenting, self-improvement, communication, career planning, educational opportunities, potluck luncheons and crafts.

Meetings are held every Wednesday afternoon from 1-3 p.m. at the First Presbyterian Church, 8th and Leavenworth. Free childcare for infants, toddlers and kindergartners is provided. No reservations are needed. Transportation is available.

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, COPE calendar 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 afternoons are eligible for membership in the Manhattan Military Wives Babysitting Co-op.

SPECIAL WORKSHOPS, CLASSES & SUPPORT GROUP

* Survival Skills for Women is a special ten-week workshop series held on Friday mornings beginning January 15.

* Pregnancy & Parenting Partners is a support group for momsto-be and mothers of young children. It meets twice monthly on Tuesday afternoons and welcomes new members. Non-military women are welcome to attend.

* Other personal growth classes and workshops are offered.

* Childcare for infants and preschool children is provided for all group meetings and classes.

COMMUNITY NETWORKING

The MILITARY WIVES program 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 - 537-7146 - Manhattan Military Visitor

COMMUNITY REGISTRATIONS

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

DATE	TIME	LOCATION
Jan 12	10 am - 2 pm	KSU Union
Jan 13	10 am - 2 pm	KSU Union
Jan 17	12 noon - 2 pm	Wal-Mart
Jan 21	4 pm - 7 pm	Public Library

Registration continues throughout the semester at the UFM House, 1221 Thurston, from 8:30 am - 5 pm. (closed 12 Noon - 1 pm).

MAILING YOUR REGISTRATION?

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.

To advertise your business or organization in the next UFM catalog, contact the UFM Office (539-8763) by March 19.

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

UFM is looking for anecdotes, photos, and memories of UFM over the past 24 years. If you have something you can share, call UFM at 539-8763 or send to 1221 Thurston, Manhattan, KS 66502 by June 1.

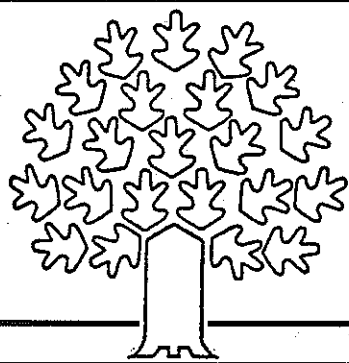
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Aquatics

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UFM Swim Classes

UFM and the Division of Continuing Education are pleased to present the revised American Red Cross Learn to Swim program. This newly developed swimming program has been designed to better meet the needs of all participants. New techniques and strokes add challenges even for advanced swimmers. Use the chart below to place your student in the appropriate updated Red Cross Swimming classes.

Parents are allowed on deck only on Parents Day.

Location: 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 canceled.

No Classes: Mon/Wed March 22 & 24
Tues/Thurs March 23 & 25
Sat February 6,13 or March 20,27

Session I: Mon/Wed. January 25 - March 3
Tues/Thurs. January 26 - March 4

Session II: Mon/Wed. March 29 - May 5
Tues/Thurs. March 30 - May 6

Sat. Session: January 23 - May 1

Learn to Swim Course Comparison

Existing Swim Courses	Revised Swim Courses
	Level I: Water Exploration Level II: Primary Skills
Beginner Swimmer →	Level III: Stroke Readiness
Advanced Beginner →	Level IV: Stroke Development
Intermediate Swimmer →	Level V: Stroke Refinement
Swimmer →	Level VI: Skill Proficiency
Advanced Swimmer →	Level VII: Advanced Skills

Parent/Infant and Parent/Tot

This water orientation program is 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.**

Session I:
AQ-01 Mon/Wed 7 - 7:30 pm

Session II:
AQ-15 Mon/Wed 7 - 7:30 pm
AQ-16 Tues/Thurs 7 - 7:30 pm

Session III:
AQ-33 Saturday 10:30 - 11 am
Fee: \$22.00 per session

Level I: Water Exploration

The objective of Level I is to help students feel comfortable in water and to enjoy the water safely. Students will be introduced to elementary aquatic skills which will be built on as they progress through the Learn to Swim program. There are no prerequisites for this course.

Session I:
AQ-02 Mon/Wed 6:05 - 6:35 pm

Session II:
AQ-17 Mon/Wed 6:50 - 7:20 pm
AQ-18 Tues/Thurs 6:05 - 6:35 pm

Session III:
AQ-34 Saturday 9:30 - 10 am
AQ-35 Saturday 10:30 - 11 am
Fee: \$20 per session

Level II: Primary Skills

The objective of Level II is to give students success with fundamental skills. Students learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills and adds to the self-help and basic rescue skills begun in Level I. Students entering this course must have a Level I certificate or must be able to demonstrate all the completion requirements in Level I.

Session I:
AQ-03 Mon/Wed 6:05 - 6:45 pm

Session II:
AQ-19 Mon/Wed 6:50 - 7:30 pm
AQ-20 Tues/Thurs 6:05 - 6:45 pm

Session III:
AQ-36 Saturday 9:30 - 10:15 am
AQ-37 Saturday 10:30 - 11:15 am
Fee: \$35 per session

Level III: Stroke Readiness

The objective of Level III is to build on the skills in Level II by providing additional guided practice. Students will learn to coordinate the front and back crawl. They will be introduced to the elementary back stroke and to the fundamentals of treading water. Students will also learn rules for safe diving and begin to learn to dive from the side of the pool. Students entering this course must have a Level II certificate or must be able to demonstrate all the completion requirements in Level II.

Session I:
AQ-04 Mon/Wed 6:05 - 6:45 pm
AQ-05 Tues/Thurs 6:05 - 6:45 pm

Session II:
AQ-21 Mon/Wed 6:50 - 7:30 pm
AQ-22 Tues/Thurs 6:05 - 6:45 pm

Session III:
AQ-38 Saturday 9:30 - 10:15 am
AQ-39 Saturday 10:30 - 11:15 am
Fee: \$35 per session

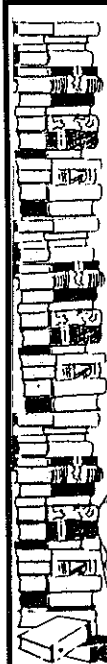
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AQUATICS (Continued)

Level IV: Stroke Development

The objective of Level IV is to develop confidence in the strokes learned thus far and to improve other aquatic skills. Students will increase their endurance by swimming familiar strokes (elementary backstroke, front crawl, and back crawl) for greater distances. Students will be introduced to the breaststroke and sidestroke and the basics of turning at a wall. Students entering this course must have a Level III certificate or must be able to demonstrate all the completion requirements in Level III.

Session I:		
AQ-06	Mon/Wed	6:50 - 7:30 pm
AQ-07	Tues/Thurs	6:05 - 6:45 pm
Session II:		
AQ-23	Mon/Wed	6:05 - 6:45 pm
AQ-24	Tues/Thurs	6:50 - 7:30 pm
Session III:		
AQ-40	Saturday	9:30 - 10:15 am
AQ-41	Saturday	10:30 - 11:15 am
Fee:		\$35 per session

Level V: Stroke Refinement

The objective of Level V is coordination and refinement of key strokes. Students will be introduced to the butterfly, open turns, the feet-first surface dive and springboard diving. Participants learn to perform the front crawl and back crawl for increased distances and to perform the sidestroke and breaststroke. Students entering this course must have a Level IV certificate or must be able to demonstrate all the course requirements in Level IV.

Session I:		
AQ-08	Mon/Wed	6:50 - 7:30 pm
AQ-09	Tues/Thurs	6:50 - 7:30 pm
Session II:		
AQ-25	Mon/Wed	6:50 - 7:30 pm
AQ-26	Tues/Thurs	6:50 - 7:30 pm
Session III:		
AQ-42	Saturday	10:30 - 11:15 am
Fee:		\$35 per session

Level VI: Skill Proficiency

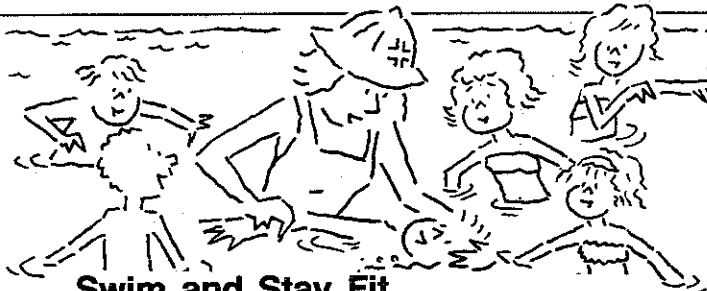
The objective of Level VI is to polish strokes so students swim them with more ease, efficiency, power, and smoothness over greater distances. Students develop considerable endurance by the end of this course. Participants will be introduced to additional turns as well as the pike and tuck surface dives. Students entering this course must have a Level V certificate or must be able to demonstrate all the skills required to complete Level V.

Session I:		
AQ-10	Tues/Thurs	6:50 - 7:30 pm
Session II:		
AQ-27	Mon/Wed	6:05 - 6:45 pm
Session III:		
AQ-43	Saturday	10:30 - 11:15 am
Fee:		\$35 per session

Level VII: Advanced Skills

The objective of Level VII is to perfect strokes and to develop good fitness habits. Participants are urged to use aquatic activities throughout life to maintain their physical condition. They will be taught springboard diving and advanced rescue skills. They will be introduced to other aquatic activities such as water polo, synchronized swimming, skin diving and competition. Participants entering this course must have a Level VI certificate or must be able to demonstrate all the completion requirements in Level VI.

Session II:		
AQ-28	Mon/Wed	6:05 - 6:45 pm
Session III:		
AQ-44	Saturday	10:30 - 11:15 pm
Fee:		\$35



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. You may choose your 40 Minute block of time during the below scheduled times.

Session I:		
AQ-13	Mon - Thurs	6:05 - 7:30 pm
Session II:		
AQ-31	Mon - Thurs	6:05 - 7:30 pm
Session III:		
AQ-45	Saturday	9:30 - 11:30 am
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.

Session I:		
AQ-14	Mon - Thurs	6:05 - 7:30 pm
Session II:		
AQ-32	Mon - Thurs	6:05 - 7:30 pm
Session III:		
AQ-46	Saturday	9:30 - 11:30 am
Fee:		\$15 per session

Private Lessons for Special Populations AQ-49

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-50

These lessons are for one on one instruction and are for any level of swimmer. The Swim Coordinator will contact students within 10 days of registration, to schedule 6 classes of 30 minutes each, if conditions can be met.

Date/Time:	By appointment
Fee:	\$38.00 per session

Adult Swim Lessons

Are you tired of sitting on the sidelines watching everyone else swim? Well, you don't need to anymore. Now's your chance to learn how to swim. This class is 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.

Session I:		
AQ-11	Mon/Wed	6:50 - 7:30 pm
AQ-12	Tues/Thurs	6:05 - 6:45 pm
Session II:		
AQ-29	Mon/Wed	6:50 - 7:30 pm
AQ-30	Tues/Thurs	6:50 - 7:30 pm
Fee:		\$35

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.

Date:	AQ-47 Session I
	AQ-48 Session II
Time:	6:05 - 7 pm Monday through Thursday
Fee:	\$20

Basic Water Safety AQ-51

* No age requirement, water participation not required, but recommended.

Provides general water safety information. Great for families, clubs, groups, organizations and interested individuals. This class is a prerequisite for Emergency Water Safety.

Date:	March 8 - 12 (4 sessions)
Time:	5:30 - 7:30 pm (Mon - Fri)
Fee:	\$20 per person (ask about group and family rates)
Location:	KSU Natatorium

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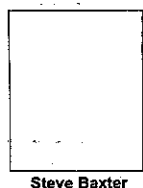
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Lifeguard Instructor

AQ-55

This class provides training to those wishing to teach the American Red Cross Lifeguarding and Water Safety courses. Prerequisites: Participant must be 17 years of age by the first class. Current Instructor Candidate Training certification or current instructor authorization (WSI) is required. Participant must have a current Lifeguard Training Certificate. Basic Lifeguarding will not satisfy this requirement. To receive certification the candidate must be competent in performance of teaching assignments and score 80% on a written test.

Deb Christie

Date: May 3,6,13,17 - 22
Time: 5 - 7:30 pm
Fee: \$50
Location: KSU Natatorium

Basic Lifeguarding to Lifeguard Training Progression

AQ-55A

This course provides a method for individuals with a current American Red Cross Basic Lifeguarding certificate to progress to the American Red Cross Lifeguard Training Course. Prerequisites: Participant must have current certification in American Red Cross Basic Lifeguarding and pass a skills screening. Current certification in Standard First Aid and CPR is required prior to graduation.

Deb Christie

Date: May 5,6,13,17 - 21
Time: 5 - 7:30 pm
Fee: \$40
Location: KSU Natatorium

Lifeguarding Review

AQ-55B

The purpose of this course is to provide individuals with an opportunity to review the material within a formal structure. The Basic Lifeguarding and Lifeguard Training reviews will be combined to accommodate all participants. Prerequisites: Participant must have a current American Red Cross Basic Lifeguarding or Lifeguard Training Certificate, and be currently certified in Standard First Aid and Adult CPR prior to graduation. Students must satisfactorily perform a swimming skills test and score 80% on a written test.

Deb Christie

Date: May 3, 18 - 21
Time: 5 - 7:30 pm
Fee: \$20
Location: KSU Natatorium

Lifeguard Training

AQ-56

This course provides explanations, demonstrations, practice, and review of rescue skills essential for lifeguards. It 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 receive certification the student must successfully complete or show documentation of American Red Cross: Standard 1st Aid/CPR course and successfully complete the final skills test and pass the written test by 80% minimum score.

Date: March 8 - 18 (8 sessions)
Time: 4 - 7:30 pm (Mon - Thurs)
Fee: \$70
Location: KSU Natatorium

Water Safety Instructor

AQ-53

The purpose of this course is to train instructor candidates to teach the American Red Cross Learn to Swim and Water Safety courses. This course includes the screening and Instructor Candidate Training required by American Red Cross. Prerequisite: Participants must be 17 years of age by the first day of class and successfully pass the pre-course written test. All prospective candidates must successfully complete a pretest on their knowledge of aquatics and safety skills, as well as their stroke proficiency and rescue skills.

Deb Christie is certified through the American Red Cross as a Water Safety Instructor/Trainer.

Date: January 14 - May 6
Time: 4:30 - 7:30 pm (Thursday)
Fee: \$150
Location: KSU Natatorium

Water Safety Instructor Update

AQ-54

The American Red Cross requires that all Water Safety Instructors must have completed an update orientation or self-study orientation by Dec. 31, 1993 or their WSI Certification will no longer be valid. This group orientation will provide opportunity to practice new water skills and insure a thorough understanding of the revised American Red Cross Learn to Swim program. All participants must be current WSI and complete the Implementation Test as a study guide before attending the orientation session. To receive certification participants must pass a written test with 80% or better.

Update kits may be purchased at the American Red Cross Office at 1014 Poyntz.

Deb Christie is certified through the American Red Cross as a Water Safety Instructor/Trainer.

Date: April 17 (1 session)
Time: 1 pm - 7 pm (Saturday)
Fee: \$25
Location: KSU Natatorium

Skin Diving

AQ-59

This Skin Diving program is designed as a leisure time activity. Swimmers who are interested in expanding their aquatic experiences will find this course to be enjoyable and challenging. The underwater world is a fascinating place which can be explored with a minimum amount of effort by the use of mask, fins, and snorkel. The student must only provide a swimming suit. Mask, fins, and snorkels will be available to purchase if they desire. Minimum Age: 10 Students 10-15 need to have a parent present (poolside).

Skin Diving Demonstration will be held at the KSU Natatorium on Friday, January 8 at 6:05 - 7:30pm.

Jeff Wilson, has been diving for 22 years and has been teaching for 12 years.

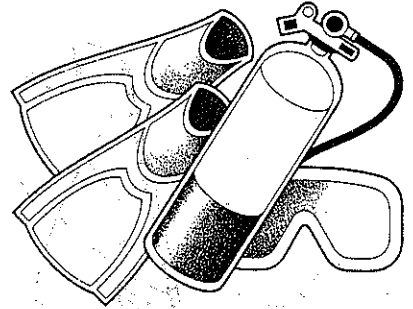
Date: January 8,15 & 22 (3 sessions)
Time: 6:05 - 9:30 pm (Friday)
Fee: \$60
Location: KSU Natatorium

Skin Diving

AQ-60

Jeff Wilson

Date: March 15,17 & 19 (3 sessions)
Time: 6:05 - 9:30 pm (Mon,Wed,Fri)
Fee: \$60
Location: KSU Natatorium



Scuba Diving

AQ-57

This class will prepare students for Open Water One certification. The certificate is included in the class fee, however 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 for mask, \$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 Thursday, January 21 from 6:05 - 7:30 pm. 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: January 23 - March 13 (6 sessions)
No class February 6 & 13
Time: 9 am - 1 pm (Saturday)
Fee: \$195
Location: KSU Natatorium

Scuba Refresher

AQ-58

The dive refresher program is designed to provide a controlled training environment for those certified divers who have not had recent diving experience. This program is recommended for:

1. Those with less than 4 open water dives in the past year.
2. Those with no water dives in the past 6 months.
3. Those planning dives in an environment which is new to them.

Prerequisite: Open Water I certification. Student must provide their own mask, fins, and snorkels for the class. They may use their own equipment if they have it.

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

Date: March 14 (1 session)
Time: 3 - 7 pm (Sunday)
Fee: \$50 includes equipment rental
Location: KSU Natatorium

Water Safety Instructor class will be available in March. Call UFM at 539-8763 for details.

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Call for specific times and dates

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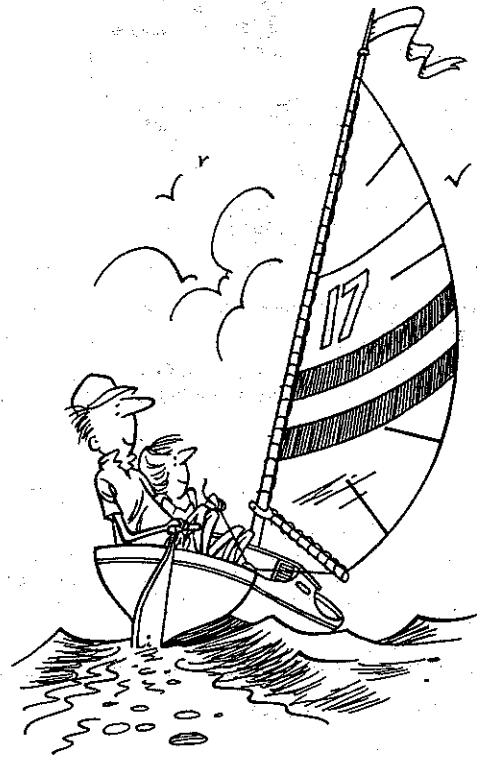
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AQUATICS (Continued)



Boating Skills & Seamanship

AQ-63

This course is designed and taught by U.S. Coast Guard Auxillary certified instructors and is offered as a beginning class in seamanship and boating safety for sailors and power boat owners. Topics to be covered are: boat construction and nomenclature, boat handling, safety and legal requirements, navigation rules, aid to navigation, piloting, marine engines, marlinspike seamanship, basic sailing, weather, radiotelephone, inland waterways, trailering, locks & dams. The course is designed for family participation including children who are old enough to safely handle a boat. Some insurance companies offer reduced rates in boat insurance to persons who successfully complete the course. This course is a classroom course and will not require instruction on the water. Those interested in USCGA membership and a possible new flotilla at Tuttle Creek may also complete the Basic Qualification, BQ, test to be arranged at a later date.

Chuck Oaklief professor of Adult and Continuing Education at KSU, is a certified instructor with the U.S. Coast Guard Auxillary. Chuck is also a seasoned sailor and a member of the Blue Valley Yacht Club at Tuttle Cove. Several area USCGA instructors will assist Chuck in teaching the class.

Date: February 6, 13 & 20 (3 sessions)
 Time: 9 am - 3 pm (Saturday)
 30 minute lunch break
 Fee: \$5 individual
 \$8 couples
 The textbook may be purchased the first day of class through the instructor (approx \$15)
 Location: 344 Bluemont Hall, KSU

Fundamentals of Kayaking

AQ-61

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

Rex Replogle (537-2643), a certified Red Cross Kayak Instructor, has been kayaking for 10 years. He is a past President of the Kansas Canoe Association and the original director of the Kayak Chapter.

Date: January 30 (Saturday)
 January 31, February 7 & 21 (Sunday)
 Time: 9 am - noon (1st session)
 9 am - 1 pm (2nd - 4th session)
 Fee: \$50 includes equipment rental
 Location: UFM Fireplace Room - Saturday session
 KSU Natatorium - Sunday sessions

Intermediate Kayak Workshop

AQ-62

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

Rex Replogle and TJ Hittle, have been teaching Kayak classes for a number of years. They are certified Red Cross Kayak Instructor/Trainers.

Date: March 7 (1 session)
 Time: 9am - 1pm (Sunday)
 Fee: \$5
 Location: KSU Natatorium

**STANDARD FIRST AID and
 COMMUNITY CPR classes can be
 found in the RECREATION AND
 HEALTH section of the catalog.**

GRE Preparation Course Early Fall Class

*Be confident and prepared
 to take the GRE!*

- Review and practice the three GRE subject areas of Math, Logic and Verbal Skills
- Learn strategies for successful test taking
- Analyze the reasons for correct responses

**For More Information,
 call UFM 539-8763**

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	OTHER MEMBERSHIPS
Cash fee.....\$60	4 months Cash fee.....\$28
(Shorter periods or one-time usage can be arranged.)	8 months Cash fee.....\$48

IN-KIND CONTRIBUTIONS

*Help Clean the studio	*Participate in Cooperative meetings
*Co-teach classes or workshops	*Locate teachers for classes or workshops
*Assist with 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
 For further information, Call UFM 539-8763



Emergency Water Safety

AQ-52

Swim Level IV certificate or competency skills in level IV is required before taking this course. Water participation is required. Basic Water Safety is a prerequisite for this class. A skills test will be given.

This class prepares you to prevent accidents and to respond effectively if a water accident should occur.

Date: March 15 - 19 (5 sessions)
 Time: 5:30 - 7:30 pm (Mon - Fri)
 Fee: \$25 (ask about group and family rates)
 Location: KSU Natatorium

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.

Early registration also helps avoid class cancellation. 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. See the back page of this catalog.

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. Enrollments will be accepted on a first-come, first-served basis.

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

No. In some courses, however, you will be given a supply list and asked to bring your own supplies to class. **COURSES TAKEN FOR UNIVERSITY CREDIT HAVE THEIR OWN FEE STRUCTURE. SEE SPECIAL POLICIES FOR CREDIT OPTIONAL CLASSES.**

5. When is the office open?

8:30 a.m. - 5 p.m. Monday through Friday. (closed 12 Noon - 1 p.m.)

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?

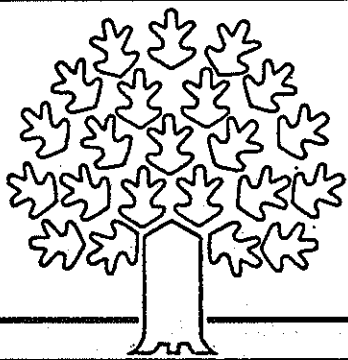
When we cancel or reschedule a class, you will be notified. For this reason, it's extremely important that we have both a daytime and an evening phone number where we may reach you or leave a message. You are welcome to call our office the day your class meets to find out if there are any changes. We 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. **NO REFUND AFTER THE CLASS BEGINS.**

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.**



Business & Professional

1221 THURSTON

539-8763

Successful Money Management

BP-01

This program will cover savings structure, investments, and insurance programs designed for today's world. Discover how to save taxes today while providing future dollars for education or retirement. Regardless of your age or income, the decisions you make today will determine, to a great extent, your financial future. A financial plan for each class participant will be provided.

Fred Freeby (537-4505), is a Senior Account Executive for Waddell & Reed, Inc., a National Financial Services organization. Fred has 16 years experience as a financial planner.

Date: February 9 (1 session)
Time: 7:30 - 9:30 pm (Tuesday)
Fee: \$5 individual
\$8 couples
Location: Waddell & Reed, Inc.
555 Poyntz, Suite 280

Successful Money Management

BP-02

Fred Freeby

Date: March 9 (1 session)
Time: 7:30 - 9:30 pm (Tuesday)
Fee: \$5 individual
\$8 couples
Location: Waddell & Reed, Inc.
555 Poyntz, Suite 280

Successful Money Management

BP-03

Fred Freeby

Date: April 13 (1 session)
Time: 7:30 - 9:30 pm (Tuesday)
Fee: \$5 individual
\$8 couples
Location: Waddell & Reed, Inc.
555 Poyntz, Suite 280

Computer Basics for IBM & Compatibles

BP-04

Learn the basics needed for effective use of the IBM or compatible personal computer. This course is designed for those who have very little or no knowledge of computers. Topics to be covered include: types of computers and terminology, hardware, software, and working with DOS. You will also learn basic DOS commands needed for efficient use of your computer. Hands-on computer time is provided during the class.

Linda Teener (539-8763), takes a practical and easy to understand approach to learning how to make your computer work for you.

Date: January 26 (1 session)
Time: 6:30 - 8:30 pm (Tuesday)
Fee: \$18
\$30 for both BP-04 & BP-05
Location: UFM Computer Lab

Basic WordPerfect

BP-06

This class is designed to introduce the basic elements of word processing using Word Perfect 5.1. Learn how to create a document, set up margins and other page formatting, print and save documents. The use of Reveal Codes, Spellcheck and Thesaurus features will be included. Hands-on computer time is provided during the course.

Linda Teener (539-8763), takes a practical and easy to understand approach to learning how to make your computer work for you.

Date: February 16 & 23 (2 sessions)
Time: 3 - 5 pm (Tuesday)
Fee: \$25
Location: UFM Computer Lab

WordPerfect Razzle Dazzle

BP-07

Learn how to jazz up your documents with graphics, tables, and fonts. You can program macros to make life easier. Try your hand at laying out flyers or making documents more attractive. This course will use WordPerfect 5.1, although most applications can be used with WordPerfect 5.0. Hands-on computer time is provided during the course.

Linda Teener (539-8763), takes a practical and easy to understand approach to learning how to make your computer work for you.

Date: March 30 - April 13 (3 sessions)
Time: 3 - 5 pm (Tuesday)
Fee: \$40
Location: UFM Computer Lab

The training to become a WATER SAFETY INSTRUCTOR is offered in the AQUATICS section of this catalog.

THANK YOU, ADVERTISERS
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Do you have a skill or interest you would like to share? Become a UFM instructor! Call the UFM office (539-8763).

Women in Home-Based Business Conference

If you ever dreamed about starting your own business, this conference is for You!

Turn your ideas and talents into profits!

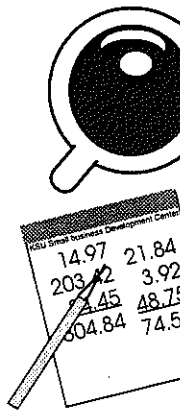
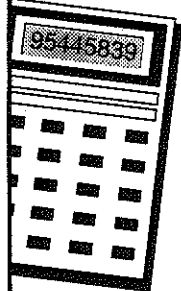
April 22 & 23, 1993 • 9:00 a.m. to 1:00 p.m.

\$8.00 (includes book)

The time you invest to explore your business interests will be time well-spent.

For more information, call 532-6561

Sponsored by New Directions & KSU Small Business Development Center



Hard Drive Management

BP-05

This class will review basic DOS commands and move on to commands used to manage a hard drive. Information will be given on creating or modifying the autoexec.bat file as well as writing batch files and modifying the path statement. Students will gain insights into how to organize the hard drive for optimum efficiency. Hands-on computer time is provided during the class.

Linda Teener (539-8763), takes a practical and easy to understand approach to learning how to make your computer work for you.

Date: February 2 (1 session)
Time: 6:30 - 8:30 pm (Tuesday)
Fee: \$18
\$30 for both BP-04 & BP-05
Location: UFM Computer Lab



Introduction to Spreadsheets

BP-08

Take advantage of this powerful software tool. Learn how to set up a spreadsheet with data and formulas. Explore sorting, naming, linking fields and other useful skills. This course will cover the basics of how to set up and use a spreadsheet with Lotus 1-2-3. Application to other software programs will be covered. Hands-on computer time is provided during the course.

Linda Teener (539-8763), takes a practical and easy to understand approach to learning how to make your computer work for you.

Date: March 9 & 16 (2 sessions)
Time: 4 - 6 pm (Tuesday)
Fee: \$25
Location: UFM Computer Lab

Print Shop Just for Fun

BP-09

Print Shop is an inexpensive program that will let you produce cards, flyers, banners, letterhead, and calendars. Learn how to take advantage of its versatility to benefit your club, business or home use. Try creating or modifying graphics to fit your project. Experiment with special effects and personalize your creations. Hands-on computer time is provided during the course.

Linda Teener (539-8763), takes a practical and easy to understand approach to learning how to make your computer work for you.

Date: February 21 (1 session)
Time: 1:30 - 4 pm (Sunday)
Fee: \$15
Location: UFM Computer Lab

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Lead, Follow and Join a Team

BP-10

Improve your leadership and team member skills. Topics focus on critical issues and organizational challenges faced today and in the future. Helpful for anyone involved in a leadership or team building role within the family, the community, and/or on-the-job. Specific topics include personal character and values, communication, group dynamics, situational leadership, and problem solving.

Christina Stephan (537-4544), has taught leadership and professional development classes for the Federal government. She is a graduate student at KSU, earning a Masters degree in Business Administration with special emphasis on leadership and human resource development.

Date: February 10 - March 3 (4 sessions)
Time: 6:30 - 8:30 pm (Wednesday)
Fee: \$32 includes some materials
workbook may be purchased at 1st class
Location: 108 Bluemont Hall, KSU

Laser Printer Quick Fix

BP-11

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 down time 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: February 3 (1 session)
Time: 3:30 - 4:30 pm (Wednesday)
Fee: \$6
Location: 021 Bluemont Hall, KSU

UFM is looking for anecdotes, photos, and memories of UFM over the past 24 years. If you have something you can share, call UFM at 539-8763 or send to 1221 Thurston, Manhattan, KS 66502 by June 1.

\$\$\$\$\$\$\$

Cash for Carts

Want to buy good empty toner cartridges from the following laser printers:

- HP (Hewlett Packard) •IBM 4019
- Apple Laserwriter •Okidata
- Panasonic



Women and Investing in the 90's

BP-12

Are you wondering about your financial security? Learn what investing is all about, how to organize your finances, and what steps you can take now to create a secure financial future for yourself.

Steve Harrison, General Principal and Kent Peterson, Investment Representative for Edward D. Jones will take a common sense layman's language approach to proper and successful investing in the next decade.

Date: January 26 & February 2 (2 sessions)
Time: 7 - 8:30 pm (Tuesday)
Fee: \$8
Location: 555 Poyntz, Colony Square

Rising Income Investment Strategies

BP-13

Let this class guide you with some proper investment advice. We will discuss successful investing in a declining interest environment and investing to keep pace with inflationary pressures.

Steve Harrison, General Principal and Kent Peterson, Investment Representative for Edward D. Jones.

Date: March 9 (1 session)
Time: 7 - 8:30 pm (Tuesday)
Fee: \$5 individual
\$8 couples
Location: 555 Poyntz, Colony Square

How Do I Know What Computer to Buy

BP-14

With computer prices coming down, more people are looking at purchasing this very useful tool for home and business. What kind of computer will best meet your needs is hard to know amid all the megs, rams, drives and hype. This class will explain how to decide what you need and will translate "computerese" into understandable terms to make you an informed confident shopper.

Chuck Havlicek (537-2937), has a thorough knowledge of the computer world. He will offer objective common sense advice in a language anyone can understand.

Date: March 1 (1 session)
Time: 7 - 9 pm (Tuesday)
Fee: \$5
Location: UFM Conference Room

Living Trust

BP-15

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 (537-7200), is President of the First Manhattan Trust Company. 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 ten years of estate planning, trust, and investment experience.

Date: April 26 (1 session)
Time: 7 - 10 pm (Monday)
Fee: \$5 individual
\$8 for couples
Location: 701 Poyntz (Enter through the South Door)

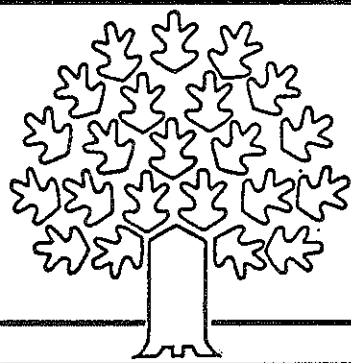
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Creative Free Time

1221 THURSTON

539-8763

Books by and About Women

CF-01

We will discuss thoughts, ideas and issues expressed by women authors through fiction and nonfiction books. Through this informal class we will exchange different perceptions from our own experiences interpreting the themes both seriously and lightly. Past book selections include: *The Kitchens God's Wife* by Amy Tan; *How the Garcia Girls Lost their Accents* by Julia Alvarez and *A Thousand Acres* by Jane Smiley.

Lorrie Cross (587-4300), enjoys reading and discussing books by and about women. She has been a member of this group since its beginning in 1978.

Date: January 27 (approximately 6 sessions)
Time: 7:30 - 9 pm (Wednesday)
Fee: \$6
Location: Call instructor for location

Handweaving

CF-02

This class is an introduction to Handweaving. It will cover weaving terms, types of looms, and materials used. We will learn how to plan a project and prepare the loom for weaving. Each student will prepare a loom for weaving and will be able to take the small table loom home to practice weaving samples in a variety of weave patterns. Students will have an opportunity to weave on a floor loom and be introduced to computer assisted weaving.

George Eads (537-0634), learned to weave in a UFM class in 1986 and has been weaving ever since. He is a member of the local guild - the Weavers Fancy, he owns a variety of looms and demonstrates the craft throughout the area at parks, schools, historical events, etc.

Date: January 27 - February 17 (4 sessions)
Time: 7 - 9 pm (Wednesday)
Fee: \$25
Location: Call for location

Handweaving

CF-03

George Eads

Date: March 3 - 24 (4 sessions)
Time: 7 - 9 pm (Wednesday)
Fee: \$25
Location: Call for location

ANTIQUES ANTIQUES ANTIQUES

Collecting and Restoring Antiques
is in the HOME section.

Don't miss the FOOD FOR FUN section

- BEER MAKING
- CAKE DECORATING
- COOKING CLASSES

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Bridge

CF-04

This course is for the beginner. Previous bridge playing experience is helpful, but not required. It will cover all aspects of play in contract bridge, such as: bidding, playing of the cards, defense and scoring. The class is designed to be user-friendly, consisting of brief lecture followed by application and practice. The fun aspect of playing bridge for both personal and social satisfaction will be emphasized. Individuals may enroll without a playing partner.

Dick Claussen (532-5575), is a Life Master and is an ACBL accredited teacher.

Date: January 25 - March 1 (6 sessions)
Time: 7 - 9 pm (Monday)
Fee: \$20
Location: UFM Fireplace Room

Making Covered Albums

CF-05

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: March 20 (1 session)
Time: 1 - 3 pm (Saturday)
Fee: \$8
Location: UFM Banquet Room

Creating Padded Baskets

CF-06

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. 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: March 20 (1 session)
Time: 10 am - noon (Saturday)
Fee: \$8.50
Location: UFM Banquet Room

*GOLF *GOLF *GOLF *GOLF

See RECREATION AND
HEALTH section of the catalog.

Ben Franklin

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Crafts

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Pillow/Lap Quilt (Quillo)

CF-07

These pillow/lap quilts are a great project for using on your couch, taking in your car, or just any place you need something to keep off the chills, but would like something decorative to hide its purpose. They look just like a pillow until they are unfolded, and then they provide cuddly warmth! Although we won't be able to sew them all together in class, I'll show you the basics and we will baste most of the things so you can complete the project once you get home to your sewing machine. Fabric list available at time of registration.

Deb Rosproy (239-3026), is an experienced crafter. she has experience in teaching a wide range of craft classes, and is always taking new classes as well. Deb enjoys sharing what she has learned with all interested members of the community and finds that many times her students "teach" her with their ideas as well.

Date: February 27 (1 session)
Time: 9 am - noon (Saturday)
Fee: \$6.50
Location: UFM Banquet Room

Beginning Calligraphy -- For Right Handers

CF-08

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 does letters, cards, and posters for personal and professional use.

Date: April 16 (1 session)
Time: 6:30 - 9 pm (Friday)
Fee: \$8.50
Location: UFM Banquet Room

Fiction Writing:Nuts & Bolts

CF-09

We will discuss fiction writing techniques, including research, plotting, and background and character development. Marketing will also be covered.

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

Date: January 26 - February 16 (4 sessions)
Time: 7 - 9 pm (Tuesday)
Fee: \$17
Location: UFM Conference Room

Making a Life Mask of Yourself

CF-10

Would you like to make a plaster cast of your face? Making a life mask is no longer the ordeal it used to be with wet plaster. We will sit before a small mirror and stick bits of plaster gauze on our faces until all but the eyes and nostrils are covered. It will come off easily after it hardens. This will be the mold to pour a plaster cast of your face during the second session. Once the plaster dries, you will have a facial image of yourself. Bring a small mirror that will stand by itself, a small bowl(1 pt) and scissors.

Sam Lacy (539-4404), first became interested in life masks because of one his father had done. Sam and the previous class enjoyed both the mask making and the conversation.

Date: February 24 & March 3 (2 sessions)
Time: 7 - 9 pm (Wednesday)
Fee: \$12
Location: UFM Greenhouse

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MON.-THUR. 8:30-5:30 • SUN. 12:00-5:00



CREATIVE FREETIME (Continued)

Basic Black and White Photography for Amateurs

CF-14

Black and White photography is back. In this class we will give basic tips on taking great pictures with a 35mm camera. We will look at F-stops, shutter speeds, focusing, depth of field, compositions, and the use of different types of film. **Bring a 35mm camera and a roll of Tri-X 400 ISO Black and White film.**

Harold Wellmeier has a degree in Commercial and Industrial Photography. He enjoys all aspects of photography. He especially enjoys working in black and white photography.

Date: February 21 (1 session)
Time: 2:30 - 4:00 pm (Sunday)
Fee: \$5.50
Location: UFM Conference Room

Black and White Film Developing for Beginners

CF-15

This class will cover the basics of Black and White film processing and darkroom procedures. We will limit the class size to provide hands on experience. Each student will develop their own roll of Black and White film. **Note: Student needs to bring an exposed roll of Tri-X 400 ISO film to class.** All other materials are included in the fee.

Harold Wellmeier has a degree in Commercial and Industrial Photography. He enjoys black and white photography, and enjoys processing his own film.

Date: March 7 (1 session)
Time: 2:30 - 4:30 pm (Sunday)
Fee: \$7
Location: UFM Darkroom Lab

Black and White Printing

CF-16

Feel the satisfaction of turning your own Black and White negatives into prints. Each student will gain hands on darkroom experience in print procedure. **Bring 2 Black & White negatives of your choice to process and print in class.** Processing and printing materials included in class fee.

Harold Wellmeier

Date: April 25 (1 session)
Time: 2:30 - 4:30 pm (Sunday)
Fee: \$8
Location: UFM Darkroom Lab

Safe and Creative Family Photo Albums

CF-18

Are your photos stuffed in shoeboxes, or worse, in albums that are chemically destroying them? Learn how to organize your family photos, learn the importance of photo safe, acid free storage. You will learn tips on creative cropping, photo-journaling, album page layout and more. Learn to preserve your past, enrich your future and start the family album tradition. First session is informative and educational. Second session is a hands on workshop where you will use your own photo to create a unique album page. **You will need to bring 12-24 or more of your latest pictures.**

Pam Schmid (316-767-5363), has been a consultant with Creative Memories Shoebox to Showcase since 1989, teaching classes and workshops on preserving family photos and memorabilia using photo safe supplies.

Date: February 8 & 15 (2 sessions)
Time: 7 - 9 pm (Monday)
Fee: \$16
Location: UFM Conference Room

Safe and Creative Family Photo Albums

CF-19

Pam Schmid

Date: March 8 & 15 (2 sessions)
Time: 7 - 9 pm (Monday)
Fee: \$16
Location: UFM Conference Room

Safe and Creative Family Photo Albums

CF-20

Pam Schmid

Date: April 5 & 12 (2 sessions)
Time: 7 - 9 pm (Monday)
Fee: \$16
Location: UFM Conference Room

Beginning Pottery

CF-11

Learn the ancient art of pottery. Beginners will have individual instruction on hand building techniques, glazing techniques, and general fundamentals. With experience students may work with the wheel. Registration fee includes clay, glazes, and use of studio tools. The studio is available to the pottery students one hour before or one hour after each class. Additional studio time may be secured by joining the Pottery Cooperative.

Tim Spidel (537-1821), has been doing pottery for 15 years, and worked at Silver Dollar City as a potter. He specializes in functional forms, however he encourages creativity.

Date: January 27 - March 17 (8 sessions)
Time: 7 - 9 pm (Wednesday)
Fee: \$32
Location: UFM Kitchen and Pottery Studio

Watercolor Painting Via Photography

CF-12

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 instruction 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 24 - May 6 (5 sessions)
Time: 8:30 am - 1 pm (1 Saturday)
7 - 9 pm (2 Tuesdays and 2 Thursdays)
Fee: \$14
Location: UFM Banquet Room

Professional Novel and Story Writing

CF-13

Covers all phases of writing (nonfiction 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: February 10 - 24 (3 sessions)
Time: 7 - 9:30 pm (Wednesday)
Fee: \$12
Location: 149 Justin Hall, KSU

NOTICE NOTICE NOTICE

The YOUTH section of the catalog has activities fun for all ages, especially

- Bread Making
- Sewing
- Building Bug Houses

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Aggieville 1131 Moro

Creative Twist Rabbit

CF-17

Here comes Mrs. Rabbit all decked out in creative twist to adorn your home this spring season. We will provide the instructions and basic materials. You will take home a complete and adorable 16 inch rabbit. You need only bring the creative twist and small decorations in your own color scheme. List of materials available at registration.

Tresa Weaver and Bonnie Wellmeier

Date: March 11 (1 session)
Time: 7 pm (Thursday)
Fee: \$8.50
Location: UFM Fireplace Room

Paint a Ceramic Rabbit

CF-21

Time for Spring and all that is young and new. In this class each student will paint and decorate a ceramic rabbit all their own. This cute little rabbit will be ideal for decoration especially with Easter just around the corner. The rabbit and paint will be provided. Each student will need to **bring 2 small art paint brushes, and a small old towel.** Ages 10+

Bonnie Wellmeier, has been doing arts and crafts for several years and enjoys ceramics which she has been doing for a couple of years.

Date: April 3 (1 session)
Time: 2 - 3:30 pm (Saturday)
Fee: \$7
Location: UFM Banquet Room

Beginning Sculpture

CF-22

Basic handbuilding techniques such as pinch, slab and coil will be covered. We will sculpt a variety of subjects including the human face and form. No prior experience is necessary as the instructor demonstrates step by step and works along with the students. The beginner and advanced are welcome!

Terry Mulhern

Date: March 30 - May 4 (6 sessions)
Time: 7 - 8:30 pm (Tuesdays)
Fee: \$35 includes all materials
Location: UFM Greenhouse



Manhattan Civic Theatre presents

PICNIC

by William Inge

Feb 20-21, 26-28
Benefit Gala Feb 19

ONCE UPON A MATTRESS

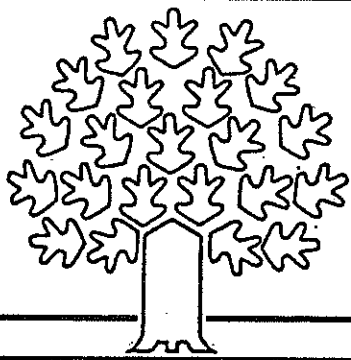
by Thompson & Rogers
(Auditions Feb 22, 23)
Apr 23-25, Apr 30, May 1-2

Fri & Sat 8 p.m., Sun 2 p.m.
Wareham Opera House

Dinner Option on Saturday by
Harry's Uptown Supper Club
Sundays are Smoke-Free Performances

Box Office 539-6000

Volunteers welcome for production
and stage crews! Call 776-8591



Earth & Nature

1221 THURSTON

539-8763

Snakes of Northeast Kansas EN-02

If you're interested or curious about snakes this class is for you! We will talk about how snakes catch and eat their prey. Learn all about snakes and where to find them. Safety around snakes and state regulations will be covered. There will be snakes common to this area to see or handle. This class is a great introduction to the Snake Walk. We encourage adults to accompany the children and share this knowledge. Recommended for children and adults alike ages 8 - 80.

Ray Matlack (494-2881), is a wildlife biology student at Kansas State University. He started collecting reptiles at age 8 and has been doing it ever since.

Date: April 3 (1 session)
Time: 10 am (Saturday)
Fee: \$5 individual
\$8 child and adult
Location: UFM Fireplace Room

Snake Walk EN-03

We will have fun and walk the local terrain to find and identify common reptiles (especially snakes.) As the instructors turn rocks we will discuss safety and state regulation in finding and handling reptiles. We encourage children to be 8 or older and be accompanied by an adult. Good shoes and long pants are recommended. Raindate: April 24

Ray Matlack

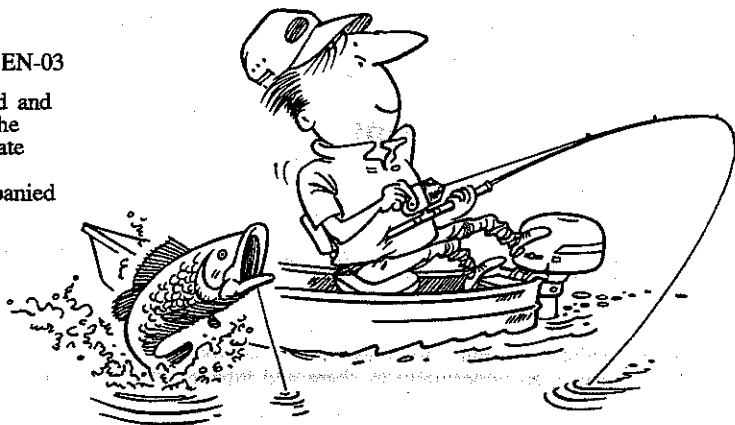
Date: April 10 (1 session)
Time: 9 am (Saturday)
Fee: \$5 individual
\$8 for child and adult
Location: Meet at UFM Parking Lot

Fishing Local Waters EN-01

Learn how to catch a number of different kinds of fish. We'll talk about fish populations and the proper time of the year to catch fish, in all waters in Northeast Kansas. This will be a good opportunity to learn about different methods of fishing. Excellent for the whole family. A great class for the new comer to the Manhattan area.

Paul Miller (539-7941), is a life time resident of Kansas. He has a farm background and 20 years as a Conservation Officer for the Department of Wildlife and Parks. He is an avid fisherman and outdoorsman. Jerry Dishman is a lifelong resident, and a Manhattan City employee with many outdoor skills. He has fished Northeast Kansas for many years and is willing to share his knowledge with others.

Date: March 12 (1 session)
Time: 7 - 9 pm (Friday)
Fee: \$5
Location: UFM Conference Room



Beginning Gardening

Don't plant your green beans in March! Plant your lettuce instead! These courses are for any new Kansas gardeners who want to know what to plant, when to plant, and how to plant the vegetables that you want to grow. The Cool Weather Gardening session covers February, March and April sown vegetables. The Warm Weather Gardening session covers May and June plantings. Miscellaneous gardening tips will also be given. Don't get caught off guard by the frost or have vegetables that bolt. Enroll and have a successful gardening experience!

Colleen Hampton (539-5934), is an active gardener and member of the Community Garden board.

Cool Weather Gardening EN-05

Date: February 8 (1 session)
Time: 7 pm (Monday)
Fee: \$5
\$8 for both EN-05 & EN-06
Location: UFM Greenhouse

Warm Weather Gardening EN-06

Date: April 21 (1 session)
Time: 7 pm (Wednesday)
Fee: \$5
\$8 for both EN-05 & EN-06
Location: UFM Greenhouse

Composting EN-07

Is that pile of leaves from last fall still there? Compost them! Have kitchen scraps and vegetable peelings? Compost them! This class will cover everything you need to know to have a successful compost pile. (It's more than raking leaves into a heap!) We will cover styles of "bins," what to include in a compost pile, and how to maintain it. Finally, we'll discuss how to use the compost once you've made it.

Colleen Hampton

Date: April 8 (1 session)
Time: 7 pm (Thursday)
Fee: \$5
Location: UFM Greenhouse

Herbs EN-08

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.

Colleen Hampton

Date: April 29 (1 session)
Time: 7 pm (Thursday)
Fee: \$5
Location: UFM Greenhouse

Gardening at it's Best EN-09

If your garden wasn't as successful last summer as you had hoped, then come learn some techniques for better gardening. We'll explore soil quality, plant diseases, beneficial versus harmful insects, watering techniques, fertilization, and other tips. Organic gardening will also be discussed. This class is geared for the gardener who has had some experience at gardening.

Colleen Hampton and Keith Mueller

Date: February 15 & 22 (2 sessions)
Time: 7 - 9 pm (Monday)
Fee: \$5
Location: UFM Greenhouse



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. For novices and experts; children especially welcome. For more information, call Dave Rintoul, 537-0781.

EDUCATIONAL PROGRAMS:

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

Jan. 20: "Light Pollution: Problems and Solutions"

Feb. 17: "Recycling in Riley County"

Mar. 17: "Audubon's Project Ark Campaign: Countering the Resource Abuse Movement"

Apr. 21: "Alternative Landscaping"

May 19: "How to Kill a River: The Arkansas River from 1860 to the Present"

BIRDSEED SALE:

Feb. 6. 9 a.m.-1 p.m. UFM Fireplace Room. Order seed in advance by calling 539-4863 or 1-494-2556.

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

Cottage Gardening EN-04

Develop a cottage garden in Kansas! Learn what plants are hardy in this area. We will discuss both flowers and shrubs that go into developing a woody and herbaceous garden. Enjoy the perennials from your garden as cut or dried flowers. Plant samples and handouts will be available.

Ann Scott worked at the Henry Foundation for Botanical Research while on sabbatical. She catalogued the private library and studied perennials at Longwood Gardens. Ann and John Johnson have Lee Creek Gardens. They sell perennials each Spring and develop plans for flower gardens and borders. They look forward to sharing their practical knowledge.

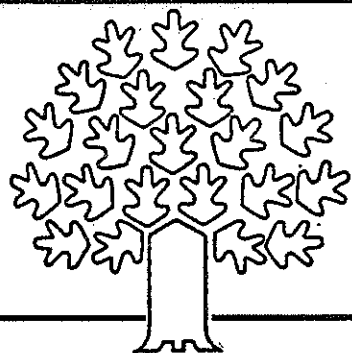
Date: April 13 (1 session)
Time: 7 pm (Tuesday)
Fee: \$5
Location: UFM Greenhouse

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Family Living

1221 THURSTON

539-8763

Long-Term Care: Homing in on the Problem FL-01

"What shall we do with grandma?" "I can't stay alone any more, but I don't really need the kind of care that nursing homes provide." These and other similar comments are increasingly arising among families today. As our population grows older, chronic illness and long-term disabilities are becoming more common. New ways to provide care for disabled individuals are emerging -- from innovative programs in nursing homes, to assisted - living complexes, to home health care. An innovative program of care called the Healthcare Suite has just been added to the choices available. Based on the concept of the Australian "granny flat," the Healthcare Suite provides for an independent living unit adjacent to a caregiver's home. The class will include a short video and provide ample time for questions and answers about the whole range of care options that disabled individuals may need.

Edith Stunkel (776-3624), is a gerontologist who is a Senior Consultant with Mobile Care, Inc.

Date: Feb. 11
Time: 7:30 - 8:30 pm (Thursday)
Fee: \$5
Location: UFM Conference Room



Morning Playgroups FL-04

Join us for an ongoing support 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 the homes of participants. These groups have been in existence for 15 years.

Dawn McKensie and Mitzi Roberts, are interested in getting children together for play as well as giving at home parents an opportunity to share and interact.

Date: January 25 - May (on going)
Time: 10 - noon (Mon. & Thurs.)
Fee: \$5
Location: Coordinators will contact you with location



Activities for the Elderly FL-02

Learn how to be effective in your relationships with those around you as their capabilities change with age. Your friendship and interaction can be valuable in the quality of their lives. Gain tips on adapting games, one on one's and how they work. Special information on Alzheimers. Initial class 9 - 10:30 am, then we will break into groups to share information with each other.

Dawn George (776-0065), is the Activity Director at Stonybrook Retirement Community and is a Licensed Certified Nurse's Aide and Social Service Designee. Dawn has a handicapped child and has created several adaptive games to play.

Date: January 28 (1 session)
Time: 9 - 10:30 am (Thursday)
Additional time is available
Fee: \$5
Location: Stonybrook Retirement Center
2025 Little Kitten Ave.

Black Adoption Workshop FL-03

Kansas Children's Service League Black Adoption Program is seeking black persons/families who are interested in becoming adoptive parents, for black children. The class will address questions: 1) Who are these waiting children? 2) Who can be adoptive parents? 3) Adoption cost 4) How long does adoption take? 5) Support services for adoptive families and 6) Procedures for adoption.

Marilyn McKee (539-3193), is a licensed social worker and has been with the Kansas Children's Service League for over 3 years. She has experience working with adoptive families, those persons seeking adoption and with foster children and adoptive children.

Date: March 11 (1 session)
Time: 6:30 (Thursday)
Fee: \$5
Location: UFM Conference Room

Developing Self-Esteem in Children FL-05

Join us for these dynamic and insightful video workshops. During each class we will view a video tape and discuss the ideas presented. Related hand-outs, and ideas will be given at each class.

Class 1 Being the Best Parent you can be.
Class 2 Your Child's Self-Esteem.
Class 3 Discipline that Empowers Your Child.

Michael Cody is the Family Instructor at UFM. She has attended many parenting workshops and training - both as a parent and a teacher. She has been teaching parenting classes for several years and works with many parents on an ongoing basis. Through the years, she has come to believe that a child's self-esteem is the core factor in the development of a happy and healthy individual - in childhood and adulthood.

Date: January 21 - February 4 (3 sessions)
Time: 7 pm (Thursday)
Fee: \$10
Location: UFM Conference Room

"What's A Parent to Do?" FL-06

Join us for an overview of various parenting strategies. We will provide materials from noted authorities in the field, as well as introduce participants to "Preparing for the Drug-Free Years" and "Effective Black Parenting." Three key topics to be discussed include..... 1) Parental love and control 2) Productive parenting patterns 3) How a parenting style is determined.

Phyllis Grover (587-4372), is a Community Prevention Consultant for NE Kansas Regional Prevention Center, a program of Pawnee Mental Health Services, is a former home economics teacher.

Date: April 20 (1 session)
Time: 7 - 9 pm (Tuesday)
Fee: \$5
Location: UFM Conference Room

**** FIELDS TRIPS ****
Check the EARTH AND NATURE section of the catalog.

AMERICAN RED CROSS
LEARN TO SWIM PROGRAM
- see the AQUATICS section.



Continuing Education spring 1993

February 10

Suicide: The Unthinkable Tragedy

Jolita Gudaitis, RMLP; 12:45 p.m., 3 CEU's
(Repeated Feb. 17 in Junction City)

March 12-13

BASELINE: Community Action for Drug-Free Kids

Beth Hughes, M.A.; 8:30-3:30, 12 CEU's

April 14

Becoming a More Effective Manager: Skills for the 90's

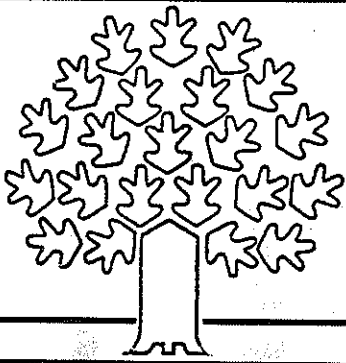
Angela G. Hayes, M.S.; 12:45 p.m., 3 CEU's

P A W N E E
Mental Health Services



587-4326

Our workshops for helping professionals and volunteers are held at Pawnee, 2001 Clafin, Manhattan. CEU's for RN's, LPN's, social workers and others. Pre-registration is required. Call 587-4326 for details or brochure.



Food for Fun

1221 THURSTON

539-8763

Beginning Cake Decorating FF-01

Even a pretty border will enhance a cake. Learn to add an icing decoration and impress all of your family and friends. Icing will be provided to practice in class. You will bring your own cake to a later class and take home a masterpiece. Supply list available at registration.

Tammy Sinn began decorating cakes several years ago as a hobby. Her first lessons were a UFM cake decorating class. Currently she decorates cakes for Dillons.

Date: April 1 - 22 (4 sessions)
Time: 7 - 8:30 pm (Thursday)
Fee: \$16
Location: UFM Banquet Room

Bread Make FF-02

Come discover a foolproof, 40-minute method for making great breads-- whole wheat, rye, raisin, oatmeal and other--all without recipes. Beginners catch on easily. Men take pride in crusty loaves. Experienced bread makers 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 Palus (468-3505), has completed the course for BreadMake instructors. She loves to bake bread and has lots of fun teaching.

Date: April 6 (1 session)
Time: 7 - 8:30 pm (Tuesday)
Fee: \$13 includes loaf of bread to take home
Location: UFM Kitchen & Banquet Room



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Ven Comen la Comida Mexicana FF-03

Learn how to prepare and enjoy authentic Mexican dishes. We will discuss Mexican customs and traditions and how authentic Mexican cooking differs from American versions. We will sample what is demonstrated during class.

Mary Martinez of Raoul's Escondido has been involved with Mexican restaurants for 30 years. She will share her personal and inherited knowledge of authentic Mexican food.

Date: March 1 & 8 (2 sessions)
Time: 6:30 - 8:30 pm (Monday)
Fee: \$20
Location: UFM Banquet Room

Beer Making FF-04

Homebrewed Beer - the beer for discriminating palates. Come learn the brewer's art. We will make and bottle beer. Participants must be 21 years of age.

Dean Taylor (539-7654), has many years experience in making beer and sells supplies for making beer and wine at The Palace in Aggieville.

Date: February 2 & 9 (2 sessions)
Time: 7 - 8 pm (Tuesday)
Fee: \$8
Location: UFM Fireplace Room

German Cooking FF-06

Learn to prepare an authentic German meal. You will get hands on experience preparing Cordon Bleu, spatch, German potato salad and dessert. Bring your appetite to class. We will eat what we prepare.

Elisabeth Dabbs is co-owner of Gasthaus zum Alder. She is a native of Nurnberg, Germany and has been a Kansas citizen since 1980. She established her own business in 1989.

Date: January 23 (1 session)
Time: 11 am - 2 pm (Saturday)
Fee: \$13
Location: UFM Banquet Room and Kitchen

The Best in Vegetarian Cooking FF-05

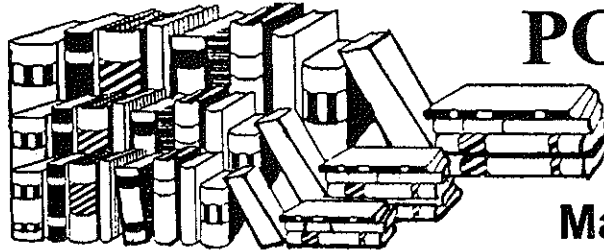
Join us for three evenings of demonstration and discussion and learn the vegetarian way to healthy eating. Monday - Legumes, Nuts & Seeds, Tuesday - Tofu Specials, Wednesday - Quick & Easy. The fun is in the tasting. Recipes will be provided. Don't miss this rare opportunity.

Rose Ludlow M.A., R.D. is a noted California consulting dietician. She has over 25 years of professional involvement in dietetics and education. She has a long list of professional publications and activities. Rose comes from California especially to teach this class.

Date: March 8, 9, & 10 (3 sessions)
Time: 7 pm (Mon - Wed)
Fee: \$25
Location: Senior Center
412 Leavenworth



USED BOOK AND POTTERY SALE



March 6

10:00 am-5:00 pm

Manhattan Town Center

Donation of books welcomed Feb. 1- Feb. 26

Leave at collection barrels at your area grocery store or bring to University for Man, 1221 Thurston. For questions, call 539-8763.

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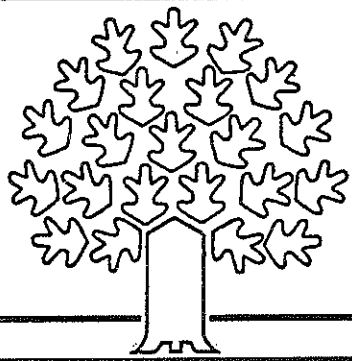
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Home & Auto

1221 THURSTON

539-8763

Solar Electricity for your RV or Boat

HA-01

Recharge your RV or boat batteries with no noxious fumes, messy fuels or moving parts! Solar electric panels prolong the life of your batteries and free you from extension cords, hookup charges and generator noise. And the fuel is free - sunlight. In the first class we will discuss solar modules (photovoltaics) and batteries. In the second class we will talk about wiring and controls. There's no cleaner, quieter way to make electricity.

Bill Dorsett (539-1956), has been teaching and working with photovoltaics since the early 1980's. This summer he completed advanced training in PV's at the Solar Technology Institute.

Date: March 1 & 8 (2 sessions)
Time: 7 - 9 pm (Monday)
Fee: \$8
Location: UFM Solar Greenhouse

Landscaping Around the Home

HA-02

Would you like to know more about the basics of landscaping your home? Different resources available locally will be discussed as well as 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 life long process and everyone needs to keep updated on areas of interest to them.

Date: April 22 - May 6 (3 sessions)
Time: 7 - 8:30 pm (Thursday)
Fee: \$15
Location: Pottorf Hall at Cico Park



Bicycle Repair & Maintenance

HA-05

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 cyclists and have 18 years of bike repair experience between them.

Date: April 5 (1 session)
Time: 7 pm (Monday)
Fee: \$5
Location: Aggie Bike Station
1217 Moro

Collecting & Restoring Antique Furniture

HA-03

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

Jean Bigbee-Hill (537-4884), an antique and collectible lover, manages Tuttle's Antique Market in Manhattan. Jean, also has a furniture stripping and refinishing business called Busy Bee Stripping and Refinishing. She is anxious to share her knowledge with others.

Date: March 4 (1 session)
Time: 7 - 8:30 pm (Thursday)
Fee: \$5 for one class
\$8 for both classes HA-03 & HA-04
Location: Tuttle's Antique Market
2010 Tuttle Creek Blvd.

Collecting Antique Glassware

HA-04

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

Jean Bigbee-Hill (537-4884)

Date: March 11 (1 session)
Time: 7 - 8:30 pm (Thursday)
Fee: \$5 for one class
\$8 for both classes HA-03 & HA-04
Location: Tuttle's Antique Market
2010 Tuttle Creek Blvd.

Minor Home Repairs

HA-06

Avoid paying for unnecessary service calls. This practical class will cover minor repairs to household appliances and fixtures. Learn how to stop a leaky faucet, unclog a stopped up sink, fix a lamp or trouble shoot common household maintenance problems.

HOME Staff (537-7227)

Date: March 30 (1 session)
Time: 7 - 8 pm (Tuesday)
Fee: \$5
Location: 1130 Hostetter

Minor Home Repairs

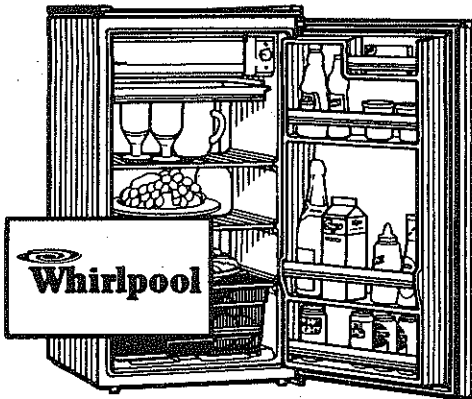
HA-07

HOME Staff

Date: April 13 (1 session)
Time: 7 - 8 pm (Tuesday)
Fee: \$5
Location: 1130 Hostetter

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Model ELOSXXW

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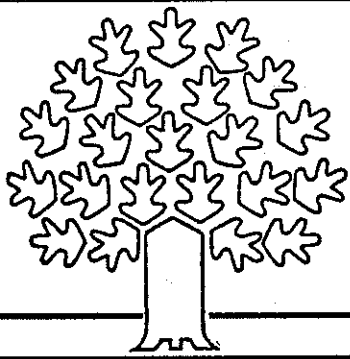
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Languages

1221 THURSTON

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 200 functional signs. Fee includes book Gallaudet's Survival to Signing.

Natalie Smith, Instructor

Date: March 31 - May 5 (6 sessions)
Time: 7 - 8 pm (Wednesday)
Fee: \$40 includes book Gallaudet's Survival to Signing
Location: 149 Justin Hall, KSU

American Sign Language II LA-02

This course will involve projects, group activities, socialization skills, and total immersion in the language. The goal of this class is for each individual to increase their knowledge and fluency of the language. A guest speaker will also be invited to provide professional input of the language and the Deaf Culture.

Kim Minnich (537-1605), has grown up deaf in a hearing world. She has been teaching sign language for 4 years to various age groups. She is a graduate student at KSU.

Date: February 3 - April 14 (10 sessions)
No Class on March 24
Time: 6:30 - 8 pm (Wednesday)
Fee: \$60
Location: UFM Fireplace Room

Japanese LA-03

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. This class will cover the basic structure of Japanese, with emphasis on conversational Japanese. No prior knowledge of Japanese is required. Participants will be asked for input regarding specific learning interests.

Naomi Sato is a K-State Economics student. She has had experience teaching to other University students.

Date: January 25 - March 1 (6 sessions)
Time: 7 - 8:30 pm (Monday)
Fee: \$22
Location: UFM Multipurpose Room

Russian for Beginners I LA-04

As Russian Culture becomes more accessible to the World, here is an opportunity to learn the beautiful Russian Language and gain insight into Contemporary Soviet Life. Forget the old myth that adults are inferior to children in learning languages. Relax, listen to the Russian short stories, and enjoy their humor. Learn the Russian alphabet and try to read yourself. This course will be geared towards your learning interests.

Irina Khramtsova (532-5670), graduated from the Department of Philology, Moscow State University. At present she is in Educational Psychology and is interested in applying her knowledge in psychology and linguistics for teaching Russian.

Date: January 26 - February 18 (8 sessions)
Time: 7 - 8 pm (Tues. & Thurs.)
Fee: \$20
Location: 109 Bluemont Hall, KSU

Conversational Russian II LA-05

This class is a continuation of Russian for Beginners I. It is appropriate for those who have some basic skill in Russian. We will concentrate on conversational Russian.

Irina Khramtsova

Date: February 23 - April 20 (8 sessions)
No class March 23
Time: 7 - 8 pm (Tuesday)
Fee: \$20
Location: 109 Bluemont Hall, KSU

GRE PREPARATION COURSE

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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, and learn about passive solar energy. Participants learn about the bead wall, the heat storage tanks, and the underground air conditioning tubes. Summer tours (May to October) also view, touch, and smell the edible landscape and see the patio area with raised beds.

SPECIAL GROUP OR SCHOOL DAY TOURS WELCOME!

Call 539-8763 for an appointment.

Survival English English as a 2nd Language

LA-06

Survival English is designed for those whose native language is not English. It will help the student survive in an English speaking world. The student will learn "survival skills." Conversational skills, pronunciation, spelling, and grammar will be used to help the student speak with confidence. Textbooks and handouts will be used. Class participation is recommended. Certificates of completion will be awarded.

James F. Hill, completed his Bachelor of Science degree in American History at the College of the Ozarks, Point Lookout, Mo. in 1977. He holds a Missouri State Teaching Certificate. In addition to teaching high school social studies in the Missouri Public system he has taught English at English Language Institutions in Seoul, Korea. Jim is a graduate student at KSU.

Date: February 2 - March 18 (14 sessions)
Time: 7 - 8:30 pm (Tues. & Thurs.)
Fee: \$70
Location: 107 Bluemont Hall, KSU

English as a 2nd Language LA-07

This class is for students who already speak and read basic English, as their second language. The class will be structured to meet the needs of students on an intermediate to advanced level. We will concentrate on conversation, reading and vocabulary building. Textbooks and handouts will be used. Class participation is recommended. Certificates of completion will be awarded.

James F. Hill

Date: March 30 - May 13 (14 sessions)
Time: 7 - 8:30 pm (Tues. & Thurs.)
Fee: \$70
Location: 107 Bluemont Hall, KSU

Beginning German LA-08

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 Ft Riley for 5 years.

Date: January 27 - March 17 (8 sessions)
Time: 7 - 8 pm (Wednesday)
Fee: \$18
Location: 111 Bluemont Hall, KSU

Beginning Spanish LA-09

This class is geared for students who do not have any knowledge of the Spanish language. It is based on word association. We will learn 200 Spanish words and/or expressions and be exposed to more. This class is ideal for someone planning a trip into a Spanish speaking country or preparing for an introductory college Spanish class.

David Stuckman (776-2735), has a degree in Spanish from Fort Hays State and has traveled extensively in Latin America.

Date: January 21 - March 18 (9 sessions)
Time: 7 - 9 pm (Thursday)
Fee: \$26
Location: 149 Justin Hall, KSU

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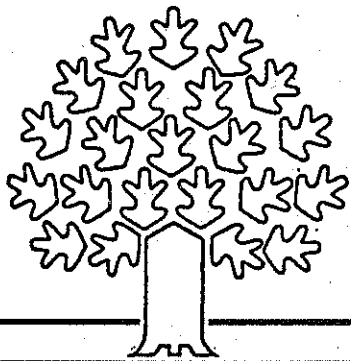
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Martial Arts

1221 THURSTON

539-8763

Tae Kwon Do Karate I

MA-01

Tae Kwon Do is a traditional martial art designed to provide the ultimate in unarmed self-defense. Blocking, punching, and kicking develop balance, flexibility, and agility while improving cardiovascular fitness and self-confidence. Teaching methods include class demonstration and practice without physical contact. Each student will be given an opportunity to purchase a uniform and belt at the first 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+

**** January 28, 6:30 - 7:30 pm -- Public demonstration and formal introduction of instructors in Ahearn Fieldhouse. All other classes will be in KSU Ahearn gymnasium or fieldhouse.**

Grandmaster Chae Sun Yi (266-8662), is an 8th degree Black belt with over 38 years experience in Tae Kwon Do. Former Captain and Chief instructor of Tae Kwon Do for the ROK Army during Vietnam, he has held classes at KSU since 1975. *Master James Craeton* (537-4986), holds a 5th degree Black belt with 18 years experience in Tae Kwon Do. Winner of several National Titles in Tae Kwon Do competition, he has assisted at KSU since 1979.

Date: *January 28 - May 6 (27 sessions)*
 No class *March 23 or 25*
 Time: *6:30 pm (Tues. & Thurs.)*
 Fee: *\$60*
 Location: *Ahearn Fieldhouse, KSU*

Tae Kwon Do Karate II Advanced

MA-02

Date: *January 28 - May 6 (27 sessions)*
 Time: *7:30 pm (Tues. & Thurs.)*
 No class *March 23 or 25*
 Fee: *\$60*
 Location: *Ahearn Fieldhouse, KSU*

Hakko Ryu Jujitsu

MA-03

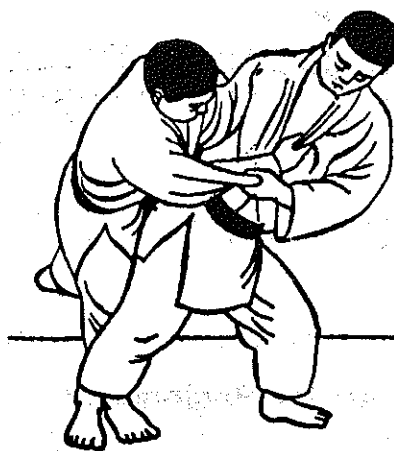
Hakko Ryu is a self-defense oriented grappling type of martial art. Not an exercise form of martial arts, students will concentrate on 2 person waza, solo walking exercises, and self defense theory and techniques. Hakko Ryu is related to aikido, yet stresses a less active style, and more subtle, gentle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

Stan Wilson (539-7723), has studied martial arts for 23 years and has taught for 15 years. He holds a 2nd degree black belt in Kung Fu, a 2nd degree belt in Hakko Ryu Jujitsu, and is a member of the Shadows of Iga Ninja Society. He has studied judo, aikido, four styles of karate, six styles of kung fu and various other martial arts. He has also written 19 manuals on martial arts.

Date: *Jan. 24 - March 14 (8 sessions)*
 Time: *4 - 5 pm (Sunday)*
 Fee: *\$20*
 Location: *Ahearn Fieldhouse*

Self Defense for Women
 — SHARP —
 is offered in the PERSONAL DEVELOPMENT section of the catalog.

— SHARP —
Self Defense for PreTeens
 is offered
 in the YOUTH section of the catalog.



Judo

MA-06

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 for the first three weeks of class, but will thereafter.

Bradie Jones is a 4th degree Black belt. He has had 28 years experience with Judo and is a 5 time US Masters Champion.

Date: *January 23 - May 8 (14 sessions)*
 No class *March 20 or 27*
 Time: *9:30 - 11 am (Saturday)*
 Fee: *\$48*
 Location: *Ahearn Fieldhouse, KSU*

STANDARD FIRST AID and COMMUNITY CPR classes can be found in the RECREATION AND HEALTH section of the catalog.

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White Dragon Kung Fu I

MA-04

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

Stan Wilson (539-7723), has studied martial arts for 23 years and taught for 15 years. He holds a 2nd degree black belt in Kung Fu, a second degree black belt in Hakko Ryu Jujitsu, and is a member of the Shadows of Iga Ninja Society. He has studied judo, aikido, four styles of karate, six styles of kung fu, and various other martial arts. He has also written 19 manuals on martial arts.

Date: *Jan. 26 - Feb. 18 (11 sessions)*
 Time: *7 - 8 pm (Tues. & Thurs.)*
3 - 4 pm (Sunday)
 Fee: *\$28*
 Location: *Ahearn Fieldhouse, KSU*

White Dragon Kung Fu II

MA-05

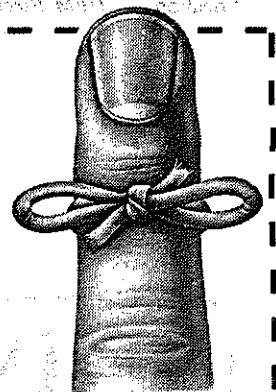
Continuation of White Dragon Kung Fu I. Optional testing is available for an extra charge.

Stan Wilson

Date: *Feb. 21 - March 18 (12 sessions)*
 Time: *7 - 8 pm (Tues. & Thurs.)*
3 - 4 pm (Sunday)
 Fee: *\$30*
 Location: *Ahearn Fieldhouse, KSU*

Attention Youth ages 6-12!
 We also offer Kung Fu for Children in the YOUTH section of the catalog.

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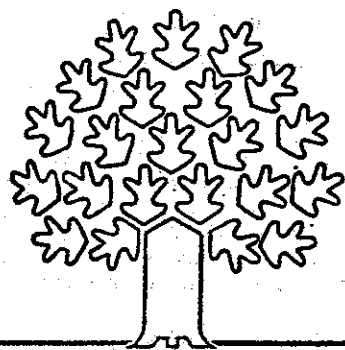
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I am willing to lead a class on:

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Our Community & Beyond

1221 THURSTON

539-8763

Sack Lunch Theology

OC-01

Join us to read and discuss *Gaia and God* by feminist Christian theologian Rosemary Radford Reuther. Dr. Reuther presents an intriguing case for the re-thinking of Judeo-Christian attitudes toward stewardship of the earth. (Copies of the book are available at the first class for approximately \$12).

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: February 8 - March 29 (8 sessions)
Time: 11:30 am - 1 pm (Monday)
Fee: \$5
Location: Baptist Campus Center
1801 Anderson

Take a Cruise

OC-02

Everything you wanted to know about Cruises but were afraid to ask! Bring your questions we'll find an answer. We will compare cruises to land packages and view cruise videos. Coupons and brochures available to all who attend. Look for the class discount coupon in this catalog.

Terry Marker (776-2217), is a native of Manhattan. She is the owner of Cruises and Travel. Cruises are her favorite vacation.

Date: February 25 (1 session)
Time: 7:30 pm (Thursday)
Fee: \$5
Location: UFM Conference Room

Field Trip to An Igneous Outcrop

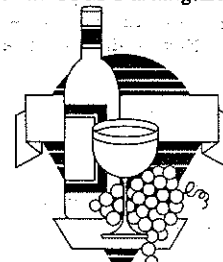
OC-03

Join us to visit the igneous area near Stockdale in Riley County and hunt for small gem quality pyrope garnets that occur there. Bring a vial to hold garnets, tweezers and a newspaper. The garnets occur in the igneous material and in the area around it.

Raindate: May 1

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

Date: April 24 (1 session)
Time: 8:30 - 11:30 am (Saturday)
Fee: \$5
Location: Meet in UFM Parking Lot



Fields of Fair Winery

OC-04

Join us to tour the winery. Learn the process of wine making. Hear about the vineyard at St. George. Finally, experience first hand the Fields of Fair wine varieties by tasting them along with cheese samples.

Fields of Fair Staff

Date: April 16 (1 session)
Time: 5:30 pm (Friday)
Fee: \$10
Location: Fields of Fair Winery
Paxico Exit off of I-70

The People of William Inge

OC-05

A discussion of Kansas playwright William Inge and his play *Picnic*. We will focus on the people who influenced his life and the characters in his plays. Participants will receive \$1 off of performance tickets. This discussion is co-sponsored by the Manhattan Civic Theatre.

Judith K Zivanovic is Associate Dean of Arts and Sciences.

Picnic will be performed by Manhattan Civic Theatre February 20, 21, 26, 27 & 28.

Date: February 16 (1 session)
Time: 7 pm (Tuesday)
Fee: \$5
Location: UFM Fireplace Room

Join us weekly for

Ladies Pool!

Sharon Ruttkofsky provides instruction for all skill levels. She learned from her father and has played most of her life.

DAY: Tuesday
TIME: 2 pm
LOCATION: Senior Center
412 Leavenworth

To Register, call **537-4040**

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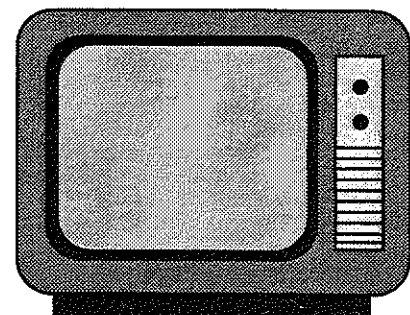
FIFTH SEASON

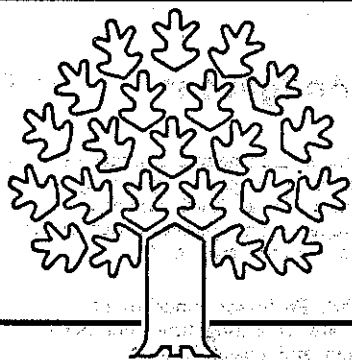
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Tuesday at 5:00 p. m. & Wednesday at 4:30 p. m.

Jan 5 & 6: Peace Consciousness
Jan 12 & 13: Slovenia, a New Country
Jan 19 & 20: Chef Cody
Jan 26 & 27: American Sign Language
(Minnich)
Feb 2 & 3: Creative Dreaming (Shute)
Feb 9 & 10: Chef Cody's St. Valentine's Day
Feb 16 & 17: Making a Life Mask (Lacy)
Feb 23 & 24: Environmental Issues
Mar 2 & 3: Souvenir from the South Seas
Mar 9 & 10: Spring Break (a rerun)
Mar 16 & 17: J. Griffing, "Bodybuilding
Champion"

Mar 23 & 24: Vietnamese Cooking
Mar 30 & 31: Food Sanitation In Puerto Rico
Apr 6 & 7: LERN and Adult Learning
Apr 13 & 14: At Clay Celler
Apr 20 & 21: Landscaping Around the
Home (Ladd)
Apr 27 & 28: Growing Older and Theatrical
Art
May 4 & 5: Journalism with Marisa
May 11 & 12: At Reddi's Indian Party
May 18 & 19: Groom (the Happiest!) & his
Bride
May 27 & 28: Fresh Foods





Personal Development

1221 THURSTON

539-8763

Creative Dreaming

SP-01

Dreams can be informative, relaxing and enlightening. Join us as we discuss the purpose and practice of dreaming with special focus on how to use your dreams as a roadmap to life. **Please start a dream journal and bring it to class.**

Scott Shute (537-1191), has led dream classes and workshops for several years. He has studied Eckankar for ten years, and is associated with the KSU Eckankar Campus Society.

Date: February 9 & 16 (2 sessions)
Time: 8 pm (Tuesday)
Fee: \$8
Location: UFM Greenhouse

Creative Dreaming

SP-02

Scott Shute

Date: March 3 & 18 (2 sessions)
Time: 8 pm (Thursday)
Fee: \$8
Location: UFM Greenhouse

Journaling

SP-08

Would you like to try writing in a journal to learn more about who you are and how you feel about your life? A local psychologist in private practice will lead a discussion about this subject and help you get started. **Bring a spiral notebook** and be prepared to write. If there is sufficient interest, a journaling support group may form out of this class.

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

Date: March 10 (1 session)
Time: 7:30 - 8:30 pm (Wednesday)
Fee: \$5
Location: UFM Conference Room

Self-Esteem for Adults

SP-15

We will use a set of 4 video tapes by Marilyn Grosball as a core curriculum to learn the ways we sabotage ourselves and what tools can be used to reverse this trend. During each session we will view a video, have clarifying discussion and receive related hand-outs. Class 1. Self Acceptance: The Key to Self-Esteem
Class 2. You're in Charge of your Life: Believe it or Not
Class 3. The Choice is Yours: Accept or Resist
Class 4. Your Present Thinking Creates Future Events.

Michael Cody (539-8763), is the Family Literacy Instructor at UFM. She works and has worked with adult groups teaching literacy and life skills classes. She has seen, over the years of working with adults in many situations, that the state of their self-esteem is the one factor which most consistently affects their lives. Happily, it is one factor that we each are in control of and can change.

Date: April 1 - 22 (4 sessions)
Time: 7 pm (Thursday)
Fee: \$12
Location: UFM Conference Room

Stress Control and Relaxation Seminar

SP-03

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 the pressures of everyday living and enhance your health and well-being.

David Harbaugh (1-243-7218), is the Director of The Silva Method of Kansas (NE).

Date: January 27 (1 session)
Time: 7 - 9:30 pm (Wednesday)
Fee: \$20 includes Book, Booklet & Tape
Location: UFM Multipurpose Room

Stress Control and Relaxation Seminar

SP-04

David Harbaugh

Date: February 25 (1 session)
Time: 7 - 9:30 pm (Thursday)
Fee: \$20 includes Book, Booklet & Tape
Location: UFM Multipurpose Room

Stress Control and Relaxation Seminar

SP-05

David Harbaugh

Date: March 31 (1 session)
Time: 7 - 9:30 pm (Wednesday)
Fee: \$20 includes Book, Booklet & Tape
Location: UFM Multipurpose Room

Get More Fun into Your Life

SP-06

Examine your priorities. Are you getting what you want out of life? There could be a variety of reasons why you don't take time to relax and have fun.

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

Date: February 10 (1 session)
Time: 7:30 - 8:30 pm (Wednesday)
Fee: \$5
Location: UFM Conference Room

Chakra Meditation Workshop

SP-09

Meditation is known as an important tool for stress management. The Chakra meditation takes this one step further promoting physical, mental, emotional, and spiritual health. Learn what the Chakras are and their affect on your health and daily interactions. The workshop will include a 30 minute meditation.

Eunice Dorst (776-9284), has taught and practiced meditation for many years. She has found Chakra Meditation the most effective method to bring about changes in her life.

Date: February 10 (1 session)
Time: 7 - 9 pm (Wednesday)
Fee: \$5.50
Location: UFM Multipurpose Room

Contacting & Befriending Your Inner Child

SP-07

John Bradshaw and many other authors have written about the importance of treating the little girl and the 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: February 24 (1 session)
Time: 7:30 - 9 pm (Wednesday)
Fee: \$5
Location: UFM Conference Room

Therapeutic Touch

SP-10

A hands on, basic course in Therapeutic Touch. This method of working with the energy systems of the body accelerates healing, releases blocked energy patterns, and promotes deep relaxation. Wear comfortable clothes and bring a blanket and pillow to class.

Eunice Dorst (776-9284), has taught and practiced therapeutic touch for many years.

Date: February 24 & March 3 (2 sessions)
Time: 7 - 9 pm (Wednesday)
Fee: \$5.50
Location: UFM Multipurpose Room

Visualization

SP-11

Visualization is a powerful tool to define and reach goals, perfect skills and enhance the body's own healing abilities.

Eunice Dorst (776-9284), has taught and used visualization for many years.

Date: March 24 (1 session)
Time: 7 - 9:30 pm (Wednesday)
Fee: \$5
Location: UFM Multipurpose Room

Sharp - Self Defense for Women

SP-12

This is a nationally designed self defense program to specifically meet the needs of women. By empowering women to better protect themselves they gain confidence in social and professional environments. There will be discussion dealing with situations from sexual harassment; date rape through actual attack. This class provides self defense techniques without the use of weapons or extensive Martial Arts.

Diana Tarver, has been teaching Women's Self Defense classes for 6 years throughout Colorado and Kansas. She is a 2nd degree Black Belt in Tae Kwon Do and has taught Police tactics, but for this class she takes a very practical and feminine approach.

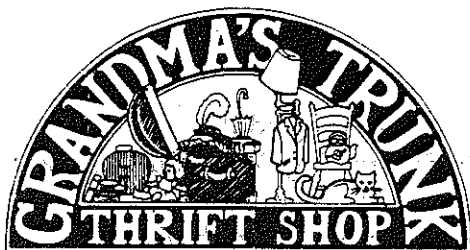
Date: January 30 (1 session)
Time: 8 am - noon (Saturday)
Fee: \$15
Location: 1st Lutheran Church
930 Poyntz

Sharp - Self Defense for Women

SP-13

Diana Tarver

Date: April 17 (1 session)
Time: 8 am - noon (Saturday)
Fee: \$15
Location: 1st Lutheran Church
930 Poyntz



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Introduction to Zen Buddhist Philosophy and Practice SP-14

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

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

Date: *March 31 - April 14 (3 sessions)*
 Time: *7:30 - 9 pm (Wednesday)*
 Fee: *\$10*
 Location: *UFM Conference Room*

The Meaning Of Love: Plato's Symposium SP-16

What is love? What is the highest form of love? These two questions are raised by Plato's dialogue, The Symposium (a drinking party). A thorough examination of the different views as presented in The Symposium will help form our own dialogue on the meaning of love. We will also consider whether love is a God, or purely physical, or a more sublime in-between as Socrates claims. Can Socrates persuade us of the supremacy of "Platonic Love?"

Laurie M. Johnson is Assistant Professor of Political Science at Kansas State University, specializing in political philosophy.

Date: *February 2 - February 23 (4 sessions)*
 Time: *4 - 6 pm (Tuesday)*
 Fee: *\$12*
 Location: *UFM Conference Room*

Spiritual Womanhood SP-17

Women, throughout the ages have drawn on their religious belief systems to nurture and strengthen themselves and each other. We are now living in a time when women are greatly challenged to find the balance between their inner strength and their outer strength: their feminine and masculine energies. This class is offered in an effort to help women mature and strengthen their spiritual natures, by connecting with their inner-selves. This class will be a discussion group touching on feminine spirituality in Christianity, Native American spirituality, Ancient Celtic spirituality, Buddhist Philosophy and some New Age beliefs. There will be sharing, teaching and class participation, in the form of exercises and guided meditation.

Rev. K Gilligan is a Spiritualist minister who specializes in Women's ministries and counseling. She has been studying feminine spirituality for 10 years and facilitates a weekly study group for women.

Date: *January 20 - March 10 (8 sessions)*
 Time: *7:30 pm (Wednesday)*
 Fee: *\$5*
 Location: *UFM Greenhouse*



Recreation & Health

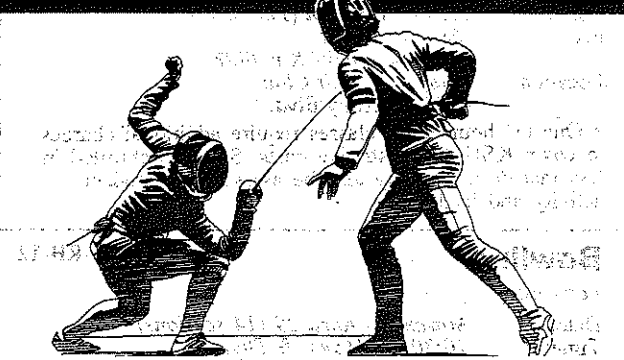
1221 THURSTON 539-8763

Ballroom Dance RH-06

Ballroom dancing is back! *Time, Newsweek* and *Smithsonian* report that ballroom dancing is popular throughout the U.S. Manhattan is no exception. Join the hundreds of people who have learned to dance through UFM. You will learn to Foxtrot, Waltz, Swing and more. You will be dancing around the expansive floor. So, sign up with a friend, or two, and learn how to dance with someone in your arms. Classes fill rapidly. It is advisable to register early.

Michael Bennett (776-7557), has trained in Ballroom Dance at U.C. Berkley; Mandola Ballroom, San Francisco; AliBaba Ballroom, Oakland CA; Chicago Dance Studio, Chicago, IL; and Avenue Ballroom, San Francisco. He was the 1986 San Francisco Avenue Ballroom Jitterbug Champion. *Nelli Weathers* has been helping Michael teach dance for 4 years and dancing all of her life. She is from Ireland and learned dance in the British and Irish school systems.

Date: *January 29 - April 16 (11 sessions)*
 Time: *7 - 8:30 pm (Friday)*
No class March 26
 Fee: *\$30*
 Location: *St. Isidore's Chapel, Kramer Center 711 Denison*




Beginning Fencing RH-16

Fencing is the ancient art of sword play. D'Artagnan, soldiers, and noblemen were all once required to know the way of the sword. Now a modern Olympic sport, fencing builds lightning fast reaction, speed and agility. Classes will include introduction to foil, epee, and saber for recreation and competition. Minimum age: 10

Mike Milleson is a E rated epeeist. He has been competing 3 years and coaching for 2 years. *Jeffrey Fellin* is a C rated epeeist. He has been competing for 12 years and coaching for 3 years. Both Mike and Jeff are registered coaches of the USFA. Together they took 1st and 2nd in epee at the Jayhawk Open last year.

Date: *March 11 - May 6 (8 sessions)*
No Class March 25
 Time: *7:30 pm (Thursday)*
 Fee: *\$40*
 Location: *Lucky High School Gymnasium 220 S Juliette*

Do you have a skill or interest you would like to share? Become a UFM instructor! Call the UFM office (539-8763).




STAGG HILL GOLF CLUB

K-18 West

For all your golfing needs
 Fully equipped pro shop
 Professional golf instruction available (individual & group)
 Club regripping & repair

539-1041

Jim Gregory, PGA Professional



The PATHFINDER

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 *Climbing Equipment
 * Camping Equipment




304 Poyntz 539-5639
 Downtown - Manhattan
 Hours: Mon. - Fri. 9-6;
 Thurs. 9-8; Sat. 9-5

Standard First Aid & Community CPR 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. 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.

Enell Foerster (537-2180).
 Date: *February 10, 17 & 24 (3 sessions)*
 Time: *6 - 10 pm (Wednesday)*
 Fee: *\$60 plus books*
 Location: *Riley County American Red Cross 1014 Poyntz*

Standard First Aid/Community CPR & Basic Life Support RH-08

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.

Enell Foerster (537-2180).
 Date: *March 31 - April 21 (4 sessions)*
 Time: *6 - 10 pm (Wednesday)*
 Fee: *\$90 plus books*
 Location: *Riley County American Red Cross 1014 Poyntz*

THERAPEUTIC TOUCH

for pain reduction and stress management

Offered by:

Health & Harmony Pathways
 (An outreach program of KEV Originals)
 For free brochure, call 537-8946



RECREATION, HEALTH & FITNESS (Continued)

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. Some class time will be devoted to equipment used to play golf, rules, etiquette, courtesy, conduct on the course, registering to play, use of scorecard and handicaps.

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

Date: March 4,11,18,25 (4 sessions)
Time: 5:30 - 6:30 pm (Thursday)
Fee: \$25
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

Golf for Beginners- Class II RH-02

Jim Gregory

Date: April 1,8,15,22 (4 sessions)
Time: 6:30 - 7:30 pm (Thursday)
Fee: \$25
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.



Golf for Beginners- Class III RH-03

Jim Gregory

Date: April 29, May 6,13,20 (4 sessions)
Time: 7 - 8 pm (Thursday)
Fee: \$25
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

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 10 - May 5 (8 sessions)
No Class March 24
Time: 5:30 - 7:30 pm (Wednesday)
Fee: \$80 Noncredit
\$100 for credit--Kin 140A
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

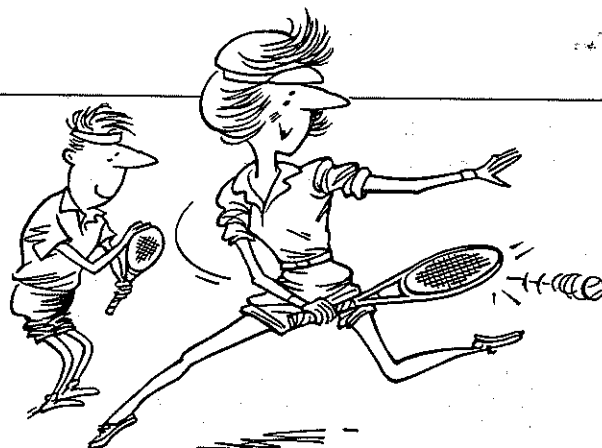
Golf RH-05

***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 11 - May 6 (8 sessions)
No Class March 25
Time: 9:30 - 11:30 am (Thursday)
Fee: \$80 Noncredit
\$100 for credit--Kin 140B
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

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



Tennis: Junior Beginners RH-13
Ages 7 - 16

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 their own rackets.** If you don't have one, give us a call and we may be able to help you locate one.

Mark Tessendorf, a KSU graduate student in Kinesiology, has played tennis for 20 years and is a ranked district player. He spent last summer as a tennis instructor at Manitou-Wabing Sports and Arts Center in Ontario, Canada.

Date: March 30 - April 27 (5 sessions)
Time: 6 - 7 pm (Tuesday)
Fee: \$35
Location: L.P. Washburn Complex, KSU

Tennis: Beginners Age 17 and Up RH-14

This class will focus on fundamentals of strokes, basic rules of play and beginning competition.

Mark Tessendorf

Date: March 30 - April 27 (5 session)
Time: 7 - 8 pm (Tuesday)
Fee: \$35
Location: L.P. Washburn Complex, KSU

Tennis: Intermediate Ages 17 and Up RH-15

This class is designed to develop your stroke and strengthen your game. We will work on singles and doubles strategy drills and competition.

Mark Tessendorf

Date: March 30 - April 27 (5 session)
Time: 8 - 9 pm (Tuesday)
Fee: \$40
Location: L.P. Washburn Complex, KSU

Bowling RH-09

One - on - one instruction and lots of supervised practice will help you master this lifetime sport! Instruction will focus on the basic fundamentals of bowling, to include: the 4 step approach, spare shooting, scoring, rules, etc. The class fee includes shoe rental, bowling ball use, and lane fees.

Terri Eddy (532-6562) is the manager of the K-State Union Recreation Area.

Date: January 18 - March 3 (14 sessions)
Time: 10:30 am (Mon. & Wed.)
Fee: \$25
Location: K-State Union Recreation Area

Bowling RH-10

Terri Eddy

Date: January 19 - March 4 (14 sessions)
Time: 10:30 am (Tues. & Thurs.)
Fee: \$25
Location: K-State Union Recreation Area

Bowling RH-12

Terri Eddy

Date: March 9 - April 29 (14 sessions)
Time: 10:30 am (Tues. & Thurs.)
No class March 23 or 25
Fee: \$25
Location: K-State Union Recreation Area

Bowling RH-11

Terri Eddy

Date: March 8 - April 28 (14 sessions)
Time: 10:30 am (Mon. & Wed.)
No class March 22 or 24
Fee: \$25
Location: K-State Union Recreation Area

**Lifeguard Training,
Water Safety Instructor,
American Red Cross Swim—
see the AQUATICS section.**

**BICYCLE REPAIR class
is offered in the HOME section
of the catalog.**

*For Great Family Activities,
don't forget to check
the other sections of the catalog.*

A Play group for Children and at-home parents is listed in the YOUTH section.

OUR COMMUNITY and EARTH & NATURE sections have a variety of field trips that are fun for the family.

MANHATTAN COMMUNITY GARDEN

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?

The Manhattan Community Garden 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/ application session listed below, held at UFM, 1221 Thurston.

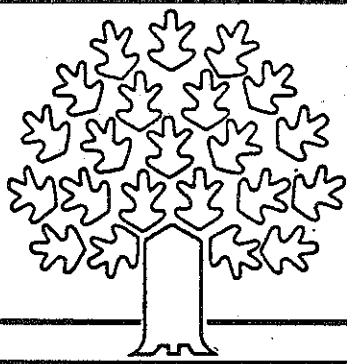
RETURNING GARDENERS:

Saturday, February 6 10:00 am Greenhouse
Tuesday, February 9 7:00 pm Multi-Purpose Room

NEW GARDENERS:

Saturday, March 6 10:00 am Greenhouse
Tuesday, March 16 7:00 pm Greenhouse
Saturday, April 3 10:00 am Greenhouse
Tuesday, May 4 7:00 pm Fireplace Room
Saturday, May 15 10:00 am Greenhouse

If you'd like more information about the Gardens, call UFM at 539-8763 and leave a message. A Manhattan Community Garden Board Member will contact you.



Youth

1221 THURSTON

539-8763

Parent-Teacher Conference Enrichment Days

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

Kim Minnich coordinator

Date: April 8
Time: 8 am - 5 pm (Thursday)
Fee: \$10 for 1/2 day includes lunch
\$18 for full day
Location: Woodrow Wilson Elementary School
Juliette and Osage

Parent-Teacher Conference Enrichment Days

Kim Minnich coordinator

Date: April 9
Time: 8 am - 5 pm (Friday)
Fee: \$10 for 1/2 day includes lunch
\$18 for full day
Location: Woodrow Wilson Elementary School
Juliette and Osage

Kids on Campus

Join us for a fun-filled educational field trip of the Kansas State Campus. We will visit several departments with interesting activities, take time out for recreation, eat lunch in the Union and return to UFM. This program is geared for children 4th - 6th grade. Call UFM 539-8763 for a complete list of activities.

Date: April 8
Time: 8 am - 5 pm (Thursday)
Fee: \$18
Location: UFM

Bug Houses

Spring is the time for creepy crawlers, and what better way to house your cricket or June bug than in a bug house. These simple to use bug houses are fun to make and fun to use. For ages 8 - 12.

Date: April 9
Time: 3 pm (Friday)
Fee: \$6.50
Location: UFM

Beginning Drawing

Learn basic drawing skills to enhance your own creative abilities. Using various media students will develop a better eye for composition and technique. Class enrollment will be limited. All materials will be provided. Ages 10+

Terry Mulhern

Date: February 2 - March 9 (6 sessions)
Time: 5 - 6:30 pm (Tuesdays)
Fee: \$35
Location: UFM Banquet Room

Beginning Watercolor

Using watercolor, we will experiment with color and light while learning to create depth in space in your painting. We will do some basic sketching in this class. The basic drawing class is helpful, but not required. Class enrollment will be limited. Ages 10+
Materials list will be available prior to the first class.

Terry Mulhern

Date: February 2 - March 9
Time: 7 - 8:30 pm (Tuesday)
Fee: \$35
Location: UFM Banquet Room

Beginning Watercolor

Date: April 3 - May 8 (6 sessions)
Time: 1 - 2:30 pm (Saturday)
Fee: \$35
Location: UFM Greenhouse

Beginning Sculpture

Learn techniques that will enable you to bring your own "sculptural" ideas to life. We will discuss design, form, line and composition developing ideas first on paper. Three dimensional sculptures will be made and fired. Class size will be limited. Ages 10+

Terry Mulhern

Date: March 30 - May 4 (6 sessions)
Time: 5 - 6:30 pm (Tuesdays)
Fee: \$35 includes all materials
Location: UFM Greenhouse

Beginning Ballet

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, and currently she is attending Manhattan High School. She has been dancing for 12 years and she is considering a career in dance.

Date: Jan. 20 - Feb. 24 (6 sessions)
Time: 6:30 - 7 pm (Wednesday)
Fee: \$12
Location: UFM Banquet Room

Beginning Ballet Ages 3-12

Portia Sisco

Date: March 10 - April 21 (6 sessions)
No class March 24
Time: 6:30 - 7 pm (Wednesday)
Fee: \$12
Location: UFM Banquet Room

Kung Fu for Children Class I

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 2nd degree black belt in Kung Fu, has studied martial arts for 23 years and has taught for 15 years. He is a member of the Pai Family. Stan has been a member of the Shadows of Iga Ninja Society for 8 years and has studied with Steve Hayes.

Date: Jan. 30 - March 20 (8 sessions)
Time: 2 pm (Saturday)
Fee: \$23
Location: Ahearn Fieldhouse, KSU

Kung Fu for Children Class II

Stan Wilson

Date: Jan. 30 - March 20 (8 sessions)
Time: 1 pm (Saturday)
Fee: \$23
Location: Ahearn Fieldhouse, KSU

Mothers Day Gift Workshop

Have you thought about a gift for your Mother? She will love something handmade by you. She will be thrilled with this neat and usable gift. We won't tell her what it is if you don't. For ages 10 - 12.

Date: April 9
Time: 10 am (Friday)
Fee: \$7
Location: UFM

For additional Martial Arts, see MARTIAL ARTS Section of the catalog.

- SHARP -

Self Defense for PreTeens is offered in the YOUTH section of the catalog.

Do you like SNAKES or want to learn where or how to find them? See the EARTH AND NATURE section of the catalog.

Paint a Ceramic Rabbit class available in the Creative FreeTime section.

A Playgroup for Children and at-home parents - see the FAMILY LIVING section.

Sewing for Kids

This class is for children 10 and up with little or no sewing experience. They will learn basic skills such as threading a needle, knotting the thread, sewing on a button, repairing a torn seam, the running stitch, and the knotting stitch. We will put together a sewing box from a shoe box, stocked with essential sewing items. The participants will receive a list of items to bring to class. A special project of their own choosing will be selected after mastery of the basic skills. Parents are invited to stay and participate.

Lenore Rauch (537-8652), began sewing as a child and has never stopped!

Date: April 10 & 17 (2 sessions)
Time: 2 - 3:30 pm (Saturday)
Fee: \$8
Location: UFM Conference Room

Sharp For Pre-Teens

This self defense program is adapted from a national program designed specifically for women. The terminology and approach have been "softened" but the focus remains to empower females to better protect themselves and gain confidence in their social environments. There will be discussion dealing with situations from sexual harassment through actual attack. Appropriate for girls 10 - 13

Diana Tarver, has been teaching Womens self defense classes for 6 years. She has adapted the program for teens and young girls. She is a 2nd degree Black Belt in Tae Kwon Do and has taught Police defense tactics, but for this class she takes a very practical and feminine approach.

Date: January 30 (1 session)
Time: 1 - 4 pm (Saturday)
Fee: \$15
Location: 1st Lutheran Church
930 Poyntz

Sharp For Pre-Teens

Diana Tarver

Date: April 17 (1 session)
Time: 1 - 4 pm (Saturday)
Fee: \$15
Location: 1st Lutheran Church
930 Poyntz

Breadmaking for Kids (Especially Boys)

Boys and girls, can have fun learning the basics of breadmaking. We'll each be making a loaf of sourdough french bread and one of whole wheat bread to take home and bake. Once you know the basics you can make dinner rolls, holiday sweet breads, English muffins, and other yeast breads. Each student will need to bring a 2-3 quart mixing bowl, a loaf pan and a quart jar with a screw top.

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

Date: February 10 (1 session)
Time: 6:30 - 9 pm (Wednesday)
Fee: \$5
Location: UFM Greenhouse

Childrens Gardening

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. No registration necessary. Join us at the garden on Saturday mornings.

Dr. Richard Mattson and Keith Mueller are coordinators.

Date: April - October
Time: 10 am - noon (Saturday)
Fee: No Charge
Location: Manhattan Childrens Garden
8th and Riley Lane

Fine arts activities strengthened by Manhattan Arts Council

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.

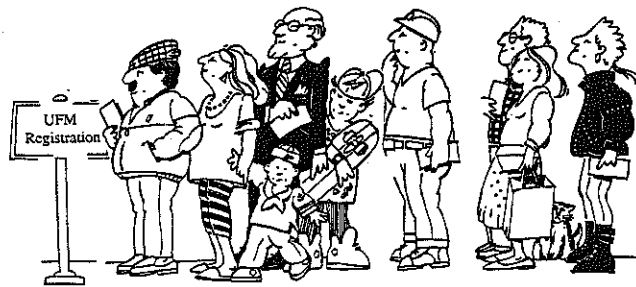
KSU Continuing Education/UFM assumes no responsibility for costs involved with individual injury or property loss incurred in connection with the use of University or UFM facilities. Individuals are reminded that they should review their own personal circumstances to determine if they have adequate insurance 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.

COMMUNITY REGISTRATIONS

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

DATE	TIME	LOCATION
Jan 12	10 am - 2 pm	KSU Union
Jan 13	10 am - 2 pm	KSU Union
Jan 17	12 noon - 2 pm	Wal-Mart
Jan 21	4 pm - 7 pm	Public Library

Registration continues throughout the semester at the UFM House, 1221 Thurston, from 8:30 am - 5 pm. (closed 12 Noon - 1 pm).



Lost & Found is located in the lobby of the UFM House.

Thank You

We wish to thank the following contributors for their financial assistance during 1992. Your donations provide an important part in keeping UFM a vital part of education in our community.

Life Long Learner

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The Manhattan Mercury
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Dean Zollman and Jackie Spears

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If you are not a UFM supporter and would like to help UFM meet its goals, please send your contribution to UFM, 1221 Thurston, Manhattan, KS 66502.

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Doerry Wulf
Gregory Wurst

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 8:30 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 Master Card

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	Check	TOTAL PAID
Date Received _____	_____	_____	[]
Entered _____	_____	Cash _____	
Computer _____	_____	Visa _____	
Fee _____	_____	M/C _____	
		Voucher _____ Date _____	

Name _____ Day Phone _____

Address _____ Evening Phone _____

City _____ State Kansas Zip _____

Social Security No. _____ Credit _____ Non Credit _____

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Date Received _____	_____	_____	[]
Entered _____	_____	Cash _____	
Computer _____	_____	Visa _____	
Fee _____	_____	M/C _____	
		Voucher _____ Date _____	