

FALL 1987

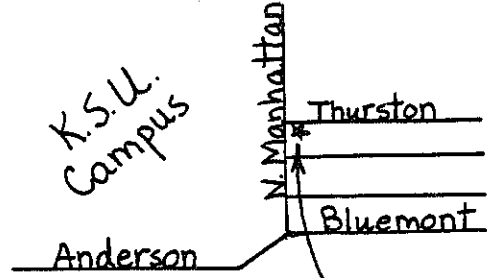
UFM

**FREE CATALOG
CLASSES BEGIN SEPT. 8
REGISTER NOW**

 * SPECIAL ANNOUNCEMENT *

- LOOK FOR OUR SPECIAL WEEKDAY CLASSES
 In the Fine Arts Section
- READ ABOUT THE PEOPLE'S LAW COURSE
 In the Community Section
- DON'T MISS THE ARMCHAIR TRAVELER SERIES
 In the Community Section
- HOW ABOUT A FULL WEEKEND WORKSHOP?
 See the Self Section
- SEE DETAILS OF OUR THREE FOR TWO SPECIAL
 On the back page

* HAVE FUN THIS FALL - TAKE A UFM CLASS*



1221 Thurston

UFM is located on the east side of campus.



Why We Need Your Support

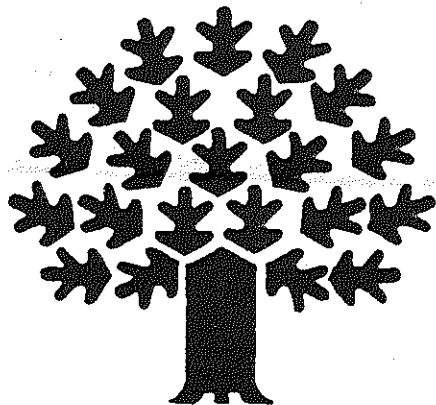
Sixty percent of our support (Grants and Contracts) comes from sources external to the Manhattan community. These sources of funds have been declining and will continue to decline through this decade.

Nearly 90 percent of our expenditures support programs in Manhattan. As external sources of funds decline, many of these programs will be in jeopardy.

We need your support in establishing a community-wide base of financial support that will enable us to continue serving the Manhattan community.

Why We Charge Fees

UFM charges a class fee to help offset the ever-increasing operating costs. These fees partially help to pay the cost of bringing UFM classes and programs to our community.



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REGISTRATION SCHEDULE

* Registration Forms are on the back page

AUGUST

Wed.	Aug. 26	Manhattan Public Library	11am - 2pm 5pm - 7pm
Thurs.	Aug. 27	K-State Union	10am - 2pm
Sat.	Aug. 29	Dorothy Bramlage Library Junction City	2pm - 4pm
Sun.	Aug. 30	UFM House	2pm - 4pm

SEPTEMBER

Tues.	Sep. 1	K-State Union	10am - 2pm
Wed.	Sep. 2	Manhattan Public Library	5pm - 7pm
Thurs.	Sep. 3	K-State Union	10am - 2pm
Tues.	Sep. 29	K-State Union	10am - 2pm
Wed.	Sep. 30	Manhattan Public Library	5pm - 7pm

2

Class locations will be noted on your receipt.

Fine Arts

532-5866
1221 Thurston

Conversations In Many Tongues

BEGINNING FRENCH

FA-1

Kathy Hall Foster

532-6161

This class will cover beginning French grammar with an emphasis on essential elements for getting along while traveling abroad.

(Kathy has lived and studied in French-speaking countries, and has found that traveling abroad is more enjoyable when you can communicate in the language of the country you are visiting.)

Date to be announced at registration
Class Fee: \$10, pay at registration
Materials Fee: \$3, pay at first class
Limit: Min. 1 / Max. 15

HAVE FUN WHILE LEARNING GERMAN

FA-2

Birgit Schneider

776-0809

Don't assume that everyone in Europe speaks English. If you are considering traveling to Germany, have German friends, or just want to show off to your American friends, join this class for conversational German. You will learn common phrases with emphasis on conversation and culture, not grammar.

(Birgit is German, 25 years old, and has lived in this area for one year. She says "I hope you will have a lot of fun by taking this class; you will for sure because I have never taught a class before!") Birgit's warmth and humor promise to make this a very enjoyable class.

Mondays, Begins Sept. 14, 7:30-8:30pm
(Ongoing)

Class Fee: \$10, pay at registration
Materials Fee: \$3, pay at class
Limit: Min. 5 / Max. 20

ARABIC - COMMON PHRASES

FA-4

Layla AlJawad

776-5359

In this class we will cover basic phrases. We will study the arabic alphabet and learn to pronounce everyday words. Surprise your friends by saying "Good morning" in arabic. A tape will be available for purchase for those who wish to practice at home.

(Arabic is Layla's native language and she has volunteered to share some of the basics with others.)

Sect. I: Wed. & Fri. Sept. 23 & 25
6:30-8:30pm

Sect. II: Wed. & Fri. Nov. 18 & 20
6:30-8:30

Class Fee: \$4/Sect. Pay at registration
Materials Fee: \$2/Sect. Pay at class
Limit: Min. 5 / Max. None

ADVANCED ITALIAN LANGUAGE

FA-3

Rita Donatelli

537-4107

This class is designed for those who already know the basics of the Italian language. If you enroll in this class you will learn advanced patterns of the language. Conversations, comprehension, and reading will be particularly stressed. Italian newspapers and magazines will be the materials mainly used in this course. Italian geography, traditions, and contemporary history will be covered according to the level and the interests of the students in the class.

(Rita is from Italy and majoring in modern languages at the University of Rome.)

Thursdays, Sept. 10 - Nov. 5, 5:30-7pm
(9 times)

Class Fee: \$10, pay at registration
Materials Fee: \$4, pay at class
Limit: Min. 2 / Max. 15

BEGINNING CONVERSATIONAL ENGLISH

FA-5

Anita Bond

537-0376

If your knowledge of English is limited, we will assist you to communicate more easily with your American friends and to understand the cultural differences. We will learn the practical use of the English language which will help you in everyday life.

(Anita has an M.A. in English and has taught conversational English to international students, and has given private tutorial sessions to students through the International Student Center. She has studied various languages and traveled extensively.)

Thursdays, Begins Sept. 17, 7:30-8:30
(Ongoing)

Class Fee: \$10, pay at registration
Materials Fee: None
Limit: Min. 5 / Max. 20

SIGN LANGUAGE

FA-6

Natalie Smith

776-6735

Say it in sign language. Experience the world of silent communication in which the hearing-impaired live. This class will cover the basic sign alphabet and some conversational phraseology (with multiple signs). Come prepared to relearn your own language.
(Natalie learned sign language from her parents who are both deaf.)

Wednesdays, Sept. 9 - Oct. 28, 7-8pm
(8 times)

Class Fee: \$8, pay at registration
Materials Fee: \$.50, pay at class
Limit: Min. 5 / Max. 20

UFM PHOTOGRAPHY DARKROOM COOPERATIVE BLACK & WHITE AND COLOR

Tony Ridder

456-9132

Located just one block east of campus in UFM House, the UFM darkroom is available to anyone who needs access to a well equipped facility. The equipment is capable of handling up to 11x14 prints and 6cm x 6cm negatives as well as 35mm. The black and white fee includes everything but paper. The color fee includes everything except paper and chemicals. The color equipment enables you to develop film or slides and to make prints from negatives or from slides. For those who wish to use the darkroom, but do not wish to purchase a membership, space is available at the rate of \$5 per hour.

Organizational Meeting: 1st Monday of each month, starting Sept. 1, 6-7pm
Co-op Fees: pay at registration

Black & White Only:

8 weeks	\$20 new member,	\$15 renewal
1 semester	30 new member,	25 renewal
2 semesters	40 new member,	35 renewal
3 semesters	50 new member,	45 renewal

B & W and Color:

8 weeks	\$25 new member,	\$20 renewal
1 semester	35 new member,	30 renewal
2 semesters	45 new member,	40 renewal
3 semesters	55 new member,	50 renewal

Limit: None

UFM WOODSHOP CO-OP

Located in the UFM solar addition, the woodshop is equipped with a wide variety of power and hand tools including a radial arm saw, table saw, band saw, jointer, lathe, and most common wood-working tools. The membership fee is for equipment and facility use only. No materials are included. The mandatory organizational meeting will include instruction in safe equipment use and conduct in the woodshop.

Membership Fee: \$40 for 4 months
20 refundable deposit
60 pay at registration

Limit: None

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Class locations will be
noted on your receipt.

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PHOTOGRAPHY AS AN ART FORM

Learn how to apply your photographic skills and personal taste to produce aesthetic forms of art. Ron Hoffman would like to work with advanced photographers to help them develop their skills, and to use photographs as an art form.

For further information call Anita 532-5866.

BEGINNING PHOTOGRAPHY

FA-11

Ernie Peck

537-9883

Four evenings and one full day of instruction on how to operate and care for a 35mm camera. Bring your own camera if you have one. If not, one will be furnished along with film, processing and handouts. The camera must be returned but the rest is yours to keep. (Ernie has taught this class before with great success.)

Classroom: Tues/Wed/Thurs, Nov 10,11,12 7-9:30pm

Shooting: Sat, Nov 14, 8:30am-4:30pm

Critique: Tues, Nov 17, 7-9:30pm

Class Fee: \$10, pay at registration

Materials Fee: \$30, pay at first class

Limits: Min. 4 / Max. 12

35MM COLOR SLIDE PICTURES

FA-12

Raul Lelaya

537-0678

Learn how to use a 35mm camera, shoot color slide pictures, and recognize the advantages of slides. Improve your techniques and take original photographs. You will also learn how to process and develop color slides. Participants will cooperate to buy chemicals and be expected to provide their own film and 35mm cameras (Raul has 5 years experience in slide program production and color slide photography.)

Mondays, Sept.14 - Nov.2, 7-9pm (8 times)

Class Fee: \$10, pay at registration

Materials Fee: \$1, pay at first class

Limit: Min. 4 / Max. 12

PHOTOGRAPHY FROM CAMERA TO DARKROOM

FA-13

Tony Ridder

1-456-9132

SECTION I

Everything you always wanted to know about photography and more will be covered in this class. Sign up for the first section and learn photography from the basics up. You will need a 35mm camera (or larger format camera), and Black and White film.

SECTION II

In this section we will deal with darkroom processing. Completion of this course will certify you for the darkroom.

Section I: Wednesdays, Begins Sept.9 6-7:30pm

Section II: Wednesdays, Begins Oct.21 6-7:30pm

Class Fee: \$6/Sect or \$10 for both

Materials Fee: Sect.II only, \$5, pay at first class

Limit: Min. 4 / Max. 8



INTRODUCTION TO ACRYLIC PAINTING

FA-16

Mary Hemphill

532-5866

Explore the exciting possibilities of this permanent, water-based painting medium. Acrylics can be used to paint in techniques ranging from direct wet-in-wet watercolor to impasto oil color effects. We expect to produce two paintings. A supply list will be provided at registration.

(Mary has been painting with a variety of media since childhood and has taught all age groups. She is a graduate of KSU with a degree in art education.)

Mondays, Sept.28 - Nov.2, 9-11am (6 times)

Class Fee: \$8, pay at registration

Materials Fee: \$1, pay at class

Limit: Min. 4 / Max. 15

BEGINNING OIL PAINTING

FA-17

Cherie Fraine

539-0874

Always wondered how someone could take a few blobs of color and turn it into something beautiful? If you have ever had aspirations towards learning to paint, already started to learn, or have never picked up a brush before, join Cherie in Beginning Oil Painting and learn the fundamentals.

(Cherie has an MA in art, and is a published and internationally traveled artist.)

Wed. Sept.9 - Oct.14, 7-10pm (6 times)

Class Fee: \$8, pay at registration

Materials Fee: \$5, pay at class

Limit: Min. 5 / Max. 15

ADVANCED OIL PAINTING

FA-18

Cherie Fraine

539-0874

Advanced oil painting is for the person who already feels comfortable with their painting ability but would like a "second opinion." This class is designed to let you work at your own speed with as much or as little direction and assistance as you desire.

(Cherie has an MA in art, and is a published and internationally traveled artist.)

Wed. Oct.28 - Nov.25, 7-10pm (5 times)

Class Fee: \$8, pay at registration

Materials Fee: \$5, pay at class

Limit: Min. 2 / Max. None

INTRODUCTION TO FREEHAND DRAWING FA-14

Ernie Peck
Gene Ernst

537-9883

Pencil sketching is, for many of us, the best way to record images, express/explore ideas, and to prepare sketch-studies for later paintings or finished drawings. Often our crude sketches have little resemblance to the subject represented, herein lies the challenge of this course, TO LEARN AND PRACTICE DRAWING, and to do it well and quickly. Our media will be soft pencils and 9"x12" pads. We'll start with simple geometric solids in perspective with shading and cast shadows. Progress will be made toward objects found in the home and simple buildings and trees. Our primary goals are: to draw accurately in proportion to the real subject, to make your sketches believable, and to start to develop line quality and an artistic skill.

(Ernie and Gene have taught watercolor photography, calligraphy, and other UFM courses over the years.)

Tues & Thurs, Oct 20 - Nov 3, 7-9pm, (Sat, Oct 31, afternoon field sketching trip)

Class Fee: \$8, pay at registration

Materials Fee: None

Limit: Min. 4 / Max. 20

STENCILING FOR BEGINNERS

FA-20

Dean Reed

532-5866

Tired of watching 'General Hospital' while the children are at school? This class is geared for parents who have school aged children and have time during the day to take a class. Each session will have two classes: the first class will teach basic stenciling techniques and discuss projects for the second class (walls, t-shirts, etc.); And the second class, after a quick review, will provide time to work on individual projects. Students will supply their own materials for the second class.

(Dean is an avid stenciler, and is anxious to share her knowledge with others.)

Section I: Tuesdays, Sept.15 & 22 1-3pm

Section II: Tuesdays, Oct. 13 & 20 1-3pm

Class Fee: \$5/Sect. pay at registration

Materials Fee: \$2/Sect. Pay at class

Limit: Min. 3 / Max. 15

Continued....

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4

Class locations will be noted on your receipt.

The Many Faces of Creativity (Continued)

BEGINNING CALLIGRAPHY

FA-15

Ernie Peck

537-9883

Calligraphy, the art of beautiful lettering, will be introduced. We will learn about lettering tools, materials, references, and one calligraphy alphabet. Felt-tipped calligraphy pens and necessary paper will be provided. Because the pens have a short shelf life and have to be ordered, it is necessary to sign up for this class as early as possible. (Ernie has been lettering since he was 13 years old and has taught many others this skill.)

Mondays, Oct. 19 - Nov. 9, 7-9pm
(4 times)

NOTE: The last registration date for this class is October 9

Class Fee: \$6, pay at registration
Materials Fee: \$15, pay at first class
Limits: Min. 4 / Max. 15

BEGINNING HANDBUILDING

FA-21

Mary Hemphill

532-5866

Learn basic handbuilding methods and use them to produce finished decorative and/or functional pottery pieces. We will also cover a variety of decorative surface treatments and glazing techniques. A few inexpensive supplies (list provided at registration) will be needed in addition to those covered by the materials fee. (Mary is a certified art teacher who loves to play with mud!)

Wednesdays, Sept. 23-Oct. 28, 9-11am
(6 times)

Class Fee: \$8, pay at registration
Materials Fee: \$1, pay at class
Limit: Min. 4 / Max. 8

UFM POTTERY STUDIO

This is a cooperative studio-access class open to anyone with experience in pottery who feels confident working alone. There is no instruction provided. As a co-op member you will have access to 4 hours per week in the studio, 12-1/2 lbs. of clay, all the recycled clay you can produce, kiln space, and glazes. UFM has a sophisticated slab roller for use in sculptural hand-building, and an electric wheel to augment its studio equipment.

Mandatory Organizational Meetings will be held on the first Monday of each month at 6pm and new members must attend before starting work.

Co-op Fees: \$20 -- 8 weeks
\$30 -- 16 weeks
\$40 -- 24 weeks

Limit: None

ART EXPLORATION

FA-19

Marsha Jensen

776-7532

If you would like to develop an interest in art and do not know where to begin, then start with Marsha's Art Exploration class. Basic concepts of the art world will be discussed as well as the basic fine arts media. Examples of art forms and major artist's work will be included. (Marsha has a fine arts degree and is a self-employed graphic designer and weaver.)

Monday, Nov. 16, 7:30-9:30pm
Class Fee: \$5, pay at registration
Materials Fee: \$1, pay at class
Limit: Min. 5 / Max. 20

WOODWORKING

FA-10

L. Wayne Wilson

776-4256

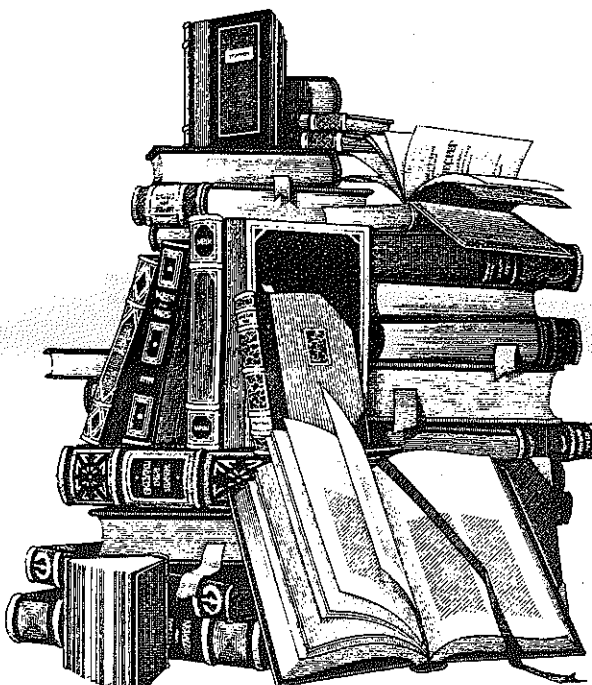
Come learn woodworking from a master woodworker who wants to share his expertise and knowledge with you. This class is for the beginner or intermediate do-it-yourself woodworker. You choose your project and each student will receive individual assistance and instruction. This is a great opportunity to finally make that coffee table or bookshelf. Power and handtools will be provided - you supply the materials.

(Mr. Wilson, a retired cabinet maker, operated a cabinet shop in the Manhattan area for 40 years.)

Mondays, Beg. Sept 14, 7-9pm
(Ongoing)

Class Fee: \$10, pay at registration
Materials Fee: You provide your own materials and supplies.
Limit: Min. 2 / Max. 5

Writing & Reading Novels



LET'S TALK WRITING

FA-8

Lee Killough

776-6584

If you are interested in writing, either for fun or for publication, then let's talk about it. We will discuss building characters, backgrounds, submitting short story and novel manuscripts, and any other concerns you may have about writing. (Lee Killough is a professional writer who has published eight novels, numerous short stories, and is currently secretary of the Science Fiction Writers of America.)

Tuesday, Sept. 15, 7:30 - 10pm
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 3 / Max. 20

STORY & NOVEL WRITING

FA-7

Leonard Bishop

1-258-2066

All levels of craft in fiction writing will be covered: dialogue, foreshadowing, characterization, major and minor relationships, story, plot-line, situations, dramatic events, 1st person, 3rd person, opening chapters, general devices, narration, introspection, continuity, motivation, sex situations, proper prose, cameo characters, complex characters, complicated scenes, details, etc. (Leonard has taught writing for over 25 years, has published 9 novels, and has written a book on professional writing to be published by Readers Digest in the spring.)

Thursdays, Oct. 8 - 22, 7-9:30pm
(3 times)

Class Fee: \$6, pay at registration
Materials Fee: \$2, pay at first class
Limit: Min. 8 / Max. None

BOOKS BY AND ABOUT WOMEN

FA-9

Lorrie Cross

539-5337

Women writers say special things. Women readers often hear them. This class provides time for women to talk with each other about novels, non-fiction works, humor, and satire. Dimensions of self-image shaped by literary models are examined as we discuss books selected by group members. Books we have recently read are: The Good Mother by Sue Miller; I'm Not Complaining by Ruth Adam; A Country Year by Sue Hubbard; and I Knew a Phoenix by May Sarton. (Lorrie has been a member of this informal reading group since 1978.)

1st. Meeting: Wed. Sept. 16, 7:30-9pm
(Ongoing)

Class Fee: \$3, pay at registration
Materials Fee: None
Limit: Min. 1 / Max. None

Sharing...

Have you ever thought about sharing your talents, hobbies or job skills with others? Why not become a UFM teacher? If you want to know what is involved, with no obligation or pressure, drop by UFM on Thursday, June 18, and the UFM staff will be happy to talk with you.

Class locations will be noted on your receipt.

5

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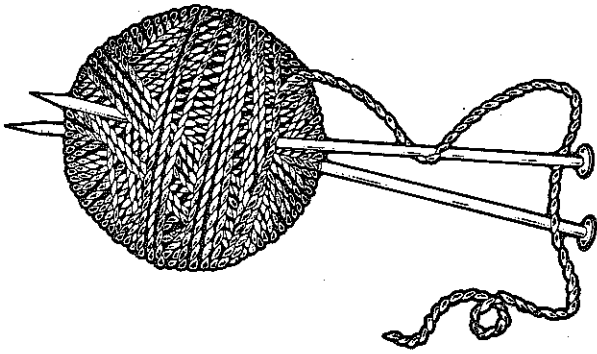
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BEGINNING KNITTING

Jean Johnson

FA-36

776-3292

This is a class for all ages, male as well as female. The only items you need are knitting needles, size 10, and light colored 4 ply yarn. The rest is easy - just knit one pearl one. (Jean has been knitting for over 20 years and has taught knitting for UFM several times.)

Tuesdays, Sept.15 - Oct.6, 7-9pm
(4 times)

Class Fee: \$6, pay at registration
Materials Fee: none
Limits: Min. 3 / Max. 10

INTERMEDIATE KNITTING

Jean Johnson

FA-37

776-3292

We will learn how to do different fancy stitches like shaker knit, easy cables, two color knitting, and more. Just bring size 10 knitting needles, a cable needle, and light colored 4 ply yarn. (Jean has been knitting for over 20 years and loves to try new knitting techniques.)

Tuesdays, Oct.13 - Nov.3, 7-9pm
(4 times)

Class Fee: \$6, pay at registration
Materials Fee: none
Limits: Min. 4 / Max. 10

CROCHETED CHRISTMAS STOCKING

Mary Hemphill

FA-38

532-5866

Beginning crocheters will learn basic stitches and crochet a large (18" long) Christmas stocking decorated with a santa or snowman. A large granny square stocking will also be demonstrated. A supply list will be provided at registration. (Mary has been crocheting for many years and enjoys sharing her skills and patterns.)

Wednesdays, Oct.7,14,21, 1-3pm
Class Fee: \$5, pay at registration
Materials Fee: \$1, pay at class
Limit: Min. 4 / Max. 10

BEGINNING WEAVING

Susan Lala

FA-41

537-9610

Become comfortable with the basics of weaving and learn to prepare your yarn and loom. You will take a small loom home with you the first three weeks, each time weaving a set of samples. The fourth class period will be devoted to in-class weaving. (Susan has been weaving for 20 years and is active in local, state and national weaving organizations.)

Wednesdays, Sept.30 - Oct.21, 1:30-3:30pm
(4 times)

Class Fee: \$8, pay at registration
Materials Fee: \$18, (\$12 loom rental, \$6 yarn/notebook)
Limit: Min. 3 / Max. 5

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Class locations will be noted on your receipt.

POTPOURRI

Jayne Link

FA-48

539-7605

Learn a little folklore, how to make two potpourri blends, and then take home one ounce of each blend. You will also take home recipes to make your own blends for holiday gift giving. (Jayne has a small herb business called Fragrant Memories and has enjoyed playing with herbs & flowers for years.)

Monday, October 19, 6:30-8pm
Class Fee: \$4, pay at registration
Materials Fee: \$4.50, pay at class
Limit: Min. 6 / Max. 10

TATTING - THE ART OF MAKING LACE

Jessie Fouveaux

FA-40

776-6806

Tatting, or *frivolite* as the French call it, is a very old art. This process of making lace by looping and knotting a single strand of thread on a small shuttle originated in Europe. Years ago tatters used very fine thread and many long picots to create a lacy effect. Modern tatting has shorter and fewer picots, uses heavier thread, and will out-wear the cloth it is on. Please bring a plastic tatting shuttle, spool of tatting thread (#20 or 30), crochet hook or needle, and a basic tatting instruction booklet.)

(Jessie has taught tatting many times and when asked why she continues to teach she says, "I like to pass on the craft that has meant so much to me throughout the years. I hope the nice people that I meet through this class enjoy tatting as much as I do.)

Sect. I: Mondays, Oct 5-19, 7-9pm
Sect. II: Mondays, Nov 9-23, 7-9pm
Each section meets 3 times

Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 2 / Max. 4

BEGINNING MACRAME

(12 years and over)
Neelam Jain

FA-39

776-8305

Learn to macrame a hanging plant holder made with jute and beads in one easy lesson. You will leave this class with a decorator item for your home, or a gift for your family or friends. Now is the time to learn a craft which could solve your Christmas gift problems. (Neelam is from India and enjoys sharing her macrame skills with others.)

Sect. I: Saturday, Sept.12, 10am-Noon
Sect. II: Saturday, Oct. 10, 10am-Noon
Class Fee: \$4, pay at registration
Materials Fee: \$10, pay at class
Limit: Min. 3 / Max. 5

INEXPENSIVE WEAVING TECHNIQUES

Mary Hemphill

FA-42

532-5866

You do not need complicated equipment to produce beautiful decorator items, such as pillows, wall hangings, table mats, etc., for your home. We will construct simple portable looms from inexpensive everyday materials and learn basic weaving techniques. The first meeting will be organizational to construct the looms and plan your first project -- a wall hanging. We will use a variety of weaves to complete the wall hanging and then look at other simple loom options. The possibilities for looms and weaving materials are endless. Use your newly gained skills to design and weave your choice of a second project. A list of required materials will be available at registration. (Mary has a degree in art education and is looking forward to sharing her talents with you.)

Tuesdays, Sept.22-Oct.27, 9:30-11:30am
(5 or 6 times)

Class Fee: \$8, pay at registration
Materials Fee: \$1, pay at class
Limit: Min. 4 / Max. 15

RAG RUGS

Fran Walter

FA-43

539-2961

Turn your rags into rugs! There are a number of ways to make rag rugs, including braiding, weaving, crocheting, and hooking. In this class you will see examples of each type and learn how to tear rags into the proper size for rug making. Fran will also demonstrate the techniques involved for different types of rag rugs. Many types of materials can be converted into rugs. Fran even has one made from old bread wrappers. (Fran learned how to make rag rugs from her mother. She loves to share her skills with others.)

Fridays, October 23 & 30, 7-9pm
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 3 / Max. 12

HISTORY OF CRAZY QUILTS

Kathy Brown

FA-45

539-3731

Ever wonder how the warm quilts you cover up with on cold days were made? Join Kathy and take a look at the origins of crazy quilts. Actual construction details will be demonstrated and a close-up look at the Goodnow House quilts will be included.

(Kathy is the curator of Goodnow House Museum and has worked extensively with the State Historical Society collection of quilts in Topeka.)

Saturday, November 14, 10am-12noon
Class Fee: \$3, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

CHAIR CANING

Barbara Poresky

FA-46

539-2967

Do you have a chair that needs a new cane seat? Be innovative and try caning it yourself. The first meeting will be organizational so bring your chair and Barbara will specify materials that are needed and order them for you. After the materials have arrived, the following sessions will guide you through the steps necessary to repair your chair. (Barbara has taught this class several times before and is willing to share her skills and knowledge once again with others.)

Tuesdays, Begins Sept.8, 7:30-9:30pm
(6 times)

Class Fee: \$8, pay at registration
Materials Fee: Depends on size of project
Limit: Min. 3 / Max. 10

STEP INTO DECORATING

Kathy Colvig

FA-49

539-4121

In the first session we will learn color theory, how color affects us, and decorating techniques; floor plans will be discussed and developed. Then in the second session we will talk in more detail about creating specific looks, blending color and patterns, and talk about individual rooms. (Kathy is a self-employed, full service custom decorator, specializing in artwork and color coordinated accessories.)

Wednesdays, Sept 23 & 30, 7-8:30pm
Class Fee: \$5, pay at registration
Materials Fee: \$1, pay at class
Limit: Min. 5 / Max. 10

Continued...

Fall Hobbies (Continued)

GLASS ETCHINGS

FA-47

Steve Baldrige

539-4597

Glass etching is a simple way of enhancing glass and especially mirrors. It makes nice inexpensive gifts and can be used to accompany furniture projects. Anyone with the slightest amount of artistic ability can do it. (Steve is a KSU student and has been etching glass for six years.)

Tuesday, Sept. 8, 7pm
Class Fee: \$5, pay at registration
Materials Fee: \$2.50, pay at class
Limit: Min. 3 / Max. 7

ORIGAMI FOR ADULTS

FA-44

Yu Xi, Gong

532-5508

Origami, the art of paper folding, is a traditional Chinese children's game. Yu Xi would like to share her knowledge with parents, teachers, or other adults who would like to teach this art to children. (Yu Xi Gong is a visiting scholar from China. She enjoys teaching origami to children as well as adults.)

Mondays & Thursdays, Nov. 12-23, 7-8pm
Begins Thurs. Nov. 12 (meets 4 times)
Class Fee: \$5, pay at registration
Materials Fee: \$3, pay at first class
Limit: Min. 1 / Max. 10



...And For Fun

BECOMING A CLOWN

FA-50

Michele Jonas

537-8959

Come join Michele and create your own party clown character. We will create the character complete with make-up (white face), costume and personality. The art of clowning will include magic tricks, activities, and personal interaction. We will also learn how to make balloon animals. All materials will be supplied. All ages welcome! (Michele is a self-taught, part-time clown who does parties, picnics, and ground openings.)

Saturday, December 5, 10am-12noon
Class Fee: \$3, pay at registration
Materials Fee: \$5, pay at class
Limit: Min. 6 / Max. 12

Swing Those Partners

SWING DANCE

FA-34

Art Clack & Kathy Colvig

539-4121

Don't hold yourself back when you hear that hot fiddle playing. Round up your friends to learn the sharp moves, dips, spins, turns and slides done in country western swing and "get down" to some hot tunes. Heavy emphasis on swing dance, less on two-step and cotton-eyed Joe. (Art and Kathy have taught swing dance for many years.)

Wednesdays, October 7-21, 7-8:30pm
(3 times)
Class Fee: \$6, pay at registration
Materials Fee: None
Limit: Min. 6 / Max. 20

FLINT HILLS FOLK DANCERS

FA-35

Enid Cocke & Paul Weidhaas

539-4805

Learn to dance the polka, waltz, schottische and hambo. (Learn what a hambo is!) In its seventh year, the Flint Hills Folk Dance Fellowship does a wide variety of traditional dances from America, Europe, and Israel. Beginners are welcome and partners will be provided. (Enid and Paul danced before they could walk.)

First and third Fridays, 7:30-9:30pm
Begins Friday, Sept. 18, (Ongoing)
Class Fee: \$6, pay at registration
Materials Fee: None
Limit: Min. 2 / Max. None

Music to Play, Sing or Listen To

VOICE CLASS

FA-22

Miki Thompson

537-8238

Always fancied yourself on stage? Get out of the shower and learn how to sing for your own pleasure and perhaps you could even astound your friends at your next party. This class will feature individualized voice instruction and will cover the mechanics of voice such as breath control, acoustics, etc., and how to use them in whatever style of music you like to sing. If you have a particular song you enjoy singing, bring along the music and we will work with it. (Miki is a senior at KSU, majoring in voice performance, and has been interested in music since she was a child, which is not surprising as she comes from a musical family.)

Tuesdays, Sept. 8 - Oct. 13, 7-8pm
(6 times)
Class Fee: \$8, pay at registration
Materials Fee: \$1, pay at first class
Limit: Min. 1 / Max. 15

JAZZ APPRECIATION

FA-25

David Riat

539-2603

This class will have three main areas of focus: 1) a brief historical overview of the evolution of jazz; 2) different styles of various jazz players, i.e. Count Basie, Miles Davis and others; and 3) accessibility - being able to recognize artists, and knowing where to buy the recordings you like. This class is just for you jazz enthusiasts out there who would like to expand their knowledge, get to meet other enthusiasts, and TALK JAZZ! (David is a saxophonist/pianist who has performed with Ed Shaughnessy and Mel Torme. He is a music education major at KSU, and serves on the executive board of the Manhattan Musicians' Union.)

Tuesdays, Sept. 15 - 29, 7-8:30pm
(3 times)
Class Fee: \$6, pay at registration
Materials Fee: None
Limit: Min. 5 / Max. None

EXPLORING MUSIC

FA-24

Miki Thompson

537-8238

If you have no music experience or want to learn more about music then Miki is the instructor for you. She will give an introduction to the history and theory of music with an emphasis on the different instruments. You will listen to all types of music from classical and jazz to American folk music. Join this class and learn to identify composers and the type of music you enjoy.

Tuesdays, Oct. 20 - Nov. 24, 7-8pm
(6 times)
Class Fee: \$6, pay at registration
Materials Fee: None
Limit: Min. 5 / Max. None

ELECTRONIC KEYBOARDS: PERFORMANCE AND ANALYSIS

FA-27

Rick Pontalio

776-9911

This is an instructional course designed to explain the basics of synthesis and how sounds are made. This class will appeal to synthesizer owners who want to learn more about their particular synthesizer and create new sounds using parameters available to them. Have fun being creative and get the most out of your keyboard. Performance aspects will be discussed and how the computer can help performance. This course is designed for the beginner or intermediate level of synthesizer understanding. (Originally from Kansas City, MO, Rick has been playing piano for 13 years and has been involved with synthesizers for the past five years. He has performed with bands locally and in Kansas City. He has also received one year of formal training at the Conservatory of Music, UMKC.)

Tuesdays, Sept. 8-29, 7-8pm
(4 times)
Class Fee: \$6, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

CELTIC MUSIC WORKSHOP

FA-31

Paul Weidhaas
Charlie Griffin

539-4805
532-6953

We will spend an evening playing, singing, and dancing to traditional Irish music played on the fiddle, concertina, penny whistle, hammered dulcimer, bodhran, mandolin, bones, and guitar. Bring your musical instruments, voices, and feet. We will talk about the origins of the music of the British Isles, discuss the different instruments, jig a little, and hope everyone will join in. (Charlie and Paul are members of the Life of Riley and have been playing celtic music around the area for several years.)

Friday, November 6, 7:30-9:30pm
Class Fee: \$4, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

MANHATTAN BAREFOOT DIXIELAND PHILHARMONIC SOCIETY

FA-32

Jim Rourk

776-3202

Do you play the banjo, clarinet, trumpet, trombone, or tuba? Are you interested in playing in a band in your spare time? The Dixieland Philharmonic is just the thing for you. The group has performed at the Kansas State Fair, bars, football games, and at private parties. A high degree of skill is not needed, but an extreme desire for fun is. (Mr. Rourk has been playing Dixieland for 30 years).

Saturdays: you will be contacted with date, time, and location after registration.
Class Fee: \$2, pay at registration
Materials Fee: None
Limit: Min. 1 / Max. None

Continued...

Class locations will be
noted on your receipt.

7

Music to Play, Sing or Listen to (Continued)

INTRODUCTION TO CLASSICAL MUSIC

Karalee Kiger FA-23

We will study all the classical styles including baroque, romantic and contemporary, and learn how to recognize and appreciate the different styles. (Karalee is a senior in music at KSU, with an emphasis in double bass performance. She is working towards a career with a professional orchestra and teaching.)

Mondays, Sept. 14 - Oct. 5, 7-8:30pm
(4 times)
Class Fee: \$6, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

AUTOHARP WORKSHOP

Linda Teener FA-28
537-0508

Tuning, use of fingerpicks, rhythm backup and picking melody lines, are some of the topics to be covered in this class. A basic orientation to the autoharp will be given and information on diatonic tuning will be available. (Linda has been playing the autoharp for years and has also taught others to play.)

Thursday, September 24, 7-9pm
Class Fee: \$4, pay at registration
Materials Fee: None
Limit: Min. 2 / Max. 8

BEGINNING GUITAR

Chris Sidorfsky FA-26
537-1249

This class is for those who have little or no knowledge of the workings of the guitar. We will start with string names, tuning, and work through playing some simple songs. Discussions of playing in a group and the differences between electric and acoustic will also be included. (Chris is a partly self-taught guitarist who expects to learn as much from this class as the participants.)

Tuesday, Sept 22 - Oct 6, 7:30-9pm
(3 times)
Class Fee: \$6, pay at registration
Materials Fee: None
Limit: Min. 3 / Max. 10

SUZUKI VIOLIN

Paula Garcia & Zenia Lee FA-30
537-8264

The Suzuki approach, based on the so-called "mother-tongue" method, differs from traditional methods of teaching instrumental music because it involves the student at a very early age, thus necessitating much participation on the part of the parent (usually the mother) in the role of home-teacher. Come listen to a group lesson and Paula will give you an overview of the Suzuki method complete with handouts. (Paula, a Suzuki product herself, having started when she was 3, is now a certified Suzuki teacher. Zenia, Paula's assistant is also certified to teach.)

Monday, September 21, 6:30-7:30pm
Class Fee: \$2, pay at registration
Materials Fee: None
Limit: Min. 3 / Max. None

BEGINNING MOUNTAIN DULCIMER WORKSHOP

Linda Teener FA-29
537-0508

Ever wonder how people get started playing a mountain dulcimer? Come join this workshop and learn the art of playing this type of dulcimer. You will learn the basic skills of playing which include tuning and strumming techniques as well as learning a couple of tunes. (Linda has been playing the mountain dulcimer for 10 years and enjoys sharing her music and skill with others.)

Monday, October 5, 7-9pm
Class Fee: \$4, pay at registration
Materials Fee: None
Limit: Min. 3 / Max. 8

WOODWINDS ANONYMOUS

Jim Shanteau FA-33
532-6850

If you play a woodwind instrument join us for a discussion, and then let's play woodwind chamber music ranging from baroque to modern. We play for our own pleasure, but have performed on occasion. (Jim is active with various local musical groups, and has been coordinator of Woodwinds Anonymous for ten years.)

Register and Jim will contact you with time and date.
Class Fee: \$2, pay at registration
Materials Fee: None
Limit: Min. None / Max. None



For Kids Only

532-5866
1221 Thurston

Food Time?

SCIENCE EXPERIMENTS YOU CAN EAT

(AGES 6 TO 11) KS-18

Cindy Klentz

Science is fun. Explore science through experiments you can create and eat in your own kitchen. This will be a hands-on class so come prepared for a science experiment and a snack! (Cindy loves kids and loves to cook - a perfect combination for this class.)

Saturday, October 3, 10-11:30am.
Class Fee: \$3, pay at registration
Materials Fee: \$1, pay at class
Limit: Min. 4 / Max. None

HALLOWEEN SPECIALTY BREADS

(Yeast Bread Shaping) KS-19
Ages 8-13

Christine Steichen 539-7893
Annette Kiser

Start a family tradition in your home with warm, home-baked bread made in creative shapes. Learn basic bread making plus a pumpkin yeast dough (developed by the Kansas Wheat Commission), then have fun creating Halloween shapes from the yeast dough. (Christine Steichen & Annette Kiser are team members on a Fleischmann's "Bread America" grant, and a State 4-H Foundation grant and are teaching this Halloween Specialty Breads project throughout the state.)

Tuesdays, Sept. 22 & Oct. 13, 7-9pm
(2 times)
Class Fee: \$4, pay at registration
Materials Fee: \$4, pay at first class
Limit: Min. 5 / Max. 20

Dig That Patch!

CHILDREN'S FALL GARDENING

Frank Kroeker KS-24
Pat Williams 532-5866
532-6170

Children from the ages of 5-12 will be assigned individual and group gardens. They will learn planting, soil preparation, weeding, harvesting, and other cultural practices throughout the gardening season. (Frank is coordinator of the Community Gardens and Pat is a graduate student in horticulture at KSU.)

Saturdays, Begins Sept. 12, 10am
(Ongoing)
Class Fee: None
Materials Fee: None
Limit: Min. 1 / Max. None

Teenagers' Special

TEENS' NATIVE AMERICAN WORKSHOP

Pat Embers KS-20
Jayne Link 539-2819
539-7605

This class is for teenagers, 13-19, who would like to learn Indian lore and skills. We will experience the construction of the teepee lodge, flint and steel firemaking, beadwork, and sandpainting. We will discuss the art of tanning hides as well as Native American healing techniques. The concept of the medicine wheel will also be demonstrated. Class will be held outside most of the time to help us learn to respect and attune ourselves to the Earth Mother. (Jayne and Pat have enjoyed organizing the kids' series of Native American workshops. They are excited about this class and believe it will be a fun and interesting for teenagers.)

Saturday, September 12, 1-4pm
Class Fee: \$4, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

8 **Class locations will be noted on your receipt.**

Will the Real Picasso Please Stand Up?

BEGINNING CERAMICS FOR CHILDREN (AGE 6 AND UP)

KS-14

Diana Hatch 776-9921

Each child will complete 3 projects: a kitchen trivet, a mug, and a Christmas ornament. Basic techniques will be emphasized and original artwork on each project will encourage each child's creativity. No previous experience required. Children should dress in old clothes.

(Diana, who is a mother, believes that everyone has creative talents that can be developed for his or her own enjoyment.)

Saturdays, Oct 3-24, 10-11:30am
(4 times)

Registration Deadline: Sept.18
Class Fee: \$5, pay at registration
Materials Fee: \$20, pay at class
Limit: Min. 1 / Max. 8

STENCILING FOR CHILDREN (6 YEARS AND UP)

KS-15

Dean Reed 532-5866

Your children will learn the basic techniques of stenciling and bring home a stenciled shirt. A great idea for Christmas presents! Bring a T-shirt (old or new) to stencil on. Materials fee includes a brush and stencil to keep. (Dean has taught stenciling many times for UFM.)

Saturday, December 5, 1-2:30pm
Class Fee: \$3, pay at registration
Materials Fee: \$4, pay at class
Limit: Min. 3 / Max. 10

BEGINNING WATERCOLOR (Ages 4-8)

KS-12

Gayle Myers

Learn to mix the proper media and put color to paper to create your own works of art. We will be using watercolor paints with sable brushes and watercolor paper pads that can be purchased at your local discount store. Dress your child in old clothes please.

Saturdays, Oct.17 - Nov.14, 1:30-2:30pm
(4 times - no class Oct 31st.)
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 5 / Max. 15

BEGINNING WATERCOLOR (Ages 9-13)

KS-13

Gayle Myers

Learn to mix the proper media and put color to paper to create your own works of art. We will be using watercolor paints with sable brushes and watercolor paper pads that can be purchased at your local discount store. Wear your old clothes.

Saturdays, Oct.17-Nov.14, 2:30-3:30pm
(4 times - no class Oct.31st.)
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 5 / Max. 15

BEGINNING DRAWING (Ages 4-8)

KS-10

Gayle Myers

Beginning drawing offers the opportunity to work with pencil and ink pens. You will start drawing from photos and as the class progresses you will begin to draw still-lives. A pad of paper and a 2H drawing pencil are all that stand in the way of the budding young artist.

Saturdays, Sept.12 - Oct.3, 1:30-2:30pm
(4 times)
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 5 / Max. 15

BEGINNING DRAWING (Ages 9-13)

KS-11

Gayle Myers

Beginning drawing offers the opportunity to work with pencil and ink pens. You will start drawing from photos and as the class progresses you will begin to draw still-lives. A pad of paper and a 2H drawing pencil are all that stand in the way of the budding young artist.

Saturdays, Sept.12 - Oct.3, 2:30-3:30pm
(4 times)
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 5 / Max. 15

Snap Those Fingers, Tap Those Feet

BEGINNING JAZZ SAMPLER (AGES 7 TO 12)

KS-5

Sharron Washington

532-5866

Try this fun-filled dance class of today's jazz styles. Learn the basic warm-ups and several jazz combinations. Wear dance clothes or easy moving sports wear and canvas sneakers. (Sharron, who teaches dance, has operated her own dance studio for seventeen years, and has always welcomed the opportunity to share her talents with children and teenagers.)

Saturday, Oct.3 & 10, 1:30-2:15pm
Class Fee: \$4, pay at registration
Materials Fee: \$1.50, pay at class
Limit: Min. 5 / Max. 16

BEGINNING JAZZ SAMPLER (AGES 13-17)

KS-6

Sharron Washington

532-5866

Try this fun-filled dance class of today's jazz styles. Learn the basic warm-ups and several jazz combinations. Wear dance clothes or easy moving sports wear and canvas sneakers. (Sharron, who teaches dance, has operated her own dance studio for seventeen years and has always welcomed the opportunity to share her talents with children and teenagers.)

Saturday, Oct.3 & 10, 2:15-3pm
Class Fee: \$4, pay at registration
Materials Fee: \$1.50, pay at class
Limit: Min. 5 / Max. 16

BEGINNING MUSIC FOR CHILDREN (4 TO 10 YEARS)

KS-9

Miki Thompson

Introduce your child to the wonderful world of music. Miki will start with beginning rhythm instruments and then teach some basics of music while having fun with musical games and songs.

Saturdays, Oct. 3 & 10, 10-11:30am.
Class Fee: \$4, pay at registration
Materials Fee: None
Limit: Min. 5 / Max. 10

BEGINNING BALLET SAMPLER (AGES 11 - 16 YEARS)

KS-8

Sharron Washington

532-5866

Did you ever want to try a ballet class? Take this ballet basic sampler dance class and learn a barre warm-up, center work, and basic across the floor movement. Wear dance clothes or easy moving sports wear and ballet shoes or sports socks.

(Sharron, who teaches dance, has operated her own dance studio for seventeen years and has always welcomed the opportunity to share her talents with children and teenagers.)

Saturday, Sept.19 & 26, 2:15-3pm.
Class Fee: \$4, pay at registration
Materials Fee: \$1.50, pay at class
Limit: Min. 5 / Max. 16

BEGINNING BALLET SAMPLER (AGES 6 - 10 YEARS)

KS-7

Sharron Washington

532-5866

Did you ever want to try a ballet class? Take this ballet basic sampler dance class and learn a barre warm-up, center work, and basic across the floor movement. Wear dance clothes or easy moving sports wear and ballet shoes or sports socks.

(Sharron, who teaches dance, has operated her own dance studio for seventeen years, and has always welcomed the opportunity to share her talents with children and teenagers.)

Saturday, Sept.19 & 26, 1:30-2:15pm
Class Fee: \$4, pay at registration
Materials Fee: \$1.50 pay at class
Limit: Min. 5 / Max. 16



Don't Miss This

Breakfast
With
Santa

SANTA SAID HE HAD SUCH A GOOD TIME LAST YEAR HE WANTS TO DO THIS AGAIN.

BREAKFAST WITH SANTA

KS-23

UFM Staff & Santa 532-5866

PARENTS! Treat your child to an extra special Christmas this year. Sign them up for breakfast with SANTA. In order to make this a truly special event, please bring a package with you when you register, or drop one by the UFM house ten days prior to Santa's Breakfast and he will personally give your child his or her own gift. (Please keep gift \$5 or under.)

Breakfast will be buffet style at the Sirlain Stockade and Santa's helpers will be there to assist the children, but parents are welcome to 'stand by'.

THERE IS A LIMIT OF 25 CHILDREN REGISTER EARLY

Saturday, December 12, 9-10:30am
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 8 / Max. 25

Class locations will be noted on your receipt.

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Learning How To Cope

HOME ALONE KS-21

Lynda Frey 537-2180

This is for children who stay alone at home. The class teaches self-care skills, emergency procedures, and first aid. (Lynda is the Executive Director of the Red Cross.)

Saturday, November 21, 9am-12noon
Class Fee: \$3, pay at registration
Materials Fee: None
Limit: Min. 6 / Max. 20

RED CROSS BABYSITTING KS-22

Lynda Frey 537-2180

Young people who want to earn money often babysit. This class teaches youngsters age 11 or older the basics of child care, how to prevent accidents, what to do in an emergency, and how important they can be in the life of a child. Participants must attend both sessions for certification. (Lynda is the Executive Director of the Red Cross.)

Saturdays, October 17 & 24, 9am-12noon
Class Fee: \$4, pay at registration
Materials Fee: \$5, pay at first class
Limit: Min. 6 / Max. 20

Quiet Time

BEGINNING CROCHET FOR CHILDREN KS-16
(AGES 6 - 12)

Jean Johnson 776-3292

Come and learn the basic stitches of crochet and take home a handsome potholder for your mom. You will learn chain, single and double crochet, as well as how to crochet a granny square. Crochet is a great craft to learn as you can make Christmas presents for your family and friends.

(Jean enjoys crocheting and has taught for UFM many times. Thanks, Jean!)

Thursdays, Sept.10 - Oct.1, 7-8pm
(4 times)

Class Fee: \$5, pay at registration
Materials Fee: \$.50, pay at first class
Limit: Min. 2 / Max. 6

ORIGAMI FOR CHILDREN KS-17

Yu Xi Gong 532-5508

Imagine making animals, birds, flowers and objects from a simple piece of paper. The art of paper folding is a traditional Chinese children's game. Children will practice skills using both their fingers and brains while developing their creativity and imagination.

(Yu Xi Gong is a visiting scholar from China. She enjoys teaching origami to adults as well as to children.)

Mondays & Thursdays, Sept.10-21,
Begins Thurs. Sept.10, 7-8pm, (4 times)
Class Fee: \$4, pay at registration
Materials Fee: \$2, pay at first class
Limit: Min. 1 / Max. 10

UFM TELEVISION SHOW FOCUS ON THE COMMUNITY

Watch UFM's television show on Channel Six, Mondays at 6:00pm. Many of the programs cover social issues and topics which impact on Manhattan. For further information call Eunice, UFM, 532-5866

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Class locations will be noted on your receipt.

Dogs, Horses, Kids &...Dinosaurs?

DINOSAURS FOR KIDS (AND KIDS AT HEART)

Rich M. Busch KS-4 532-6724

Dinosaurs, or terrible lizards, ruled the Earth for about 165 million years during what is known as the Mesozoic Era of time. They were once regarded as cold-blooded, slow-moving, dumb beasts, but that image is changing. We will explore the new image of dinosaurs as warm-blooded, fast, intelligent creatures. We will also examine bones of dinosaurs and other Mesozoic creatures from Kansas. Find out what Kansas was like when dinosaurs stalked the Earth! All ages welcome. (Rich is an Assistant Professor of Geology and Adjunct Professor of Science Education at KSU with teaching and research interests dealing with fossils, stratified rocks, and Earth history. He has been fossil collecting since he was 5 years old.)

Tuesday, October 6, 6:30-8pm
Class Fee: \$3, pay at registration
Materials Fee: None
Limit: Min. 10 / Max. 40

INTRODUCTION TO DOG TRAINING FOR KIDS

Cheryl May KS-1 776-4326

Find out what you need to get started training your dog. Bring your dog, a 6-ft. leather or nylon leash, and a choke chain training collar. We'll cover the basics -- heeling, sitting, and the stay commands. Ages: children, 8-16; dogs, over 6 months.

(Cheryl teaches advanced obedience for the Riley County dog project.)

Wednesday, September 9, 6-8pm
Class Fee: \$4, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. 12

DOG TRICKS FOR KIDS

Cheryl May KS-2 532-6415

Learn to train your dog to do tricks like rolling over, begging, jumping through hoops, crawling, and catching food in the air. You will learn how to teach your dog these simple tricks -- and a few more. A hand-out will be provided so you can continue to work with your dog at home. Bring your dog, a leash, and a sandwich-bag filled with your dog's favorite treats. For kids 8-16 and dogs over 6 months. (Cheryl teaches advanced obedience for the Riley County 4-H project.)

Monday, September 21, 6:30-8pm
Class Fee: \$4, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. 10

HORSES FOR KIDS OF ALL AGES KS-3

Bernard Wells 539-1263

You will get to feed, groom, and RIDE a horse. Learn to enjoy and have fun with a horse. What does a horse need to become your best friend? What is horse safety? How much does a horse eat? All these questions and more will be answered and you will also get some hands-on experience. Parents are encouraged to attend. Don't miss this great opportunity. (Bernard has enjoyed raising horses for many years as well as being Riley County 4-H Horse Leader.)

Date to be announced at registration
Class Fee: \$4, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. 20



HOW TO HAVE YOUR CAKE AND DECORATE IT TOO F-3

Jo Rodriguez 537-8817

Have you always wanted to be able to decorate your own cakes? In this class you will learn how to decorate a cake from a professional. Bring a prefrosted cake to class (white frosting please). At registration you will be given a list of materials needed to decorate your cake. If you do not wish to decorate your own cake, you may sign up for a demonstration only.

(Jo studied cake decorating in Chicago and has taught cake decorating for years. She also does wedding cakes by order.)

Tuesday, September 15, 6:30-8:30pm
Class Fee: \$4, pay at registration
Materials Fee: None
Limit: Min. 5 / Max. 10

HOLIDAY COOKIES F-8

UFM and Senior Center 532-5866

When it gets to be "that time of year" again, don't despair. Now you can have your cookies and a clean kitchen too. Come join us for the most relaxed batch of cookies you'll ever make. Just bring an apron and containers large enough for ten dozen cookies. We will be making ten different varieties and you will be able to take home one dozen of each. We will make 'em, bake 'em, have coffee while they cook, and then divide 'em up and take 'em home.

Sect. I: Tuesday, Dec.1, 2-4pm
Sect. II: Thursday, Dec.3, 6:30-8:30pm
Sect. III: Wednesday, Dec.9, 6:30-8:30pm
Cost: \$15, pay at registration (\$10 senior citizens)
Materials Fee: None
Limit: Min. 10 / Max. 20

FLOWER COOKERY

F-1

Eileen Schofield Barkley 539-8312

Have you ever nibbled on a rose or a marigold? Many garden flowers are edible and add color and variety to your cooking. We will discuss which flowers to eat, and prepare and taste several dishes, as well as share other recipes.

(Flower Cookery combines Eileen's training as a botanist and her hobby of cooking.)

Tuesday, September 15, 6:30-8:30pm
Class Fee: \$3, pay at registration
Materials Fee: \$2, pay at class
Limit: Min. 4 / Max. 10

JAPANESE COOKING

F-4

Nao Ohno 539-5013

Mrs. Ohno will teach three different Japanese dishes: Tempura, Sukiyaki, and Shabu-Shabu. They are all very easy to cook. Come and learn how to prepare these delicious dishes from a native of Japan! This food is especially popular with the Japanese in the winter.

(Mrs. Ohno came here about one year ago. She says, "I'm afraid I can't speak English very well. This is the first time that I have been in the United States. I like Manhattan. Americans are kind and friendly. I will live here a long time.")

Sect. I: (Tempura) Sat. Nov. 7, 2-4pm
Sect. II: (Sukiyaki) Sat. Nov. 14, 2-4pm
Sect. III: (Shabu-Shabu) Sat. Nov. 21, 2-4pm
Class Fee: \$5/Sect. Pay at registration
Materials Fee: \$5 per section, pay at class
Limit: Min. 4 / Max. 15

VEGETARIAN INDIAN COOKING

F-5

Neelam Jain 776-8305

There are people who think vegetarian cooking is boring and tasteless, but this class, combining the exotic cuisine of India with the basic elements of a vegetarian diet, will prove them very wrong. You will be introduced to the versatility of cooking with readily available ingredients for balanced vegetarian meals like: Poori or Batura (fried balloon bread) or Kafta, (vegetable balls made out of cauliflower, zucchini, or cabbage), or Biryani (fried rice with homemade cheese and vegetables), and Barfi of Halva (fudge made out of milk, nuts and other healthful foods). A different menu is planned for each section. This class is designed for both beginners and experts with hands-on experience. Enjoy learning and eating traditional Indian foods and recipes! (Neelam has been sharing her native cooking for the last six years.)

Sect. I: Thursday, October 1, 6-8pm
Sect. II: Thursday, November 5, 6-8pm
Class Fee: \$5/Sect. Pay at registration
Materials Fee: \$10, pay at class
Limit: Min. 3 / Max. 5

A MIDDLE EAST DISH FOR A SPECIAL OCCASION

F-6

Layla AlJawad

From the Middle East we bring you a dish for a very special occasion -- the wedding feast. Layla will demonstrate this wonderful traditional entree. (Layla is a food scientist who graduated from KSU.)

Sect. I: Friday, Sept. 25, 6:30-8:30pm
Sect. II: Friday, Oct. 23, 6:30-8:30pm
Class Fee: \$4/Sect. Pay at registration
Materials Fee: \$5/Sect. Pay at class
Limit: Min. 5 / Max. 10

**FALSETTO'S ITALIAN PIZZA WORKSHOP**

F-7

Falsetto's Pizza 537-3830

Come watch the experts spin-out a pizza crust. Learn to make a true Italian Pizza by hand from the crust to the toppings. You will actually create your own master pizza and then devour it. (John is the owner of two Manhattan Restaurants: Falsetto's Pasta House and Falsetto's Pizza.)

Sect. I: Tuesday, Sept. 22, 8pm
Sect. II: Wednesday, Oct. 21, 8pm
Class Fee: \$4/Sect. Pay at registration
Materials Fee: \$5/Sect. Pay at class
Limit: Min. 3 / Max. 6

TOFU FOR YOU

F-2

Cherie Fraine 539-0874


Learn the complete tofu, everything you always wanted to know but were afraid to ask. You'll learn it all, from the bean to the finished product with a detour through the soy milk zone. Discover the exciting processes involved. (Cherie has been making and consuming tofu for years and wants to share some tofu with you too.)

Saturday, October 24, 1-4pm
Class Fee: \$4, pay at registration
Materials Fee: \$6, pay at class
Limit: Min. 5 / Max. 10


ELECTROLUX

AUTHORIZED SALES • SERVICE • REPAIRS

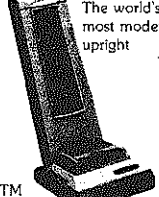
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CREATIVE BREAD SHAPING
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No Entry Fees -- Just Fun!

November 7, 1987

Age Categories:
Pre-School
5-8 yrs.
9-13 yrs.
14-19 yrs.
Adult

Prizes will be awarded to the top three winners in each category and a participation prize will be given to each person entering the contest.

Register in advance to ensure display space in the new Town Center Mall.

Watch for contest rules and registration forms in the local media and through the schools.

NATIONAL CO-OP MONTH

C-21

Jayne Link 539-7605
Lynn Whittlesey

A co-operative is a consumer owned business. In this class, we will discuss how co-operatives started, the different types, and some of the myths surrounding co-ops. You will also learn how the People's Grocery Co-op, the only consumer owned business in Manhattan, started and is operated.

(Jayne is the manager of the People's Grocery Co-op and she and Lynn have been members of a variety of co-ops in Wisconsin and Kansas since 1974.)

Monday, October 5, 6:30-7:30pm
Class Fee: \$2, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. 12

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Whenever you speak of food and service you are talking about Mr. Steak, an expert in food service

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Class locations will be noted on your receipt.

11



Love, Marriage & Relationships

DANCE OF ANGER S-12
Jennifer White 532-6984

Anger is an emotion not always easily recognized. It can be expressed in a variety of different ways. The goal of this class is to learn more positive and effective ways of handling anger in relationships. We will also explore typical patterns of relating and how we can change those patterns to be more beneficial to ourselves and others.
(Jennifer is a graduate student in marriage and family therapy.)

Thursdays, Oct. 1 - 15, 7-9pm
(3 times)

Class Fee: \$6, pay at registration
Materials Fee: \$1, pay at first class
Limit: Min. 5 / Max. 8

DATING RELATIONSHIPS S-7

David Wright, Ph.D.

Dating relationships, which should be fun, can cause confusion and create problems which are difficult to handle. Uncomfortable situations can arise from too much intimacy too fast, possessiveness, jealousy, gender roles, and unfulfilled expectations. We will cover these and other problems through discussion and sharing of experiences.
(Dr. Wright teaches Marriage and Family Therapy in the Department of Human Development and Family Studies at KSU.)

Tuesday, Sept. 29, 7pm
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

MARRIAGE ENRICHMENT S-9
Larry M. Peak, Ph.D. 537-4014

A perfect marriage is sometimes considered to be an idealistic union that few people achieve. However, through this marriage enrichment class, Dr. Peak will explain how marital relationships, although not perfect, can be strengthened. He will look at the most frequent marital problems and discuss positive steps for enhancing your marriage. Time will be allowed for group discussion and individual questions.
(Larry has a private mental health practice offering marital therapy.)

Tuesday, October 27, 7-9pm
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. 10

LOVE ADDICTION S-6
Judy Schrock 539-9464

What are the characteristics of your "ideal love"? Is your idea of love healthy? Could it be that you are addicted to love itself, rather than involved in a healthy relationship with another person? Participants in this class may begin to see relationships in a new way.
(Judy is a community health nurse with an interest in sharing self-awareness experiences with others.)

Thursday, Sept. 17, 7-9pm
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 2 / Max. 10

CO-PARENTING AFTER DIVORCE S-11

Jan Copeland 532-5510

The divorce is never final if you have children. It is not easy to put aside the anger and hurt, but both parents can provide for the best interests of the children and their own best interests as well, through cooperative co-parenting.
(Jan is the single parent of four adolescents and a teacher in the Dept. of Human Development and Family Studies.)

Tuesday, Oct. 13, 7:30pm
Class Fee: \$5, pay at registration
Materials Fee: \$1, pay at class
Limit: Min. 7 / Max. 15

PARENTS ANONYMOUS

Don and Irmie Fallon

EVERY WEDNESDAY, 7:30 - 9:00pm
Begins: August 26

LOCATION: E.C.M. CENTER, 1021 DENISON

This is a weekly self-help group for parents who abuse or fear they might abuse their children emotionally, physically, or sexually. Do you set unusually high standards, or have trouble with discipline? Do you find yourself frequently yelling at your children or leaving bruises or welts on them? PA offers a professionally moderated support group to share feelings and to practice parenting skills. The group emphasizes confidentiality and new ways to feel good about yourself.

(Don is a campus minister trained in marriage counseling at Menningers and Irmie is an elementary school teacher.)

NO REGISTRATION NECESSARY -- JUST TURN UP AT THE ECM CENTER ON THE 26th

PREPARATION FOR REMARRIAGE S-8

Jan Copeland 532-5510

Remarriage is a unique challenge, particularly when children are involved. We will focus on the most common issues the remarrying couple needs to consider.
(Jan is a graduate student concentrating her studies on divorce and remarriage.)

Monday, Oct. 26, 7:30pm
Class Fee: \$5, pay at registration
Materials Fee: \$1, pay at class
Limit: Min. 6 / Max. 20

FIGHTING FAIR IN MARRIAGE S-10

Tony Jurich, Ph.D. 532-6984

Every marriage has conflicts. The key to a good marriage is not avoiding conflicts but resolving them. Tony will help class participants understand and practice the art of fighting fair. This is your chance to talk with a \$65/hour family therapist for \$5.
(Tony is a KSU professor in the Family and Child Development Department.)

Wednesday, September 16, 7-9pm
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

I'M OK - YOU'RE OK WORKSHOP (TRANSACTIONAL ANALYSIS) S-13

Don Fallon 539-4451

This workshop is an introduction to Transactional Analysis and the use of TA tools for growth and awareness, self-understanding, and the ability to relate to other persons in creative ways. It will also provide help in undoing the programmed responses and patterns of the past, and liberating the self for creative and open living in the present.
(Don is Lutheran Campus Pastor and has taught many classes for UFM through the years.)

Saturday, Oct. 10, 9:30am-4pm
Class Fee: \$6, pay at registration
Materials Fee: None
Limit: Min. 1 / Max. 15

EFFECTIVE COMMUNICATION S-14

Michael Weinberg, Ph.D. 539-7758

Effective means of communicating our thoughts and feelings will be covered in this class. Dr. Weinberg will emphasize the expression of anger and sadness and its origin. The class discussions will present specific steps that will enable you to articulate these feelings constructively. These techniques can be used at home, school, or at work. Be assertive and take the first step--join this class.
(Dr. Weinberg is a National Certified Counselor in private practice. He is also a management consultant for several large corporations in the Manhattan and Junction City area.)

Wednesday, September 9, 7pm
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 5 / Max. 15

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BAPTIST CAMPUS CENTER
1801 ANDERSON
539-3051**

*Theology Classes, Resources in Social
Issues, Sharing Groups, Personal
Consultations, UFM Classes
Call for specific times and dates
CAMPUS MINISTER — DAVE STEWART*

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*Class locations will be
noted on your receipt.*

Reaching Our Full Potential

HOW TO GAIN SELF-CONTROL

S-3

Greg Potter, PhD

537-0076

Do you greet each day with confidence and enthusiasm? Are you able to meet the challenges of life with a smile? If not, why? This seminar deals with the development of self-control by taking charge of your happiness and self-achievement. (Dr. Potter has been in private practice in Manhattan since 1981.)

Wednesday, Sept. 23, 7pm
Class Fee: \$5, pay at registration
Materials Fee: \$7.50, pay at class
Limit: Min. 3 / Max. 10

HOW TO GAIN SELF-ACCEPTANCE

S-4

Greg Potter, PhD

537-0076

Early in your childhood you learned that your personal worth was determined by your intelligence, actions, appearance, and ancestry. If you measured up, you were allowed high self-esteem. But most of us never live up to the expectations put on us by ourselves or others. This class explores how you can totally accept yourself, regardless of the expectations around you. (Dr. Potter has been in private practice in Manhattan since 1981.)

Wednesday, Sept. 9, 7-9pm
Class Fee: \$5, pay at registration
Materials Fee: \$7.50, pay at class
Limit: Min. 3 / Max. 10

Taking Care of Our Health

AIDS EDUCATION

S-19

A RED CROSS FAMILY LIFE SEMINAR

Red Cross Instructors

537-2180

Learn the facts about AIDS from the American Red Cross, the nation's foremost health educator. (Lynda is the executive director of the Riley County Red Cross and is a certified health instructor. Nancy is an R.N. and has been a Red Cross volunteer for ten years.)

Thursday, Nov. 12, 7-9pm
Class Fee: \$3, pay at registration
Materials Fee: None
Limit: Min. 6 / Max. None

SUGAR AND SALT: THE REAL STORY

S-23

Bonnie Hansen

776-3438

Sugar and salt - two of the culprits that make weight loss a problem. Learn how they effect your body chemistry and how to overcome these two addictions. Related health problems will also be discussed. (Bonnie has been the owner of the Diet Center of Manhattan for over 12 years. She is a certified diet counselor, lecturer and teacher, as well as an expert in the field of weight management.)

Tuesday, Sept. 22, 10:30-11:30am
Class Fee: \$4, pay at registration
Materials Fee: None
Limit: Min. None / Max. 10

Participants will receive a large selection of audio tapes, periodicals, calendars, greeting cards, and incense. At 1:00pm, Dave and Mary will give a brief review of some of the newer books.

Dave and Mary Dohrmann, owners of the Lamplighter book store, are avid readers and collectors of books. They have studied and taught metaphysics and spiritual development for many years, and are both teachers in the Sufi Order.

For further information contact Mary Williams, 776-4906, or UFM, 532-5866.

Mary Williams, is exploring the possibility of opening a metaphysical bookstore and resource center for spiritual growth in the Manhattan area.

ASSERTION SKILLS: RESPONDING TO REQUESTS/SAYING "NO"

S-2

Dori Lambert, Ph.D

532-6927

Learn and practice assertive ways to respond to requests made of you; in particular, to learn how to say "no" when you want to decline a request. This is a structured learning experience incorporating attention to individual examples and group practice through use of role-play.

NOTE: KSU students contact Dori at 532-6927
Non-students register through UFM

Tuesdays, Oct. 13-Nov. 3, 4:30-6:30pm
(4 times)

Class Fee: \$6, pay at registration
Materials Fee: \$3, pay at first class
Limit: Min. 1 / Max. None

KEEP REACHING -- MOTIVATION

S-5

Joe Younger

532-6277

What makes you do what you do? Everyone has a motivator within themselves that says "do it" for whatever reason. Explore the dynamics of motivation and de-motivation! Study why people keep reaching to satisfy needs. (Joe is manager of staff training and development programs at KSU.)

Tuesday, October 13, 7-8:30pm
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 6 / Max. 15

REFLEXOLOGY

S-22

Russell Gillispie

776-8768

Learn to relax, relieve tensions (stress) and improve your general health. Easy to learn and to put into practice the very first time. Bring clean feet and hands. Good health awaits you. (Russell has used reflexology for over fifteen years and has taught many people how to benefit from its practice.)

Monday, Sept. 14, 7pm
Class Fee: \$4, pay at registration
Materials Fee: None
Limit: Min. 8 / Max. 16

STRESS ILLS AND STRESS SKILLS

S-20

Don Fallon

539-4451

Stress is a fact of life: studies, exams, relationships, jobs, finances, fear of failure, loss of the future, illness, and depression. Our whole person is affected physically, emotionally, intellectually, socially, and spiritually. We will focus on evaluating our lifestyle and shaping a practical strategy for coping with stress.

Saturday, Oct. 31, 9:30am-1pm
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 1 / Max. 15

BASIC MESSAGE

S-21

Bob Parr

1-762-5569

A brochure should make you want to pick it up and read it. How can you make sure your message has a chance of being noticed among the hundreds of messages the public is bombarded with (in print and otherwise) every day? This class will cover the basics--design and layout (though it is not an art class), how to get by without an artist, and how to work with printers. Bring your own projects for individual attention. (Stephen is an editor for Kansas Farm Bureau.)

Tuesday, Oct 6, 7pm
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 10 / Max. 25

ASSERTION SKILLS: MAKING REQUESTS OF OTHERS

S-1

Dori Lambert, Ph.D

532-6927

This is an opportunity to learn and practice assertive ways to ask for what you need/want, or to ask for changes in your environment. This is a structured learning experience incorporating attention to individual examples and group practice through use of role-play. (Dori is a counselor at KSU.)

NOTE: KSU students contact Dori at 532-6927
Non-students register through UFM

Tuesdays, Sept. 8-22, 4:30-6:30pm
(3 times)

Class Fee: \$6, pay at registration
Materials Fee: \$3, pay at first class
Limit: Min. 1 / Max. None

WEEKEND WORKSHOP

CREATING OUR OWN REALITY

Saturday and Sunday, Sept. 19 and 20

We are what we believe, and our reality, or environment, is the product of those beliefs. If you are not reaching your goals, it may well be you are being limited by your conscious or unconscious beliefs. We can be our own worst enemies.

This workshop will deal with understanding our belief system, how it works, where it comes from, and how we can make changes through visualization and affirmations.

Visualization is a powerful tool which can be used in every area of your life to produce positive changes.

You will leave this workshop with a greater understanding of yourself, and have the tools to take conscious control over your life.

SATURDAY, SEPT. 19 8:30am - 4:30pm
SUNDAY, SEPT. 20 9:00am - 4:00pm

Registration: \$39

Five full and five half scholarships are available on a first come, first serve basis. Please - only people who truly cannot afford the registration fee should apply for a scholarship.

BROCHURES ARE AVAILABLE UPON REQUEST.

WORLD FRIENDSHIP

World friendship is a nonreligious organization devoted to establishing friendship between American and International women in Manhattan. Some of our activities include: sewing, cooking, crafts, exercise, tours, and English as a Second Language. Transportation and a nursery are provided. Volunteers for the nursery and transportation are always needed. We welcome you to join us and to share with us, the world of friendship. For more information please call Tina Koch at 539-9257.

Meetings: Every Tuesday morning from 9:30-11:00am. Starts Sept. 15

Location: Fisher Hall
First Presbyterian Church
8th & Leavenworth

-No Dues-

Class locations will be noted on your receipt.

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Religion & Philosophies

SACK LUNCH THEOLOGY

S-28

Dave Stewart

539-3051

The soil and water crisis is more serious than the oil and nuclear crisis, according to ethicist-agronomist Dean Freudenberg. The U.S. loses four million acres of arable land each year and four billion tons of soil from wind and water erosion. We will explore the dimensions of the problem and appropriate ethical responses, offered through the works of Freudenberg, Wendell Berry and Wes Jackson.

(Dave is a Campus Minister and has facilitated this lively discussion group for many years.)

Mondays, Sep.14 - Nov.16, 11:30am - 1pm
(10 times)

Class Fee: \$3, pay at registration
Materials Fee: \$8-\$15, pay at first class.
Limit: Min. 1 / Max. None

GAY AND LESBIAN BIBLE STUDY

S-29

Richard Baker

776-0853

We will study and discuss the Bible and homosexual life in the church. We also offer a support system for the gay community off-campus. We want to reach out, care for our own, and let them know it is not easy, but they can make it with the help of this group. (This will not be just bible lessons.)

(Richard has 2 years of volunteer work with street ministry, 3 years of work caring for and working with alcoholics and drug addicts, and 1 year of GLRC.)

Second & fourth Wednesdays of each month. Call Richard for details of time and date. Class fee of \$2 should be paid to Richard. Registration through UFM not required. Materials Fee: Cost of Bible if you do not own one.

Limit: Min. 2 / Max. 10

PAGANISM

S-31

Flynt

What is Paganism? We will look at historical and contemporary attitudes and functions of the Pagan religion. Did you know Goddess worship is the oldest religion on earth? Come and explore an alternative religion that has grown up with mankind.

(After exploring a number of religions, Flynt became a Pagan in 1981, and now leads a group in the Manhattan area.)

Saturday, September 26, 8-10pm
Class Fee: \$3, pay at registration
Materials Fee: None

Limit: Min. 4 / Max. None

YOGA

S-33

Rob Sheridan

776-6849

Yoga is an ancient self-discipline, the daily practice of which improves the quality of one's life by developing concentration and awareness. In this class we will practice basic yoga asanas (postures) and pranayama (breath-control techniques). Please wear comfortable clothing (shorts are best) and come with an empty stomach and an open mind. (Rob has studied with Dr. Albert Franklin since 1974. Dr. Franklin studied with Sri Krishnamacharya for 6 years in Madras, India).

Mondays, Sept.14 - Oct.19, 5:30-6:30pm
(6 times)

Class Fee: \$6, pay at registration
Materials Fee: \$1, pay at class
Limit: Min. 8 / Max. 12

A DISCUSSION ON THE ISLAM RELIGION

S-30

Layla AlJawad

This will be an open discussion on the Islam religion. We will share thoughts and ideas and look at the differences between the Islam religion and Christianity. (Layla is familiar with the Islam religion and wants to discuss and share her thoughts with you.)

Wednesdays, Oct.21 & 28, 6:30-8:30pm
Class Fee: \$2, pay at registration
Materials Fee: None
Limit: Min. 3 / Max. None

INTRODUCTION TO ZEN

S-32

Al Potter & other members of the Manhattan Zen group

The origins and history of Zen philosophy and practice will be described. Emphasis is given to the Soto tradition of Zen meditation, including instruction and demonstration. Wear loose clothing and bring a cushion to sit on. (Al has been a student of Zen for many years.)

Wednesdays, Oct.14-28, 7:30-9pm
(3 times)

Class Fee: \$6, pay at registration
Materials Fee: \$6, pay at first class
Limit: Min. 3 / Max. 9

Looking Good for Fall

HOLIDAY COLOR PIZAZZ

S-34

Bonnie Hansen

776-3438

Each person will have their colors analyzed and their color packet individualized. Their color harmony and best choices for special holiday clothing will be determined. Accessories and scarf tying will also be presented. This class is a life-changing experience as this information will be useful throughout your life to make you look your very best! A make-up make-over will be scheduled for a later date.

(Bonnie is a certified professional image consultant, a member of the National Congress of Color and the Image Impact Association. She has over 20 years experience in color analysis and is currently the director of Beauty for All Seasons.)

Thursday, Nov.12, 7:30pm
Class Fee: \$4, pay at registration
Materials Fee: \$35, pay at class
Limit: Min. 3 / Max. 8

HAIR, NAILS, MAKE-UP - YOUR OWN BEST ACCESSORIES

S-35

Pazazz Hair Designs

537-9825

Take advantage of the experienced staff at Pazazz - they will combine their expertise to show you how to make the most of your hair, your nails, and your best features through the illusion of make-up.

Day and date to be announced, 7-9pm
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 12 / Max. 12

ents who abuse or neglect their children emotionally, physically, or sexually. Do you set unusually high standards, or have trouble with discipline? Do you find yourself frequently yelling at your children or leaving bruises or welts on them? PA offers a professionally moderated support group to share feelings and to practice parenting skills. The group emphasizes confidentiality and new ways to feel good about yourself. (Don is a campus minister trained in marriage counseling at Menningers and Irmie is an elementary school teacher.)

NO REGISTRATION NECESSARY -- JUST TURN UP AT THE ECM CENTER ON THE 26th

GROWING UP - A GOOD TIME

Facilitators: Kathy Dickey, Betty Frank, Becky Dekat

Growing Up - A Good Time is a program designed for parents and their children giving them opportunities to learn and share together. Topics touch upon human physical and sexual growth, gender changes and differences, gender health and hygiene, reproduction, pregnancy, childbirth, psychological changes, feelings, social development, decision making, values, self-esteem and family relationships.

The facilitators are individuals who have been trained specifically for this program.

Minimum children per class - 8
Maximum children per class - 14
1st class for parents and facilitators only
Fee: \$15 per parent/child per series

Meet Mondays

GIRLS 8-11yrs. Sept 14 - 24 (4 times)
BOYS 8-11yrs Sept 28 - Oct.8 (4 times)
GIRLS 12-15yrs Oct.12 - 26 (5 times)
BOYS 12-15yrs Oct.29 - Nov.12 (5 times)

To enroll or for further information,

CALL: 776-4779

BOOKS BY AND ABOUT WOMEN

FA-9

Lorrie Cross

539-5337

Women writers say special things. Women readers often hear them. This class provides time for women to talk with each other about novels, non-fiction works, humor, and satire. Dimensions of self-image shaped by literary models are examined as we discuss books selected by group members. Books we have recently read are: *The Good Mother* by Sue Miller; *I'm Not Complaining* by Ruth Adam; *A Country Year* by Sue Hubbard; and *I Knew a Phoenix* by May Sarton. (Lorrie has been a member of this informal reading group since 1978.)

1st.Meeting: Wed. Sept.16, 7:30-9pm
(Ongoing)

Class Fee: \$3, pay at registration
Materials Fee: None
Limit: Min. 1 / Max. None

Getting To Know Ourselves

HANDWRITING ANALYSIS

S-24

Miriam Field


539-5586

This class offers an overview of the traits revealed in handwriting. This is a unique opportunity to learn more about yourself through analysis of your handwriting. (Miriam is a master certified grapho-analyst. She also teaches more indepth introductory courses.)

Mondays, Sept. 21 & 28, 7-9pm
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 6 / Max. None

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Class locations will be noted on your receipt.



**AMERICAN BAPTIST
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Theology Classes, Resources in Social Issues, Sharing Groups, Personal Consultations, UFM Classes
Call for specific times and dates
CAMPUS MINISTER - DAVE STEWA

Getting to Know Ourselves (Continued)

CHANNELING

S-26

Steve & Erika Morgan 537-4747

Two channels will explain and demonstrate the increasingly popular phenomenon of channeling non-physical entities or guides. Bring your questions about channeling and also receive answers from a higher perspective. (Steve and Erika held this class last semester with great success.)

Wednesday, September 23, 7-9pm
Class Fee: \$4, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. 25

INNER GUIDANCE

S-27

Sharon Landrith 539-1546

Sharon began consciously receiving inner guidance in 1976. She acts as a bridge between the guidance and the individual she is working with. Information is provided about one's Life Path, blockages, and relationships, as well as suggestions for improving health and balance. Sharon would like to share her experience and help each individual become aware of their own sense of inner knowing and guidance.

(Sharon is a professional channeler, Re-birther and Regressor. She was a working partner in The Natural Healing Center near Billings and gained extensive experience in all area of Holistic Healing and therapies.)

Thursdays, Sept. 17 & 24, 7:30-9pm
Class Fee: \$4, pay at registration
Materials Fee: None
Limit: Min. 5 / Max. 25

INTERPRET YOUR DREAMS

S-25

Gary Plumberg

The interpretation of dreams is as old as the human race. Do you understand the meaning of your dreams as a way to discover your true self? The Eck-Ynari teaches this and more, as well as giving you proven techniques for remembering and recording your nightly adventures. Dreams are a reflection of intra-psychic experiences which are recurrent in every one. We will try to explain the inner workings of dreams. Please bring a notebook and pencil to class. (Gary has been a student of the Eck-Ynari for several years.)

Wednesdays, Sept. 9 & 16, 7:30-9pm
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 6 / Max. None

BOOK SALE

The Lamplighter Metaphysical Bookstore of Lawrence, Kansas, will host a book sale on October 17, 10am-5pm, in the Fireplace Room at UFM, 1221 Thurston. In addition to books, there will be a large selection of audio tapes, periodicals, calendars, greeting cards, and incense. At 1:00pm, Dave and Mary will give a brief review of some of the newer books.

Dave and Mary Dohrmann, owners of the Lamplighter book store, are avid readers and collectors of books. They have studied and taught metaphysics and spiritual development for many years, and are both teachers in the Sufi Order.

For further information contact Mary Williams, 776-4906, or UFM, 532-5866.

Mary Williams, is exploring the possibility of opening a metaphysical bookstore and resource center for spiritual growth in the Manhattan area.

The Troubled Years

HOW TO RECOGNIZE ADOLESCENT ALCOHOL/DRUG PROBLEMS

S-15

Marlin Wilson

776-7533

This class is for parents, teachers, and concerned others to develop an understanding of the disease concept of chemical dependency. Learn to recognize symptoms of adolescent alcohol and drug abuse and become aware of what to do and what not to do. We will also discuss available treatments. This class is a 'must' for all parents of teenagers. (Marlin is a counselor with St. John's Affiliated Assessment & Guidance Center.)

Date to be announced (Will meet two times)
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. 20

ADULT CHILDREN OF ALCOHOLICS

S-16

Marlin Wilson

776-7533

There are predictable patterns of behavior within the alcoholic family. The children of alcoholics continue these patterns of behavior into other relationships creating problems and tensions which need not exist. Research is available showing that family members of alcoholics may have similar behavioral patterns. This class will look at the effects of alcoholism on family members through discussion and films. If your life is in any way affected by an alcoholic family member or friend, this class will help you to understand your own and other people's behavior. (Marlin is a counselor with St. John's Affiliated Assessment & Guidance Center.)

Date to be announced at registration
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. 20

SPOUSE ABUSE DISCUSSION

S-17

Dianne Perrote

Dianne, a former battered wife, will lead this discussion on spouse abuse. She will identify the myths and respond to questions such as why do women stay in abusive situations, what help is there for the abused spouse, and how can friends help? (Dianne was in a battering situation for many years, and, with the assistance of crisis centers, has now made the transition to living on her own and is working on her Master's degree in Family Life Education.)

Monday, Sept. 28, 7-9pm
Class Fee: \$2, pay at registration
Materials Fee: None
Limit: Min. 2 / Max. None

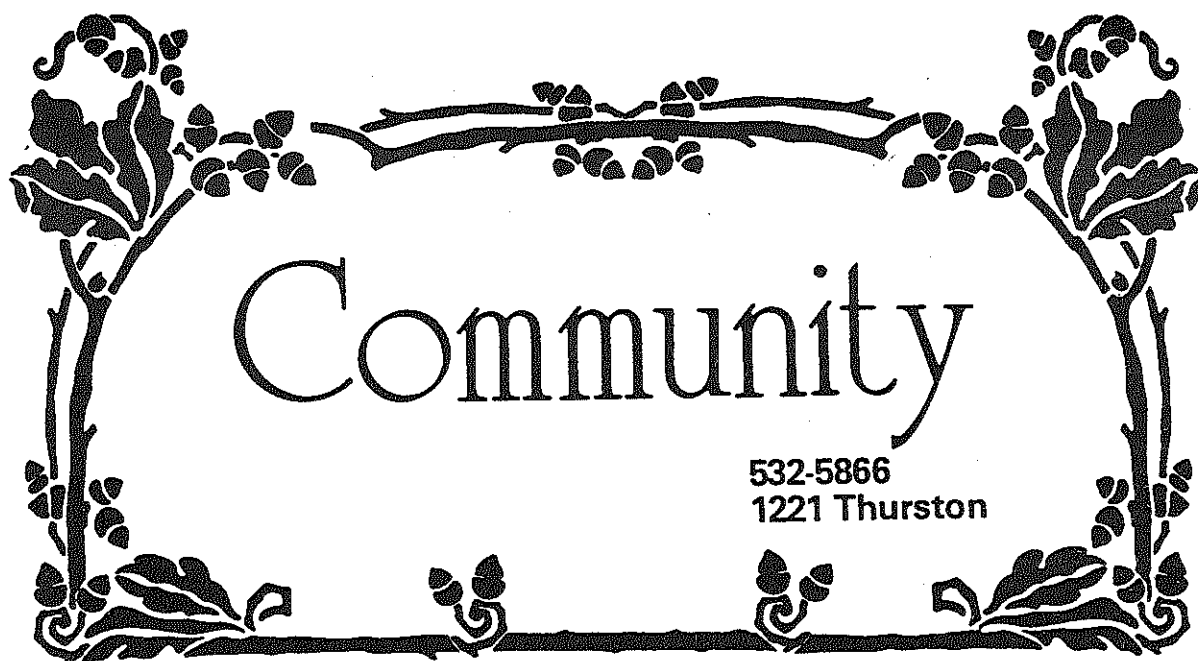
S.O.S. - SAFE OR SORRY

S-18

Nancy McClanathan 537-8140
Nancy Pujal 539-5179

S.O.S. - Safe or Sorry, a down-to-earth way of helping parents solve the problem of sex education. This program includes information and methods to aid parents in teaching their own children how to deal with puberty and the "sexual dilemma". (S.O.S. was designed by two middle school teachers with teenage children of their own, and a total of 25 years daily experience with hundreds of young people.)

Sect. I: Tues. Oct 6, 7-8:30pm
Sect. II: Tues. Oct 20, 7-8:30pm
Class Fee: \$5, pay at registration
Materials Fee: \$3, pay at class
Limit: Min. 10 / Max. 20



Investing in Yourself

PUBLISHING YOUR OWN BROCHURE

C-12

Stephen Hoffman

A brochure should make you want to pick it up and read it. How can you make sure your message has a chance of being noticed among the hundreds of messages the public is bombarded with (in print and otherwise) every day? This class will cover the basics--design and layout (though it is not an art class), how to get by without an artist, and how to work with printers. Bring your own projects for individual attention. (Stephen is an editor for Kansas Farm Bureau.)

Tuesday, Oct 6, 7pm
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 10 / Max. 25

WOMEN IN MANAGEMENT

C-10

Frank Saal, Ph.D.

This class is designed for women in or aspiring to management positions. We will focus on obstacles to effective performance. Don't be your own worst enemy! Take this class and gain self-confidence. (Frank is an associate professor of psychology and is one the Women's Studies faculty.)

Tuesday, September 15, 7pm
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 6 / Max. None

Continued...

Class locations will be noted on your receipt.

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Investing in Yourself (Continued)

PREPARING FOR EMPLOYMENT

C-8

Tracey Fraser 532-6561

As unemployment increases, so does the competition for the available jobs. This class will give you the edge in your job search by:

- (a) Identifying your skills and interests;
- (b) Learning how to fill out an application form;
- (c) Writing a resume of your marketable skills; and
- (d) Discussing and practicing interviewing techniques and developing a job search plan.

Participants will be assisted as they work on filling out an application, writing a resume, answering interview questions and developing their own job search plan. (Tracey is coordinator of the Single Parent/Displaced Homemaker Program at KSU)

Monday, Sept. 28 - Oct. 19 7-9pm (4 x's)
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 5 / Max. 15

STARTING A HOME BASED BUSINESS

C-11

Fred Rice 532-5529

This class will cover everything you need to know about selecting, planning, and starting the right home-based business. We will discuss management and marketing tips to help you turn your skills and energy into a profitable venture. (Fred is the Director of the KSU Small Business Development Center (SBDC) and has counseled hundreds of home-based business owners.)

Wednesday, Oct. 21, (All day workshop)
You will be notified of time at registration.

Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 3 / Max. None

HOW TO GO BACK TO SCHOOL (WHEN YOU DON'T KNOW WHERE TO BEGIN, YOU DON'T KNOW WHO TO ASK, AND YOU'RE NOT EIGHTEEN ANYMORE)

C-6

Ruth Hoeflin 532-6432

Going to college as an adult can be exciting, but are you wondering whether you have the time, money, ability, or physical energy to do so? Does the educational institution confuse you? Do you know how to study, to take exams? We'll help you find the answers, think through the decisions, take the first steps, learn how to cut red tape, and know where to find help on campus.

(Ruth is director of FENIX, a program for students over 25. She is the former Dean of Home Economics, has conducted research on adult students, and is a firm believer in lifelong learning.)

Mon/Wed/Mon Oct. 12 - 19, 7-9pm
(3 times)

Class Fee: \$4, pay at registration
Materials Fee: \$1.50, pay at first class
Limit: Min. 8 / Max. none

To Your Health

STANDARD CPR

C-13

Shirley McClintock 537-7013

This class will cover the life-saving technique of cardiopulmonary resuscitation. Shirley will demonstrate CPR, the Heimlich maneuver, and the correct handling of various emergency situations. (Shirley is a certified CPR instructor.)

Saturday, Oct. 3, 9am-4pm
Class Fee: \$4, pay at registration
Materials Fee: To be advised
Limit: Min. 6 / Max. None

TOASTMASTERS CLUB MEETING

C-7

Charles Clack 776-0471

Come visit a Toastmasters meeting. We are a forum for exchanging ideas on all subjects. We have recently considered the big bang theory, Ollie North, DUI laws, fearsome dogs, and weird dreams. We exist to help each other learn public speaking skills and develop confidence. (Charlie is a local attorney who always welcomes a captive audience.)

Tuesday, Oct 6, 7:30-8:30pm
Class Fee: \$3, pay at registration
Materials Fee: None
Limit: Min. None / Max. None

Dollars & Sense

SOCIALLY RESPONSIBLE INVESTING

C-1

Greg Barron 776-1066

If you are an investor, your primary concern is the amount of return on your investments. However, a rapidly growing number of people are aware of the impact of their investments not only on the economy, but also on social values. They are no longer making investment decisions based solely on company performance. They also take into consideration the company's attitudes toward social and environmental issues. If you are an investor, or are just interested in this subject and are concerned about social issues and values, the information presented in this class will be invaluable to you. (Greg has a master's degree in economics and is an investment advisor for Stifel Nicolaus & Co.)

Sect. I: Tuesday, September 15, 7pm
Sect. II: Tuesday, September 22, 7pm
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 3 / Max. None

PLANNING FOR YOUR FUTURE

C-2

Fred Freeby 537-4505

Investing is not the prerogative of the rich, but of the wise. If you do not understand the various investment vehicles, you could be missing valuable opportunities. Through discussion and slides, we will learn about investments, insurance, wills, trusts, limited partnerships and retirement programs. A special feature of this class will be a Financial Plan for each participant equivalent to a plan costing several hundred dollars if purchased. (Fred is a senior account executive with Waddell & Reed, one of the largest financial planning organizations in the U. S. with over \$5 billion under management.)

Section I: Tuesday, Sep. 22, 7:30-9pm
Section II: Monday, Oct. 5, 7:30-9pm
Section III: Monday, Oct. 19, 7:30-9pm
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

FINANCIAL PLANNING FOR WOMEN ONLY

C-4

Barbara Heid 537-4505

Planning for one's financial future has become increasingly difficult. We will cover topics such as: confusion about savings and investment options, insurance, taxes, and retirement. (Barbara is a graduate of KSU majoring in Family Economics. She is currently employed by Waddell & Reed, Inc.)

Saturday, Sept. 26, 9:30 - 11am
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. None / Max. None

DEALING WITH DIFFICULT PEOPLE AT WORK

C-9

Ron Downey, Ph.D 532-5712

Discussion will deal with techniques for handling difficult people in your work situations. We will focus upon the motivations, attitudes, and situations that can lead to these problems. Your ability to cope with difficult people will make your day a more pleasant one. (Ron is a KSU psychology professor.)

Wednesday, October 14, 7:30pm
Class Fee: \$5, pay at registration
Materials Fee: \$3, pay at class
Limit: Min. 5 / Max. 20

INVESTMENT BASICS

C-3

Steve Harrison 537-3700

This is your opportunity to understand the foundation of investment fundamentals necessary for effective financial planning. Topics discussed will include money market funds, stocks, bonds, mutual funds, insurance, and tax advantaged opportunities. (Steve has been a financial counselor for the past 12 years, specializing in stocks, bonds, and mutual funds, and is a partner with a New York Stock Exchange Firm.)

Thursdays, Sept. 17 & 24, 7-9pm (2 times)
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 8 / Max. 12

FINANCIAL OPTIONS FOR THE YOUNG MARRIED

C-5

Barbara Heid 537-4505

Planning is never more important than when you are starting your family. This seminar will cover insurance options, savings and investments, college costs for children, taxes and estate planning. (Barbara is a graduate of KSU majoring in Family Economics. She is currently employed by Waddell & Reed, Inc.)

Thursday, Oct. 15, 7:30-9:30pm
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 6 / Max. None

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Class locations will be noted on your receipt.

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THE PEOPLE'S LAW SCHOOL

The People's Law School is a series of public education courses designed to clear up the mysteries surrounding the practice of law and to create a public well-informed of its rights, privileges and responsibilities under our judicial system.

I HOW THE COURT SYSTEM WORKS

Tuesday, Sept. 15, 7-9pm

The Honorable Harlan Graham
Riley County District Court Judge

The Honorable Patrick Caffey
Manhattan Municipal Court Judge

II LANDLORD AND TENANT LAW

Tuesday, Sept. 22, 7-9pm

David P. Troup
Weary, Davis, Henry, Struebing
and Troup, Junction City.

III WILLS AND PROBATE

Tuesday, Sept. 29, 7-9pm

Elizabeth D. Stevens
Myers & Pottroff,
Manhattan

IV FAMILY LAW & DOMESTIC RELATIONS

Tuesday, Oct. 6, 7-9pm

Charles W. Harper II
Harper, Hornbaker & Altenhofen
Junction City.

Susan C. Jacobson
Jacobson & Jacobson
Junction City

V CONSUMER PROBLEMS

Tuesday, Oct. 13, 7-9pm

Joel R. Hayes, Jr.
Flint Hills Legal Services
Manhattan

Millie Schroeder
Flint Hills Legal Services
Manhattan

VI DEBTOR-CREDITOR RELATIONS AND BANKRUPTCY

Tuesday, Oct. 20, 7-9pm

Lawrence H. Vogel
Vogel & Oleen
Manhattan

VII PROSECUTION & DEFENSE IN THE CRIMINAL JUSTICE SYSTEM

Tuesday, Oct. 27, 7-9pm

Ralph J. DeZago,
Public Defender
Junction City

William E. Kennedy III
Riley County Attorney
Manhattan

VIII WORKERS COMPENSATION & PERSONAL INJURY

Tuesday, Nov. 3, 7-9pm

Jeffrey R. Elder
Myers & Pottroff
Manhattan

Keith Henry
Weary, Davis, Henry,
Struebing & Troup
Junction City

COURSE FEES: \$2 / person per session
\$3 / couple per session
or
\$10 / person for full course
\$15 / couple for full course

LOCATION WILL BE GIVEN AT REGISTRATION

A Date With Data

COMPUTER BASICS

C-18

Mathew C. Doe

This is a basic computer course consisting of lecture, demonstration, and hands-on experience. The first meeting, open to all interested persons, will be a discussion of the IBM computer, its uses and possibilities in the home and workplace. Mathew will also give a demonstration of the various functions of the data base, Lotus, and Word Perfect. Those wishing for hands-on experience may also sign up for a lab. Each person will have the opportunity to try out the various functions and become familiar with the IBM computer. (Mathew is an independent software developer with five years experience in this field.)

Lecture: Tuesday, Oct. 27, 7pm

Labs: No.1 Thurs. Oct. 29, 7pm

No.2 Tues. Nov. 3, 7pm

No.3 Thurs. Nov. 5, 7pm

Class Fees:

Lecture: \$2, pay at registration

Lecture and Labs: \$6, pay at registration

Materials Fee: \$2, pay at lab.

Limit: Min. 4 / Max. 24

On the Air

INTRODUCTION TO RADIO BROADCASTING

C-14

Ed Klimek

776-0104

Join us for a tour of the KQLA radio station. Learn about sales and programming as well as how to write and record commercials. Your hosts will include the KQLA General Manager, Sales Manager, Program Director, and News Director. One of KQLA's sales representatives joined the staff after participating in this UFM class two years ago. It could happen to you!

(Ed is general manager of KQLA and has been in broadcasting for over 11 years with a two-year stint as a marketing director.)

Tuesdays, Nov. 3 - 17, 7-8:30pm (3 x'S)

Class Fee: \$4, pay at registration

Materials Fee: None

Limit: Min. 4 / Max. 8

AMATEUR ("HAM") RADIO NOVICE

C-15

Doris Grosh

539-7864

Amateur ("ham") radio is a chance for you to communicate directly with others by short wave radio. Learn Morse code, the rules for using it, technical practices, and terminology, all of which are needed to become a licensed "ham" radio operator. After you've taken the class you can talk with other "hams" across town or across the country.

(This class is being sponsored by the Manhattan Area Amateur Radio Society, and the KSU Amateur Radio Club.)

Tuesdays & Thursdays, Begins Sept. 22

7-9pm (12 times)

Class Fee: \$4, pay at registration

Materials Fee: \$10 (approximately),

pay at first class

Limit: Min. 5 / Max. None

WOMEN'S COMPUTER USER NETWORK

C-19

Valerie Martin

539-2912

Do you know a little about computers and do you want to know more? Because we all benefit by sharing information, we want to create a communication network between experienced users and new users of word-processing, database and spreadsheet programs for IBM (and compatibles), Apples and Mac computers. The first meeting will be to get acquainted.

Tuesday, September 15, 7:30pm

Class Fee: \$3, pay at registration

Materials Fee: None

Limit: Min. None / Max. None

Retrieving the Past

BEGINNING GENEALOGY

C-16

J. Harvey Littrell

Where are the roots of your family tree? Do you know anything about your ancestors before your grandparents were born? Learn the tricks of the trade as we find out where and how to research the elusive past. This class is for beginners who want the basic knowledge needed to make a genealogical study of their families. We will go beyond just names and dates. Bring the names and dates of ancestors you already possess.

(Harvey is a retired KSU professor. He is currently the editor of the Riley County Genealogical Society quarterly, Kansas Kin.)

Mondays, November 2 & 9, 7-9pm

Class Fee: \$5, pay at registration

Materials Fee: \$1, pay at first class

Limit: Min. 5 / Max. 12

ADVANCED GENEALOGY

C-17

J. Harvey Littrell

This class is designed for students who have had Beginning Genealogy or who have had practical experience. We will be concerned with sources for differing kinds of information, special techniques for making genealogical decisions, and organizing and publishing your genealogical data.

(Harvey is a retired KSU professor. He is currently editor of the Riley County Genealogical Society quarterly, Kansas Kin.)

Mon. & Tues, November 16 & 17, 7-9pm

Class Fee: \$5, pay at registration.

Materials Fee: \$1, pay at first class

Limit: Min. 5 / Max. 10

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Class locations will be
noted on your receipt.

17

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Community Grab Bag

ENDING HUNGER BRIEFING C-20

Edith Stunkel

This is your opportunity to get accurate, up-to-date information on hunger--where it exists, what it is, why it exists, and what it will take to end it. What is really happening in Africa, and what can one American individual do about it? A discussion of hunger around the world which leaves you without guilt or despair. (Edith has undergone extensive and continued training to present this briefing.)

Thursday, Sept. 17, 7pm
Class Fee: \$3, pay at registration
Materials Fee: \$10, pay at class
Limit: Min. 2 / Max. None

NATIONAL CO-OP MONTH C-21

Jayne Link 539-7605
Lynn Whittlesey

A co-operative is a consumer owned business. In this class, we will discuss how co-operatives started, the different types, and some of the myths surrounding co-ops. You will also learn how the People's Grocery Co-op, the only consumer owned business in Manhattan, started and is operated. (Jayne is the manager of the People's Grocery Co-op and she and Lynn have been members of a variety of co-ops in Wisconsin and Kansas since 1974.)

Monday, October 5, 6:30-7:30pm
Class Fee: \$2, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. 12

INVOLVE YOURSELF WITH HUMAN RIGHTS C-23

Debbie Paap 532-6442

Manhattan's Amnesty International group works impartially to free prisoners of conscience: men, women and children imprisoned solely for their beliefs, race or ethnic origin, who have neither used nor advocated violence. They also work for fair and prompt trials for all political prisoners, and to abolish torture and executions. Debbie will explain how the local members made up of students, faculty and the community, are involved.

Sect. I: Monday, Sept. 14, 7pm
Sect. II: Wednesday, Sept. 30, 7pm
Class Fee: \$2, pay at registration
Materials Fee: None
Limit: Min. 5 / Max. 20

CAMPUS RESOURCES FOR THE COMMUNITY C-24

Debbie Paap 532-6442

U-Learn, K-State's educational, informational and resource center, is available to community members. We will discuss how non-campus persons can use U-Learn for information on such topics as child-care to human rights groups. Join Debbie for a discussion on how you can benefit from U-Learn, even if you are not a student.

Monday, Sept. 21, 7-8pm
Class Fee: \$2, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

BEGINNERS GUIDE TO RADIATION C-22

Lyle Hornbaker 537-2195

This course will address such questions as: What is radiation; how does it damage our body; how can you protect yourself from potentially dangerous radiation? This information about radiation will allow you to form your own opinions about the dangers and benefits of nuclear energy. (Lyle is a certified radiation worker and has spent 6 years in the U.S. Navy serving on a nuclear powered submarine.)

Wednesday, September 16, 7pm
Class Fee: \$4, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

THURSDAY MORNING PLAY GROUP C-25

Barb Stork 539-1379
Diana Hatch 776-9921

This is an ongoing "Support Group" for at-home mothers and their pre-school age children, a "Mother's Morning In" with children playing and moms visiting with other adults. Mothers are responsible for their own children, no separation necessary. During nice weather we will be meeting outside and during colder months we will be meeting in homes of participants. This group has been in existence for about ten years.

Register and you will be contacted for first meeting.
Class Fee: \$2, pay at registration
Materials Fee: None
Limit: Min. None / Max. None

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If you have ever dreamed of graceful sailing ships gliding through tropical waters, clear blue skies, brilliant sun, soft steady breezes and warm star-filled nights...then Tahiti is for you. Papeete, Moorea, Huahine, Raiatea and Bora Bora with the most beautiful lagoon in the Pacific. Each magical island has its own intimate story as Chris Borden digs beneath the touristic glitter. Discover the enchantment of Tahiti!

Chris Borden, a native of California, has produced films for business, sports, and television. He was cameraman for episodes of the CBS series ANIMAL WORLD, and his films have thrilled audiences from coast to coast.

UFM is proud to bring Chris Borden and his exciting film TAHITI to Manhattan. His warmth and humor promise to make this a very special and exciting evening for all.

FRIDAY, OCTOBER 23, 7-9:50pm

KSU LITTLE THEATER.

\$6.00 per person / \$10 per couple.

CALL UFM 532-5866 FOR DETAILS.



Oh My Aching Back!

FORCING BULBS E-24

Frank Kroeker 532-5866

Can you think of anything nicer than spring flowers at Christmas? If you take this class you could grow your own. To successfully force bulbs to flower early they need to be stored in a temperature controlled environment. We will do that for you. Frank will explain the ins and outs of forcing bulbs, and then you will plant your own in pots. We will store them -- you pick them up before Christmas. You supply your own pot (clay or plastic), they are called pans or bulb pans. Please call if you need further information. (Frank is a senior Horticulture student and Coordinator of the Community Gardens and edible gardens.)

Thursday, September 10, 7pm
Class Fee: \$4, pay at registration
Materials Fee: \$5-7, pay at class
Limit: Min. 4 / Max. 8

PREPARING YOUR YARD AND GARDEN FOR FALL E-23

Frank Kroeker 532-5866

Now is the time to start creating a beautiful yard for next year. Knowing how to prune your trees and shrubs will make all the difference to their health, attractiveness and flowering next Spring. This is the time to prepare your vegetable and flower beds and protect your roses against the winter ahead. Fall is also the time for planting trees, shrubs, and bulbs as well as digging up and storing bulbs and tubers. Make it easy on yourself - plan next year's garden now. (Frank is graduating in December with a degree in horticulture therapy. He has operated his own landscaping service as well as worked for several nurseries.)

Wednesday, October 14, 7pm
Class Fee: \$4, pay at registration
Materials Fee: None
Limit: Min. 3 / Max. None

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Class locations will be noted on your receipt.

Getting to Know Kansas

GLACIAL REGION FIELD TRIP

E-1

F. C. Lanning 537-7599

How do we know that glaciers visited Kansas? By the rocks from Minnesota they left behind! We'll visit northern Pottawatomie County to collect glacial material: agate, jasper, quartz, quartzite, petrified wood and others, some of which may be of gem quality. Bring a sack lunch, drink, and a container for rocks, so you can be a rockhound for the day.
(Dr. Lanning is a long-time member of the Manhattan Mineral, Gem and Fossil Club which is sponsoring this class.)

Saturday, October 10, 9am-1:30pm
(Rain Date: October 24)

Class Fee: \$3, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

TUTTLE CREEK TOWER TOUR

E-2

Paul Weidhaas 539-8511

Discover how much Tuttle Creek Lake has to offer. A Corps park ranger will present a slide show giving an overview of the history of Tuttle Creek Lake and answer your questions. Then you will be taken on a tour of the intake tower, spillway and the tubes. This tour is not recommended for small children or those afraid of heights.
(Paul has been a park ranger at Tuttle Creek Lake for over eight years.)

Sunday, October 18, 9-11am

Class Fee: \$3, pay at registration
Materials Fee: None
Limit: Min. 12 / Max. None

GET TO KNOW MILFORD LAKE

E-3

Gregory Wurst

Let an experienced ranger show you Milford's popular fishing holes, camp sites and attractions, including the new fish hatchery. The tour will be adapted to meet the interests of the participants.
(Greg has been a ranger at Milford for seven years and knows the lake inside and out.)

Sunday, September 13, 1-4:30pm

Class Fee: \$3, pay at registration
Materials Fee: \$1, pay at class
Limit: Min. 4 / Max. 5

KANSAS LANDSCAPE ARBORETUM FIELD TRIP

E-4

Gregory Wurst

The Kansas Landscape Arboretum near Wakefield is a wonderful place to hike, picnic, fish, enjoy nature, study trees and shrubs, see antique farm equipment, and much more. Sign up early for this trip, it will fill up quickly.
(Greg is a lifetime member of the arboretum and a ranger for the Milford Lake Corps of Engineers.)

Sunday, September 13, 8am-noon
Class Fee: \$3, pay at first class
Materials Fee: \$1, pay at class
Limit: Min. 4 / Max. 5

THE OREGON TRAIL - UPPER END

E-8

Owen Jones 537-7976

On this trip we will follow the Oregon trail from Blaine to Barrett townsite, see a prehistoric archeological site and tour Frankfort. Let your imagination take you back to the pioneer days as you learn the local history.

Saturday, October 10, 9am-?

Class Fee: \$3, pay at registration
Materials Fee: Bring a sack lunch and gas money for car pool.
Limit: Min. 4 / Max. None

THE OREGON TRAIL - LOWER END

E-7

Owen Jones 537-7976

Let's have fun, see wonderful scenery, and learn some history. We will explore the lower end of the Oregon trail in Pottawatomie County, taking in the Wamego and Westmoreland areas, parks, and the largest elm tree in the world. Bring a sack lunch, something to drink, and a spirit of adventure.

Saturday, October 3, 8:30am-?

Class Fee: \$3, pay at registration
Materials Fee: Bring sack lunch and gas money for car pool
Limit: Min. 3 / Max. None

NATURE TRAIL WALK

E-5

Tim Rues 784-5535

Do you enjoy exploring native Kansas woodlands, but hate fighting dense undergrowth? If you do, then come and enjoy a guided tour along the newly established Kaw Valley River Nature and History Trail. Over 50 native plants are identified on this mile-long cleared trail located in the Kansas River bottoms behind the old historic First Territorial Capitol building. After the walk a guided tour of the museum will be given.
(Tim has been the curator of the First Territorial Capitol for the past two years. He has an interest in Kansas history as well as in its native plants.)

Saturday, October 10, 10am-1pm

Class Fee: \$3, pay at registration
Materials Fee: None
Limit: Min. 2 / Max. 10

KONZA PRAIRIE TRAIL

E-6

Dave Sampson

Konza has a new hiking trail! Now you can follow the ridge south of town from Kings Creek to Shane Creek. You can follow the prairie succession from Gallery Forest into prairie uplands. We will stop along the way to see and feel how the prairie was, what it is today, and how it may be in the future. The hike is approximately 2.5 miles. A 30 minute slide show will also be presented.
(Dave is foreman of the Konza Prairie.)

Saturday, October 3, 9am-noon

Class Fee: \$4, pay at registration
Materials Fee: None
Limit: Min. 6 / Max. None

...And How to Survive

TAKE THIS CLASS JUST IN CASE
YOU GET LOST ON ONE
OF THE UFM TRIPS

SURVIVAL SKILLS

E-9

Art Clack 539-4121

Confidence born of knowledge will help you survive whether you are broke in the big city, hurt and alone in your home, stranded beside the road, lost on vacation, or separated from your unit in the field. Whether you are 13 or 63, having survival skills can be a vital tool. Skills taught on request include matchless fires, foraging, tool making, pottery, tanning, orienteering, shelter making, cooking, first aid, rope making, knot tying, and telling time.
(Art is a veteran of South East Asia and Boulder Outdoor Survival School, and has spent 8 summers as a camp counselor.)

Saturday, October 10, 8am

Class Fee: \$3, pay at registration
Materials Fee: None
Limit: Min. 1 / Max. 10

FIRST ANNUAL TERRITORIAL DAY CELEBRATION

Saturday, September 12, 10am - 5pm
Ft. Riley, Kansas

Territorial Capitol

10:00 am Flag Raising ceremony performed by a group of Civil War Reenactors
1:30 pm Reenactment of the territorial legislative session convened in 1855.
(Members of the Missouri Civil War Reenactors Association will portray the Governor, Senate, President, and a House Representative, and will deliver speeches originally given at the 1855 session).
3:00 pm Firing and drilling demonstration
5:00 pm Flag lowering ceremony

Custer House

7:00 am Military Living History (Civil War time period).

Other Attractions:

10:00 am Pioneer skills demonstrations:
- 5:00 pm potter, spinner, weaver, blacksmith, basket weaver, log hewer, shingle maker, flintknapper.

Fur trapping and pelt display

Historical booths and music

Authentic encampments will be at the Museum on Saturday:
10am - 5pm and Custer House
Sunday, 7am - 2:30pm.

For further information call:
First Territorial Capitol - 784-5335.

Story Time

GRANDCHILDREN OF THE PIONEERS

E-21

Owen Jones 537-7976

Many of our citizens have wonderful memories of tales handed down from their grandparents about life in the midwest during the pioneer days. Join us and share your stories, or just come to listen as we take a walk down memory lane.
(Owen is an amateur historian whose knowledge of local history will amaze you.)

Wednesday, September 23, 7:30pm

Class Fee: \$2, pay at registration
(No charge for senior citizens)
Materials Fee: None
Limit: Min. 4 / Max. None

Precision Work

CUTTING OF GEM STONES

E-20

Dr. F. C. Lanning 537-7599
Benjamin G. Mullinix, Sr. 539-3846

How do you think those stones were ground into that gem stone on your favorite ring? The instructors will demonstrate the various apparatuses and will show that with them, a methodical nature, and a few calculations, cutting is not as difficult as might be imagined. Faceting, tumbling and cabochon work will be demonstrated. We will review types and gem stones in terms of their characteristics, origin, use, and value.
(The Manhattan Mineral, Gem and Fossil Club is sponsoring this class and will be showing a variety of stones.)

Thursday, November 12, 8pm

Class Fee: \$3, pay at registration
Materials Fee: None
Limit: Min. 2 / Max. None

Class locations will be
noted on your receipt.

19

Of the Earth & the Air

ARABIAN HORSES

E-10

Duane Daily
Olivia Huddleston

537-7823

The Arabian horse, foundation breed of all light horses, is thought by many to be difficult to handle. Not so, according to Duane, who says that gentleness and quick learning ability are two important traits in Arabians. The versatility of Arabian horses will be shown in trail, western, English, and side-saddle riding. A demonstration of trimming will be included. Come and meet some Arabian horses on their own turf.

(Duane's interest in Arabians evolved from a 4-H experience in Egypt, and he has been breeding, raising, and training horses for years. Olivia is a fellow horse enthusiast from Vermillion, KS.)

Saturday, October 24, 3pm
Class Fee: \$3, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. None

SNAKES ALIVE!

E-13

Matt Whiles

Matt will introduce you to the behavior of snakes and the identification of species native to this area. You will be shown representatives of the different snake families found throughout the world, including venomous species. We will discuss facts and fiction concerning these very misunderstood reptiles. This is a great class for the entire family. Come see some snakes!
(Matt has 12 years experience teaching about, collecting and studying reptiles.)

Tuesday, September 29, 7pm.
Class Fee: \$3, pay at registration
Materials Fee: None
Limit: Min. 3 / Max. None

BEGINNING BIRD WATCHING

E-14

Members of the Flint Hills
Audubon Society

The best way to learn about bird identification is to get out with experienced birders and watch along with them. Members of this class will be invited to a campus field trip, Sept. 27, followed by a social where you will meet members of the Audubon Society. You will also be invited on the Audubon field trips scheduled once each month throughout the semester. You can expect to see many song birds, as well as a good variety of raptors and water fowl. Bring your binoculars and bird books if you have them.
(This class is sponsored by the Flint Hills Audubon Society.)

Wednesday, September 23, 7-9pm
Class Fee: \$3, pay at registration
Materials Fee: None
Limit: Min. 5 / Max. 20

Star Gazers

BEGINNING ASTRONOMY

E-22

Larry Paris

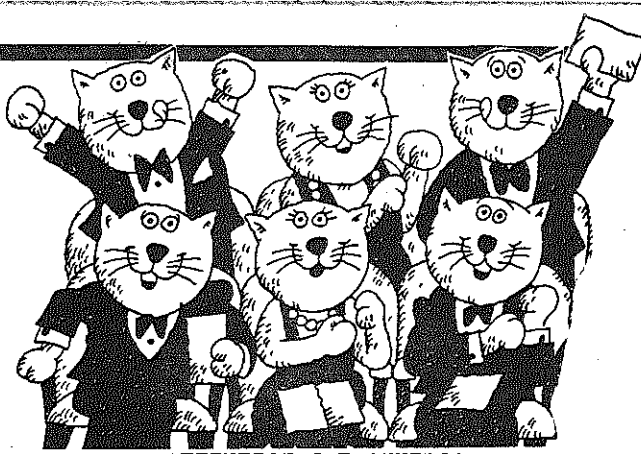
537-3221

Ever wonder about the universe? What is a galaxy? Where are we at? How can I learn the constellations? Come spend an evening learning about the universe and the constellations. Please bring a small flashlight.
(Larry has taught this class several times and always enjoys it!)

Thursday, September 10, 9-10:30pm
Class Fee: \$5, pay at registration
Materials Fee: \$.50, pay at class
Limit: Min. 4 / Max. None

20

Class locations will be noted on your receipt.



ATTENTION CAT OWNERS!
A DELEGATION OF CATS HAS
REQUESTED THIS CLASS --
THEY WANT TO ENTER THE
HOUSEHOLD CAT SHOW

CATS ARE PEOPLE TOO: CARE AND APPRECIATION OF CATS

E-12

Maxine Potter

776-4963

We will discuss basic care, some health problems, and a brief description of all breeds of pedigreed cats. Also, we will cover show requirements, have a demonstration of proper grooming and a question and answer period. This class will help prepare you for the annual pedigreed and household cat show.

(Maxine has been a cat breeder and exhibitor for 28 years. She has been a judge throughout the U.S., Canada, and Japan.)

Wednesday, October 7, 7:30-9pm
Class Fee: \$3, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

SQUAW CREEK NATIONAL WILDLIFE REFUGE

E-16

Duane Kerr

1-456-2771

Join us for a day trip to Squaw Creek National Wildlife Refuge near St. Joseph, Missouri. We should see herds (100,000 to 500,000) of migrating snow, Canada and white-fronted geese, as well as ducks and possibly bald eagles. We will car-pool to St. Joe. Duane will contact you after registration with details of this trip.

Saturday, November 7,
(Time to be announced)
Class Fee: \$4, pay at registration
Materials Fee: Gas and food money
Limit: Min. 3 / Max. None

WINTER BIRDS - CHRISTMAS COUNT WARM-UP

E-18

Duane Kerr, Dave Rintoul and other members of the Northern Flint Hills Audubon Society

If you are new or a little rusty at bird watching and want to go on the annual Christmas Count, here is a chance to get acquainted with many of the species that will be seen on December 20. Bring your binoculars and we will try to come up with a wide assortment for you to study.

Sunday, December 13, 7:30am-noon
Class Fee: \$2, pay at registration
Materials Fee: None
Limit: Min. None / Max. None

38TH ANNUAL CHRISTMAS BIRD CENSUS

E-19

John Zimmerman

532-6659

The best way to learn to identify feathered friends is to birdwatch with experienced birders. The Christmas bird count, conducted in Manhattan since 1949, is the yearly highlight of bird-watchers and a great opportunity for beginners. On December 19, spend all or part of the day counting ducks, hawks, woodpeckers and songbirds. For more information call John Zimmerman.

Saturday, December 19
Class Fee: None
Materials Fee: None
Limit: Min. None / Max. None

BIRDING HOTSPOTS

E-15

Dave Rintoul

537-0781

We will take a trip around Manhattan to locate the known birding hotspots. Dave will contact you after registration with details.

Sunday, Sept. 13, 1pm
Class Fee: \$3, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

BALD EAGLE WATCH

E-17

Duane Kerr, Dave Rintoul

532-5832

A trip to Tuttle Creek Reservoir and River Pond State Park to observe bald eagles in their natural state. Between 50 and 100 of these magnificent birds spend the winter in our area, and we should see them roosting, flying, and perhaps feeding. Bring binoculars and dress warmly.

Saturday, January 16, 8am-noon
Class Fee: \$4, pay at registration
Materials Fee: None
Limit: Min. 3 / Max. None

HORSESHOEING

E-11

Greg Barron

456-7336

This will be a beginning cold-horse-shoeing class aimed at people who have had no experience in horseshoeing. Use of horseshoeing tools and care of the hooves will be covered. Each participant will also get hands-on experience if desired.

(Greg has shod his own horses and horses for others for over 10 years.)

Saturday, September 19, 9-11am
Class Fee: \$3, pay at registration
Materials Fee: None
Limit: Min. 1 / Max. 10

TEACHINGS OF THE MEDICINE BUNDLE WAY NATIVE AMERICAN WORKSHOP

Wendy Crockett & Little Bear Hawk

This will be a workshop held in preparation for the summer equinox. Wendy will hold two three-hour sessions on Saturday, Sept. 19: one beginning and one advanced. Preparation for the advanced workshop will be either a previous workshop with Wendy or a working knowledge of the following material:

The principles surrounding the creation of the medicine bundles for prayer and healing, opening of the chakras, guided meditation, mental imagery, concept of the medicine wheel and honoring the 4 directions, as well as crystals used in healing, and balancing and strengthening the whole being, following up with the healing ways for the planet.

Wendy is of Native American descent and has studied and grown holistically as a medicine person for 17 years. She works with and produces art forms, such as sacred masks and meditative dances. Her home is in Kansas City where she teaches these areas to all ages.

BEGINNING WORKSHOP:

Sat. Sept. 19 9am-12pm \$35

ADVANCED WORKSHOP:

Sat. Sept 19 3pm-6pm \$35

Location to be announced.

To register or for more information, call Pat Embers at 539-2819.



Recreation

532-5866
1221 Thurston

Getting Active

BEGINNING TENNIS R-5
Karen Perry 776-1564

Learn the sport of Kings. In this class you will learn the forehand, the backhand, and the serve, as well as court tactics, equipment selection and game rules. Please bring a can of marked balls and a racquet.

Begins Sun. Sept. 13, 8-10am (6 times)
Class Fee: \$10, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. 20

WAKEY! WAKEY! - IT'S ---
6:00 am **HANDBALL** R-6
Charles Clack 776-0471

Enjoy the coolest and most pleasurable part of the day while playing a most intense and competitive game. It's a great way to wake-up. Call Charlie (776-0471) for the next class time. All skill levels are welcome.

Call Charlie for dates
Class Fee: \$3, pay at registration or pay Charlie.
Materials Fee: None
Limit: Min. None / Max. None

VOLLEYBALL FOR FUN (16 AND OVER) R-7
Lois Morales 539-8867

Indoor volleyball can provide low-key competition, exercise and a great time for beginners to those advanced. Nets and balls will be furnished.
(Lois has played UFM volleyball for years.)

Tues & Thur. Begin Sept. 8 6:30-8:30pm
(Ongoing)
Class Fee: \$4, pay at registration
Materials Fee: \$1, pay at class
Limit: Min. 1 / Max. None



BEGINNING FENCING R-8
Doug Varney 539-1510

Learn basic fencing skills with foil, epee, or sabre. Footwork, conditioning, and blade play will be emphasized with some practice bouts toward the end of the session. The materials fee pays for rental of all needed equipment. Men and women of all ages are welcome!
(Doug enjoys fencing and finished 36th in the National Fencing Championship. Congratulations Doug!)

Wednesdays, Begin Sept 9, 7pm (Ongoing)
Class Fee: \$10, pay at registration
Materials Fee: \$10, pay at first class
Limit: Min. 4 / Max. None

INTERMEDIATE FENCING R-9
Doug Varney 539-1510

Does the play of the blades make you want to dig out your foil, epee, or sabre? We are looking for fencers with previous experience who want to become involved again. Practices will include a combination of drills and free fencing. Traveling to USFA meets and circuit events is planned. On Guard, Prets, Allez!
(Doug is an experienced fencer who finished 36th in the National Championship.)

Tues. (5:30pm) & Wed. (7pm) Begin Sept 8, (Ongoing)
Class Fee: \$10, pay at registration
Materials Fee: None
Limit: Min. 3 / Max. None

GOLF FOR BEGINNERS R-10
Jim Gregory 539-1041

For those who have little or no experience, Jim will cover fundamentals of the full swing, short game-pitching and chipping and putting. Bring a wood, 9 iron and putter. If you don't have any clubs, they will be provided free of charge. Here's a chance to find out if golf is the sport for you.
(Jim is a PGA Golf Professional and is the golf professional at Stag Hill Golf Course).

Thursdays, Sept. 10 - 24, 6-7pm (3 x's)
Class Fee: \$6, pay at registration
Materials Fee: \$1, pay at class
Limit: Min. 4 / Max. 12

ROOMS FOR RENT

If you are planning a meeting, pot luck or fun function, UFM has rooms available with kitchen facilities for a reasonable price. The fireplace room with patio is perfect for family events and for formal meetings, UFM now has a conference room. For more information call Eunice, 532-5866.

STAMP COLLECTING

Tim Lindemuth

R-1

532-6415

This class is for beginning, intermediate, and advanced stamp collectors of all ages. Three slide shows will be presented on the basics of collecting, how to grade stamp centering and cancellations, and how to determine perforations and watermarks. You will receive an envelope full of stamps to work with as you perform several hands-on exercises. Also discussed will be how to trade, buy, and sell stamps (A collector for 30 years, Tim is a long-time member of the American Philatelic Society and the local Flint Hills Stamp Club.)

Saturday, Oct. 17, 1-5pm
Class Fee: \$4, pay at registration
Materials Fee: \$.50, pay at class
Limit: Min. 4 / Max. 10

TRIVIA RELATED GAMES R-2
Jim Bean 776-6365

Do you know what "yex" means? With the game Balderdash, you don't need to know. You create the definition and then convince the others that your definition is the correct one. We will play this and other trivia based games such as Pictionary and Trivial Pursuit. By the way, yex means hiccups.
(Jim says his group has been pretty trivial for several years.)

Wednesday, Sept. 9, 7-9 pm
(The first meeting will be for organizational purposes -- when we arrange where and when to have FUN.)
Class Fee: \$4, pay at registration
Materials Fee: None
Limit: Min. None / Max. None

BEGINNING BRIDGE R-3

Charles Clack

What makes bridge the best card game? Charlie's here to let you in on the fun. In a few quick and entertaining lessons, you can cast off your training wheels and start enjoying a lifelong hobby.
(Charles learned to play bridge when he was knee high.)

Tuesdays, Begin Sept. 8, 6pm (ongoing)
Class Fee: \$5, pay at registration
Materials Fee: none
Limit: Min. 4 / Max. None

THE GAME CONNECTION R-4

UFM Staff

532-5866

We need people who need people. UFM is compiling a list of people interested in finding partners for sports or games. Previously, this service was offered each semester, but now, with the use of a computer, we want to offer this service on an ongoing basis. However, first we must find the people who are looking for partners. For the months of September and October you may register free of charge and receive an updated list of prospective partners each semester (3 times each year). After October there will be a \$3 annual fee to cover the cost of this service. For further information call UFM, 532-5866.

Class locations will be noted on your receipt.

...and Water

FUNDAMENTALS OF KAYAKING (AMERICAN RED CROSS)

R-14

T. J. Hittle 539-7772
Rex Replogle 537-2643

Experience the challenge of kayaking! Through video films, demonstrations, lectures, and lots of hands-on experience, we will study equipment, paddle techniques, fast water maneuvers, and practice American Red Cross safety techniques. The class meets at an indoor pool. All handouts, textbooks and equipment are provided.

Sundays, Nov. 1-22, 9am-1pm (4 times)
Class Fee: \$5, pay at registration
Materials Fee: \$45, pay at class
Limit: Min. 4 / Max. None

Flying High

LEARN TO FLY AT LOW RATES

R-11

Hugh Irvin 532-6311

The class will be an informational session to overview what is involved in learning to fly in general, and the advantages of the K-State Flying Club in particular. Options available for ground school and for flight training in the Manhattan area will be discussed. Introductory flight lessons and/or short sight-seeing flights at minimum cost will also be scheduled at this meeting. (Hugh is a FAA Certified Flight Instructor and a member of the K-State Flying Club.)

Saturday, Sept. 12, 9am
Class Fee: \$4, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

ALPINIST & ROCK CLIMBING CLUB

R-12

Michael Adams

Are you a climber or interested in learning to climb? This is an open invitation to students and community persons to become charter members of this new rock climbing club. Its mission will be to enhance skills, explore opportunities and promote education about Alpinism and rock climbing. We are also looking for a faculty or staff member of KSU to be the club advisor. Anyone interested should contact UFM, 532-5866.

Organizational Meeting: Thurs. Sept. 10, 7-9pm
Class Fee: \$2, pay at registration
Materials Fee: None
Limit: Min. None / Max. None

Down to Earth

BEGINNER BIKE TOUR

R-13

Ruth Welti 537-0781

We will take an easy bike ride from the KSU campus (Ackert Hall) through Manhattan and Hunter's Island, ending up at the Country Kitchen for breakfast.

Sunday, September 20, 7:30am
Class Fee: \$2, pay at registration
Materials Fee: Dutch treat for breakfast
Limit: Min. 2 / Max. 10

INTERMEDIATE KAYAKING WORKSHOP

R-15

T. J. Hittle 539-7772
Rex Replogle 537-2643

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 the pool, or you can bring your own.

Section I: Sunday, Dec. 6, 9am-1pm
Section II: Sunday, Dec. 13, 9am-1pm
Class Fee: None
Materials Fee: \$2.50, pay at class
Limit: Min. 4 / Max. None

Martial Arts

BEGINNING KUNG FU (PAI TE LUNG STYLE)

R-17

Stan Wilson 539-7723

Pai Te Lung is a Kung Fu style combining hard, soft, and internal methods. Beginners will learn basic techniques, some self-defense, drills, one-step sparring, and if we have time, the three short forms. Wear comfortable clothing. (Stan has studied martial arts for 17 years, is a black belt, and is a member of the Pai family. He is the author of 40 Intermediate Techniques of the Yama Bushi Kai, a Kung Fu manual and video set.)

Tues & Thurs. Begins Sep. 8 7-8 p.m. (Ongoing)

Class Fee: \$12, pay at registration
Materials Fee: \$2, pay at first class.
Limit: Min. 3 / Max. None

ADVANCED KUNG FU (PAI TE LUNG STYLE)

This class is available for those who wish to learn kata, application of kata, self-defense, awareness drills and sparring. Please contact Stan Wilson, 539-7723.

YAMA BUSHI KAI 40 WAZA

R-18

Stan Wilson 539-7723

This is a new and completely different martial arts class. The 40 techniques have been designed by Stan Wilson and are self-defense oriented, combining Kung Fu, Judo, Jujitsu, Karate, and even a dash of Ninjitsu. This series is designed to improve the intermediate level martial artist's knowledge and self-defense ability. Students must purchase a copy of the manual 40 waza, but the purchase of the videotape is optional. It is required that students in this class have at least six months experience in the martial arts and it is preferred that they can take a fall properly. (Stan has been involved in the martial arts for 17 years and has studied several different styles of Karate and Kung Fu, has two years of Judo, 15 years of Jujitsu, and is a member of the Iga Ninja Society.)

Mondays, Begins Sept. 14, 7:30-8:30pm (10 times)
Class Fee: \$10, pay at registration
Materials Fee: Cost of Manual
Limit: Min. 4 / Max. None

JUJITSU FOR BEGINNERS

R-16

Stan Wilson 539-7723

Japanese in origin, jujitsu stresses hands-on combat featuring throwing, low kicks, and wrist and arm locking. This class will include the hakko ryu basic waza form and walking exercises. This class is self-defense oriented. Participants must be age 15 or over. (Stan has a black belt in jujitsu and has taught martial arts for 8 years.)

Sundays, Begins Sep 13, 7-8:30 p.m. (Ongoing)
Class Fee: \$12, pay at registration
Materials Fee: \$2, pay at first class.
Limit: Min. 3 / Max. None

ADVANCED JUJITSU

This class is a continuation of the beginning jujitsu class. Participants will further their knowledge of jujitsu including drills and self-defense techniques. For further information call Stan Wilson, 539-7723.

HARD STYLE KATA

R-19

Stan Wilson 539-7723

Mostly Japanese Shotokan, this class will cover as many as possible of the 15 or so hard style kata. Students in this class will start at Taikoyoka (first cause) I, II, III, and then progress through various Heius, Teki, and other hard style kata with maybe some Korean and Chinese style forms thrown in. Application of self-defense (Karate Jitsu) will be emphasized with a discussion of the evolution of Karate Do to Karate Jitsu, and a demonstration of the accompanying changes in form. Kata will be taught as closely as possible to its original Okinawa form (with some exceptions) as opposed to Japanese and American versions. At least six months experience in Japanese Karate Kempo, or Korean Karate T.K.D or T.S.D. is required. (Stan has studied Tang Soo Do, Shotokan and Shito Ryu Karate, Hawaiian Kempo, and has also researched traditional and modern martial arts.)

Wednesdays, Begins Sept. 9, 7:30-8:30pm (10 times)
Class Fee: \$10, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None



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Bicycle Repair

OUTDOOR EQUIPMENT SPECIALISTS

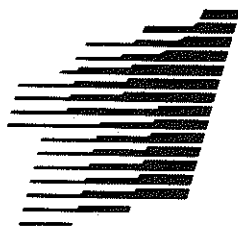
Bicycles • Backpacks
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Boots • Tents • Knives
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Sleeping Bags
Camping Equipment



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

22

Class locations will be
noted on your receipt.



FirstBank

First Savings Bank, F.S.B.

Main Bank
701 Poyntz
537-0200

University Bank
Denison & Claflin

West Bank
3005 Anderson

Downtown Bank
4th & Poyntz

KSU Student Union
TotalTeller

Junction City
8th & Washington

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						Stamp Collecting	R-1	21
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Calligraphy, Beginning	FA-15	5	Investing, Socially Responsible	C-1	16	Stenciling for Children	KS-15	9
Campus Resources	C-24	18	Investment Basics	C-3	16	Stress Ills-Stress Skills	S-20	13
Cats are People Too!	E-12	20	Islam Religion	S-30	14	Sugar and Salt: The Real Story	S-23	13
Ceramics, Beginning	KS-14	9	Italian, Advanced	FA-3	3	Survival Skills	E-9	19
Chair Caning	FA-46	6						
Channeling	S-26	15	Jazz Appreciation	FA-25	7	Tatting, The Art of Making Lace	FA-40	6
Clown, Becoming a	FA-50	7	Jazz Sampler	KS-5	9	Tennis, Beginning	R-5	21
Co-Parenting After Divorce	S-11	12	Jazz Sampler	KS-6	9	Theology, Sack Lunch	S-28	14
Color Slides, 35mm	FA-12	4	Jujitsu for Beginners	R-16	22	Toastmasters Club	C-7	16
Computer Basics	C-18	17				Tofu for You	F-2	11
Computer Users Network	C-19	17	Kata, Hard Style	R-19	22	Transactional Analysis	S-13	12
Cooking, Japanese	F-4	11	Kayaking, Fundamentals of	R-14	22	Trivia Games	R-2	21
Cooking, Vegetarian Indian	F-5	11	Kayaking, Intermediate Workshop	R-15	22	Tuttle Creek Tour	E-2	19
Cooking: Flower Cookery	F-1	11	Knitting, Beginning	FA-36	6			
Cooking: Middle East Dish	F-6	11	Knitting, Intermediate	FA-37	6	Violin, Suzuki Method	FA-30	8
CPR	C-13	16	Konza Prairie	E-6	19	Voice Class	FA-22	7
Crochet, Beginning	KS-16	10	Kung Fu, Beginning	R-17	22	Volleyball for Fun	R-7	21
Crocheted Christmas Stocking	FA-38	6						
			Love Addiction	S-6	12	Watercolor, Beginning	KS-12	9
Dance of Anger	S-12	12				Watercolor, Beginning	KS-13	9
Dance, Flint Hills Folk	FA-35	7	Macrame, Beginning	FA-39	6	Weaving Techniques	FA-42	6
Dance, Swing	FA-34	7	Marriage Enrichment	S-9	12	Weaving, Beginning	FA-41	6
Dating Relationships	S-7	12	Marriage, Fighting Fair in	S-10	12	Weekend Workshop		13
Decorating, Step Into	FA-49	6	Massage, Basic	S-21	13	Winter Birds	E-18	20
Difficult People, Dealing with	C-9	16	Milford Lake, Get to Know	E-3	19	Women in Management	C-10	15
Dinosaurs	KS-4	10	Motivation, Keep Reaching—	S-5	13	Woodwinds Anonymous	FA-33	8
Dog Training for Kids	KS-1	10	Mountain Dulcimer, Beginning	FA-29	8	Woodworking	FA-10	5
Dog Tricks for Kids	KS-2	10	Music, Beginning (For Children)	KS-9	9	Writing, Let's Talk	FA-8	5
Drawing Freehand	FA-14	4	Music, Celtic Workshop	FA-31	7	Writing, Story and Novel	FA-7	5
Drawing, Beginning	KS-10	9	Music, Dixieland Philharmonic	FA-22	7			
Drawing, Beginning	KS-11	9	Music, Exploring	FA-24	7	Yama Bushi Kai 40 Waza	R-18	22
Dreams, Interpret Your	S-25	15	Music, Intro to Classical	FA-23	8	Yoga	S-33	14
Effective Communication	S-14	12	National Co-op Month	C-21	18	Zen, Introduction to	S-32	14
Electronic Keyboard	FA-27	7	Native American Wkshp	KS-20	8			
Employment, Preparing for	C-8	16	Nature Trail Walk	E-5	19			
Ending Hunger Briefing	C-20	18						
English, Conversational	FA-5	3	Oil Painting, Advanced	FA-18	4			
			Oil Painting, Beginning	FA-17	4			
Fall Gardening	KS-24	8	Oregon Trail - Lower	E-7	19			
Fall Yard and Garden	E-23	18	Oregon Trail - Upper	E-8	19			
Fencing, Beginning	R-8	21	Origami for Adults	FA-44	7			
Fencing, Intermediate	R-9	21	Origami for Children	KS-17	10			
Financial Options	C-5	16						
Financial Planning	C-4	16						

Class locations will be noted on your receipt.



Three ways to register:

- A. WALK-IN:** Come to the UFM house, 1221 Thurston, during business hours or register at one of the locations listed below.
- B. MAIL-IN:** Fill in your registration form and mail it with check, money order, or Visa/MasterCard number to: UFM, 1221 Thurston, Manhattan, KS 66502 (stamped, self-addressed envelope is appreciated).
- C. PHONE-IN:** With Visa or MasterCard only, you may call 913-532-5866 during business hours to register (minimum: \$5.00).

**YOU MAY REGISTER AT ANY TIME,
BUT DON'T WAIT TOO LONG OR
YOUR CLASS MAY BE CANCELLED
DUE TO LOW ENROLLMENT.
YOU COULD MAKE THE DIFFERENCE!**

Late registrations accepted on space-available basis.

UFM CLASS FEES:

All UFM classes are offered by volunteers. All fee income will be used to help meet UFM operating costs.

RECEIPTS:

After your registration form is processed, you will receive a receipt. This is your proof of payment. UFM will retain a copy.

CLASS LOCATIONS:

When you receive your receipt, the locations of your classes will be included.

REGISTRATION FEE EXEMPTIONS:

The following are exempt from the \$2.00 registration fee (but not class fees):

1. under 13 years of age
2. over 60 years of age
3. handicapped
4. full-time KSU students (an annual SGA allocation supports student participation)

REFUND POLICY:

UFM will only give a REFUND voucher (redeemable for cash) in these instances:

1. the limited class you paid for has been filled
2. the class you paid for has been cancelled or significantly changed
3. you have overpaid

UFM will only give a CREDIT voucher (redeemable for UFM classes) in these instances:

1. you are unable to attend a class and you have notified UFM and the teacher a minimum of three days before the first meeting
2. you earn credit by teaching or volunteering for UFM

If you have problems with UFM, please call us at 913-532-5866.

PLEASE PRINT ★★ ONE FORM PER PERSON

Name _____

Street _____ Apt. # _____

City _____ Zip _____

Home Phone _____ Work Phone _____

SURVEY— Please check all that apply.

Have you taken a UFM class before? YES/NO

Students (___ credit hours this semester)

Freshman KSU Faculty/Staff

Sophomore Under 13 years

Junior 13-18 years

Senior Senior Citizen

Graduate Fort Riley Personnel

Student Spouse Handicapped

Do you require class to meet in handicapped accessible place

I would like to volunteer my skills in exchange for registration discounts.

I am interested in teaching for UFM

Classes I would like to see offered next term _____

CLASS #	SEC. #	TITLE	CLASS FEE
1.			
2.			
3.			
4.			
5.			
6.			

PLUS \$2.00 REGISTRATION FEE (See Exemptions) \$2.00

TOTAL DUE _____

KSU Student ID No. _____

I hereby authorize the use of my Visa/Master Card

Card No. _____ Visa M/C

Expiration Date _____

UFM—913-532-5866
1221 Thurston, Manhattan, KS 66502

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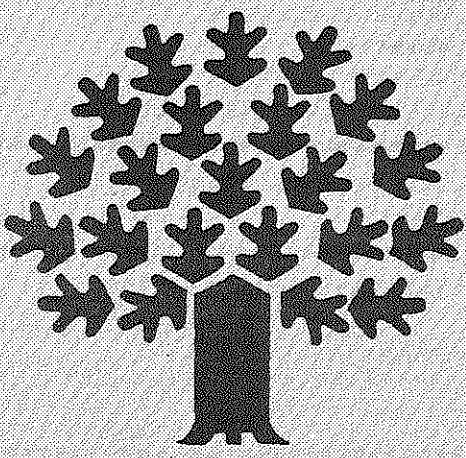
UFM—913-532-5866
1221 Thurston, Manhattan, KS 66502

TAKE TWO - GET ONE FREE

Register for two classes and select another class free of charge.

This offer is restricted to classes without a maximum limit, or on a space available basis two days prior to the class date.

DON'T MISS OUT - THIS OFFER IS GOOD FOR FALL ONLY



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Class locations will be noted on your receipt.

H.O.M.E. PROGRAM

DO YOU NEED HELP WITH HOME REPAIRS?

HELP AVAILABLE FOR LOW-INCOME, ELDERLY/HANDICAPPED

CALL 532-5866