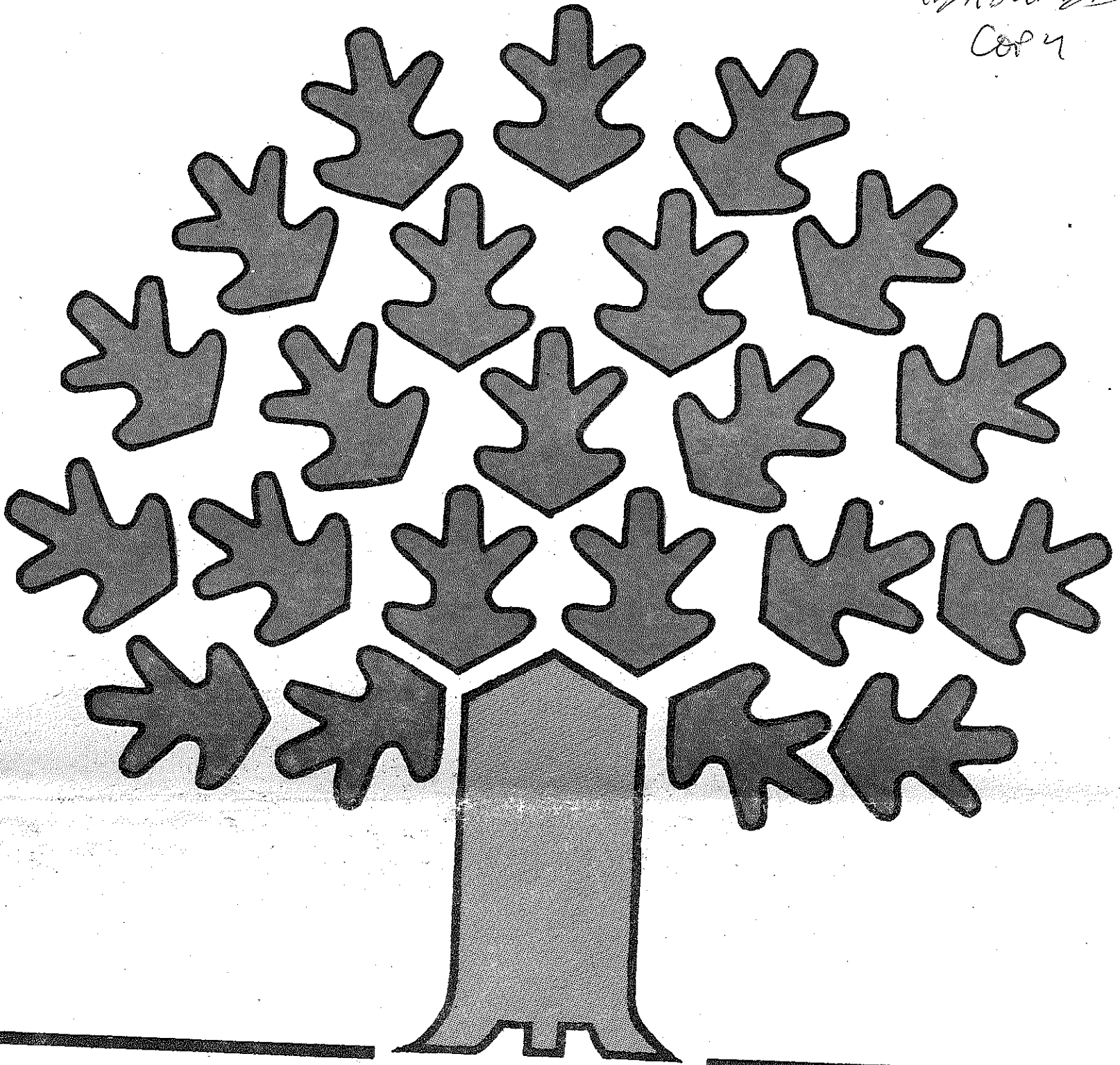


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**TEACHING · LEARNING · GROWING**

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**CLASSES BEGIN SEPTEMBER 7, 1988**

**UFM FALL CATALOG**

Dear Friends

On the catalog cover is the UFM logo. It was designed by Steven Roark as part of an Interior Architecture Design Studio in 1984. Roark wrote this about the logo:

The overall theme is the tree of knowledge with the foliage having a twofold meaning. The first is the similar shape of an oak leaf, which connotes strength and longevity. The second is an abstraction of a person, as UFM is a collage of people each depending on, learning from, and growing with each other. The line at the base of the tree establishes a stable ground plane that represents the original ideas of the founders. The three words below the tree—teaching, learning, growing—symbolize the meaning of UFM and your programs.

The tree keeps growing. Many interesting and exciting course offerings are again available. Take the time to browse through the catalog.

The tree keeps growing. Chris Heavy, manager of Manhattan Town Center, is making available a room for UFM classes. We hope you enjoy the comfort of the Mall for some of our classes.

And thanks to all the rest of you who keep on watering the tree in so many ways.

*Richard Friesen*

Richard Friesen  
Executive Director

*Eunice Dorst*

Eunice Dorst  
Coordinator of  
Educational Programs

## REGISTRATION SCHEDULE

\* Registration forms are on the back page.

Wed.	Aug. 31	K-State Union	10am - 2pm
Thurs.	Sept. 1	Manhattan Public Library	11am - 2pm 5pm - 7pm
Tues.	Sept. 6	K-State Union	10am - 2pm
Wed.	Sept. 7	Manhattan Public Library	11am - 2pm 5pm - 7pm
Thurs.	Sept. 8	K-State Union	10am - 2pm
Sun.	Sept. 11	Manhattan Town Center	2pm - 4pm

2

Class locations will be noted on your receipt.

K.S.U.  
Campus

Anderson

N. Manhattan

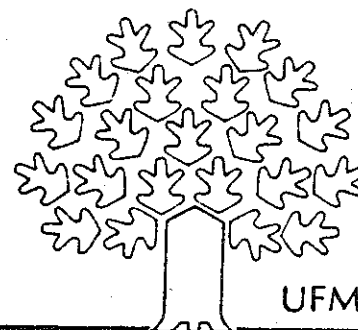
Thurston

Blument

539-8763

1221 Thurston

UFM is located on the east side of campus.



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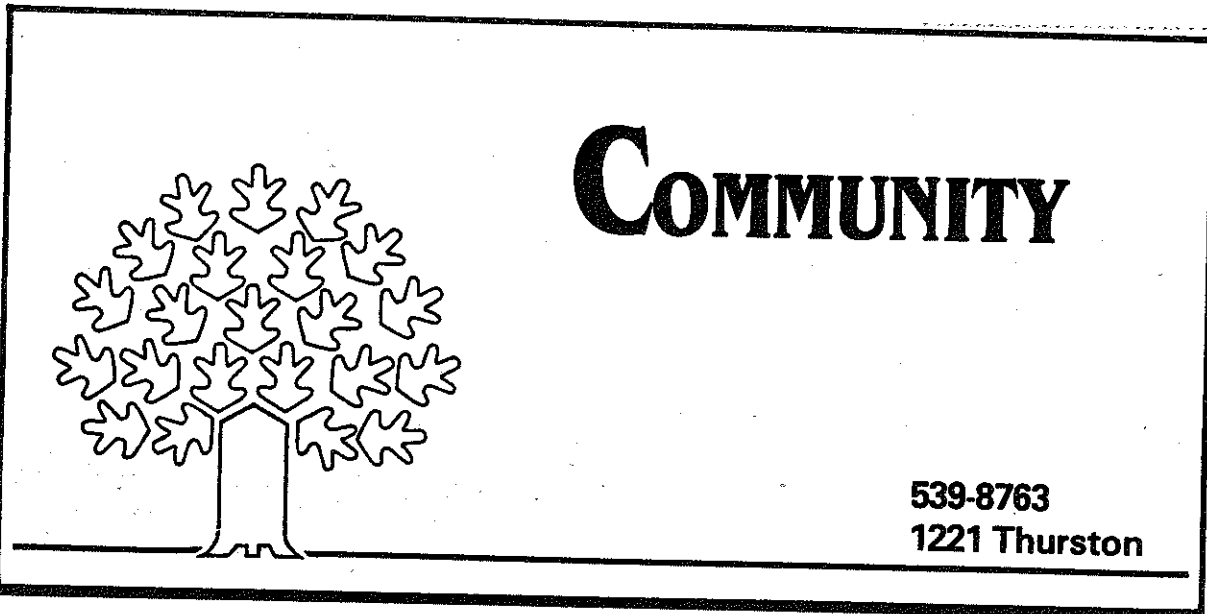
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# COMMUNITY

539-8763  
1221 Thurston

ADVANCED GENEALOGY C-5

J. Harvey Littrell 539-2646

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.)

Mondays, November 14 & 21, 7-9pm  
Class Fee: \$5, pay at registration  
Materials Fee: \$1, pay at class  
Limits: Min. 5 / Max. 15

PUBLISHING YOUR LIFE STORY OR FAMILY HISTORY C-6

Rhonda Keith 532-6419

How many times have you wished you knew more about the lives of your parents or grandparents or anyone who's not there to tell you their stories? Your children and grandchildren — and historians, perhaps — can fill in some of the gaps in their knowledge if you take the time and trouble to make a record on paper or tape. This class will help get you started, and explain how to publish a book in small quantities for your family and friends — the perfect gift.

(Rhonda regrets very much not recording her grandmother's memories. She is head of Only You Publications, specializing in personal and family histories.)

Thursday, September 22, 7-9 pm  
Class Fee: \$4, pay at registration  
Materials Fee: \$3, pay at class  
Limits: Min. 2 / Max. None



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Class locations will be noted on your receipt.

3

WHATS UNDER YOUR HOOD? DON'T GET RIPPED OFF! C-1

Michelle Erzen

Find out what is under the hood of your car and how it mechanically works. You will learn how to check for problems, choose a garage and mechanic, and learn how to get a repair estimate. Also, you will have some hands-on 'under the hood' experience and learn how to save a lot of money.

(Michelle has 3 years experience as a mechanic at a car dealership, is an ASE certified automobile technician, and has been teaching automobile classes at the college level for 2-1/2 years.)

Sect. I Sat, Sept. 10, 4-6pm  
Sect. II: Sat, Sept. 17, 4-6pm  
Sect. III: Sat, Sept. 24, 4-6pm  
Class Fee: \$5/Sect. Pay at registration  
Materials Fee: None  
Limits: Min. 2 / Max. 10

BASIC ELECTRICAL WIRING C-2

Paul Burke

This class is a MUST for anyone who does their own home repair work! We will discuss different kinds of electrical problems and how they can be solved. Supervised hands-on instruction and kits will be provided to actually learn how to change light fixtures and worn-out cords, install dimmers, switches and receptacles and how to install ceiling fans.

(Paul has over 30 years experience in electrical work and is currently working in USD #383 maintenance department.)

Tuesdays, Sept. 13-27, 7 pm  
(meets 3 times)  
Class Fee: \$6, pay at registration  
Materials Fee \$1, pay at class  
Limits: Min. 1 / Max. 15

INTRODUCTION TO RADIO BROADCASTING C-3

Ed Klimek

C-3  
776-0104

Tour the KQLA radio studio facilities. Learn how to write and record a commercial. Find out how a radio station programming, sales, and news department operate. Teachers will include the KQLA General Manager, Sales Manager, Program Director, and News Director. A member of a previous UFM class held at KQLA joined our staff as a sales representative. It could happen to you!

(Ed is general manager of KQLA and has been in broadcasting for over 10 years with a two-year stint as a marketing director.)

Tuesdays, Oct. 11, 18, 25, 7-8:30pm  
(meets 3 times)  
Class Fee: \$8, pay at registration  
Materials Fee: (Bring one blank cassette tape)  
Limits: Min. 4 / Max. 8

BEGINNING GENEALOGY C-4

J. Harvey Littrell

539-2646

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, Oct. 31 & Nov. 7, 7-9pm  
Class Fee: \$5, pay at registration  
Materials Fee: \$1, pay at class  
Limits: Min. 5 / Max. 12

Rhonda Keith 532-6419

A brochure should make you want to pick it up and read it. How can you help to see that 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 a design class), how to get by without an artist, proof-reading, and how to work with printers. Bring your own projects for individual attention. (Rhonda is a professional writer and editor.)

Thursday, October 6, 7-9 pm  
Class Fee: \$5, pay at registration  
Materials Fee: \$1, pay at class  
Limits: Min. 4 / Max. 10

STARTING A HOME-BASED BUSINESS C-8

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.)

Tuesdays, Oct. 18-Nov. 1, 7-9pm  
(meets 3 times)

Class Fee: \$8, pay at registration  
Materials Fee: \*\$4 (for book)

Limits: Min. 6 / Max. None  
\*Please pay materials fee at registration

INTRODUCTION INTO WORDPERFECT 5.0 C-10

Mathew Doe

This class will get progressively harder and you will learn more and more features of WordPerfect Version 5.0. You will learn how to load, edit and save files. The class project will be to make a newsletter with text and graphics.

NOTE: This class will be taught with IBM System 50 or 30 and using a Hp Deskjet printer.

(Mathew has five years experience as an independent software developer for IBM and Apple computers.)

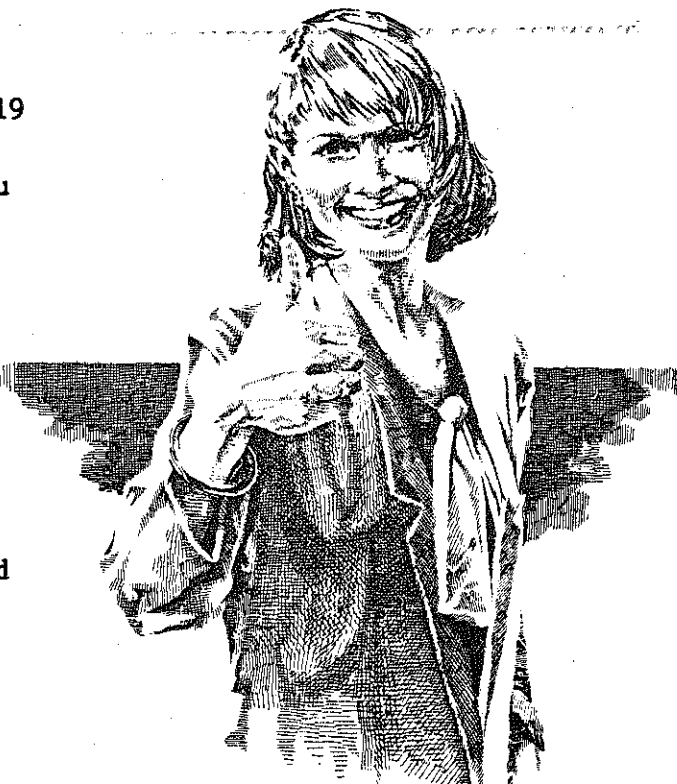
Mon/Wed/Mon/Wed, Sept 19-28 7:30pm  
(meets 4 times)

Class Fee: \$10, pay at registration  
Materials Fee: \$5, pay at class  
(Class handbook and 1-5.25" Diskette)

Limits: Min. 6 / Max. 15

4

Class locations will be noted on your receipt.



FOR WOMEN ONLY — MONEY MANAGEMENT

Rene J. Radil C-12 537-4505

More and more women are or will be in a position of taking an active role in their family finances, either through their career, a divorce, or loss of their spouse. Therefore, it is essential that women understand the importance and the basics of money management. Through discussion and slides, we will learn about investments, insurance, retirement programs, and wills. (Rene is a Registered Representative of Waddell & Reed.)

Sec. I: Tues, Sept. 20, 7-9pm  
Sec. II: Sat, Nov. 5, 9:30-11:30am  
Class Fee: \$5, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. None



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Frank Saal, Ph.D. 532-6850

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 a professor of psychology and is one of the Women's Studies faculty.)

Tuesday, October 4, 7:30-8:30pm  
Class Fee: \$5, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. None

INTRODUCTION INTO Dbase III+ C-11

Mathew Doe

This class will start up with a simple introduction to Dbase III+: Uses and Capabilities. The class will decide on a data base program that they wish to design and then the class will go about developing it and finally we will compile it to be a stand alone program. (Mathew has five years experience as a software developer for IBM and Apple computers.)

Mon/Wed/Mon, Oct 3,5,10, 7:30pm  
(meets 3 times)

Class Fee: \$10, pay at registration  
Materials Fee: \$5, pay at class  
(Class handbook and 1-5.25" diskette)

Limits: Min. 6 / Max. 15

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**BASICS OF INVESTING C-13**

Rene J. Radil 537-4505

This is a three-part workshop to help individuals learn how to become financially independent. We will start with the basic concepts of when and how to start an accumulation program, and cover risk management, cash reserves, and income and growth investments. We will also study how personal preferences and attitudes, as well as inflation and taxes, have an impact on investments. At the conclusion of this workshop each participant will have his/her own completed, personalized financial plan. (Rene is a Registered Representative of Waddell & Reed, one of the largest financial and planning organizations in the United States with over \$7 billion under management.)

Thursdays, October 6,13,20, 7:30pm (meets 3 times)  
Class Fee: \$8, pay at registration  
Materials Fee: None  
Limits: Min. 6 / Max. None

**MONEY MANAGEMENT SEMINAR C-15**

Fred Freeby 537-4505

This class will cover the following topics:

- \*Structuring savings, investments and insurance programs for today's world.
  - \*Saving taxes today while providing future dollars for education or retirement.
  - \*The impact of inflation and how to make it work for, rather than against one's financial plan.
  - \*Affordable ways of investing and saving regardless of ones budget.
  - \*And much more.....
- (Fred is a Senior Account Executive at Waddell & Reed Inc., and has over 12 years experience in financial planning.)

Sect. I: Tues, Sept. 13, 7:30-9pm  
Sect. II: Tues. Oct. 4, 7:30-9pm  
Sect. III: Tues. Oct. 11, 7:30-9pm  
Class Fee: \$5, pay at registration  
Materials Fee: None  
Limits: Min. 5 / Max. 30

**PLANNING FOR YOUR RETIREMENT YEARS C-14**

Fred Freeby 537-4505

You may be retired for nearly half as long as you worked. As Americans approach or reach retirement age, they begin to face the potential problem of outliving their financial resources, of becoming dependent on others. Financial wellness is the key to preserving independence, and proper financial planning is the key to financial wellness. You owe it to yourself...and those you care about. (Fred is a Senior Account Executive at Waddell & Reed Inc., and has over 12 years experience in financial planning.)

Sect. I: Mon., Sept. 12, 7:30-9pm  
Sect. II: Mon., Sept. 19, 7:30-9pm  
Sect. III: Mon., Sept. 26, 7:30-9pm  
Class Fee: \$5, pay at registration  
Materials Fee: None  
Limits: Min. 5 / Max. 30

**UNDERSTANDING MEDICARE & HEALTH INSURANCE C-16**

Elaine Johannes 776-9294

What does medicare cover? What doesn't it cover? How will medicare change in January 1989? These and other questions will be answered at this evening session. Medicare supplement insurance will also be highlighted. (Elaine Johannes has worked with the Area Agency on Aging since 1982 and has helped people from an 18 county area solve their medicare problems.)

Tuesday, Oct. 18, 7-8 pm  
Class Fee: None  
Materials Fee: None  
Limits: Min. 4 / Max. none

**MULTIMEDIA FIRST AID C-19**

Red Cross Instructors 537-2180

Learn the basic facts of first aid, the skills and information needed in daily life, as well as those critical to saving lives and minimizing injuries. General first aid and accident prevention are stressed. You will learn how to restore breathing, care for fractures, and how to treat poison, shock, and burn victims. You pace yourself through a separate workbook for each topic. When you are ready, you will be individually evaluated by a Red Cross instructor. You will earn a Standard First Aid Certificate.

Tues & Thurs, Oct. 25 & 27, 6-10 pm  
Class Fee: \$5, pay at registration  
Materials Fee: \$12, Pay at registration  
Limits: Min. 6 / Max. 12

**THE MIRACLE OF HEARING C-17**

Ricky Hartwick 539-8621

This course will address the issue of hearing loss — our nation's number one handicapping disability — and its major social-economic implications. Furthermore, we will explore the anatomy and physiology of the ear, including early warning signs of hearing loss and preventative measures. (Rick is a licensed hearing technician with Miracle Ear covering North East Kansas.)

Sect. I: Monday, Sept. 27, 7:30-9pm  
Sect II: Thurs. Oct. 13, 7:30-9pm  
Class Fee: \$3/Sect., pay at registration  
Materials Fee: None  
Limits: Min. 1 / Max. None

**CPR FOR ADULTS C-18**

Red Cross Instructors 537-2180

This is the "top of the line" Red Cross CPR training. Learn one-person CPR and choking. LEARN VALUABLE LIFE SAVING SKILLS — you never know when you may have to use them.

Tues & Thurs, Nov. 8 & 10, 6-10 pm  
Class Fee: \$5, pay at registration  
Materials Fee: \$12, (for book)  
Pay at registration  
Limits: Min. 6 / Max. 12

**RECYCLING C-29**

Dave Sampson 1-499-5311

The problem of solid waste disposal is looming its ugly head over the Kansas River Basin. The Riley County Landfill has long been filled in and is now towering thirty feet above the flood plain. Efforts are now underway to close the landfill and find an alternative solution to the avalanche of trash being trucked in daily. This class will focus on recycling, the terminology, types of plastic that are recycleable, separation of glass, aluminum cans, paper, methods of collection and marketing will all be discussed. This has to be looked at sometime, we might as well start now.

(Dave is starting up Oak Grove Recyclers and needs 42,000 pounds of plastic jugs. Do you have any you do not need?)

Tuesday, Sept. 12, 7pm  
Class Fee: \$2, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. None

Class locations will be noted on your receipt.



**Seniors' Service Center**  
412 Leavenworth Phone 537-4040

**CLASSES - MEALS  
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JOIN US MONDAY thru FRIDAY, 9 a.m. to 5 p.m.

EFFICIENT LEARNING

C-21

Rajan S. Mahadevan

We will explore efficient principles of learning and remembering. Most of the material is based on scientific evidence. I would like to warn people however, that there is no "magical quick-fire way" to learn better study habits, it takes a lot of hard work outside the classroom! (Rajan has given several lectures in India on this topic. He was listed in the Guinness Book Of World Records from 83-87 for reproducing Pi to 31,811 places.

Thursdays, Begins Sept. 15, 7-8pm  
(ongoing)

Class Fee: \$10, pay at registration  
Materials Fee: to be determined during the course (max. \$10)  
Limits: Min. 6 / Max. 12

LITERACY COURSE

C-22

Karen McCulloh

45 million Americans can't read. Most people realize the seriousness of this problem, especially after seeing ads on television and in the newspapers, but feel they have no expertise and no way to help. In reality, all a reading tutor needs is a basic reading ability and lots and lots of patience. Some of our best tutors are late readers themselves. Karen McCulloh would like to explore possibilities of expanding the already existing program at the Adult Education Center, and would like to meet with interested tutors and learners.

Wednesday, October 5, 7 pm  
Class Fee: \$1, pay at registration  
Materials Fee: None  
Limits: Min. 2 / Max. None

SOME COMMON CHEMICALS AND SAFETY

C-20

F. C. Lanning 537-7599

In everyday life we come in contact or work with substances that need to be properly cared for. In this course we will consider a number of substances such as inflammables, acids and bases.

(Dr. Lanning has been Chairman of the Safety Committee of the Chemistry Department at KSU.)

Thursday, Nov. 10, 7:30pm  
Class Fee: \$2, pay at registration  
Materials Fee: None  
Limits: Min. 6 / Max. None

6

*Class locations will be noted on your receipt.*

PEACEMAKING: ISSUES, ACTIVISTS, AND CHANGE

C-24

Al Zimmerman 539-4281

A look at issues of peace and justice in today's world; an activism primer, including non-violence training and affinity group building; and an opportunity to participate in a national demonstration and protest next spring. Subjects addressed will include Southern Africa, Latin America, the Middle East, World Hunger, Militarism, and the Arms Race. Come and learn what's going on in the world and how you can make a difference.

(Al is a campus minister at Kansas State University, and has been a activist for a number of years, taking part in a variety of demonstrations and protests around the country for the sake of peace & justice issues.)

Tues, Sept.13 - Nov.15, 7:30-9pm  
(meets 10 times)

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

LEGISLATIVE PROCESS AND THE LEAGUE OF WOMEN VOTERS

C-25

Elaine Johannes 776-9294

Since 1920 the League of Women Voters have studied national, state, and local issues and acted on what they have discovered. In preparation to vote November 8, join us October 13, to learn about your role in the legislative process and the role of your local league.

Thursday, Oct. 13, 7-8pm  
Class Fee: \$3, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. None

FRIENDSHIP CITIES PROJECT, INC.

C-26

Dr. Susan Allen

Do you know Manhattan has a sister city? Come get acquainted with our sister city, Nindiri, Nicaragua and the non-political citizens Friendship/Sister Cities concept. Board members of the Manhattan Friendship Cities Project, Inc., will show slides and a 20-minute video taken during the U.S. Nicaragua Friendship Cities Conference in June 1988 and tell about Manhattan's library building project.

Wednesday, Oct. 19, 7pm  
Class Fee: None  
Materials Fee: None  
Limits: Min. 4 / Max. None

E PLURIBUS UNUM...OUT OF MANY, ONE

C-23

Susan Scott, Dave Stewart 532-6432  
Ann Butler, and Charlotte Olsen

To live and work effectively with individuals having backgrounds different from one's own, requires an understanding of and knowledge about race and gender biases, and how these constructs interact within our own framework of culture. In three sessions we will share current common elements of culture, racism, and sexism, and ways individuals can empower themselves to combat the "isms."

(Ann, Dave, Susan, and Charlotte have all been committed to and active with issues of diversity throughout their careers.

Tuesdays, Sept. 27-Oct. 11, 4:30-6pm  
(meets 3 times)

Class Fee: \$6, pay at registration  
Class Materials: None  
Limits: Min. / Max. 20

INTRODUCTION TO FOSTER PARENTING

C-27

Janice Olker 456-2057

Foster Parenting can be a rewarding challenge and an enriching experience for your family. Foster homes need to be a warm, nurturing environment for troubled children. Learn the basics of foster parenting and about the children we serve. (Janice and her husband were foster parents for 22 years and she is the foster parent licensing worker for Wamego SRS).

Sect. I: Wed, Oct.12, 7:30pm  
(Manhattan)  
Sect.II: Wed, Nov. 9, 7:30pm  
(Wamego)

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

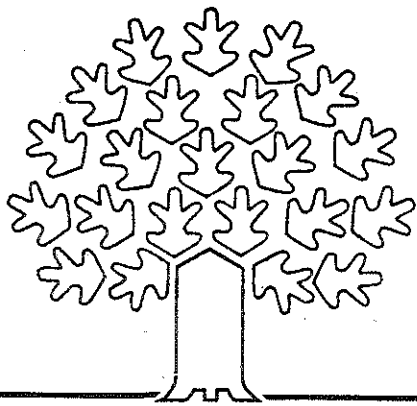
WEDNESDAY MORNING PLAY GROUP

C-28

Diana Hatch 776-9921  
Barb Stork 539-1379

This is an ongoing "Support Group" for at-home mothers. Pre-school age children play while moms visit with other adults. Mothers are responsible for their own children, so no separation is necessary. During nice weather we will meet outside, and during the colder months we will meet in homes of participants. 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  
Limits: Min. None / Max. None



# FINE ARTS

539-8763  
1221 Thurston

COLLECTING ART

FA-3

Julie Strecker

529-2139

Do you know how to make an intelligent decision when buying art, whether it be for decoration or an investment? In this class you will learn how to select works of art which are personally pleasing to you. We will identify specific techniques, evaluate artists, discuss appropriate prices, and learn about framing and care of art once you own it. (Julie is the owner of Strecker Gallery and has been a collector of fine art for many years.)

Monday, Oct. 3, 7:30-8:30pm  
Class Fee: \$5, pay at registration  
Materials Fee: None  
Limits: Min. 5 / Max. 12

## BEGINNING CONVERSATIONAL ENGLISH

FA-1

Anita Bond

This is a conversational class for the beginning English speaker only! We will work on basic vocabulary, idioms, and everyday usage of the language. We will also discuss cultural differences and similarities.

PLEASE NOTE: This is a class for beginning SPEAKERS OF ENGLISH ONLY. (Anita is a learning skills specialist and works with Educational Supportive Services at Kansas State.)

Begins Thurs, Sept. 15, 7-8 pm  
(ongoing)

Class Fee: \$10, pay at registration  
Materials Fee: \$2, pay at class  
Limits: Min. 5 / Max. 20

## VOICE CLASS

FA-5

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 graduate student in music at KSU, and has been interested in music since she was a child, which is not surprising as she comes from a musical family.)

Tuesdays, Sept.13-Oct.18, 7-7:50pm  
(meets 6 times)

Class Fee: \$10, pay at registration  
Materials Fee: None  
Limits: Min. 1 / Max. 8

## BOOKS BY AND ABOUT WOMEN

FA-2

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: A Bird in the House by Margaret Laurence; Bluebeard's Egg & other Stories by Margaret Atwood; If Morning Ever Comes by Anne Tyler; and Sister Age by M.F.K. Fisher.

(Lorrie has been a member of this informal reading group since 1978.)

1st Meeting: Wed. Sept. 14, 7:30-9pm  
(ongoing)

Class Fee: \$4, pay at registration  
Materials Fee: None  
Limits: Min. 1 / Max. None

## TOTO-LY OZSOME™ PLAYSHOP

FA-4

Ilene A. Kimsey

537-2924

A playful event where we will re-live the adventures of the Wizard of Oz. Through music, movement, and drawing we will experience: Scarecrows' knowledge, Tinmans' heart, Lions' courage, Wizards' power, Witches' balance, Totos' love, and Dorothy's home within. Join me on this joyful adventure down the Yellow Brick Road. (Ilene has been working creatively with the story of the Wizard of Oz for four years, her Masters in Human Development add to making this event TOTO-LY OZSOME™)

Sec. I: Sat, Sept.24, 10am-Noon  
(For children 5+ and adults)

Sec. II: Tues, Sept.27, 7-9pm  
(For adults only)

Class Fee: \$5/Sec for adults  
\$3/Sec for children,  
Sec. I only

Materials Fee: \$1, pay at class  
Limits: Min. 4 / Max. 12

## GEORGIA O'KEEFE EXHIBITION

The Art Department of Kansas State University is planning an excursion to visit the centennial exhibition of Georgia O'Keefe in Dallas on Saturday, October 1. The itinerary is as follows:

Depart 5:00am Friday, September 30  
Arrive in Dallas at approx. 10:00pm  
with stops in Tulsa and Oklahoma City.

Saturday morning will be devoted to the exhibition, the afternoon for shopping, and Saturday evening for the entertainment of your choice. We will stay at the Drury Inn, 2421 Walnut Hill.

Cost: \$130 includes gallery tickets, transportation, lodging, and edibles on the bus.

Full payment must be received by  
September 6.

\*\*\*\*\*

## PRETRIP LECTURE

Dr. LouAnn Culley will be offering a pretrip lecture on September 26, 7:00pm, at the UFM House. You will find her remarks a valuable addition to the experience. You do not have to be going on the trip to attend this lecture.

Cost: \$2 Payment will be accepted at the door.

Class locations will be  
noted on your receipt.

7

AUTOHARP WORKSHOP

FA-6

Linda Teener

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.)

Saturday, Oct. 15, 1-3pm

Class Fee: \$4, pay at registration

Materials Fee: None

Limits: Min. 2 / Max. 8

SWING DANCE

FA-7

Art Clack

539-4121

Are you looking for a foot-stompin' good time? Take a spin with Art and do the sharp moves, dips, turns and slides of country western swing dance. Come join the fun and learn a life-long way to keep in shape and relax.

(Art has been teaching swing dance for eight years.)

Wednesday, Oct. 5, 12, 19, 6:30-8pm  
(class meets 3 times)

Class Fee: \$6, pay at registration

Materials Fee: None

Limits: Min. 6 / Max. 18

FOLK DANCING

FA-8

Paul Weidhaas  
Enid Cocke

539-4805

Learn to dance the polka, waltz, schottische, and hambo. (Learn what a hambo is!) In its eighth 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.)

Friday, Sept. 23, 7:30-9:30pm

(Other meetings will be determined at class)

Class Fee: \$6, pay at registration

Materials Fee: None

Limits: Min. 5 / Max. None

AN INTRODUCTION TO SIGN LANGUAGE

FA-9

Shirley A. Resser

494-2241

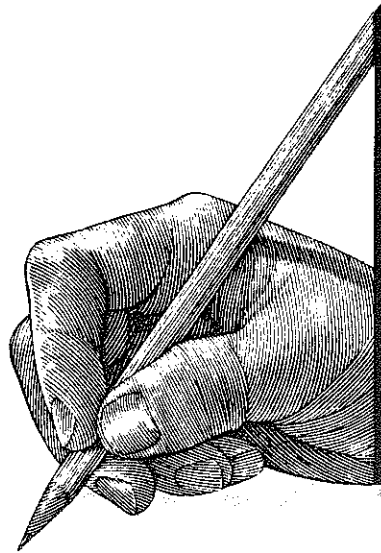
This course will introduce you to an alternative method of learning sign language through the use of flash cards. We will teach the symbols used for words signed rather than the letters. This method has been proven to have a more rapid rate of learning and a higher level of retention. (Shirley lost her hearing due to the side effects of medication. She has now regained her hearing, but realizes how necessary it is for everyone to learn sign language.)

Thursdays, Oct. 6-27, 7-8pm  
(meets 4 times)

Class Fee: \$10, pay at registration

Materials Fee: None

Limits: Min. 2 / Max. None

INTRODUCTION TO FREEHAND DRAWING

FA-10

Ernie Peck  
Gene Ernst

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 water-color photography, calligraphy, and other UFM courses over the years.)

Tues &amp; Thurs, Nov 8-22, 7-9pm

(Sat, Nov 19, afternoon field sketching trip)

Class Fee: \$10, pay at registration

Materials Fee: None

Limit: Min. 4 / Max. 20

BEGINNING CALLIGRAPHY

FA-11

Ernie Peck

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, Nov 14 - Dec 5, 7-9pm  
(meets 4 times)

Note: The last registration date will be Nov 2.

Class Fee: \$8, pay at registration

Materials Fee: \$15, pay at class

Limits: Min. 4 / Max. 15

BEGINNING CALLIGRAPHY FOR RIGHT-HANDERS

FA-12

Debra Rosproy

1-239-3026

Do you enjoy seeing the elegant script of calligraphy, but think you could never do anything so lovely? Well, you are wrong. Once you learn the steps for each letter, you will be amazed at how quickly you can pick it up with a little practice. There are a variety of styles to choose from. Once you learn the basics, you will be able to progress onto the most difficult styles with very little extra effort.  
(Deb learned calligraphy in Denver in 1980 and has been using it ever since for cards, posters, and other personal items.)

Friday, Oct. 14, 6:30-9pm

Class Fee: \$5, pay at registration

Materials Fee: \$2, pay at aclass

Limits: Min. 5 / Max. 15

HOW TO WRITE FOR NON FICTION MARKETS

FA-13

Randy Kidd

Writing for the non-fiction markets can be profitable as well as fun. In this class we will look at some ways to use your talents as a non-fiction writer.  
(Dr. Kidd has written several hundred articles for a variety of magazines, newspapers, and books.)

Wednesday, Oct. 5, 7-9pm

Class Fee: \$6, pay at registration

Materials Fee: None

Limits: Min. 4 / Max. 15

8

*Class locations will be noted on your receipt.*



**YOU CAN WRITE!**

FA-14

Jeannie Joy Findley 532-5851

Do you believe you really cannot write? Do you believe you have nothing to say? Do you like to write but don't know what to write about? Do you suffer from writer's block? Do essays and reports drive you up the wall? In this world of instant coffee, instant tea, instant everything, there is an instant method of getting on with writing. Bring a notebook or other paper supply and pens or pencils and come join the fun.

(Jeannie has been using this method of writing for some time now and has found it a useful tool for releasing her creativity. She has received several awards for her poetry including the 4th Seaton Award in 1984, and the Manhattan Mercury Annual award in 1981.)

Mondays, Sept. 12,19,26, 7 pm  
Class Fee: \$8, pay at registration  
Materials Fee: None  
Limits: Min. 2 / Max. None

**STORY & NOVEL WRITING** FA-15

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 nine novels, and has written a book on professional writing published by Writers Digest.)

Tuesdays, Oct. 4,11,18, 7-9:30pm  
Class Fee: \$10, pay at registration  
Materials Fee: \$2, pay at class  
Limits: Min. 8 / Max. None

**RENGA WORKSHOP** FA-16

Ray Hall, Jr. 539-7143

Want a party game for your family and friends? Write renga. Surprises for all as you find self expression within a group effort.

(Ray received a BA in English Literature at Washburn University in Topeka and attended English Graduate School at K-State. Ray has led renga workshops in Topeka & Manhattan.)

Friday, September 9, 7-8pm  
Class Fee: \$5, pay at registration  
Materials Fee: None  
Limits: Min. 1 / Max. None

**CERAMICS/BASIC WHEEL THROWING**

FA-17

Stephanie Lindholm 776-0004

Have you always loved the look of handthrown pottery, but didn't know how to begin? Here is your chance to learn in six cheerful, low-pressure sessions (plus a little spare time to practice). We will cover the basics in wheel throwing: wedging, centering, cylinders, trimming, pulling, and attaching handles. By the end of this course, you will have made yourself at least one special project and have the expertise and knowledge to work on other projects in the future. (Stephanie is a member of the UFM Pottery Studio.)

Mon & Thurs, Oct. 10-27, 6:30-9:30pm  
(meets 6 times)

Class Fee: \$8, pay at registration  
Materials Fee: \$18, pay at class  
Limits: Min. 4 / Max. 4

**CHAIR CANING**

FA-18

Barbara Poresky 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.)

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

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

**HISTORY OF CRAZY QUILTS** FA-24

Kathy Brown 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, Nov 19, 10:30-11:30am  
Class Fee: \$3, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. None

**UFM POTTERY COOPERATIVE**

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

**ANNUAL MEMBERSHIP**

Cash Fee: \_\_\_\_\_ \$45/annum  
(May be paid at the rate of \$16 every 4 months.)

**OTHER MEMBERSHIPS**

4 MONTHS:  
Cash Fee: \_\_\_\_\_ \$25

8 MONTHS:  
Cash Fee: \_\_\_\_\_ \$35

(SHORTER PERIODS OR ONE TIME USAGE CAN BE ARRANGED)

**IN-KIND CONTRIBUTIONS**

- \* UFM Coffee mugs for resale
- \* Co-teach classes or workshops
- \* Locate teachers for classes or workshops
- \* Assist with other income producing projects

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

**ADVANTAGES**

- \*\*You will have the opportunity to meet and work with other area ceramicists
- \*\*You can explore several areas of ceramics other than functional pottery
- \*\*You can become involved in a studio operation
- \*\*You may sell your pottery through pottery sales at the UFM House

**FOR FURTHER INFORMATION**

CALL UFM 539-8763

Class locations will be noted on your receipt.

BEGINNING KNITTING ADULT FA-19

Jean Johnston 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. 13-Oct. 4, 7-8pm  
(meets 4 times)

Class Fee: \$6, pay at registration  
Materials Fee: \$2, pay at class  
Limits: Min. 4 / Max. 10

INTERMEDIATE KNITTING FA-20

Jean Johnston 776-3292

Come to one, two, three, or all four classes. Each class will be independent of the others, the only requirements for all of them is that you know the basic knitting steps (cast on and off knit and purl and increase and decrease). Just bring size 10 knitting needles and a light color 4 ply yarn. For the cable class you need a cable stich holder. With the knitting in the round class you will need two types of knitting needles in size 10, double point and circular (call me if you have questions.)

(Jean has been knitting for over 20 years and loves to try new knitting techniques.)

Tues, Oct 11, 7-9pm - 2 color knitting (flat knitting)

Tues, Oct 18, 7-9pm - Cables

Tues, Oct 25, 7-9pm - Pattern stitches

Tues, Nov 1, 7-9pm - knitting in the round

Class Fee: \$3/class or \$10/4 classes  
Materials Fee: \$2, pay at class  
Limits: Min. 4 / Max. 10

POTPOURRI FA-21

Jayne Link

Learn a little folklore, how to make two potpourri blends and then take home one ounce of each blend.

NOTE: Please bring two small glass jars to take your creations home in. (Jayne has a small herb business called Fragrant Memories and has enjoyed playing with herbs and flowers for years.)

Wednesday, Oct. 19, 6:30-8pm

Class Fee: \$4, pay at registration  
Materials Fee: \$4.50, pay at class  
Limits: Min. 6 / Max. 10

**10**

*Class locations will be noted on your receipt.*

PERFUMES AND POTIONS FA-22

Carol Ebert 1-456-2841

Now you can concoct your own special body perfumes. Learn how to mix body rubs, hair rinses, colognes, bath oils, and signature perfumes. Be creative and discover the uniqueness of your own signature products.

(Carol owns an herb shop and makes many of the herbal products.)

Monday, Dec. 12, 7-8:30pm

Class Fee: \$4, pay at registration  
Materials Fee: \$1.50, pay at class  
Limits: Min. 4 / Max. 10

MAKING COVERED ALBUMS FA-25

Deb Resproy 1-239-3026

Covered albums are one of the easiest and most adaptable items/gifts to make for yourself or friends. They can be used for weddings, birthday or Christmas gifts, made fancy for the feminine lady, or masculine for a man. The material pattern you use, plus the trim, determines whose style it will fit. NOTE: If you have a hot glue gun, please bring it to class. Also bring 1-1/2 yds. of your choice of material plus 3 yds. of trim, (lace, ruffle, et.) to fit the notebooks provided.

(Deb learned how to do these at Ben Franklins in 1986 and has made many varieties for friends and family ever since.)

Friday, Sept. 30, 6:30-9 pm

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

TATTING - THE ART OF MAKING LACE

FA-26  
Jessie Fouveaux 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 for UFM for many years.)

Thursdays, Oct. 6,13,20, 7-9pm

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

BOOKMARKS FA-23

Evelyn Campbell

Save those beautiful flowers in your garden! Make a bookmark or a greeting card from dried and pressed flowers. We will also show you how to dry and press your own flowers and how to use them to make small gifts for your friends.

(Evelyn is the 1988 Co-ordinator of the Manhattan Community Gardens and a senior in horticultural therapy at K-State.)

Tuesday, Sept. 27, 7pm

Class Fee: \$3, pay at registration  
Materials Fee: \$3, pay at class  
Limit: Min. 5 / Max. 15

CUTTING PAPER SNOWFLAKES

(Or, Create your own blizzard)  
Ages 10 and up KS-1

Leo Schell 539-6540

It is easy to cut eye-catching, artistic, creative, lacy snowflakes in a variety of styles. Numerous examples will be displayed, various patterns will be cut, and original creations will be cut and shared. A catalog of examples will be available to purchase at cost. Fun for young, old, or in-between! Please bring sharp scissors.

(Leo is a former elementary school teacher who has delightedly cut paper snowflakes for years and has a large collection of them.)

Saturday, Nov. 12, 9am-12pm

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

PINECONE CHRISTMAS TREE FA-27

Deb Resproy 1-239-3026

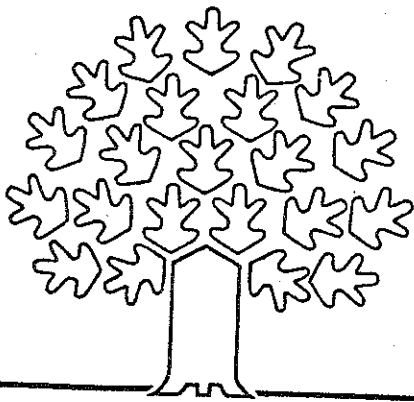
Would you like to have a new decoration for Christmas at a relatively small cost? Learn how to make a tree that can be personalized to match you home's decor; or make great gifts for friends and family! Please bring a variety of small to no larger than 2 inch pinecones and you'll be shown the technique for making these lovely trees. We will not be cutting up the pinecones. The instructor will bring some extra cones, but please bring enough to share with everyone.

(Deb attended 2 classes on pinecone art in Denver in 1982 and has made a variety of projects since using these techniques.)

Friday, Dec 2, 6:30-9pm

Class Fee: \$3, pay at registration  
Materials Fee: \$3, pay at class  
Limit: Min. 4 / Max. 10

# EARTH



539-8763  
1221 Thurston

## BEGINNING ASTRONOMY

E-1

Larry Paris

537-3221

Ever wonder about the universe? What is a galaxy? Where are we? 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, October 6, 8pm  
Class Fee: \$5, pay at registration  
Materials Fee: \$.50, pay at class  
Limits: Min. 4 / Max. None

## PREPARING YOUR YARD AND GARDEN FOR WINTER

E-2

Evelyn Campbell

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.

Tuesday, Sept. 13, 7pm  
Class Fee: \$3, pay at registration  
Materials Fee: None  
Limits: Min. 3 / Max. None

## FLOWER ARRANGING DEMONSTRATION

E-3

Evelyn and Howard Campbell

Let your creative abilities flow. Learn how to turn the natural beauty of flowers into works of art. An attractive flower arrangement enhances your decor and will be the envy of your friends. (Evelyn & Howard are seniors in horticultural therapy at KSU).

Tuesday, Sept. 20, 7pm  
Class Fee: \$4, pay at registration  
Materials Fee: \$4, pay at class  
Limits: Min. None / Max. None

## CORSAGE MAKING

E-4

Evelyn Campbell

Wearing a corsage can turn an ordinary event into something special. Learn how to create a corsage to wear yourself or give to a friend. Each person will take home their own corsage. So plan a special event now. (Evelyn is a senior in horticultural therapy at KSU and the coordinator for the Community Gardens).

Tuesday, Dec. 6, 7pm  
Class Fee: \$4, pay at registration  
Materials Fee: \$3, pay at class  
Limits: Min. 4 / Max. 12

## BIRD ATTRACTING/FEEDING WORKSHOP

E-5

Northern Flint Hills Audubon Society

Would you like to have birds and other wildlife in your yard year-round? We will demonstrate feeders, houses, and other equipment; provide information on various foods available, and discuss how to plan your own back-yard wildlife sanctuary.

(The Northern Flint Hills Audubon Association is a grassroots environmental organization that is interested in birds and all other components of the natural world.)

Saturday, October 15, 10-11:30am  
Class Fee: \$4, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. None

## GEARY COUNTY BIRDS

E-6

Ted Cable

539-6119

The Junction City/Milford Reservoir area of Geary County harbors bird species each year that are rarely seen around Manhattan. We will be looking for rarities, but we will also pause to observe the more common species. Bring your binoculars and some munchies for the trail. This class is for beginners and experts alike. (Ted is one of the top birders in the Manhattan area.)

Saturday, November 12, 8am-1pm  
Class Fee: \$5, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. None

RECYCLE

NOW



call 537-6332

CORE (Committee On REcycling)

for your\*FREE\*  
Flint Hills Recycling Directory  
& Cash or Trash Brochure

\*additional copies available for organizations

Class locations will be  
noted on your receipt.

11

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Randy Kidd, DVM

Holistic health for pets teaches how to use all of life's vitalities to help you create optimum health for your pets. This class will show ways to enhance your pet's health through nutrition, exercise, relaxation, and proper people interaction.

(Dr. Kidd is a local veterinarian and professional writer with a special interest in holistic health.)

Thursdays, Nov. 3 - 24, 7-9 pm  
(meets 4 times)

Class Fee: \$6, pay at registration  
Materials Fee: \$3, pay at class  
Limits: Min. 6 / Max. 20

RAISING CATS FOR FUN AND PROFIT

E-8

Lois Wright

922-6937

For people who like cats and want to earn money with an at-home project. We will discuss tips on getting started with registered cats, keeping them healthy, and how to get the best price for your kittens.

(Lois has been raising and selling Persian and Himalayan cats for the past 10 years.)

Saturday, Sept 10, 1-3 pm  
Class Fee: \$4, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. None

NATURAL CAT CARE

E-9

Kate Cashman

If you are aware that pre-packaged foods are not wholesome choices, and have a loved pet in your life that eats packaged food; let us look at some alternatives in diet and care. (I am a finicky owner and as a result Miss Sable is a fine, sleek, and happy cat!)

Monday, October 3, 7:30-8:30 pm  
Class Fee: \$3, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. 15



Randy Kidd

Our prairies and wood lots are filled with wild plants, traditionally used as "healers". In this class we will look at some of these plants and their uses.

(As a part of holistic health, Dr. Kidd believes that it is important to understand some of the local plant healers.)

Class: Wednesday, Sept. 21, 7-9pm  
Field Trip: Sat. Sept. 24, 9-11am  
Class Fee: \$4, pay at registration  
Materials Fee: \$3, pay at class  
Limits: Min. 10 / Max. 20

GET TO KNOW MILFORD LAKE

E-13

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 interest of the participants. (Greg has been a ranger at Milford for ten years and knows the lake inside and out.)

Saturday, Sept. 10, 12:30-4:30pm  
Class Fee: \$3, pay at registration  
Materials Fee: \$1, pay at class  
Limits: Min. 3 / Max. 5

USING GEM STONES IN JEWELRY

E-10

W.L. Lala

Jewelry making, designs, findings, bezel settings, cabochons, sprues, casting. If you have some interest in gem stones and jewelry, this class is for you. Bring your questions. This class is sponsored by the Manhattan Mineral, Gem and Fossil Club.

(Dr. Lala learned wax-casting in dental school and has been making jewelry for many years.)

Thursday, Sept. 8, 7:30 pm  
Class Fee: \$4, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. None

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211 S. Seth Childs, Manhattan, Phone 537-2411  
1443 Anderson Ave., Manhattan, Phone 537-2426

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

NATURE TRAIL WALK

E-12

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 three years. He has an interest in Kansas history and its native plants.)

Saturday, Dec. 10, 10am-1pm

Class Fee: \$3, pay at registration

Materials Fee: None

Limits: Min. 1 / Max. 15

KANSAS LANDSCAPE ARBORETUM

FIELD TRIP

E-14

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: this trip will fill up fast.

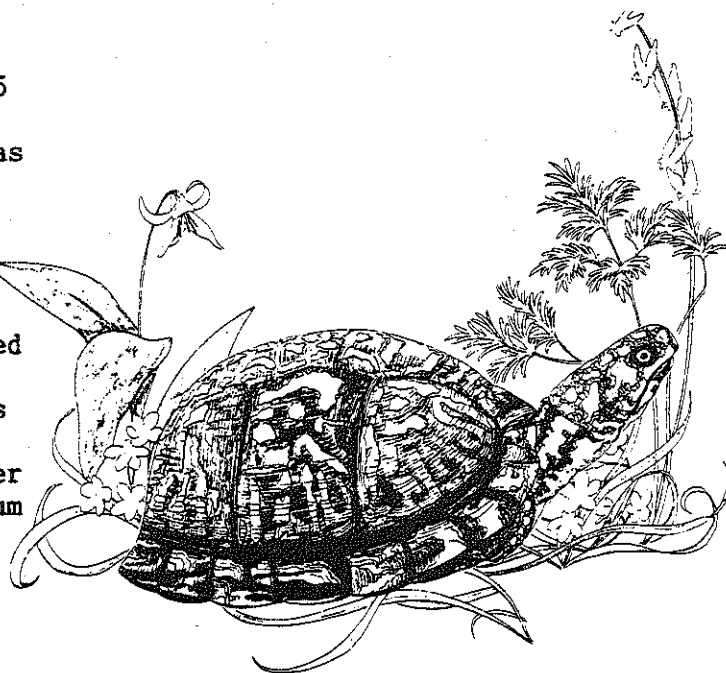
(Greg is a lifetime member of the arboretum and a ranger for the Milford Lake Corps of Engineers.)

Saturday, Sept. 10, 8am-noon

Class Fee: \$3, pay at registration

Materials Fee: \$1, pay at class

Limits: Min. 3 / Max. 5



GRANDCHILDREN OF THE PIONEERS:  
MEETING TO SHARE THEIR FAMILY LIVING  
HISTORY

E-16

Owen R. Jones

Grandchildren of the pioneers of Riley and Pottawattomie counties need to meet to make plans to take short tours of ghost towns and the small towns in the counties around Tuttle Creek Lake. Many of us remember the building of Tuttle Creek Dam 25 years ago. Hundreds of years before 1803, indians farmed the Big Blue Valley from Manhattan to Nebraska, past Beatrice.

Now the history of the Big Blue Valley and its tributaries, as told by our grandparents, has been passed down from one generation to another, join us for an evening of sharing past memories.

Wednesday, Oct. 26, 7:30-8:30 pm

Class Fee: \$2, pay at registration

Materials Fee: None

Limits: Min. 5 / Max. 15

\*\*\*\* TWENTY FIFTH ANNIVERSARY \*\*\*\*

You are cordially invited to a special presentation commemorating the twentyfifth anniversary of Tuttle Creek Lake. The Corps of Engineers, in cooperation with the Riley County Historical Society, will present an interesting program on the history of Tuttle Creek Lake at the Riley County Historical Museum, 2309 Claflin Road, Manhattan on October 2 at 2pm.

Learn about the initial project. Discover some fascinating details about the construction of what was then the fourth largest earthen dam in the country. Find out about the important roles the dam has played since 1963. Take a look into the future of Tuttle Creek Lake.

Archival photographs, newspaper articles, and related memorabilia will be displayed in a special exhibit. Please feel free to bring your photos or remembrances from the period; a table will be available for sharing your items of interest.

All are welcome to this free presentation.

GRAND TOUR OF THE UPPER WATERSHED  
OF TUTTLE CREEK LAKE TO VISIT  
IRVING, BIGLOW, AND BARRETT  
TOWNSITES.

E-15

Owen R. Jones

There are many family farms in Marshall County that have been farmed by the same family for over 100 years. Most of the them are in the south part of Marshall County and are now under a flowage easement of Tuttle Creek Lake. The first settlers came in 1854. In 1855 a party of 60 Quakers came with A.G. Barrett from Ohio and brought the first saw mill to Marshall County Kansas.

Now, 25 years after the completion of Tuttle Creek Dam it is time to up-date the living history of that part of Marshall County.

(Owen was born in 1912 in a large stone house where 3 generations had lived from 1880 to 1901. His father, O. Wm. Jones was 23 years old when his grandfather, H.L. Sage finished his work on this earth at the age of 91 years, 9 months, 5 days in 1901.)

Wednesday, Nov. 9, 9am - 4pm

Class Fee: \$2, pay at registration

Materials Fee: \$.50, pay at class

Limits: Min. 5 / Max. 15

Class locations will be noted on your receipt.

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TOUR OF THE TUTTLE CREEK STATE PARK  
IN THE RIVER POND AREA E-17

Owen R. Jones

There are four Tuttle Creek State Parks around Tuttle Creek Lake. The most popular park of the four is the River Pond Tuttle Creek State Lake, below the dam. Once one takes a tour of that State Park, one has a place to show off to visitors. Senior Citizens are given a free use sticker to the Tuttle Creek State Parks.

(Having spent the first 53 years of his life on a farm, in Marshall County, Owen has always been interested in public parks. The picnics that he had in small towns started his interest in parks and that interest grew when he visited the Manhattan City Park.)

Thursday, Oct. 6, 10am-noon  
Class Fee: \$2, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. 20

WALKING TOUR OF THE MANHATTAN CITY  
PARK E-18

Owen R. Jones

There are a lot of interesting historic buildings in the 45 acre park of the City of Manhattan. We will talk about the Log Cabin days from 1870 to 1988.

A lot of historical items are to be found in the 1916 log cabin built by the Son's of the Pioneers, and used as the first museum of Riley county. Floral Hall, now called the Round House, was built in 1875 by volunteer labor with donated material.

(Owen has been interested in the history of the City Park since 1980, when Manhattan celebrated its 125th year. He believes it is one of the oldest, if not the oldest city park in the state of Kansas.)

Thursday, Sept. 15, 9:30-11:30 am  
Class Fee: \$2, pay at registration  
Materials Fee: None  
Limits: Min. 5 / Max. None

FIELD TRIP TO GLACIAL AREA OF  
POTTAWATOMIE COUNTY E-19

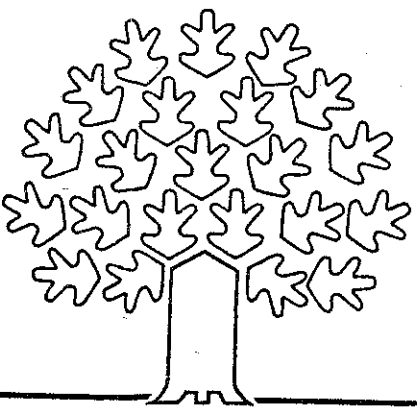
F.C. Lanning

537-7599

How do we know that glaciers visited Kansas? By the rocks from Minnesota they left behind! We will visit northern Pottawatomie County to collect glacial materials: agate, jasper, quartz, quartzite, petrified wood and others, some of which may be of gem quality. Bring something to 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, Oct. 15, 9am-Noon  
Class Fee: \$3, pay at registration  
(Children under 13, may accompany parents free of charge)  
Materials Fee: None  
Limits: Min. 4 / Max. None



# SELF

539-8763  
1221 Thurston

CREATING A NEW REALITY S-1

Eunice Dorst  
Donna Allen

539-8763

Day by day, moment by moment, we create our reality, a reality based upon our beliefs. Within that belief system lie limiting beliefs that prevent us from fulfilling our potential. Using visualization, affirmations, meditation, release, and other techniques, we will go within to discover our true being and take conscious control of our lives by creating our own reality.

Saturday, Sept. 17, 9-4pm  
Class Fee: \$20, pay at registration  
Materials Fee: None  
Limits: Min. 6 / Max. None

MENTAL ENERGIES S-3

David G. Danskin

532-6927

Our thoughts/mental energies affect us all the time. Learn some fascinating and not-so-obvious ways this goes on all day. Practice strategies for directing mental energies for health.

(Dave has worked in the KSU Counseling Center for years and has long-standing interests in voluntary self-regulation and self-enhancement.)

Sec. I: Tues, Oct. 4, 7-9pm

Sec. II: Wed, Oct. 19, 7-9pm

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

Materials Fee: None

Limits: Min. 4 / Max. None

WHAT THE NEW AGE IS ABOUT S-4

Steve and Erika Morgan

This is an introduction to the increasingly popular movement called the New Age. Learn about creating your own reality, visualization, affirmations, healing and health, crystals, channeling and channelers, and recommended books and tapes on these and other related subjects. (Steve and Erika are teachers, healers, and channelers.)

Wednesday, Sept. 14, 7-9 pm  
Class Fee: \$5, pay at registration  
Materials Fee: None  
Limits: Min. 6 / Max. 30

CHANNELING S-5

Steve and Erika Morgan

Two channels will explain and demonstrate the increasingly popular process of channeling non-physical entities or guides. Bring your questions about channeling and also receive answers from a higher perspective.

(Steve and Erika have taught several New Age and Channeling courses, and those who participated have rated them very highly.)

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

**ADVANCED MANIFESTING AND MAGNETIZING**  
S-6

Steve and Erika Morgan

This class will be based on a workshop taught in California by Sanaya Roman and her guide Orin and Duane Packer and his guide DaBen. It is open only to those who know they have reached a certain level of connection to the higher realms, who are sensitive to energy, and who are open to the idea that they can have anything they want.

Wed & Thur, Sept. 7-8, 7-9:30 pm  
Class Fee: \$8, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. 9

**THE HUMAN AURA** S-9

Floyd (Jean) Dorsey 776-4479

The human body, the etheric body, and the astral body are energies that are part of every human being. These energies are commonly called the aura. Some people are blessed with the ability to see and interpret these energies. Jean has this gift and is happy to share his ability, knowledge, and experience with others. (Jean has been reading auras and teaching about these energies for several years.)

Wednesday, Sept. 14, 7:30pm  
Class Fee: \$5, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. 40

**PAGANISM** S-11

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.)

Monday, Sept. 19, 8pm  
Class Fee: \$4, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. None

**INTRODUCTION TO ZEN** S-12

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. (Leon has been a student of Zen for many years.)

Wednesdays, Sept. 14, 21, 28, 7:30-9pm (meets 3 times)  
Class Fee: \$6, pay at registration  
Materials Fee: \$6, pay at class  
Limits: Min. 3 / Max. 9

**THERAPEUTIC TOUCH - THE BASICS**

Lonnie Catlin S-2 539-8763

What is Therapeutic Touch? Can it help you? During our look at this body/energy work we will learn how to lessen pain and anxiety, promote health, accelerate the natural healing process, and maintain a higher level of wellness. This will be a hands-on experience and each of you will gain enough experience to start using Therapeutic Touch in your daily lives. Areas we will explore: the energy field (aura), chakra-polarity connection, the use of crystals and other healing stones, smudging, and the use of music as a healing tool. Wear loose clothes and be comfortable. (Lonnie has studied Therapeutic Touch as a method of wellness since 1980 and received his Practitioner in 1986.)

Saturday, Sept., 10, 9am-5pm  
Class Fee: \$20, pay at registration  
Materials Fee: \$3, pay at class  
Limits: Min. 2 / Max. 10

**INNER GUIDANCE** S-7

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 areas of Holistic Healing and therapies.)

Wednesdays, Oct. 19 & 26, 7:30-9pm  
Class Fee: \$6, pay at registration  
Materials Fee: None  
Limits: Min. 5 / Max. 25

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Class locations will be noted on your receipt. **15**

**TOTO-LY OZSOME PLAYSHOP**

FA-4  
537-2924

Ilene A. Kimsey  
A playful event where we will re-live the adventures of the Wizard of Oz. Through music, movement, and drawing we will experience: Scarecrows' knowledge, Tinmans' heart, Lions' courage, Wizards' power, Witches' balance, Totos' love, and Dorothy's home within. Join me on this joyful adventure down the Yellow Brick Road. (Ilene has been working creatively with the story of the Wizard of Oz for four years, her Masters in Human Development add to making this event TOT-LY OZSOME )

Sec. I: Sat, Sept.24, 10am-Noon  
(For children 5+ and adults)  
Sec. II: Tues, Sept.27, 7-9pm  
(For adults only)  
Class Fee: \$5/Sec for adults  
\$3/Sec for children,  
Sec. I only  
Materials Fee: \$1, pay at class  
Limits: Min. 4 / Max. 12

**BUILDING BETTER RELATIONSHIPS S-14**

Mary Fenton 539-7613

Learn how to put love into action. We will be applying Biblical lessons to meet today's challenges of everyday living. (Mary has a Ph.D. in counseling, and is married with three growing boys. She is currently in private practice as a family counselor.)

Thursdays, Sept.8 - Oct.27, 1:30-3pm  
Class Fee: \$10, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. None

**ESTABLISHING AND MAINTAINING FULFILLING RELATIONSHIPS S-15**

Sharon Powers

The basic premise of this workshop is that our relationships are really mirrors of ourselves, and every relationship, even if conflicting, is of great benefit in getting in touch with our "stuff".

Let's get in touch with our images and beliefs about ourselves so we can attract the kind of healthy, loving, communicative relationships we really want to have.

(Sharon has a Master's degree in Human Development, is a Unity teacher, and is actively engaged in healing her own relationships.)

Sec. I: Sunday, Oct. 9, 2-5 pm  
Sec. II: Sunday, Nov. 6, 2-5 pm  
Class Fee: \$5/Sec., pay at registration  
Materials Fee: None  
Limits: Min. 2 / Max. None

**WOMEN'S REALITY**

S-16

Diane Perrote  
Joyce Aasen

Our reality is created by our acceptance of other's opinions, whether they be from parents, peers, or society, and we accept that reality as true. During this class we will explore and discuss women's reality. What that reality means, if it is real, if there are differences between women's and men's reality, and how these differences are perceived by society. We will also explore how to recognize the subtle differences between the sexes. (Joyce is the Military outreach worker for The Crisis Center. She has a M.S. in English and Anthropology and has worked on her Ph.D. in Anthropology at KU with special emphasis on gender roles. Diane is working on her M.S. at KSU in Family and Child Development and is growing more aware of how reality and role differences are affecting all of us. Diane is also an F.B.W.)

Monday, Sept. 19, 7pm  
Class Fee: \$5, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. None

**EXPLORING SELF-ESTEEM AND SELF-APPROVAL S-17**

Linda Rohs

What we believe about ourselves becomes true for us. The thoughts we think create our experiences in life. Thoughts of self-hatred and self-doubt create negative life experiences, but thoughts can be changed. In this class we will explore that place within each of us where self-esteem and self-approval can be found.

(Linda has worked in the field of education for seven years, and has explored self-esteem issues for her own personal growth).

Tuesdays, Oct. 11 & 18, 7pm  
Class Fee: \$6, pay at registration  
Materials Fee: \$.50, pay at class  
Limits: Min. 2 / Max. None

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**THE ANGER TRAP**

S-20

Greg Potter, Ph.D 537-0076

Are you trapped by the vise grips of anger? This class will explore the causes of anger, who is responsible for your anger, where the control lies, and how to handle anger in your life. Discussion is invited, but will stay in general terms. Participants will not be asked to self-disclose personal situations. (Dr. Potter has been in private practice in Manhattan since 1981.)

Monday, Sept. 19, 7-9 pm  
Class Fee: \$5, pay at registration  
Materials Fee: \$7, Cassete tape, pay at class  
Limits: Min. 4 / Max. 10

**SPOUSE ABUSE DISCUSSION S-22**

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: with the assistance of crisis centers she has now made the transition to living on her own and is working on her Master's degree in Family Life Education.)

Tuesday, October 4, 7pm  
Class Fee: \$3, pay at registration  
Materials Fee: None  
Limits: Min. 2 / Max. None

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**WOMEN WHO FEEL GUILTY S-21**

Dianne Perrote

Women are socialized to accept the sole responsibility for the success of their relationships and the happiness of others. When a relationship fails, or if we are unable to 'fix' the unhappiness of another, we feel guilty—somehow, somewhere we failed. Learn to free yourself from guilt by not accepting responsibility that is not yours. Through discussion and sharing experiences, we will find ways to let go of guilt. (Dianne has become very aware of the sociological pressure to accept misplaced responsibility and guilt.)

Sec. I: Tuesday, Sept. 27, 7pm  
Sec. II: Wednesday, Oct. 12, 7pm  
Class Fee: \$4/Sect., Pay at registration  
Materials Fee: None  
Limits: Min. 3 / Max. None

**FOR PARENTS OF CHILDREN WHO HAVE WITNESSED ABUSE S-23**

Dianne Perrote

Children who have witnessed abuse can have many problems. In this class we will share our experiences of how our children coped with their problems, and discuss what strategies have helped us to help them. (Dianne has children who witnessed abuse and has had to deal with the resulting problems.)

Tuesday, Oct. 11, 7pm  
Class Fee: \$4, pay at registration  
Materials Fee: None  
Limits: Min. 3 / Max. None

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**ASSERTIVENESS TRAINING: MAKING REQUESTS S-18**

Dorinda Lambert, Ph.D 532-6927

You will learn fundamental assertion rights, responsibilities, and skills which you will practice in group using role-play exercises. There is a \$5 fee for materials to be paid at the first session. After you register, you will be contacted by Dr. Lambert to discuss details and location. Register through UFM; KSU students should register by calling 532-6967 direct. (Dori Lambert is a licensed psychologist on staff at the University Counseling Services; she has 10 years of experience with assertiveness training groups.)

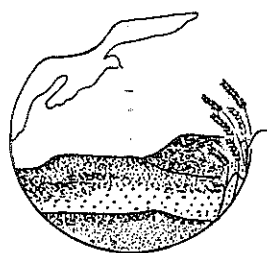
Tuesdays, Sept. 13, 20, 27, 6-8 pm (meets 3 times)  
Class Fee: \$6, pay at registration  
Materials Fee: \$5, pay at class  
Limits: Min. 5 / Max. 10

**ASSERTIVENESS TRAINING RESPONDING TO REQUESTS/SAYING "NO" S-19**

Dorinda Lambert, Ph.D. 532-6927

You will learn fundamental assertion rights, responsibilities, and skills which you will practice in group using role-play exercises. There is a \$5 fee for materials to be paid at first session. After you register you will be contacted with details. Register through UFM; KSU students should register through calling 532-6967 direct (Dori is a licensed psychologist on staff at the University Counseling Services; she has 10 years of experience with assertiveness training groups.)

Tuesdays, Oct. 18, 25, Nov. 1, 8, 6-8pm (meets 4 times)  
Class Fee: \$6, pay at registration  
Materials Fee: \$5, pay at class  
Limits: Min. 5 / Max. 10



**UNITY Church of Manhattan**

Worship services at 11 a.m. each Sunday  
Speakers: Sharon Powers or students from the Unity School of Christianity  
Discussion class studying the principals of Unity at 7 p.m. each Sunday

Meeting at UFM  
1221 Thurston Street  
Manhattan, KS.

Unity helps individuals find their own way to spiritual awareness.  
Everyone is welcome.

**WOMEN, HEALTH, AND THE LAW S-24**

Teresa Parsons 776-6807

A feminist perspective of historical and current U.S. and Kansas laws governing women's health. This lecture and group discussion will cover reproductive rights, protection laws, and proposed legislation concerning women's health insurance. (Teresa Parsons is an OB/GYN Nurse Practitioner who has a special interest in women's health laws.)

Tuesday, Oct. 4, 7-9pm  
Class Fee: \$4, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. None

**HANDWRITING ANALYSIS S-25**

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 in-depth introductory courses.)

Mondays, Sept 12 & 19, 7-9pm  
Class Fee: \$6, pay at registration  
Materials Fee: None  
Limits: Min. 6 / Max. None

**CLOTHES: THE OUTER EXPRESSION OF THE INNER BEING S-26**

Kate Cashman

Clothes are an integral part of our appearance. They reflect a great deal about us. We dress every day — too often our wardrobes are a source of discomfort. Let's explore dressing as an expression and affirmation of the self. Wear a favorite from your wardrobe and bring a clothing catalog you like.

Begins Thurs, October 20, 7:30-9 pm (ongoing)  
Class Fee: \$6, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. None

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Class locations will be noted on your receipt. **17**

Vanessa Brock

Have you ever wondered about the placement of the planets at the time of your birth and how they influence you? This is a basic course for those who only know their "sign" and would like to know more. You will receive a computer printout based upon your birthdate and an explanation of basic definitions. Please pay the \$9 material fee at registration along with the following information.

Name, birthdate, time and place of birth. If the time is not known, we will use 12 noon.

Wednesday, Oct 26, 7pm  
 Class Fee: \$4, pay at registration  
 Materials Fee: \$9 (see above)  
 Limits: Min. 10 / Max. 15

Gary Plumberg

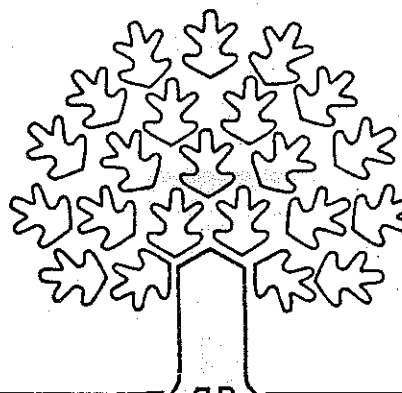
The interpretation of dreams is as old as the human race. Do you understand the meaning of your dreams as a way to discover your true self? The Eck-Ynari teaches this and more, as well as giving you proven techniques for remembering and recording your nightly adventures. Dreams are reflection of intra-psychic experiences which are recurrent in everyone. 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.)

Thursdays, Sept. 8 & 15, 7:30-9pm  
 (meets 2 times)  
 Class Fee: \$6, pay at registration  
 Materials Fee: \$1, pay at class  
 Limits: Min. 6 / Max. None

Dave Stewart

Has western religion lost touch and, therefore, vitality with its spiritual tradition? We will survey several writers who focus on the longstanding tradition of creation-centered spirituality that sees life as blessing rather than curse; that is rich in compassion rather than judgementalism for human experience. Recovering these roots in our spiritual tradition will naturally lead to the discovery of ecumenical routes that lead us to kinship and common bonds with other spiritual traditions.

Mondays, Sept. 26-Nov. 28, 11:30-1pm  
 Class Fee: \$4, pay at registration  
 Materials Fee: \$10, pay at class  
 Limits: Min 1 / Max None



# FOR KIDS ONLY

539-8763  
1221 Thurston

CUTTING PAPER SNOWFLAKES

(Or, Create your own blizzard)  
 Ages 10 and up KS-1

Leo Schell 539-6540

It is easy to cut eye-catching, artistic, creative, lacy snowflakes in a variety of styles. Numerous examples will be displayed, various patterns will be cut, and original creations will be cut and shared. A catalog of examples will be available to purchase at cost. Fun for young, old, or in-between! Please bring sharp scissors. (Leo is a former elementary school teacher who has delightedly cut paper snowflakes for years and has a large collection of them.)

Saturday, Nov. 12, 9am-12pm  
 Class Fee: \$4, pay at registration  
 Materials Fee: None  
 Limits: Min. 2 / Max. None

TOTO-LY OZSOME™ PLAYSHOP

Ilene A. Kimsey FA-4 537-2924

A playful event where we will re-live the adventures of the Wizard of Oz. Through music, movement, and drawing we will experience: Scarecrows' knowledge, Tinmans' heart, Lions' courage, Wizards' power, Witches' balance, Totos' love, and Dorothis' home within. Join me on this joyful adventure down the Yellow Brick Road. (Ilene has been working creatively with the story of the Wizard of Oz for four years, her Masters in Human Development add to making this event TOT-LY OZSOME )

Sec. I: Sat, Sept.24, 10am-Noon  
 (For children 5+ and adults)  
 Sec. II: Tues, Sept.27, 7-9pm  
 (For adults only)  
 Class Fee: \$5/Sec for adults  
 \$3/Sec for children,  
 Sec. I only  
 Materials Fee: \$1, pay at class  
 Limits: Min. 4 / Max. 12

ORIGAMI FOR KIDS

KS-2

Qiaoping Jia

Enjoy the fun of making animals, birds, flowers and objects from a simple piece of paper, just as children in China have done for centuries. This is an opportunity for children to practice skills using both minds and hands while developing creativity and imagination. (Qiaoping, now a graduate student at KSU, is originally from China. She enjoys teaching origami.)

Saturdays, Oct. 8,15,22,29, 10-11am  
 (meets 4 times),  
 Class Fee: \$4, pay at registration  
 Materials Fee: \$2, pay at class  
 Limits: Min. 1 / Max. 10

BEGINNING KNITTING 10 YRS-UP

KS-3

Jean Johnston 776-3292

Think it looks easy, well it is. Just bring size 10 knitting needles and light colored 4-ply yarn and you will find out how easy it really is. We will learn how to cast-on, knit and purl, simple increase and decrease steps, and how to cast off. (Jean started knitting when she was 9 years old and has taught knitting for UFM several times.)

Thursdays, Sept. 8-29, 7-8pm  
 (meets 4 times)  
 Class Fee: \$4, pay at registration  
 Materials Fee: \$2, pay at class  
 Limits: Min. 4 / Max. 10

**18**

*Class locations will be noted on your receipt.*

**BEGINNING SWIMMING FOR GRADE SCHOOLERS**

KS-4

Patricia Villasi 539-8401

This is for the beginning swimmer in the age group of 6-12 years. You will learn to deal with the fear of water, safety in and around water, rescue techniques, and basic swimming strokes. Come join the fun. (Patricia is a certified SWI and has been teaching for six years.)

Sundays, Sept. 11-Nov. 13, 9:30 am (meets 9 times)

Class Fee: \$6, pay at registration

Materials Fee: None

Limits: Min. 6 / Max. 10

**BOWLING FOR 10-14 YEARS OLD**

KS-5

Sherri Wheatley, Terri Eddy, Terry Summerset

Do you enjoy bowling but would like to improve on the fundamentals of the game? Join Sherri and Terri for a fun time and learn some useful tips to help you increase your score.

Sunday, Sept. 25, 10am-noon  
Class Fee: \$4, pay at registration  
Materials Fee: \$10, pay at class  
Limits: Min. 6 / Max. 20

**KUNG FU FOR CHILDREN**

KS-6

Stan Wilson 539-7723

Students will learn the modified basics of Pai Te Lung Kung Fu and some methods of self-defense for younger people aged 6-12. Children over 12 should join the adult class. (Stan taught a children's class for two years at Fort Riley.)

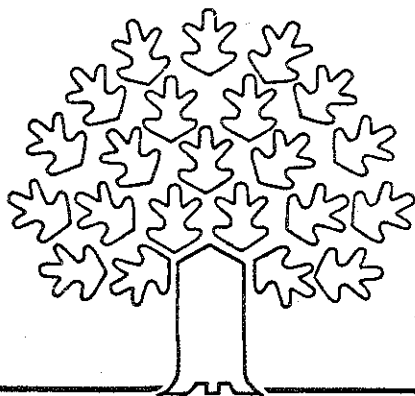
Begins Saturday, Sept. 10, 2-3pm, (ongoing)

Class Fee: \$8, pay at registration

Materials Fee: \$2, pay at class

Limits: Min. 6 / Max. 12

# RECREATION



539-8763  
1221 Thurston

**AIKIDO**

R-1

Armando Flores 1-784-4055

Aikido is known, technically, as a "Martial Art" such as Jujitsu, Judo, Kendo, or Karate, since it does teach techniques which enable one to defend her/him self against physical attack if necessary. Aikido is much more than a mere "self defense", it can become a way of life. When those daily problems of living cause tension, nervousness, pain, or poor health, aikido can help to dramatically decrease them. Sincere practice of the art will gradually change the way you breathe, stand, and move, in your everyday activities which can lead to relaxation, self-confidence, balance, and control in both the physical and mental parts of life.

(Armando has practiced aikido for the past 16 years, as well as Kendo, Judo, Iado, and Jujitsu. It has become a part of his daily life.)

Meets: Mon/Wed/Sat. Begins Sept. 7 (Mon & Wed meets 7-9pm Sat 10am-12)

Class Fee: \$15, pay at registration

Materials Fee: None

Limits: Min. 2 / Max. 10

**BEGINNING KUNG FU (PAI TE LUNG STYLE)**

R-2

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 also 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 Sept. 8, 7-8 pm (Ongoing)

Class Fee: \$14, pay at registration

Materials Fee: \$2, pay at class.

Limits: 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.

**JUJITSU FOR BEGINNERS**

R-3

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 2nd degree black belt in jujitsu and has taught martial arts for 8 years.)

Sundays, Begins Sept. 11, 7-8:30 pm (Ongoing)

Class Fee: \$14, pay at registration

Materials Fee: \$2, pay at class.

Limits: 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.

Sifu, Larry Collins, from Kansas City, will be teaching material recently released by Master Daniel K. Pai, Head of the Pai Family System. This class will be held at 3pm, September 4, at 933 Seth Childs, Manhattan. A free demonstration is scheduled for 7pm, September 4. Cost for the class is \$10. For further information call UFM, 539-8763 or Stan Wilson, 539-7723.

Class locations will be noted on your receipt.

Roger & Shryll Hoffman 539-3483

This is an introduction to Scuba Diving for those 12 years and older. We will have a short slide presentation, a discussion period about safety, and then.... a chance to experience scuba diving in a pool. All you will need is your swimsuit and bath towel. We do all the work, you have all the fun! Those interested in certification should call Roger or Shryll for information. (Roger and Shryll are the owners of Divers Down in Manhattan.)

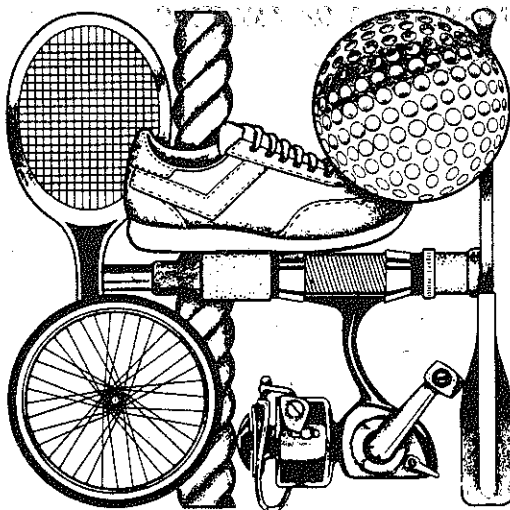
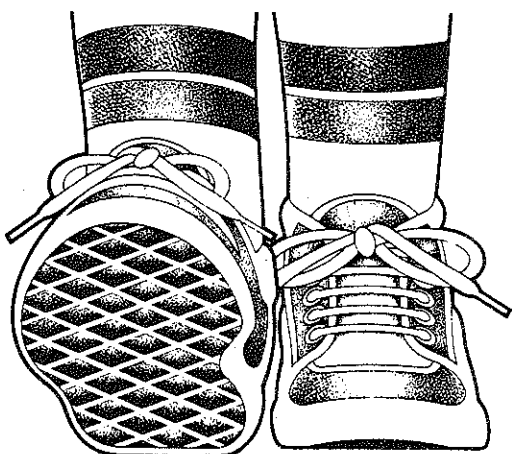
Sunday, Sept. 18, 2pm  
 (Note: New classes will start as max. registration is reached.)  
 Class Fee: \$6, pay at registration  
 Materials Fee: \$5, pay at class  
 Limits: Min. 2 / Max. 12

**LET'S WALK** R-10

Larry Patton 537-1682

Don't walk for health, walk for fun and enjoy the resulting benefits of increased energy, less stress, a healthier body and a more positive mental attitude. Walking is fun, particularly when shared with others. (In the past, Larry, has been a walker for entertainment and health. He wants to get back in the swing of walking, but would enjoy some community support.)

Organizational Meeting:  
 Wednesday, Sept 28, 7-8pm (ongoing)  
 Class Fee: \$4, pay at registration  
 Materials Fee: None  
 Limits: Min. 4 / Max. None



**GOLF FOR BEGINNERS** R-11

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 clubs, they will be provided free of charge. Here's a chance to find out if golf is the sport for you! (Jim, a PGA Golf Professional, is the golf pro at Stagg Hill Golf Course.)

Thursdays, Sept. 8,15,22, 6-7pm  
 (meets 3 times)  
 Class Fee: \$8, pay at registration  
 Materials Fee: \$1, pay at class  
 Limits: Min. 4 / Max. 12

**LEARN TO FLY AT LOW RATES** R-13

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 an FAA Certified Flight Instructor and a member of the K-State Flying Club.)

Saturday, Sept. 10, 9-10:30 am  
 Class Fee: \$4, pay at registration  
 Materials Fee: None  
 Limits: Min. 4 / Max. None

James Eicher

En Garde! Learn basic fencing skills with foil, epee, or sabre. Fencing is one of the oldest sports known to man. It began with the ancient Romans in preparing for battle. Now, it has come to Manhattan, Kansas. Modern fencing is an exhilarating and fast paced olympic sport. The materials fee pays for the rent of all needed equipment. Men and women of all ages are welcome. Come cross blades with us.

(James began fencing in the Philadelphia area with one of the top clubs in the nation, SALLE CSISZAR. He has fenced in the National Championships in Phoenix, Arizona, and Chicago, Illinois, and is currently a ranked foilist.)

Wednesday, Sept. 7, 7:15-8:15pm  
 (class ongoing)  
 Class Fee: \$12, pay at registration  
 Materials Fee: \$10, pay at class  
 Limits: Min. None / Max. 30

**BEGINNING BRIDGE** R-14

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.)

Wednesdays, Begin Sept. 7, 6 pm  
 (ongoing)  
 Class Fee: \$5, pay at registration  
 Materials Fee: None  
 Limits: Min. 4 / Max. None

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GUIDELINES TO FISHING AND HUNTING OPPORTUNITIES AND BASIC REGULATIONS

R-4

Chuck Bever 539-9479

Information will be presented covering the excellent fishing and hunting opportunities in the Manhattan area. The class will also cover the permits, licenses and regulations necessary to enjoy these outdoor sports. (Chuck is a Fisheries Biologist for the Kansas Department of Wildlife and Parks, who has enjoyed the outdoor recreation in the Manhattan area the past 11 years.)

Thursday, Sept. 22, 7:30-9 pm  
Class Fees: \$2, pay at registration  
Materials Fees: None  
Limits: Min. 10 / Max. 20

Donated materials help UFM hold down its overhead costs. Can you help us with any of the following needs?

- \* IBM-compatible computers
- \* Folding tables and chairs for classrooms
- \* Tools and building materials for HOME Program
- \* Garden tools for Manhattan Community Gardens
- \* Floor covering suitable for pottery studio

FUNDAMENTALS OF KAYAKING (AMERICAN RED CROSS)

R-5

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 hand-outs, textbooks and equipment are provided.

Sundays, Nov. 6-27, 9am-1pm  
Class Fee: \$5, pay at registration  
Materials Fee: \$45, pay at class  
Limits: Min. 4 / Max. None

INTERMEDIATE KAYAKING WORKSHOP

R-6

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.

Sec. I: Sunday, Oct. 30, 9am-1pm  
Sec. II: Sunday, Dec. 4, 9am-1pm  
Class Fee: None  
Materials Fee: \$2.50, pay at class  
Limits: Min. 4 / Max. None

FRIENDLY KANSAS CANOEING

R-8

Bob Poresky 539-2967

Basic canoeing techniques will be incorporated into trips to nearby lakes, streams and rivers on Sunday afternoons. Participants will be responsible for providing canoes, paddles, life jackets, etc. The fall schedule will be set at the meeting. This class welcomes both families and individuals. (Bob has taught canoeing techniques many times for UFM.)

Organizational Meeting:  
Monday, Sept. 12, 7:30-8:30 pm  
Class Fee: \$6, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. 12

VOLLEYBALL FOR FUN (16 AND OVER)

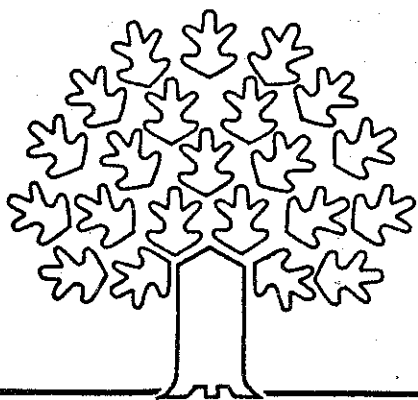
R-9

Lois Morales 539-8867

Indoor volleyball can provide low-key competition, exercise and a great time. It doesn't matter if you are an advanced player or a beginner. Nets and balls will be furnished. (Lois has played UFM volleyball for many years.)

Tues. & Thurs. Begins Sept. 13  
6:30-8:30pm (Ongoing)  
Class Fee: \$3, pay at registration  
Materials Fee: \$1, pay at class  
Limits: Min. 1 / Max. None

# FOOD



539-8763  
1221 Thurston

CHINESE COOKING

F-1

Li Huang 539-2482

During this series of seven classes, Chinese cooking will be demonstrated step-by-step. Each week a different dish will be prepared, including Pot Sticker, Lemon Chicken, Moo Choo Pork, Almond Chicken, Kung Pau Chicken, Sweet and Sour Pork, and many other popular dishes. Recipes will be handed out after each class. (Li has cooked Chinese food for more than 30 years and is a Registered

Dietician. She spent a month in the Orient this past summer and now wishes to share her new recipes with us.)

Tuesdays, Nov. 1 - Dec. 13 6-7:30pm  
Class Fees: 7 classes - \$12  
6 classes - \$9  
4 classes - \$7  
1 class - \$3

Please pay class fees at registration  
Materials Fee: \$5/class - please pay at each class  
Limits: Min. 6 / Max. 8

JAPANESE COOKING

F-2

Nao Ohno 539-5013

Mrs. Ohno will teach three different Japanese dishes: Tempura, Sukiyaki, and Shabu-Shabu. These delicious dishes from a native of Japan are all very easy to prepare! These foods are especially popular with the Japanese in the winter. (Mrs. Ohno has been in the States for about two years and says, "I'm afraid I can't speak English very well yet. 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. 5, 2-4pm  
Sect. II: (Sukiyaki)  
Sat. Nov. 12, 2-4pm  
Sect. III: (Shabu-Shabu)  
Sat. Nov. 19, 2-4pm  
Class Fee: \$5, per sect./ pay at registration  
Materials Fee: \$5 per section, pay at class.  
Limits: Min. 4 / Max. 10

Class locations will be noted on your receipt.

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Eunice, Lonnie, Linda, and Donna

Lets build a pizza! We will make the dough and sauce from start to finish and everything in-between. Bring your favorite topping and we will have a feast. (Please let us know at registration what topping you will bring). This is going to be a low stress/no stress good time, come and join the fun!

Materials fee will cover dough, sauce, and something to wash the feast down with.

Friday, Nov. 18, 7-10 pm  
 Class Fee: \$3, pay at registration  
 Materials Fee: \$2, pay at class  
 Limits: Min. 2 / Max. 10

CAKE DECORATING F-4

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 decoration in Chicago and taught cake decorating for many years. She also does wedding cakes to order.)

Tues. Sept. 13, 6:30-8:30pm  
 Class Fee: \$3, pay at registration  
 Materials Fee: None  
 Limits: Min. 5 / Max. 10



BEGINNING CANDY MAKING F-5

Debra Rosproy 1-239-3026

Would you like to make candies for family and friends that now cost you at least \$5 for just 1 lb? Come learn about the variety of things you can make which cost less money and are more attractive than store-bought candy. We will make candy by dipping and by using molds. We will stress Halloween candy ideas in the October class, and Christmas candy in the November class. Once you learn the basics you will be amazed at the variety of things you can do. Come and have a great time and take home some goodies too! (Deb took a basic candy decorating class from Mrs. Mayo's Cake and Candy Store in Denver in 1982, and has had fun making candy ever since. She has won prizes in various shows in Kansas City and Denver.)

Sect. I: (Halloween Candy)  
 Monday, October 10, 6:30-9pm  
 Sect. II: (Christmas Candy)  
 Friday, November 11, 6:30-9pm  
 Class Fee: \$5, pay at registration  
 Materials Fee: \$3, pay at class  
 Limits: Min. 5 / Max. 15

Lloyd W. Davenport 539-1823

The study of wine from vine to glass, including chemistry, geography, history and viticulture. Studies will be accompanied by the tasting of domestic and foreign wines. The first meeting will be an organizational one to discuss the class structure, arrange future meeting dates, and collect the materials fees. You must be 21 years or older to attend this class.

(Lloyd is retired from KSU and is a member of The Society of Wine Educators. He is also a wine maker and tends a small experimental vineyard. Lloyd has taught wine classes for many years.)

Friday, Sept. 16, 7-9:30pm  
 (ongoing dates will be determined at first class meeting.)  
 Meets 4 times every other Friday.  
 Class Fee: \$5, pay at registration  
 Materials Fee: \$25., pay at class  
 Limits: Min. 8 / Max. 14

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• SUNRIDER REGENERATION PRODUCTS	• GRADUATE NUTRITIONIST ON STAFF

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22

Class locations will be noted on your receipt.

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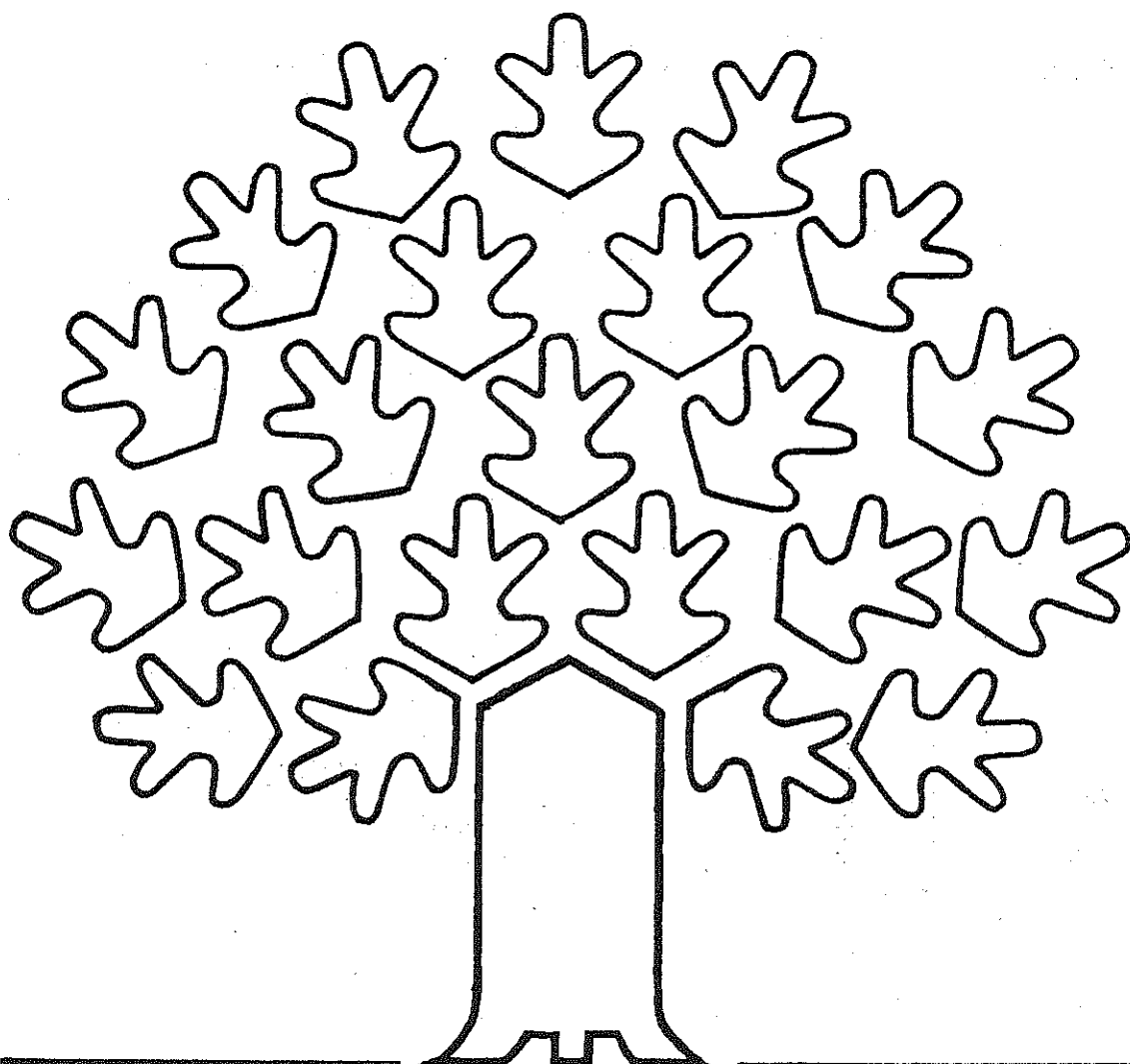
1129 Bluemont

*We Will Sell No Beer Before You Pay For It*

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**TEACHING · LEARNING · GROWING**



### REGISTRATION

PLEASE PRINT ONE FORM PER PERSON

CLASS #	SEC. #	TITLE	CLASS FEE
1.			
2.			
3.			
4.			
5.			
PLUS \$2.00 REGISTRATION FEE (See Exemptions)			\$2.00
Tax Deductible Donation			
<b>TOTAL</b>			

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 \_\_\_\_\_

KSU Student ID No. \_\_\_\_\_  
I hereby authorize the use of my Visa/Master Card  
Card No. \_\_\_\_\_  Visa  M/C  
Expiration Date \_\_\_\_\_  
UFM— 913-539-8763  
1221 Thurston, Manhattan, KS 66502

Four ways to register:

- A. WALK-IN:** Come to the UFM house, 1221 Thurston, during business hours (8 a.m.-5 p.m. closed noon-1 p.m.).
- 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 913-539-8763 during business hours to register (minimum: \$5.00).
- D. SITES: See below.**

- Wed. Aug. 31 K-State Union 10am - 2pm
- Thurs. Sept. 1 Manhattan Public Library 11am - 2pm  
5pm - 7pm
- Tues. Sept. 6 K-State Union 10am - 2pm
- Wed. Sept. 7 Manhattan Public Library 11am - 2pm  
5pm - 7pm
- Thurs. Sept. 8 K-State Union 10am - 2pm
- Sun. Sept. 11 Manhattan Town Center 2pm - 4pm

PLEASE PRINT ONE FORM PER PERSON

CLASS #	SEC. #	TITLE	CLASS FEE
1.			
2.			
3.			
4.			
5.			
PLUS \$2.00 REGISTRATION FEE (See Exemptions)			\$2.00
Tax Deductible Donation			
<b>TOTAL</b>			

Name \_\_\_\_\_  
Street \_\_\_\_\_ Apt. # \_\_\_\_\_  
City \_\_\_\_\_ Zip \_\_\_\_\_  
Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

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 Senior          Senior Citizen  
 Graduate       Fort Riley Personnel  
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KSU Student ID No. \_\_\_\_\_  
I hereby authorize the use of my Visa/Master Card  
Card No. \_\_\_\_\_  Visa  M/C  
Expiration Date \_\_\_\_\_  
UFM— 913-539-8763  
1221 Thurston, Manhattan, KS 66502

**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 913-539-8763.

**TAKE TWO—GET ONE FREE**

Register for two classes and select another class FREE OF CHARGE!

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

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Class locations will be noted on your receipt.

