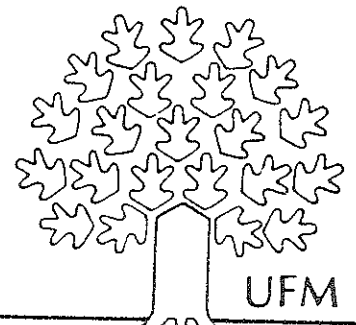
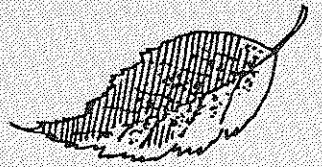


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TEACHING • LEARNING • GROWING

# UFM

## 1991 Fall Classes (Sept.-Dec.)

including  
Community  
Enrichment  
classes

# Dear Friends:

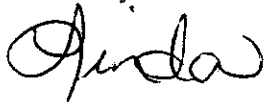
As you browse through the Fall catalog, you will notice some changes at UFM. In the more than 20 years of its existence, UFM has gone through many changes and transitions—staff, programs, funding. Our most recent loss of funding has forced us to look at our course offerings and fee structure. The class fees for UFM classes help cover the costs of developing and coordinating classes, printing and advertising. They do not cover the entire cost of the program. Even using volunteer instructors, production costs are high. Actual costs are subsidized with grants, advertising, fundraising, and other donations to the program. The small increase in class fees recently approved by the UFM Board of Directors was necessary to partially replace newly lost grant support.

Community Enrichment is new at UFM, having in the past been coordinated exclusively by Continuing Education. This is an exciting endeavor for UFM. Swimming, martial arts, leisure sports, some with optional KSU credit attached, provide the community opportunities for new educational experiences. This program must be self-supporting and so the fees in this section represent actual costs.

Please participate in our newest fundraising effort. In anticipation of UFM's 25th Anniversary we intend to collect a mile's length of quarters. Watch for collection cans at registration and other activities or drop your contribution at the UFM office.

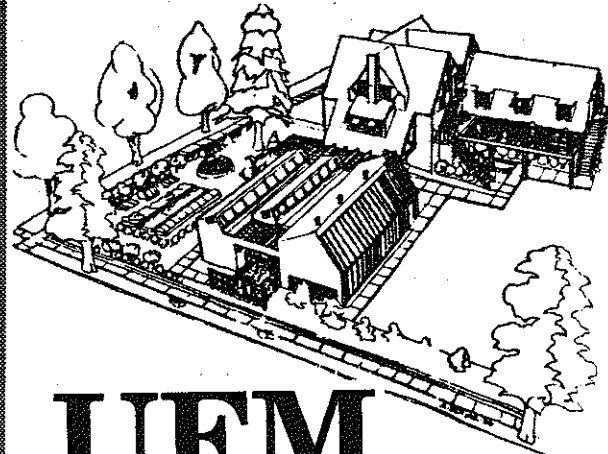
UFM has weathered many organizational storms in its history and we are committed to weathering many more. New programs, continued fundraising, and investigating new grant sources all help. But, ultimately, we rely on you—to take our classes and give us ideas for new ones; to continue to donate to our special events and the annual fund drive; to share your skills through teaching classes. UFM is a unique program. It has been said it couldn't be done and many times that it couldn't continue. For 24 years we have proved them wrong. We hope to prove them wrong for at least 24 more.

Sincerely,



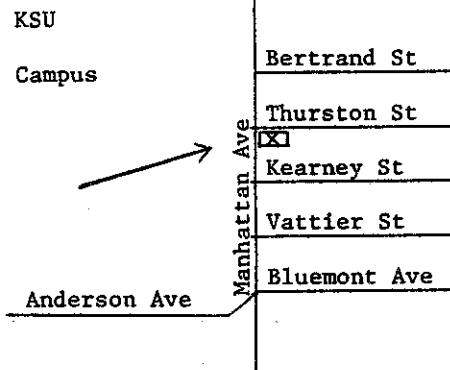
Linda Inlow Teener  
Executive Director

## WHERE WE'RE LOCATED



# UFM

1221 Thurston



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## WHO WE ARE

### CAMPUS AND COMMUNITY STAFF

Terry Carpenter	Educational Coordinator
Linda Thomason	Educational Assistant
Evelyn Campbell	Office Assistant
Howard Campbell	Advertising Manager

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- Oceana Warren Wright, Principal  
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## UFM POTTERY COOPERATIVE

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

### ANNUAL MEMBERSHIP

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

### OTHER MEMBERSHIPS

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

### IN-KIND CONTRIBUTIONS

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

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

Studio open during UFM building hours or by arrangement.

### 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 property through pottery sales at the UFM House

For further information Call UFM 539-8763

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

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

**Add your quarter to the mile!**

A Quarter Mile



for UFM

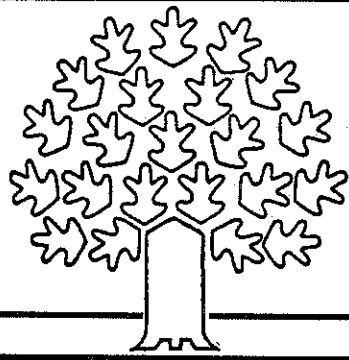
## UFM INSTRUCTORS

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>✓ Beryl Adams</li> <li>✓ Nancy Anderson</li> <li>✓ Nancy R. Anderson</li> <li>✓ Hilda Barrantes</li> <li>✓ Douglas Bates</li> <li>✓ Michael Bennett</li> <li>✓ Ruth Bentivenga</li> <li>✓ Leonard Bishop</li> <li>✓ Gary Boxer</li> <li>✓ Sue Boxer</li> <li>✓ Ana Maria Brescia</li> <li>✓ Marti Burris</li> <li>✓ Evelyn Campbell</li> <li>✓ Howard Campbell</li> <li>✓ Terry Carpenter</li> <li>✓ Jennifer Christian</li> <li>✓ Lorrie Cross</li> <li>✓ Pam Dall</li> <li>✓ Dean Denner</li> <li>✓ Bill Dorsett</li> <li>✓ Eunice Dorst</li> <li>✓ Emily Epstein</li> <li>✓ Gene Ernst</li> <li>✓ Sharolyn Flaming</li> <li>✓ Bill Fortney</li> <li>✓ Fred Freeby</li> <li>✓ The Gallery</li> <li>✓ David Garvin</li> <li>✓ Susan Gormely</li> <li>✓ Jim Gregory</li> <li>✓ Doris Grosh</li> <li>✓ David Harbaugh</li> <li>✓ Julie Weiler Harder</li> <li>✓ Diana Hatch</li> <li>✓ T. J. Hittle</li> <li>✓ Jean Johnson</li> <li>✓ C. Clyde Jones</li> <li>✓ Claudia Jones</li> <li>✓ KSU Senior</li> <li>✓ Veterinary Students</li> <li>✓ Barb Kelly</li> <li>✓ Charlie Kempthorne</li> </ul> | <ul style="list-style-type: none"> <li>✓ June Kempthorne</li> <li>✓ Lee Killough</li> <li>✓ Mark Knackendoffel</li> <li>✓ Sam Lacy</li> <li>✓ F.C. Lanning</li> <li>✓ Tim Lindemuth</li> <li>✓ Micheal Lorenz</li> <li>✓ Jerry Lowenstein</li> <li>✓ Jeff Mathis</li> <li>✓ Patty Mayo</li> <li>✓ Members of S.A.V.E.</li> <li>✓ Lois Morales</li> <li>✓ Nobana Nakajima</li> <li>✓ Julia O'Dell</li> <li>✓ Ernie Peck</li> <li>✓ Al Potter</li> <li>✓ Leon Rappoport</li> <li>✓ Gabriela Rector</li> <li>✓ Deb Rosproy</li> <li>✓ Tim Rues</li> <li>✓ Karl Russell</li> <li>✓ Susan Sawyer</li> <li>✓ Leo Schell</li> <li>✓ David Seamon</li> <li>✓ Jim Sharp</li> <li>✓ LeJuan Shrimplin</li> <li>✓ Portia Sisco</li> <li>✓ Natalie Smith</li> <li>✓ Deyanira Solano</li> <li>✓ Bob Stamey</li> <li>✓ Elisa Stiefel</li> <li>✓ Barb Stork</li> <li>✓ Julie Strauss</li> <li>✓ Karen Streeter</li> <li>✓ Linda Teener</li> <li>✓ Brenda Thomas</li> <li>✓ Linda Thomason</li> <li>✓ Alice Thomson</li> <li>✓ Spencer Tomb</li> <li>✓ Nancy Twiss</li> <li>✓ Kay Weller</li> <li>✓ Stan Wilson</li> </ul> |
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Please Patronize & Thank these businesses for the support they provide UFM. We couldn't do it without them.



# Arts & Hobbies

1221 THURSTON

539-8763

## A Love Affair with Words: Writing Fiction

AH-01

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

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

Date: Sept. 17 - Oct. 8 (Tues)  
Time: 7:30 - 9:30 p.m. (4 sessions)  
Fee: \$15  
Location: UFM Conference Room

## Cutting Paper Snowflakes

AH-02

It's easy and fun to cut eye-catching, artistic, dramatic snowflakes in a variety of styles. Numerous examples will be displayed, and students will be led step-by-step through various patterns. A catalog of examples will be available at a cost of \$1.00. For ages 9 - 90. *Bring sharp adult scissors!*

*Leo Schell*, (539-6540) a former elementary school teacher, has delightedly cut paper snowflakes for over 30 years and has a large collection of them.

Date: Nov. 2 (Sat)  
Time: 9 a.m. - 12 noon (1 session)  
Fee: \$5  
Location: KSU Bluemont Hall Room 217

## Fresh Flower Arranging

AH-06

Let your creative abilities flow. Turn the natural beauty of fresh flowers into works of art. Take home an attractive flower arrangement that will enhance any decor. **All materials are furnished.**

Date: Nov. 6 (Wed)  
Time: 6:30 - 8:30 p.m. (1 session)  
Fee: \$12  
Location: UFM Greenhouse

## Pressed and Dried Flowers

AH-07

Save those beautiful flowers in your garden! Learn how to preserve flowers by pressing or drying them. Get ideas about how to use them in home decorating projects or for gift making. We will make pressed flower bookmarks and a floral picture. Bring a picture frame that is approximately 4" X 8".

Date: Oct. 21 (Mon)  
Time: 6:30 - 8:30 p.m. (1 session)  
Fee: \$8  
Location: UFM Greenhouse

## Origami



AH-03

Origami (or paper folding) is a traditional Japanese art form. Join us and learn to fold paper into shapes such as animals and small boats. Enjoy making party goods like napkin rings and coasters. *Bring a pair of scissors and a bottle of glue!*

*Nobana Nakajima* is from Japan. She is a student in Adult Education at KSU. Nobana has done origami for many years.

Date: Oct. 5 (Sat)  
Time: 10 a.m. - 12 noon (1 session)  
Fee: \$6 (paper provided)  
Location: UFM Conference Room

## Silk Flower Sweatshirts

AH-09

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

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

Date: Nov. 4 & 6 (Mon & Wed)  
Time: 7 - 9 p.m. (2 sessions)  
Fee: \$8  
Location: 1900 Beck

## Living Wreaths

AH-04

Make a living wreath from herbs! Your creation can be used as a table centerpiece or a frame for candles or a punchbowl. *Bring a 12" wire wreath frame to class.*

Date: Sept. 19 (Thurs)  
Time: 6:30 - 8 p.m. (1 session)  
Fee: \$12 (includes plants for wreath)  
Location: UFM Greenhouse

## Wreath Making

AH-05

Decorate a beautiful wreath - just in time for the holidays! Use your creativity to personalize your wreath to match any decor. Wreaths and flowers are furnished.

Date: Nov. 18 (Mon)  
Time: 6:30 - 8:30 p.m. (1 session)  
Fee: \$12 (supplies included)  
Location: UFM Greenhouse

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

## Professional Novel and Story Writing

AH-08

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

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

Date: Oct. 1 - 15 (Tues)  
Time: 7 - 9:30 p.m. (3 sessions)  
Fee: \$12  
Location: KSU Bluemont Hall Room 109

## Knit One, Purl One: Beginning Knitting

AH-10

If you have always wanted to knit or just wanted to reacquaint yourself with knitting, this is the class for you! Learn the basic knitting stitches. *Bring size 10 knitting needles and a skein of light colored 4-ply worsted knitting yarn.* Learn a craft that will save you money, answer your Christmas present problems, or keep you warm this winter.

*Jean Johnston* (776-3292) is an experienced knitter of 25 years and has taught knitting for UFM for many years.

Date: Sept. 18 - Oct. 9 (Wed)  
Time: 7 - 9 p.m. (4 sessions)  
Fee: \$12  
Location: 522 Vattier

## Making a Life Mask



AH-14

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

*Sam Lacy* (539-4404) first became interested in life masks because of one his father had created. He has two life masks, one made by the wet plaster method and one using plaster gauze.

Date: Nov. 6 & 13 (Wed)  
Time: 7 - 9 p.m. (2 sessions)  
Fee: \$8  
Location: UFM Banquet Room and Kitchen

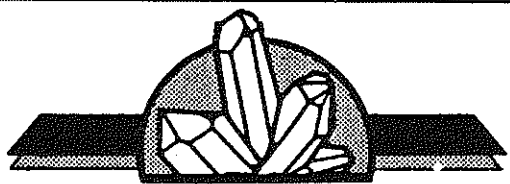
## Basketry

AH-15

Interested in making baskets? Learn to make a round twined basket that you will take home with you. Baskets are versatile and would make wonderful gifts this holiday season!

*Julie Strauss* (1+293-5795) learned the basics of basketry in a one-session workshop about 2 years ago. She learned Cherokee double wall basketry from Buddy Bates (the brother of Redfern, a Kansas master artist).

Date: Sept. 21 (Sat)  
Time: 1 - 4:30 p.m. (1 session)  
Fee: \$15 (materials included)  
Location: UFM Banquet Room



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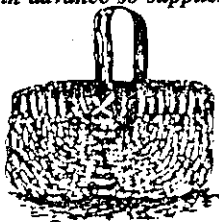


## ARTS & HOBBIES (Continued)



### A Tisket, A Tasket. . . Let's Weave A Basket

Learn to make baskets which are not only functional, but also extremely attractive as home decorating accents in any style home! These classes, designed for beginners, will discuss types of baskets, materials needed, and how to put a basket together. You will weave a different style to take home each week so take one or all three classes! These would be wonderful gifts for the holidays! **Please register at least one week in advance so supplies can be ordered.**



### Market Basket

AH-11

Create a 6" X 9" rectangular basket with a wooden handle. It's very functional for carrying things and would make a great beginner basket.

Date: Sept. 16 (Mon)  
Time: 6 - 10 p.m. (1 session)  
Fee: \$20 (supplies included)  
Location: UFM Banquet Room and Kitchen

### Berry Basket

AH-12

This 8" round basket was designed to hold a quart of berries. Accented with colored reed, it makes an impressive basket.

Date: Oct. 7 (Mon)  
Time: 6 - 10 p.m. (1 session)  
Fee: \$20 (supplies included)  
Location: UFM Banquet Room and Kitchen

### Lattice Gift Basket

AH-13

This unusual and pretty basket is in a category by itself. Started with a basic over and under weave, the basket is turned and the side weavers go up at an angle.

Date: Nov. 11 (Mon)  
Time: 6 - 10 p.m. (1 session)  
Fee: \$20 (supplies included)  
Location: UFM Banquet Room and Kitchen

Nancy Anderson just recently returned to the Manhattan area. She has been weaving baskets for eight years and has taught this skill for seven years. Last spring she taught at the North Carolina Basketmakers Association Conference.

### Stamp Collecting

AH-16

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

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

Date: Oct. 3 - 17 (Thurs)  
Time: 7:30 - 9:30 p.m. (3 sessions)  
Fee: \$10  
Location: U.S. Post Office, Civil Service Room 5th and Leavenworth

### Basic Sketching

AH-17

Pencil sketching is the best way to record images, express and 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 sketching, to do it well and quickly. Our media will be soft pencils and 9" x 12" 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 sketches believable; and to start to develop line quality and an artistic skill.

Gene Ernst is a Professor of Architecture at KSU. Ernie Peck (537-9883) recently retired from his position as Associate Professor in the KSU Extension Service. He is an accomplished painter. Gene and Ernie have co-taught pencil sketching for several years.

Date: Oct. 1, 3, 8, 10, & 12 (Tues, Thurs, & Sat)  
Time: 7 - 9 p.m. (Tues & Thurs - 4 sessions)  
Field Trip - 8:30 a.m. - 1 p.m. (1 session - Sat)

Fee: \$12  
Location: UFM Banquet Room

### Creative Twist Angels

AH-24

These angels are quick, easy, and attractive additions to Christmas decorating. They can be used for wreaths, table settings, or tree ornaments. They would also be nice touches in a country decorating scheme. **Bring a hot glue gun if you have one. Other materials furnished.**

Linda Teener (539-8763) is the Executive Director of UFM and enjoys sharing this craft.

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

### Mop Dolls

AH-26

Make and decorate a mop doll to adorn your home just in time for the holidays. This is a fun craft that can be adapted to fit many occasions. **A supply list will be provided upon registration.**

Terry Carpenter enjoys crafts and has found that mop dolls can be decorated in a variety of ways for home decorating or for gifts.

Date: Nov. 14 (Thurs)  
Time: 7 - 9 p.m. (1 session)  
Fee: \$7  
Location: UFM Conference Room

### Quilting: A Discussion of Styles and History

AH-21

Do you find the study of quilts to be a fascinating subject? Would you like to browse through quilting books and exchange information on this subject? Join us for a discussion of ideas about quilting. This is not intended to be a teaching session, but rather a sharing of interest and ideas.

Date: Oct. 8 (Tues)  
Time: 6:30 - 9 p.m. (1 session)  
Fee: \$6  
Location: UFM Greenhouse



### Making Covered Books/Albums

AH-22

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

Date: Nov. 16 (Sat)  
Time: 1 - 3 p.m. (1 session)  
Fee: \$10 (includes padding, notebook, and handouts)  
Location: UFM Banquet Room

### Creating Padded Baskets

AH-23

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

Date: Nov. 16 (Sat)  
Time: 10 a.m. - 12 Noon (1 session)  
Fee: \$10 (includes handouts and some materials)  
Location: UFM Banquet Room

### Just Clowning Around

AH-18

Have you always wanted to dress as a clown for certain occasions? Learn the basics of putting on clown make-up at this session. We'll select one or two models from the class to be made up and talk about the steps involved. We will also discuss how to make a clown suit at a reasonable cost.

Date: Oct. 24 (Thurs)  
Time: 6:30 - 9 p.m. (1 session)  
Fee: \$6  
Location: UFM Banquet Room



### Beginning Calligraphy (for Right Handers)

AH-19

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

Date: Sept. 27 (Fri)  
Time: 6:30 - 9 p.m. (1 session)  
Fee: \$9  
Location: UFM Banquet Room

### Beginning Calligraphy (for Right Handers)

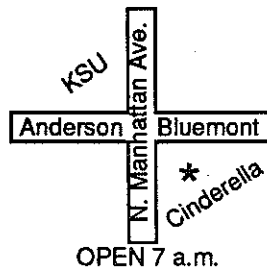
AH-20

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

Deb Rosproy (239-3026) is a craft-oriented person who learned how to do calligraphy in Denver in 1980 and currently letters cards and posters for personal and business use. She learned to make padded baskets and covered albums in 1986 and has done all varieties since then. Deb has clowned at a variety of special functions. She enjoys sharing what she has learned with all interested members of the community, and finds that many times her students "teach" her with their ideas as well.

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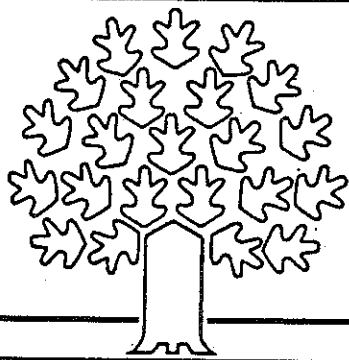
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# Business & Professional

1221 THURSTON

539-8763

## Living Trusts

BP-01

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

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

Date: Sept. 23 (Mon)  
Time: 7 - 9 p.m. (1 session)  
Fee: \$5  
Location: Senior Service Center  
412 Leavenworth

## Buying a Computer for Your Business

BP-03

Selecting the correct computer software and hardware configuration for your business can be a complicated, and costly process. Business disasters can be created through poor planning, lack of understanding, or inadequate management related to computers. Join us and learn the steps critical to the evaluation, selection, acquisition, installation, and conversion to computers in a small business operation.

Jim Sharp (539-8582) is a graduate of both the College of Business Administration at KSU and IBM's System Science Institute. He presently has his own computer consulting business and has had over 20 years of experience in the computer field. He has taught business systems classes in addition to helping many area businesses successfully install computer systems.

Date: Oct 7 (Mon)  
Time: 7 - 9 p.m. (1 session)  
Fee: \$8  
Location: UFM Office

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

BP-02

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

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

Date: Oct. 2 (Wed)  
Time: 12 Noon - 1 p.m. (1 session)  
Fee: No charge  
Location: K-State Union Room 204



## The Legal Profession: What's Involved?

BP-16

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

Nancy Twiss (532-6900) is the pre-law advisor for KSU, College of Arts and Sciences.

Date: Oct. 30 (Wed)  
Time: 12 noon - 1 p.m. (1 session)  
Fee: No charge  
Location: K-State Union Room 202

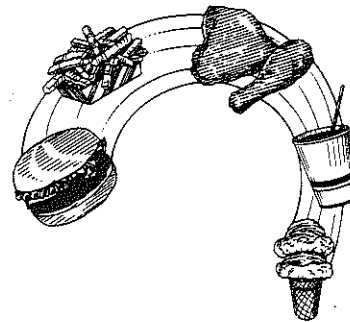
ATTENTION KSU STUDENTS!!! Need a place to study during Finals Week? The UFM House will be open 8 a.m. - 10 p.m. Come by and find a quiet corner or call 539-8763 if you would like to reserve a particular location.

## Taming Your Computer

Having trouble taming your computer? Need help translating those manuals? Don't let your computer intimidate you. Learn basic MS-DOS commands and functions. Get some help understanding how to make your computer work for you. UFM may be able to help with some beginning, individualized instruction to answer YOUR questions. Call to schedule a private tutoring session. This service is directed toward beginning computer users with IBM compatible computers.

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

Date: By appointment  
Fee: \$12 per hour  
Location: As arranged



## Behind the Scenes at a Fast Food Restaurant

BP-04

Look behind the scenes and see what it's like to "flip a burger" or "make an ice cream cone". You'll get a brief orientation of what's involved in operating a fast food restaurant as you walk through the various jobs. Try your hand at making an ice cream cone as you join us for a tour of one of Manhattan's Favorite Hamburger Drive Ins.

Date: Nov. 5 (Tues)  
Time: 7:30 - 8:30 p.m. (1 session)  
Fee: \$5  
Location: Vista Drive In Restaurant  
1911 Tuttle Creek Boulevard



## Employment in a Fast Food Restaurant: How Can I Get A Job?

BP-05

What does an employer consider before hiring a teenager to work in a fast food restaurant? Take this opportunity to find out! Learn about how to fill out an application and why certain questions are included. Get answers to your questions. What do employers consider valid job experience? Who should I list as job references? What do I need to know before that all-important interview? What qualities and work habits do employers seek? Join us for an inside look from an employer's perspective.

Karen Streeter has been involved in managing VISTA Drive In Restaurant for 21 years. She has taught numerous classes to 4-H groups. She has also led leadership training courses for the Kansas and U.S. Jaycee Women.

Date: Oct. 15 (Tues)  
Time: 4 - 5 p.m. (1 session)  
Fee: \$5  
Location: Vista Drive In Restaurant  
1911 Tuttle Creek Boulevard



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**BUSINESS & PROFESSIONAL (Continued)**

**SOCIAL SERVICES LEADERSHIP SERIES**

**Maintaining an Effective Board of Directors** BP-08

It's tough to find quality, dedicated individuals to serve on a Board of Directors. How they are utilized affects not only their enthusiasm, but also overall organizational function. This program will look at ways to help your Board of Directors govern effectively. Selection, duties, and the Board's involvement in organizational operation will be discussed.

C. Clyde Jones, Professor Emeritus at KSU, has served on numerous non-profit and governmental boards.

Date: Oct. 21 (Mon)  
Time: 11:30 a.m. - 1 p.m. (1 session)  
Fee: \$6  
Location: Manhattan Town Center Conference Room

**Grantwriting**  BP-09

Grants are not an easy or reliable way to obtain funding. However, they can help with special projects and provide needed assistance to many programs. If you decide a grant would be helpful to your program, you want to make your proposal as strong as possible. This seminar will give you ideas on where to find grant sources and how to prepare an effective grant proposal.

Linda Teener (539-8763) is Executive Director of UFM.

Date: Nov. 18 (Mon)  
Time: 11:30 a.m. - 1 p.m. (1 session)  
Fee: \$6  
Location: Manhattan Town Center Conference Room

**Recognizing Volunteers: Today and Tomorrow** BP-17

Volunteers are the life blood of many organizations. But, how do you best convey your appreciation for the vital work they do for your organization? This seminar will discuss concrete methods to provide regular recognition to those all-important volunteers.

Beryl Adams (537-2180) is the Executive Director of the American Red Cross of Manhattan, an organization which relies on volunteers.

Date: Sept. 30 (Mon)  
Time: 11:30 a.m. - 1 p.m. (1 session)  
Fee: \$6  
Location: Town Center Conference Room

**Assertive Consumerism: The Art of Effective Complaint**  BP-06

As many as 96% of all dissatisfied consumers never approach the business with their complaint. Become an assertive consumer! This course covers such topics as how to handle your own complaint, who to complain to, how to write a complaint letter, third party resolution methods, small claims court, and where to go for additional help and information. This course is being offered by the Consumer Relations Board at Kansas State University as part of National Consumer Week, October 20 - 26.

Julia O'Dell (532-6541) is the Director of the Consumer Relations Board at Kansas State University.

Date: Oct. 23 (Wed)  
Time: 7 - 9 p.m. (1 session)  
Fee: \$5  
Location: UFM Conference Room



**The Art of Interviewing** BP-07

Nervous about that all-important interview? Take this opportunity to learn about the interviewing process with the K.A.S.H. formula (Knowledge, Attitudes, Skills, and Habits). We will discuss questions that may arise in regard to interviewing. How do I prepare for the upcoming interview? Who is the most important person on interview day? What should I wear? Your confidence will be increased with greater knowledge of the interviewing process. Bring your questions for discussion.

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

Date: Oct. 3 (Thurs)  
Time: 7 - 9 p.m. (1 session)  
Fee: \$6  
Location: UFM Conference Room

**Successful Money Management** BP-10

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

Date: Sept. 24 (Tues)  
Time: 7:30 - 9:30 p.m. (1 session)  
Fee: \$5 per person/\$8 per couple  
Location: 445 East Poyntz (K-Mart Shopping Center)

**Successful Money Management** BP-11

Date: Oct. 15 (Tues)  
Time: 7:30 - 9:30 p.m. (1 session)  
Fee: \$5 per person/\$8 per couple  
Location: 445 East Poyntz (K-Mart Shopping Center)

**Successful Money Management** BP-12

Date: Nov. 12 (Tues)  
Time: 7:30 - 9:30 p.m. (1 session)  
Fee: \$5 per person/\$8 per couple  
Location: 445 East Poyntz (K-Mart Shopping Center)

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

**Income Taxes and Records: Getting Your Act Together** BP-13

Do you dread the process of filing your income tax? Learn how to be better prepared for this process. This course will cover what items you need to have ready to do your taxes, what to save throughout the year, and how to keep records. Join us for an informative session!

Le Juan Shrimplin (776-7531) has taught in public schools and at the college level previously. She is presently the owner of H & R Block and has been in the tax preparation field for 12 years.

Date: Sept. 24 (Tues)  
Time: 7 - 9 p.m. (1 session)  
Fee: \$5  
Location: 423 Poyntz Avenue

**What is a Mutual Fund?** BP-14

The first session of this course will answer some very basic questions about mutual funds: how they work, what you should know before you invest in them, and how to get more information about the funds you have. We will look at fund objectives, costs, and how to read a prospectus. In the second session we will learn to evaluate the risk and determine if your funds are performing the way you expect. We will also look at ways to use mutual funds to reach personal financial goals such as retirement or college costs. You need not have any previous knowledge or understanding of mutual funds nor do you need to own any mutual funds in order to enroll and enjoy this class.

Bob Stamey (776-9118) is a financial planner with Professional Planning Services of Manhattan. He is licensed as a Registered Representative with MONY Securities, Corp. of New York, and has advised clients about securities, including mutual funds, for several years.

Date: Oct. 10 & 17 (Thurs)  
Time: 7 - 8:30 p.m. (2 sessions)  
Fee: \$8  
Location: K-State Union Room 203

**Codependency in the Workplace** BP-15

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

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


Date: Nov. 6 (Wed)  
Time: 7 - 9 p.m. (1 session)  
Fee: \$10 (includes handouts)  
Location: Pawnee Mental Health Services 2001 Claflin Road

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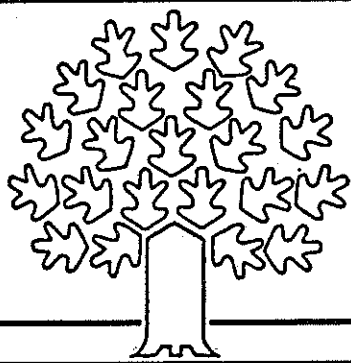
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# Community World

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## MacIntosh for Social Activism



CW-03

Learn about the use of MacIntosh computers for organizing community groups and efforts. We'll also discuss how MacIntosh can be used effectively for publishing newsletters directed toward social change. We'll look at some of the software available for these purposes. You are encouraged to bring your suggestions and favorite programs.

Bill Dorsett (539-1956) is the Editor for Northern Flint Hills Audubon Society's *Prairie Falcon* and the newsletter of Manhattan Alliance on Central America.

Date: Oct. 7 (Mon)  
Time: 7 - 9 p.m. (1 session)  
Fee: \$5  
Location: UFM Fireplace Room

## Exploring Services and Programs at the Senior Service Center



CW-04

Have you ever wondered what happens at the Senior Service Center in Manhattan? Join us for an overview of the programs and services available. We will discuss how to access the various programs and how to become more informed and involved, if desired. Learn about HELP (care coordination program), RSVP (Retired Senior Volunteer Program), the Nutrition Program, and other happenings at the Senior Center. Questions are encouraged and welcome.

Nancy Anderson (537-4040) is the HELP Coordinator at the Senior Service Center.

Date: Nov. 11 (Mon)  
Time: 7:30 - 9 p.m. (1 session)  
Fee: \$5  
Location: Senior Service Center  
412 Leavenworth

## European Getaways

CW-01

Do you dream of Paris in the Spring, catching a glimpse of the Queen in London, or maybe sailing down the Rhine? Now is the time to take advantage of low fares and the strong dollar and take that once-in-a-lifetime trip. Travel can be affordable and fun.

David Garvin (539-0531) has been in the travel and tourism business for 14 years.

Date: Oct. 2 (Wed)  
Time: 7:30 - 9:30 p.m. (1 session)  
Fee: \$5  
Location: Creative Travel  
957 Seth Childs Road

## Where in the World? A Seminar on Basic World Geography

CW-02

Where in the world are global events taking place? This seminar will provide an awareness of world geography that will enrich your understanding of current events. Join us as we learn to use an atlas effectively and view a video on world hunger. Participate in games designed to increase your geographical knowledge. We will focus on areas of the world that are currently in the news.

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

Date: Oct. 8 - 29 (Tues)  
Time: 7 - 8:30 p.m. (4 sessions)  
Fee: \$12  
Location: UFM Fireplace Room (1st session)  
UFM Banquet Room (2, 3, & 4 sessions)

# THE LOU DOUGLAS LECTURE SERIES - 1991

Tuesday, September 3

*"The Future of the Tropical Rain Forest"*

Forum Hall

Mr. Katz is a founder and president of the Rain Forest Alliance which has made remarkable strides in focusing attention on the ravaging of the world's rain forests.

Daniel R. Katz

7:30 p.m.

Monday, October 14

*"The Impact of Military Spending on the U.S. Economy"*

Forum Hall

Dr. Dumas is a Professor of Political Economics at the University of Texas. His most recent book deals with human and technical error in the military.

Lloyd Dumas

7:30 p.m.

Wednesday, September 25

*"The Potential Impact of Global Free Trade Negotiation"*

TBA

Mr. Ritchie is President of the Institute for Agriculture and Trade Policy, a Minneapolis based research organization which works to widen public awareness of the economics, social, and environmental challenges facing rural America.

Mark Ritchie

7:30 p.m.

Tuesday, October 29

*"Post Cold War America"*

Forum Hall

Ms. Sklar is a writer and lecturer whose articles have appeared in "Z Magazine," "The Nation," "USA Today," and "National Catholic Reporter." Her most recent book, *Washington's War*, received a human rights book award.

Holly Sklar

7:30 p.m.

Catherine Lee Fung, PH.D. Candidate hosts

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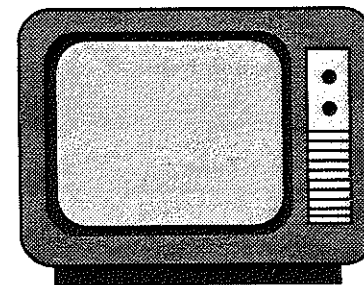
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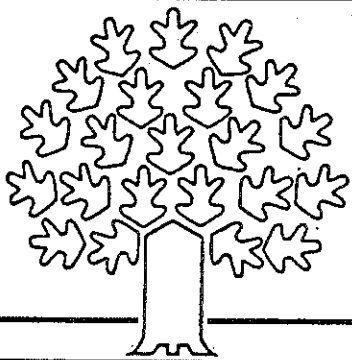
Sept. 3 & 4: Timothy's First Birthday  
Sept. 10 & 11: Keyboardist Michael Ning  
Sept. 17 & 18: Language Summer Institute  
Sept. 24 & 25: History of Manhattan Library  
Oct. 1 & 2: Indonesian Souvenirs  
Oct. 8 & 9: Celebrating the Fourth Season  
Oct. 15 & 16: African Drumbeats  
Oct. 22 & 23: China & Its People

Oct. 29 & 30:  
Nov. 5 & 6  
Nov. 12 & 13:  
Nov. 19 & 20:  
Nov. 26 & 27:  
Dec. 3 & 4:  
Dec. 10 & 11:  
Dec. 17 & 18:

National Parks  
Remembering Veteran's Day  
A Certain Blackbelt Artist  
German Cooking  
Prevention of Food Poisoning  
Focusing in Tai Chi  
Water Power  
Handbell Music







# Earth & Nature

1221 THURSTON

539-8763

## Kaw River Nature Trail Guided Walk

EN-01

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

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

Date: Nov. 23 (Sat)  
Time: 10 a.m. - 12 Noon (1 session)  
Fee: \$5  
Location: 1st Territorial Capitol, Fort Riley

## Field Trip to the Glacial Area of Pottawatomie County

EN-06

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

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

Date: Oct. 5 (Sat)  
(Raindate: Oct. 19)  
Time: 8:30 a.m. - 12 Noon (1 session)  
Fee: \$5  
Location: Meet at the UFM Parking Lot

## Herb Growing

EN-02

Have fresh herbs all year! Enjoy the flavor of fresh mint iced tea. Learn how to raise, dry, and store herbs for your own use or to give as gifts to family and friends.

Date: Sept. 23 (Mon)  
Time: 6:30 - 8:30 p.m. (1 session)  
Fee: \$5  
Location: UFM Greenhouse

## Composting

EN-03

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

Date: Sept. 26 (Thurs)  
Time: 6 - 8 p.m. (1 session)  
Fee: \$5  
Location: UFM Greenhouse

## Edible Landscape and Solar Greenhouse Tour

EN-04

When you think of a garden, do you think of it in terms of vegetables or flowers -- food or beauty? It need not be an either/or situation. An edible landscape can combine the beauty of flowers with the usefulness of vegetables. Ask questions and receive tips on how to add edible plants to your own landscape as you tour ours! Special tours can be arranged by appointment.

Date: Sept. 21 (Sat)  
Time: 1 - 3 p.m. (1 session)  
Fee: \$8 (includes book)  
Location: UFM Greenhouse

## Creating A Terrarium



EN-05

Do you enjoy plants that are easy to maintain? Join us and create a terrarium. Learn about containers that can be used, proper planting medium, the types of plants to use, and care of your terrarium. **Bring a container no larger than 6" in diameter (i.e. canister type, old mason jars, etc) and 3 small plants. Be sure to specify that plants are for a terrarium when you purchase them.**

Date: Oct. 17 (Thurs)  
Time: 6:30 - 8:30 p.m. (1 session)  
Fee: \$7 (includes soil and fertilizer)  
Location: UFM Greenhouse

*Evelyn and Howard Campbell both have degrees in Horticulture Therapy from KSU. Evelyn and Howard plant and maintain the edible landscape and greenhouse at UFM. They enjoy sharing the experiences they have gained from gardening for over 25 years.*

## UFM SOLAR GREENHOUSE TOURS

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

Call 539-8763 for an appointment.

## THE AUDUBON SOCIETY

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

### BEGINNING BIRD WALKS

Monthly, 2nd Saturday, 8 a.m. Meet in the parking lot of Ackert Hall, KSU Campus. Includes novices and experts; children especially welcome.

### EDUCATIONAL PROGRAMS:

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

Sept. 18: "International Consultation on Endangered Species: A Unique and Challenging Experience."

Oct. 16: "Australia: Birding the Outback."

Nov. 20: "Thinking Like a River: Stream & Riparian Habitat."

Dec. 18: "Landscaping to Attract Wildlife."

### BIRDSEED SALES:

Nov. 2, Dec. 14, 9:30 a.m.-2:00 p.m. UFM Fireplace Room.

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

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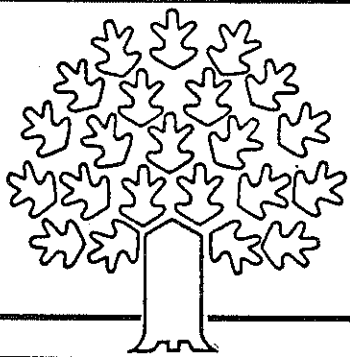
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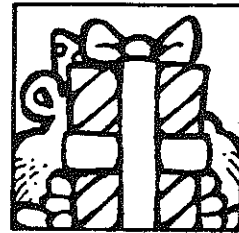


# Family Living

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539-8763

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1221 Thurston  
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## Children's Morning Play Group

FL-01

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

Date: Sept. 18 - Dec. 11 (Wed)  
Time: 10 a.m. - 12 Noon (13 sessions)  
Fee: \$5  
Location: Instructor will contact you with location

## Children's Morning Play Group

FL-02

Date: Sept. 19 - Dec. 12 (Thurs)  
Time: 10 a.m. - 12 Noon (12 sessions)  
Fee: \$5  
Location: Instructor will contact you with location

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

## Children As Decision Makers: Giving Them Roots and Wings



FL-03

How can we equip our children with the knowledge and the skills to make healthy, safe decisions? This workshop will offer tangible techniques and ideas for fostering and promoting the development of independent thinkers and confident decision makers. Discussion is encouraged.

Sue Boxer (776-8484) is the Founder/Director of Children's Discovery World. Before moving to Manhattan with her husband and four children, Sue directed Early Childhood Education programs and day camps in San Diego and Denver. In addition to the museum and her graduate work in Family Life Education, Sue hosts the *Family Forum* on KBLE television.

Date: Sept. 12 (Thurs)  
Time: 7:15 - 9:15 p.m. (1 session)  
Fee: \$5  
Location: UFM Conference Room

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for UFM

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

Add your quarter to the mile!

## Activities to Do with Children at Home

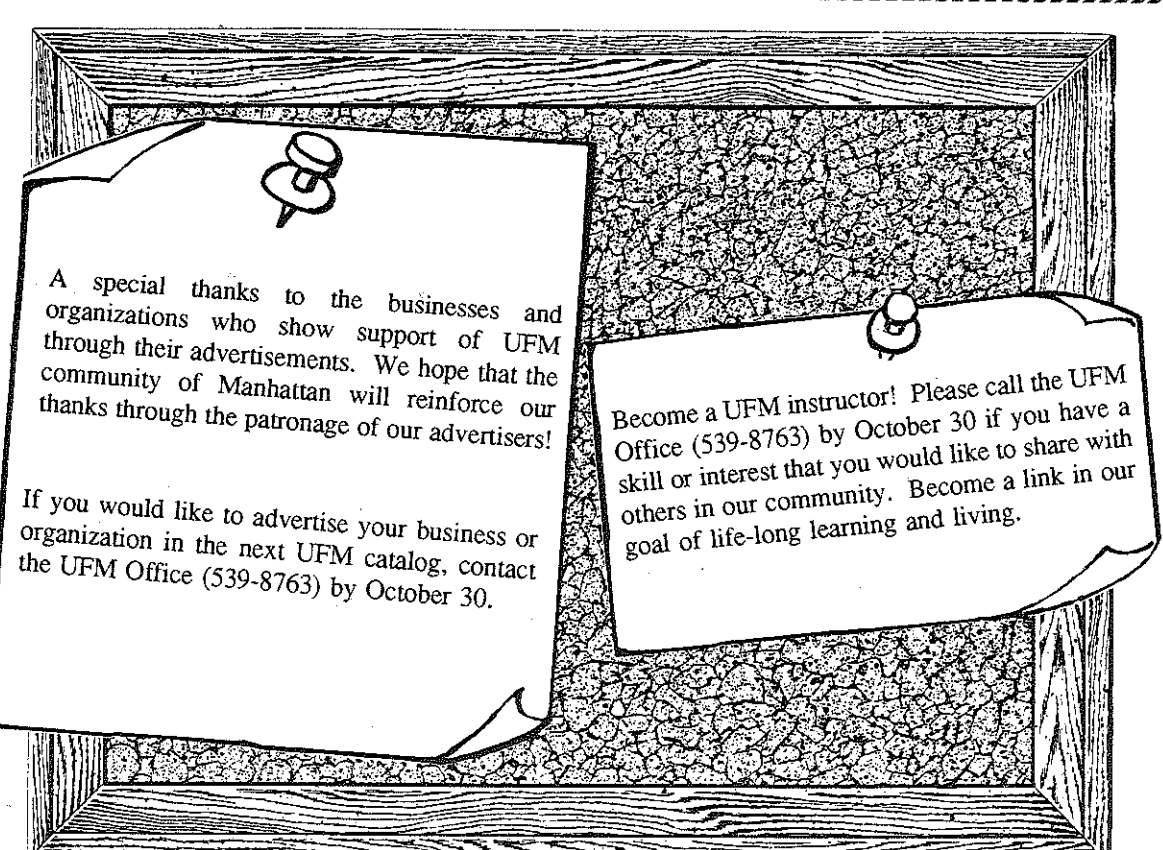


FL-04

When you live with a young child, it is easy to take for granted the time you spend with him/her. In this session, we are going to explore various ways you can play with your child in and around your home. Learn about fun, but inexpensive crafts you can make with your child, fun ways to incorporate those little helping hands into daily routines, how to prepare ahead of time for activities with your children, and various games you can play together.

Marti Burris (776-5071) has been Executive Director of the Manhattan Day Care Association, Inc. for six years.

Date: Oct. 28 (Mon)  
Time: 7 - 8 p.m. (1 session)  
Fee: \$6  
Location: UFM Banquet Room



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



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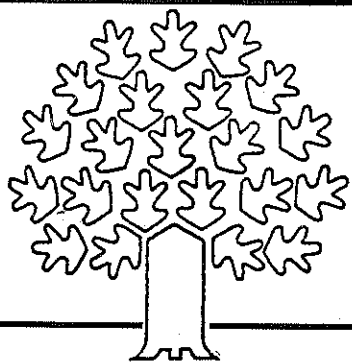
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# Food & Nutrition

1221 THURSTON

539-8763

## Castle Cuisine: An Introduction to Medieval Cooking

FN-01

Receive an overview of medieval cookery and the diet of the nobility. Medieval dishes will be demonstrated and served. Bring your appetite for hearty samples of medieval cooking.

Emily Epstein (532-7435) is a member of the Society for Creative Anachronism, an organization dedicated to the study and re-creation of selected aspects of the Middle Ages. Her particular interest has been medieval cooking.

Date: Oct. 21 (Mon)  
Time: 7 - 9 p.m. (1 session)  
Fee: \$9  
Location: UFM Banquet Room

## Making and Using Homemade Yogurt



FN-03

Learn how to make yogurt using common household equipment. We will talk about how to incorporate yogurt into food preparation. Sample cheesecake, shakes, dips, and fruit salads made with yogurt. Start down the road to more healthful cooking.

Date: Oct. 9 (Wed)  
Time: 6 - 8 p.m. (1 session)  
Fee: \$10 (includes food samples)  
Location: 813 Colorado

## Converting Your Kitchen to a Whole Foods Kitchen

FN-04

Come learn healthy alternatives for traditional kitchen staples, where to find them, how to read labels, ways to save money, and suggested cookbooks for using whole foods. Sampling food will allow you to taste the difference between whole foods and their counterparts. Join us for an informative session.

Elisa Stiefel (537-8150) has a degree in Foods and Nutrition from Colorado State University and enjoys sharing her knowledge and experience related to food preparation. She has cooked at a retreat center in Colorado, catered for families and organizations, and taught many classes related to healthful cooking.

Date: Nov. 6 (Wed)  
Time: 6 - 8 p.m. (1 session)  
Fee: \$9 (includes foods for sampling)  
Location: 813 Colorado

## Living Lean: Lowfat Eating in a High-Fat World



FN-05

In general, Americans eat about 25% more fat than is recommended by federal government guidelines. Reducing fat intake helps to maintain your weight, lowers your risk of heart disease and cancer, and provides other health benefits. Come and learn about lowfat eating in a high-fat world. Participate in a self-assessment of your fat intake and learn the seven steps to reduce fat in your diet. We'll explore how to read labels to evaluate fat content and sample lowfat snacks. You can eat healthy while eating on the run!

Alice Thomson is a registered dietitian. She worked as a public health nutritionist in North Carolina for eight years. She has worked as a dietitian at Memorial Hospital for two years.

Date: Sept. 23 (Mon)  
Time: 7 - 8:30 p.m. (1 session)  
Fee: \$6  
Location: UFM Conference Room

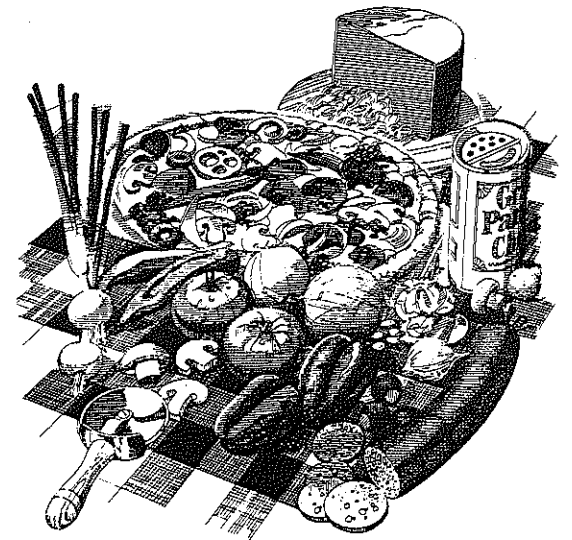
## Canadian Thanksgiving

FN-06

Fellow Canadians and friends, let's get together for a potluck and celebrate our national Thanksgiving holiday. We'll get to know each other, have some fun and sing 'O Canada.' Please bring a covered dish to share and table service for you and your family. Beverage will be provided.

Julie Weiler Harder (776-9915) is a Canadian citizen who would like to get together with other Canadians to celebrate this national holiday.

Date: Oct. 13 (Sun)  
Time: 5 p.m. - 7:30 p.m. (1 session)  
Fee: \$5 per family  
Location: UFM Banquet Room



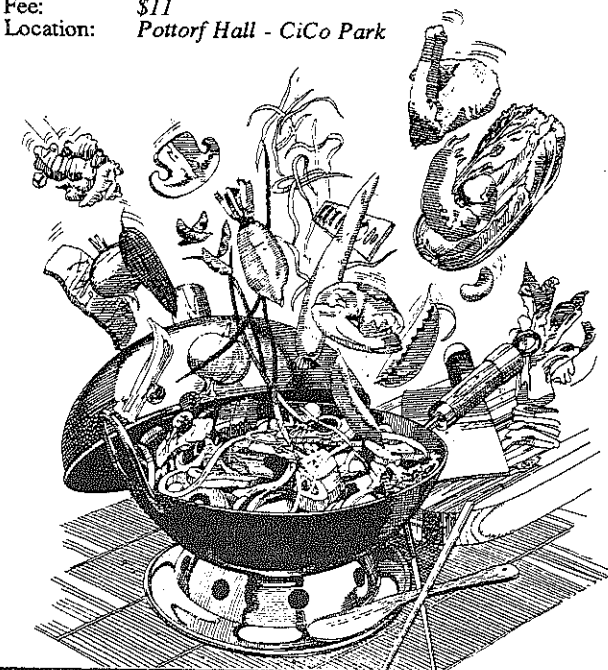
## Pizza Pizzazz: A Make-It, Take-It Workshop

FN-07

Want some hints on how to create terrific pizzas at home? Join us as we make and partake of homemade pizza. We'll learn how to make a great crust and also discuss those "secrets" that make your pizza special. Bring a large bowl or a pizza pan for taking your crust home.

Linda Teener (539-8763), the Executive Director of UFM, enjoys making pizza at home with her family and has discovered some "hints" she would like to share. Linda Thomason enjoys cooking all kinds of culinary treats.

Date: Oct. 1 (Tues)  
Time: 6 - 7:30 p.m. (1 session)  
Fee: \$9  
Location: Riley County Extension Office  
110 Courthouse Plaza



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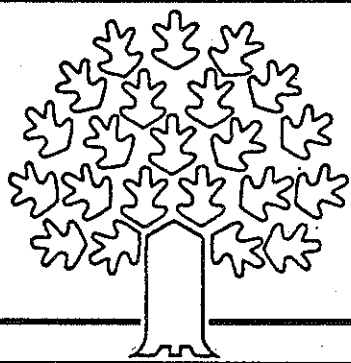


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# Home

1221 THURSTON

539-8763

## The American Dream: Affordable Home Ownership

H-01

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

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

Date: Sept. 18 (Wed)  
Time: 7:30 - 8:30 p.m. (1 session)  
Fee: \$5  
Location: 800 Poyntz Avenue

## Hang It Up: Home Decorating with Wallpaper

H-02

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

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

Date: Sept. 26 (Thurs)  
Time: 7 - 9 p.m. (1 session)  
Fee: \$5  
Location: Location to be announced

## Energy Conservation in the Home

H-03

Do you ever look at your utility bills and wonder how to make them more reasonable? Take this opportunity to examine ways to save on your utility costs including heating, lighting, and hot water. We'll discuss how to use energy in a responsible manner and still live comfortably.

*Dean Denner* (776-5589) designed and built his house in an energy-responsible way and has utility bills that average about \$30 a month. He has been in energy conservation work for about 10 years and is the owner and manager of Sunwrights.

Date: Oct. 1 (Tues)  
Time: 7 - 8:30 p.m. (1 session)  
Fee: \$5  
Location: 1204 Colorado

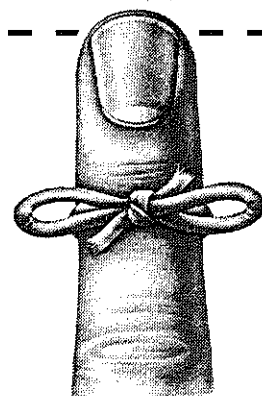
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- Home Decorating
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- International Cooking (Mexican, Italian, French, others)

For more information,  
call UFM 539-8763

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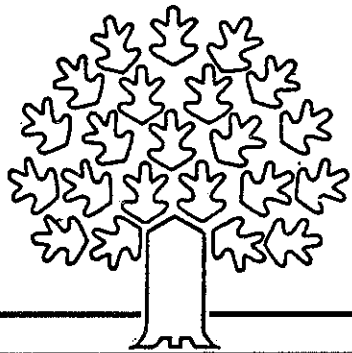
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# Recreation & Fitness

1221 THURSTON

539-8763

## Fundamentals of Kayaking

RF-01

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

T.J. Hittle is a certified Red Cross kayak instructor/trainer. He has been kayaking for about 10 years.

Date: Nov. 2 (Sat)  
Nov. 3, 17 & Dec. 8 (Sun)  
Time: 9 a.m. - Noon (1st session only)  
9 a.m. - 1 p.m. (all other sessions)  
Fee: \$50 (includes equipment rental)  
Location: UFM Fireplace Room (1st session only)  
KSU Natatorium (all other sessions)

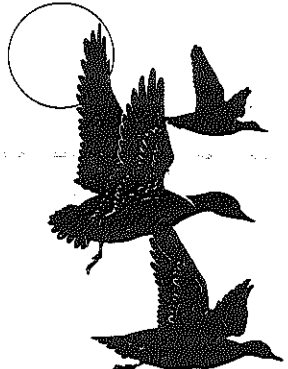
## Volleyball for Fun

RF-02

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

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

Date: Sept. 17 - Dec. 12 (Tues & Thurs)  
Time: 6:30 - 8:30 p.m. (26 sessions)  
Fee: \$15  
Location: Douglass Center  
900 Yuma



## Duck Hunting in Kansas

Learn how to locate, identify, call, and hunt ducks in Kansas. The Manhattan area has excellent duck hunting areas on Milford and Tuttle Creek Reservoirs. You will learn about the laws, regulations, and enough about the ecology and behavior of ducks to have a good chance to be successful this Fall.

Spencer Tomb (537-8265) is an Associate Professor in the Division of Biology. He is an avid hunter/conservationist. He is Past President of the Kansas Wildlife Federation.

Date: Oct. 1 & 2 (Tues & Wed)  
Time: 7 - 9:30 p.m. (2 sessions)  
Fee: \$8  
Location: UFM Fireplace Room

## Golf for Beginners

RF-04

Learn to play golf. Geared for beginning and intermediate players, the fundamentals of the full swing, short game-pitching, chipping, and putting will be covered. Get some fresh air and find out if golf is the sport for you.

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

Date: Sept. 19 - Oct. 3 (Thurs)  
Time: 6 - 7 p.m. (3 sessions)  
Fee: \$20 (golf clubs provided, if needed)  
Location: Stagg Hill Golf Course  
4441 Fort Riley Boulevard

## Card Games for Fun



RF-05

Have you always wanted to learn how to play a variety of cards games, but never had the opportunity? Now's your chance! Learn to play pitch, spades, and hearts. Card games are a great leisure time activity! **Bring a deck of cards.**

Natalie Smith (776-6735) learned to play cards when she was in college. She has received a lot of enjoyment from this activity.

Date: Sept. 20 - Oct. 11 (Fri)  
Time: 7 - 10 p.m. (4 sessions)  
Fee: \$6  
Location: UFM Conference Room

## Ballroom Dance I

RF-09

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

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

Date: Sept. 19 - Oct. 24 (Thurs)  
Time: 7:30 - 9:30 p.m. (6 sessions)  
Fee: \$21  
Location: Senior Service Center  
412 Leavenworth

## Ballroom Dance I

RF-10

Date: Oct. 31 - Dec. 12 (Thurs)  
Time: 7:30 - 9:30 p.m. (6 sessions)  
Fee: \$21  
Location: Senior Service Center  
412 Leavenworth

## White Dragon Kung Fu I

RF-06

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

Date: Sept. 19 - Oct. 13 (Tues, Thurs, & Sun)  
NOTE: No class Sept. 22  
Time: 7 - 8 p.m. (Tues & Thurs)  
3 - 4 p.m. (Sun) (10 sessions)  
Fee: \$25  
Location: KSU Ahearn Fieldhouse

## White Dragon Kung Fu II

RF-07

Date: Oct. 15 - Nov. 10 (Tues, Thurs, & Sun)  
Time: 7 - 8 p.m. (Tues & Thurs)  
3 - 4 p.m. (Sun) (12 sessions)  
Fee: \$30  
Location: KSU Ahearn Fieldhouse

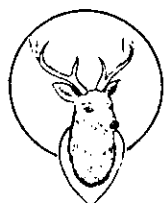
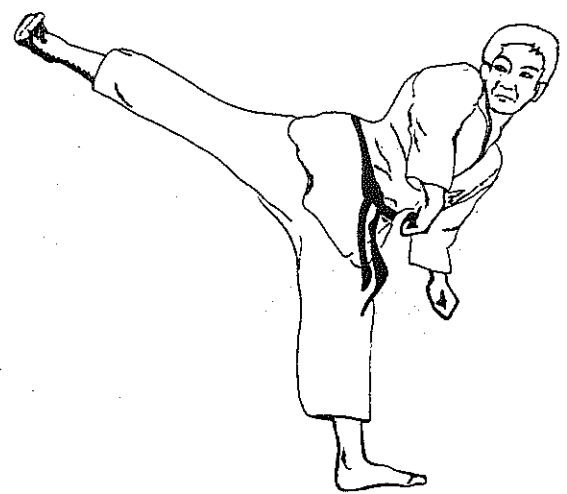
## Hakkro Ryu Jujitsu

RF-08

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

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

Date: Sept. 29 - Nov. 17 (Sun)  
Time: 4 - 5 p.m. (8 sessions)  
Fee: \$20  
Location: KSU Ahearn Fieldhouse



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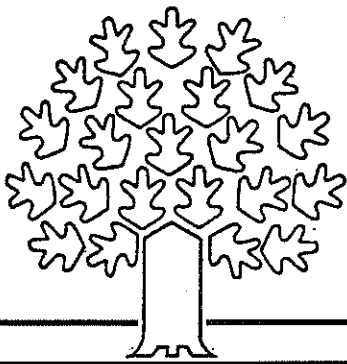


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# Self & Personal Growth

1221 THURSTON

539-8763

## Beginning Swedish Conversation



SP-08

Join us for an introduction to conversational Swedish. We will cover basic grammar, vocabulary, and pronunciation. A workbook will be provided.

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

Date: Sept. 26 - Dec. 12 (Thurs)  
NOTE: No class Oct. 10  
Time: 7:30 - 9 p.m. (10 sessions)  
Fee: \$25 (workbook included)  
Location: KSU Bluemont Hall 109

## Accent on Accessories



SP-01

Would you like to add versatility to your present wardrobe? How do you transform an existing outfit into a new look? Accessories allow you to stretch your wardrobe at a reasonable cost. Join us as we learn to select belts, jewelry, scarves, and other accessories that will update and personalize your wardrobe. Enjoy a fashion show as we talk about the colors and accessories that will be popular this year.

*Pam Dall* is the owner and manager of The Clothes Tree and The XXtra Hanger located side-by-side in the Westloop Shopping Center. She has been in the retail clothing business for 12 years.

Date: Sept. 24 (Tues)  
Time: 7 - 8 p.m. (1 session)  
Fee: \$5  
Location: The Clothes Tree  
1342 Westloop

## Introduction to Zen Philosophy and Practice

SP-02

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

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

Date: Oct. 2 - 16 (Wed)  
Oct. 24 (Thurs)  
Time: 7:30 - 9 p.m. (4 sessions)  
Fee: \$12  
Location: UFM Conference Room

## Hemlock Society: The Right to Die

SP-03



The Hemlock Society and the Society for the Right to Die have a similar goal, the retention of control by an individual over his/her own last days. With so many recent court cases concerning the rights of patients and their families to have a say in their medical treatment, many people want to go on record while they are still competent, by joining one or the other of these organizations. Information will be available on both, with addresses, dues, book lists, and other pertinent material.

*Doris Grosh* is a retired professor of engineering.

Date: Oct. 30 (Wed)  
Time: 7 - 9 p.m. (1 session)  
Fee: \$5  
Location: Location available at registration

## Beginning Spanish

SP-04

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

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

Date: Sept. 17 - Dec. 10 (Tues)  
(NOTE: no class on Oct. 15)  
Time: 7 - 8 p.m. (12 sessions)  
Fee: \$25  
Location: KSU Bluemont Hall 114

## Intermediate Spanish

SP-11

Interested in expanding your present knowledge of Spanish? Intermediate Spanish will allow you to increase your skills in Spanish grammar, reading, and conversation. This class is designed for people who have a background in Spanish from courses in high school or from visiting or living in a Spanish-speaking country.

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

Date: Sept. 23 - Dec. 9 (Mon)  
Time: 7 - 8 p.m. (12 sessions)  
Fee: \$25  
Location: KSU Bluemont Room 107

## Philosophy of Gurdjieff and Ouspensky

SP-05

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

*David Seamon* (539-8883) has been active with Gurdjieff's work for 16 years. He has studied with J.G. Bennett, a pupil of both Gurdjieff and Ouspensky.

Date: Sept. 19 - Oct. 24 (Thurs)  
Time: 7:30 - 9 p.m. (6 sessions)  
Fee: \$15  
Location: UFM Conference Room (sessions 1 - 3)  
UFM Greenhouse (sessions 4 - 6)

## Small Animal Health Care through Preventive Measures



SP-06

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

Date: Sept. 24 (Tues)  
Time: 6 - 8 p.m. (1 session)  
Fee: \$5  
Location: KSU College of Veterinary Medicine



## Small Animal Emergency Medical Care

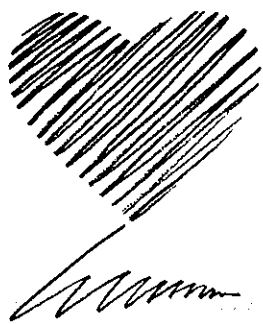


SP-07

What should you do when your small animal has a medical emergency? Join us for a discussion of common small animal emergencies/procedures. Following the discussion, there will be a tour of the small animal hospital including the treatment room, radiology, clinical pathology, laboratory, the intensive care unit, and surgery suites. Don't miss this opportunity to be better prepared to handle small animal emergencies.

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

Date: Oct. 1 (Tues)  
Time: 6 - 8 p.m. (1 session)  
Fee: \$5  
Location: KSU College of Veterinary Medicine



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## SELF & PERSONAL GROWTH (Continued)

### Nail Care for the Nineties

SP-12

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

Date: Oct. 23 (Wed)  
Time: 7 - 8 p.m. (1 session)  
Fee: \$5  
Location: The Gallery  
3266 Kimball Drive



### Getting It All Together: Creating a Coordinated Image

SP-13

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

Date: Oct. 23 (Wed)  
Time: 7 - 8 p.m. (1 session)  
Fee: \$5  
Location: The Gallery  
3266 Kimball Drive



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

### Managing Your Stress

SP-10

Taking care of yourself, mentally, physically, emotionally, and spiritually is essential when moving through discord and dis-ease. When stress begins to affect thought, behavior, and health in negative ways, it is time to deal with it. Learn how to make changes in your life and manage your stress.

Date: Sept. 17 - Oct. 8 (Tues)  
Time: 7 - 9 p.m. (4 sessions)  
Fee: \$13  
Location: UFM Banquet Room (sessions 1 & 2)  
UFM Child Care Area (sessions 3 & 4)

### The Power of Visualization

SP-09

Visualization or guided imagery is a powerful tool for making changes in your life. We will practice and discuss techniques and their use in sports, habit-control, healing, attaining your goals, and making positive changes within yourself, relationships, and your environment.

Date: Oct. 15 (Tues)  
Time: 7 - 9:30 p.m. (1 session)  
Fee: \$5  
Location: UFM Conference Room

Eunice Dorst (537-2943) has been practicing and teaching visualization and stress management for eight years.

### The Men's Movement

SP-14

We emerge from the "me first" decade, view our society, and experience a psychological and spiritual impoverishment. Men dedicate their lives to planning for the financial future. They fail to invest in an emotional future. From this scenario emerges a renewed search for meaning and values within a men's movement. This workshop, offered for men, will focus on the choices facing today's male as he attempts to define a new maleness. We will discuss the current bestsellers: Iron John by Robert Bly, and Fire In The Belly: On Being A Man by Sam Reed. Group participation will be encouraged.

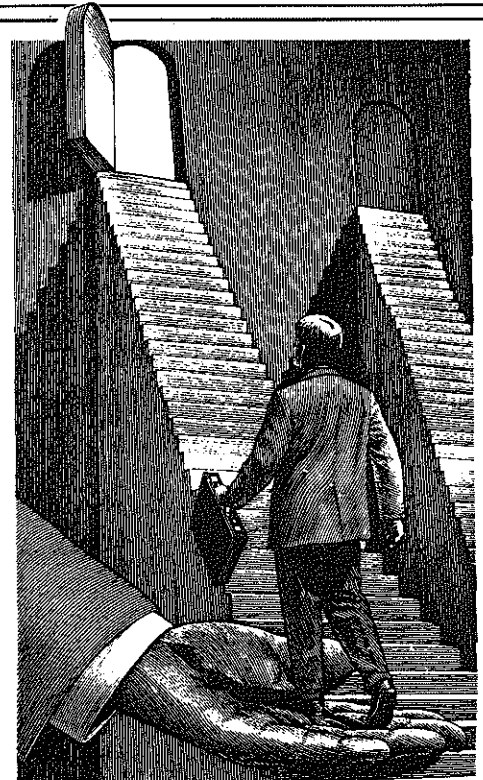
Date: Sept. 12 (Thurs)  
Time: 7:15 - 9:15 p.m. (1 session)  
Fee: \$5  
Location: UFM Banquet Room

### Attention Deficit Hyperactivity Disorder

SP-15

Attention Deficit Hyperactivity Disorder (ADHD) can be a serious debilitating condition affecting a child's ability to learn, to interact socially, and to regulate behavior. The cause is under investigation, but it is thought to be a nervous system disorder leading to poor regulation of attention, impulsivity, and motor activity. It is estimated that ADHA occurs in approximately 3% of the school age population. In this two hour workshop we will discuss: what ADHA is, how it is recognized, and how it is treated. There will be time set aside for discussion, questions, and answers.

Date: Sept. 26 (Thurs)  
Time: 7:15 - 9:15 p.m. (1 session)  
Fee: \$5  
Location: UFM Banquet Room



Gary Boxer, M.D. (776-8484) is an Adult, Child, and Adolescent Psychiatrist now in private practice in Manhattan. Married and the father of four, Gary and his wife, Sue, have been active in the Manhattan community working on behalf of families, creating parent support groups, and developing a hands-on children's museum.

Eleventh Annual National  
Rural Families Conference

## Children, Youth, and Their Families

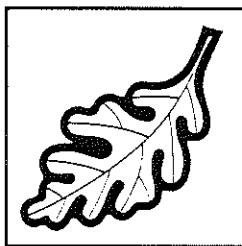
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## continuing education

fall 1991

September 11 Post-traumatic Stress Disorder

Susan Koelliker, MSW  
Steve Eshelman, M.D.

October 9 Helping Families Cope with Crises

Mary Herrmann, M.A.  
Mental Health Chaplain

November 13 Conflict Resolution

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

539-5337

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12:45-3:45 p.m. 2001 Claflin Road

Pre-registration required. \$21 fee for each workshop.  
Call 539-5337 for details or brochure.



**Carpal Tunnel Syndrome: <sup>NEW!</sup> What It Is & How To Treat It!** SP-16

We hear a lot about the condition known as carpal tunnel these days. But what is it? Join us for an informative session. We will talk about the basic structure of the wrist and hand and define carpal tunnel. We will discuss the tests used for diagnosis (nerve, compression, and reflex) and see how they're conducted. Finally, we will learn about the treatment options, therapy and/or operative.

Jeff Mathis OTR (587-4235) is a registered occupational therapist who graduated from the School of Occupational Therapy at Kansas University. He has been the occupational therapist at Memorial Hospital for about one and one-half years.

Date: Nov. 6 (Wed)  
Time: 7 - 9 p.m. (1 session)  
Fee: \$5  
Location: UFM Conference Room

**Beginning German** SP-17

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

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

Date: Sept. 18 - Nov. 6 (Wed)  
Time: 7 - 8 p.m. (8 sessions)  
Fee: \$18  
Location: KSU Justin Hall 341

**Stress Control and Relaxation Seminar** SP-18

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

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

Date: Oct. 16 (Wed)  
Time: 7 - 9:30 p.m. (1 session)  
Fee: \$20 (includes booklet, tape, and book)  
Location: UFM Banquet Room

**Stress Control and Relaxation Seminar** SP-19

Date: Nov. 13 (Wed)  
Time: 7 - 9:30 p.m. (1 session)  
Fee: \$20 (includes booklet, tape, and book)  
Location: UFM Fireplace Room

**Nail Care** SP-20

What's the latest look for well-groomed nails? Join us as we discuss the basics of manicures and pedicures. We'll talk about sculptured nails (Turbo, Solar, and Tammy) and nail wraps (Silk, Linen, and Glass with or without tips). Each student will take home a tester nail. Give your hands a great new look.

Date: Sept. 26 (Thurs)  
Time: 6 - 7 p.m. (1 session)  
Fee: \$5  
Location: Joli Styling Salon  
1106 Laramie

**Nail Care** SP-21

Date: Oct. 24 (Thurs)  
Time: 6 - 7 p.m. (1 session)  
Fee: \$5  
Location: Joli Styling Salon  
1106 Laramie

**Nail Care** SP-22

Date: Nov. 14 (Thurs)  
Time: 6 - 7 p.m. (1 session)  
Fee: \$5  
Location: Joli Styling Salon  
1106 Laramie

**Nail Care** SP-23

Date: Dec. 12 (Thurs)  
Time: 6 - 7 p.m. (1 session)  
Fee: \$5  
Location: Joli Styling Salon  
1106 Laramie

Jennifer Christian is the owner and manager of Joli Styling Salon. She believes that your nails are an extension of yourself.

**True Colors - Celebrating Your Family's Uniqueness** <sup>NEW!</sup> SP-24

Are you showing your "true colors"?! What is meant when someone describes you as "true blue"? Can you really be "as good as gold"? In this True Colors program, you will have the opportunity to understand yourself and family members better--and to capitalize on each other's strengths as individuals. We will have fun as we look at new ways to approach others--even when we don't always see the world in the same way. True Colors is open to anyone (children should be accompanied by an adult) who wants to improve their relationships with family members or friends. Course includes booklet "Keys to Personal Success." Please register at least one week in advance.

Ruth Bentivenga (539-7180) School/Community Consultant at the Northeast Kansas Regional Prevention Center, enjoys working with families. She has been the presenter of several parenting programs which help individuals in families understand each other better and improve their relationships with each other.

Date: Sept. 28 (Sat)  
Time: 10 a.m. - 12 Noon (1 session)  
Fee: \$13 (If more than one family member registers, cost is \$13 for first person and \$5 for each additional family member)  
Location: UFM Conference Room

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**Getting Help: Families Dealing with Alcohol & Drug Abuse** SP-26

When someone has a problem with alcohol or other drugs, it's difficult for family members to reach out for help. Find out more about the basic types of services available, specific programs in the area, and how to choose a program suited to specific needs.

Patty Mayo (539-7180), a licensed social worker, works as an Intervention Consultant with Northeast Kansas Regional Prevention Center, a program of Pawnee Mental Health Services.

Date: Oct. 19 (Sat)  
Time: 1 - 2 p.m. (1 session)  
Fee: \$5  
Location: St. Mary Hospital  
1823 College Avenue

**Sack Lunch Theology** SP-27

This semester's book, *The Spiritual Life of Children*, is the culmination of 30 years of work for teacher/psychiatrist Robert Coles. He has spoken with children around the world, recording and absorbing their attitudes toward racial crisis, poverty, political stress, religion, and spirituality. He records their ways of understanding the ultimate meaning of their lives, both in their own terms and in the ways that the adult world prescribes. (Copies of the book will be available at the first class for approximately \$18.) Sack Lunch Theology has been meeting for a very long time! This is a diverse group of people who like to share ideas, inspirations, arguments, and laughter. Please join us - and bring your lunch!

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

Date: Sept. 30 - Nov. 18 (Mon)  
Time: 11:30 a.m. - 1 p.m. (8 sessions)  
Fee: \$5  
Location: Baptist Campus Center  
1801 Anderson

**JOIN US Sundays at 10:45**

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



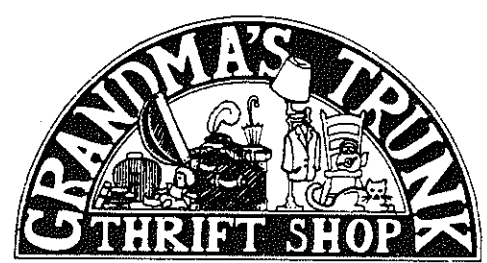
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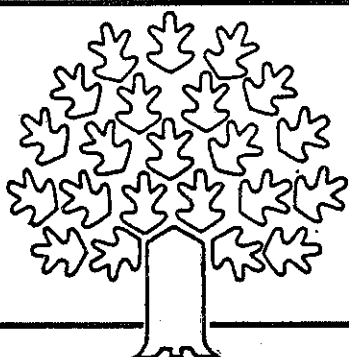
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# Youth

1221 THURSTON

539-8763

## Pressed Flower Bookmarks for Kids

Y-01

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

Date: Oct. 9 (Wed)  
Time: 5 - 6 p.m. (1 session)  
Fee: \$7  
Location: UFM Fireplace Room

## Create a Terrarium (ages 6 and up)

Y-02

Kids, do you enjoy digging in the dirt and watching things grow? Join us and create a terrarium. Learn about the types of plants and containers that can be used, the proper planting medium, and the care of your terrarium. *Please bring 2 small plants to class. (When purchasing your plants specify they are for use in a terrarium.)*

Date: Oct. 17 (Thurs)  
Time: 4:30 - 5:30 p.m. (1 session)  
Fee: \$7 (includes soil, fertilizer, & container)  
Location: UFM Greenhouse

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

## Beginning Spanish for Children (Ages 5 - 8)



Y-03

Would you like to learn to speak Spanish? Learn basic Spanish vocabulary such as colors, numbers, and common objects. We'll learn some conversational phrases and progress to short sentences. Have fun learning a Spanish song. Join us for a great time.

Hilda Barrantes is from Costa Rica. She has taught in the school system in her country and teaches private Spanish lessons. She majored in fashion design in her country.

Date: Sept. 26 - Dec. 12 (Thurs)  
Time: 5 - 6 p.m. (11 sessions)  
Fee: \$20  
Location: UFM Conference Room

## Beginning Ballet

Y-04

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

Portia Sisco (537-7253) is 15 years old, has studied dancing for 12 years, and plans to pursue dancing as a career. Portia recently performed in Beverly Bernardi Post's Dance Capades in Topeka.

Date: Sept. 18 - Oct. 9 (Wed)  
Time: 6:30 - 7:30 p.m. (4 sessions)  
Fee: \$12  
Location: UFM Banquet Room

## Parent-Teacher Conference Enrichment Days

Y-05

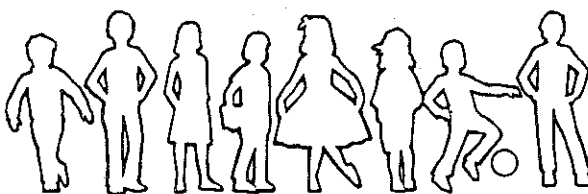
Parents, provide your children (grades 1 - 4) some supervised fun and activity during Fall Parent-Teacher Conference Days. Children, join us for mini-courses which may include arts and crafts, music, cooking, science, horticulture, and others. For further information call UFM (539-8763). We'll have a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

Date: Oct. 31 (Thurs)  
Time: 8 a.m. - 5 p.m. (1 session)  
Fee: \$8/half day  
\$14/all day  
Location: UFM Banquet Room

## Parent-Teacher Conference Enrichment Days

Y-06

Date: Nov. 1 (Fri)  
Time: 8 a.m. - 5 p.m. (1 session)  
Fee: \$8/half day  
\$14/all day  
Location: UFM Banquet Room



## Kung Fu for Children

Y-07

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

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

Date: Sept. 28 - Nov. 16 (Sat)  
Time: 2 - 3 p.m. (8 sessions)  
Fee: \$23  
Location: KSU Ahearn Fieldhouse

## Green Power: Preserving Our Environment

Y-08



Join us for a fun and informative session on our environment. Participate in hands-on activities that increase awareness and knowledge of the problems of overpopulation, litter, waste disposal, and air pollution. We'll do some gardening and learn about biodegradable items. Although this course is geared for children in grades 1 - 5, all ages are welcome!

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

Date: Oct. 5 (Sat)  
Time: 9 a.m. - 12 Noon (1 session)  
Fee: \$5  
Location: UFM Banquet Room



## Breakfast with Santa

Y-09

PARENTS! Treat your child to an extra special Christmas this year. Sign them up for breakfast with SANTA. **In order to make this a truly special event, please bring a package with you when you register, or drop one by the UFM house ten days prior to Santa's Breakfast and he will personally give your child his or her own gift.** (Please keep gift \$5 or under). Although it is not required, parents are welcome to stay and take pictures or just watch the festivities. **PLEASE REGISTER AT LEAST 2 WEEKS PRIOR TO CLASS.**

Date: Dec. 7 (Sat)  
Time: 9 - 10 a.m. (1 session)  
Fee: \$8  
Location: VISTA Drive In Restaurant  
1911 Tuttle Creek Boulevard

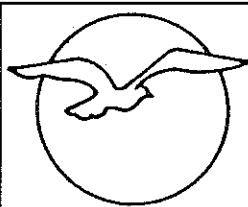


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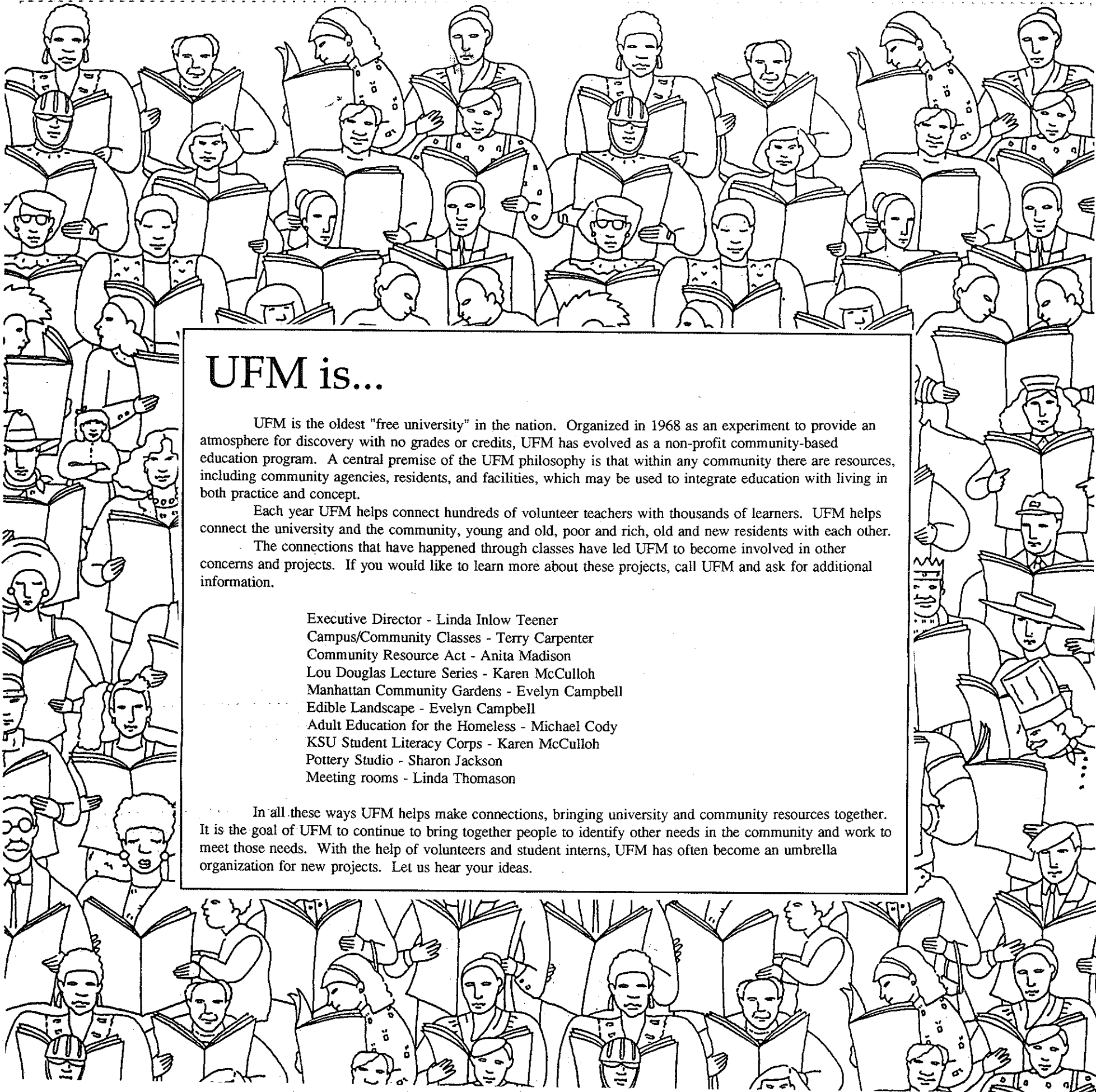
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## UFM is...

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

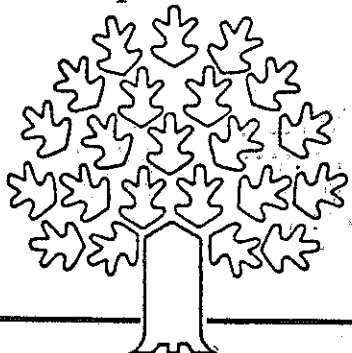
Each year UFM helps connect hundreds of volunteer teachers with thousands of learners. UFM helps connect the university and the community, young and old, poor and rich, old and new residents with each other.

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

Executive Director - Linda Inlow Teener  
 Campus/Community Classes - Terry Carpenter  
 Community Resource Act - Anita Madison  
 Lou Douglas Lecture Series - Karen McCulloh  
 Manhattan Community Gardens - Evelyn Campbell  
 Edible Landscape - Evelyn Campbell  
 Adult Education for the Homeless - Michael Cody  
 KSU Student Literacy Corps - Karen McCulloh  
 Pottery Studio - Sharon Jackson  
 Meeting rooms - Linda Thomason

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

It's not too late...If you would like to help UFM meet its goals,  
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# Questions We're Often Asked

## 1. When should I register?

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

## 2. How do I sign up?

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

## 3. When do I pay?

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

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

Recently UFM eliminated the course registration fee. In some courses, however, you will be given a supply list and asked to bring your supplies to class. We will make every effort to designate these courses in our catalog.

## 5. When is the office open?

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

## 6. Will I receive a confirmation?

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

## 7. What if a course is cancelled or rescheduled?

When we cancel or reschedule a class, we'll

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

## 8. Can I get a refund?

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

## 9. Must I register to take a class?

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

## WE'RE STEPPING OUT...

### Community Registrations

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

DATE	TIME	LOCATION
Aug. 21	11 a.m. - 1 p.m.	K-State Union
Aug. 22	11 a.m. - 1 p.m.	K-State Union
Sept. 3	6:30 - 8:30 p.m.	Public Library
Sept. 5	6:30 - 8:30 p.m.	Public Library
Sept. 7	11:30 a.m.-1:30 p.m.	Town Center

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

## DON'T GET SHUT OUT!

Register early:

- So we can notify you of any course changes.
- So you can be assured of space in the course.
- So the instructor knows for how many students to prepare.

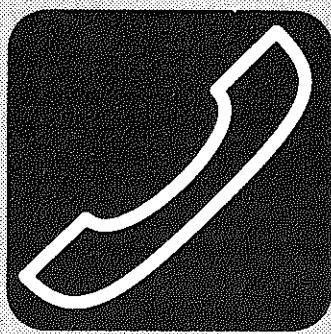
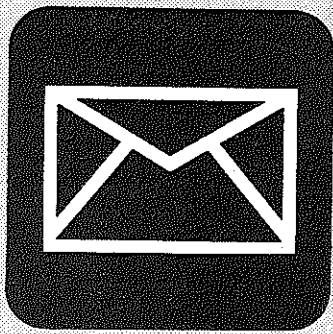
Mailing your class registration? Class confirmations will not be sent unless otherwise requested. Consider yourself registered unless you hear from us that the class is full. Feel free to call us to inquire about our receipt of your registration.

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

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



# REGISTRATION INFORMATION 3 WAYS TO REGISTER



## Registration By Mail

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

UFM  
Class Registrations  
1221 Thurston  
Manhattan, Kansas 66502-5299

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

## Registration By Phone

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



## Registration In Person

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

FOR YOU...

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

Name \_\_\_\_\_ Day Phone \_\_\_\_\_  
Address \_\_\_\_\_ Evening Phone \_\_\_\_\_  
City \_\_\_\_\_ State Kansas Zip \_\_\_\_\_

CLASS #	TITLE	FEES
1.		
2.		
3.		
4.		
Tax deductible donation		
Total		

I hereby authorize the use of my Visa  Master Card

Signature \_\_\_\_\_  
Card # \_\_\_\_\_ Expiration Date: \_\_\_\_\_

(Please check all that apply)  
 KSU STUDENT Fr So Jr Sr Gr  
 AGE Under 13 13-18 19-24 25-59 60+  
 EMPLOYER KSU Faculty/Staff Fort Riley Personnel

Where did you obtain your catalog? \_\_\_\_\_  
 I am interested in teaching for UFM. yes  no

A class I would like offered is \_\_\_\_\_

OFFICE USE ONLY		AMOUNT		TOTAL PAID
DATE	STAFF	Check	AMOUNT	
Date received	_____	Cash	_____	
Entered	_____	Visa	_____	
Computer	_____	M/C	_____	
Fee	_____	Voucher	_____	
			Date	_____

FOR A FRIEND...

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

Name \_\_\_\_\_ Day Phone \_\_\_\_\_  
Address \_\_\_\_\_ Evening Phone \_\_\_\_\_  
City \_\_\_\_\_ State Kansas Zip \_\_\_\_\_

CLASS #	TITLE	FEES
1.		
2.		
3.		
4.		
Tax deductible donation		
Total		

I hereby authorize the use of my Visa  Master Card

Signature \_\_\_\_\_  
Card # \_\_\_\_\_ Expiration Date: \_\_\_\_\_

(Please check all that apply)  
 KSU STUDENT Fr So Jr Sr Gr  
 AGE Under 13 13-18 19-24 25-59 60+  
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A class I would like offered is \_\_\_\_\_

OFFICE USE ONLY		AMOUNT		TOTAL PAID
DATE	STAFF	Check	AMOUNT	
Date received	_____	Cash	_____	
Entered	_____	Visa	_____	
Computer	_____	M/C	_____	
Fee	_____	Voucher	_____	
			Date	_____





Fall 1991  
**Community Enrichment**  
Classes



Nonprofit Organization  
U. S. POSTAGE  
PAID  
Permit No. 134  
Manhattan, Kan. 66502

Community Enrichment is now being coordinated by UFM with the cooperation of the Division of Continuing Education at KSU. We plan to continue offering a variety of leisure skill and enrichment classes.

Help us develop this program by utilizing these opportunities and informing us of your learning interests.



**Swim Classes**

SW-00

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

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

Session I: Sept. 9 - Oct. 17  
 Session II: Oct. 28 - Dec. 7  
 Saturday Classes: Sept. 7 - Dec. 7  
 No classes Nov. 28-30 (Thanksgiving Break)

Note: Minimum enrollment for all classes is 5. If less than 5 enroll, classes of the same level may be combined or they will be cancelled.

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

**Parent - Preschool Classes**

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

**Parent - Infant (6 mo. - 1 year)**

SW-01

Parent must accompany child.  
 Saturday Classes:  
 Time: Section A: 9:30 - 10:00 a.m.  
 Section B: 10:00 - 10:30 a.m.  
 Session I, II, Mondays and Wednesdays  
 Time: 6:15 - 6:45 p.m.  
 Session I, II, Tuesdays and Thursdays  
 Time: 7:00 - 7:30 p.m.  
 Fee: \$21.25 per session

**Parent - Tot (1-2 years)**

SW-02

Parent must accompany child.  
 Saturday Classes:  
 Time: 10:30 - 11:00 a.m.  
 Session I, II, Mondays and Wednesdays  
 Time: 6:15 - 6:45 p.m.  
 Session I, II, Tuesdays and Thursdays  
 Time: 7:00 - 7:30 p.m.  
 Fee: \$21.25 per session

**Advanced Parent - Tot (3-4 years)**

SW-03

Parent must accompany child.  
 Saturday Classes:  
 Time: 11:00-11:30 a.m.  
 Session II, Mondays and Wednesdays  
 Time: 7:00 - 7:30 p.m.  
 Session II, Tuesdays and Thursdays  
 Time: 6:15 - 6:45 p.m.  
 Fee: \$21.25 per session

**Tweens (4-5 Years)**

SW-04

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

Saturday Classes:  
 Time: Section A: 9:30 - 10:00 a.m.  
 Section B: 10:00 - 10:30 a.m.  
 Section C: 10:30 - 11:00 a.m.  
 Section D: 11:00 - 11:30 a.m.  
 Session I,II, Mondays and Wednesdays  
 Time: Section A: 7:00 - 7:30 p.m.  
 Section B: 7:00 - 7:30 p.m.  
 Session I, II, Tuesdays and Thursdays  
 Time: Section A: 6:15 - 6:45 p.m.  
 Section B: 7:00 - 7:30 p.m.  
 Fee: \$20 per session

**Advanced Tweens (5-6 years)**

SW-05

Continued instruction in elementary swimming techniques and skill development necessary for Beginner's Class.

Saturday Classes  
 Time: Section A: 10:30 - 11:00 a.m.  
 Section B: 11:00 - 11:30 a.m.  
 Session II, Mondays and Wednesdays  
 Time: 7:00 - 7:30 p.m.  
 Session II, Tuesdays and Thursdays  
 Time: 7:00 - 7:30 p.m.  
 Fee: \$20 per session

**Beginners (age 6 plus)**

SW-11

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

Saturday Classes:  
 Time: Section A: 9:30 - 10:15 a.m.  
 Section B: 10:30 - 11:15 a.m.  
 Session I,II, Monday and Wednesdays  
 Time: 6:05 - 6:45 p.m.  
 Session I,II Tuesdays and Thursdays  
 Time: Section A: 6:05 - 6:45 p.m.  
 Section B: 6:50 - 7:30 p.m.  
 Fee: \$35 per session

**Advanced Beginners**

SW-12

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

Saturday Classes:  
 Time: Section A: 9:30 - 10:15 a.m.  
 Section B: 10:30 - 11:15 a.m.  
 Session I,II, Mondays and Wednesdays  
 Time: 6:05 - 6:45 p.m.  
 Session I,II Tuesdays and Thursdays  
 Time: Section A: 6:05 - 6:45 p.m.  
 Section B: 6:50 - 7:30 p.m.  
 Fee: \$35 per session

**Intermediate**

SW-13

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

Saturday Classes:  
 Time: 9:30 - 10:15 a.m.  
 Session I,II, Mondays and Wednesdays  
 Time: 6:50 - 7:30 p.m.  
 Session I,II Tuesdays and Thursdays  
 Time: 6:05 - 6:45 p.m.  
 Fee: \$35 per session

**Swimmers**

SW-14

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

Saturday Classes:  
 Time: 10:30 - 11:15 a.m.  
 Session I, II Mondays and Wednesdays  
 Time: 6:50 - 7:30 p.m.  
 Session I,II Tuesdays and Thursdays  
 Time: 6:50 - 7:30 p.m.  
 Fee: \$35 per session

**Hydroaerobics (age 16 plus)**

SW-15

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

Session I,II, 4 times per week  
 Time: 6:05 - 7:00 p.m.  
 Fee: \$38 per session  
 Session I,II, 2 times per week  
 Time: 6:05 - 7:00 p.m.  
 Fee: \$20 per session

**Swim and Stay Fit (age 13 plus)**

SW-16

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

Saturday Classes:  
 Time: Section A: 9:30 - 10:15 a.m.  
 Section B: 10:30 - 11:15 a.m.  
 Session I,II, Mondays and Wednesdays  
 Time: 6:05 - 7:00 p.m.  
 Session I,II Tuesdays and Thursdays  
 Time: 6:05 - 7:00 p.m.  
 Fee: \$35 per session

**Adult Swim Lessons (age 16 plus)**

SW-17

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

Saturday Classes:  
 Time: 9:30 - 10:15 a.m.  
 Session I, II, Mondays and Wednesdays  
 Time: 6:05 - 6:45  
 Fee: \$35 per session

**Private Lessons**

SW-18

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

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

**Water Safety Instructor  
 Arthritis Aqua Exercise**

Classes in Arthritis Aqua Exercise and Water Safety Instructor are being organized. Please contact the Community Enrichment Coordinator at UFM (539-8763) for details.

**Scuba Diving**

SD-01

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

Date: Session I: Sept. 7 - Oct. 12 (Sat)  
 Session II: Oct. 19 - Nov. 23 (Sat)  
 Time: 9:00 a.m. - 1:00 p.m.  
 Fee: \$195 noncredit  
 \$215 credit\*

Location: KSU Natatorium  
 Instructor: Jeff Wilson  
 Free scuba demonstrations will be held in the KSU Natatorium on Fridays, Sept. 6 and Oct. 11 from 6:05 - 7:30 p.m. Each session will acquaint participants with the skills and techniques of safe underwater diving. Bring swimsuits and be prepared to enter the water.

## Tumbling

TB-00

These tumbling classes will provide basic skills in floor activity. Children will gain confidence, skill and poise. Instruction will be appropriate to age and ability levels. Any person enrolling for the first time must enroll in the Beginning class. Students will be reassigned after the first class meeting. Classes are open to youth aged 3 - 17. Enrollment is limited due to time and space restrictions.

Participants should wear comfortable clothing such as gym shorts and T-shirts, or tights and leotards. Socks or gymnastic shoes are required. Observers are allowed in the gym only at the first session and Parent's Day.

Saturday Classes: *Session IA,B: Sept. 7 - Oct. 5*  
*Session IIA, B: Oct. 12 - Nov. 9*  
Mon. - Thur. Classes: *Session IA,B: Sept. 4 - Oct. 8*  
*Session IIA,B: Oct. 9 - Nov. 12*  
Location: *KSU, Room 4 Ahearn Complex*

## Parent/Toddlers (ages 1 - 3)

TB-01

This introduction to tumbling teaches elementary movement patterns, exploration and safety. Parents will learn effective teaching methods and must accompany children onto the mats.

Session I, II, Saturdays:  
Time: *Section A: 9:00 - 9:30 a.m.*  
*Section B: 9:35 - 10:05 a.m.*  
Fee: *\$15.00 per session*

## Tumbling Tots (Age 4)

TB-02

Basic tumbling skills including locomotor skills, exploration of movement and exercises to strengthen muscle groups.

Session I, II, Saturdays:  
Time: *10:10 - 10:40 a.m.*  
Fee: *\$15.00 per session*

## Advanced Tumbling Tots (Age 5-6)

TB-03

Basic tumbling skill continues with emphasis on developing muscle strength, movement and locomotor skills.

Session I,II, Saturdays:  
Time: *10:45 - 11:15 a.m.*  
Fee: *\$15.00*

## Beginning/Intermediate Tumbling

TB-04

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

Session I, II, Mondays and Wednesdays:  
Time: *4:00 - 4:45 p.m.*  
Fee: *\$30.00 per session*

## Advanced Tumbling

TB-05

Advanced acrobatics and tumbling skills geared toward the experienced student.

Session I, II, Tuesdays and Thursdays:  
Time: *4:00 - 4:45 p.m.*  
Fee: *\$30.00 per session*



## Tennis

TE-00

Tennis is a sport enjoyed by youth through senior adult age groups. Students provide their own rackets. We provide balls.

Location: *L.P. Washburn Recreation Area, KSU*  
**Beginning Juniors and Adults (age 9 and up)** TE-01  
This class will focus on fundamentals of strokes, basic rules of play, and beginning competition.

Instructor: *Tari Boller*  
Date: *Sept. 9 - Oct. 14 (Mon)*  
Time: *6:30 - 7:30 p.m.*  
Fee: *\$40*

## Advanced Juniors and Adults (age 9 and up)

TE-02

This class will focus on stroke development, singles and doubles tactics, drills and competition.

Date: *Sept. 9 - Oct. 14 (Mon)*  
Time: *7:30 - 8:30 p.m.*  
Fee: *\$40*

## Standard First Aid/Community CPR

CP-01

This course teaches fundamental principles and skills of first aid, correct CPR techniques for adult and infant victims of cardiac arrest and other respiratory emergencies. Red Cross Certification is given on successful completion of the course. Testbooks may be purchased at the Red Cross Office and are not included in the class fee. Limit: 8 per session.

Date: *Session I Sept. 3 - Oct. 15 (Tues)*  
Time: *2:00 - 4:00 p.m.*

Date: *Session II Sept. 6 - Oct. 18 (Fri)*  
Time: *10:00 a.m. - 12:00 p.m.*

Date: *Session III Oct. 2 - Nov. 13 (Wed)*  
Time: *6:30 - 8:30 p.m.*

Fee: *\$65 per session*  
Location: *Riley County Red Cross Office, 1014 Poyntz*



## Golf

GO-01

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

Date: *Section A: Sept. 4 - Oct. 23 (Wed)*  
*1:30 - 3:30 p.m.*

Date: *Section B: Sept. 5 - Oct. 24 (Thur)*  
*9:00 - 11:00 a.m.*

Fee: *\$78 noncredit*  
*\$98 credit\**  
Location: *Stagg Hill Golf Course, 4441 Ft. Riley Blvd*  
Instructor: *Jim Gregory*

## Trapshooting

TS-01

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

Date: *Sept. 3 - Oct. 22 (Tues)*  
Time: *7:00 - 9:00 p.m.*  
Fee: *\$95 noncredit*  
*\$115 credit\**

Location: *Tuttle Creek Trapshooting Park (9 miles north of Walmart on Tuttle Creek Blvd)*  
Instructor: *Charles LaMaster*

(Ask about 1 hour KSU undergraduate optional credit.)

## Windsurfing

WD-01

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

Date: *Sept. 5 (Other dates by appointment)*  
Time: *6:30 - 9:30 p.m.*  
Fee: *\$90 noncredit fee*  
*\$110 credit fee\**

Location: *Orientation and first lecture class held in Ahearn, Room 205. Lakeside instruction on weekends arranged at this class.*  
Instructors: *Brenda and Bernard Buster*

## Beginning Sign Language

SL-01

This class is designed for individuals who are interested in learning the basic skills of sign language. Students will be instructed in the Manual Alphabet and a vocabulary of about 200 functional signs. Limit:20.

Date: *Sept. 4 - Oct. 9 (Wed)*  
Time: *7:00 - 8:00 p.m.*  
Fee: *\$40*  
Location: *KSU, 149 Justin Hall*  
Instructor: *Natalie Smith*

## Advanced Sign Language

SL-02

This class is designed for the individual who wants to continue learning sign language skills. Included are continued instruction and review of the Manual Alphabet and functional signs.

Date: *Oct. 16 - Nov. 20 (Wed.)*  
Time: *7:00 - 8:00 p.m.*  
Fee: *\$40*  
Location: *KSU, 149 Justin Hall*  
Instructor: *Natalie Smith*

## Tae Kwon Do Karate (Age 10 plus)

TK-00

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

## Tae Kwon Do Karate I (Beginning)

TK-01

Date: *Sept. 6 - Dec. 6 (Tues and Fri)*  
*No class Nov. 29*  
Time: *6:30 - 7:30 p.m.*  
Fee: *\$60 noncredit*  
*\$80 credit\**

## Tae Kwon Do II (Advanced)

TK-02

Date: *Sept. 6 - Dec. 6 (Tues and Fri)*  
*No class Nov. 29*  
Time: *7:30 - 8:30 p.m.*  
Fee: *\$60 noncredit*  
*\$80 credit\**

Location: *The first class on Sept. 6, 6:30 - 7:30, will be a public demonstration and formal introduction of instructors in Ahearn Gymn. Subsequent classes will be in Ahearn gymn or fieldhouse. (Ask about 1 hour KSU undergraduate optional credit.)*

Instructor: *Grand Master Sun Yi, 7th Degree Black Belt.*

## Judo

JU-00

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

Notice: *No classes Nov. 25 - Nov. 28.*

Location: *Ahearn Fieldhouse, KSU.*

## Judo I (Beginners)

JU-01

Date: *Sept. 4 - Dec. 11 (Mon. and Wed.)*  
Time: *6:00 - 7:00 p.m.*  
Fee: *\$60*

## Judo II Advanced (age 7 and up with one Beginner's Class)

JU-02

Date: *Sept. 4 - Dec. 11 (Mon. and Wed.)*  
Time: *7:00 - 8:00 p.m.*  
Fee: *\$60*

## Adult Judo for Women (age 16 and up)

JU-03

Date: *Sept. 12 - Dec. 12 (Thur)*  
Time: *7:00 - 8:30 p.m.*  
Fee: *\$50*  
Instructor: *Tony Luginbill, 2nd Degree Black Belt*

(Ask about 1 hour undergraduate optional credit.)

\*Credit classes require additional charges to cover KSU administrative costs. Students enrolled in less than 6 hours, will also be assessed for student activity and health fees.



**GENERAL INFORMATION**

**Liability Statement**

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

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

**Parking**

As you plan your Community Enrichment schedule, keep in mind these general points concerning parking at K-State.

1. Parking permits are required for all students, faculty, and staff from 7:00 am. - 5:00 p.m., Monday - Friday. There is metered parking in the lot south of the K-State Union.
2. There is limited visitors' parking in the lot South of the K-State Union with an entrance on 17th Street.
3. The Information Booth in this lot (open from 7:30 a.m. 5:00 p.m. on weekdays) and the Kansas State University Police Department Office (located across 17th Street in East Stadium-open 24 hours, seven days a week), will help you with permits and general information. You may also call the Police Department Office: (913) 532-6412.

**Refund Policy:**

**Non-Credit Registrations:**

Because class size is limited, enrollment will be accepted on a first-come, first-served basis. Receipt of payment will reserve a place in a class. Classes with insufficient enrollment will be cancelled and refunds will be made. No refunds are permitted after a class begins. **All refund requests must be made in writing.**

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

**Credit Enrollments:** Courses taken for credit carry additional fees required for University administration of the credit program. A \$15.00 late fee will be charged for enrollments taken after the second class meeting. A \$35.00 late fee will be charged for enrollments taken after 1/3 of the class meetings.

**Withdrawals**

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

**Inclement Weather Policy**

The Community Enrichment Program follows the inclement weather policy of Kansas State University. Courses will be conducted unless all University courses are cancelled. The only exception to this policy is if the instructor informs his/her students personally that he or she will not be present at a given class meeting. The instructor is then responsible for arranging a make-up lesson.

**New Programs**

If you have any suggestions for additional programs or for improvement of existing programs, please call, come by, or write to: Community Enrichment Programs, 1221 Thurston, Manhattan, KS 66502, (913) 539-8763.

**Notice of Nondiscrimination:**

Kansas State University is committed to a policy of nondiscrimination on the basis of race, sex, national origin, handicap, religion, age, sexual orientation, or other non-merit reasons, in admissions, educational programs or activities, and employment, all as required by applicable laws and regulations. Responsibility for coordination of compliance efforts and receipt of inquiries, including those concerning Title IX of the Education Amendments of 1972 and Section 504 of the Rehabilitation Act of 1973, has been delegated to Jane D. Rowlett, Ph.D., Director, Affirmative Action Office, 214 Anderson Hall, Kansas State University, Manhattan, KS 66506-0104 (913/532-6220).

**Pool Rental:**

The Continuing Education program schedules pool usage on Friday, 6:00 - 7:30 p.m., and Saturday or Sunday evenings between 5:00 - 7:00 p.m. All pool reservations must be scheduled one month in advance of usage. The pools are located in the KSU Natatorium. The fee for pool usage is \$80 per hour and \$5.00 per hour per lifeguard. One lifeguard is required per twenty swimmers. Call 532-5560 for information or to schedule the pool.

Please send registration form to:

Community Enrichment  
UFM  
1221 Thurston  
Manhattan, KS 66502

Credit card enrollments may call: 539-8763

Student's Name _____ Age _____		Please send registration form to:	
Mailing Address _____		Community Enrichment	
_____		UFM	
_____		1221 Thurston	
_____		Manhattan, KS 66502	
City _____	State _____	Zip Code _____	
Parent's Name (if student is under 21) _____		Credit card enrollments may call: 539-8763	
Day Phone _____	Night Phone _____	Social Security Number _____	
Class Name _____	Class Number _____		
Session I,II _____	Class _____		
Day(s) and Time _____	Credit _____	Non-credit _____	
METHOD OF PAYMENT		Amount \$ _____	
Check (payable to KSU) _____	Cash _____	Money Order _____	Other _____
Master Card Number _____	Expiration Date _____		
VISA Card Number _____	Expiration Date _____		
Card Holder's Name (Please Print) _____		Signature _____	

Student's Name _____ Age _____		Please send registration form to:	
Mailing Address _____		Community Enrichment	
_____		UFM	
_____		1221 Thurston	
_____		Manhattan, KS 66502	
City _____	State _____	Zip Code _____	
Parent's Name (if student is under 21) _____		Credit card enrollments may call: 539-8763	
Day Phone _____	Night Phone _____	Social Security Number _____	
Class Name _____	Class Number _____		
Session I,II _____	Class _____		
Day(s) and Time _____	Credit _____	Non-credit _____	
METHOD OF PAYMENT		Amount \$ _____	
Check (payable to KSU) _____	Cash _____	Money Order _____	Other _____
Master Card Number _____	Expiration Date _____		
VISA Card Number _____	Expiration Date _____		
Card Holder's Name (Please Print) _____		Signature _____	

**REGISTRATION INFORMATION**

**Mail-in:** You may register by sending your registration form and fee to:

Community Enrichment Programs  
UFM  
1221 Thurston  
Manhattan, KS 66502

**Walk-in:** You may register at UFM, 1221 Thurston, between 8:00 a.m. - 5 p.m., Monday through Friday (closed 12 - 1p.m.). Special provision can be made for lunch or after work registration. Call 539-8763.

**Phone-in:** You may register by phone with payment made with MasterCard or VISA credit cards by calling 539-8763.

**Other sites to register:**

You may also register at one of the following locations:

- |         |            |                |
|---------|------------|----------------|
| Aug. 21 | 11:00-1:00 | K-State Union  |
| Aug. 22 | 11:00-1:00 | K-State Union  |
| Sept. 3 | 6:30-8:30  | Public Library |
| Sept. 5 | 6:30-8:30  | Public Library |
| Sept. 7 | 11:30-1:30 | Town Center    |

**Fees:** Fees may be paid with cash, check, or money order (checks made payable to UFM), or with VISA or MasterCard. Participants must pay the full fee of each class enrollment, prior to the first class. A charge of \$20.00 will be assessed on returned checks and declined credit cards.

**Receipts:** You are immediately enrolled at the time you register. You will not be notified of enrollment unless difficulty is encountered with your registration. Phone and mail-in registrants will receive a receipt during the first month of class meetings if requested from the instructor.