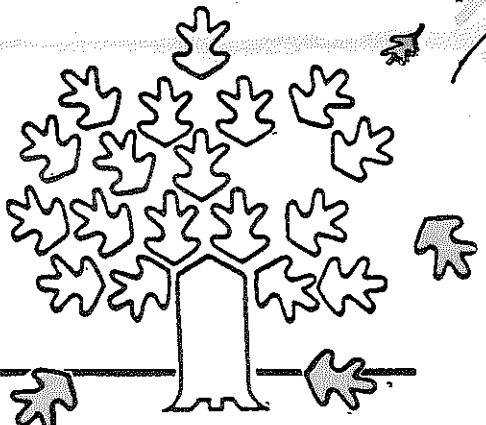


OR CURRENT RESIDENT

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



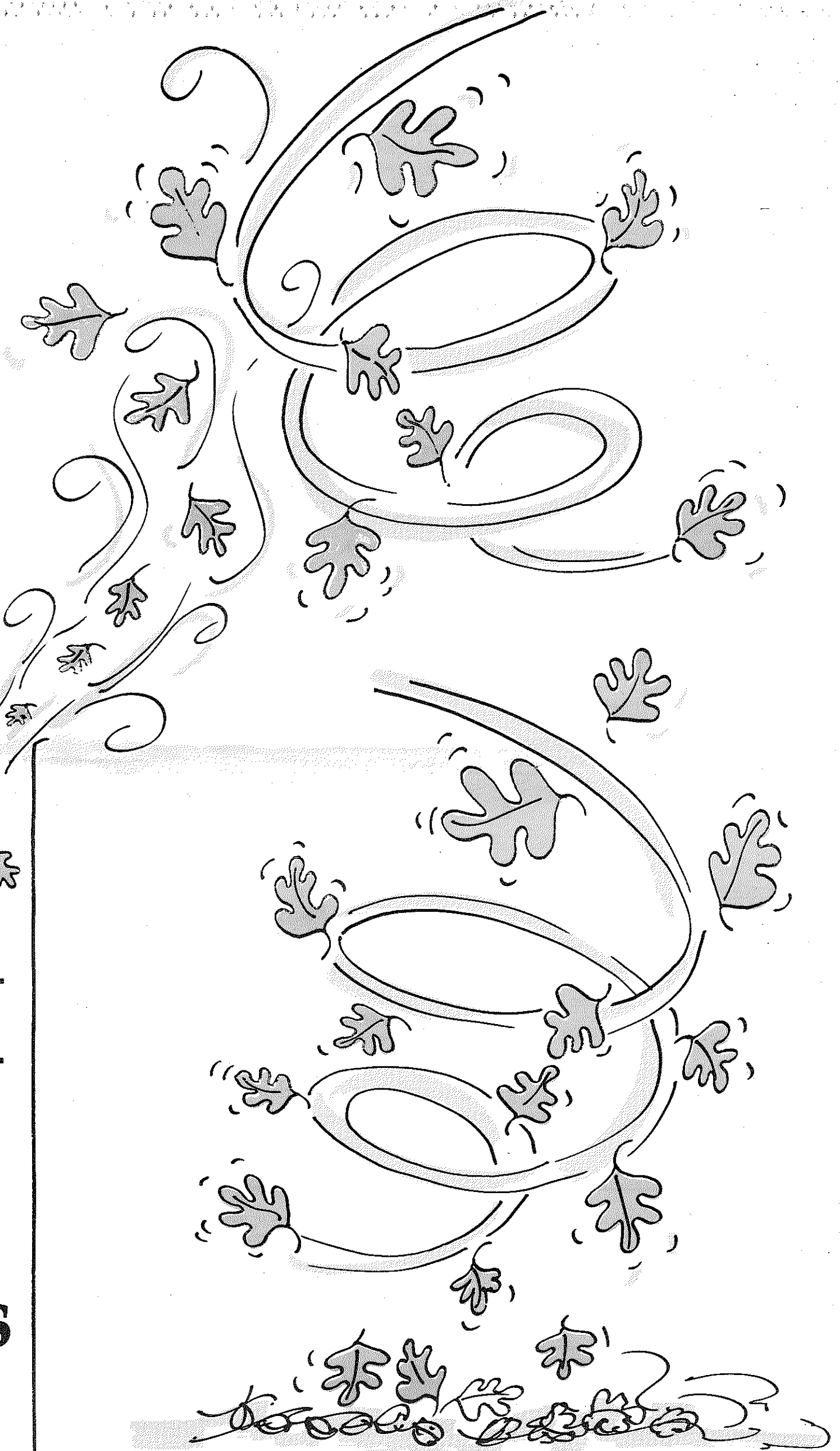
# UFM

## 1992

### FALL

#### Classes

(Sept.-Dec.)



**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.

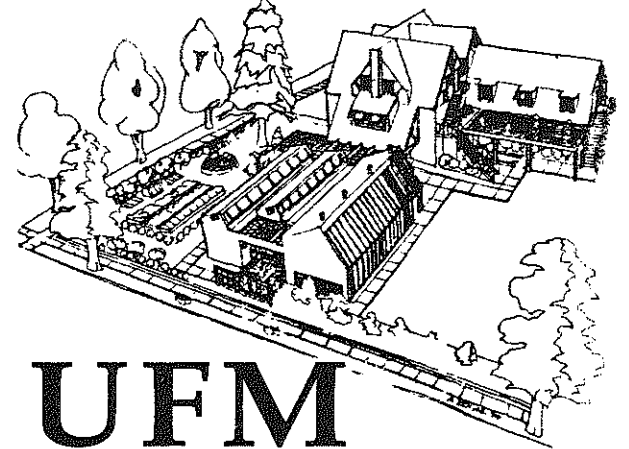
Each year UFM brings together hundreds of volunteer teachers with thousands of learners. UFM helps connect the university and the community, young and old, poor and rich, old and new residents with each other.

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.

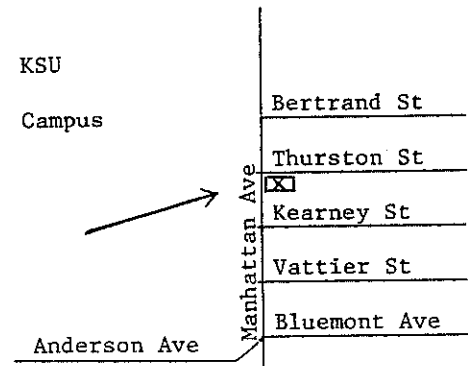
- Executive Director - Linda Inlow Teener
- Educational Coordinator - Tresa Weaver
- State Outreach Coordinator - Anita Madison
- Lou Douglas Lecture Coordinator - Karen McCulloh
- Family Literacy Program - Michael Cody
- Office Coordinator - Bonnie Wellmeier

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.

**WHERE WE'RE LOCATED...**



**UFM**  
1221 Thurston



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**Classes**

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* Red Cross Swim Lessons		* Home Repairs * Buying a car * Antiques	
<b>Earth &amp; Nature</b> .....	7	<b>Languages</b> .....	15
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* Books * Novel writing		<b>Recreation and Health</b> .....	20-21
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<b>Family Living</b> .....	12	* Standard First Aid/CPR	
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UFM provides a neutral site to discuss community issues. The views expressed by course instructors or those groups utilizing our meeting space are not necessarily those held by UFM programs, Board members, or staff.

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

**ABOUT OUR COVER**

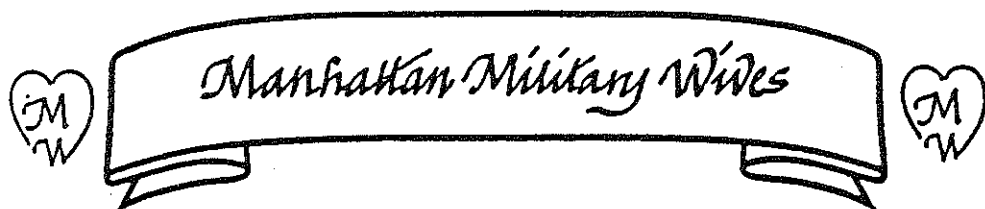
Our cover was done by Ann Root, a graduate of KSU in Marketing, and Mal Hoover, a Graphic Designer for Veterinary Medicine at KSU.

**BOARD OF DIRECTORS**

- Nancy Denning, *Chairperson*  
*Denning & Associates*
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*Executive Director UFM*
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*& Christian Social Concerns*
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- Craig A. Weigel  
*Kansas Farm Bureau*

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—a program for all military families living in Manhattan—  
\*\*\*

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

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

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

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

\*\*\*\*\*

### BABYSITTING CO-OP

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

### SPECIAL SUPPORT GROUP, CLASSES & WORKSHOPS

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

\* Developing Capable People is a special nine-week parenting class held Thursday mornings beginning September 24.

\* Other personal growth classes and workshops are often held.

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

### COMMUNITY NETWORKING

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

\*\*\*\*\*

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

## COMMUNITY REGISTRATIONS

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

DATE	TIME	LOCATION
Aug 20	10 am - 2 pm	KSU Union
Aug 24	10 am - 2 pm	KSU Union
Aug 29	10 am - 2 pm	Wal-Mart
Sept 3	4 pm - 7 pm	Public Library

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

### MAILING YOUR REGISTRATION?

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

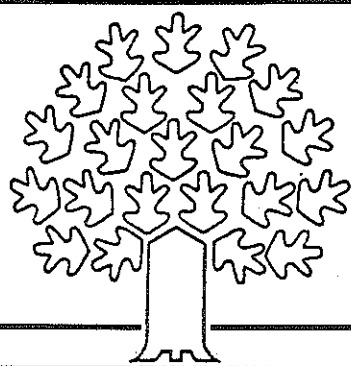
\_\_\_\_\_

*To advertise your business or organization in the next UFM catalog, contact the UFM Office (539-8763) by November 2.*

\_\_\_\_\_

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

\_\_\_\_\_



# Aquatics

1221 THURSTON

539-8763

## Swim Classes:

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

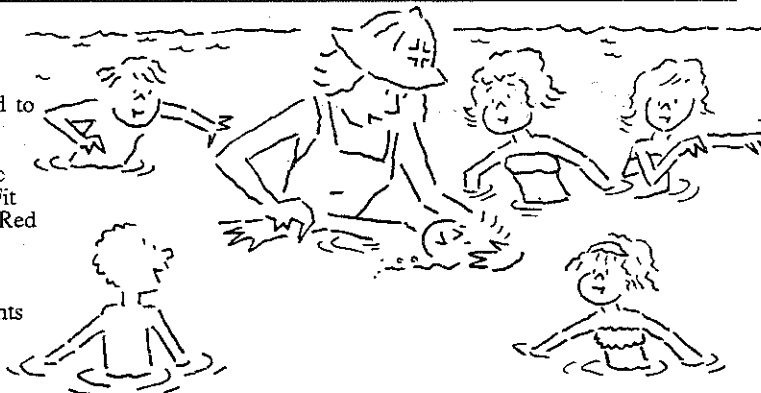
All swim classes are held in the KSU Natatorium. Lockers are available for use during class. Participants must supply towels and swimsuits. Showers are required before entering the water.

Parents are allowed on deck only on Parents Day

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

Session I: Mon/Wed: Sept 14 - Oct 21  
Tue/Thurs: Sept 15 - Oct 22  
Session II: Mon/Wed: Nov 2 - Dec 9  
Tue/Thurs: Nov 3 - Dec 10  
Session III: Saturdays: Sept 12 - Dec 5

Become a UFM instructor!  
Please call the UFM Office (539-8763) by November 2 if you have a skill or interest that you would like to share with others in our community. Become a link in our goal of life-long learning and living.



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

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

Session I: AQ-10 Mon/Wed 7-7:30pm  
Session II: AQ-27 Mon/Wed 7-7:30  
AQ-28 Tues/Thurs 7-7:30pm  
Session III: AQ-47 Saturday 10:30-11am  
Fee: \$21.25 per session

## Tweens Ages 4-5 years

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

Session I: AQ-11 Mon/Wed 6:15-6:45pm  
Session II: AQ-29 Mon/Wed 7-7:30pm  
AQ-30 Tues/Thurs 6:15-6:45pm  
Session III: AQ-48 Saturday 9:30-10am  
AQ-49 Saturday 10-10:30am  
Fee: \$20 per session

## Advanced Tweens Ages 5-6 years

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

Session I: AQ-12 Tues/Thurs 7-7:30pm  
Session II: AQ-31 Mon/Wed 6:15-6:45pm  
AQ-32 Tues/Thurs 7-7:30pm  
Session III: AQ-50 Saturday 10:30-11:00am  
Fee: \$20 per session

## Beginners Ages 6 Plus

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

Session I: AQ-13 Mon/Wed 6:05-6:45pm  
AQ-14 Tues/Thurs 6:05-6:45pm  
Session II: AQ-33 Mon/Wed 6:50-7:30pm  
AQ-34 Tues/Thurs 6:05-6:45pm  
Session III: AQ-51 Saturday 9:30-10:15am  
AQ-52 Saturday 10:30-11:15am  
Fee: \$35 per session

# 776-5577



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EVERYDAY TWO-FERS  
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1800 Claflin Rd. • Manhattan • First Bank Center

# THE AUDUBON SOCIETY

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

## BEGINNING BIRD WALKS

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

## EDUCATIONAL PROGRAMS:

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

- Sept. 16: "Bats in Your Belfry"
- Oct. 21: "A Native American Perspective on 500 Years of Environmental History."  
(Dan Wildcat)
- Nov. 18: "Free Trade and the Environment of the Americas."
- Dec. 16: "The Christmas Bird Count, 1900-1992."

## FIELD TRIPS:

Call Tim Rues 784-5535; pre-registration required.  
Sept. 26: Kanopolis State Park  
Oct 18: Kaw Indian Mission, Council Grove  
Nov. 29: Kaw River Nature Trail

## BIRDSEED SALES:

Oct. 24 and Dec. 5, 9 a.m.-1 p.m. UFM Fireplace Room. Order seed in advance by calling 539-4863 or 1-494-2556.

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



## AQUATICS (Continued)

### Advanced Beginners Ages 6 plus

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

<b>Session I:</b>		
AQ-15	Mon/Wed	6:50-7:30pm
AQ-16	Tues/Thurs	6:50-7:30pm
<b>Session II:</b>		
AQ-35	Mon/Wed	6:05-6:45pm
AQ-36	Tues/Thurs	6:50-7:30pm
<b>Session III:</b>		
AQ-53	Saturday	9:30-10:15am
AQ-54	Saturday	10:30-11:15am
Fee:		\$35 per session

### Intermediate

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

<b>Session I:</b>		
AQ-17	Mon/Wed	6:05-6:45pm
<b>Session II:</b>		
AQ-37	Tues/Thurs	6:05-6:45pm
<b>Session III:</b>		
AQ-55	Saturday	9:30-10:15am
Fee:		\$35 per session

### Swimmers

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

<b>Session I:</b>		
AQ-18	Tues/Thurs	6:05-6:45pm
<b>Session II:</b>		
AQ-38	Mon/Wed	6:05-6:45pm
<b>Session III:</b>		
AQ-56	Saturday	10:30-11:15am
Fee:		\$35 per session

### Private Lessons for Special Populations AQ-67

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

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

### Private Lessons AQ-68

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

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



### Swim and Stay Fit Ages 13 plus

Swim and Stay Fit is a planned activity to encourage adults and advanced swimmers to swim regularly and frequently. Participants receive individual work-outs planned and supervised by instructor daily.

<b>Session I:</b>		
AQ-19	Mon/Wed	6:05-7pm
AQ-20	Tues/Thurs	6:05-7pm
<b>Session II:</b>		
AQ-39	Mon/Wed	6:05-7pm
AQ-40	Tues/Thurs	6:05-7pm
<b>Session III:</b>		
AQ-57	Saturday	9:30-10:30am
AQ-58	Saturday	10:30-11:30am
Fee:		\$35 per session

### Swim and Stay Fit for Parents

Are you tired of being just an observer at your child's swimming lessons? If so, then take advantage of the time you spend watching and enroll in our SPECIAL Parent's Swim and Stay Fit Class. This class is available to you at a reduced rate of \$25 and will meet everyday your child is enrolled in swimming lessons. In this class you will set your own goals and the instructor will help monitor your program.

<b>Session I:</b>		
AQ-21	Mon/Wed	6:05-6:45pm
AQ-22	Mon/Wed	6:50-7:30pm
AQ-23	Tues/Thurs	6:05-6:45pm
AQ-24	Tues/Thurs	6:50-7:30pm
<b>Session II:</b>		
AQ-41	Mon/Wed	6:05-6:45pm
AQ-42	Mon/Wed	6:50-7:30pm
AQ-43	Tues/Thurs	6:05-6:45pm
AQ-44	Tues/Thurs	6:50-7:30pm
<b>Session III:</b>		
AQ-59	Saturday	9:30-10:30am
AQ-60	Saturday	10:30-11:30am
Fee:		\$25 per session

### Adult Swim Lessons

Are you tired of sitting on the sidelines watching everyone else swim? Well, you don't need to anymore. Now's your chance to learn how to swim. This class is for adults who want to become comfortable in the water, add to their knowledge of personal safety, and increase enjoyment of their leisure time. No prerequisites. If enrollment is low, this class will be moved to private or semi-private lessons.

<b>Session I:</b>		
AQ-25	Mon/Wed	6:05-6:50pm
AQ-26	Tues/Thurs	6:05-6:50pm
<b>Session II:</b>		
AQ-45	Mon/Wed	6:05-6:50pm
AQ-46	Tues/Thurs	6:05-6:50pm
Fee:		\$35

### Hydroaerobics Ages 16 plus

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

Date:	AQ-61	Session I --- 2 meetings per week
	AQ-62	Session I --- 3 meetings per week
	AQ-63	Session I --- 4 meetings per week
	AQ-64	Session II -- 2 meetings per week
	AQ-65	Session II -- 3 meetings per week
	AQ-66	Session II -- 4 meetings per week
Time:		6:05-7pm Monday through Thursday
		9:30-10:30am Saturdays
Fee:		2 meetings per week \$18 per session
		3 meetings per week \$27 per session
		4 meetings per week \$36 per session

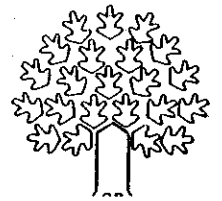
## GMAT

### Graduate Management Admission Test PREPARATION COURSE available this spring

This comprehensive GMAT review may give you the edge you need to beat the competition for admission to an MBA program.

For information call soon.

**UFM**  
**539-8763**

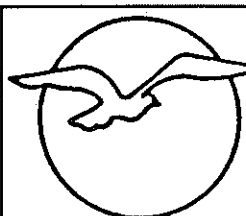


*For Great Family Activities,  
don't forget to check the other  
sections of the catalog.*

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

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

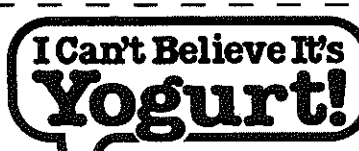
**Surviving and Thriving  
After Abuse is a class offered  
in the PERSONAL DEVELOPMENT  
section of the catalog.**



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IN YOUR WORLD**

Sundays 9:45 a.m. class, 11 a.m. service  
Events throughout the month  
Info & Dial-an-Inspiration 537-6120  
1021 Denison



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**Fundamentals of Kayaking** AQ-01

Experience the challenge of kayaking! We will study equipment, paddle techniques, fastwater maneuvers, and practice American Red Cross safety techniques. Rex Replogle (539-2643), a certified Red Cross Kayak instructor, has been kayaking for many years. He is a past President of the Kansas Canoe Association and the original director of the Kayak Chapter.

Date: Nov 1 & 8 (2 sessions)  
 Time: 9am - 7pm (Sunday)  
 Fee: \$50  
 Location: KSU Natatorium

**Intermediate Kayak Workshop** AQ-02

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

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

Date: Dec 6 (1 session)  
 Time: 9am - 1pm (Sunday)  
 Fee: \$5  
 Location: KSU Natatorium

**Water Safety Instructor Update** AQ-06

The American Red Cross has announced the release of the revised swimming and water safety programs. It includes 8 new courses and 5 existing courses. All WSI's are required to participate in an orientation to new materials before Dec. 31, 1993. This update orientation will allow opportunity to practice new skills in the water. All participants must pass a 75 question written test with 80% or better to successfully complete the orientation. An Implementation Test over the Instructors Manual and Swimming and Diving textbook must be completed as a study guide before attending the Update Orientation. Update Kit may be purchased at the Riley Co. Red Cross Office at 1014 Poyntz.

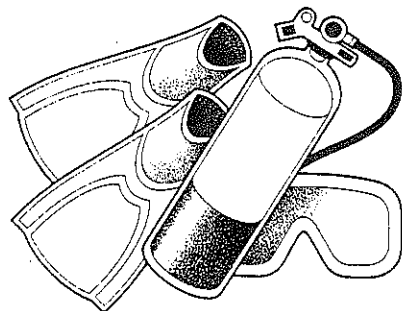
Deb Christie, is certified through the American Red Cross for Water Safety Instructor/Trainer.

Date: Oct 27 & Oct 29 (2 sessions)  
 Time: 4:30 - 7:30 pm (Tues. & Thurs.)  
 Fee: \$25  
 Location: Gym 204/KSU Natatorium

**WSI Update** AQ-07

Deb Christie

Date: Dec 5 (1 session)  
 Time: 1 - 7:00 pm (Saturday)  
 Fee: \$25  
 Location: Gym 204/KSU Natatorium



**Scuba Diving** AQ-03

This class will prepare students for open water one certification. The certificate is included in the class fee, however neither UFM nor KSU is responsible for this certification. Travel and lodging are at the student's expense. The certification dates will be explained at the first class meeting. **Students must provide their own mask, fins, and snorkel.** The class fee includes instruction, the dive manual and equipment rental during class. Students will practice with air tanks a minimum of five classes. (Estimated cost for mask, \$60-\$90; snorkel, \$30-\$35; fins, \$40-\$70). Limit: 10 students. **MINIMUM AGE: 12.** Parents of 12-15 year olds must accompany children (pool side). **A complete physical is required for participants aged 45 and up.**

**FREE SCUBA DEMONSTRATION** will be held in the KSU Natatorium on Friday, Sept 11 from 6:05 - 7:30 pm. This session will acquaint participants with the skills and techniques of safe underwater diving. Bring swimsuits and be prepared to enter the water.

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

Date: Sept 26 - Oct 31 (6 sessions)  
 Time: 9am - 1 pm (Saturday)  
 Fee: \$195  
 Location: KSU Natatorium

**Basic Water Safety** AQ-08

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

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

Date: Sept 14 - Oct 21  
 Time: 6:05 - 7:30pm (Mon. & Wed.)  
 Fee: \$20 per person (ask about group and family rates)  
 Location: KSU Natatorium

**Scuba Refresher** AQ-04

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

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

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

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

Date: Nov 22 (1 session)  
 Time: 3 - 7pm (Sunday)  
 Fee: \$50 includes equipment rental  
 Location: KSU Natatorium

**Skin Diving** AQ-05

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

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

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

Date: Nov 7 - 21 (3 sessions)  
 Time: 9am - 1pm (Saturday)  
 Fee: \$60  
 Location: KSU Natatorium

**Basic Lifeguarding** AQ-09

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

Date: Oct 24 - Dec 5  
 Time: 9am-1pm (Saturday)  
 Fee: \$60  
 Location: KSU Natatorium

To advertise your business or organization in the next UFM catalog, contact the UFM Office (539-8763) by November 2.

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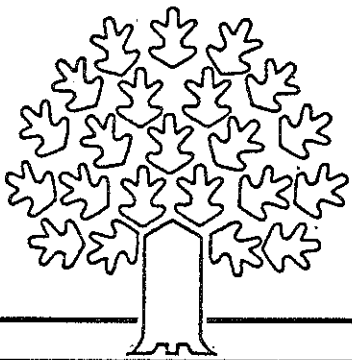
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# Earth & Nature

1221 THURSTON

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## Field Trip to Glacial Area of Pottawatomie County

EN-01

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 other, some of which may be of gem quality. Bring a beverage, and a container for rocks. Become a rockhound for the day! **Raindate: Oct 24**

*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 10 (1 session)  
Time: 8:30 am - 12:00 noon (Saturday)  
Fee: \$5  
Location: Meet in the UFM Parking Lot

## Solar Livestock Watering on the Konza

EN-02

Working with PR & W Rural Electric Cooperative, the Konza Prairie installed a solar pump because, in this instance, solar cells were cheaper than running a powerline a quarter mile across remote pasture. This is an opportunity to visit a system that is very rare east of Colorado. We'll visit the site and discuss different pump and solar array combinations. Bring your questions and cameras. **Raindate: Sept 12.**

*Bill Dorsett* (539-1956), has followed this industry for a dozen years, organized this effort and put the system together. On alternate semesters he teaches another UFM class on general photovoltaic (solar electricity).

Date: Sept 5 (1 session)  
Time: 10:30 am (Saturday)  
Fee: \$5  
Location: Meet at the UFM Parking Lot

## Backyard Fruit Farming

EN-07

This class will focus on the maintenance of various fruit trees and bushes. We will give instruction on the care of plants. There will be opportunity for hands on experience pruning and caring for a variety of fruit producing plants. Strawberries, gooseberries, and other brambles, as well as fruit trees will be discussed.

*Norma Davis*, has completed a degree in Horticulture.

Date: Oct 10 (1 session)  
Time: 9 - 11:00 am (Saturday)  
Fee: \$5  
Location: UFM Fireplace Room

## Working with Crystals

EN-08

This class will be a discussion on the basics of working with crystals and stones. It will focus on the meditation and positive affirmations. You will need to wear comfortable clothing and bring an open mind. Optional books and stones will be available to purchase.

*Wade Whitmer*, has been working with crystals for several years. He believes that help comes from within, and is interested in teaching others more about crystals.

Date: Sept 9 (1 session)  
Time: 7 pm (Wednesday)  
Fee: \$5  
Location: UFM Solar Greenhouse

## Flower Arranging Workshops

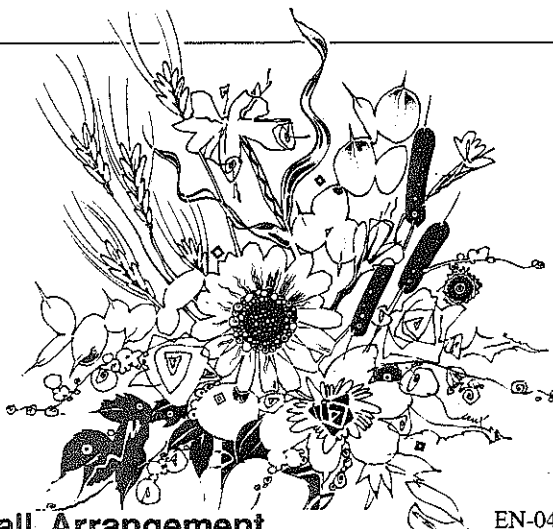
Take advantage of the natural availability and create new arrangements with the seasons. You may attend the workshop or workshops of your choice. The instructor will contact students to coordinate supplies. **You may bring your own containers.**

*Christina vanSwaay* (539-5439), has a life long interest in flowers stemming from her Dutch heritage. She custom designs arrangements for special occasions and is interested in historical development of flower arranging. She likes to compare how flowers have been used in different cultures.

## Late Summer Garden Arrangement

EN-03

*Christina vanSwaay*  
Date: Sept 16 (1 session)  
Time: 7 pm (Wednesday)  
Fee: \$7 includes some supplies  
\$20 for all 4 workshops  
Location: 2321 Wildwood Ln.



## Fall Arrangement

EN-04

*Christina vanSwaay*  
Date: Oct 21 (1 session)  
Time: 7 pm (Wednesday)  
Fee: \$7 includes some supplies  
\$20 for all 4 workshops  
Location: 2321 Wildwood Ln.

## Dried Flower Arrangement

EN-05

*Christina vanSwaay*  
Date: Nov 11 (1 session)  
Time: 7 pm (Wednesday)  
Fee: \$7 includes some supplies  
\$20 for all 4 workshops  
Location: 2321 Wildwood Ln.

## Fresh Green Christmas Arrangement

EN-06

*Christina vanSwaay*  
Date: Dec 2 (1 session)  
Time: 7 pm (Wednesday)  
Fee: \$8 includes some supplies  
\$20 for all 4 workshops  
Location: 2321 Wildwood Ln.

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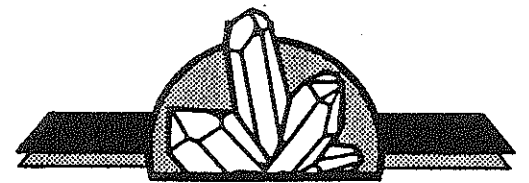
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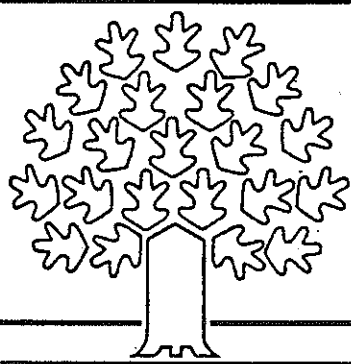


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# Business & Professional

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539-8763

## Living Trust

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 First Bank in Manhattan. He graduated from the University of Kansas with the degrees of M.B.A. and J.D. He is a member of the Riley County Bar Association and has over eight years of estate planning, trust, and investment experience.

Date: Sept 14 (1 session)  
Time: 7:00 - 10:00 pm (Monday)  
Fee: \$5 individual  
\$8 couple

Location: 701 Poyntz (Enter South Door)

## Laser Printer Quick Fix

BP-06

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

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

Date: Oct 14 (1 session)  
Time: 3:30 - 4:30 pm (Wednesday)  
Fee: \$6 includes troubleshooting guide  
Location: 021 Bluemont Hall, KSU

## Successful Money Management

BP-07

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

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

Date: Sept 22 (1 session)  
Time: 7:30 - 9:30 pm (Tuesday)  
Fee: \$5 individual  
\$8 couples  
Location: Waddell & Reed, Inc.  
555 Poyntz, Suite 280

## Successful Money Management

BP-08

Fred Freeby

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

## Successful Money Management

BP-09

Fred Freeby

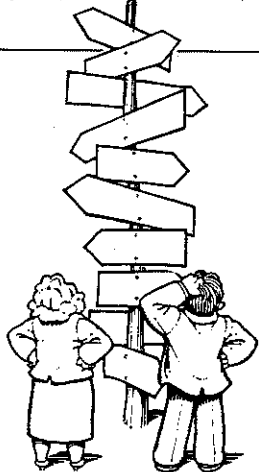
Date: Oct 27 (1 session)  
Time: 7:30 - 9:30 pm (Tuesday)  
Fee: \$5 individual  
\$8 couples  
Location: Waddell & Reed, Inc.  
555 Poyntz, Suite 280

## Successful Money Management

BP-10

Fred Freeby

Date: Nov 10 (1 session)  
Time: 7:30 - 9:30 pm (Tuesday)  
Fee: \$5 individual  
\$8 couples  
Location: Waddell & Reed, Inc.  
555 Poyntz, suite 280



## Why 95% of all Americans retire flat broke but you don't have to

BP-02

This class is designed to offer families and individuals straight forward dependable solutions. That help you get out of debt, balance the family budget, protect your assets, save for your kids education and provide for a secure retirement. We demonstrate how the average income family can achieve extraordinary success with a sensible approach to managing hard earned dollars.

Mark Kline is a Registered Representative with Primerica Financial Services. Along with 6 years experience, Mark holds a Kansas license in Life, Health, Accident, Variable Life Insurance, Variable Annuities, and Securities Investments.

Date: Sept 8 (1 session)  
Time: 7:30 - 9:30 pm (Tuesday)  
Fee: \$5 individual  
\$8 couples

Location: UFM Conference Room

## Why 95% of all Americans retire flat broke but you don't have to

BP-03

Mark Kline

Date: Oct 6 (1 session)  
Time: 7:30 - 9:30 pm (Tuesday)  
Fee: \$5 individual  
\$8 couples

Location: UFM Conference Room

## Why 95% of all Americans retire broke but you don't have to

BP-04

Mark Kline

Date: Nov 3 (1 session)  
Time: 7:30 - 9:30 pm (Tuesday)  
Fee: \$5 individual  
\$8 couples

Location: UFM Conference Room

## Why 95% of all Americans retire flat broke but you don't have to

BP-05

Mark Kline

Date: Dec 1 (1 session)  
Time: 7:30 - 9:30 pm (Tuesday)  
Fee: \$5 individual  
\$8 couples

Location: UFM Conference Room

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## BUSINESS & PROFESSIONAL (Continued)

### Personal Computer

BP-11

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

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

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

### GRE Preparation Course

BP-12

Planning to take the Graduate Record Exam? Take advantage of our GRE preparation program to help improve your score. This comprehensive, up-to-date, program offers you three basic ingredients for success: review, strategy, and practice. The carefully designed curriculum consists of both classroom and home study hours. Analysis and review consist of three GRE subject areas of Math, Logic and Verbal skills. You will be tested under simulated GRE conditions in order to gain test-taking practice and confidence. The practice tests will be analyzed so you can learn the reasons behind the correct answers. Registration includes all in class and at home study materials.

Date: Nov 17 - Dec 10 (Tues. & Thurs.)  
Dec 5 (Saturday)  
No class Thursday Nov 26  
Time: 6:30-9:30 pm (Tues. & Thurs.)  
9:00-12:00 noon (Saturday)  
Fee: \$200  
Location: 112 Bluemont Hall, KSU Nov 17 - Dec 3  
101 Bluemont Hall, KSU Dec 5 - Dec 10

### Introduction to Macintosh

BP-13

In this introductory class you will learn about mouse control, start up and shutdown procedures and menu and icon selections. You will gain control over window and view characteristics, moving, copying, deleting and retrieving files. We also devote class time to managing floppy diskettes and desk accessories, word processing and printing basics and application control.

John Perbeck, is Vice President of Manhattan Operations for MacSource. Race Proffitt, is the Higher Education Account Manager for MacSource.

Date: Sept 15 (1 session)  
Time: 7 - 9 pm (Tuesday)  
Fee: \$35  
Location: MacSource  
11th and Moro

### Introduction to Macintosh

BP-14

John Perbeck & Race Proffitt

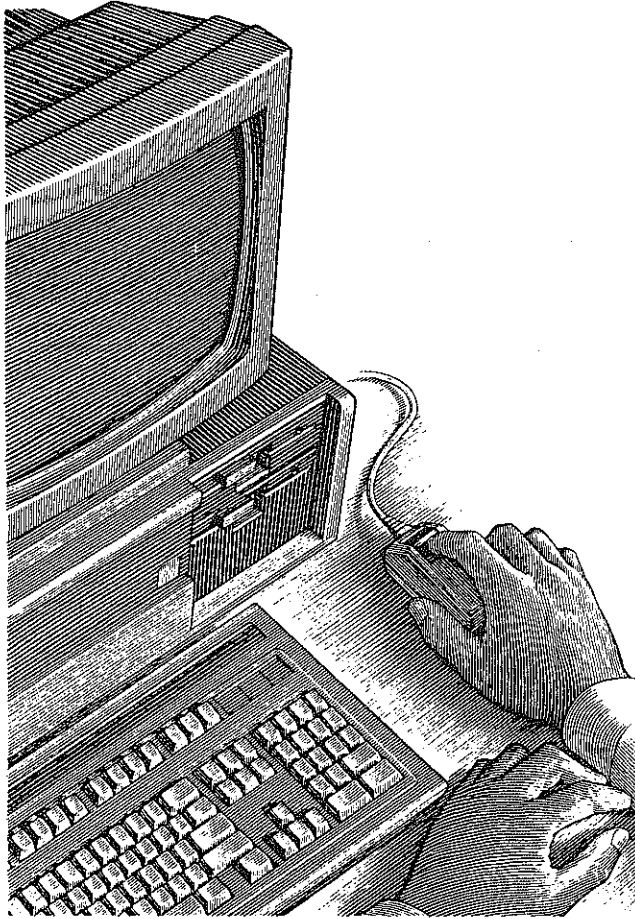
Date: Oct 15 (1 session)  
Time: 7 - 9 pm (Thursday)  
Fee: \$35  
Location: MacSource  
11th and Moro

### Introduction to Macintosh

BP-15

John Perbeck and Race Proffitt

Date: Nov 3 (1 session)  
Time: 7 - 9 pm (Tuesday)  
Fee: \$35  
Location: MacSource  
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### Macintosh Utilities and Trouleshooting Tips

BP-16

This class will cover various HardDrive Utilities that will enable you to maximize the efficiency of your HardDrive. Numerous anti virus utilities will be discussed in detail. Also covered in this course will be a series of basic Macintosh troubleshooting steps to help you identify some basic operation problems that may occur after adding a new software package to your Macintosh or a new peripheral to your system. Bring your questions.

John Perbeck, is Vice President of the Manhattan Operations for MacSource. Race Proffitt, is the Higher Education Account Manager for MacSource.

Date: Sept 29 (1 session)  
Time: 7 - 9 pm (Tuesday)  
Fee: \$35  
Location: MacSource  
11th and Moro

### Macintosh Utilities and Trouleshooting Tips

BP-17

John Perbeck & Race Proffitt

Date: Oct 29 (1 session)  
Time: 7 - 9 pm (Thursday)  
Fee: \$35  
Location: MacSource  
11th and Moro

### ClarisWorks

BP-18

This class will cover the spreadsheet, the database, the graphics package and the word processor, and how all of those features work together. Students are encouraged to bring their ideas and questions.

John Perbeck, is the Vice President of Manhattan Operations for MacSource. Race Proffitt, is the Higher Education Account Manager for MacSource.

Date: Sept 22 (1 session)  
Time: 7 - 9 pm (Tuesday)  
Fee: \$35  
Location: MacSource  
11th and Moro

### ClarisWorks

BP-19

John Perbeck & Race Proffitt

Date: Oct 22 (1 session)  
Time: 7 - 9 pm (Thursday)  
Fee: \$35  
Location: MacSource  
11th and Moro

### ClarisWorks

BP-20

John Perbeck & Race Proffitt

Date: Nov 10 (1 session)  
Time: 7 - 9 pm (Tuesday)  
Fee: \$35  
Location: MacSource  
11th and Moro

### Resume' Writing and Microsoft Word

BP-21

Be prepared for that job search process. Join us to gain important tips in resume' writing, and cover letter format. What Information about yourself is important to use, attractive conservative layout styles, and follow up letters. Find out about paper selection and copy service. Bring your questions.

John Perbeck, is the Vice President of Manhattan Operations for MacSource. Race Proffitt, is the Higher Education Account Manager for MacSource. The Kinkos Staff will also be available to assist with any questions.

Date: Nov 19 (1 session)  
Time: 7 - 9 pm (Thursday)  
Fee: \$24  
Location: Kinko's  
1329 Anderson

### Resume' Writing and Microsoft Word

BP-22

John Perbeck, Race Proffitt, and Kinko's Staff

Date: Dec 8 (1 session)  
Time: 7 - 9 pm (Tuesday)  
Fee: \$24  
Location: Kinko's  
1329 Anderson

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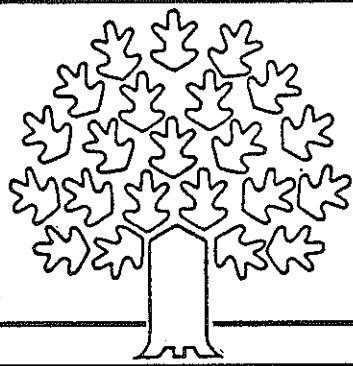
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# Creative FreeTime

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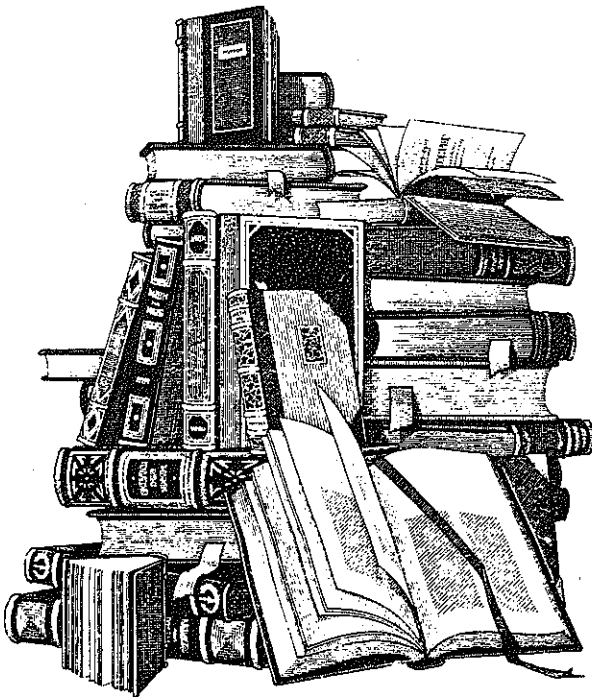
539-8763

## Fiction Writing: Nuts & Bolts CF-01

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

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

Date: Sept 10 - Oct 1 (4 sessions)  
Time: 7:00 - 9:00pm (Thursdays)  
Fee: \$17  
Location: UFM Fireplace room



## Books By & About Women CF-02

We will discuss thoughts, ideas, and issues expressed by women authors through fiction and non-fiction books. Through this informal class we will exchange different perceptions from our own experiences interpreting the themes seriously and lightly. Past book selections include *A Farm on a Lake* by Martha Berland; *Plains Woman, a Diary* by Martha Farnsworth edited by Marlene Springer and Haskell Springer; *Plain and Simple* by Sue Bender; *Road Song* by Natalie Kusz; *How to Make An American Quilt* by Whitney Otto; *Woman's Story* by Annie Ernaux.

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

Date: Sept 9 - Dec 16 (5 sessions)  
Time: 7:30 - 9:00pm (Wednesday)  
Fee: \$6  
Location: Call instructor for location.

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## Stand Up Comedy CF-03

Are you the life of the party or a quiet comic genius just waiting to break free? Have you ever seen comics on TV and thought you were funnier? This course will emphasize the basics of stand-up comedy; writing your own material, developing your personal comic style, stage presence and rehearsal techniques. Whether you want to go all the way to the Tonight Show or just be funnier at the copy machine, this course is for you. Getting gigs, and going out on the road will also be addressed. At the end of this six week course students will have written a tight ten minute routine and participate in a public performance of their material.

*Tom Mahoney* (776-7031), is a stand-up comic currently living in Manhattan. Tom has been doing comedy for 10 years. A veteran of three improvisational comedy groups, he has worked in clubs and colleges all over the south and midwest, and once opened for Jerry Sienfeld at the Comedy Workshop.

Date: Sept 15-Oct 20 (6 sessions)  
Time: 7:00 - 8:30 pm (Tuesdays)  
Fee: \$20  
Location: UFM Banquet Room

## Bridge CF-04

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

*Dick Claussen* is a Life Master and is an ACBL accredited teacher.

Date: Sept 14 - Oct 19 (6 sessions)  
Time: 7:00 - 9:00pm (Mondays)  
Fee: \$20  
Location: UFM Fireplace room

## Twine Basket CF-05

Baskets are not only functional, but also wonderful accents to your home decor. Spend an afternoon and have your own basket to take home. They also make great gifts for the holidays. Children must be accompanied by an adult.

*Julie Strauss* (293-5795), has been making and selling baskets for about 5 years and enjoys teaching others about the art of basketry.

Date: Sept 19 (1 session)  
Time: 12:00 - 5:00 pm (Saturday)  
Fee: \$15 includes take home basket  
Location: UFM Kitchen

## Twine Basket CF-06

*Julie Strauss*

Date: Oct 17 (1 session)  
Time: 12:00 - 5:00 pm (Saturday)  
Fee: \$15 includes take home basket  
Location: UFM Kitchen



## Model Railroading CF-07

Model railroading is more than men playing with trains. Model railroading is ageless and genderless. It enables one to create a portion of the world in miniature, while expressing oneself and developing skills in a variety of medium. During the course instructors will introduce you to the world of model railroading, increase your appreciation of the breadth of the hobby, and give you a chance to develop skills that will enable you to turn a toy train into a model railroad.

Members of *Manhattan Area Rail Joiners (MARJ) Model Railroad Club* (776-7143) come from all walks of life. Each brings to the course unique individual skills, interests, and experience. All have an abiding interest in trains and model railroads that they want to share with the course attendees.

Date: Oct 7 - Oct 28 (4 sessions)  
Time: 7:00 - 8:15 pm (Wednesdays)  
Fee: \$13  
Location: UFM Solar Greenhouse

## Beginning Calligraphy--for Right Handers CF-08

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

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

Date: Oct 2 (1 session)  
Time: 6:30 - 9:00 pm (Friday)  
Fee: \$8.50  
Location: UFM Banquet Room

## Beginning Calligraphy--for Right Handers CF-09

*Deb Rosproy*

Date: Dec 4 (1 session)  
Time: 6:30 - 9:00 pm (Friday)  
Fee: \$8.50  
Location: UFM Banquet Room

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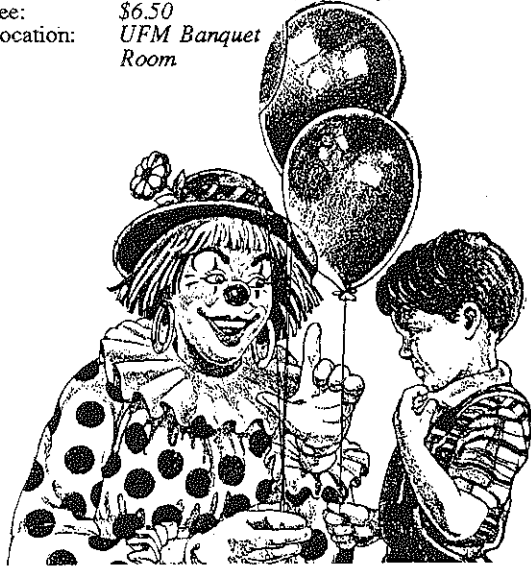
## CREATIVE FREETIME (Continued)

### Pillow/Lap Quilt (Quillo) CF-10

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

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

Date: Oct 3 (1 session)  
Time: 9:00-12:00 noon (Saturday)  
Fee: \$6.50  
Location: UFM Banquet Room



### Just Clowning Around CF-11

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.

*Deb Rosproy* (239-3026), has clowned at a variety of special functions. She enjoys sharing what she has learned and will make this class fun.

Date: Oct 3 (1 session)  
Time: 1:00 - 3:00 pm (Saturday)  
Fee: \$6  
Location: UFM Conference Room

### Creative Twist Dolls CF-15

Have you admired the corn husk-type dolls so popular in a variety of colors? If so, you can learn to make them at a fraction of what you'd pay at craft fairs. You can make your doll in whatever color you purchase of the creative twist ribbon. **You will need 6 yards of the color of your choice**, and you will need to have pre-cut these pieces from instructions given at the time of registration.

*Deb Rosproy*(239-3026)

Date: Nov 21 (1 session)  
Time: 10:00 - 12:00 noon (Saturday)  
Fee: \$7  
Location: UFM Banquet Room

### Making Covered Albums CF-12

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

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

Date: Nov 7 (1 session)  
Time: 1:00-3:00 pm (Saturday)  
Fee: \$8 (includes padding, notebooks, and handouts)  
Location: UFM Banquet Room

### Creating Padded Baskets CF-13

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

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

Date: Nov 7 (1 session)  
Time: 10:00-12:00 noon (Saturday)  
Fee: \$8.50 (includes handouts & some materials)  
Location: UFM Banquet Room

### String Dolls CF-14

String Dolls - Have you seen string dolls at craft fairs and thought how cute they were but also thought they were too expensive? Actually they are very simple to make. **Bring 23 yards of cotton string or yarn of your choice for the large or 10 yards for small**, and I'll show you how simple they really are. They make great gifts for women of all ages, and the colors you can make them in are nearly limitless. (Bring hot glue gun if you have one to speed up projects).

*Deb Rosproy* is a craft-oriented person with extensive experience in a wide variety of crafts. She has been taking and teaching craft classes for a number of years. She has been making creative twist dolls since 1989 and has enjoyed giving them as gifts. Deb enjoys sharing what she has learned with all interested members of the community, and finds that many times her students "teach" her with their ideas as well.

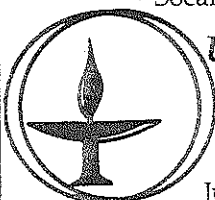
Date: Nov 21 (1 session)  
Time: 1:00-3:00 pm (Saturday)  
Fee: \$7  
Location: UFM Banquet Room

### Seasonal Flower Arrangements

See EARTH AND NATURE section.

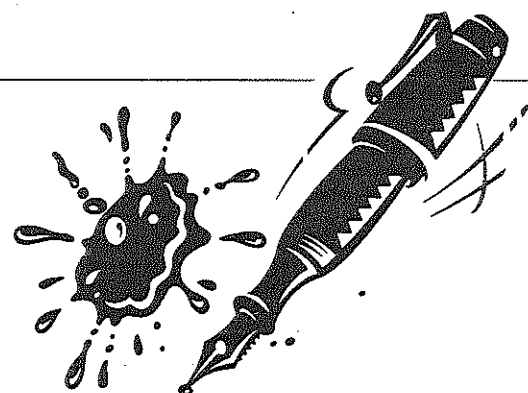
### JOIN US Sundays at 10:45

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



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### Professional Novel and Story Writing CF-16

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: Nov 18 - Dec 2 (3 sessions)  
Time: 7:00 - 9:30 pm (Wednesdays)  
Fee: \$12  
Location: UFM Conference Room

### Basic Sketching CF-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 retired professor of Architecture from KSU. *Ernie Peck* (537-9883), is a retired Associate Professor from the KSU Extension Service. He is an accomplished painter. Gene and Ernie have co-taught pencil sketching for several years.

Date: Oct 6 - 17 (5 sessions)  
Time: 7 - 9 pm (Tues. & Thurs.)  
8:30 - 1 pm (Saturday)  
Fee: \$12  
Location: UFM Multipurpose Room

### NOTICE NOTICE NOTICE

The YOUTH section of the catalog has activities fun for all ages, especially Cutting Snowflakes Painting a Jack-O-Lantern

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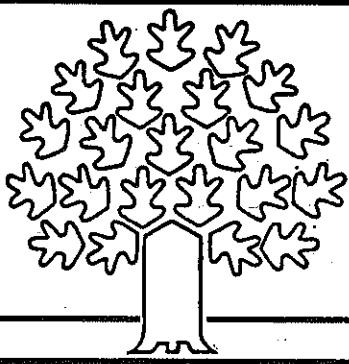
### CRAFT SUPPLY HEADQUARTERS

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# Family Living

1221 THURSTON

539-8763

## Long-Term Care: Homing in on the Problem

FL-02

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

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

Date: Sept 24 (1 session)  
Time: 7:30 - 8:30 pm (Thursday)  
Fee: \$5  
Location: UFM Banquet Room

## Gaining Math Skills through Games

FL-01

Parents, do you struggle with how to make math fun for your children? This class will share a number of ideas on how to make learning basic math facts fun by playing games. We will play a number of simple games in class that you can try at home.

Terry Carpenter, teaches part-time at the Manhattan Middle School. She has found that teaching and reinforcing math skills to her own children can be fun through the use of games.

Date: Dec 1 (1 session)  
Time: 7:00 - 8:30 pm (Tuesday)  
Fee: \$5  
Location: UFM Fireplace Room

## True Colors

FL-03

Families that communicate openly seem to be closer knit. This kind of positive bonding can help insulate kids from the pressures to use alcohol and other drugs. True Colors offers families a fun opportunity to learn a new perspective on communication. By learning about individual personality styles, families can build on each others strengths even when they don't always agree.

Beth Hughes, M.A. (587-4372), is Program Coordinator of the Northeast Kansas Regional Prevention Center, a program of Pawnee Mental Health Services. A former junior high teacher and substance abuse therapist, Beth has been involved in alcohol and other drug abuse prevention in Kansas for 6 years.

Date: Oct 20 (1 session)  
Time: 7:00 - 9:00 pm (Tuesday)  
Fee: \$10  
Location: UFM Conference Room

## Catherine Lee Fung, Ph. D. Candidate

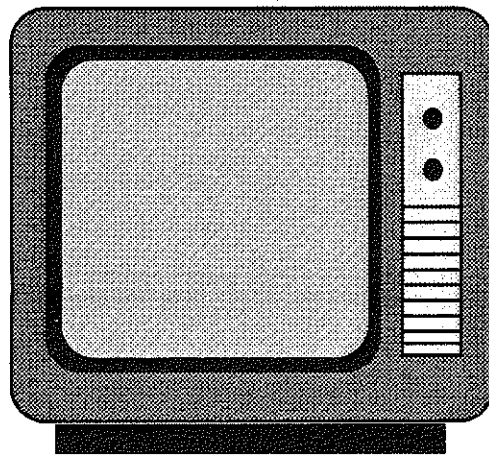
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Tuesday at 5:00 p. m. &  
Wednesday at 4:30 p. m.



Sept. 1 & 2: McCain Auditorium Events

Sept. 8 & 9: Breathing, and Running

Sept. 15 & 16: Running Shoes

Sept. 22 & 23: Visiting Krystallos

Sept. 29 & 30: Shapes and Stars

Oct. 6 & 7: Celebrating the Fifth Season

Oct. 13 & 14: Rock Climbing

Oct. 19 & 21: How to tell stories

Oct. 27 & 28: Financial Planning

Nov. 3 & 4: Standard Plumbing

Nov. 10 & 11: Matrilineal & Patrilineal Cultures

Nov. 17 & 18: Prevention of Food Poisoning

Nov. 24 & 25: Russian Cooking

Dec. 1 & 2: Hosting International Students

Dec. 8 & 9: Poetry at the Park

Dec. 15 & 16: Handbell Music

Become a UFM instructor!

Please call the UFM Office (539-8763) by November 2 if you have a skill or interest that you would like to share with others in our community.

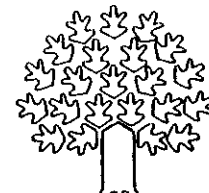
Become a link in our goal of life-long learning and living.

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PREPARATION COURSE

available this spring

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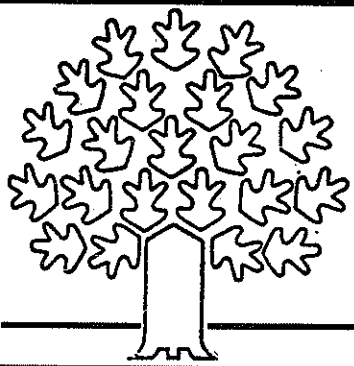
OUR COMMUNITY and EARTH & NATURE sections have a variety of field trips that are fun for the family.

For great family activities, don't forget to check the other sections of the catalog.

A play group for children and at-home parents is listed in the YOUTH section.

"Surviving and Thriving After Abuse" is a class in the PERSONAL DEVELOPMENT section of the catalog.





# Food for Fun

1221 THURSTON

539-8763



## BreadMake

FF-01

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

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

Date: Oct 15 (1 session)  
Time: 7:00 - 8:30 pm (Thursday)  
Fee: \$13  
Location: UFM Kitchen

## ATTENTION KSU STUDENTS!

Need a place to study during Final Week?

UFM will be open 8:30 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.

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**537-4571**

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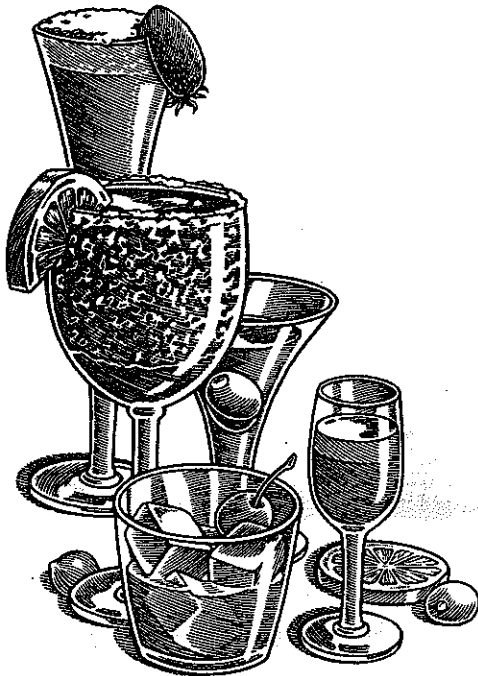
## Beginning Cake Decorating

FF-02

Even a pretty boarder will enhance a cake. Add an icing decoration and you'll impress all of your family and friends. You'll learn the technique of preparing the icing at the first class. Later you will bring your own cake and take home a masterpiece after the class. Supply list and instructions available at first class.

Berta Whetstine and Pat Palin (537-7222), owned a small bakeshop in Louisiana which made specialty cakes.

Date: Oct 22 - Nov 12 (4 sessions)  
Time: 7:00 - 8:30 pm (Thursdays)  
Fee: \$15  
Location: UFM Kuchen/Banquet Room



## A NABS Night Out

FF-03

The holiday season gives us a great chance to make possible low risk drinking choices. Come join the Regional Prevention Center to learn how to make exotic and traditional Non-Alcoholic Beverages for your holiday entertaining. Delicious recipes will be made and shared.

Phyllis Grover, Community Prevention Consultant for the NE KS Regional Prevention Center, a program of Pawnee Mental Health Services, is a former Home Economics teacher.

Date: Nov 10 (1 session)  
Time: 7:00 - 9:00 pm (Tuesday)  
Fee: \$8  
Location: UFM Banquet Room

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## Beer Making

FF-04

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

Dean Taylor, has many years experience innaking beer and sells supplies for making beer and wine at The Palace in Aggieville.

Date: Sept 30 -Oct 7 (2 sessions)  
Time: 7-8:00 pm (Wednesdays)  
Fee: \$8  
Location: UFM Fireplace Room

## Wine Tasting

Fields of Fair tour  
& wine tasting

in OUR COMMUNITY section

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- Christmas
- Birthdays
- Anniversaries
- Thank You Gifts

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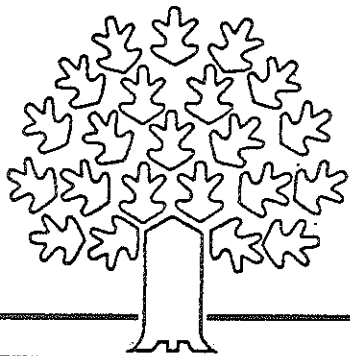
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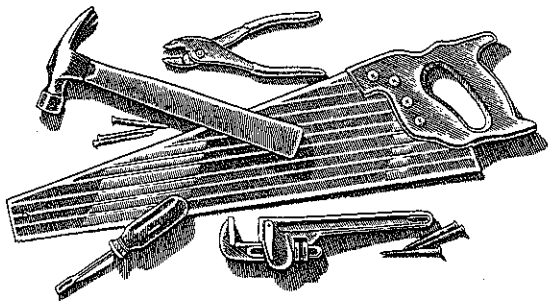
UFM CLASSES MAKE GREAT GIFTS! GIFT CERTIFICATES ARE AVAILABLE.



# Home & Auto

1221 THURSTON

539-8763



## Minor Home Repairs

HA-01

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

Larry E. Kabriel (537-7227), is director of the HOME program. He has had various maintenance and carpentry training and lots of practical experience.

Date: Sept 14 (1 session)  
Time: 6:30 - 7:30 pm (Monday)  
Fee: \$5  
Location: 1130 Hostetler Dr.

## Minor Home Repairs

HA-02

Larry E. Kabriel

Date: Sept 21 (1 session)  
Time: 6:30 - 7:30 pm (Monday)  
Fee: \$5  
Location: 1130 Hostetler Dr.

## Minor Home Repairs

HA-03

Larry E. Kabriel

Date: Sept 28 (1 session)  
Time: 6:30 - 7:30 pm (Monday)  
Fee: \$5  
Location: 1130 Hostetler Dr.

## Smart Energy Buys for Under \$50

HA-06

This class will present today's top energy-saving investments for under \$50. Most are simple do-it-yourself projects that will pay back in less than two years. Learn how to get your energy costs under control without going into debt.

Doug Walter (532-6026), has been a residential energy specialist with Engineering Extension at KSU for 11 years.

Date: Oct 20 (1 session)  
Time: 7:00 pm (Tuesday)  
Fee: \$5  
Location: UFM Solar Greenhouse

## How To Buy A Car

HA-08

Want to buy a car but don't know where to start? First you must determine whether you want a new or used car, and this course will help you make that decision. We'll discuss the advantages and disadvantages of both new and used cars, help you get a good deal, and insure that you don't get stuck with a lemon. For those choosing to go the "new car" route, we'll discuss new car financing, buying versus leasing, dealer incentives and strategies, which options to buy and which to avoid, and how to beat the persuasive salesman at his own game. We'll discuss some compelling reasons to opt for a used-but-not-abused car. Discover where to find reliable secondhand automobiles, how to get them tested for performance before the purchase, and where to look for a bargain. Finally, we'll touch on choosing a reliable mechanic and getting the most out of your warranty.

Jan Verbrugge (776-4875), is sales manager at Goetsch-Irvine. He has many years of experience in auto sales and is sensitive to the stress involved in a car purchase.

Date: Sept 29 (1 session)  
Time: 7 - 9 pm (Tuesday)  
Fee: \$5  
Location: UFM Conference Room

## Collecting Antique Glassware

HA-04

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

Jean Bigbee-Hill (537-4884)

Date: Oct 20 (1 session)  
Time: 7:00 - 8:30 pm (Tuesday)  
Fee: \$5 one class  
\$8 for both classes-- HA-04 & HA-05  
Location: Tuttle's Antique Market  
2010 Tuttle Creek Blvd

## Collecting and Restoring Antique Furniture

HA-05

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

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

Date: Oct 13 (1 session)  
Time: 7:00 to 8:30 (Tuesday)  
Fee: \$5 one class  
\$8 both classes-- HA-04 & HA-05  
Location: Tuttle's Antique Market  
2010 Tuttle Creek Blvd.

## Hang It Up: Home Decorating with Wallpaper

HA-07

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 notepad.

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: Oct 22 (1 session)  
Time: 7:00 - 9:00 pm (Thursday)  
Fee: \$5  
Location: 201 Colorado  
Crown Decorating

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# HOMESTORE

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## GRE PREPARATION COURSE

November 17 - December 10

Tuesday & Thursday  
6:30 pm - 9:30 pm

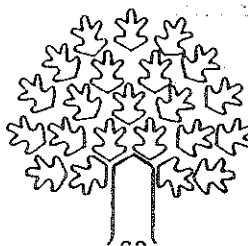
December 5  
Saturday  
9 am - 12 noon

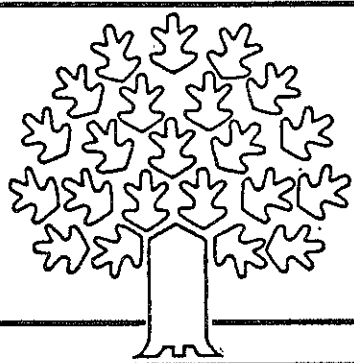
Analysis and review consists of the three GRE subject areas of math, logic & verbal skills.

For registration or more information, call

UFM

539-8763





# Languages

1221 THURSTON

539-8763

## Beginning Sign Language

LA-01

This class is designed for individuals who are interested in learning the basic skills of American Sign Language. Students will be instructed in the Manual Alphabet and a vocabulary of about 200 functional signs. Fee includes book *Gallaudet's Survival to Signing*.

*Natalie Smith*, Instructor

Date: Sept 9 - Oct 14 (6 sessions)  
Time: 7:00 - 8:00 pm (Wednesdays)  
Fee: \$40 includes book  
Location: 149 Justin Hall, KSU

## American Sign Language II

LA-02

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

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

Date: Sept 15 - Nov 17 (10 sessions)  
Time: 6:30 - 8:00 pm (Tuesdays)  
Fee: \$60  
Location: UFM Fireplace Room

## Survival Skills in Japanese

LA-06

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

*Naomi Sato* (537-4487), is a K-State Economics student. She has had experience teaching Japanese to other University students.

Date: Sept 14 - Oct 19 (6 sessions)  
Time: 7:00 - 8:30 pm (Mondays)  
Fee: \$22  
Location: UFM Multipurpose Room

## Survival English English as a 2nd Language

LA-04

Survival English is designed to give the student a working knowledge of English both spoken and written. It will help him or her survive in today's job market or society. Self confidence in public speaking, interviewing techniques, voice projection, pronunciation and accents will be covered. In written English, job applications, business correspondence and forms along with general written studies will be discussed. Class participation is a requirement.

*James F. Hill*, completed his Bachelor of Science degree in American History at the College of the Ozarks, Point Lookout, Mo. in 1977. He continued his education at Southeast Mo. State University, Cape Girardeau, Mo. in 1981. He holds a Missouri State Teaching Certificate. He is an experienced teacher. In addition to teaching high school Social Studies in the Missouri Public system he has taught English at English Language Institutions in Seoul, Korea.

Date: Sept 8 - Oct 29 (16 sessions)  
Time: 7:00 - 8:30 pm (Tues. & Thurs.)  
Fee: \$70  
Location: 204 KSU Union

## Survival English English as a 2nd Language

LA-05

*James F. Hill*

Date: Nov 3 - Dec 17 (16 sessions)  
Time: 7:00 - 8:30 pm (Tues. & Thurs.)  
Fee: \$70  
Location: 204 KSU Union

## Russian for Beginners

LA-03

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

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

Date: Sept 9 - Oct 28 (8 sessions)  
Time: 7:00 - 8:00 pm (Wednesdays)  
Fee: \$20  
Location: 114 Bluemont Hall, KSU

## Beginning German

LA-07

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 4 1/2 years.

Date: Oct 28 - Dec 16 (8 sessions)  
Time: 7:00 - 8:00 pm (Wednesdays)  
Fee: \$18  
Location: UFM Multipurpose Room

## Survival Skills in Czech II

LA-08

This class will be a continuation of Survival Skills in Czech. It is appropriate for those with some basic grammar in Czech. We will work on pronunciation and commonly used phrases.

*Radka Doehring* (784-5201), is in Business Accounting. She is from Czechoslovakia and looks forward to sharing her knowledge of the language and her home country.

Date: Sept 8 - Oct 13 (6 sessions)  
Time: 6:30 - 8:00 pm (Tuesdays)  
Fee: \$22  
Location: 121 Cardwell Hall, KSU

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### THE FOREIGNER

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### PICNIC

by William Inge

February 19 Opening Night Gala

February 20, 21 • 26, 27, 28

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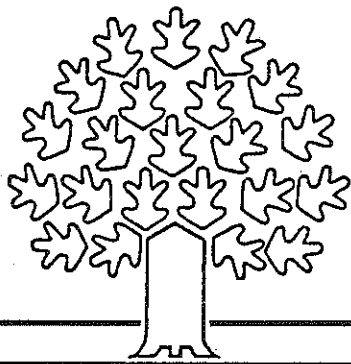
For Season Membership brochure, call  
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Single Ticket price:	Musical	Play
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Box Office 539-6000



# Martial Arts

1221 THURSTON

539-8763

## Tae Kwon Do Karate I Beginning

MA-08

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

**\*\* Sept 4, 6:30-7:30 p.m.-- Public demonstration and formal introduction of instructors in Ahearn gymnasium. All other classes will be in KSU Ahearn gymnasium or fieldhouse.**

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

Date: Sept 4 - Dec 4 (25 sessions)  
Time: 6:30 - 7:30 pm (Tues. & Fri.)  
Fee: \$60  
Location: Ahearn Gymnasium, KSU

## Tae Kwon Do Karate II Advanced

MA-09

Date: Sept 4 - Dec 4 (25 sessions)  
Time: 7:30 - 8:30 pm (Tues. & Fri.)  
Fee: \$60  
Location: Ahearn Gymnasium, KSU

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## Aikido

MA-01

Aikido is a traditional Japanese Martial Art. The focus of Aikido is to learn to blend with an attack, follow the oponents movements, and in this way defeat the opponent with his own attacking energy. Aikido requires very little physical strength, and is ideal for persons of any stature. We have fully equipped facilities, with wall to wall foam mats for safety, and a dressing room for your convenience. Join us for a stimulating introduction to Aikido.

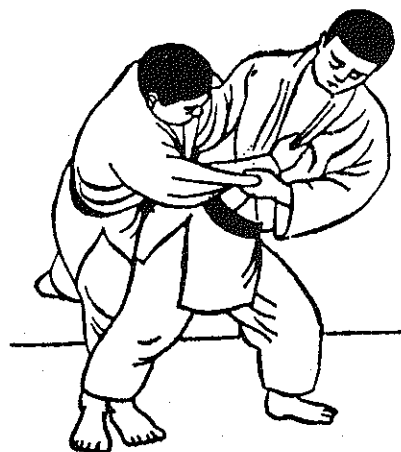
Greg Matthews (532-6420 or 537-1192), Instructors are Greg, Fred Mastison, and Kevin Murdock. The instructors are certified by the Southwestern Aikido Institute in association with Seidokan Aikido.

Date: Sept 9 - Oct 23 (20 sessions)  
Time: 7:00 - 8:30 pm (Mon, Wed, & Fri)  
Fee: \$50  
Location: 1108 Laramie (near the Mini Mart)

## Aikido

MA-02

Date: Oct 26 - Dec 11 (20 sessions)  
no class Nov 27  
Time: 7:00 - 8:30 pm (Mon, Wed, & Fri)  
Fee: \$50  
Location: 1108 Laramie (near the Mini Mart)



## Judo I for Beginners

MA-03

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

Tony Luginbill is a 2nd Degree black belt. He has been practicing judo for 16 years and has competed in the U.S. Open 3 times.

Date: Sept 9 - Dec 9 (27 sessions)  
Time: 6:00 - 7:00 pm (Mon & Wed)  
Fee: \$60  
Location: Ahearn Field House

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

MA-04

Tony Luginbill  
Date: Sept 9 - Dec 9 (27 sessions)  
Time: 7:00 - 8:00 pm (Mon & Wed)  
Fee: \$60  
Location: Ahearn Field House

## Hakkro Ryu Jujitsu

MA-05

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

Stan Wilson (539-7723), has studied martial arts for 20 years and taught for 13 years. He holds a black belt in Kung Fu, a 2nd 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 13 manuals on martial arts.

Date: Sept 27 - Nov 15 (8 sessions)  
Time: 4:00 - 5:00 pm (Sundays)  
Fee: \$20  
Location: Ahearn Field House

## White Dragon Kung Fu I

MA-06

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

Stan Wilson (539-7723), has studied martial arts for 20 years and taught for 13 years. He holds a black belt in Kung Fu, a second degree black belt in Hakkro Ryu Jujitsu, and is a member of the Shadows of Iga Ninja Society. He has studied judo, aikido, four styles of karate, six styles of kung fu, and various other martial arts. He has also written 13 manuals on martial arts.

Date: Sept 15 - Oct 8 (11 sessions)  
Time: 7:00 - 8:00 pm (Tues. & Thurs.)  
3:00 - 4:00 pm (Sundays)  
Fee: \$28  
Location: Ahearn Field House

## White Dragon Kung Fu II

MA-07

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

Stan Wilson

Date: Oct 11 - Nov 5 (12 sessions)  
Time: 7:00 - 8:00 pm (Tues. & Thurs.)  
3:00 - 4:00 pm (Sundays)  
Fee: \$30  
Location: Ahearn Field House

### Attention Youth ages 6-12!

We also offer Kung Fu for Children  
in the YOUTH section  
of the catalog.

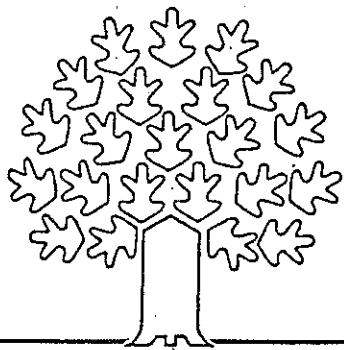
\*\*\*\*\*

### Self Defense for Women

— SHARP —

is offered  
in the PERSONAL DEVELOPMENT  
section of the catalog.





# Our Community & Beyond

1221 THURSTON

539-8763

## Sack Lunch Theology

OC-01

"The Good Society"

As we approach the national elections in November, people express a growing disillusionment with our country's leaders and governmental system. Is there a better way? Is there hope? What can we do? *The Good Society*, edited by Robert Bellah (of Habits of the Heart) discusses a way to rebuild our society on values that may go against our individualism, but can make us a truly "great society." (Copies of the book available at the first class for approximately \$15.00).

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 21 - Nov 16 (8 sessions)  
No class Oct 12  
Time: 11:30 am - 1:00 pm (Mondays)  
Fee: \$5  
Location: Baptist Campus Center  
1801 Anderson



## Life in Sunset Cemetery

OC-02

This class is designed to explore 130 years of the Sunset Cemetery and examine changing cultural patterns and mortuary practices. A "what's what" course on viewing a cemetery not as a place of goblins and ghosts, and superstitions but as a place of life both past and present.

Cynthia Blaker, graduated from KSU in December 1991. She received degrees in Anthropology and American Ethnic Studies. Currently she works in Quincy, Illinois as an Archaeologist for the Center for American Archaeology. In 1988 her Field Archaeology Methods class decided to do a study on the Sunset Cemetery. In February 1991, the paper 'Cherished are the Dead: Changing Social Dimensions in a Kansas Cemetery' was published in *Plains Anthropologist*.

Date: Sept 19 (1 session)  
Time: 9:00 am - 4:00 pm (Saturday)  
Fee: \$5  
Location: Sunset Cemetery (by front gates)

## Life in Sunset Cemetery

OC-03

Cynthia Blaker

Date: Oct 10 (1 session)  
Time: 9:00 am - 4:00 pm (Saturday)  
Fee: \$5  
Location: Sunset Cemetery (by front gates)

## Ghostbusters

OC-04

Join us for a tour of Sunset Cemetery and meet some past Manhattanites. This class will be an overview of the cemetery. We will discuss the history of some of the people buried there and touch on the strategy of using the cemetery for geneological and historical research.

Cheryl Collins (537-2210), is the director of the Riley County Historical Museum.

Date: Sept 17 (1 session)  
Time: 7:00 - 8:30 (Thursday)  
Fee: \$5  
Location: Sunset Cemetery shelter at front gate

## Discover the History of City Park

OC-06

Did you know that Manhattan has one of the oldest city parks in the state? The history of the 45-acre park dates back to 1870. A historian from Riley County Historical Museum will share the stories of the park's past including the log cabin and the nearby Floral Hall currently known as the Round House. Join us, listen, and share your stories.

This tour is jointly guided by the Riley County Historical Society, *J. Lester Hooper*, a Manhattan Middle School teacher and *Owen Jones*, with his love for community history.

Date: Sept 20 (1 session)  
Time: 1:00 pm (Sunday)  
Fee: \$3 individual  
\$5 for family  
Location: Log Cabin Manhattan City Park

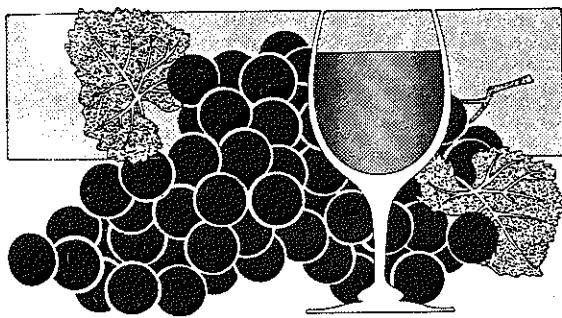
## Along the Oregon Trail

OC-07

Join us as we explore several pioneer villages that sprang up along the Oregon Trail. The tour will include the Historic Elm, a stop at the Wamego Historical Museum in the old Windmill, Barrett Townsite, Westmoreland for a brief rest stop and finally Frankfort. Relive some of our pioneer history as we see actual ruts of the Oregon Trail. Bring your own road map and mark the country roads that we take on this tour of early townsites that formed where the railroads crossed the Oregon Trail. Each stop will have guides who will share information.

*Owen Jones* (537-7976), the grandchild of some pioneer settlers of Kansas, grew up on a farm that contains portions of the Oregon Trail. He enjoys sharing the living history of Kansas pioneer and farm life.

Date: Oct 3 (1 session)  
Time: 9:00 am - 5:00 pm (Saturday)  
Fee: \$5 individual  
\$8 family  
Location: Meet at the UFM Parking Lot



## Fields of Fair Winery

OC-05

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

Fields of Fair Staff

Date: Sept 18 (1 session)  
Time: 5:30 pm (Friday)  
Fee: \$10  
Location: Fields of Fair Winery  
Paxico Exit off of I-70

\*\*\* FIELDS TRIPS \*\*\*

Check the EARTH AND NATURE section of the catalog.



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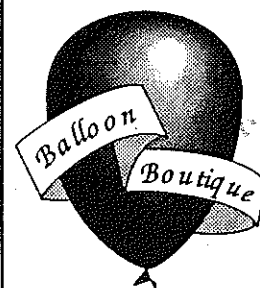
Join Owen Jones to reminiscence and network with others who are interested in passing along their stories and memories of days gone by in Manhattan and surrounding communities.

DATE: Wednesday, Sept. 23

TIME: 1:00 pm

LOCATION: Senior Center

412 Leavenworth



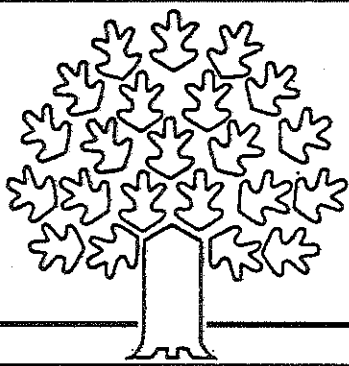
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# Personal Development

1221 THURSTON

539-8763

## Stress Control and Relaxation Seminar

SP-01

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

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

Date: Sept 23 (1 session)  
Time: 7:00 - 9:30 pm (Wednesday)  
Fee: \$20 includes Book, Booklet & Tape  
Location: UFM Fireplace Room

## Stress Control and Relaxation Seminar

SP-02

Date: Oct 21 (1 session)  
Time: 7:00 - 9:30 pm (Wednesday)  
Fee: \$20 Includes Book, Booklet & Tape  
Location: UFM Fireplace Room

## Stress Control and Relaxation Seminar

SP-03

Date: Nov 18 (1 session)  
Time: 7:00 - 9:30 pm (Wednesday)  
Fee: \$20 Includes Book, Booklet & Tape  
Location: UFM Fireplace Room

## Philosophy of Gurdjieff and Ouspensky

SP-04

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 16 - Oct 21 (6 sessions)  
Time: 7:30 - 9:00 pm (Wednesday)  
Fee: \$15  
Location: UFM Multipurpose Room

## Introduction to Zen Buddhist Philosophy and Practice

SP-05

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

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

Date: Oct 7 - 29 (4 sessions)  
Time: 7:30 pm (Weds. & 1 Thurs.)  
Fee: \$12  
Location: UFM Conference Room



## Spiritual Womanhood

SP-06

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

Rev. Gilligan (537-8568), is a Spiritualist minister who specializes in Women's Ministries and counseling. She has been studying Feminine Spirituality for 10 years and facilitates a weekly study group for women.

Date: Sept 14 - Nov 2 (8 sessions)  
Time: 7:30 pm (Monday)  
Fee: \$5  
Location: UFM Conference Room

## Surviving and Thriving After Abuse

SP-07

Abuse is an ugly fact in our society, which leaves the victim feeling helpless, angry and hopeless. But there are ways to overcome those feelings of fear and hopelessness, and not only survive abuse, but learn to thrive and recreate your life. We will talk about the many different practical ways to begin to thrive. How to draw on your own strengths, recognize your own capabilities and use the resources and assistance available to you, in recreating your life.

Rev. Gilligan (537-8568), is a survivor of abuse and has learned and is continuing to learn how to thrive. She is a single parent.

Date: Nov 9 (1 session)  
Time: 7:30 pm (Monday)  
Fee: \$5  
Location: UFM Conference Room

## Surviving and Thriving After Abuse

SP-08

Rev. Gilligan

Date: Nov 16 (1 session)  
Time: 7:30 pm (Monday)  
Fee: \$5  
Location: UFM Conference Room

## Getting It All Together: Creating a Coordinated Image

SP-09

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

The Gallery for Hair Team will conduct this informative session.

Date: Oct 28 (1 session)  
Time: 7:00 - 8:00 pm (Wednesday)  
Fee: \$5  
Location: The Gallery for Hair  
3266 Kimball Ave.

## Nail Care for the Nineties

SP-10

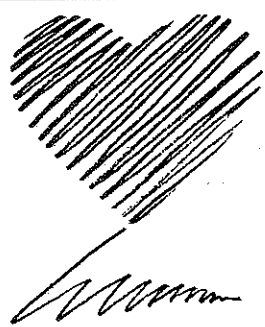
Do you ever admire those beautifully manicured nails that add the perfect touch to a person's image? Join us to learn about proper nail care and the products available to help. We'll talk about linen wraps, silk wraps, sculptures, manicures, and pedicures. Learn how to have healthy and beautiful nails!

The Gallery for Hair (776-5632).

Date: Oct 28 (1 session)  
Time: 7:00 - 8:00 pm (Wednesday)  
Fee: \$5  
Location: The Gallery for Hair  
3266 Kimball Ave.

## GRE Preparation Course coming this Fall

GMAT Preparation Course coming this Spring call UFM (539-8763)



## FONE Crisis Center

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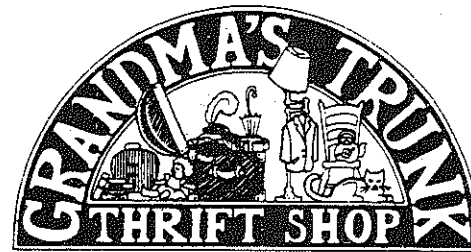
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PERSONAL DEVELOPMENT (Continued)

Majesty by Design

SP-11

Nobody's Perfect! But... with illusion dressing you can dress to create "Your Ideal Silhouette." Majesty is a great and exciting way to gain insight into personal fashion and style. Through this class you will receive a computer readout created from your measurements which will guide you in color and fashion selection to fit and flatter your figure. Majesty is personal, private, easy and fun. Make the most of what you have.

Quinci K. Williams (238-6926), is a professional cosmetologist, with a degree from Crums Beauty College and credentials from Chicago Cosmetology Association. She is also a professional color analyst and is wanting to share her knowledge and experience.

Date: Sept 14 - Oct 5 (4 sessions)
Time: 7:00 - 9:00 pm (Mondays)
Fee: \$37 includes personal shopping handbook and handout packet
Location: UFM Banquet Room

Chinese Tai Chi I

SP-12

Tai Chi known as Joy through Movement is a popular Chinese Tradition. The purpose of Tai Chi is to circulate the vital force and balance the Yin-Yang of this Intrinsic Energy. It is so relaxing and energizing in a gentle manner. This class is designed for beginners. Students will learn basic movements through demonstration and practice. You'll like Tai Chi and enjoy practicing.

Ping Wei (539-7605), is a graduate student in the Department of Chemistry at Kansas State University. When he was in China he taught many foreign students Tai Chi in Nanjing University. (The foreign students were from USA, Japan, Germany, Russia, the Netherlands, and other countries). Ping is very interested in introducing Tai chi to K-State students and Faculty, as well as Manhattan Residents. Everyone is welcome.

Date: Sept 8 - Oct 22 (14 sessions)
Time: 5:30 - 6:30 pm (Tues. & Thurs.)
Fee: \$28
Location: International Students Center, KSU
Corner of Claflin and Mid-Campus Rd.

Chinese Tai Chi I

SP-13

Ping Wei

Date: Oct 27 - Dec 10 (13 sessions)
Time: 5:30 - 6:30 pm (Tues. & Thurs.)
Fee: \$28
Location: International Students Center, KSU
Corner of Claflin and Mid-Campus Rd.

SHARP

SP-14

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

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

Date: Sept 26 (1 session)
Time: 8am - 12 noon (Saturday)
Fee: \$15
Location: Room 212, KSU Union

SHARP

SP-15

Diana Tarver

Date: Nov 14 (1 session)
Time: 8am - 12 noon (Saturday)
Fee: \$15
Location: Room 207, KSU Union

Informal Shiatsu Massage

SP-16

Shiatsu is Japanese for "finger pressure," this rhythmic, moderately deep massage technique has been used for more than 1,000 years. Please bring a partner. You can share the experience of giving and receiving the massage to relieve those tight spots. We will do this to relax, not as a medical treatment. Very casual and fun.

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

Date: Sept 10 (1 session)
Time: 7-8:30 pm (Thursday)
Fee: \$5 individual
\$10 couples
Location: UFM Fireplace Room

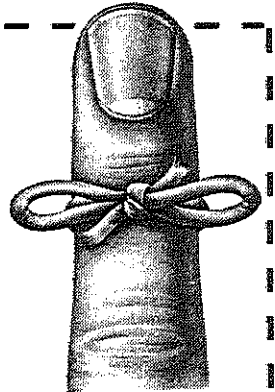
Informal Shiatsu Massage

SP-17

Nobana Nakajima

Date: Oct 3 (1 session)
Time: 2-3:30 pm (Saturday)
Fee: \$5 individual
\$10 couples
Location: UFM Fireplace Room

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A good addition to the brochure would be:

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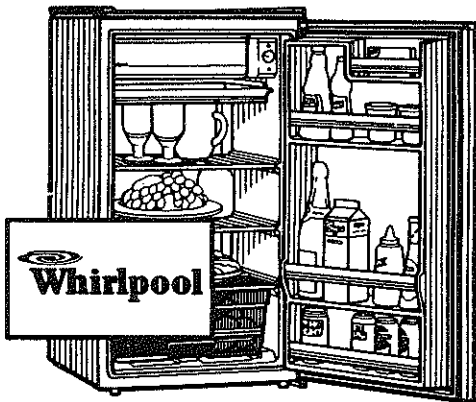
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Twelfth Annual National Rural Families Conference
Children, Youth, and Their Families

September 23-25, 1992

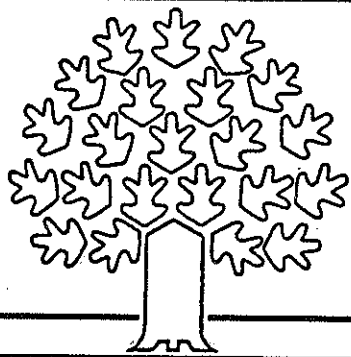
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A conference for professionals working with and helping families

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# Recreation & Health

1221 THURSTON

539-8763

## Standard First Aid/ Community CPR

RH-06

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

Enell Foerster (537-2180).

Date: Sept 16 - Sept 30 (3 sessions)  
Time: 6:00 - 10:00 pm (Wednesdays)  
Fee: \$60 plus books  
Location: 1014 Poyntz - American Red Cross

## First Aid "From Ouchie to Ambulance"

RH-01

We will cover 1st aid basics of handling the "garden variety" of minor "boo-boos" and "ouchies." Class will touch on initial management of more serious injuries. We'll talk about calling the E.M.S. and what to do until they arrive.

Laura Burnett, R.N. (776-3300) is Unit Manager of Emergency Dept. at Memorial Hospital. She has worked at Memorial for 5 years. She has raised 2 children through a variety of 1st aid needs. Laura is currently certified in CPR, Advanced Cardiac Life Support, and is a Trauma Nurse instructor.

Date: Oct 14 (1 session)  
Time: 7:30 pm (Wednesday)  
Fee: \$5  
Location: UFM Fireplace Room

## Understanding Epilepsy: Fact vs. Myth

RH-02

This class will provide information on the different types of seizures and what they look like. We will discuss the causes of seizures and medications which can be used as well as the first aid for seizures. We will address the myths and misconceptions of seizures and the social implications of having seizures.

Shelly Ziegler (1-800-362-0070 ext 8665), has a Bachelor of Arts degree in Social Work from Wichita State University.

Date: Sept 24 (1 session)  
Time: 7:00 - 8:00 pm (Thursday)  
Fee: \$5  
Location: UFM Conference Room

## Standard First Aid/ Community CPR/Basic Life Support

RH-07

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

Enell Foerster (537-2180).

Date: Oct 14 - Nov 4 (4 sessions)  
Time: 6:00 - 10:00 pm (Wednesdays)  
Fee: \$90 plus books  
Location: 1014 Poyntz - American Red Cross

### ATTENTION KSU STUDENTS!

Need a place to study during Final Week?

UFM will be open 8:30 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.

### GMAT GRADUATE MANAGEMENT ADMISSION TEST PREPARATION COURSE AVAILABLE THIS SPRING

This comprehensive GMAT review may give you the edge you need to beat the competition for admission to an MBA program.

For information call soon.

UFM 539-8763



## Ballroom Dance

RH-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, Swing and more. You will be dancing around the expansive floor. So, sign up with a friend, or two, and learn how to dance with someone in your arms. Classes fill rapidly. It is advisable to register early.

Michael Bennett (776-7557) has trained in Ballroom Dance at U.C. Berkeley; Mandola Ballroom, San Francisco; AliBaba Ballroom, Oakland CA; Chicago Dance Studio, Chicago, IL; and Avenue Ballroom, San Francisco. He was the 1986 San Francisco Avenue Ballroom Jitterbug Champion. Nelli Weathers has been helping Michael teach dance for 3 years and dancing all of her life. She is from Ireland and learned dance in the British and Irish school systems.

Date: Sept 25 - Nov 20 (9 sessions)  
Time: 7:00 - 8:30 pm (Fridays)  
Fee: \$25  
Location: Lucky High Gymnasium  
220 S Juliette

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for 18 holes of Putting at



Manhattan PUTT-PUTT Golf Course  
Purchase A Game And Your Guest Can Play FREE

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### For the fun of it!

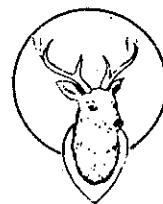


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304 Poyntz 539-5639  
Downtown - Manhattan  
Hours: Mon. - Fri. 9-6;  
Thurs. 9-8; Sat. 9-5



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539-1041

Jim Gregory, PGA Professional





## RECREATION, HEALTH & FITNESS (Continued)

### Fencing

RH-08

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

Jeffrey Fellin (776-3365), has been competing for 12 years and coaching for 3 years. He is a C rated epeeist and a USFA certified coach. Mike Milleson is an E rated epeeist. He has been competing 3 years and coaching for 2 years. Together they took 1st and 2nd in epee at the Jayhawk Open this year.

Date: Oct 13 - Dec 15 (8 sessions)  
Time: 7:30 - 9:30 (Tuesdays)  
No class on Nov 3 or Dec 8  
Fee: \$40  
Location: Lucky High Gymnasium  
220 S Juliette

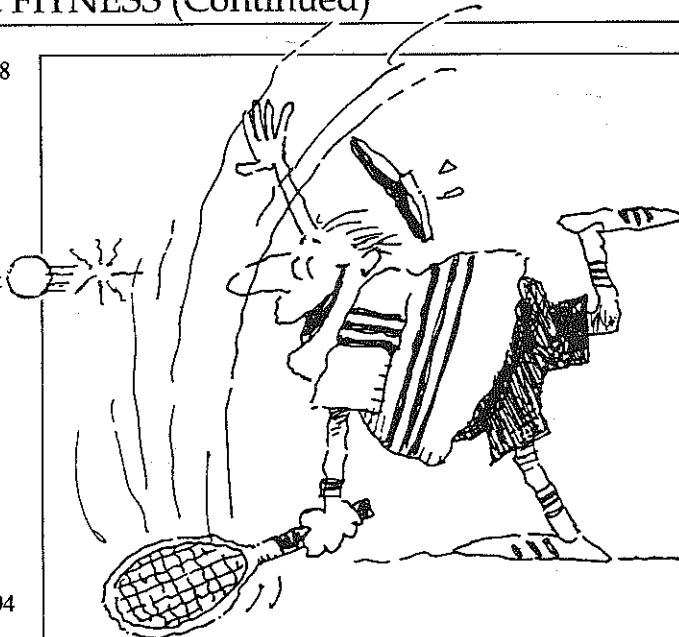
### Bridge

CF-04

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

Dick Claussen is a Life Master and is an ACBL accredited teacher.

Date: Sept 14 - Oct 19 (6 sessions)  
Time: 7:00 - 9:00pm (Mondays)  
Fee: \$20  
Location: UFM Fireplace room



### Tennis: Junior Beginners Ages 7-16

RH-10

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

Date: Sept 14 - Oct 12 (5 sessions)  
Time: 6:00 - 7:00 pm (Mondays)  
Fee: \$35  
Location: L.P. Washburn Recreation Complex, KSU

### Tennis: Beginners Age 17 and Up

RH-11

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

Mark Tessendorf

Date: Sept 14 - Oct 12 (5 sessions)  
Time: 7:00 - 8:00 pm (Mondays)  
Fee: \$35  
Location: L.P. Washburn Recreation Complex, KSU

### Tennis: Intermediate Ages 17 and Up

RH-12

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

Mark Tessendorf

Date: Sept 14 - Oct 12 (5 sessions)  
Time: 8:00 - 9:00 pm (Mondays)  
Fee: \$35  
Location: L.P. Washburn Recreation Complex, KSU

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

### Golf

RH-03

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

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

Date: Sept 1 - Oct 20 (8 sessions)  
Time: 5:30-7:30 pm (Tuesdays)  
Fee: \$78  
\$98 for credit--PE 140A  
Location: Stagg Hill Golf Course

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



### Golf

RH-04

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

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

Date: Sept 3 - Oct 22 (8 sessions)  
Time: 9:30-11:30 am (Thursdays)  
Fee: \$78  
\$98 for credit--PE 140B  
Location: Stagg Hill Golf Course

### Golf For Beginners- Class I

RH-05

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

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

Date: Sept 10, 17, 24 (3 sessions)  
Time: 6:00 (Thursdays)  
Fee: \$20  
Location: Stagg Hill Golf Course  
4441 Ft. Riley Blvd

## GRE PREPARATION COURSE

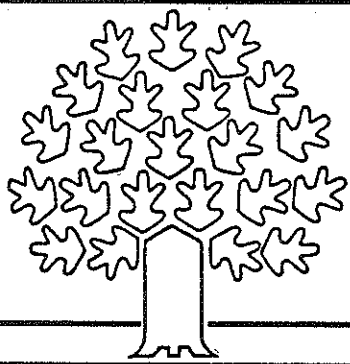
November 17 - December 10

Tuesday & Thursday  
6:30 pm - 9:30 pm

December 5  
Saturday  
9 am - 12 noon

Analysis and review consists  
of the three GRE subject areas  
of math, logic & verbal skills.

For registration or more  
information call  
UFM 539-8763



# Youth

1221 THURSTON

539-8763

## Cutting Paper Snowflakes YO-01

It is easy and fun to cut eye-catching, artistic, dramatic snowflakes in a variety of styles. Numerous examples will be displayed, various patterns will be cut, and original creations shared. A catalog of examples will be available at a cost of \$2.00. For ages 9-90. **Bring sharp adult scissors!**

*Leo Schell* is a former elementary school teacher who has delightedly cut paper snowflakes for years, has a large collection of them, and has taught this class all over Kansas.

Date: Nov 7 (1 session)  
Time: 9:00 am - 12 noon (Saturday)  
Fee: \$5  
Location: 217 Bluemont Hall, KSU

## Children's Morning Play Group YO-02

Join us for an ongoing support group for at-home parents. Pre-school age children will play while parents visit with other adults. Parents are responsible for their own children, so no separation is necessary. During nice weather we will meet outside, and during inclement weather we will meet in homes of participants. These groups have been in existence for 15 years.

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

Date: Sept 9 - Dec (on going)  
Time: 10:00 - 12 noon (Mon & Thurs)  
Fee: \$5  
Location: Coordinators will contact you with location

## Kung Fu for Children Class I YO-03

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

*Stan Wilson* (539-7723), who holds a 2nd degree black belt in Jujitsu and a first degree black belt in Kung Fu, has studied martial arts for 20 years and has taught for 13 years. He is a member of the Pai Family. Stan has been a member of the Shadows of Iga Ninja Society for 8 years and has studied with Steve Hayes.

Date: Sept 12 - Oct 31 (8 sessions)  
Time: 2:00 pm (Saturday)  
Fee: \$23  
Location: Ahearn Field House

## Kung Fu for Children Class II YO-04

*Stan Wilson*

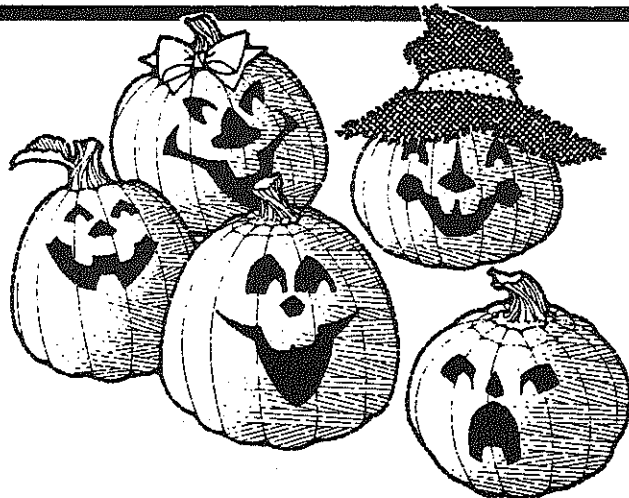
Date: Sept 12 - Oct 31 (8 sessions)  
Time: 1:00 pm (Saturday)  
Fee: \$23  
Location: Ahearn Field House

## Sewing for Kids YO-11

This class is for children 8 and up with little or no hand sewing experience. They will learn basic skills such as threading a needle, knotting the thread, sewing on a button, repairing a torn seam, the running stitch, the blanket stitch, and the knotting stitch. We will put together a sewing box from a shoe box and learn how to select essential sewing supplies. The participants will receive a list of items to bring to class, including sewing projects of their own choosing. Participants must have a desire to learn!

*Lenore Rauch*, is an experienced seamstress and mother.

Date: Oct 10 & 17 (2 sessions)  
Time: 2 - 4:00 pm (Saturday)  
Fee: \$8  
Location: UFM Conference Room



## Paint a Jack-O-Lantern YO-05

This class is for children and adults alike and just in time for Halloween. **Bring your own pumpkin**, and come prepared to see it take on the holiday character you create with paints provided by the instructor.

*Julie Strauss* (293-5795), is a close friend of the "Great Pumpkin."

Date: Oct 24 (1 session)  
Time: 1:00 - 3:00 pm (Saturday)  
Fee: \$6  
Location: UFM Banquet Room

## Kids Can Take Pictures Too YO-08

Join us and learn the basics of good photography. We will discuss how to hold the camera, compose the picture and shoot from different angles. Gain hands on experience as we shoot a roll of film. **Bring an automatic camera and a 24 exposure roll of film.**

*Holly Lambert*, is a Graphic Design student at Kansas State University. She is a National Kodak Photography winner thru 4-H. Holly was a Co-Photography leader for her 4-H club. She has been taking pictures since she was 7.

Date: Sept 26 (1 session)  
Time: 1-3:30 pm  
Fee: \$5  
Location: UFM Conference Room

**GIFT CERTIFICATES  
FOR UFM CLASSES  
are always available.**

*Give a gift of learning!*

Call or Stop by UFM

1221 Thurston 539-8763

- Christmas
- Birthdays
- Anniversaries
- Thank You Gifts

## Snakes of Northeast Kansas YO-06

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

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

Date: Sept 26 (1 session)  
Time: 9:00 am (Saturday)  
Fee: \$5 individual  
\$8 child & adult  
Location: UFM Fireplace Room

## Snake Walk YO-07

We will have fun and walk the local terrain to find and identify common reptiles (especially snakes). As the instructors turn rocks we will discuss safety and state regulation in finding and handling reptiles. We encourage children to be 8 or older and be accompanied by an adult. **Good shoes and long pants are recommended. Rainedate: Oct 10**

*Ray Matlack*

Date: Oct 3 (1 session)  
Time: 9:00 am (Saturday)  
Fee: \$5 individual  
\$8 for child & adult  
Location: Meet at UFM

## Parent-Teacher Conference Enrichment Days YO-09

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

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

## Parent-Teacher Conference Enrichment Days YO-10

Date: Nov 6  
Time: 8am - 5pm (Friday)  
Fee: \$10 for 1/2 day includes lunch  
\$18 for full day  
Location: Woodrow Wilson Elementary School  
Juliette and Leavenworth

**For Additional Martial Arts,  
see MARTIAL ARTS SECTION  
of the catalog.**

### INCLEMENT WEATHER POLICY

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

### SPECIAL POLICIES FOR CREDIT OPTIONAL CLASSES

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

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

charged for enrollments taken after one-third of the class meetings. Additional student activity and health fees may be assessed for students enrolled in 6 or fewer KSU credit hours.

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

### LIABILITY STATEMENT

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

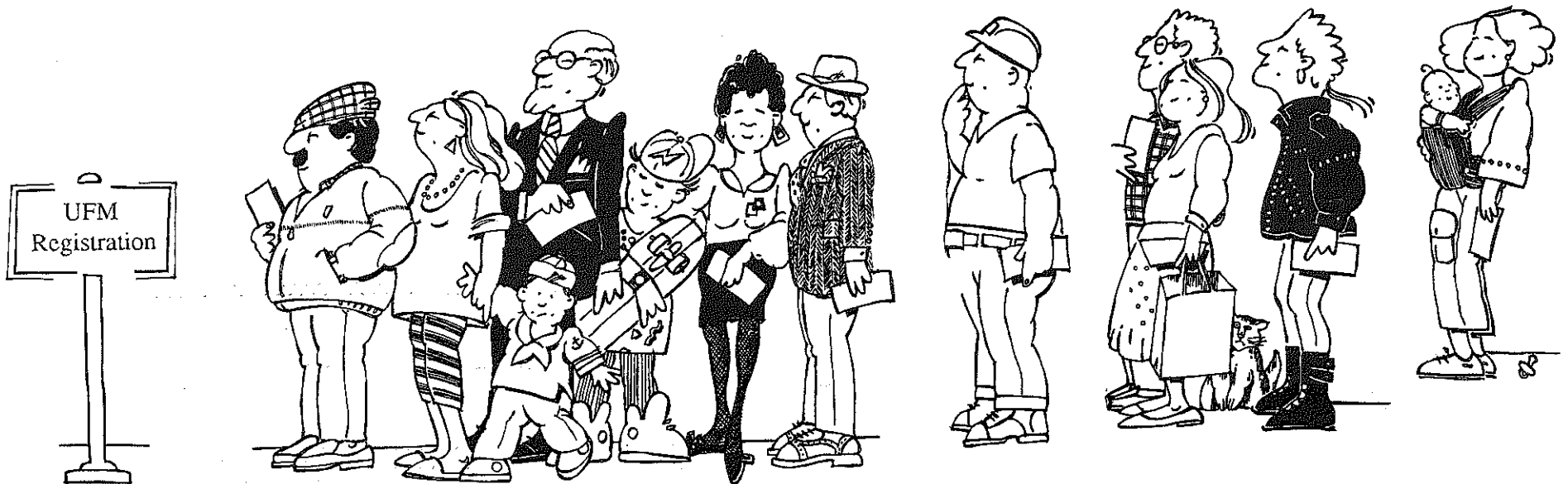
KSU Continuing Education/UFM assumes no responsibility for costs involved with individual injury or property loss incurred in connection with the use of University or UFM facilities. Individuals are reminded that they should review their own personal circumstances to determine if they have adequate insurance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

### COMMUNITY REGISTRATIONS

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

DATE	TIME	LOCATION
Aug 20	10 am - 2 pm	KSU Union
Aug 24	10 am - 2 pm	KSU Union
Aug 29	10 am - 2 pm	Wal-Mart
Sept 3	4 pm - 7 pm	Public Library

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



## Questions We're Often Asked

#### 1. When should I register?

Registration begins as soon as the current catalog is printed and continues until classes have filled or started. We encourage you to sign up early to assure getting a space in the class you want.

**Early registration also helps avoid class cancellation.** Please do not go to the class unless you have registered with our office.

#### 2. How do I sign up?

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

#### 3. When do I pay?

Payment is made at the time of registration. If you enroll over the telephone (with a MasterCard or VISA), you are added to the course roll immediately. If you register in person or by mail, we enroll you the day we receive your payment. Enrollments will be accepted on a first-come, first-served basis.

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

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

#### 5. When is the office open?

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

#### 6. Will I receive a confirmation?

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

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

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

#### 8. Can I get a refund?

We'll give you a full refund if we cancel your class. If you decide to withdraw before the class begins, and you tell us 48 hours before the starting date, we'll send you a refund. We do, however, keep a \$2 processing fee. **NO REFUND AFTER THE CLASS BEGINS.**

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

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

**THANK YOU ADVERTISERS for your loyal support!**



# REGISTRATION INFORMATION

# 3 WAYS TO REGISTER



## Registration by Mail

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

**UFM Class Registrations**  
1221 Thurston  
Manhattan, Kansas 66502-5299

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

## Registration by Phone

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



## Registration in Person

Stop by UFM, 1221 Thurston anytime between 8:30 a.m. and 5:00 p.m., Monday through Friday.

### FOR YOU...

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

Name \_\_\_\_\_ Day Phone \_\_\_\_\_  
 Address \_\_\_\_\_ Evening Phone \_\_\_\_\_  
 City \_\_\_\_\_ State Kansas Zip \_\_\_\_\_  
 Social Security No. \_\_\_\_\_ Credit \_\_\_\_\_ Non Credit \_\_\_\_\_

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

Tax Deductible Donation \_\_\_\_\_  
 Total \_\_\_\_\_

I hereby authorize the use of my Visa  MasterCard

Signature \_\_\_\_\_  
 Card # \_\_\_\_\_ Expiration Date \_\_\_\_\_  
 Card Cardholder's Name (Please Print) \_\_\_\_\_

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

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

Parent's Name if Student is Under Age 18 \_\_\_\_\_  
 EMPLOYER: KSU Faculty/Staff  Fort Riley Personnel  Other

Where did you obtain your catalog? \_\_\_\_\_

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

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

Signature \*\* \_\_\_\_\_ Date \_\_\_\_\_

**OFFICE USE ONLY**

date	staff	amount
Date Received _____	_____	Check _____ TOTAL PAID
Entered _____	_____	Cash _____
Computer _____	_____	Visa _____
Fee _____	_____	M/C _____
		Voucher _____ Date _____

### FOR A FRIEND...

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

Name \_\_\_\_\_ Day Phone \_\_\_\_\_  
 Address \_\_\_\_\_ Evening Phone \_\_\_\_\_  
 City \_\_\_\_\_ State Kansas Zip \_\_\_\_\_  
 Social Security No. \_\_\_\_\_ Credit \_\_\_\_\_ Non Credit \_\_\_\_\_

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

Tax Deductible Donation \_\_\_\_\_  
 Total \_\_\_\_\_

I hereby authorize the use of my Visa  MasterCard

Signature \_\_\_\_\_  
 Card # \_\_\_\_\_ Expiration Date \_\_\_\_\_  
 Card Cardholder's Name (Please Print) \_\_\_\_\_

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

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

Parent's Name if Student is Under Age 18 \_\_\_\_\_  
 EMPLOYER: KSU Faculty/Staff  Fort Riley Personnel  Other

Where did you obtain your catalog? \_\_\_\_\_

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

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

Signature \*\* \_\_\_\_\_ Date \_\_\_\_\_

**OFFICE USE ONLY**

date	staff	amount
Date Received _____	_____	Check _____ TOTAL PAID
Entered _____	_____	Cash _____
Computer _____	_____	Visa _____
Fee _____	_____	M/C _____
		Voucher _____ Date _____