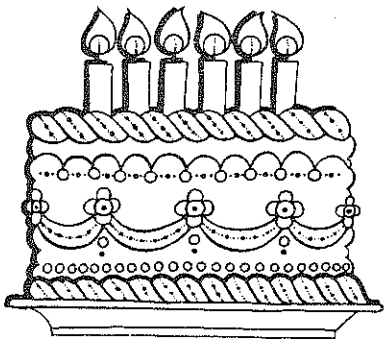


UFM
1993
FALL CLASSES
(Sept.-Dec.)

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

OR CURRENT RESIDENT

Happy Birthday, UFM!



Who would have thought that an educational approach so experimental, that espoused the philosophy that anyone can teach, anyone can learn, would be active and thriving 25 years later? It is truly a high tribute to teachers, learners, staff, board members and in general, to the community of Manhattan that UFM remains an on-going, viable educational organization. Over 80 communities have replicated UFM's model in Kansas, Oklahoma, Kentucky, South Dakota and Missouri. Some 19 existing

community programs find their origins within UFM. UFM has touched the lives of many people, in many ways, and contributed to making Manhattan a wonderful caring educational community.

Happy 25th UFM! Here's to another 25 years of Manhattan residents sharing their skills, interests and time to educate others and participating in one of the best educational experiments of this century.

Sue Maes, Executive Director 1969 - 1986

Since its inception 25 years ago, UFM has changed in many ways. UFM is now a completely self-supporting educational resource with roots in both the community and the university. UFM continues to offer diversity in programming to serve the widest possible audience. Because of our format, UFM is able to respond quickly to special issues that arise in the community and the nation. Class offerings change to reflect current interests and issues. We continue to work not only with organizations in our own community, but throughout Kansas to help design community education and community development innovations. We continue the Lou Douglas Lecture Series, the Community Garden and Family Literacy Programs, all of which interact with many other local and state entities.

The class program continues to be the heart of UFM. The volunteers who share their knowledge deserve much credit for their dedication and contribution to making our unique classes available in Manhattan. The love of learning and sharing skills is evident.

This Fall catalog celebrates 25 years of a very special program. We invite the entire community to help us celebrate. Join us at one of our special Birthday parties, take a class, go to a lecture, become a teacher. Our only prerequisite is curiosity because we believe anyone can teach and anyone can learn.

We look forward to seeing you, sharing memories and visions for the future.

To participate is to celebrate learning.

Linda Teener, Current Executive Director

Local Programs (Past and Present) Initiated with UFM Assistance:

Through the years UFM staff involvement or class offerings have helped to establish many community projects in Manhattan.

- | | |
|---|-------------------------|
| Downtown Farmer's Market | The Hunger Project |
| Manhattan Community Gardens | The Crisis Center, Inc. |
| People's Grocery Cooperative | H.O.M.E. |
| Women's Resource Center | Fone Crisis Center |
| Coalition of Parent Educators | Flinthills Breadbasket |
| Hidden Places in Kansas Project | Family Literacy Program |
| Be Busy After School Program | Drug Education Center |
| Lou Douglas Lecture Series | Living Learning School |
| Parent Resource Program | |
| Community Resource Act Program | |
| City of Manhattan Social Service Advisory Board | |
| Solar Technology Demonstration Project | |
| Edible Landscape Demonstration Project | |
| SPARK, Special Activities for Rural Kansans | |
| Let's Recreate Program for the Handicapped | |

The Community Resource Act Program has served 66 communities in Kansas by providing mini-grants, consultation and training on how to establish their own community education/recreation programs. These communities include:

- | | | | |
|----------------------|--------------------|----------------|----------------|
| Cheney | Hiawatha | Ransom | Courtland |
| Frankfort | Lewis | Holton | Haysville |
| Harveyville | Mound Valley | Onaga | Lawrence |
| Marion/
Florence | Ashland | Kingman | Summerville |
| Baldwin | Fall River | Madison | Roxbury |
| Independence | Ford | Satanta | Eskridge |
| Norton | Kansas City,
KS | Effingham | Jennings |
| Marquette | Uniontown | Goessel | Newton |
| Goodland | Liberal | Troy | Ottawa |
| Mayetta | Greensburg | Glasco | Belleville |
| Gridley | Syracuse | Mound City | Pawnee Rock |
| Ellsworth/
Saline | Leavenworth | Osawatomie | Sharon Springs |
| Lansing | Tribune | Perry- | Burlington |
| Formosa | Potwin | LeCompton | Garnett |
| Junction City | Nortonville | Beloit | Iola |
| | Jetmore | Pittsburg | Payola |
| | | Bonner Springs | Westmoreland |

Other Professional Development Efforts: UFM has been instrumental in developing other programs in Kansas and the nation. These include:

- Kansas Community Education Association
- Kansas Alliance for Literacy
- The Learning Resource network, an international resource network
- The Rural Clearinghouse for Lifelong Education and Development
- The Association for Community Based Education, a national organization

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ABOUT OUR COVER

Our cover was designed by Mal Hoover, a Graphic Design Artist for Veterinary Medicine at KSU. Mal is a special friend to UFM and we appreciate her support.

CAN'T DECIDE
WHAT RADIO
STATION TO
LISTEN TO?

THE DECISION
IS EASY!

More Music
Better Variety

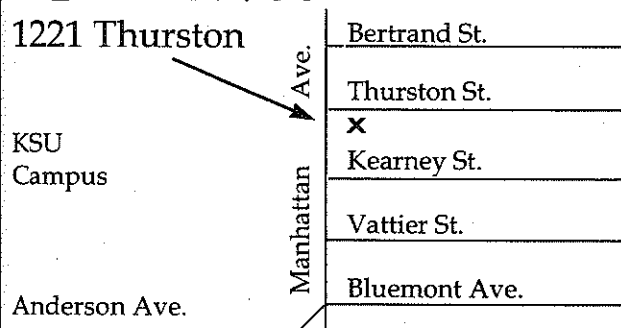


103.9 fm



WHERE WE'RE LOCATED . . .

UFM



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.

Thanks, UFM Instructors!

Kevin Almeida
Dale Anderson
Harry Anderson
Kim Anderson
Dorothy Roberts
Arvizu
Steffany Aye
Michael Bennett
Dennis Boyce
Mark Brown
Marie Burgett
Terry Carpenter
Dick Claussen
Michael Cody
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Thanomsri Leeling
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Dawn McKensie

Tom Mahoney
Terry Marker
Ray Matlack
Dr. Richard Mattson
Richard Meador
Mike Milleson
Panel of Massage
Therapists
Ernie Peck
Jim Phelan
Al Potter
Liuba Ramm
Leon Rappoport
Rex Replogle
Deb Rosproy
Naomi Sato
Susan Sawyer
Leo Schell
Pam Schmid
Tammy Sinn
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Natalie Smith

Bill Stewart
Sun Yi Academy
Diana Tarver
Dean Taylor
Linda Inlow Teener
Mark Tessoroff
Michele Thun
Siddharth Turakhia
Gus van der Hoeven
Paula Walawender
Dr. Charles Walters
Vanessa Ward
Nelli Weathers
Ping Wei
Tamara Weiss
Harold Wellmeier
Jeff Werner
Jeff Wilson
Robert Wilson
Stan Wilson
Doug Wood

Manhattan Military Wives

—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, crafts and picnics.

June 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.

July and August meetings are held every Wednesday morning at 10 a.m. at various area parks and other recreation sites. Children of all ages are included in the activities.

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.

BABYSITTING CO-OP

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

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.

TRANSPORTATION

Transportation to Wednesday meetings and to medical, mental health and social services on post and in Manhattan can be arranged.

SPECIAL SUPPORT GROUP

Women whose husbands are PCS or TDY get together for fun and mutual support.

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

BOARD OF DIRECTORS

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Linda Inlow Teener, *President*
Executive Director UFM
Deloss Jahnke
KSU Student Senate
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Student Life KSU
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KSU Social Work Department
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Community
Gabrielle Thompson
Assistant Riley County Attorney
Craig A. Weigel
Kansas Farm Bureau

COMMUNITY REGISTRATIONS

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

DATE	TIME	LOCATION
Aug. 19, Th	10 am - 2 pm	KSU Union
Aug. 23, M	10 am - 2 pm	KSU Union
Sept. 2, Th	4 pm - 7 pm	Public Library
Sept. 11, Sat	10 am - 2 pm	Town Center

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.

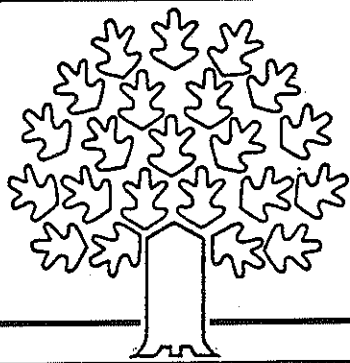
To advertise your business or organization in the next UFM catalog, contact the UFM Office (539-8763) by November 12.

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!

This Catalog Printed on Recycled Paper

REGISTRATION INFORMATION on the back page





Aquatics

1221 THURSTON

539-8763

UFM Swim Classes

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

Parents are allowed on deck only on Parents Day.

Location: All swim classes are held in the KSU Natatorium.

Lockers are available for use during class. Participants must supply towels and swimsuits. Showers are required before entering the water.

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

No Classes: Oct 30, Nov 24, 25 & 27

Session I: Mon/Wed Sept 13 - Oct 20
Tues/Thurs Sept 14 - Oct 21

Session II: Mon/Wed Nov 1 - Dec 8
Tues/Thurs Nov 2 - Dec 9

Session III: Saturday Sept 11 - Dec 11

Level I: Water Exploration

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

Session I:
AQ-03 Mon/Wed 6:05 - 6:45 pm
AQ-04 Tues/Thurs 6:05 - 6:45 pm
Session II:
AQ-21 Mon/Wed 6:50 - 7:30 pm
AQ-22 Tues/Thurs 6:05 - 6:45 pm
Session III:
AQ-39 Saturday 9:30 - 10:15 am
AQ-40 Saturday 10:30 - 11:15 am
Fee: \$35 per session

Level II: Primary Skills

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

Session I:
AQ-05 Mon/Wed 6:05 - 6:45 pm
AQ-06 Tues/Thurs 6:05 - 6:45 pm
Session II:
AQ-23 Mon/Wed 6:50 - 7:30 pm
AQ-24 Tues/Thurs 6:05 - 6:45 pm
Session III:
AQ-41 Saturday 9:30 - 10:15 am
AQ-42 Saturday 10:30 - 11:15 am
Fee: \$35 per session

Level III: Stroke Readiness

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

Session I:
AQ-07 Mon/Wed 6:05 - 6:45 pm
AQ-08 Tues/Thurs 6:05 - 6:45 pm
Session II:
AQ-25 Mon/Wed 6:50 - 7:30 pm
AQ-26 Tues/Thurs 6:05 - 6:45 pm
Session III:
AQ-43 Saturday 9:30 - 10:15 am
AQ-44 Saturday 10:30 - 11:15 am
Fee: \$35 per session

Level IV: Stroke Development

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

Session I:
AQ-09 Mon/Wed 6:05 - 6:45 pm
AQ-10 Tues/Thurs 6:05 - 6:45 pm
Session II:
AQ-27 Mon/Wed 6:50 - 7:30 pm
AQ-28 Tues/Thurs 6:05 - 6:45 pm
Session III:
AQ-45 Saturday 9:30 - 10:15 am
AQ-46 Saturday 10:30 - 11:15 am
Fee: \$35 per session

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

Parent/Infant and Parent/Tot

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

Note: The IPAP classes only meet 8 times each session.
Ending dates for Session I Oct 6 & 7
Ending dates for Session II Nov 29 & 30
Ending dates for Session III Oct 23

Session I:
AQ-01 Mon/Wed 7 - 7:30 pm
AQ-02 Tues/Thurs 7 - 7:30 pm
Session II:
AQ-19 Mon/Wed 7 - 7:30 pm
AQ-20 Tues/Thurs 7 - 7:30 pm
Session III:
AQ-38 Saturday 10:30 - 11 am
Fee: \$15.00 per session

Private Lessons for Special Populations AQ-55

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

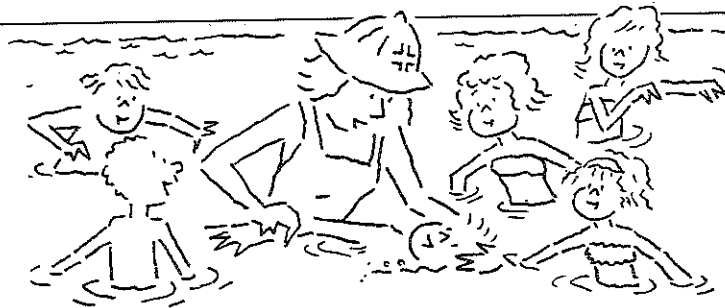
Private Lessons AQ-56

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

UFM CLASSES make great gifts





Level V: Stroke Refinement

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

- Session I: AQ-11 Mon/Wed 6:50 - 7:30 pm, AQ-12 Tues/Thurs 6:50 - 7:30 pm
Session II: AQ-29 Mon/Wed 6:05 - 6:45 pm, AQ-30 Tues/Thurs 6:50 - 7:30 pm
Session III: AQ-47 Saturday 9:30 - 10:15 am, AQ-48 Saturday 10:30 - 11:15 am
Fee: \$35 per session

Level VI: Skill Proficiency

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

- Session I: AQ-13 Mon/Wed 6:50 - 7:30 pm, AQ-14 Tues/Thurs 6:50 - 7:30 pm
Session II: AQ-31 Mon/Wed 6:05 - 6:45 pm, AQ-32 Tues/Thurs 6:50 - 7:30 pm
Session III: AQ-49 Saturday 10:30 - 11:15 am
Fee: \$35 per session

Level VII: Advanced Skills

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

- Session II: AQ-33 Mon/Wed 6:05 - 6:45 pm
Session III: AQ-50 Saturday 10:30 - 11:15 pm
Fee: \$35

Adult Swim Lessons

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

- Session I: AQ-15 Mon/Wed 6:50 - 7:30 pm
Session II: AQ-34 Tues/Thurs 6:50 - 7:30 pm
Fee: \$35

Swim and Stay Fit Ages 13 plus

Swim and Stay Fit is a planned activity to encourage adults and advanced swimmers to swim regularly and frequently. Participants receive individual work-outs planned and supervised by instructor daily. You may choose your 40 Minute block of time during the below scheduled times.

- Session I: AQ-16 Mon - Thurs 6:05 - 7:30 pm
Session II: AQ-35 Mon - Thurs 6:05 - 7:30 pm
Session III: AQ-51 Saturday 9:30 - 11:30 am
Fee: \$20 per session

Swim and Stay Fit for Parents

Are you tired of being just an observer at your child's swimming lessons? If so, then take advantage of the time you spend watching and enroll in our SPECIAL Parent's Swim and Stay Fit Class. This class is available to you at a reduced rate of \$15 and will meet every day your child is enrolled in swimming lessons. In this class you will set your own goals and the instructor will help monitor your program.

- Session I: AQ-17 Mon - Thurs 6:05 - 7:30 pm
Session II: AQ-36 Mon - Thurs 6:05 - 7:30 pm
Session III: AQ-52 Saturday 9:30 - 11:30 am
Fee: \$15 per session

Hydroaerobics Ages 16 plus

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

- Date: AQ-18 Session I, AQ-37 Session II
Time: 6:05 - 6:50 pm Monday through Thursday
Fee: \$20 per session

Basic Water Safety

This course focuses on personal and community water safety and may be taken by anyone, regardless of age or swimming ability. It is a great opportunity of Scout badges or group programs. Basic Water Safety is a prerequisite for Emergency Water Safety.

To schedule your group (minimum of 6) call UFM, 539-8763 to negotiate dates, times and fee. Location: KSU Natatorium

Lifeguard Training

AQ-57

This course provides explanations, demonstrations, practice, and review of rescue skills essential for lifeguards. It also covers extensive pool management. Textbooks may be purchased at the American Red Cross Office. Prerequisite: Students must be at least 15 years old and pass a skills test the first class day. To receive certification the student must successfully complete or show documentation of American Red Cross: Standard 1st Aid/CPR course and successfully complete the final skills test and pass the written test by 80% minimum score.

- Date: Oct 22 & Oct 24 - 28
Time: 3:30 - 8:30 pm (Fri, Mon-Fri), 5 - 7 pm (Sunday)
Fee: \$70
Location: KSU Natatorium

Emergency Water Safety

AQ-54

Provides a sound foundation for further training in lifeguarding and aquatic safety. Very appropriate class for swimmers who have passed level VII but do not meet minimum age of Lifeguard Training. Basic Water Safety is a prerequisite for this class. A skills test will be given.

To schedule your group (minimum of 6) call UFM, 539-8763 to negotiate dates, times and fee. Location: KSU Natatorium

Water Safety Instructor

AQ-58

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

Sarah Forsyth is certified through the American Red Cross as a Water Safety Instructor/Trainer.

- Date: Sept 9,10,18,19, Oct 2,3,16,17, Nov 6 & 7
Time: 6 - 9 pm (Thurs & Fri), 9 am - 1 pm (Saturday), 2 - 7 pm (Sunday)
Fee: \$125
Location: KSU Natatorium Gym 204

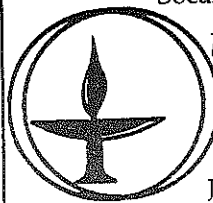
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Teaching a class at UFM can enhance your business, be an instructional opportunity for education students, be an opportunity to network with those who share your interest or a nice way to make friends. Call the UFM office (5398763) by Nov. 1 to offer a class in the spring catalog.

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

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



Unitarian-Universalist Fellowship, 481 Zeandale Rd. 537-2349, Just 1/2 mile east of viaduct on K-18



Oak Grove School is a secular, nonprofit school providing children between the ages of 3-10 years with an innovative option to traditional education. Oak Grove School values diversity, and we welcome children of any race, color, religion and ethnic or national origin. We offer a flexible morning, afternoon and full-day program. For information, call the school at 537-2349, Virginia Bennett at 539-9362 or Shawn Bunch at 494-2830.

Family Vision Care

DR. DOUGLAS STIGGE, DR. NORBERT STIGGE, Optometrists

(913) 539-6051

1202 Moro Manhattan, Kansas 66502

We have a GRE Preparation Course in time for October 9, 1993 test!





Scuba Diving

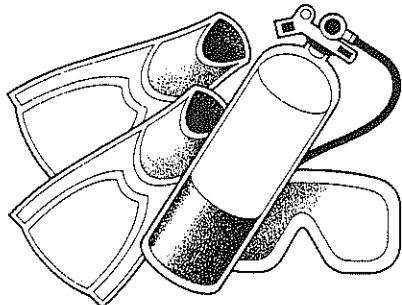
AQ-59

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 at poolside. **A complete physical is required for participants aged 45 and up.**

Free Scuba Demonstration will be held in the KSU Natatorium on Friday, September 17 from 6:05 - 7:30pm. 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 23 years and instructing scuba for 13 years.

Date: Sept 18,25, Oct 2,9,16 & 23
Time: 9 am - 1 pm (Saturday)
Fee: \$195
Location: KSU Natatorium



Scuba Refresher

AQ-60

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. Ages 12 +.

Jeff Wilson, has been diving for 23 years and has been instructing scuba for 13 years.

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

Fundamentals of Kayaking

AQ-62

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

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

Date: November 7 & 21
Time: 9 am - 7 pm (Sunday)
Fee: \$50 includes equipment rental
Location: KSU Natatorium



Intermediate Kayak Workshop

AQ-63

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: December 5
Time: 9 am - 1 pm (Sunday)
Fee: \$5
Location: KSU Natatorium

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

Skin Diving-Snorkeling

AQ-61

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 at poolside.

Skin Diving Demonstration will be held at the KSU Natatorium on Friday, November 5 at 6:05 - 7:30 pm.

Jeff Wilson, has been diving for 23 years and has been teaching for 13 years.

Date: November 6,13 & 20
Time: 9 am - 1 pm (Saturday)
Fee: \$60
Location: KSU Natatorium

COMMUNITY REGISTRATIONS

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

DATE	TIME	LOCATION
Aug. 19, Th	10 am - 2 pm	KSU Union
Aug. 23, M	10 am - 2 pm	KSU Union
Sept. 2, Th	4 pm - 7 pm	Public Library
Sept. 11, Sat	10 am - 2 pm	Town Center

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

776-5577



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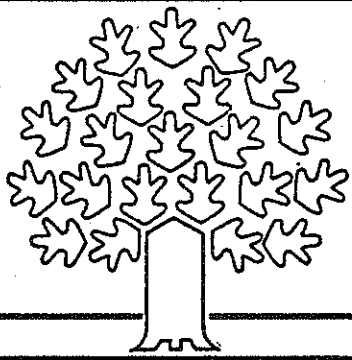
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* No partners needed
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Computer

1221 THURSTON

539-8763

Computer Basics for IBM & Compatibles

CP-01

Learn the very basics needed for understanding the effective use of the IBM or compatible personal computer. This course is designed for those who have very little or no knowledge of computers. Topics to be covered include: types of computers and terminology, hardware, software and working with DOS. Some hands-on computer time is available during the class.

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

Date: October 12
Time: 7 - 8:30 pm (Tuesday)
Fee: \$15
Location: UFM Computer Lab

Computer Basics for IBM & Compatibles

CP-01A

Linda Teener

Date: November 4
Time: 7 - 8:30 (Thursday)
Fee: \$15
Location: UFM Computer Lab

Database Management Using dBase IV

CP-02

This class will show you how to store, retrieve and manage data in the computer using dBase IV. dBase is a common database software program used by businesses. You will learn the basics of how to create a database and how to use it to create queries, reports, and labels. Some tips on programming your own functions will also be included. Hands-on computer time is provided during the class.

Kevin Almeida (539-5745), has worked as a software executive and has been involved in developing computer software. He has taught computer programming to students and employees working to obtain the United Kingdom National Computer Center Diploma in Computer Studies. He presently works at the International Trade Institute in Manhattan.

Date: Sept 21 - Oct 7
Time: 5:30 - 7:30 pm (Tues. & Thurs.)
Fee: \$75
Location: UFM Computer Lab

This catalog printed on recycled paper

Basic WordPerfect

CP-03

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

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

Date: Sept 28 & Oct 5
Time: 3 - 5 pm (Tuesday)
Fee: \$25
Location: UFM Computer Lab

WordPerfect Razzle Dazzle

CP-04

Learn how to improve the appearance of your documents and improve your productivity. Try your hand at designing a newsletter with graphics and scalable fonts. Learn how to create an attractive table. Program macros to make repetitive text entry easier. This course will use WordPerfect 5.1, although most applications can be used with WordPerfect 5.0 and 5.2. Hands-on computer time is provided during the course.

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

Date: Nov 2, 9, & 16
Time: 3 - 5 pm (Tuesday)
Fee: \$42
Location: UFM Computer Lab

Introduction to Spreadsheets

CP-05

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

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

Date: Oct 7, 14 & 21
Time: 3 - 5 pm (Thursday)
Fee: \$37
Location: UFM Computer Lab

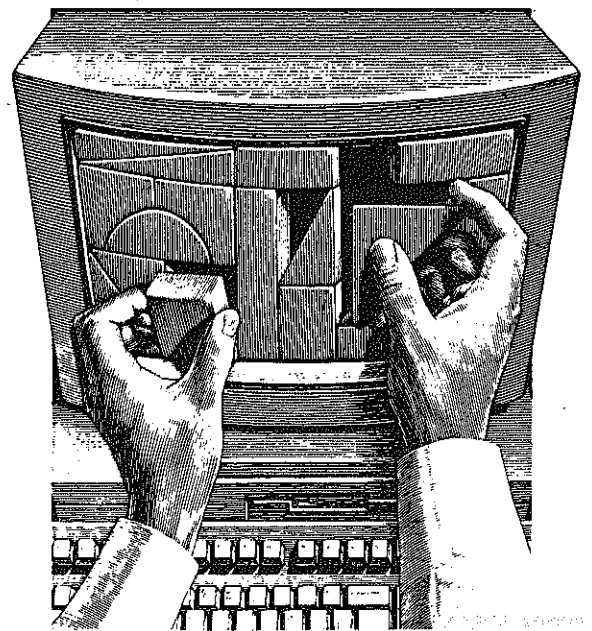
Managing your Computer

CP-06

Learn the basics needed for effective use of your IBM compatible personal computer. Learn about hardware and software options. Practice basic DOS commands. Half the workshop will be spent learning how to manage your hard drive including how to store files, creating batch files and modifying the path statement. Hands-on computer time is provided during the class.

Kevin Almeida (539-5745), has worked as a software executive and has been involved in developing computer software. He has taught computer programming to students and employees working to obtain the United Kingdom National Computer Center Diploma in Computer Studies. He presently works at the International Trade Institute in Manhattan.

Date: Sept 7, 9, 14 & 16
Time: 5:30 - 7:30 pm (Tues. & Thurs.)
Fee: \$50
Location: UFM Computer Lab



Keyboarding Basics

CP-07

Everything goes faster when you know how to type! This course is designed for the individual who has little or no typing experience. You will learn the basics of keyboard touch typing on a computer using WordPerfect 5.1 software. The instructor will guide you through this learning experience. You will have plenty of "hands-on" practice using the computers in our classroom.

Paula Walawender has had years of experience with a keyboard and understands how important it is to polish this skill.

Date: Sept 15, 22, 29 & Oct 6
Time: 7 - 8 pm (Wednesday)
Fee: \$20
Location: UFM Computer Lab

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

EDUCATIONAL PROGRAMS:

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

Upcoming topics include spiritual ecology, the decline of migratory songbirds, Brazil's Pantanal wetlands, the Conservation Reserve Program, sustainable tropical farming in Costa Rica, and the Kansas Land Trust. For more information, call Jan Garton, 539-3004.

FIELD TRIPS

For information on exciting outings, contact Duane Kerr, 456-2771.

BIRDSEED SALE:

To order seed, call Mike Rhodes, 539-4863. Pick-up is scheduled for Oct. 23 and Dec. 4.

For more information on any Audubon activity, call Carla Bishop, 539-5129.

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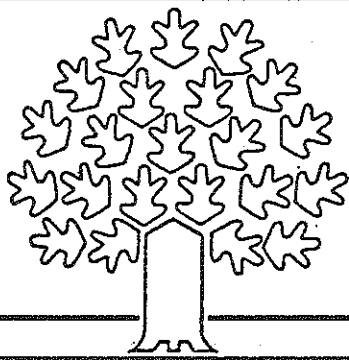
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Business & Money Management

1221 THURSTON

539-8763

Investment Workshop for the 90's

BP-01

Have you ever wondered what a bond, or stock, or mutual fund actually is? Where should you invest your money to live comfortably in retirement? If you share these same questions, then this class is for you. This three part series is designed to help both the beginning and more experienced investor better understand just what exactly an investment can do. Some of the topics covered will be common stocks, tax free bonds, certificates of deposit, corporate bonds and mutual funds. We will discuss how to set up and monitor your portfolio.

Jeff Werner (539-6777) is an investment representative with Edward D. Jones & Co.

Date: Sept 14, 21 & 28
Time: 7 - 9 pm (Tuesday)
Fee: \$13 includes workbook
Location: Colony Square 555 Poyntz

Investment Workshop for the 90's

BP-02

Jeff Werner

Date: Oct 19, 26 & Nov 2
Time: 7 - 9 pm (Tuesday)
Fee: \$13 includes workbook
Location: Colony Square 555 Poyntz

Investment Workshop for the 90's

BP-03

Jeff Werner

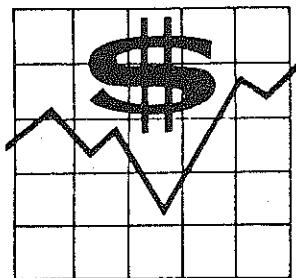
Date: Nov 23, 30 & Dec 7
Time: 7 - 9 pm (Tuesday)
Fee: \$13 includes workbook
Location: Colony Square 555 Poyntz

GRE Preparation Course

BP-15

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 the three GRE subject areas of Math, Logic and Verbal skills. You will be tested under emulated 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: Sept 9, 14, 16, 21, 23, 28, 30 & Oct 2
Time: 7 - 9:30 pm (Tues & Thurs)
8 am - 12 (Saturday)
Fee: \$195
Location: 120 Cardwell, KSU



Retirement Planning

BP-04

This class will address the concerns of both pre-retirees and retirees. It will guide you through the steps of planning during the pre-retirement phase and let you explore the options you'll have upon retiring and the tax alternatives you'll have for lump sum distributions. This class also explains the criteria you should use in determining a post-retirement investment policy. Class includes a workbook for future reference. No company products will be mentioned.

Rod Kalivoda and Richard Meador (776-5382) are both Kansas State University graduates with over 10 years combined experience with the Prudential Insurance and Financial Services. Rod has received the professional designations Chartered Life Underwriter (CLU) and Chartered Financial Consultant (ChFC) from the American College. Both are active members of the Kansas Association of Life Underwriters.

Date: September 29
Time: 7 pm (Wednesday)
Fee: \$10 individual
\$18 couples
Location: Colony Square, 555 Poyntz, 2nd floor Board Room at Chamber of Commerce

Retirement Planning

BP-05

Rod Kalivoda and Richard Meador

Date: October 27
Time: 7 pm (Wednesday)
Fee: \$10 individual
\$18 couples
Location: Colony Square, 555 Poyntz, 2nd floor Board Room at Chamber of Commerce

ANSWERING MACHINE

You can now leave a message or receive current UFM information, between 5:00 p.m. and 8:30 a.m., by calling 539-8763.



Fred Freeby
Senior Account Exec.



Darlene Jorgensen
Registered Rep.

Waddell & Reed FINANCIAL SERVICES

Colony Square
555 Poyntz, Suite 280 Manhattan 537-4505

Financial Planning Services

BP-06

Participants will be given a clear explanation of how annuities, mutual funds, life insurance and the use of asset allocation can provide for their financial security. We will discuss how to choose an appropriate product and a solid company. No company products will be mentioned.

Rod Kalivoda and Richard Meador (776-5382) are Kansas State University graduates with over ten years combined experience with the Prudential Insurance and Financial Services. Rod has received the professional designations Chartered Life Underwriter (CLU) and Chartered Financial Consultant (ChFC) from the American College. Both are active members of the Kansas Association of Life Underwriters.

Date: September 15
Time: 7 pm (Wednesday)
Fee: \$7 individual
\$12 couples
Location: Colony Square, 555 Poyntz, 2nd floor Board Room at Chamber of Commerce

Financial Planning Services

BP-07

Rod Kalivoda and Richard Meador

Date: November 10
Time: 7 pm (Wednesday)
Fee: \$7 individual
\$12 couples
Location: Colony Square, 555 Poyntz, 2nd floor Board Room at Chamber of Commerce

Charitable Gift Giving

BP-10

Gain full advantage of your own financial generosity. In this class we will explain the advantages of a financial donation to your favorite charity, university, non-profit organization or church. We will be utilizing some popular gifting strategies.

Rod Kalivoda and Richard Meador (776-5382) are both Kansas State University Graduates with over 10 years combined experience with the Prudential Insurance and Financial Services. Rod has received the professional designation Chartered Life Underwriter (CLU) and Chartered Financial Consultant (ChFC) from the American College. Both are active members of the Kansas Association of Life Underwriters.

Date: September 8
Time: 7 pm (Wednesday)
Fee: \$7 individual
\$12 couples
Location: Colony Square, 555 Poyntz, 2nd floor Board Room at Chamber of Commerce

Charitable Gift Giving

BP-11

Rod Kalivoda and Richard Meador

Date: December 1
Time: 7 pm (Wednesday)
Fee: \$7 individual
\$12 couples
Location: Colony Square, 555 Poyntz, 2nd floor Board Room at Chamber of Commerce

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Join UFM in Celebrating Its 25th Anniversary!

- Sept. 11 10 am - 5 pm Manhattan Town Center
Demonstrations and activities by old and new UFM instructors. Birthday Cake at 4 pm.
- Sept. 24 4 pm - 6 pm Open House & Reception
UFM House, 1221 Thurston
Volunteer Appreciation
Recognition and Awards, Refreshments
- Sept. 25 4 pm - 7 pm Aggieville Triangle Park
Oldies Music, Family Activities, Contests, Free Popcorn
Fun For All!!!

Don't miss the fun! Something for everyone!

Help UFM celebrate 25 years
Putting the Community in Education.

Estate Planning

BP-08

Do you wonder about your estate planning alternatives. This class will explain the probate process and the estate planning challenges it can pose. We will discuss different estate distribution techniques based on participants estimated estate tax liability. Learn the advantages and disadvantages of intestacy, wills, and trusts.

Rod Kalivoda and Richard Meador (776-5382) are both Kansas State University graduates with over 10 years combined experience with the Prudential Insurance and Financial Services. Rod has received the professional designations Chartered Life Underwriter (CLU) and Chartered Financial Consultant(ChFC) from the American College. Both are active members of the Kansas Association of Life Underwriters.

Date: September 22
 Time: 7 pm (Wednesday)
 Fee: \$7 individual
 \$12 couples
 Location: Colony Square, 555 Poyntz, 2nd floor Board Room at Chamber of Commerce

Estate Planning

BP-09

Rod Kalivoda and Richard Meador

Date: October 20
 Time: 7 pm (Wednesday)
 Fee: \$7 individual
 \$12 couples
 Location: Colony Square, 555 Poyntz, 2nd floor Board Room at Chamber of Commerce.



Successful Money Management

BP-12

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

Fred Freeby (537-4505), is a Senior Account Executive for Waddell & Reed, Inc., a National Financial Services organization. Fred has 17 years experience as a financial planner.

Date: September 14
 Time: 7:30 pm (Tuesday)
 Fee: \$5 individual
 \$8 couples
 Location: Waddell & Reed, 555 Poyntz Conference Room



Successful Money Management

BP-13

Fred Freeby

Date: October 5
 Time: 7:30 pm (Tuesday)
 Fee: \$5 individual
 \$8 couples
 Location: Waddell & Reed, 555 Poyntz Conference Room

Successful Money Management

BP-14

Fred Freeby

Date: November 9
 Time: 7:30 pm (Tuesday)
 Fee: \$5 individual
 \$8 couples
 Location: Waddell & Reed, 555 Poyntz Conference Room

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 For registration information
 UFM 53



Continuing Education

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1993-1994

True Colors: Work and Learning Styles
 Beth Hughes, M.A., Coordinator, Northeast Kansas Regional Prevention Center
 (Sept. 29 12:45-3:45 3 CEU's)

The Cost of Caring: Coping with Burnout
 Charles Drees, LCSW, Outpatient Therapist, Employee Assistance Program Consultant
 (Oct. 20 12:45-3:45 3 CEU's)

Women & Chemical Dependency
 Marlies Keogh, LCSW, Patty Mayo, LMSW, Substance Abuse Therapists
 (Jan. 19 12:45-3:45 3 CEU's)

Pre-registration required. Fee is \$7 per hour. Call for free brochure. - 587-4326.

PAWNEE
 Mental Health Services
 2001 Claflin Rd., Manhattan

Child Sexual Abuse: Evaluating Allegations of Abuse and Responding to Sexualized Children
 Helen L. Swan, LSCSW
 (Feb. 16 8:45 a.m.-3:45 p.m. 6 CEU's)

Baseline: Community Action for Drug-Free Kids
 Beth Hughes, M.A., RPC Coordinator
 (March 4-5 8:30 a.m.-3:30 p.m. 12 CEU's)

Family Systems: Intergenerational Patterns
 Terry Pfannenstiel, Ph.D., Adult Outpatient Program Manager
 (Mar. 16 12:45-3:45 3 CEU's)

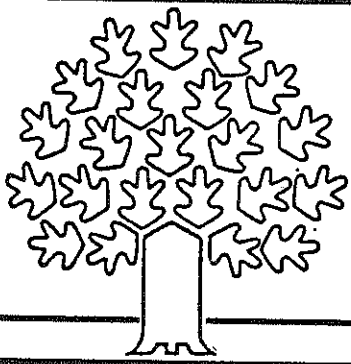
Building Powerful Leadership Skills
 Angela G. Hayes, M.S., Coordinator, Business Consultation Resources and Employee Assistance Program
 (Apr. 20 12:45-3:45 3 CEU's)

*Pawnee is an approved provider of continuing education for registered nurses, licensed practical nurses, social workers and others.

TH/2

REGISTRATION FORM on the back cover





Creative FreeTime

1221 THURSTON

539-8763

Books By and About Women

CF-01

We will discuss thoughts, ideas and issues expressed by women 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: The Lost Father by Mona Simpson, Ways of My Grandmothers by Beverly Hungerwolf and Bastard Out of Carolina by Dorothy Allison.

Lorrie Cross (587-4300), enjoys reading and discussing books by and about women. She has provided facilitation for this group since 1978.

Date: September 1
Time: 7:30 - 9 pm (Wednesday)
Fee: \$8
Location: Call for location

Fiction Writing: Nuts & Bolts

CF-02

We will discuss fiction writing techniques, including research, plotting, background and character development, and marketing. We will also perform skill-development exercises.

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 numerous short stories.

Date: Sept 29, 16 & 23
Time: 7 - 9 pm (Thursday)
Fee: \$22
Location: UFM Conference Room

Basic Sketch

CF-03

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. We'll start with simple geometric solids in perspective with shading and cast shadow. 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. **Bring to the 1st class #2 or softer pencils and an 11" x 14" sketch pad (50lb paper).**

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 5, 7, 12, 14 & 16
Time: 7 - 9 pm (Tues & Thurs)
8:30 - 1 pm (Saturday)
Fee: \$15
Location: UFM Banquet Room

Creating Padded Baskets

CF-04

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: September 11
Time: 10 - noon (Saturday)
Fee: \$8.50
Location: UFM Conference Room

Creating Padded Baskets

CF-05

Deb Rosproy

Date: December 4
Time: 10 - noon (Saturday)
Fee: \$8.50
Location: UFM Conference Room

Making Covered Albums

CF-06

Covered albums are one of the easiest and most practical gifts to make for your family or friends. They can be used for weddings, birthday, baby or holiday gifts, and personalized to suit any style. **Bring 3/4 yard of material and 3 yards of trim.** The notebooks and additional materials 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: September 11
Time: 1 - 3 pm (Saturday)
Fee: \$8
Location: UFM Conference Room

Making Covered Albums

CF-07

Deb Rosproy

Date: December 4
Time: 1 - 3 pm (Saturday)
Fee: \$8
Location: UFM Conference Room

**** FIELDS TRIPS ****

Check the EARTH AND NATURE and YOUTH sections of the catalog.

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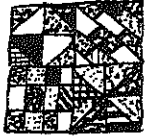
Pillow/Lap Quilt (Quillo)

CF-08

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

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

Date: October 19
Time: 6:30 - 9 pm (Tuesday)
Fee: \$6.50
Location: UFM Banquet Room



Pillow/Lap Quilt (Quillo)

CF-09

Deb Rosproy

Date: November 13
Time: 9:30 am - noon (Saturday)
Fee: \$6.50
Location: UFM Banquet Room

Beginning Calligraphy -- For Right Handers

CF-10

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

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

Date: October 21
Time: 6:30 - 9 pm (Thursday)
Fee: \$9.50 includes pens and materials
Location: UFM Banquet Room

Beginning Calligraphy -- For Right Handers

CF-11

Deb Rosproy

Date: December 3
Time: 6:30 - 9 pm (Friday)
Fee: \$9.50 includes pens and materials
Location: UFM Banquet Room

T-Shirt Art

CF-12

You don't have to be an artist to design and create your own custom garments. **Bring a pre-washed t-shirt to this workshop along with the tube paints for fabric.** You may wish to apply other fabric, beads or mirrors. Let your creativity be your guide and have a great time.

Deb Rosproy (239-3026), loves to do crafts. She is excited by the creative potential in this class.

Date: November 13
Time: 1 - 4 pm (Saturday)
Fee: \$5
Location: UFM Banquet Room

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A Parents Guide to Video Games CF-13

Your kids are screaming that they must have a new video game system for Christmas, but which one. Will I have to throw this one out next year too? How much is this going to cost me? Super Nintendo, Sega Genesis, Cd Systems and hand-held units, will all be discussed. The technology of games and their future will also be discussed. Parents will have a chance to see the systems and compare the differences.

Tom Mahoney is a parent and expert on video games. He is the former video game buyer for Blockbuster Video, inc. He is now the owner of the Game Guy, Manhattan's only used video game store.

Date: November 17
Time: 7 - 8:30 pm (Wednesday)
Fee: \$5
Location: Game Guy
709 N 12th

Become a Video Game Wizard YO-03

Are you a video game guru or a wanna be? Do you have secret codes for some games and wish you had some for others? Now is your chance to do nothing else but talk about video games. Talk about your favorite games, what's hot and what's not. Learn some video game history and what to expect in the future. NES, Super NES, Sega Genesis, Turbo-Graphx, Neo-Geo, Sega-CD, 3DO, Game Gear, whatever.

Tom D Mahoney is a game player from way back. He is the former video game buyer for Blockbuster Video, Inc. He managed Software Etc., and is now the owner of Game Guy, a used video game store.

Date: September 15
Time: 7 - 8:30 pm (Wednesday)
Fee: \$5
Location: Game Guy
709 N 12th

Basics on Video Productions CF-20

This one-night course is designed to teach you more about camcorders, videotapes and accessories. What types of camcorders are available (VHS, VHS-C, 8mm, HI-8, S-VHS, etc)? What are some differences of each and how do they compare? What type of formats are available (NTSC, PAL, SECAM, MESECAM, etc.). What are the differences in videotapes (size, length quality)? What accessories might you need (lights, tripods, microphones, lens)? You will also learn some techniques to help improve the quality of your home videos (lighting, camera angles, microphone placement, etc.) and much more.

Dennis Boyce (537-4745), is the Founder and President of Boyce's Studio Productions, Inc. (BSP), which has been in existence for over 2 years. Prior to BSP, Dennis was the Broadcast Supervisor at KSU's College of Veterinary Medicine. Dennis has worked with many types of clients (from puppies and kittens to the human species) and with over 13 years of experience in the video production field, he is highly qualified and willing to help you make your videotaping the best it can be.

Date: September 23
Time: 7 pm (Thursday)
Fee: \$5
Location: Room 213 K-State Union

Potpourri Doll CF-14

Darling to look at and pretty to smell! This 4 1/2" doll will add charm and fragrance to any room. Bring a 13 1/2" x 4" piece of fabric of your choice, 24" x 1/8" piece of ribbon to match, 9" piece of lace, small amount of potpourri, 3" straw hat, decorations for hat, and glue. If you have a pair of pinking shears please bring them also. We will furnish the rest. Take home a completed doll.

Terry Carpenter teaches home economics at Manhattan Middle School. She enjoys crafts of all types.

Date: November 9
Time: 7 - 8:30 pm (Tuesday)
Fee: \$6.50
Location: UFM Fireplace Room

Safe and Creative Family Photo Albums CF-15

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

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

Date: Sept 13 & 20
Time: 7 - 9 pm (Monday)
Fee: \$14
Location: UFM Greenhouse

Safe and Creative Family Photo Albums CF-16

Pam Schmid

Date: Oct 12 & 19
Time: 7 - 9 pm (Tuesday)
Fee: \$14
Location: UFM Fireplace Room

Pottery - Handbuilding I CF-19

This class will focus on 3 handbuilding techniques with clay - pinch, coil and slab construction. Students will make projects using these methods and learn how to decorate them. The studio is available to the pottery students one hour before or one hour after each class. Additional studio time may be secured by joining the Pottery Cooperative.

Ruth Harris has been involved with ceramics for 10 years and enjoys sharing what she has learned.

Date: Sept 6 - Oct 25
Time: 7 - 9 pm (Monday)
Fee: \$38 includes 25lbs of clay, glazes, firing and a set of tools
Location: UFM Pottery Studio

Beginning Bridge CF-17

This course is designed for the beginner who would like to acquire the basic skills of the world's most exciting card game. Bridge is played by more than 20 million Americans of all ages. Although previous card playing experience is helpful, this class is aimed at the absolute beginner. It will cover all aspects of bridge, such as

- *Bidding
- *Defense
- *Play of the cards
- *Scoring

The class is designed to be user friendly, consisting of brief lectures and demonstrations followed by applications and practice. The fun aspect of playing bridge for both personal and social satisfaction will be emphasized. Individuals may enroll with or without a partner.

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

Date: Sept 13, 20, 27 & Oct 4, 11 & 18
Time: 7 - 9 pm (Monday)
Fee: \$22
Location: UFM Fireplace Room

Bridge Refresher Course CF-18

This course is designed for those who have played some bridge in the past as well as for those who have taken the beginning course this fall or in previous semesters. If you are not sure of your opening bid when you hold the following hand, then this course is for you.

- ♠ AJ943
- ♥ AK943
- ♦ 8
- ♣ KQ

We will follow the topics and lessons from "The Club Series" and "The Diamond Series" textbooks and PBS television shows. The class will consist of lectures followed by practice. You will learn bridge and still be a friendly person afterwards! Individuals may enroll with or without a playing partner.

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

Date: Oct 25, Nov 1, 8, 15, 22 & 29
Time: 7 - 9 pm (Monday)
Fee: \$22
Location: UFM Fireplace Room

Mystery in the Old Fraternity CF-24

Clues, puzzles, prizes and a mystery to solve! Join UFM in solving the mystery of the strange events at the UFM House, formerly the Kappa Sigma Fraternity. Was an unsolved mystery left that is haunting UFM now? Is UFM getting messages from the past or is the staff just imagining all the weird happenings? Help solve the puzzle and have some fun, too! This is a fundraiser for UFM. Mystery buffs for an extra treat, pick up the Mystery Trivia quiz at Claffin Books and Copies. You could win an extra prize!

UFM staff, ghosts, bats, birds and other mystery guests.

Date: October 29
Time: 7 - 10 pm (Friday)
Fee: \$15 individual
\$25 couples
\$35 family

Location: UFM, 1221 Thurston
Enter from the Thurston Street Door

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Collecting and Restoring Antique Furniture

CF-22

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: October 5
Time: 7 - 8:30 pm (Tuesday)
Fee: \$5
Location: Tuttle's Antique Market
2010 Tuttle Creek Blvd

Collecting & Restoring Antique Furniture

CF-23

Jean Bigbee-Hill

Date: October 19
Time: 7 - 8:30 pm (Tuesday)
Fee: \$5
Location: Tuttle's Antique Market
2010 Tuttle Creek Blvd

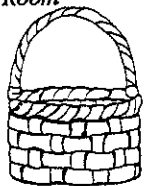
Recycled Paper Bag Baskets

CF-25

Recycle brown grocery bags into useful, attractive baskets. Class takes approximately 1 1/2 hours and you will take home a sturdy basket. Once you learn this technique, you will be able to recycle bags, old maps, and even worn-out blue jeans into useful baskets. Recycled bag baskets filled with goodies make great Christmas gifts. Supplies list available at time of registration.

Marie Burgett has been weaving for 20 years and has made many baskets over the years, but developed an allergy to the reeds used in most basketry. She learned to make baskets from paper bags this summer and has taught this class to individuals, church groups, and weaving guilds since June of this year.

Date: September 13
Time: 7 pm (Monday)
Fee: \$5
Location: UFM Multipurpose Room



CF-26

Recycled Paper Bag Baskets

Marie Burgett

Date: December 15
Time: 7 pm (Wednesday)
Fee: \$5
Location: UFM Multipurpose Room

Don't miss the YOUTH section.
It has a variety of activities
fun for all ages.

Black and White Photography for Beginners

CF-27

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

Harold Wellmeier (539-8763) has a degree in Commercial and Industrial Photography. He enjoys all aspects of photography. He especially enjoys working in black and white photography.

Date: September 19
Time: 7 pm (Sunday)
Fee: \$6
Location: UFM Conference Room

Black and White Film Developing for Beginners

CF-28

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

Harold Wellmeier (539-8763) has a degree in Commercial and Industrial Photography. He enjoys black and white photography, and enjoys processing his own film.

Date: September 26
Time: 7 pm (Sunday)
Fee: \$9
Location: UFM Darkroom

Black and White Film Developing for Beginners

CF-29

Harold Wellmeier

Date: October 3
Time: 7 pm (Sunday)
Fee: \$9
Location: UFM Darkroom

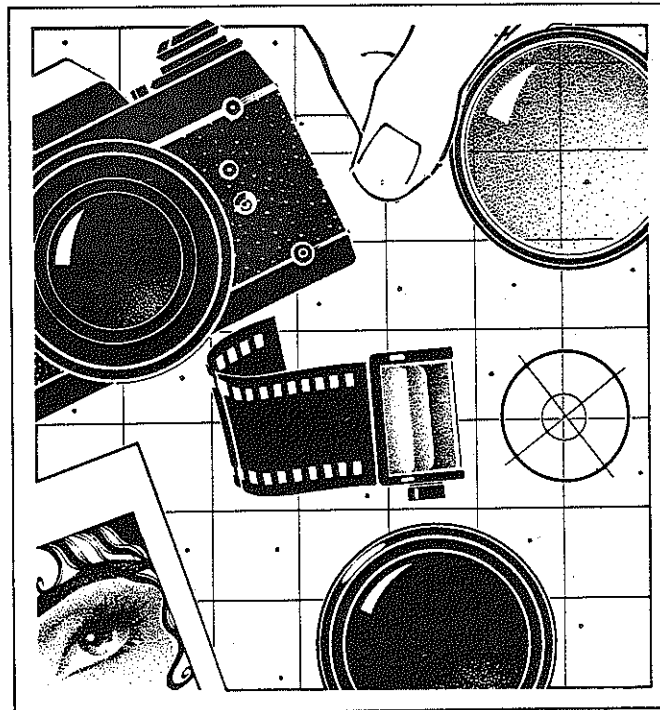
Cutting Paper Snowflakes

CF-21

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. For ages 9 - 90. Children 9-10 years of age to be accompanied by an adult. Bring sharp adult scissors!

Leo Schell (539-6540), is a former elementary school teacher who has delightedly cut paper snowflakes for years, he has a large collection of them and has taught this class all over Kansas.

Date: November 6
Time: 9 am - 12 noon (Saturday)
Fee: \$5
Location: 217 Bluemont Hall, KSU



Black and White Printing

CF-30

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

Harold Wellmeier

Date: October 10
Time: 7 pm (Sunday)
Fee: \$10
Location: UFM Darkroom

Black and White Printing

CF-31

Harold Wellmeier

Date: October 17
Time: 7 pm (Sunday)
Fee: \$10
Location: UFM Darkroom

Are you interested in making your own
potpourri? See the EARTH AND NATURE
section of the catalog.

*GOLF *GOLF *GOLF *GOLF
TENNIS * TENNIS * TENNIS
See RECREATION AND HEALTH section.

UFM POTTERY COOPERATIVE

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

ANNUAL MEMBERSHIP

Cash fee.....\$60

(Shorter periods or one-time usage can be arranged.)

OTHER MEMBERSHIPS

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

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

IN-KIND CONTRIBUTIONS

*Help Clean the studio

*Participate in Cooperative meetings

*Co-teach classes or workshops

*Locate teachers for classes or workshops

*Assist with income-producing projects

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

Studio open during UFM building hours or by arrangement

For further information, Call UFM 539-8763



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

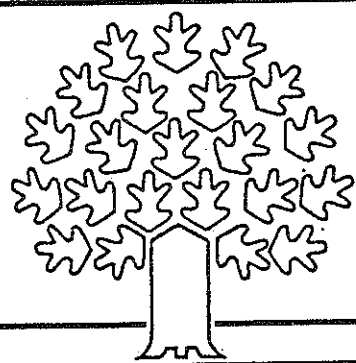
HAPPY 25th ANNIVERSARY, UFM! To participate is to celebrate.



Earth & Nature

1221 THURSTON

539-8763



Field Trip: 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 others, some of which may be of gem quality. **Bring a beverage and a container for your rocks.** Become a rockhound for a day. **Raindate: Oct 17**

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: *October 2*
Time: *8:30 am - noon (Saturday)*
Fee: *\$5 individual*
\$8 couple
Location: *Meet at UFM Fireplace Room*

Potpourri Making

EN-02

This class will take you from 2,000 years BC to the present. It covers the history of potpourri, collecting and drying of flowers, and understanding the ingredients necessary to make a long lasting fragrance. The program includes slides, lecture and recipes. Potpourri ingredients will be available for purchase in bulk. \$5.00 refundable in products purchased at class.

Dale Anderson (539-4751), previously owned the "The Herb Patch". He has been featured in the *Kansas Magazine* and has written articles in several national publications. Dale currently owns *Blooming Dale's* and is a long time friend to UFM.

Date: *October 12*
Time: *7 - 9 pm (Tuesday)*
Fee: *\$10 includes \$5 worth of products at the class*
Location: *Blooming Dale's Garden Center*
1105 Waters

House Plants and Aquariums

EN-03

There are a few basic rules for keeping houseplants healthy and aquarium fish alive. We will discuss the most rewarding, simplest, and inexpensive methods for maintaining indoor plants and freshwater aquariums, as well as the reproductive methods involved. Let's talk, share, and exchange tips and ideas from our personal experiences. Live plant "starts" will be available.

Sam Lacy (539-4404), has been interested in houseplants and aquariums for a few decades. Sam says he learns more with each UFM class he "teaches."

Date: *Nov 3 & 17*
Time: *7 pm (Wednesday)*
Fee: *\$8 includes plant "starts" materials*
Location: *UFM Fireplace Room*

Wild Prairie and Forest Backpacking Campout

EN-04

This will be an enjoyable short hike through the prairie and forest area of Tuttle Creek with a campout on Saturday night. Families, students and anyone looking for a refreshing experience are welcome. This camping experience will be very exciting because of the possibility to see white-tailed deer, turkey vultures or hear the beautiful song of the Meadowlark bird. There will be enjoyable moments of sharing personal experiences with others on the trail. **Bring camping gear, food and water for two days, a tent, sleeping bag and any other gear that you want to carry.** Pack light and smart. **Raindate: Sept 18 & 19**

John Kneisler is a blossoming naturalist and has worked on the Konza Prairie for a few years.

Date: *Sept 11 & 12*
Time: *12 noon Saturday to 2 pm Sunday*
Fee: *\$10*
Location: *Meet at UFM*

Home Landscape Design

EN-05

You will enjoy the presentation of this class. Learn how to use plant materials to define spaces, attract wildlife and create attractive outdoor living places.

Gus van der Hoeven is a professor of Horticulture at KSU. He taught for UFM 20 years ago. Gus is a popular instructor of outdoor design classes in this community. He teaches for the Master Gardener series later this fall.

Date: *Sept 16 & 23*
Time: *7 - 9 pm (Thursday)*
Fee: *\$8*
Location: *107 Bluemont Hall, KSU*

The Flint Hills Rediscovered

EN-06

If only these hills could talk...they would tell us, firsthand, of their days beneath the seas, the ice age, and of the Indians who lived in the valleys. Did you ever question what caused sink holes, if ranchers make better managers of the land that the government, or pondered the potential for an earthquake in Kansas? Bring your questions about the land where we live.

Dr. C.P. Walters is professor Emeritus at KSU. A member of the local Audubon Society once said, "I learned more about how the Flint Hills area developed from one of Dr. Walters' talks than I did in a whole semester."

Date: *October 28*
Time: *7 pm (Thursday)*
Fee: *\$5*
Location: *213 Thompson Hall, KSU*
(Upstairs lecture room)

Wilderness Survival

EN-07

It seems to be important at this point in time to learn what it means to live "with" nature and not "against" it. We will get into the recognition of wildlife and edible plant life, camping, hiking, and possibly touch on arctic and tropical survival. This is basically a course on how to subsist in a natural environment utilizing the materials common to the area. Optional Reading: *All about Camping* by W.K. Merrill, and *Campers Bible* by Riviere. *George Halazon*, taught wilderness survival for UFM in the early 70's. He is willing to offer more if there is interest.

Date: *Oct 14 & 16*
Time: *7 - 9 pm (Thursday)*
9 am - 12 (Saturday)
Fee: *\$8*
Location: *UFM Fireplace Room*

Composting: The Fine Art of Making "Black Gold"

EN-08

Fall is the perfect time to make "black gold" because of the variety of materials available. Compost those fallen leaves, bags of grass, kitchen scraps, and dead garden plants instead of hauling them to the landfill! This class will cover everything you need to know to have a SUCCESSFUL compost pile. You just choose how long you want the process to take. Finally, we discuss how to use this "black gold" to enhance your yard or garden.

Colleen Hampton (539-5934) is an active gardener and member of the Manhattan Community Gardens.

Date: *September 16*
Time: *7 pm (Thursday)*
Fee: *\$5*
Location: *UFM Greenhouse*

This catalog printed on recycled paper

Do you like SNAKES or want to learn where or how to find them? See the YOUTH section of the catalog. *Indoor Gardening for Kids* is a class in the YOUTH section of the catalog.

THANKS!

I would like to take this opportunity to thank all of the dedicated volunteer instructors. Without their dedication and willingness to share their time and efforts, UFM would not exist.

Thank you,

Jresa Weaver



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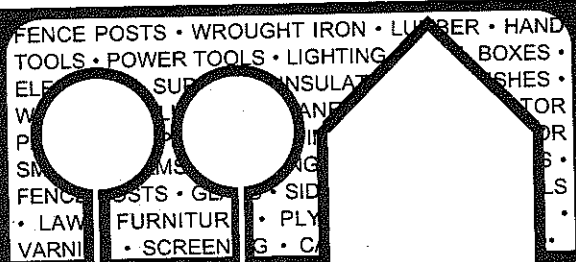
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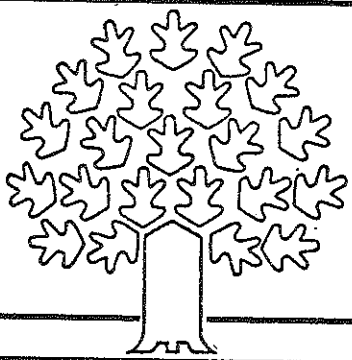
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We have a GRE Preparation Course in time for October 9, 1993 test!





Family Living

1221 THURSTON

539-8763

"What's A Parent to Do?" FL-01

Join us for an overview of various parenting strategies. Three key topics to be discussed include: 1) Parental love and control 2) Productive parenting patterns 3) How a parenting style is determined. Participants will also be introduced to "Preparing for the Drug-Free Years" and "Effective Black Parenting."

Phyllis Grover is a Community Prevention Consultant of NE Kansas Regional Prevention Center, a program of Pawnee Mental Health Services. She is a "Preparing for the Drug-Free Years" trainer and former vocational home economics teacher.

Date: September 23
Time: 7 - 8:30 pm (Thursday)
Fee: \$5
Location: UFM Greenhouse



Preview Infant Massage FL-02

Is this just another yuppie fad or is it something that will bring hours of enjoyment and deeper communication to you and your baby? Come to this introductory class and discover for yourself. We will view a video of parents detailing the benefits brought to their infants through this (International Association of Infant Massage Instructors) program. Introductory class will include a massage demonstration, handouts, discussion and an open time for your questions. Note: If you decide after attending the preview you would like to take the Infant Massage class, you will receive a \$5 discount on the registration fee.

Vanessa Ward (539-5622), is a certified infant massage instructor.

Date: September 14
Time: 7 - 8:30 pm (Tuesday)
Fee: \$5 per couple
Location: UFM Conference Room

Infant Massage for Parents and Caregivers FL-03

Touch is an essential part of the bonding process between a parent and child. Parents and caregivers will discover through this course how important stimulation, relaxation, and awareness of a baby's movements and sounds are to a loving, nurturing relationship with their child. This course offers techniques to help strengthen a baby's respiratory, circulatory, and gastro-intestinal function, which may help relieve the discomfort of colic and gas. You will also learn how to help babies relax. Participants should bring their one-to-nine month old infant to class along with a pillow, a couple of old towels and extra diapers. Required reading: Infant Massage: A Handbook for Loving Parents, by Vimala Schneider McClure.

Vanessa Ward (539-5622), is a certified infant massage instructor.

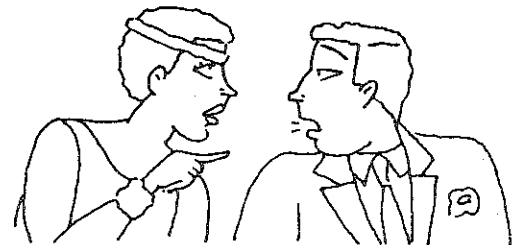
Date: Sept 14 - Oct 12
Time: 7 - 8:45 pm (Tuesday)
Fee: \$50 per family, includes book and preview class
Location: UFM Conference Room

Effects of Divorce on Children FL-04

No matter what age a child is when parents decide to divorce there will be behavioral effects. This workshop is designed to give parents information on the developmental effects of divorce, how parents can talk to their child about divorce and how parents can set up visitations that are less stressful for both the child and the parents. Handouts will be provided.

Denise Leite is currently a psychologist with Pawnee Mental Health in Junction City. She often has children in her case load who are having a difficult time adjusting to divorce. Ms. Leite's thesis, "Effects of Divorce on Children's Family Drawings in Two Age Groups" dealt specifically with how a child views his or her place within the family structure after a divorce.

Date: September 22
Time: 7:30 - 9 pm (Wednesday)
Fee: \$5
Location: UFM Conference Room



Constructive Arguing for Couples or Roommates FL-05

This workshop is designed to focus on how a couple or roommates prolong the arguing process by using ineffective communication techniques. These ineffective techniques will be discussed so that a person can become aware of their arguing style. Then, new healthier communication techniques will be introduced, such as "I" statements that lessen the defensive stance of your partner. Handouts will be provided.

Denise Leite is currently a psychologist at Pawnee Mental Health Services in Junction City. As part of her job she sees couples for marriage therapy. Part of the focus during this therapy is on communication as Ms. Leite feels this is often times one of the weakest links in a marriage or partnership.

Date: September 29
Time: 7:30 - 9 pm (Wednesday)
Fee: \$5
Location: UFM Conference Room

Positive Discipline for Children FL-06

Share some time with us, as we explore effective ways of disciplining your children. This class will be a personal time to reveal new insights and to empower yourself and your children for unity in difficult moments. We will focus on spanking, time outs, and communication which will hopefully allow you to be a more effective parent.

Steffany Aye and John Kneisler will present the class and are graduate students in Family Life Education at Kansas State University.

Date: November 1
Time: 7 - 8:30 pm (Monday)
Fee: \$10 individual
\$13 couples
Location: UFM Multipurpose Room

Children's Morning Playgroups are available in the YOUTH section of the catalog.

How to watch a good program die Nothing kills a UFM class faster than participants who wait until the last minute to enroll. Classes will be cancelled if there is a low enrollment.

PLEASE REGISTER EARLY!

Thirteenth Annual National Rural Families Conference

Growing Our Future: Initiatives to Strengthen Children and Families

September 22-24, 1993

K-State Union
Kansas State University
Manhattan, Kansas

A conference for professionals working with and helping families

University Credit and Continuing Education Units are available.

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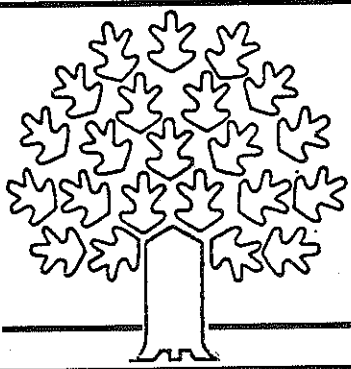
Crisis Center



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Food for Fun

1221 THURSTON

539-8763

Beginning Cake Decorating FF-01

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

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

Date: Oct 14, 21, 28 & Nov 4
Time: 7 - 8:30 pm (Thursday)
Fee: \$17
Location: 144 Justin Hall, KSU

Thai Cooking FF-03

Learn how to prepare an authentic Thai meal. You will get hands-on experience preparing Tum Yam Gung, a shrimp soup with a clear broth flavored with fresh herbs, citrus leaves, lemon grass, cilantro, onion tops and a hint of Thai hot pepper. We also will prepare stir fried chicken with vegetables and Thai sauce. These dishes will be accompanied with jasmine rice. We will eat what we prepare.

Lek Leeling (776-9667), is a native of Bangkok, Thailand and has been in Kansas since 1987.

Date: October 9
Time: 10 am - noon (Saturday)
Fee: \$10
Location: 144 Justin Hall, KSU

Russian Cooking

During this series of classes we will learn to prepare and test a different Russian dish each evening. You may register for one or for the series.

Luiba Ramm is from Russia and anxious to share some native favorites.

Dates: FF-05 Monday, Sept 13
Ukrainian borsch (vegetable soup with beets)
FF-06 Monday, Oct 4
Blintzes (pancakes)
FF-07 Monday, Nov 8
Siberian pelmenis (dumplings)

Time: 7 - 8:30 pm
Fee: \$8 per class
\$20 for the series
Location: 144 Justin Hall, KSU

Become the Popcorn Expert in Your Family FF-08

Everything you wanted to learn about popcorn! We will cover a brief history of popcorn, learn how it is grown and processed, popping methods, health benefits, and how to properly store popcorn. Popcorn, drink refreshment and recipes provided.

Ed Irvine (582-5233) is from Manhattan. He has been growing and selling popcorn in the Midwest since 1981.

Date: October 5
Time: 6:30 pm (Tuesday)
Fee: \$9
Location: 144 Justin Hall, KSU

Cake Decorating II FF-02

This class will continue to build on the decorating techniques used in Beginning Cake Decorating. You will learn how to add details and make flowers appropriate for special occasion cakes. Icing will be provided for class practice. You will bring your own cake to a later class and take home a masterpiece. Supply list available at registration.

Tammy Sinn

Date: Nov 11, 18, Dec 2 & 9
Time: 7 - 8:30 pm (Thursday)
Fee: \$18
Location: 144 Justin Hall, KSU

Cheesecakes FF-04

Tired of cardboard "health" food? Learn special tips to preparing a cheesecake that will lend excitement to any meal. We will prepare two different cheesecake recipes. One will be a reduced fat/calorie cheesecake. Sampling the cheesecake will complete the class!

Leonard Leeling (532-5687), collects cheesecake recipes and enjoys baking them as much as eating them.

Date: October 16
Time: 10 am - 1 pm (Saturday)
Fee: \$10
Location: 144 Justin Hall, KSU

Beer Making FF-09

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

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

Date: Sept 16 & 23
Time: 7 - 8 pm (Thursday)
Fee: \$8
Location: UFM Fireplace Room

HANSEN NUTRITION CENTER

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MON.-SAT. 9:30 TO 6

537-4571

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THE LOU DOUGLAS LECTURE SERIES - 1993

Martin Lee

Mr. Lee is the co-founder of FAIR (Fairness & Accuracy in Reporting), a New York-based media research group. Lee cohosts "Counterspin," FAIR's nationally syndicated radio program. He is the co-author of *Unreliable Sources: A Guide to Detecting Bias in News Media*.

Monday, September 27

Dr. Julianne Malveaux

Dr. Malveaux is a member of the visiting faculty in the African American Studies Department, University of California, Berkeley. She holds a doctorate in economics from the Massachusetts Institute of Technology. She is co-editor of *Slipping through the Cracks: The Status of Black Women*.

Tuesday, October 5

Dr. Ved Nanda

Dr. Nanda is a professor of law and Director of the International Legal Studies Program at the University of Denver College of Law. He represented the United States at the Human Rights Conference in Vienna in June 1993. *Europe Community Law After 1992* and *World Debt and the Human Condition* are his most recent books.

Monday, November 8

Ama Ata Aidoo

Ms. Aidoo is currently a Distinguished Professor of English, Oberlin College, Oberlin, Ohio. She is an African Poet/Writer who commands a profound understanding of the problems and passions of modern Africa. Her most recent book is *An Angry Letter in January and Other Poems*.

Monday, November 15

All lectures held in Forum Hall, KSU campus, 7:30 p.m.

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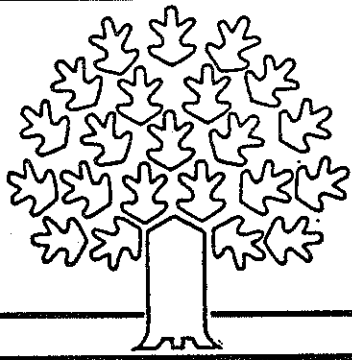
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Manhattan

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Thank you to our talented and willing volunteer instructors





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 Guide to Signing*.

Natalie Smith has taught sign language for 6 years and has been a professional interpreter for 7 1/2 years. She grew up with two deaf parents.

Date: Sept 1 - Oct 6
Time: 7 - 8 pm (Wednesday)
Fee: \$40
Location: 149 Justin Hall, KSU

Survival English LA-02

English as a 2nd Language

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

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

Date: Sept 13 - Oct 27
Time: 7 - 8:30 pm (Mon & Wed)
Fee: \$70
Location: 114 Bluemont Hall, KSU

English as a 2nd Language LA-03

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

James F. Hill

Date: Nov 1 - Dec 15
No class Nov 24
Time: 7 - 8:30 pm (Mon & Wed)
Fee: \$70
Location: 114 Bluemont Hall, KSU

Introduction to Korean Language and Culture LA-04

This class will introduce you to the basics of the language, oriental culture and martial arts terminology. We will start with the very basics.

Robert Kim is a graduate student in Mathematics at K-State.

Date: Sept 14 - Oct 8
Time: 7 - 8 pm (Tues & Fri)
Fee: \$20
Location: 109 Bluemont Hall, KSU

Intensive Korean LA-05

This course will enable you to gain a working knowledge of Korean through intensive practice in speaking and understanding the language. We will build on what you learned in the introduction class or help you become more proficient if you already have a little experience in the Korean language.

Robert Kim

Date: Oct 19 - Nov 12
Time: 7 - 8 pm (Tues & Fri)
Fee: \$20
Location: 109 Bluemont Hall, KSU

Introduction to German LA-06

This class is a prerequisite for the Beginning German II class. You will be introduced to German and learn some basic skills (alphabet, numbers, colors, objects, etc). Conversation in German is emphasized.

Michele Thun (537-5011), is a graduate of Washburn University with a degree in German. She received the Fulbright Fellowship to study in Austria where she lived for 2 years. She is currently a graduate student of German and is also a Graduate Teaching Assistant, having taught since the Fall of 92.

Date: Sept 2, 9, 16 & 23
Time: 7 - 8 pm (Thursday)
Fee: \$13
Location: 123 Eisenhower Hall, KSU

Beginning German II LA-07

This class will be a continuation of Introduction to German and Beginning German I (summer 93). We will build on the basic German language skills and learn to express ourselves in German in various situations. We will also learn about culture. Conversation in German is emphasized in this class. Students will be asked about their personal interests.

Michele Thun is a graduate of Washburn University with a degree in German. She received the Fulbright Fellowship to study in Austria where she lived for 2 years. She is currently a graduate student of German and is also a Graduate Teaching Assistant at K-State having taught since Fall 1992.

Date: Sept 30 - Dec 9
Time: 7 - 8 pm (Thursday)
Fee: \$29
Location: 123 Eisenhower Hall, KSU

Japanese LA-08

Join us for an introduction to Japanese. This class will cover basic language skills for use in travel, such as ordering from a menu and understanding directions. This class will cover the basic structure of Japanese, with emphasis on conversation. No prior knowledge of Japanese is required. Participants will be asked for input regarding specific learning interests.

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

Date: Sept 20 - Oct 25
Time: 7 - 8:30 pm (Monday)
Fee: \$22
Location: UFM Multipurpose Room

Survival Spanish LA-09

This class is geared for students who do not have any knowledge of the Spanish language. The emphasis will be on basic grammar and vocabulary useful to travelers in Spanish speaking countries. We will cover 8 different units including the airport, hotels, restaurants and services.

Tamara Weiss (537-3720) and *Lei Fritz* (539-7627), are both K-State students majoring in Spanish with the intent to teach. Lei has spent time in Spain and Tamara in Mexico.

Date: Aug 31 - Oct 19
Time: 7 - 9 pm (Tuesday)
Fee: \$40
Location: UFM Greenhouse

Conversational Spanish LA-10

This class is a continuation of Survival Spanish or designed for students who already have a basic knowledge of Spanish. We will build on the basic grammar and vocabulary already covered and include sentence structure to aid in conversation.

Tamara Weiss and Lei Fritz

Date: Oct 26 - Dec 7
Time: 7 - 9 pm (Tuesday)
Fee: \$40
Location: UFM Greenhouse

Russian for Beginners I LA-11

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) and *Luiba Ramm*. Irina 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 14 - Oct 7
Time: 7 - 8 pm (Tues & Thurs)
Fee: \$20
Location: 108 Bluemont Hall, KSU

Conversational Russian II LA-12

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

Irina Khramtsova and Luiba Ramm

Date: Nov 9 - Dec 9
No Class Nov 23 & 25
Time: 7 - 8 pm (Tues & Thurs)
Fee: \$20
Location: 108 Bluemont Hall, KSU

ATTENTION KSU STUDENTS!!!
Need a place to study during Finals Week?
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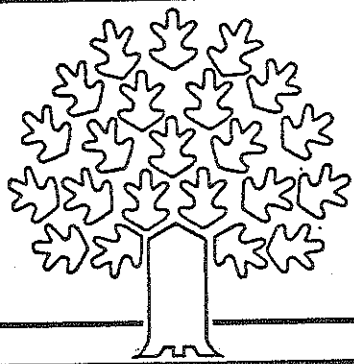
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Teaching a class at UFM can enhance your business, be an instructional opportunity for education students, be an opportunity to network with those who share your interest or a nice way to make friends.

Call the UFM office (5398763) by Nov. 1
to offer a class in the spring catalog.

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Martial Arts

1221 THURSTON

539-8763

Tae Kwon Do Karate I

MA-01

Tae Kwon Do is a traditional martial art designed to provide the ultimate in unarmed self-defense. Blocking, punching, and kicking develop balance, flexibility, and agility while improving cardiovascular fitness and self-confidence. Teaching methods include class demonstration and practice without physical contact. Each student will be given an opportunity to purchase a uniform and belt at the first class. After two months of class an optional testing to advance in the Tae Kwon Do degree ranking is held in Topeka. The cost is not included in the class fee and a uniform is required for testing. Age 7+

**** August 31, 6:30 - 7:30 -- Public Demonstration and formal introduction of instructors in Ahearn Fieldhouse. All other classes will be in KSU Ahearn gymnasium or fieldhouse.**

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

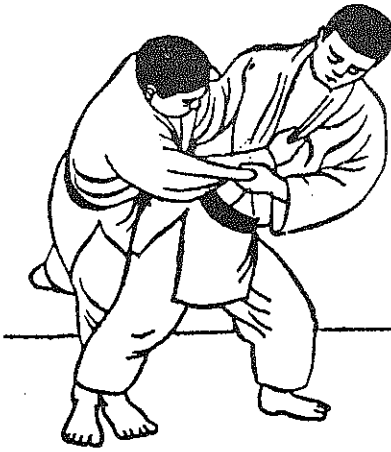
Date: Aug 31 - Dec 2
Time: 6:30 (Tues & Thurs)
Fee: \$65
Location: Ahearn Fieldhouse, KSU

Tae Kwon Do Karate II Advanced

MA-02

Grandmaster Chae Sun Yi & Master James Craeton

Date: Aug 31 - Dec 2
Time: 7:30 pm (Tues & Thurs)
Fee: \$65
Location: Ahearn Fieldhouse, KSU



Judo

MA-06

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

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

Date: Sept 11 - Dec 11
No Class on Sept 18
Time: 9:30 - 11:00 am (Saturday)
Fee: \$48
Location: Ahearn Fieldhouse

White Dragon Kung Fu I

MA-04

This Kung Fu style combines hard, soft and internal methods of martial arts. Beginners will learn basic techniques, self defense, drills, and one-step sparring. Wear comfortable clothing. 16 years of age and older.

Stan Wilson (539-7723), has studied martial arts for 23 years and taught for 15 years. He holds a 3rd degree black belt in Kung Fu, a second degree black belt in Hakko Ryu Jujitsu, and is a member of the Shadows of Iga Ninja Society. He has studied judo, aikido, four styles of karate, six styles of kung fu, and various other martial arts. He has also written 19 manuals on martial arts.

Date: Sept 7 - 30
Time: 7 - 8 pm (Tues & Thurs)
2 - 3 pm (Sunday)
Fee: \$28
Location: Ahearn Fieldhouse, KSU

White Dragon Kung Fu II

MA-05

Continuation of White Dragon Kung Fu I. Optional testing is available for an extra charge. 16 years of age and older.

Stan Wilson

Date: Oct 3 - 28
Time: 7 - 8 pm (Tues & Thurs)
3 - 4 pm (Sunday)
Fee: \$30
Location: Ahearn Fieldhouse, KSU

Hakko Ryu Jujitsu

MA-03

Hakko Ryu is a self-defense oriented grappling type of martial art. It is not an exercise form of martial arts. Students will concentrate on 2 person waza, solo walking exercises, and self defense theory and techniques. Hakko Ryu is related to aikido, yet stresses a less active style, and more subtle, gentle techniques acceptable for use in modern society. 16 years of age and older.

Stan Wilson (539-7723), has studied martial arts for 23 years and has taught for 15 years. He holds a 3rd degree black belt in Kung Fu, a 2nd degree belt in Hakko Ryu Jujitsu, and is a member of the Shadows of Iga Ninja Society. He has studied judo, aikido, four styles of karate, six styles of kung fu and various other martial arts. He has also written 19 manuals on martial arts.

Date: Sept 12 - Oct 31
Time: 4 - 5 pm (Sunday)
Fee: \$20
Location: Ahearn Fieldhouse, KSU

Attention!
A Tae Kwon Do for Youth
class is offered in the
YOUTH section of the catalog.

GRE PREPARATION COURSE

Sept. 9 - Sept. 20
Tuesday and Thursday
6:30 - 9:30 pm

Oct. 2
Saturday

8:00 am- 12 noon

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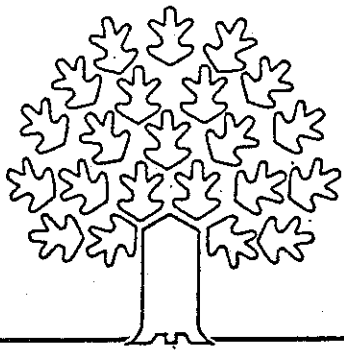
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Our Community & Beyond

1221 THURSTON

539-8763

Shopping for a Greener World

OC-01

Ever stop to think about the environmental impact of the products you normally purchase in the grocery store? Many ordinary products on the market today have the potential to harm our environment. This class will examine how the average shopper can change his/her buying habits to help make the Earth a better place to live. Topics to be discussed include food choices, overconsumption, recycling, overpackaging, hazardous household products, product labeling, and how our choices as consumers affect global environmental problems. Each participant will receive an information packet containing summaries of all topics discussed, an "eco-product checklist," a Manhattan-area recycling guide, and much more! Join us to learn more about shopping with the environment in mind.

Robert Wilson (238-7018) is a Senior in Marketing at K-State. Robert has been involved in campus environmental organizations for over four years, and has devoted much of his time to studying "green consumerism."

Date: November 1
Time: 7 pm (Monday)
Fee: \$7 includes information booklet
Location: UFM Conference Room

Native American Culture & How not to feel like a Tourist in "Indian Country"

OC-05

Utilizing area Native American experts and segments from the recent PBS series, *How the West was Lost* this class examines U.S. history from a Native American perspective, and explores the conflicting feelings of many Euro-Americans toward Native Americans. Topics such as Native American ceremony, religion, learning styles, family structure and treaties will be discussed. Stereotypes, pow-wow's, and current issues in Indian country will also be covered. Cross-cultural understanding will be emphasized throughout the class.

Dorothy Roberts Arvizu is co-advisor to KSU's Native American student body and a past board member for the Kansas Association for Native American Education (KANAE). She has also worked on the Kansas Committee of the White House Task Force for Indian Education and is currently working toward a graduate degree in the College of Education at KSU.

Date: Aug 31 - Oct 12
Time: 7 - 9 pm (Tuesday)
Fee: \$12
Location: UFM Multipurpose Room

Native American Culture & How not to feel like a Tourist in "Indian Country"

OC-06

Dorothy Roberts Arvizu

Date: Oct 26 - Dec 7
Time: 7 - 9 pm (Tuesday)
Fee: \$12
Location: UFM Conference Room

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ANSWERING MACHINE: You can now leave a message or receive current UFM information, between 5:00 p.m. and 8:30 a.m., by calling 539-8763.

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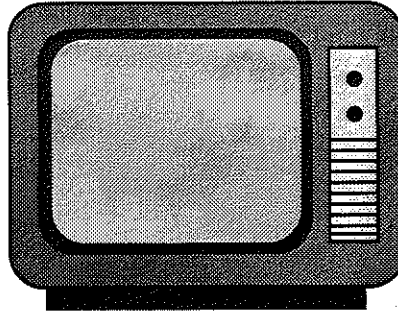
Catherine Lee Fung, Ph. D. Candidate
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Sept 7 & 8: Celebrating UFM's 25th
Sept 14 & 15: Celebrating UFM's 25th
Sept 21 & 22: Golden Key
Sept 28 & 29: Cooking with Francis
Oct 5 & 6: Celebrating the Sixth Season
Oct 12 & 13: Video Games
Oct 19 & 20: American Indian Culture
Oct 26 & 27: Cutting Paper Snowflakes
Nov 2 & 3: ASIA Officers

Nov 9 & 10: Puerto Rican Food Technology
Nov 16 & 17: Tai Chi
Nov 23 & 24: Prevention of Food Poisoning
Nov 30 &
Dec 1: Hearty Soups
Dec 7 & 8: Art League Artists
Dec 14 & 15: Thai Cooking
Dec 21 & 22: Christmas Serenade
Dec 28 & 29: Vegetarian Cooking

India: Parachay

OC-07

Parachay means introduction in Hindi. This class will be an introduction to India. It's history, culture, people, geography and society. Learn about this interesting country and test your skill with a culture game.

Siddharth Turakhia is a senior in math and economics at Kansas State University. He has lived in India and Oman. He has travelled extensively and is exposed to diverse cultures around the world.

Date: August 26
Time: 7 pm (Thursday)
Fee: \$7 single course (includes handouts)
\$18 series
Location: UFM Multipurpose Room

India: Parivar

OC-08

Parivar is Hindi for family. In this class learn the general family structure in India, naming of children, patriarchal heritage, matrimony and other aspects of family life.

Siddharth Turakhia

Date: September 2
Time: 7 pm (Thursday)
Fee: \$7 single class (includes handouts)
\$18 series
Location: UFM Multipurpose Room

India: Yatra

OC-09

Yatra means travel or pilgrimage. Find out about interesting places to visit in India. Learn where to go, and where not to go. Get tourist tips, language tips and general information.

Siddharth Turakhia

Date: September 9
Time: 7 pm (Thursday)
Fee: \$7 single class (includes handouts)
\$18 series
Location: UFM Multipurpose Room

Cruises: What is Everyone Talking About?

OC-02

Come find out why everyone is talking about cruises. Bring your questions and we'll find an answer. We will view cruise videos and provide discount coupons for all who attend. Free brochures and travel information

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

Date: September 9
Time: 7 pm (Thursday)
Fee: \$5
Location: UFM Greenhouse

Cruises: What is everyone Talking About?

OC-03

Terry Marker

Date: October 14
Time: 7 pm (Thursday)
Fee: \$5
Location: UFM Conference Room

Cruises: What is Everyone Talking About?

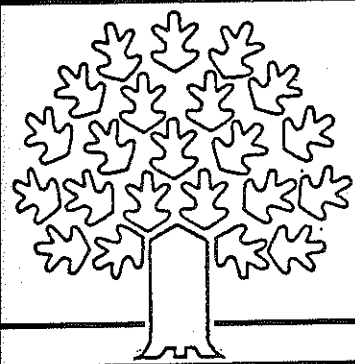
OC-04

Terry Marker

Date: November 4
Time: 7 pm (Thursday)
Fee: \$5
Location: UFM Conference Room



Listen to KQLA for UFM calendar update Monday through Thursday



Personal Development

1221 THURSTON

539-8763

SHARP-Self Defense for Women

SP-01

This is a nationally designed self defense program to specifically meet the needs of women. By empowering women to better protect themselves they gain confidence in social and professional environments. There will be discussion dealing with situations from sexual harassment, date rape through actual attack. This class provides self defense techniques without the use of weapons or extensive Martial Arts. Ages 13+

Diana Tarver, has been teaching Women's Self Defense classes for 9 years throughout Colorado and Kansas. She is a 3rd degree Black Belt in Tae Kwon Do and has taught police tactics, but for this class she takes a very practical and feminine approach.

Date: **October 2**
Time: **8 am - 12 (Saturday)**
Fee: **\$15**
Location: **First Lutheran Church
930 Poyntz Ave**

Introduction to Zen Buddhist Philosophy and Practice

SP-02

Zen Buddhist philosophy aims for enlightenment by direct intuition through meditation. Join us for discussion and practice of Zen meditation (Zazen) with a major focus on the soto tradition or "school." Other traditions will also be discussed. Please bring a cushion to sit on in 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 13, 20 & 27**
Time: **7:30 - 9 pm (Wednesday)**
Fee: **\$10**
Location: **UFM Conference Room**

Yoga for Beginners

SP-06

Introduction to the fundamentals of yoga and meditation. Yoga represents the union of mind and body, the inner and outer selves, personal consciousness with primordial consciousness. It's low-impact, comfort zone, no strain yoga, focusing on alleviating the accumulated effects of physical stiffness and emotional stress. **Wear loose clothes. Bring a pillow and a blanket.**

Jim Phelan is a local builder who practices yoga. He has been an instructor and a friend of UFM for 2 decades. **This class is dedicated to his former teacher, Dr. Albert Franklin.**

Date: **Sept 22, 29, Oct 6, & 13**
Time: **5:30 - 6:30 pm (Wednesday)**
Fee: **\$12**
Location: **Baptist Campus Center
1801 Anderson**

How to Get (and Give) a Better Back Rub

SP-05

Seated massage allows easy access to the tension-filled neck, shoulder and back area and is opening up a new approach for stress release in hair salons, shopping centers and in the office place. Stress-releasing techniques used in professional on-site massage will be taught through demonstrations, exercises and guided practice. You will learn more if you attend with a partner. **Bring a pillow.**

Vanessa Ward (539-5622), is a professional Massage Therapist. She understands the importance of relaxing your body and is eager to share this relaxing experience with others.

Date: **November 14**
Time: **2 - 5 pm (Sunday)**
Fee: **\$10 individual
\$18 couples**
Location: **UFM Conference Room**



Massage Therapy: Panel Discussion

SP-07

Manhattan massage therapists and reflexologists will come together to discuss and explain: what massage therapy is all about; the benefits of massage; the different massage techniques; and the procedures involved when receiving a massage. They will answer your questions and demonstrate their work by offering a short foot, hand, or shoulder/neck massage to class participants.

Manhattan massage therapists and reflexologists who have not been contacted but wish to participate as a member of the panel, please contact Jan Freise, 537-7167.

Date: **September 14**
Time: **7 pm (Tuesday)**
Fee: **\$5**
Location: **UFM Fireplace Room**

See the FAMILY LIVING section for a class on Constructive Arguing.

Self-Esteem for Adults

SP-03

We will use a set of 4 video tapes by Marilyn Grosball as a core curriculum to learn the ways we sabotage ourselves and what tools can be used to reverse this trend. During each session we will view a video, have clarifying discussion and receive related hand-outs.

Class 1: Self Acceptance - The Key to Self-Esteem
Class 2: You're in Charge of Your Life - Believe it or Not

Class 3: The Choice is Yours - Accept or Resist
Class 4: Your Present Thinking Creates Future Events.

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

Date: **Oct 4, 11, 18 & 25**
Time: **6:55 pm (Monday)**
Fee: **\$12**
Location: **UFM Conference Room**

Sack Lunch Theology

SP-04

Join us to read and discuss Healing and the Mind edited by Bill Moyers. Our discussion will examine a wide variety of ways of healing including the mind's contribution to healing the body. Copies of the book are available to purchase at the first class.

Susan Sawyer (632-3200), 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: **Oct 11 - Nov 29**
Time: **11:30 am - 1 pm (Monday)**
Fee: **\$8**
Location: **1801 Anderson
Baptist Campus Center**

Chinese Tai Chi

SP-08

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 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 it.

Ping Wei (539-4147), is a graduate student in the Department of Chemistry at KSU. 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 this area.

Date: **Aug 31 - Oct 14**
Time: **7 - 8 pm (Tues & Thurs)**
Fee: **\$25**
Location: **Senior Center
412 Leavenworth**

Chinese Tai Chi

SP-09

Ping Wei
Date: **Oct 19 - Dec 7**
Time: **7 - 8 pm (Tues & Thurs)**
Fee: **\$25**
Location: **Senior Center
412 Leavenworth**

Don't miss the COMPUTER section of the catalog.

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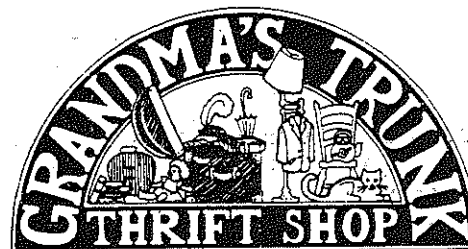
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Call for specific times and dates

539-3051

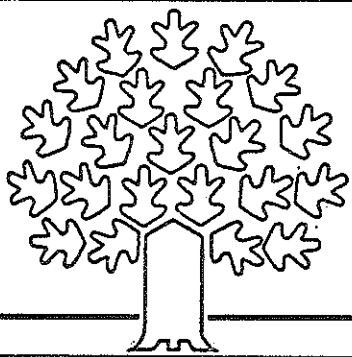


1304 Pillsbury Dr. Manhattan, KS 66502
(913) 537-2273

HOURS: 10 a.m. to 6 p.m. Mon.-Sat.
1/4 mile south of viaduct on 177

Thank you to our talented and willing volunteer instructors





Recreation & Health

1221 THURSTON

539-8763

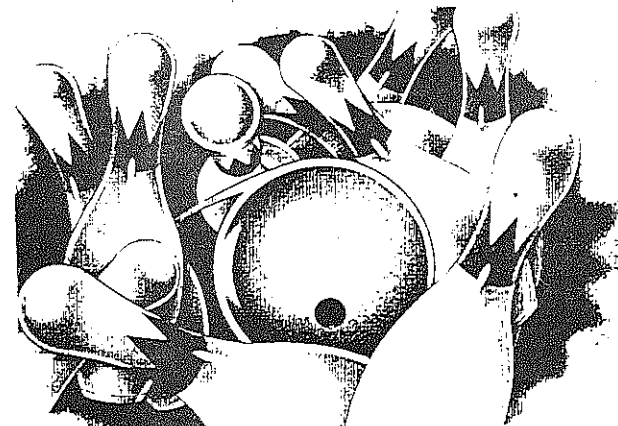
Beginning Fencing

RH-11

Fencing is the ancient art of sword play. D'Artagnan, soldiers, and noblemen were all once required to know the way of the sword. Now a modern Olympic sport, fencing builds lightning fast reaction, speed and agility. Classes will include introduction to foil, epee, and saber for recreation and competition. Minimum age: 12

Mike Milleson (238-7696) has been fencing since 1989. He has been competing and coaching for 2 years. He is a competitive member of the United States Fencing Association. Mike attended the USFA Coaches College at the University of North Carolina in the summer of 1991. He is an "E" rated epeeist and took 2nd place in both the Jayhawk Open and the Little Apple Open. Mike and the other club members compete in a 5 state area.

Date: Sept 7 - Oct 26
Time: 7:30 - 9:30 pm (Tuesday)
Fee: \$40
Location: Lucky High School Gymnasium
220 S Juliette



Beginning Bowling

RH-12

Experience what bowling is really about! Instruction will include classroom, video, and on-lane experience. Learn the game so you can enjoy it or sharpen up those rusty skills. This class is for you! All equipment is provided.

Bill Stewart (539-0371), is the new owner of Wildcat Lanes and is a qualified professional.

Date: Sept 26 & Oct 3
Time: 2 - 4 pm (Sunday)
Fee: \$18
Location: The New Wildcat Lanes
515 Richards (across from Holidome)

Don't miss the YOUTH section.
It has a variety of activities
fun for all ages.



Headquarters for
Bicycle Repair

OUTDOOR EQUIPMENT SPECIALISTS

- Bicycles * Backpacks
- * Sunglasses * Boots * Tents * Knives
- * Sleeping Bags * Canoes
- * Climbing Equipment
- * Camping Equipment



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

Community First Aid & Safety

RH-05

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 will be available at the first class and are included in the fee.

Enell Foerster (537-2180).

Date: Sept 15, 22 & 29
Time: 6 - 10 pm (Wednesday)
Fee: \$60 includes both books
Location: American Red Cross
1014 Poyntz

Tennis: Junior Beginners Ages 7 - 16

RH-08

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

Mark Tessendorf, a KSU graduate student in Kinesiology, has played tennis for 20 years, including collegiate tennis at Coe College, Cedar Rapids, Iowa. He recently taught at Manitou-Wabing Sports and Arts Center in Ontario, Canada.

Date: Sept 13, 20, 27 & Oct 4
Time: 6 - 7 pm (Monday)
Fee: \$35
Location: LP Washburn Rec Complex, KSU

Tennis: Beginners Ages 17 and Up

RH-09

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

Mark Tessendorf

Date: Sept 13, 20, 27 & Oct 4
Time: 7 - 8 pm (Monday)
Fee: \$35
Location: LP Washburn Rec Complex, KSU

Tennis: Intermediate Ages 17 and Up

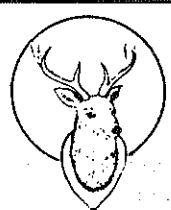
RH-10

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

Mark Tessendorf

Date: Sept 13, 20, 27 & Oct 4
Time: 8 - 9 pm (Monday)
Fee: \$40
Location: LP Washburn Rec Complex, KSU

STAGG HILL GOLF CLUB



K-18 West

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



539-1041

Jim Gregory, PGA Professional

Ballroom Dance I

RH-06

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

Michael Bennett (776-7557), has trained in Ballroom Dance at U.C. Berkley; Mandola Ballroom, San Francisco; AliBaba Ballroom, Oakland CA; Chicago Dance Studio, Chicago, IL; and Avenue Ballroom, San Francisco. He was the 1986 San Francisco Avenue Ballroom Jitterbug Champion. Nelli Weathers has been helping Michael teach dance for 5 years and has been dancing all of her life. She is from Ireland and learned dance in the British and Irish school systems.

Date: Sept 10 - Nov 19
Time: 7 - 8:30 pm (Friday)
Fee: \$30 per person
Location: Lucky High School Gymnasium
220 S Juliette



Ballroom Dance II

RH-07

This course is for those who would like to attempt more challenging ballroom dance variations. Couples are encouraged to attend so that they may learn to dance as one. Waltz, Foxtrot, and Jitterbug will be taught. Routines will be given. Prerequisite: Must have completed Ballroom Dance I with Michael Bennett.

Michael Bennett

Date: Sept 10 - Nov 19
Time: 6 - 7 pm (Friday)
Fee: \$30 per person
Location: Lucky High School Gymnasium
220 S Juliette

Yoga and Massage classes are listed
in the PERSONAL DEVELOPMENT
section of this catalog.

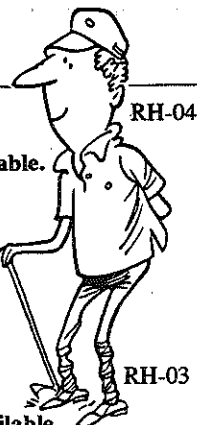
The New Wildcat Lanes

(next to Holidome in Manhattan)

- 32 lanes — Brunswick
- Pro shop — fully equipped
- Full service lounge with Karaoke singing machine nightly
- Snack bar
- Video games
- Qualified instructions by appointment

539-0371

Bill Stewart, new owner



Introduction to Golf

RH-01

A short course geared for beginning and intermediate players. The fundamentals of the full swing, short game-pitching, chipping, and putting will be covered. Get some fresh air and find out if golf is the sport for you. Some class time will be devoted to equipment used to play golf, rules, etiquette, courtesy, conduct on the course, registering to play, use of scorecard and handicaps.

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

Date: Sept 2,9,16 & 23
Time: 6:30 pm (Thursday)
Fee: \$25
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.



Introduction to Golf

RH-02

Jim Gregory

Date: Sept 30, Oct 7,14 & 21
Time: 6 pm (Thursday)
Fee: \$25
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

Golf

*One hour optional KSU credit available.

Jim Gregory

Date: Sept 2 - Oct 21
Time: 9:30 - 11:30 am (Thursday)
Fee: \$80 non-credit
\$100 credit
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd

Golf

*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: Aug 31 - Oct 19
Time: 5:30 - 7:30 pm (Tuesday)
Fee: \$80 non-credit
\$100 credit
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd

RH-04

RH-03

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.

3. When do I pay?

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

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

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

5. When is the office open?

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

6. Will I receive a confirmation?

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

7. What if a course is cancelled or rescheduled?

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

8. Can I get a refund?

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

9. Must I register to take a class?

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

You Are Cordially Invited
To a Reception
in Celebration of
UFM's 25th Anniversary.

When: Friday, September 24, 1993
Time: 4:00 - 6:00 p.m.
Where: UFM, 1221 Thurston
Manhattan, KS 66502

** 5:00 p.m. **

Recognition of Long-Time Teachers & Supporters
Presentation of Annual Grassroots Education Award
Volunteer Recognition

RSVP by September 20 at (913) 539-8763.

This catalog printed on recycled paper

MANHATTAN CIVIC THEATRE

I Hate Hamlet

Sept. 24-26 & Oct. 1-3

The Sunshine Boys

November 11-14

Dial M for Murder

Feb. 4-6 & 11-13

The Mikado

April 22-24 & 29-May 1

Call today for your Manhattan Civic Theatre Season/Membership Brochure
Box Office 539-6000 • Visa/MC • All seats reserved

Don't Miss A Show

1993-1994
MCT SEASON MEMBERSHIP

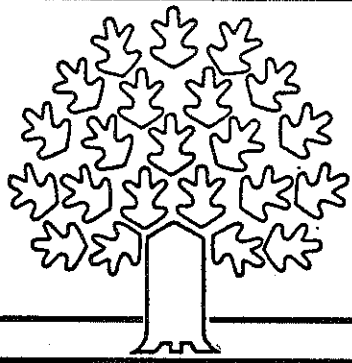
great entertainment
great buy



Meet the cast party
MCT member benefits

USE REGISTRATION FORM on the back cover





Youth

1221 THURSTON

539-8763

Beginning Ballet

YO-01

Do you dream of becoming a dancer? This very basic introduction to ballet can be that first step. Children ages 3-12 years will learn basics of dance movement and practice some simple ballet type steps. The discipline of ballet transcends to other forms of dance including jazz, tap and modern dance.

Portia Sisco (537-7253), is 16 years old, and currently she is attending Manhattan High School. She has been dancing for 13 years and she is considering a career in dance.

Date: Sept 7 - 23
Time: 6:00 - 6:30 pm (Tues & Thurs)
Fee: \$12
Location: UFM Banquet Room

Beginning Ballet

YO-02

Portia Sisco

Date: Sept 7 - 23
Time: 6:30 - 7 pm (Tues & Thurs)
Fee: \$12
Location: UFM Banquet Room

Indoor Gardening for Kids

YO-06

Growing children have a natural interest in all living things including plants. This course will demonstrate to the child the basics of how to grow plants and flowers indoors. Demonstrations will be given on how to propagate and care for many species of plants. Horticultural skills will be stressed and developed during class. Projects will include dish gardens, bottle gardening and foliage plants.

Dr Dick Mattson is a professor of horticulture at KSU. He and his students will conduct this course.

Date: November 6
Time: 1 - 2:30 pm (Saturday)
Fee: \$5
Location: UFM Banquet Room

Kids on Campus

YO-09

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

UFM Staff

Date: November 4
Time: 8 am - 5 pm
Fee: \$18
Location: Meet at UFM

For Additional Martial Arts, see MARTIAL ARTS SECTION of the catalog.
Red Cross Learn to Swim Program in the AQUATICS section of the catalog.
See CREATIVE FREETIME for a Parents' Guide to Video Games.
The FAMILY LIVING section of the catalog has a class on *Infant Massage and Effects of Divorce on Children*.
CREATIVE FREETIME has a neat *Paper Snowflake* class.

Become a Video Game Wizard

YO-03

Are you a video game guru or a wanna be? Do you have secret codes for some games and wish you had some for others? Now is your chance to do nothing else but talk about video games. Talk about your favorite games, what's hot and what's not. Learn some video game history and what to expect in the future. NES, Super NES, Sega Genesis, Turbo-Graphx, Neo-Geo, Sega-CD, 3DO, Game Gear, whatever.

Tom D Mahoney is a game player from way back. He is the former video game buyer for Blockbuster Video, Inc. He managed Software Etc., and is now the owner of Game Guy, a used video game store.

Date: September 15
Time: 7 - 8:30 pm (Wednesday)
Fee: \$5
Location: Game Guy
709 N 12th

Snakes of NE Kansas

YO-04

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

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

Date: September 18
Time: 10 am (Saturday)
Fee: \$5 individual
\$8 child and adult
Location: UFM Fireplace Room

Sculptural Forms in Clay

YO-11

In this class we will work with sculptural forms using clay as the medium for expressive freedom. All materials provided. Children will take home several finished projects.

Harry Anderson (532-6610) is a graduate student at Kansas State University finishing a MFA in sculpture. He has taught children before and feels there is a wealth of "untapped" artistic ability in all classes.

Date: Sept 18, 25 & Oct 2 & 9
Time: 9 - 10:30 am (Saturday)
Fee: \$25 includes all materials
Location: UFM Pottery Studio

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.

Childrens Morning Playgroup

YO-05

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 the homes of participants. These groups have been in existence for 16 years.

Dawn McKensie is interested in getting children together for play as well as giving at-home parents an opportunity to share and interact.

Date: Sept 13 - Dec 12
Time: 10 - 12 noon (Thursday)
Fee: \$5
Location: Coordinator will contact with location

Parent Teacher Conference Enrichment Days

YO-07

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

Kim Anderson, coordinator

Date: November 4
Time: 8 am - 5 pm (Thursday)
Fee: \$12 half day
\$18 full day
Location: Woodrow Wilson School
Juliette and Osage

Parent Teacher Conference Enrichment Days

YO-08

Kim Anderson, coordinator

Date: November 5
Time: 8 am - 5 pm (Friday)
Fee: \$12 half day
\$18 full day
Location: Woodrow Wilson School
Juliette and Osage

Tae Kwon Do for Youth

YO-10

This class is designed to introduce young children ages 4-8 to the fun and excitement of Martial Arts while they begin learning the basics of hand-eye coordination, balance and self discipline. Beginning Tae Kwon Do self defense techniques will be taught in a safe, fun, and age appropriate atmosphere by an experienced instructor.

Diana Tarver is a 3rd degree black belt in Tae Kwon Do, and a certified instructor with the American Tae Kwon Do Association. She has 9 years experience in Tae Kwon Do. She is involved in 2 local Tae Kwon Do clubs as well as teaching a women's self defense. *Mark Brown* is assistant instructor for the Kansas State Tae Kwon Do Club and is a 1st degree black belt. He has been in the instructor training program with the American Tae Kwon Do Association for 2 years. He has experience in Hapkido and Tai Chi.

Date: Sept 14 - 30
Time: 7 - 7:45 pm (Tues & Thurs)
Fee: \$20
Location: 1st Christian Church
110 Courthouse Plaza

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 on-site registrations.

DATE	TIME	LOCATION
Aug. 19, Th	10 am - 2 pm	KSU Union
Aug. 23, M	10 am - 2 pm	KSU Union
Sept. 2, Th	4 pm - 7 pm	Public Library
Sept. 11, Sat	10 am - 2 pm	Town Center

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

UFM Presents...



THE MYSTERY IN THE OLD FRATERNITY HOUSE

A FUNDRAISER FOR UFM

The UFM House holds many memories. Originally the Kappa Sigma Fraternity House, the building at times seems to want to tell stories of its past. Recent happenings at UFM appear to confirm this impression. Did the fraternity leave untold mysteries? Is UFM getting messages from the past or is the staff just imagining all the wierd events? What does it all mean ???

JOIN THE FUN ... FEEL THE MYSTERY ... WIN THE PRIZE ...

When: October 29, 1993

Time: 7:00 p.m. to 10:00 p.m.

Cost: \$15/person, \$25/ couple, \$35/family (Entire Ticket Cost is Tax Deductible)

Call 539-8763 for tickets or more information.

HAPPY 25TH ANNIVERSARY, UFM – To participate is to celebrate!



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:

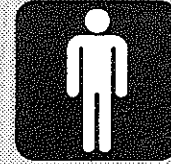
UFM Class Registrations
1221 Thurston
Manhattan, Kansas 66502-5299

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.

This catalog printed on recycled paper

FOR YOU...

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

FOR A FRIEND...

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

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

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

Tax Deductible Donation _____
 Total _____

I hereby authorize the use of my Visa MasterCard

Signature for charge payment _____
 Card # _____ Expiration Date _____
 Card Cardholder's Name (Please Print) _____

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

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

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

Where did you obtain your catalog? _____
 A class I would like offered _____

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

 Signature ** Date

***Signature of parent or guardian required for minors.*

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 for charge payment _____
 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 _____
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 Signature ** Date

***Signature of parent or guardian required for minors.*

OFFICE USE ONLY		amount	
date	staff		
Date Received	_____	Check	_____ TOTAL PAID
Entered	_____	Cash	_____ <input type="text"/>
Computer	_____	Visa	_____ <input type="text"/>
Fee	_____	M/C	_____
		Voucher	_____ Date _____

OFFICE USE ONLY		amount	
date	staff		
Date Received	_____	Check	_____ TOTAL PAID
Entered	_____	Cash	_____ <input type="text"/>
Computer	_____	Visa	_____ <input type="text"/>
Fee	_____	M/C	_____
		Voucher	_____ Date _____