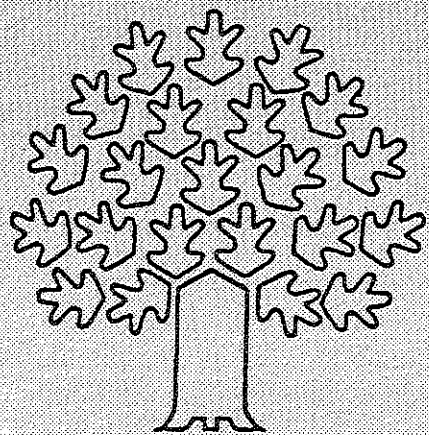




**Pick Your
Leisure Learning
Opportunity
at UFM**



**UFM
1994
Fall Classes
(September-December)**

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

OR CURRENT RESIDENT

Dear Friends,

The Fall UFM catalog contains 217 classes, offering a wide variety of learning opportunities for everyone in the community. We offer a unique set of classes to meet the diverse needs and interests of the area. From aquatics to Zen, you will find an unusual mix of opportunities to learn and to share with others.

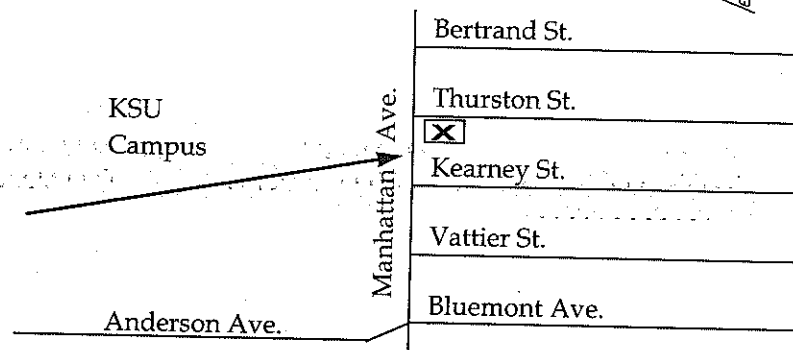
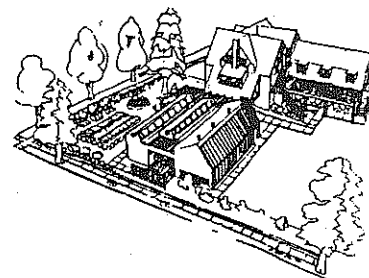
For 26 years, UFM has been a source of pride, serving Manhattan and the surrounding area by addressing needs, responding to priorities and reflecting the quality of life in the community. Unfortunately, the costs of providing the quality programs you expect continue to rise. We work very hard to keep the cost of these classes as low as possible. Through the years, changes in federal and state funding have eliminated our public support. UFM is now a fully self-supporting program that depends heavily on class fees and private donations to maintain its existence.

This catalog may reflect an increase in the fee for classes you take. UFM has implemented a base fee increase to defray some of the cost increases we are incurring to operate the educational program. Printing, postage, staffing, space rent and other operational costs continue to rise. This is the first base fee increase we have initiated in several years. The UFM Board of Directors and staff have given much thought and study to this decision. We very much appreciate our constituency and want to meet your needs as economically as possible. We will continue to operate as efficiently as we can to maintain the lowest fees possible and still provide the quality programming you expect.

Look through our catalog. We think you will be pleased with the offerings. Try a class and let us know what you think. Suggest a class you are interested in and we will try to find someone to teach it. At UFM "anyone can teach and anyone can learn." We pledge to continue this special, community-driven approach to lifelong learning for all.

WHERE WE'RE LOCATED

UFM
1221 Thurston



BOARD OF DIRECTORS

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

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Creative FreeTime	8-10	Money Matters	20
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UFM provides a neutral site to discuss community needs. 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.

HANDICAPPED ACCESSIBLE



Any class can be placed in a handicapped accessible room. Please let us know at the time of registration.

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Q103.5
KQLA

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Tim Bascom
Michael Bennett
Daniel Berkow
Troy Brockway
Dan Brown
Marie Burgett
Terry Carpenter
Dick Claussen
Michael Cody
Lea Cyr
Randi Dale

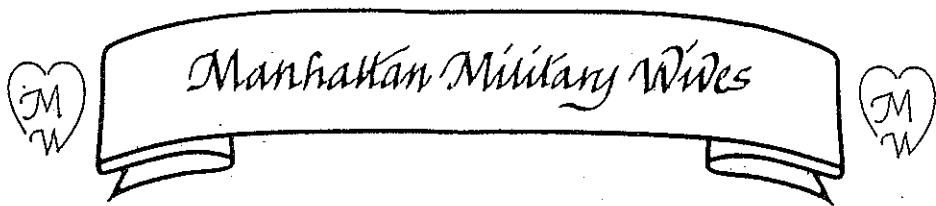
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Al Zimmerman



— a program for all military families in the Manhattan area —

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 more.

Meetings are held every Wednesday afternoon from 1-3 p.m. at the First Presbyterian Church, 8th and Leavenworth, Manhattan. Free childcare for infants, toddlers and kindergarteners is provided. No reservations are needed. Dress is casual and newcomers are always welcome!

Monthly calendars of MILITARY WIVES activities are available at ACS, 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 Wednesdays are eligible for membership in the Manhattan Military Wives Babysitting Co-op.

SPECIAL PARENTING CLASS

"Developing Capable People" is an exciting nine-week class held on Friday mornings in the fall and spring. Childcare for infants and kindergarteners is provided. There is no charge for the classes, but pre-registration is required.

TRANSPORTATION

Transportation to Wednesday meetings, special workshops, and to medical, mental health and social services on post and in Manhattan can be arranged for Manhattan military families.

COMMUNITY NETWORKING

The MILITARY WIVES program brings together the needs of military families with resources available in the civilian and military communities.

For more information, please call Carol Dodderidge - 539-1077

COMMUNITY REGISTRATIONS

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

DATE	TIME	LOCATION
Aug 22, M	10am - 2pm	KSU Union
Sept 1, TH	4pm - 6pm	Public Library
Sept 2, F	3pm - 6pm	Dillons East

Registration continues throughout the semester:

UFM House
1221 Thurston

8:30 am - 5 pm closed 12 Noon - 1 pm

MAILING YOUR 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.

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!

To advertise your business or organization in the next UFM catalog, contact the UFM Office (539-8763) by November 4.

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 canceled. 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.

UFM CANCELLATION POLICY

When we cancel or reschedule a class, you will be notified, therefore, it is extremely important that we have a daytime and an evening phone number where we may reach you or leave a message. We reserve the right to cancel any class.

REFUND POLICY

We will give a full refund if a class is canceled by UFM. If a student decides to withdraw before the class begins, and gives 48 hours notice before the starting date, we will refund all but a \$2 processing fee. NO REFUND AFTER THE CLASS BEGINS.

REGISTRATION IS REQUIRED

All participants must be registered before attending a UFM class. This allows for adequate handouts and materials. A class may be canceled due to insufficient pre-registration.

SPECIAL POLICIES FOR CREDIT OPTIONAL CLASSES

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

Credit Enrollment Fees: Courses taken for credit carry additional fees required for University administration of the credit program. A \$15.00 late fee will be charged for enrollments taken after the second class meeting. A \$35.00 late fee will be charged for enrollments taken after one-third of the class meetings. Additional student activity and health fees may be assessed for students enrolled in 6 or fewer KSU credit hours.

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

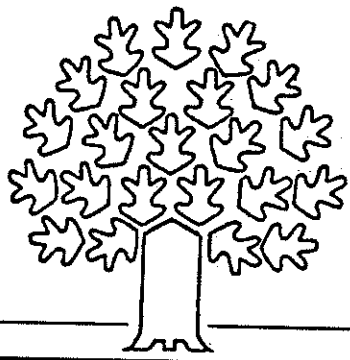
LIABILITY STATEMENT

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

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

REGISTRATION INFORMATION on the back cover.





Aquatics

1221 THURSTON

539-8763

UFM Swim Classes

UFM and the Division of Continuing Education are pleased to present the American Red Cross Learn to Swim program. Small classes allow for carefully guided instruction in stroke technique and water safety.

The first day of class each student is evaluated to assure they are in the proper class. They advance through the levels at their own rate and are moved to different class levels as space permits and skill advancement demands.

Midway in each semester a PARENTS DAY is scheduled to allow Parents on deck to observe their child's progress. Each child will receive a written report at this time as well as the end of class.

Parents Day Dates: October 5 & 6, November 19, 21, & 22

SAFETY DAY is a special day set aside during the Learn to Swim Program to focus on and teach water safety and awareness.

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:	Thursday,	November 24
	Saturday,	Oct 29, or Nov 26
Session I:	Mon/Wed	Sept 12 - Oct 19
	Tues/Thurs	Sept 13 - Oct 20
Session II:	Mon/Wed	Oct 31 - Dec 8
	Tues/Thurs	Nov 1 - Dec 9
Session III:	Saturday	Oct 10 - Dec 10



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. A student is ready for this level when they are mature enough to participate in a group setting without their parent.

Session I:		
AQ-03	Mon/Wed	6:05 - 6:45 pm
AQ-04	Mon/Wed	6:50 - 7:30 pm
AQ-05	Tues/Thurs	6:05 - 6:45 pm
AQ-06	Tues/Thurs	6:50 - 7:30 pm
Session II:		
AQ-31	Mon/Wed	6:05 - 6:45 pm
AQ-32	Mon/Wed	6:50 - 7:30 pm
AQ-33	Tues/Thurs	6:05 - 6:45 pm
AQ-34	Tues/Thurs	6:50 - 7:30 pm
Session III:		
AQ-58	Saturday	9:00 - 9:40 am
AQ-59	Saturday	10:00 - 10:40 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-07	Mon/Wed	6:05 - 6:45 pm
AQ-08	Mon/Wed	6:50 - 7:30 pm
AQ-09	Tues/Thurs	6:05 - 6:45 pm
AQ-10	Tues/Thurs	6:50 - 7:30 pm
Session II:		
AQ-35	Mon/Wed	6:05 - 6:45 pm
AQ-36	Mon/Wed	6:50 - 7:30 pm
AQ-37	Tues/Thurs	6:05 - 6:45 pm
AQ-38	Tues/Thurs	6:50 - 7:30 pm
Session III:		
AQ-60	Saturday	9:00 - 9:40 am
AQ-61	Saturday	10:00 - 10:40 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-11	Mon/Wed	6:05 - 6:45 pm
AQ-12	Mon/Wed	6:50 - 7:30 pm
AQ-13	Tues/Thurs	6:05 - 6:45 pm
AQ-14	Tues/Thurs	6:50 - 7:30 pm
Session II:		
AQ-39	Mon/Wed	6:05 - 6:45 pm
AQ-40	Mon/Wed	6:50 - 7:30 pm
AQ-41	Tues/Thurs	6:05 - 6:45 pm
AQ-42	Tues/Thurs	6:50 - 7:30 pm
Session III:		
AQ-62	Saturday	9:00 - 9:40 am
AQ-63	Saturday	10:00 - 10:40 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-15	Mon/Wed	6:05 - 6:45 pm
AQ-16	Mon/Wed	6:50 - 7:30 pm
AQ-17	Tues/Thurs	6:05 - 6:45 pm
AQ-18	Tues/Thurs	6:50 - 7:30 pm
Session II:		
AQ-43	Mon/Wed	6:05 - 6:45 pm
AQ-44	Mon/Wed	6:50 - 7:30 pm
AQ-45	Tues/Thurs	6:05 - 6:45 pm
AQ-46	Tues/Thurs	6:50 - 7:30 pm
Session III:		
AQ-64	Saturday	9:00 - 9:40 am
AQ-65	Saturday	10:00 - 10:40 am
Fee:		\$35 per session

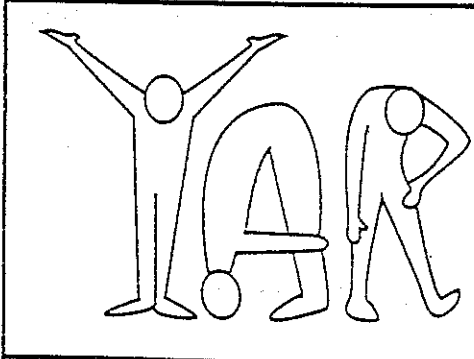
Parent/Infant and Parent/Tot

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. 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. During the 7 meetings the parents will receive instruction and have opportunity to practice water techniques with their children. **Parent must accompany child.**

Note: The IPAP class sessions are:

Session I	Mon/Wed	Sept 12 - Oct 3
	Tues/Thurs	Sept 13 - Oct 4
Session II	Mon/Wed	Oct 31 - Nov 21
	Tues/Thurs	Nov 1 - Nov 22
Session III	Saturday	Sept 10 - Oct 7

Session I:		
AQ-01	Mon/Wed	6:10 - 6:40 pm
AQ-02	Tues/Thurs	6:10 - 6:40 pm
Session II:		
AQ-29	Mon/Wed	6:10 - 6:40 pm
AQ-30	Tues/Thurs	6:10 - 6:40 pm
Session III:		
AQ-57	Saturday	10:00 - 10:30 am
Fee:		\$15.00 per session



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USE REGISTRATION FORM on the back cover.





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-19 Mon/Wed 6:50 - 7:30 pm, AQ-20 Tues/Thurs 6:50 - 7:30 pm
Session II: AQ-47 Mon/Wed 6:50 - 7:30 pm, AQ-48 Tues/Thurs 6:50 - 7:30 pm
Session III: AQ-66 Saturday 9:00 - 9:40 am, AQ-67 Saturday 10:00 - 10:40 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. Additional practice is helpful to develop and maintain the strength necessary in Level VII. 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-21 Tues/Thurs 6:50 - 7:30 pm
Session II: AQ-49 Tues/Thurs 6:50 - 7:30 pm
Session III: AQ-68 Saturday 9:00 - 9:40 am, AQ-69 Saturday 10:00 - 10:40 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 I: AQ-22 Tues/Thurs 6:50 - 7:30 pm
Session II: AQ-50 Tues/Thurs 6:50 - 7:30 pm
Session III: AQ-70 Saturday 9:00 - 9:40 am, AQ-71 Saturday 10:00 - 10:40 am
Fee: \$35 per session

Private Lessons for Special Populations AQ-75

For people with special physical or mental needs. Arrangements will be considered for private swimming lessons. Soon after registration an instructor will contact the student to arrange 6 classes of 30 minutes each. 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

Swim and Stay Fit Ages 13 plus

Swim and Stay Fit is for individual work-out. The lap pool is available to adults and advanced swimmers to swim regularly and frequently. You may choose your 40 Minute block of time during the below scheduled times.

- Session I: AQ-25 Mon - Thurs 6:05 - 7:30 pm
Session II: AQ-53 Mon - Thurs 6:05 - 7:30 pm
Session III: AQ-73 Saturday 9:00 - 10:40 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 be able to swim laps to meet your own needs and goals.

- Session I: AQ-26 Mon - Thurs 6:05 - 7:30 pm
Session II: AQ-54 Mon - Thurs 6:05 - 7:30 pm
Session III: AQ-74 Saturday 9:00 - 10:40 am
Fee: \$15 per session

Private Lessons AQ-76

These lessons provide one-on-one instruction for any level of swimmer. All instructors are Water Safety Instructor certified by the American Red Cross. Soon after registration an instructor will contact the student to schedule 6 classes of 30 minutes each.

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

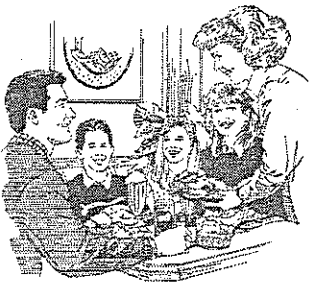
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The SPRING UFM CATALOG will be out January 3.





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. Yikes! Our enrollments have increased so we have had to change the format for registration into Hydro.

Session I		
AQ-27	Mon/Wed	6:00 - 6:55 pm
AQ-28	Tues/Thurs	6:00 - 6:55 pm
Session II		
AQ-55	Mon/Wed	6:00 - 6:55 pm
AQ-56	Tues/Thurs	6:00 - 6:55 pm
Fee:	\$18 per session	

Emergency Water Safety

The water can provide opportunity for a lifetime of fitness and fun especially if you know how to respond to an aquatic emergency. This class provides a sound foundation to further aquatic safety. It is appropriate for anyone who has the ability to swim at level IV and has Basic Water Safety skills. If you have completed level VII, this class will challenge your aquatic skills and prepare you for Lifeguard Training. This is a perfect Scout badge opportunity! American Red Cross Certification in Emergency Water Safety is valid for 3 years.

Session III		
AQ-72	Saturday	9 - 9:40 am
Fee:	\$35 includes American Red Cross Emergency Water Safety Manual	

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-23	Mon/Wed	6:50 - 7:30 pm
AQ-24	Tues/Thurs	6:05 - 6:45 pm
Session II:		
AQ-51	Mon/Wed	6:50 - 7:30 pm
AQ-52	Tues/Thurs	6:50 - 7:30 pm
Fee:	\$35	

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Water Safety Instructor

AQ-78

The purpose of this course is to train instructor candidates to teach the American Red Cross Learn to Swim and Water Safety courses. This is a compact approach to receive WSI certification. The course includes the screening and Instructor Candidate Training required by American Red Cross. Textbooks may be purchased at the American Red Cross office. (The ICT class will be held on Saturday, Sept 10 from 9am - 1 pm.) Prerequisite: Participants must be 17 years of age by the first day of class and must successfully complete a pretest on their knowledge of aquatics and safety skills, as well as stroke proficiency and rescue skills.

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

Date:	Sept 10,11,13,15,20,22,27,29, Oct 4,6,11,13,18 & 20
Time:	9am - 1 pm & 5 - 7 pm (Saturday) 4 - 8 pm (Sunday) 5 - 8 pm (Tues & Thurs)
Fee:	\$125
Location:	KSU Natatorium Gym 204

Scuba Diving

AQ-79

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 9 from 6:00 - 7:30 pm. This session will acquaint participants with the skills and techniques of safe underwater diving. Bring swimsuits and be prepared to enter the water.

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

Date:	September 10,17,24,October 1,8 & 15
Time:	9 am - 1 pm (Saturday)
Fee:	\$198
Location:	KSU Natatorium

Scuba Refresher

AQ-80

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. Students 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 13
Time:	3 - 7 pm (Sunday)
Fee:	\$52 includes equipment rental
Location:	KSU Natatorium



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 Oak Grove School at 537-2349, Virginia Bennett at 539-9362 or Shawn Bunch at 494-2830.

Lifeguard Training

AQ-77

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, successfully complete the final skills test and pass the written test by 80% minimum score.

Sarah Forsyth

Date:	Oct 22,23,24,25,26,27,28, Nov 5 & 6
Time:	9 am - 1 pm & 5 - 7 pm (Saturday) 5 - 7 pm (Sunday) 5 - 7:30 pm (Mon - Fri)
Fee:	\$70
Location:	KSU Natatorium

Intermediate Kayak Workshop

AQ-81

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:	November 6
Time:	9 am - 1 pm (Sunday)
Fee:	\$8
Location:	KSU Natatorium

Intermediate Kayaking

AQ-82

Rex Replogle and TJ Hittle

Date:	November 13
Time:	9 am - 1 pm (Sunday)
Fee:	\$8
Location:	KSU Natatorium

Intermediate Kayaking

AQ-83

Rex Replogle and TJ Hittle

Date:	November 20
Time:	9 am - 1 pm (Sunday)
Fee:	\$8
Location:	KSU Natatorium

The WELLNESS section of the catalog features **COMMUNITY FIRST AID AND SAFETY** classes that teach CPR as well as First Responder training.

I would like to thank each and every volunteer instructor. It is their continued support that allows UFM to be successful.

Thank you,
Jessie Weaver

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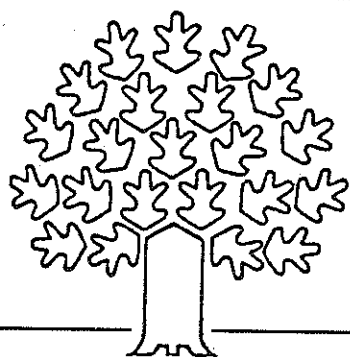
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Computer

1221 THURSTON

539-8763

WordPerfect Basics

CP-01

Master the basics of WordPerfect. Create documents, set up margins and other page formatting, print and save documents. Learn features such as copy, move and using two documents at once. Reveal Codes, Spell Check, Repeat and other special features will be included. Hands-on computer time is provided.

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

Date: September 20 & 27
Time: 3 - 5 pm (Tuesday)
Fee: \$26
Location: UFM Computer Lab

WordPerfect Basics

CP-02

Linda Teener

Date: November 2 & 9
Time: 3 - 5 pm (Wednesday)
Fee: \$26
Location: UFM Computer Lab

Advanced WordPerfect

CP-03

Use WordPerfect to become more productive and improve the appearance of your documents. Try your hand at designing a newsletter. Learn how to create tables, program macros and run mail merge. Create an attractive table of contents. Hands-on computer time is provided.

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

Date: October 11, 18 & 25
Time: 3 - 5 pm (Tuesday)
Fee: \$44
Location: UFM Computer Lab

WordPerfect 6.0 Review

CP-04

This class covers the new features included in WordPerfect 6.0. Look at the View Mode options, learn about the Button bar, new font options and other time savers. Print envelopes, run Grammar Checker and review other improvements in this powerful program.

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

Date: October 20
Time: 3 - 5 pm (Thursday)
Fee: \$13
Location: UFM Computer Lab

Introduction to Lotus 123

CP-05

Take advantage of this powerful software tool. Learn how to set up a spreadsheet with formulas and text. Explore sorting, naming, linking fields and other useful skills. This course will cover practical applications for using the spreadsheet power of Lotus 123. 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: September 29, October 6 & 13
Time: 3 - 5 pm (Thursday)
Fee: \$39
Location: UFM Computer Lab

Keyboarding Basics

CP-06

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. 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: September 21, 28, October 5 & 12
Time: 7 - 8 pm (Wednesday)
Fee: \$21
Location: UFM Computer Lab

Free Roaming Computers... powered by the sun

CP-07

Whether sunning on the beach or gathering data out on the tundra, your computer can now go where ever you do. The limits are no longer the three hours on your rechargeable battery. In this class, we will talk about solar power supplies for computers on the move.

Bill Dorsett (539-1956), has been teaching and working with solar electric (photovoltaic) applications since the early 1980's. He has taken advanced PV's in Colorado and worked with pumping systems and is particularly interested in renewable energy for developing countries.

Date: September 24
Time: 1 pm (Saturday)
Fee: \$8
Location: 1715 Leavenworth

**** FIELD TRIPS ****

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Managing your Computer

CP-08

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

Date: September 13 & 15
Time: 7 - 9 pm (Tues & Thurs)
Fee: \$25
Location: UFM Computer Lab

Microsoft Windows

CP-09

Windows has become a fundamental part of many software applications. Come learn how to move around in this new environment. This demonstration class will show you how to use icons, dialog boxes, scroll bars, clipboard and user applications such as control panel, file manager, accessories and other helpful features.

Date: September 27 & 29
Time: 7 - 9 pm (Tues & Thurs)
Fee: \$22
Location: UFM Conference Room

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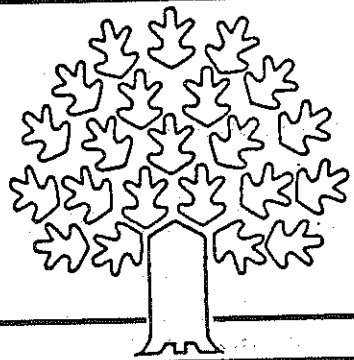
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10355



Creative FreeTime

1221 THURSTON

539-8763

Fiction Writing: Nuts & Bolts

CF-01

We will discuss fiction writing techniques, including research, plotting, background and character development. Skill-development exercises will be used. The final session will be a manuscript workshop.

Lee Killough, has published eleven novels and numerous short stories and is a member of the Science Fiction and Fantasy Writers of America, and an instructor for the Writers Digest School.

Date: October 6,13,20 & 27
Time: 7 - 9:30 pm (Thursday)
Fee: \$26
Location: UFM Conference Room

Water Color Painting via Photography

CF-02

Transform photographs into watercolor paintings. Photograph Kansas stone buildings and landscapes during the first class session with emphasis on subject selection and composition. During the studio sessions, select painting subjects from your developed color prints, make sketch compositions, value studies, and lay down the initial watercolor washes. Students should complete two watercolor paintings and receive instruction on matting. **Students must have a 35mm camera, a 24 exposure roll of color film, watercolor paints, brushes and paper.**

Ernie Peck (537-9883) and *Gene Ernst* (776-3622), have taught photography frequently and are accomplished painters. Ernie and Gene have co-taught watercolor classes for several years.

Date: October 8,11,13,18 & 20
Time: 7 - 9 pm (Tues & Thurs)
8:30 - 1 pm (Saturday)
Fee: \$18
Location: UFM Banquet Room

Recycled Paper Bag Baskets

CF-03

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 gifts. Very minimal supplies are needed. **Supply list available at time of registration.**

Marie Burgett has been weaving for 20 years and has made baskets over the years. She learned to make baskets from paper bags and has been teaching this class to individuals, church groups, and weaving guilds.

Date: October 18
Time: 7 - 8:30 pm (Tuesday)
Fee: \$8
Location: UFM Multipurpose Room

Beginning Bridge

CF-04

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: September 12,19,26, October 3,10 & 17
Time: 7 - 9 pm (Monday)
Fee: \$25
Location: UFM Fireplace Room

Improve Your Bridge: Bidding, Play of the Hand & Introduction to Duplicate

CF-05

This class is designed for those who have played some bridge or have enrolled in a recent UFM bridge class. Standard American bidding will be taught and the role of each partner in the bidding process will be studied. How to develop tricks through promotion, length, trumping and finessing will be the topics in a discussion of the play of the hand. The various forms of contract bridge will be reviewed, including "party bridge" and "rubber bridge." However, the emphasis will be on introducing duplicate bridge and the reasons why it is fun.

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

Date: October 24,31, November 7,14,21 & 28
Time: 7 - 9 pm (Monday)
Fee: \$25
Location: UFM Fireplace Room

Cutting Paper Snowflakes

CF-06

It's easy and fun to cut eye-catching, artistic, creative, lacy snowflakes! Numerous examples will be displayed, various patterns will be cut, and original creations will be cut and shared. For ages 9 - 90. Children 8 - 9 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 5
Time: 9 am - 12 noon (Saturday)
Fee: \$7
Location: 217 Bluemont Hall, KSU

Black and White Photography for Beginners

CF-07

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 11
Time: 7 pm (Sunday)
Fee: \$10
Location: UFM Conference Room

Black and White Film Developing for Beginners

CF-08

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 21
Time: 7 pm (Wednesday)
Fee: \$13
Location: UFM Darkroom

Black and White Film Developing for Beginners

CF-09

Harold Wellmeier

Date: October 19
Time: 7 pm (Wednesday)
Fee: \$13
Location: UFM Darkroom

Black and White Printing

CF-10

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: September 28
Time: 7 pm (Wednesday)
Fee: \$14
Location: UFM Darkroom

Black and White Printing

CF-11

Harold Wellmeier

Date: October 12
Time: 7 pm (Wednesday)
Fee: \$14
Location: UFM Darkroom

Black and White Printing

CF-12

Harold Wellmeier

Date: November 2
Time: 7 pm (Wednesday)
Fee: \$14
Location: UFM Darkroom

Black and White Printing

CF-13

Harold Wellmeier

Date: November 9
Time: 7 pm (Wednesday)
Fee: \$14
Location: UFM Darkroom

More Creative Freetime on page 10



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Autoharp Fun

CF-14

Pull that autoharp out of the closet and spend an evening learning how to play it. We will look at tuning, chording, strumming and how to find music to play. **Bring your autoharp and fingerpicks that fit your thumb and first two or three fingers.**

Linda Teener (539-8763), has been playing and teaching the autoharp for several years.

Date: September 13
Time: 7 - 9 pm (Tuesday)
Fee: \$9
Location: UFM Fireplace Room

Autoharp Play Time

CF-15

Come hone your autoharp skills, make new friends and share some music in this class. This group will provide an opportunity to learn from each other and gain the motivation to keep playing. We will begin meeting monthly and see what evolves.

Linda Teener, coordinator

Date: Sept 6, Oct 4, Nov 1, & Dec 6
Time: 7 - 9 pm (Tuesday)
Fee: \$9
Location: UFM Fireplace Room

Writing Articles from Personal Experience

CF-16

Every person has a story to tell. Tap your own experience as a source for first-person articles. We will focus on at least one potential story, then develop it into a creative essay for publication. In the process, we will determine what magazines might be interested, sending a query letter to editors. And we will study several classic models of essay-writing, looking for our own personal style of writing.

Tim Bascom (539-8555), author of the autobiographical book The Comfort Trap and the novel Squatters' Rites, has had over fifty articles taken for publication, including personal experience essays in The Omaha World Herald, Modern Bride, and Sunday Digest. He has led over twenty writing and editing workshops.

Date: September 13, 20, 27 & October 4
Time: 7:30 - 9:30 pm (Tuesdays)
Fee: \$26
Location: UFM Conference Room

Safe and Creative Family Photo Albums

CF-17

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. During the second session we will provide supplies for a workshop where you will use your own photos to create a unique album page. The fee includes 1 acid free album page and the use of photo safe materials and supplies. Additional pages are available for purchase from the instructor. **You will need to bring 12-24 or more of your latest pictures.**

Pam Schmid (1-800-347-2625), has been a consultant with Creative Memories since 1989, teaching classes and workshops on preserving family photos and memorabilia using photo safe supplies.

Date: September 8 & 15
Time: 7 - 9 pm (Thursday)
Fee: \$17
Location: UFM Fireplace Room

Safe and Creative Family Photo Albums

CF-18

Pam Schmid

Date: October 5 & 12
Time: 7 - 9 pm (Wednesday)
Fee: \$17
Location: UFM Fireplace Room

!! Don't miss !!

New **WELLNESS** section

CAKE DECORATING is offered in the **FOOD FOR FUN** section of the catalog.

Cardweaving...It's All in the Cards!

CF-20

Have you always wanted to learn to weave, but don't want to invest in an expensive loom and lots of equipment? Here's your chance to learn the basics of cardweaving, a technique which has been practiced in widely scattered parts of the world for over 2,000 years. The "loom" consists of a pack of square cards. Yarn is threaded through holes in the cards and the cards are rotated to weave strong, narrow, decorative bands. This simple yet sophisticated craft provides endless possibilities for weaving intricate patterns. Fee includes yarn, your own set of cards, a shuttle, a needle and misc supplies. **Participants need to bring to class: 2 c-clamps, plastic hair comb, scissors, and 2 strong 36" shoelaces.**

Marty Hartford (776-3389), is a weaver and fiber enthusiast, active in the local weaver's guild. She is a self-taught cardweaver and demonstrates this intriguing craft at the Folklife Festival each fall at the city park. Stop by the Weaver's Guild booth next to the log cabin to see her demonstration, Sept 24.

Date: October 1 & 8
Time: 9 am - noon (Saturday)
Fee: \$29
Location: UFM Fireplace Room

Inkle Band Weaving

CF-21

An Inkle Loom is a small, portable loom on which to weave narrow bands. No one knows just where the Inkle loom originated, but it provides an ingenious way to weave without a big investment in equipment. The instructor will provide the looms to use in this class, and will have information on purchasing looms for anyone interested. Fee includes: Yarn, shuttle, needle, and misc supplies.

Marty Hartford (776-3389), has a passion for band weaving and loves to go outside and weave. She takes along her weaving when the family goes camping.

Date: October 29 and November 5
Time: 9 am - noon (Saturday)
Fee: \$25
Location: UFM Fireplace Room

A Video History of Science Fiction Films 1902 - 1989

CF-22

Calling all Science Fiction Film Collectors and Science Fiction Film Devotees. John Skare will be presenting for your viewing enjoyment the video "A History of Science Fiction Films." Running time on the video is 54 minutes.

John Skare, has been collecting Science Fiction films for the last 5 years with a video collection numbering over 200 Science Fiction videos. John especially enjoys low budget Science Fiction films. He specializes in Fifties Era Science Fiction films.

Date: September 10
Time: 7 pm (Saturday)
Fee: \$7 individual
\$10 couple
Location: UFM Conference Room

A Video History of Science Fiction Films 1902 - 1989

CF-23

John Skare

Date: September 24
Time: 7 pm (Saturday)
Fee: \$7 individual
\$10 couple
Location: UFM Conference Room

Private Pilot's Ground School

CF-19

Interested in learning to fly? Take the first step and prepare for the Private Pilot's written exam. This course will cover what you need to know in order to pass the test. FAA Examiner fees are extra. Students must provide their own Flight computer, plotter and sectional chart. (Estimated cost for flight computer: \$10-\$30, plotter: \$5-\$10, Sectional chart: \$6-\$8.) The class fee includes pilot's manual and practice test questions. Minimum age: 16

Troy Brockway (532-5606) is a Flight Instructor and has been flying for 13 years.

Date: September 27 - November 17
Time: 7 - 9 pm (Tuesday and Thursday)
Fee: \$90
Location: 129 Cardwell Hall, KSU

Quilted Ornaments (Paper Pieced Method)

CF-24

Enjoy the sentiment and pleasure of homemade Christmas ornaments for your tree. Learn the paper piecing method of quilting as you make a unique ornament for your holiday tree. **Bring a sewing machine to class.** You may already have supplies on hand. A list of supplies will be provided.

Terry Carpenter, teaches home economics at Manhattan Middle School. She enjoys doing crafts in her spare time.

Date: November 7
Time: 6:30 - 8:30 pm (Monday)
Fee: \$8
Location: UFM Multipurpose Room

Drawing

CF-36

This class will focus on drawing as expression and play. We will explore unconventional uses of conventional drawing materials. Students can work from the unique still life set-up provided for each class unless they choose to work from their imaginations. Most classes will focus on drawings in black and white. Material Supply kits, over a \$20 value will be provided and are included in the class fee.

Lea Cyr (537-9278), is an artist with her primary focus in the 2-D areas of painting, drawing, and printmaking.

Date: September 8, 15, 22 & 29
Time: 7 - 8:30 pm (Thursday)
Fee: \$38 includes supplies
Location: UFM Multipurpose Room

Mapping

CF-37

The focus of this class will be on creating a map of one's own. Understanding, for example, your personal environment, route to school or work, favorite recipe, or your life's goals in map form. Anything can be mapped. This class will be informative and playful, a range of ages is encouraged. Starting with a survey of maps in history and working up to examples of current maps, we will talk about map symbols and conventions to gather ideas before we make our personal maps.

Lea Cyr (537-9278), has been a thematic map illustrator for publishers and corporations in Boston and New York for the past eight years.

Date: October 27, November 3, 10 & 17
Time: 7 - 8:30 pm (Thursday)
Fee: \$25
Location: UFM Multipurpose Room

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Hoop and Lace Pictures CF-25

Hoop and Lace pictures are a wonderful way to decorate your home, your room, or to give as a gift. The 'look' can be soft and romantic, country style, reflect a favorite hobby, a favorite animal, cartoon characters, holiday themes and more! Simple to make and very fast, too! In class we will complete 1 picture frame and see a demonstration of how to do several more. **Bring to class: a fabric-picture, embroidery hoop large enough to go around the picture, lace sufficient to go around the outside of hoop and a hot glue gun if you have one.**

Karen E Garra (776-0359), Karen has had a life long passion for sewing! She studied Home Economics Education (1973 - 1976) at Bluffton College in Bluffton, Ohio and began teaching sewing and personalized fitting in 1978. Karen developed the Sew Shiek Line of over 40 garments that she uses in her fashion design classes. Her goal is to make the Textile and Fiber Arts fast, easy and fun for everyone!

Date: November 9
Time: 7 - 9 pm (Wednesday)
Fee: \$10
Location: UFM Multipurpose Room

Hoop and Lace Pictures CF-26

Karen E Garra

Date: November 10
Time: 10 am - noon (Thursday)
Fee: \$10
Location: UFM Kitchen

Private Sewing and Fiber Arts and Craft Lessons CF-35

Sewing can be fun and rewarding! Learn to sew, improve your skills or learn express techniques in a 1 on 1 setting. Scheduling and location will be done for your convenience. Some equipment may be available for use the first time student and instructor meet.

Karen E Garra (776-0359), has studied Home Economics Education and taught sewing and personalized fitting for 16 years. She has experience to qualify her to teach students with special needs.

Date: By Appointment
Fee: \$15 per hour

If you are interested in the Stars, see page 15

Learn to Crochet- Christmas Ornaments and Garland CF-29

Learning to crochet is easy for anyone! You will learn to make Chain Garland, Curly Garland, Curly Icicle, Chain Star and Curly Icicle Hair Bow. All using the 2 basic stitches upon which all other crochet stitches are based. This is a great way to discover whether or not you'd like to continue learning to crochet! **Bring to class 1 crochet hook size G or H and 1 skein of knitting worsted in any variegated color.**

Karen E Garra

Date: November 30
Time: 6:30 - 9:30 pm (Wednesday)
Fee: \$12
Location: UFM Multipurpose Room

Learn to Crochet - Christmas Ornaments and Garland CF-30

Karen E Garra

Date: December 1
Time: 10 am - noon (Thursday)
Fee: \$12
Location: UFM Fireplace Room

Expressew Basics CF-31

Express yourself! This all inclusive class will teach you everything you need to know to begin to create with fabric. We'll learn about the different types of fabric and their appropriate use. Then, become proficient in the basics and use of speed techniques that will enable you to sew may types of projects. You will also learn how to do accurate body measurement so as to buy correctly sized pattern. Finally we will make a Vest and Pants from commercially available patterns, incorporating speed techniques. **Bring a Sewing Machine. A supply list will be available at registration.**

Karen E Garra

Date: September 7, 14, 21 & 28
Time: 6 - 9 pm (Wednesday)
Fee: \$51
Location: UFM Banquet Room

Expressew Basics CF-32

Karen E Garra

Date: September 8, 15, 22 & 29
Time: 10 am - 1 pm (Thursday)
Fee: \$51
Location: UFM Banquet Room

Sewing Machine Use and Abuse CF-27

Save time and money by doing your own sewing machine maintenance. Clean, lubricate and do your own adjustments. Learn how to deal with tension problems, thread breaks, needles jamming and breaking, skipped threads, and many other common problems. You can prevent many problems from ever occurring! A question and answer session will be devoted to solving any problems you are having with your own machine. We'll finish up with pointers on how to purchase a sewing machine to meet your needs.

Karen E Garra

Date: August 31
Time: 6 - 9 pm (Wednesday)
Fee: \$16
Location: UFM Fireplace Room

Sewing Machine Use and Abuse CF-28

Karen E Garra

Date: September 1
Time: 9 am - noon (Thursday)
Fee: \$16
Location: UFM Fireplace Room

Easy Beaded Christmas Decorations CF-33

Beaded Christmas Ornaments are very quick and easy to make. With minimal supplies you can make fun or elegant designs. There is something to please everyone! These ornaments are especially pretty hanging in a window so that the sunlight glints off them, or hanging in a tree or to decorate that special gift package. Once you start creating, you won't be able to stop! **A supply list will be available at registration.**

Karen E Garra

Date: December 7
Time: 6:30 - 9:30 pm (Wednesday)
Fee: \$11
Location: UFM Conference Room

Easy Beaded Christmas Decorations CF-34

Karen E Garra

Date: December 8
Time: 10 am - 1 pm (Thursday)
Fee: \$11
Location: UFM Conference Room

MANHATTAN CIVIC THEATRE

Witness for the Prosecution

September 9-11 & 15-18

Arsenic and Old Lace

November 4-6 & 10-13

The Dining Room

February 3-5 & 9-12

Into the Woods

April 21-23 & 27-30

Don't Miss A Show

MCT SEASON MEMBERSHIP

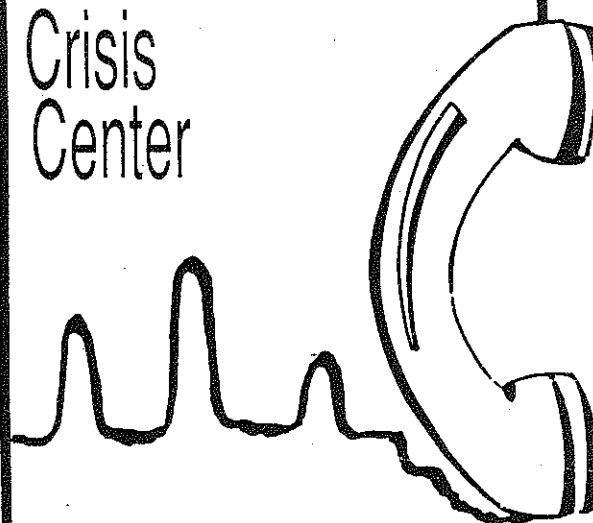
great entertainment
great buy



Meet the cast party
MCT member benefits

f o n e

Crisis Center



537-0999

Understanding is just a phone call away.

*Fall Clay
Coalition
Classes
at the*

Arts Center of Manhattan



Classes sponsored by the Manhattan Arts Council & Manhattan Civic Theatre

*Finished
pieces by
Clay Coalition
Summer 1994
students.*



photo by Ronna Tyson

MANHATTAN CLAY COALITION MOTTO

"United, to Accomplish Excellence Through Discovery, in the Arts and Crafts"

MANHATTAN CLAY COALITION MISSION STATEMENT

The Manhattan Clay Coalition is committed to promoting a quality clay experience for Manhattan and surrounding communities and to supporting the Arts Center of Manhattan, Inc. The goals of the Coalition will be achieved through studio and outreach efforts including:

- ◆ classes for all skill levels
- ◆ open studio
- ◆ "clay in action" projects
- ◆ workshops and professional development seminars
- ◆ exhibitions, shows, and sales

The Clay Coalition is a group of local, professional potters and other interested individuals who have come together to create the Arts Center Annex Pottery Studio at the Arts Center of Manhattan, Inc. (ACMI), 1508 Poyntz Ave. This professionally run studio is sponsored at the Arts Center by the Manhattan Arts Council, with program support from University For Man. Other supporting organizations are Manhattan Civic Theatre, Manhattan Town Center Mall, Flint Hills Breadbasket, Big Lakes Developmental Center, and USD 383.

CLAY COALITION FALL 1994 COURSE OFFERINGS

- Introduction to Clay: Wheel or Hand Built
- Clay Discovery for Children and Youth
- The Joy of Hand Building
- Clay for Special Needs Populations
- Figures in Clay
- Functional Pottery
- Family Clay Adventure
- Open Studio Lab

HOW TO REGISTER FOR CLASSES:

UFM will handle registration for all classes. To register you may

1. Use the registration form on the back page of this UFM catalogue;
2. Walk in and register at 1221 Thurston;
3. Call UFM at 539-8763 and register with a credit card

MEET THE PROFESSIONAL INSTRUCTORS

JOYCE FURNEY: Joyce has a BFA degree in sculpture from KSU and has done undergraduate and graduate work in sculpture and clay in Colorado, Utah, and Kansas. Since 1982, her clay sculptures and pottery have taken first-place awards in juried shows all over the country. Work from her studio, The Clay Cellar, is shown in galleries as far away as Japan.

RONNA TYSON: Ronna has had her hands in clay since her student days at Manhattan High School. Since 1970, she has maintained her own studio in far away places such as Edmonton, Alberta; Whitehorse, Yukon Territory; and British Columbia, Canada. She has her BFA in Ceramics and a BS in Art Education from KSU. Ronna has now come full circle and is a teacher at Manhattan High School.

GARY TYSON: A retired naval officer with degrees in both Business Administration and Health Care Administration, Gary has been a full-time, studio potter since earning his BFA degree in Ceramics at KSU in 1989. He is the co-owner of Wild Cat Village Pottery with his wife, Ronna.

GENE SEIVERS: A one-time finish carpenter, Gene has his MFA in Ceramics from KSU. He has taught classes in design, drawing, and ceramics at KSU. He has exhibited in regional and national juried competitions and has won many cash and purchase patron awards. He is now a full-time studio potter at Gene Seivers Pottery.

*Kathy Kim
enjoys the wheel
as well as
creating
this large
coiled piece.*



photo by Ronna Tyson

DAVID RANDALL: David has a BFA in Ceramics from KSU. He was a graduate teaching assistant at the University of California at Santa Barbara. He has worked in clay and shown professionally for the past five years.

BEE DUNN: Bee began her life-long love affair with clay by designing her own fireplace tiles. She learned wheel throwing in Illinois and perfected it at the University of South Carolina. She attended the Folk Arts Craft Studio at Penland, North Carolina. She comes to the Clay Coalition from Myrtle Beach, South Carolina, where she owned a knitting shop and worked in clay as a lucrative avocation.

MONIQUE SEVENANS: Monique has been involved in ceramics for six years and is currently a senior at KSU. She plans to graduate with a BFA in ceramics next spring.

Clay Coalition Classes

FALL 1994

Session 1: Sept. 6 - Oct. 19

Session 2: Oct. 18 - Dec 7

INTRODUCTION TO CLAY: WHEEL OR HAND BUILT

Instructor: Gene Sievers

Come and introduce your hands and your mind to the joy of discovery in clay. No experience necessary. Those wanting to hone their skills are welcome to enroll also.

Session 1:

CC 301 T & Th Sept. 6/8, 13/15, 20/22, 27/29, 9-12 noon Fee: \$95
Oct. 4/6, 11/13

Session 2:

CC 321 T & Th Oct. 18/20, 25/27, Nov. 1/3, 9-12 noon Fee: \$95
8/10, 15/17, 29/Dec. 1

CLAY DISCOVERY FOR CHILDREN & YOUTH

Instructor: M & W Joyce Furney; T & Th Monique Sevenans

Discover the fun and the joy of your hands making clay pots. Slab construction techniques will be used to build projects from boxes to impressed design vases. Demonstration of wheel thrown pottery will be given, with each student trying it once. School age children please. All materials included, no additional tools needed.

Session 1:

CC 302 M Sept. 12, 19, 26, Oct. 3, 10, 3:30 - 5:30 pm Fee: \$39
17

CC 303 W Sept. 14, 21, 28, Oct. 5, 12, 3:30 - 5:30 pm Fee: \$39
19

CC 304 T Sept. 6, 13, 20, 27, Oct. 4, 11 3:30 - 5:30 pm Fee: \$39

CC 305 Th Sept. 8, 15, 22, 29, Oct. 6, 13 3:30 - 5:30 pm Fee: \$39

Session 2:

CC 322 M Oct. 24, 31, Nov. 7, 14, 21, 3:30 - 5:30 pm Fee: \$39
28

CC 323 W Oct. 26, Nov. 2, 9, 16, 23, 30 3:30 - 5:30 pm Fee: \$39

CC 324 T Oct. 18, 25, Nov. 1, 8, 15, 22 3:30 - 5:30 pm Fee: \$39

CC 325 Th Oct. 20, 27, Nov. 3, 10, 17 3:30 - 5:30 pm Fee: \$39
Dec. 1

THE JOY OF HAND BUILDING

Instructor: Bee Dunn

We will work with slabs, coils, and pinch pots. We will build a slab bird house, a coil house, a decorated bowl, and a pressed tray.

Session 1:

CC 306 M & W Sept. 12/14, 19/21, 26/28 9 - 12 noon Fee: \$95
Oct. 3/5, 10/12, 17/19

Session 2:

CC 326 M & W Oct. 24/26, 31/Nov. 2, 7/9, 9 - 12 noon Fee: \$95
14/16, 21/23, 28/30

CLAY FOR SPECIAL NEEDS POPULATIONS

Instructor: Joyce Furney

Beginning class to introduce the fun and joy of discovery of your hands making clay pots. Class designed to meet the needs of persons with developmental or physical challenges.

Session 1:

CC 307 W Sept. 7, 14, 21, 28, Oct. 5 1 - 2:30 pm Fee: \$32
12

Session 2:

CC 327 W Oct. 19, 26, Nov. 2, 9, 1 - 2:30 pm Fee: \$32
16, 23

FIGURES IN CLAY

Instructor: David Randall

This is a class for anyone interested in incorporating the human form into their work. This is not a modelling class with a live model, but a chance for each individual to work in their own direction and style in relation to the figure. Everyone will be encouraged to develop their own ideas and to have fun. Beginners through advanced.

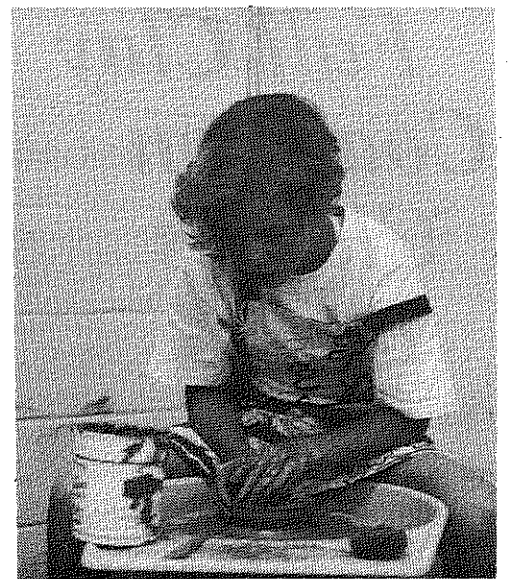
Session 1:

CC 308 T Sept. 6, 13, 20, 27, Oct. 4, 11 6:30 - 9:30 pm Fee: \$63

Session 2:

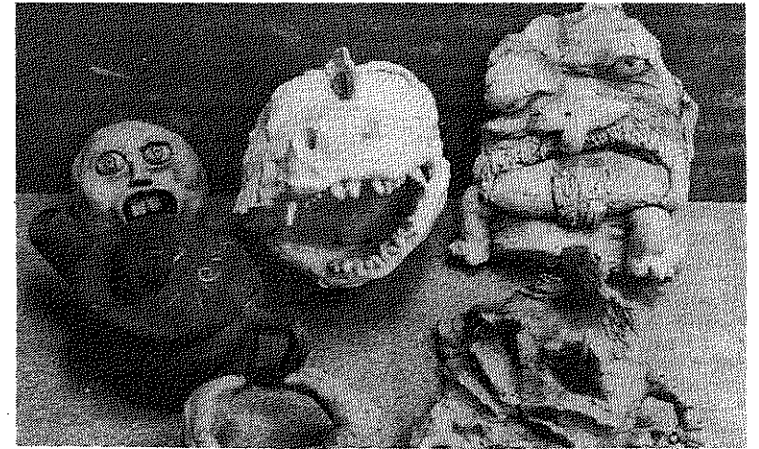
CC 328 T Oct. 18, 25, Nov. 1, 8, 15, 22 6:30 - 9:30 pm Fee: \$63

*Rosa Hund,
14, of Alma
shows
her skill
at the wheel.*



photos by Ronna Tyson

*Pieces
ready for
glazing.*



OPEN STUDIO LAB

(Facility use only. No Instruction)

[\$50 for six 3 hour blocks of time (\$2.77 per hour) + additional \$10 firing fee]

Session 1:

CC 309 Sat. Sept 10, 17, 24, Oct. 1, 8, 15 3 - 6 pm Fee: \$60

CC 310 Sat. Sept 10, 17, 24, Oct. 1, 8, 15 6 - 9 pm Fee: \$60

CC 311 Sun. Sept. 11, 18, 25, Oct. 2, 9, 16 Noon - 3 pm Fee: \$60

CC 312 Sun. Sept. 11, 18, 25, Oct. 2, 9, 16 3 - 6 pm Fee: \$60

CC 313 Sun. Sept. 11, 18, 25, Oct. 2, 9, 16 6 - 9 pm Fee: \$60

Session 2:

CC 329 Sat. Oct. 22, 29, Nov. 5, 12, 19, 3 - 6 pm Fee: \$60
Dec. 3

CC 330 Sat. Oct. 22, 29, Nov. 5, 12, 19, 6 - 9 pm Fee: \$60
Dec. 3

CC 331 Sun. Oct. 23, 30, Nov. 6, 13, 20, 27 Noon - 3 pm Fee: \$60

CC 332 Sun. Oct. 23, 30, Nov. 6, 13, 20, 27 3 - 6 pm Fee: \$60

CC 333 Sun. Oct. 23, 30, Nov. 6, 13, 20, 27 6 - 9 pm Fee: \$60

INTRODUCTION TO CLAY: WHEEL AND HAND BUILT

Instructor: David Randall

This class will focus on teaching the beginner the basic skills and techniques of wheel throwing and hand building in clay. Projects will be developed with feedback from the class.

Session 1:

CC 314 Sat. Sept. 10, 17, 24, Oct. 1, 8, 15 Noon - 3 pm Fee: \$63

Session 2:

CC 334 Sat. Oct 22, 29, Nov. 5, 12, 19, Noon - 3 pm Fee: \$63
Dec. 3

FUNCTIONAL POTTERY

Instructor: M & W Gary Tyson; Th David Randall

Do you like to make things you can use? Then this is the class for you. Previous experience helpful but not necessary.

Session 1:

CC 315 M & W Sept. 12/14, 19/21, 26/28, 6:30 - 9:30 pm Fee: \$95
Oct. 3/5, 10/12, 17/19

CC 316 Th Sept. 8, 15, 22, 29, Oct. 6, 13 6:30 - 9:30 pm Fee: \$63

Session 2:

CC 335 M & W Oct. 24/26, 31/Nov. 2, 7/9, 6:30 - 9:30 pm Fee: \$95
14/16, 21/23, 28/30

CC 336 Th Oct. 20, 27, Nov. 3, 10, 17 6:30 - 9:30 pm Fee: \$63
Dec. 1

Below: Sally Oviatt, 12, gives all of her attention to her art.



Above: Centering the clay takes all of Eric Banner's attention and a full body commitment.



FAMILY CLAY ADVENTURE

Instructor: Ronna Tyson

Discover clay creation with a special family member or mentor. Wheel or hand building. All ages welcome.

Session 1:					
CC 317 Sat.	Sept. 10, 17, 24, Oct. 1, 8, 15	9 - 11 am	Fee: \$39		
Session 2:					
CC 337 Sat.	Oct. 22, 29, Nov. 5, 12, 19	9 - 11 am	Fee: \$39		
	Dec. 3				

MANHATTAN CLAY COALITION MEMBERSHIP

Membership is open to all individuals and families who have an interest in pottery. Annual dues are \$15 for Individual Memberships and \$25 for Family Memberships. The Clay Coalition shall not discriminate against any person or group based on race, creed, religion, gender, national origin, disability, or economic status. Is Clay Coalition Membership required to take classes at the Arts Center Annex Pottery Studio? No, not to take classes, but Membership is required to enroll in Open Studio Labs.

WORK STUDY SCHOLARSHIPS

Because we know the value of the arts and crafts in the life of a community, we affirm that ANYONE who desires to should have knowledge of and access to the arts and crafts. To insure this, the Clay Coalition is introducing a new concept, Work Study Scholarships. Everyone is eligible for a Work Study Scholarship; however, certain priorities will be given. To maintain the fiscal integrity of the project and its growth, scholarships will be limited to no more than 20 at any given time. One may apply for a scholarship by filling out an application at the Arts Center Annex Pottery Studio.

BASIC THINGS TO KNOW ABOUT CLASSES

- ◆ All classes and labs will be conducted at Arts Center Annex Pottery Studio, 1508 Poyntz, Manhattan, KS 66502
- ◆ A beginning pottery tool kit may be purchased for \$12.95 at class. (Kit includes wire cutter, needle, 2 ribs, 2 trimming tools, molding tool, and sponge.)
- ◆ Please bring to and from each class the following: a water container, an old hand towel, a sponge, and your favorite tools.

- ◆ Please wear old clothes and count on getting dirty.
- ◆ Stoneware clay body will be the primary clay used.
- ◆ Glaze firing will be to Cone 6 in an electric kiln, oxidation atmosphere.

CLASSES AND MATERIALS FEES: Fee structure is based on \$3.25 per contact hour. (Three hour classes, such as Gene Sievers' "Introduction to Clay: Wheel or Hand Built," are listed at an almost 20% discount.) Class fee includes \$5.00 for the student's first 12 lbs. of clay and firing. Additional clay may be purchased for \$6.50 per 25 lb. bag. Enrollment in a second session of the *same instructional course* is possible. (A \$5 reduction in the materials fee for second session applies.)

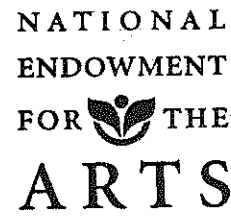
OPEN LAB: Fridays are Open Lab days and are designated for persons enrolled in one of the classes to use as *extra time* for additional production. Instruction will not be available, but a Lab Technician will be present at all times for supervision and material purchase and/or check out. Individuals taking classes are encouraged to make use of this extra production time and to sign up for a time that best fits their schedule.

OPEN STUDIO LABS: Each person enrolling in Open Studio Labs is *required* to become a Clay Coalition Member and *must* be checked out on the equipment and studio procedures with the Studio Manager prior to use. Open Studio Lab times are set aside for enrollment by those persons who need no instruction but want a well equipped place to work, access to glazes, and knowledge that their work will be fired with professional care and attention.

The Open Studio Lab blocks are 3 hours in length, Saturdays from 3-6 pm or 6-9pm; and Sundays from Noon-3 pm, 3-6 pm, or 6-9 pm. Open Studio Labs cost \$50 per six week session (which equals \$2.77 per hour), plus a \$10 firing fee. Individuals are required to purchase clay from the Clay Coalition (at \$6.50 per 25 lb. bag) to regulate firing temperature. Individuals are responsible for using the Coalition glazes, unless other arrangements are made with the Studio Manager.

CAUSE FOR TERMINATION OF MEMBERSHIP OR CLASS PARTICIPATION

All participants in classes and/or Coalition activities agree to abide by Clay Coalition rules. If any member or student acts in a way that endangers the health and safety of self or others, causes damage to the studio or its equipment, or creates a nuisance at the studio, his/her membership may be terminated by the Board of Directors. Such removal shall be without prejudice to the contract rights, if any, of the person so removed. In this case, the member shall not have the right of refund of his/her membership or enrollment fees.



Funding for arts classes at the Arts Center of Manhattan is provided in part by the Kansas Arts Commission, a state agency; and the National Endowment for the Arts, a federal agency.



The Wonder Workshop Children's Museum will offer youth, adolescents, and families an exciting fall program at the new Arts Center of Manhattan, including classes celebrating cultural diversity, science, and the arts. The Wonder Workshop Children's Museum "Discovery Areas" will be open 3:30-5:30 Tuesday-Friday, 9-5 Saturday, and 1-5 Sunday. The Wonder Workshop is co-sponsored by USD 383; the Manhattan Arts Council; the Kansas Arts Commission, a state agency; and the National Endowment for the Arts, a federal agency.

Listen to KQLA for UFM calendar update Monday through Thursday.



Thank You

The Clay Coalition Arts Center Annex Pottery Studio opened for classes and open studio in June. Much work has been accomplished, and many volunteers helped to build something of value. Below is a list of many individuals, businesses, and organizations who believe in the vision and mission of the Arts Center and have donated their time, talents, and materials to help build the Arts Center Annex Pottery Studio. Thank you all for your generosity. If we've forgotten your name, please forgive the oversight and let us know. If you desire to help and have not yet been asked, please consider this an open invitation to come help in whatever ways your time, talent and resources allow. If you wish to help with construction or to donate materials, call David Randall at 539-3062 (W), or 776-3194 (H); if you wish to help underwrite the project, call John Biggs at the Manhattan Arts Council, 539-3276.

Clay Coalition (CC) Members, Project Developers

Ronna Tyson, CC President
 Joyce Furney, CC Treasurer
 Dean Zollman, CC Secretary
 Gary Tyson
 David Randall
 Bee Dunn
 Stacy Wright
 Gene Seivers
 Edith Hinrichs
 Carl Hinrichs
 Jura Longshy and Devin
 Steve Kaufman
 Ruth & Jeff Harris
 Sean & Amy Harris
 Betty Dale
 Ralph Najarian
 Jim Funderburgh

Berkeley Nat, Ben Miller, & Grandmothers
 Claudia Lawrence
 Susan Oviatt and Family
 Marilyn Tilghman
 Rosie Rieger
 David Norton
 Vickie Grochowski
 Steve Galitzer
 Shelly Holly
 Joe Leisner
 Rick, Brandy, & Joy-Lynn Presley
 Joe Braun
 Sam Lacy
 Manhattan Arts Council
 John Biggs
 The Clay Cellar
 Eric Shoults
 Barbara Cannon
 Burritt Lacy Jr.

Marsha Jensen
 University for Mankind
 Linda Teener
 Arts Center of Manhattan, Inc.
 Jim Hamilton
 Manhattan Civic Theatre
 Dixie King
 Shirley Bramhall
 USD 383
 Laura Clark
 Chris Heavey
 Robert Littrell
 Jim Morrison
 Angelo Garzio
 Yoshiro Ikeda

The following people and/or companies have donated their talents and materials to help build the Clay Coalition Arts Center Pottery Studio:

Arts Annex Space Utilization Study
 Barbara Cannon, Assistant Professor Interior Design Dept. KSU
 Students in IDH 445 Interior Design Contract Documents Studio (Fall '93):
 Julia Dalia
 Krys Fanagin
 Maria Jiminez
 Maria Parra

Heather Reece
 Roger Reen
 Katherine Rezza
 Kristi I. Smith
 Kristie E. Smith
 Keri Victor

Handicapped Assessable Bathroom Construction Drawings

Michael Mayo, AIA, The Ken Ebert Design Group
Electrical and Plumbing Engineering Drawings
 Jim Scalora, Orazem & Scalora Engineering

Skilled Electrician Reconstruction Help
 Bud Valerius, Economy Electric, Inc.

Mechanical Inspection
 Bob Bramhall, Thermo Comfort Air

Demolition Equipment
 Tom & Mary Elizabeth Atwood, Atwood Rentals

Construction Materials
 Terry Glasscock, Kansas Lumber Homestore

Bob Stevens, Cash Lumber
 Neal Helmick, Griffith Lumber
 Doug Williams, Williams Decorating

Wayne Burnett & Del Crawforth, Manhattan Carpet & Interiors

Skilled Plumbers

Reconstruction Help
 Gary Duncon, Powell Brothers Plumbing
 Sam McGowin, M & S Plumbing

Plumbing and Electrical Supplies

Bill Thomas, Reeves-Weidman
 Bob Merrifield, Hill & Co.
 Jan Bentley, Midwest Ace Hardware
 Art Burgess, Kansas Electric Supply, Co.
 Mr. & Mrs. Endacott, Endacott Lighting
 Sam Dworkin, Dworkin & Co., KCMO

Skilled Carpenter Reconstruction Help
 Gene Hinsley, Gene Hinsley Millwork

Vent-a-Kiln Donation

John and Susan Furney, Travelers Express

Underwriting Postage Cost for "Invitation to Help" Letters

Doris Grosh

Building Permit Cost Underwriter

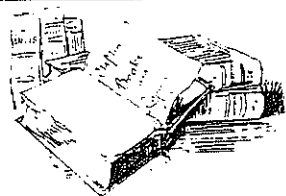
Jim Pearson

Catalogue Design

Tammi L. McCune

CLAFLIN BOOKS AND COPIES

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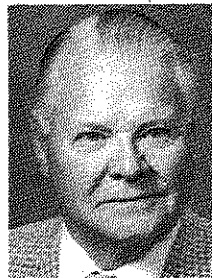
THE 1994 LOU DOUGLAS LECTURE SERIES



Monday, September 19th, 7:30 p.m.

DIANA GORDON

"Race, Drugs and the *Dangerous Classes*"



Monday, October 25th, 7:30 p.m.

KENNETH DAVIS

"Mass Communications and the American Democracy"



Monday, October 3rd, 7:30 p.m.

RON TAKAKI

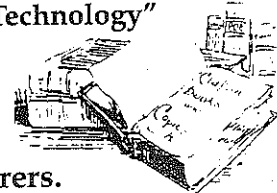
"A Different Mirror: A Multicultural Curriculum for the 21st Century"



Monday, November 14th, 7:30 p.m.

JERRY MANDER

"Questions We Should Have Asked About Technology"



Claflin Books and Copies is pleased to carry selected books of the 1994 Lou Douglas lecturers.

REGISTRATION INFORMATION on the back cover.





Earth, Nature & Environment

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 15**

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 1*
 Time: *8:30 am - noon (Saturday)*
 Fee: *\$8 individual / \$12 couple*
 Location: *Meet at UFM Fireplace Room*

The Spillway "Canyon": A Field Trip Through Time EN-02

Imagine yourself walking an ancient seafloor or an ancient landscape! On a three hour field trip we will explore the spillway together. You will be introduced to some of the methods and principles used by geologists to reconstruct Earth history. We will walk through geologic time and see what events and environments are recorded in the rocks. We will also discuss the processes that eroded the spillway "canyon" during the flood of '93.

Keith Miller is a paleontologist and sedimentologist doing postdoctoral research with the geology department at K-State. His interest is in using information recorded in the rocks to reconstruct ancient environments and understand how they changed with time. He is fascinated by the dynamic history of the Earth, and enjoys telling the stories written in its rocks. **Raindate: September 17**

Date: *September 10*
 Time: *Saturday AM*
 Fee: *\$8 individuals / \$12 couples / group rates available / call for location*
 Location: *call for location*

The Night Sky EN-03

We're lucky to live in an area where dark skies can still be found! Join us to look at the beautiful night sky. We'll learn to identify the constellations and observe whatever planets are up. We should be able to catch a few meteors, too. **Bring binoculars--if you have them, and a small flashlight.** Maps and handouts will be provided. Class will meet even if sky condition is cloudy.

Dean Stramel

Date: *October 11*
 Time: *7 - 9 pm (Tuesday)*
 Fee: *\$8 individual / \$15 family / Series of 3 Classes EN-03, EN-04, EN-05 / \$18 individual / \$32 family*
 Location: *Manhattan High School Little Theater*

Constellations

If you've always enjoyed the night sky and would like to learn some of the names of the stars and constellations, join us for a sky show indoors. In a dark, comfortable room (no frozen feet!), you'll see Orion, Leo, Gemini, the dippers, and many other constellations. You'll learn the names of bright stars such as Betelgeuse, Antares, and Alpheratz. Handouts will be available to help you learn the sky on your own.

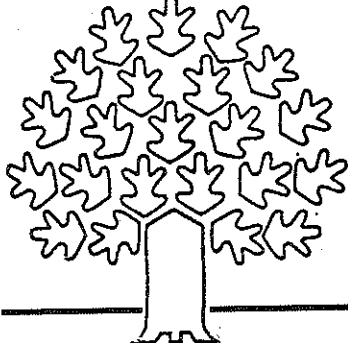
Dean Stramel (539-1931), teaches astronomy at MHS. He will present his astronomy slide show.

Summer Stars EN-04

Date: *September 13*
 Time: *7 - 9 pm (Tuesday)*
 Fee: *\$8 individual / \$15 family*
 Location: *Manhattan High School Little Theater*

Winter Stars EN-05

Date: *December 13*
 Time: *7 - 9 pm (Tuesday)*
 Fee: *\$8 individual / \$15 family*
 Location: *Manhattan High School Little Theater*



Food for Fun

1221 THURSTON 539-8763

Spice for Life FF-04

Trick your tastebuds by replacing the flavor of unhealthy ingredients with creative spicing. As we lower fat and sodium contents in our diets we take away some of the familiar flavor. Learn how to use spices to enhance the flavor as you cook. Gain an understanding of the flavor of a variety of spices and how to use them for healthier cooking. **Sampling of foods prepared will provide each student with a lite meal.**

REGISTRATION DEADLINE: NOV 2

Sharolyn Flaming (537-6350), is a Riley County Extension Agent.

Date: *November 8*
 Time: *6:30 pm (Tuesday)*
 Fee: *\$11 includes recipes and samples*
 Location: *144 Justin Hall, KSU*

Thai Cooking FF-02

Eating "Thai" can be great fun and if you're willing to experiment, you'll be richly rewarded. Contrary to popular myth, not all Thai Food is fiery hot. There are plenty of tasty dishes that are suited to western taste. *Lek* will show you two easy ways to make Thai spicy meatballs with pearl onions, cherry tomatoes, and green beans. Your family will love you for this recipe. Accompanied with Jasmine rice of course, a Thai dessert, and ice tea. **We eat what we prepare!**

Lek Leeling (776-9667), is a native of Bangkok, Thailand. She loves to share her culture and cuisine. This class will be fun as well as a taste treat.

Date: *November 12 Register before NOV 4*
 Time: *11 am - 1 pm (Saturday)*
 Fee: *\$16*
 Location: *144 Justin Hall, KSU*

Beginning Cake Decorating FF-01

Learn to add an icing decoration and a pretty border to impress your family and friends. Icing will be provided for practice in class. Bring your own cake to a later class and take home a masterpiece. Supply list 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: *October 3, 10, 17 & 24*
 Time: *7 - 8:30 pm (Monday)*
 Fee: *\$20*
 Location: *144 Justin Hall, KSU*

Beer Making FF-03

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

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: *September 20 & 27*
 Time: *7 - 8 pm (Tuesday)*
 Fee: *\$12*
 Location: *UFM Fireplace Room*

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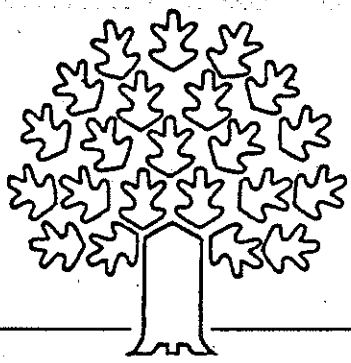
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Languages

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 1/2 years for UFM and Continuing Education, and has been a professional interpreter for 8 years. She grew up with two deaf parents.

Date: August 31 - October 5
Time: 7 - 8 pm (Wednesday)
Fee: \$45 includes book
Location: 149 Justin Hall, KSU

Beginning Sign Language LA-02

Natalie Smith

Date: October 12 - November 16
Time: 7 - 8 pm (Wednesday)
Fee: \$45 includes book
Location: 149 Justin Hall, KSU

Introduction to Spanish LA-08

Spanish is the second language of the United States. This course introduces beginners to the alphabet, numbers, colors, greetings, family titles, useful expressions and more. We will emphasize proper pronunciation and understanding the meaning of the words.

Diane Doehling, is a native of Texas. Her parents were originally from Spain and Spanish was the first language she used. Diane has acted as a translator.

Date: September 6 - October 18
Time: 7 - 8 pm
Fee: \$23
Location: UFM Multipurpose Room

Survival English LA-04 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 at KSU.

Date: September 6 - October 13
Time: 7 - 8:30 pm (Tues & Thurs)
Fee: \$70
Location: 108 Bluemont Hall, KSU

English as a 2nd Language LA-05

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: October 18 - November 22
Time: 7 - 8:30 pm (Tues & Thurs)
Fee: \$70
Location: 108 Bluemont Hall, KSU

Beginning German IV LA-03

Guten Tag! This class is a continuation of Beginning German III. If you have some background knowledge of German, please come join our group! We will be learning to express ourselves in German in a variety of situations. Conversation and writing in German will be emphasized. Bis Bald!

Michele Thun is a graduate student of German and also teaches German at K-State. She previously was a recipient of the Fulbright Fellowship to study in Austria where she lived for 2 years.

Date: September 1 - December 8
Time: 6:30 - 7:30 pm (Thursday)
No class November 24
Fee: \$46
Location: 123 Eisenhower Hall, KSU

Russian for Beginners LA-06

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 reading it yourself. This course will be geared towards your learning interests.

Luiba Ramm has been teaching for almost 20 years and still enjoys it. She is presently teaching Russian at Ft. Riley.

Date: September 12 - October 10
Time: 7 - 8:30 pm (Monday)
Fee: \$22
Location: UFM Conference Room

Conversational Russian LA-07

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

Date: October 17 - November 14
Time: 7 - 8:30 pm (Mondays)
Fee: \$22
Location: UFM Conference Room

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September 21 Manhattan 12:45-3:45 p.m.
September 28 Junction City 6:00-9:00 p.m.

Depression: Symptoms and Treatment

October 12 Manhattan 12:45-3:45 p.m.
October 26 Junction City 12:45-3:45 p.m.

Violence in the Work Place

November 9 Junction City 6:00-9:00 p.m.
November 16 Manhattan 12:45-3:45 p.m.

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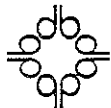
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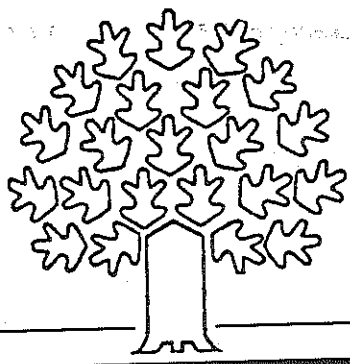
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Martial Arts

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 29, 6:30 - 7:30 -- Public Demonstration and formal introduction of instructors in Ahearn 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, 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: August 29 - December 1
No class November 24
Time: 6:30 - 7:30 pm (Mon & Thurs)
Fee: \$71
Location: Ahearn Fieldhouse, KSU



Tae Kwon Do Karate II Advanced

MA-02

Grandmaster Chae Sun Yi & Master James Craeton

Date: August 29 - December 1
No class November 24
Time: 7:30 - 8:30 pm (Mon & Thurs)
Fee: \$71
Location: Ahearn Fieldhouse, KSU

Introduction to 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: September 13 - November 29
Time: 7 - 8 pm (Tuesday)
Fee: \$28
Location: Ahearn Fieldhouse, KSU

Introduction to Kung Fu

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: September 15 - December 8
No class November 24
Time: 7 - 8 pm (Thursday)
Fee: \$28
Location: Ahearn Fieldhouse, KSU

Fencing

MA-05

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 3 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 6, 13, 20, 27, Oct 4, 11, 18 & 25
Time: 7:30 - 9:30 pm (Tuesday)
Fee: \$44
Location: Luckey High School Gym
220 S Juliette

Nippon Kempo Karate

MA-06

Nippon Kempo's inheritance is deeply rooted in the traditional martial arts (Judo, Karate, Aikido, and Kendo). It is an empty handed, full contact style of Karate. Kempo teaches self discipline, self confidence, self defense and is also a very good aerobic exercise. Students will learn basic moves, including breakfall and throwing techniques without actual contact. Full contact sparring will only begin after basic moves are learned. Protective gear will be provided for sparring. After 3 months of class an optional test to advance Kempo ranking is held.

Espir Kahatt (539-3794), has a 1st degree black belt in Nippon Kempo and a 1st degree black belt in Shotokan Karate. He studied martial arts for 12 years and is co-founder of the Nippon Kempo Federation of America.

Date: September 7 - December 2
No Class November 25
Time: 6:30 - 7:30 pm (Mon, Wed & Fri)
Fee: \$48
Location: Ahearn Fieldhouse, KSU

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 Wed., 7:30 p.m., Rm. 221, Ackert Hall, KSU Campus. Upcoming topics include spiritual ecology, songbirds, wetlands and ecological economics. For more information, call Jan Garton, 539-3004.
FIELD TRIPS: For information on exciting outings, contact Duane Kerr, 1-456-2771.
BIRDSEED SALE: To order seed, call Mike Rhodes, 539-4863.
For more information on any Audubon activity, call Carla Bishop, 539-5129.

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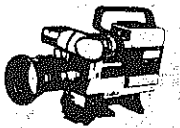
on Channel 19
5:00 p.m. Tuesdays &
4:30 p.m. Wednesdays

Sept 6, 7	Self-Integration
Sept 13, 14	Writing (Personal Experience)
Sept 20, 21	Science Fiction Films
Sept 27, 28	Introduction to Golf
Oct 4, 5	Celebration - 7th Year Begins
Oct 11, 12	Improving on Bridge
Oct 18, 19	Metaphysics
Oct 25, 26	Writing (Family Biography)
Nov 1, 2	Role-Modeling Non-Violence
Nov 8, 9	Art Center
Nov 15, 16	Puerto Rico & Cooking
Nov 22, 23	Prevention from Food Poisoning
Nov 29, 30	Mexico & Cooking
Dec 6, 7	Costa Rica & Cooking
Dec 13, 14	Francis becomes 21

SELF DEFENSE and MARTIAL ARTS classes for **YOUTH & PRETEENS** are listed in the **YOUTH** section of this catalog.

SELF DEFENSE FOR WOMEN —SHARP—is offered in the **PERSONAL DEVELOPMENT** Section of this Catalog.

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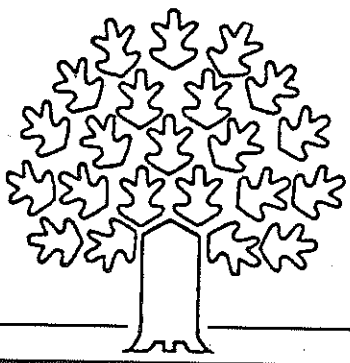
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The SPRING UFM CATALOG will be out January 3.





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 - adult

Diana Tarver (823-5315), 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: September 24
Time: 8 am - 12 (Saturday)
Fee: \$17
Location: First Lutheran Church
930 Poyntz Ave

SHARP II SP-02

Past participants of SHARP self defense have been requesting more! In response to your requests we are offering an extension of the SHARP - Self Defense for Women program. It focuses on areas of prevention and safety precautions as well as more in-depth practice of methods to deal with non-violent harassment. The SHARP II class may be taken before or after the regular SHARP class.

Diana Tarver

Date: October 15
Time: 9 - 11 am (Saturday)
Fee: \$15
Location: First Lutheran Church
930 Poyntz

Retraining the Mind for Inner Peace SP-07

What we experience is our state of mind projected outward. The purpose of this class is to help us recognize that we have a choice as to how we think about ourselves and the world around us. Principles and guidelines based on *A Course in Miracles* will be provided to help us see things differently.

Mary B. Williams has been seeking inner peace for years! (*A Course in Miracles* is a self-teaching tool for one's own spiritual transformation.)

Date: September 21 & 28
Time: 7 - 9 pm (Wednesday)
Fee: \$10
Location: UFM Multipurpose Room

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Introduction to Zen Buddhist Philosophy and Practice SP-03

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: October 12, 19 & 26
Time: 7:30 - 9 pm (Wednesday)
Fee: \$13
Location: UFM Conference Room

Self-Esteem for Adults SP-04

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 Coordinator at UFM. She works 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.

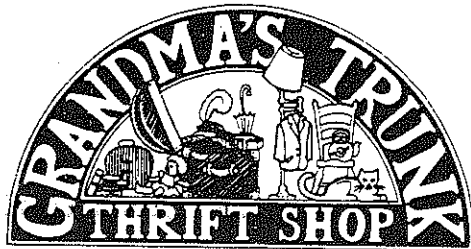
Date: Oct 3, 10, 17 & 24
Time: 6:55 pm (Monday)
Fee: \$18
Location: UFM Greenhouse

Self Integration Seminar SP-08

Using guided imagery, we will meet and explore four aspects of ourselves - the female self, the male self, the Judge self, and the High self. There will be time for recording our individual experiences, group sharing and discussion, and a final role-playing activity to work on the positive integration of these aspects of ourselves. Please bring a sack lunch and a drink.

Mary Biedler Williams, will serve as facilitator for this workshop, so that participants can do their own inner work. (The information and materials come from the Center for Human Potential in Phoenix, Arizona.)

Date: September 24
Time: 10 am - 3 pm (Saturday)
Fee: \$10
Location: UFM Multipurpose Room



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Sack Lunch Theology

SP-05

Read the book President Clinton is reading: *The Culture of Disbelief* by Stephen Carter. Carter contends that American law and politics trivialize religious devotion. His presentation includes the constitutional status of American religion, the ways in which religious and political leaders have each influenced the current cultural climate, and the relationship of religion to policy debates about such issues as education, euthanasia, abortion and the death penalty. His goal is to preserve the separation of church and state without perpetuating a culture that diminishes religious conviction.

Copies of the book will be available for purchase (about \$16, paperback) at the first class. We will discuss Carter's ideas and our own. Discussion is free-ranging and expression of alternative views is greatly encouraged. Bring your own lunch if you wish.

Kathy Donley (539-3051), is the American Baptist Campus Minister at K-State. She is a staunch advocate of the separation of church and state and would love to discuss how that principle is and should be interpreted. As a relative newcomer to Manhattan, she welcomes the opportunity to meet members of the community and hates to lunch alone.

Date: September 12 - December 12
Time: 11:30 am - 1 pm (Monday)
Fee: \$9
Location: 1801 Anderson
Baptist Campus Center

Chinese Tai Chi

SP-06

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: September 6 - November 10
No class September 15
Time: 7 - 8 pm (Tues & Thurs)
Fee: \$42
Location: Seven Dolores Grade School Gymnasium
306 S Juliette

Qabalah: Psychology, Meditation, Metaphysics

SP-10

Qabalah is an ancient system for organizing and explaining spiritual and metaphysical experience. Its roots are in Jewish mysticism. However, its philosophy is applicable for persons with varying religious and spiritual backgrounds. This class will be appropriate for those looking for an introduction to Qabalah as well as those already familiar with it. Subjects covered: The two names for God in Genesis, The Qabalistic Tree of Life, Jesus and the Qabalah, Meditation, Psychology, and the Sephirot. Class will include discussion and meditation.

Dan Berkow is a counselor at KSU. He has found Qabalah to be a useful guide to understanding human psychology and development, dreams and "inner" experience, as well as meditation in daily life.

Date: September 8 - December 8
Time: 7:30 - 9 pm (Thursday)
No class November 24
Fee: \$28
Location: UFM Greenhouse

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Group Process and Dynamics: A New Understanding

SP-09

This class will explore a new perspective about interpersonal interactions in group settings. This perspective is applicable for helping professionals who use group work, as well as for lay persons who seek greater understanding about human relationships in groups. The basis of the perspective presented in class is human awareness as it connects with freedom and responsibility. The dynamics of love, power, and justice will also be covered. Class will provide includes didactic instruction, discussion, and interaction. Fee includes \$28 required text "Creating Contact, Choosing Relationship"

Dan Berkow, is a counselor at KSU. He has conducted therapy groups in a variety of settings. Interests that led to co-authorship of the text for class include awareness as a central factor in growth, and integration of the individual and the universal, the personal and the spiritual.

Date: *September 7 - December 7*
Time: *7:30 - 9 pm (Wednesday)*
Fee: *\$56 includes text*
Location: *UFM Greenhouse*

Metaphysics Discussion Group

SP-11

This discussion group is meant for those beginning to explore, and for those that have been around the metaphysical block. A variety of topics will be included. The evenings will either begin or end with a group meditation. The group shall evolve according to its members' needs. The intention of the group will be to provide a fellowship and learning experience for those on the path. New members are welcome to join the group at any time. **Bring a mat or cushion to sit on.**

Tracy Mahoney, facilitator

Date: *August 23 - December 6*
Time: *8 - 9:30 pm (Tuesdays)*
Fee: *\$10*
Location: *UFM Greenhouse*

Religion and Politics In America

SP-14

This class will examine the constituency, agenda and influence of the 'Religious Right' in America today. Class sessions will feature Bill Moyer's award-winning series 'God and Politics', as well as special speakers.

Al Zimmerman (539-4281), is a Presbyterian Minister, currently serving as Campus Minister at the Ecumenical Campus Ministry (ECM). He has been active in issues of peace and justice for more than 15 years.

Date: *September 18,25, October 9,16,23 & 30*
Time: *7 - 8:30 pm (Sunday)*
Fee: *\$16*
Location: *ECM Center, 1021 Denison*

Yoga

SP-15

This class will explore subtle movement in the body through yoga postures. Each class will introduce and demonstrate the postures we will be experiencing. Yoga, done respectfully, is not painfully strenuous to the body, it is expansive. Our focus will be on creating space in the body, room for prana, the life force, to flow. Beginners and all levels of practice are welcome. The start and close of each class will include meditation. Please bring a blanket.

Lea Cyr (537-9278), has been practicing yoga for 10 years with her most recent concentration on Kirpalu Yoga most simply described as meditation-in-motion.

Date: *September 6 - November 8*
Time: *7 - 8:30 pm (Tuesday)*
Fee: *\$38*
Location: *International Student Center, KSU*

Past Life Regression

SP-12

Night 1 - General discussion of past life regression, reincarnation and karma.
Night 2 - Introduction to receiving information from the subconscious and astral projection. Experience a guided past life regression facilitated by a meditative state. Discussion to follow.
Night 3 - Experience guided regression looking at life between life and the patterns that one develops over successive lives. Discussion to follow.
Method: Dick Supphen's Past Life Regression Audio-Hypnosis tapes. Information on how to order these tapes or other materials for further study will be made available upon completion of the class.

Tracy Mahoney, is the facilitator for the Metaphysics Discussion Group. She has experienced past life memories using a number of methods.

Date: *September 12,19 & 26*
Time: *7 - 10:00 pm (Monday)*
Fee: *\$14*
Location: *UFM Greenhouse*

Past Life Regression

SP-13

Tracy Mahoney

Date: *November 7,14 & 21*
Time: *7 - 10 pm (Monday)*
Fee: *\$14*
Location: *UFM Greenhouse*

**!! Don't miss !!
New WELLNESS section**

Cutting Paper Snowflakes is a fun and creative class— see the Creative Freetime section of the catalog.

Don't miss the BEER MAKING class in the FOODS AND FUN section of this catalog.

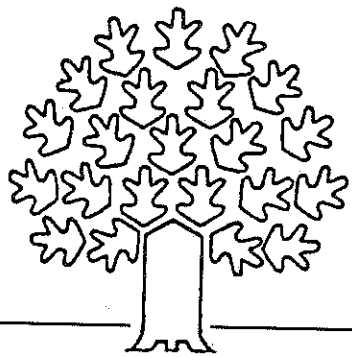


MGC offers gymnastics, dance and martial arts classes for all ages. Mention this ad for a free trial class.

**MANHATTAN GYMNASTICS CENTER
2305 SKY VUE LANE
MANHATTAN, KANSAS 66502
(913) 539-3613**

Listen to KQLA for UFM calendar update Monday through Thursday.





Money Matters

1221 THURSTON

539-8763

Financial Strategies for a Successful Retirement

BP-06

Are you comfortable with your financial future? This 6 hour seminar is designed to help you prepare financially for your retirement. You will learn how to generate a steady income, protect your assets from erosion, minimize taxes, and provide a secure retirement. Each participant will receive a 155 page workbook, a dataform, and a non-sales oriented counseling session. This seminar will help alleviate your financial anxieties.

Guy Almeling (266-8333), is in a private financial planning practice and conducts individual consultation and seminars.

Date: September 7, 14, 21 & 28
Time: 7 - 9:30 pm (Wednesday)
Fee: \$39 individual
\$49 Couples
Location: 107 Bluemont Hall, KSU

Financial Strategies for a Successful Retirement

BP-07

Guy Almeling

Date: October 5, 12, 19 & 26
Time: 7 - 9:30 pm (Wednesday)
Fee: \$39 individual
\$49 couple
Location: 107 Bluemont Hall, KSU

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: September 13, 20 & 27
Time: 7 - 8:30 pm (Tuesday)
Fee: \$14
Location: 109 Bluemont Hall, KSU

Homeownership Affordable For You?

BP-05

Buying a home can be rewarding, but it is not always simple. We will review advantages and challenges to include: 1) how much you can afford 2) source of down payment and loan cost 3) past credit 4) shopping considerations 5) application 6) budgeting. The formal class meeting can be supplemented with individual planning sessions.

Jerry Lowenstein (587-4000), has been involved in mortgage and consumer lending in the Manhattan area for 28 years.

Date: September 7
Time: 7 pm (Wednesday)
Fee: \$8 individual
\$12 couple
Location: UFM Conference Room

GRE Preparation Course

BP-11

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 area 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. **Registration deadline: August 29**

Date: Sept 6, 8, 13, 15, 20, 22, 27, 29, Oct 1 & 4
Time: 7 - 9 pm (Tues & Thurs)
8 am - noon (Saturday)
Fee: \$195
Location: 120 Cardwell Hall, KSU (Tues & Thurs)
101 Cardwell Hall, KSU (Saturday)

What Managed Money Can Do For You

BP-02

Everybody in the country who's earning more than they are spending is a prospective investor in managed money. What can you expect from this class?

1. A Financial Plan will be provided for each person attending.
2. You will identify and clarify your financial objectives.
3. We will provide recommendations for your individual financial program.
4. We will recommend diversified investment and saving programs for both long and short term goals.
5. Identify tax reduction strategies that are suitable for your overall plan.
6. Include specific recommendations of action.

Fred Freeby (537-4505), is a Senior Account Executive with Waddell & Reed Inc. He has 18 years experience as a financial planner. Waddell & Reed Inc. a subsidiary of Touchmark Corp., is a National Financial Services Organization dedicated to serving the financial planning needs of individuals, families, business and organizations.

Date: September 13
Time: 7:30 - 9:30 pm (Tuesday)
Fee: \$8 individual
\$12 couple
Location: Colony Square Building, 555 Poyntz Conference Room

What Managed Money Can Do For You

BP-03

Fred Freeby

Date: October 4
Time: 7:30 - 9:30 pm
Fee: \$8 individual
\$12 couple
Location: Colony Square Building, 555 Poyntz Conference Room

What Managed Money Can Do For You

BP-04

Fred Freeby

Date: November 8
Time: 7:30 - 9:30 pm (Tuesday)
Fee: \$8 individual
\$12 couple
Location: Colony Square Building, 555 Poyntz Conference Room

HANDICAPPED ACCESSIBLE

Any class can be placed in a handicapped accessible room. Please let us know at the time of registration.



Informed Investing Workshop

What is a mutual fund? Why are variable annuities such a hot investment? How should I plan for my retirement? This three-lesson course will answer these popular questions and much more. It should be beneficial to both the beginning and more experienced investor. Each course is independent of the others, but all three are designed to make you a more successful investor in today's complex world.

Tom Fryer (537-1234) is a Vice President of Commerce Bank, Manhattan. He has been at Commerce Bank since 1984 and has managed the brokerage department the last four years. Tom has two Master's degrees, including an MBA, and is a Certified Financial Planner (CFP). His licenses include Series 7 and Series 63 securities licenses and a Life Insurance license.

Beginning Investment Strategy

BP-08

Tom Fryer

Date: September 13
Time: 7 - 8:30 pm (Tuesday)
Fee: \$8 individual / \$12 couple
Series of 3 classes BP-08, BP-09 & BP-10
\$18 individual / \$29 couple
Location: Commerce Bank
727 Poyntz Ave

Retirement Planning

BP-09

Tom Fryer

Date: October 18
Time: 7 - 8:30 pm (Tuesday)
Fee: \$8 individual / \$12 couple
Series of 3 classes BP-08, BP-09 & BP-10
\$18 individual / \$29 couple
Location: Commerce Bank
727 Poyntz Ave

How To Make Your Life Less Taxing

BP-10

Tom Fryer

Date: November 15
Time: 7 - 8:30 pm (Tuesday)
Fee: \$8 individual / \$12 couple
Series of 3 classes BP-08, BP-09 & BP-10
\$18 individual / \$29 couple
Location: Commerce Bank
727 Poyntz Ave

Don't miss the COMPUTER 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 canceled if there is a low enrollment.

PLEASE REGISTER EARLY!



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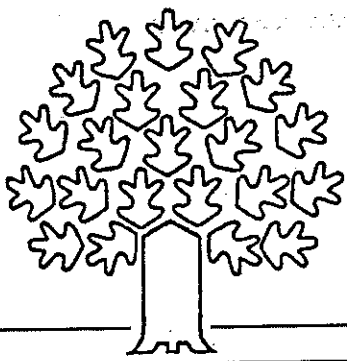
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Recreation

1221 THURSTON

539-8763

Jazzercise

RH-21

Jazzercise is a unique combination of aerobics, jazz dance and popular music. Each class consists of a warm up, aerobic segment, muscle toning and a final cool down. Suitable for all fitness levels, Jazzercise is so much fun you'll forget you're exercising!

Anne Willey (776-3759), has been involved with Jazzercise for over seven years. The first 2 spent as a student and the last 5 as an instructor. Having lost 70 lbs her first year with Jazzercise she know how important exercise is to our daily lives.

Date: Sept 7 - Sept 30
Time: 9 - 10 am (Mon, Wed & Fri)
Fee: \$39
Location: ECM Campus Center
1021 Denison

Tennis: Junior Beginners Ages 7 - 16

RH-11

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, M.S. Kinesiology, played tennis for Coe College, Cedar Rapids, Iowa and continues to compete actively.

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

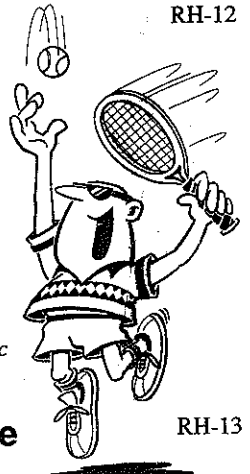
Tennis: Beginners Ages 17 and Up

RH-12

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

Mark Tessendorf

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



Tennis: Intermediate Ages 17 and Up

RH-13

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

GIFT CERTIFICATES FOR UFM CLASSES ARE ALWAYS AVAILABLE.

Give a gift of learning!

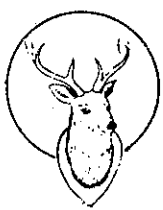
Call or stop by UFM

1221 Thurston 539-8763

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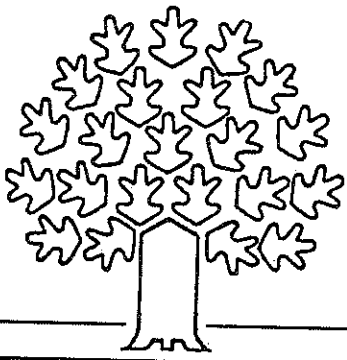
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Wellness

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539-8763

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: November 8 & 15
Time: 6 - 10 pm (Tuesday)
Fee: \$60 includes books
Location: American Red Cross
1014 Poyntz

CPR for the Professional Rescuer RH-06

This revised BLS course is intended to teach individuals who are expected to respond to an emergency. Rescuers will learn to interact in the EMS system, reduce the risk of cardiovascular disease, prioritize care, recognize and provide care for respiratory and cardiac emergencies. You will learn to perform specialized skill and techniques for two-rescuer CPR and special rescue situations, including the resuscitation masks and how to minimize the risk of disease transmission. Red Cross certification is given on successful completion of the course.

Enell Foerster

Date: September 13 & 20
Time: 6 - 10:30 pm (Tuesday)
Fee: \$90 includes books and materials
Location: American Red Cross
1014 Poyntz

Standard First Aid Progression RH-07

This course includes identifying and caring for life threatening bleeding, sudden illness, and injuries. Note: Requirement for the Standard First Aid Progression course is a current ARC or American Heart (first year) Adult, Community CPR or CPR for the Professional Rescuer card.

Enell Foerster (537-2180).

Date: October 11
Time: 6 pm (Tuesday)
Fee: \$30 includes books & materials
Location: American Red Cross
1014 Poyntz

Fitness Walking RH-15

Fitness Walking or exercise walking, is growing in popularity as an exercise opportunity for people of all ages. Fitness walking is a healthy, aerobic alternative to jogging and aerobic dance. We will discuss ways to keep workouts safe and enjoyable, advantages of walking, places to walk, proper shoes and apparel, and starting and maintaining a walking program. Be a part of this group and learn how to improve your physical fitness through walking. It's lots of fun!

Teresa Hilliard

Date: September 27
Time: 7 - 9 pm (Tuesday)
Fee: \$13
Location: Senior Center
412 Leavenworth

Fitness Walking RH-16

Teresa Hilliard

Date: October 13
Time: 7 - 9 pm (Thursday)
Fee: \$13
Location: Senior Center
412 Leavenworth

Fitness Walking RH-17

Teresa Hilliard

Date: November 10
Time: 7 - 9 pm (Thursday)
Fee: \$13
Location: Senior Center
412 Leavenworth

GRE Preparation Course

Sept. 9-20 (Tue. & Thur.), 6:30-9:30 p.m.
Oct. 2 (Sat.), 8 a.m.-12 noon

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

For registration or more information, call
UFM 539-8763

How to REALLY Benefit from Exercise RH-14

If you are frustrated with your current exercise program, needing to get started or asking yourself any of the following questions this class is for you!

1. Why am I NOT seeing results?
2. How can I stay motivated?
3. What is cross training?
4. Does thin always equal fit?
5. How often should I exercise?

The goal of this class is to teach the importance of exercise as a way of life.

Teresa Hilliard, has been teaching aerobics fitness and weight training for over 12 years. She is certified through the American Council on Exercise and believes exercise should be efficient and fun.

Date: September 15 & 22
Time: 7 - 9 pm (Thursday)
Fee: \$18
Location: UFM Conference Room

The Simple Habits of Excellent Health RH-18

Learn what simple steps you can turn into habits to restore and maintain health. Discuss how to identify and work the simple habits into your lifestyle so that you reap the rewards instead of just thinking about them.

Dr. Clark Peterson (776-5778), has been serving Manhattan since 1988. His goal is for people to obtain the best state of good health possible and maintain that health.

Date: September 13
Time: 7:30 - 8:30 pm (Tuesday)
Fee: \$8
Location: 1322 Westloop

The Simple Habits of Excellent Health RH-19

Dr. Clark Petersen

Date: September 27
Time: 7:30 - 8:30 pm (Tuesday)
Fee: \$8
Location: 1322 Westloop

The Simple Habits of Excellent Health RH-20

Dr. Clark Petersen

Date: October 8
Time: 10 - 11 am (Saturday)
Fee: \$8
Location: 1322 Westloop

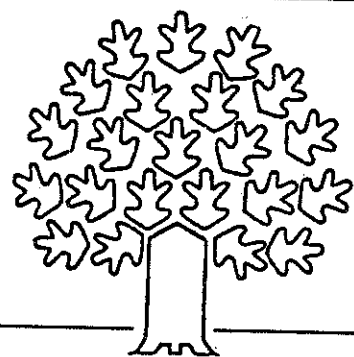
Chinese Tai Chi SP-06

Class information on page 18

Yoga SP-15

Class information on page 19

JAZZERCISE class in the Recreation section



Youth

1221 THURSTON

539-8763

Preschool Dance YO-04

This is a fun pre-ballet class for children aged 3 to 4. The class meets once a week for 45 minutes.

LaShawna Harrison (539-3613), has been involved in dance for 14 years. She has two years experience as a teaching assistant and two years as a dance instructor.

Date: September 6 - October 11
Time: 6 - 6:45 pm (Tuesday)
Fee: \$32
Location: Manhattan Gymnastics Center
2305 SkyVue Lane

Preschool Dance YO-05

This is a fun pre-ballet class for children aged 5 to 6. The class meets once a week for 45 minutes.

LaShawna Harrison

Date: September 8 - October 13
Time: 6 - 6:45 pm (Thursday)
Fee: \$32
Location: Manhattan Gymnastics Center
2305 SkyVue Lane

Beginning Dance YO-06

Beginning dancers will learn a combination of ballet and jazz dance while they improve their coordination and balance. The class will meet for 45 minutes once a week.

LaShawna Harrison

Date: September 7 - October 12
Time: 5 - 5:45 pm (Wednesday)
Fee: \$32
Location: Manhattan Gymnastics Center
2305 SkyVue Lane

Tumbling Tots YO-07

This class is for children aged 3 to 5. It teaches strength, flexibility, and coordination in a fun atmosphere. The class meets once a week for 45 minutes.

Dan Brown (539-3613), has had 8 years of gymnastics coaching experience, is Safety certified by USA Gymnastics, and is a certified instructor of USA Gymnastics Professional Development Program.

Date: September 7 - October 12
Time: 6 - 6:45 pm (Wednesday)
Fee: \$32
Location: Manhattan Gymnastics Center
2305 SkyVue Lane



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, 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: September 6,8,13,15,20 & 22
Time: 6:00 - 6:30 pm (Tues & Thurs)
Fee: \$17
Location: UFM Banquet Room

Beginning Ballet YO-02

Portia Sisco
Date: September 6,8,13,15,20 & 22
Time: 6:30 - 7 pm (Tues & Thurs)
Fee: \$17
Location: UFM Banquet Room

Children's Morning Playgroup YO-03

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.

Val Hilbun (776-0832), is interested in getting children together for play as well as giving at-home parents an opportunity to share and interact.

Date: September 8 - December 15
Time: 10 - 12 noon (Thursday)
Fee: \$7
Location: Coordinator will contact with location

Introduction to the Nutcracker Ballet I YO-15

A beginning ballet class designed to provide exposure to ballet for children 4-7 years old with no dance experience. Emphasis will be on beginning ballet technique while dancing to the Nutcracker Ballet. Formal dance attire is not necessary.

Randi Dale (539-5767), has taught dance for 29 years. Her dance choir toured the midwest and Europe in 1968. She is a certified teacher with a Masters degree in Education. Randi's picture and story appeared in the July 1994 issue of Popular Photography.

Date: September 9 & 16
Time: 5:30 - 6 pm (Friday)
Fee: \$9
Location: 2416 Rogers Blvd.

Introduction to the Nutcracker Ballet II YO-16

This ballet class is designed to provide exposure to ballet for children 8 and up. Teens are welcome. Students will be placed in the appropriate level depending upon experience. Emphasis will be on classic ballet techniques while dancing to the Nutcracker.

Randi Dale
Date: September 9 & 16
Time: 6 - 6:40 pm (Friday)
Fee: \$9
Location: 2416 Rogers Blvd

Hoop and Lace Pictures YO-17

Hoop and Lace pictures are a wonderful way to decorate your home, your room, or to give as a gift. The 'look' can be soft and romantic, country style, reflect a favorite hobby, a favorite animal, cartoon characters, holiday themes and more! Simple to make and very fast, too! In class we will complete 1 picture frame and see a demonstration of how to do several more. **Bring to class: a fabric-picture, embroidery hoop large enough to go around the picture, lace sufficient to go around the outside of hoop and a hot glue gun.**

Karen E Garra (776-0359), Karen has had a life long passion for sewing! She studied Home Economics Education (1973 - 1976) at Bluffton College in Bluffton, Ohio and began teaching sewing and personalized fitting in 1978. Karen developed the Sew Shiek Line of over 40 garments that she uses in her fashion design classes. Her goal is to make the Textile and Fiber Arts fast, easy and fun for everyone!

Date: November 7
Time: 4:30 - 6:30 pm (Monday)
Fee: \$10
Location: UFM Multipurpose Room

Learn to Crochet- Christmas Ornaments and Garland YO-18

Learning to crochet is easy for anyone! You will learn to make Chain Garland, Curly Garland, Curly Icicle, Chain Star and Curly Icicle Hair Bow. All using the 2 basic stitches upon which all other crochet stitches are based. This is a great way to discover whether or not you'd like to continue learning to crochet! **Bring to class 1 crochet hook size G or H and 1 skein of knitting worsted in any variegated color.**

Karen E Garra
Date: November 29
Time: 4 - 7 pm (Tuesday)
Fee: \$12
Location: UFM Multipurpose Room

Easy Beaded Christmas Decorations YO-19

Beaded Christmas Ornaments are very quick and easy to make. With minimal supplies you can make fun or elegant designs. There is something to please everyone! These ornaments are especially pretty hanging in a window so that the sunlight glints off them, or hanging in a tree or to decorate that special gift package. Once you start creating, you won't be able to stop! **A supply list will be available at registration.**

Karen E Garra
Date: December 6
Time: 4 - 7 pm (Tuesday)
Fee: \$11
Location: UFM Conference Room



Beginning Tae Kwon Do for Youth I Ages 4-8 YO-12

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.

Mark House is an instructor for the Kansas State Tae Kwon Do Club and is a 2nd degree black belt. He has been in the instructor training program with the American Tae Kwon Do Association for 2 years. He also has experience in Hapkido and Tai Chi.

Date: September 6,9,13,16,20 & 23
Time: 7 - 7:45 pm (Tues & Fri)
Fee: \$28
Location: ECM Student Center 1021 Denison

Beginning Tae Kwon Do for Youth II Ages 4-8 YO-13

Continue to develop hand-eye coordination, balance, and self discipline through Martial Arts. Beginning Tae Kwon Do self defense techniques will be taught in a safe, fun, and age appropriate atmosphere by an experienced instructor. This class is appropriate for those 4-8 year olds who have taken Tae Kwon Do before.

Mark House
Date: September 27,30,October 4,7,11,14
Time: 7 - 7:45 pm (Tues & Fri)
Fee: \$28
Location: ECM Student Center 1021 Denison

Beginning Tae Kwon Do for Youth Ages 9-13 YO-14

This class is designed to introduce children ages 9 - 13 to the fun and excitement of the Martial Arts while they improve their hand-eye coordination, balance and self-discipline. Basic Tae Kwon Do self defense techniques will be taught in a safe, fun and age appropriate atmosphere by an experienced Tae Kwon Do instructor.

Mark House is an instructor for the Kansas State Tae Kwon Do Club and is a 2nd degree black belt. He has been in the instructor training program with the American Tae Kwon Do Association for 2 years. He also has experience in Hapkido and Tai Chi.

Date: October 18,21,25,28,November 1 & 4
Time: 7 - 7:45 pm (Tues & Fri)
Fee: \$28
Location: ECM Student Center 1021 Denison

Parent Teacher Conference Enrichment Days YO-08

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.

UFM Staff
Date: November 3
Time: 8 am - 5 pm (Thursday)
Fee: \$14 half day
\$20 full day
Location: Woodrow Wilson School Juliette and Osage

Parent Teacher Conference Enrichment Days YO-09

UFM Staff
Date: November 4
Time: 8 am - 5 pm (Friday)
Fee: \$14 half day
\$20 full day
Location: Woodrow Wilson School Juliette and Osage

Kids on Campus YO-10

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 3
Time: 8 am - 5 pm
Fee: \$20
Location: Meet at UFM



Enrichment Workshop YO-11

A day home alone for a 4th, 5th, or 6th grade student can be long and boring. While school is out for Parent Teacher conferences join UFM and Wonder Workshop for a day of activities that will provide enrichment and fun. **Bring a sack lunch.**

Date: November 4
Time: 8 am - 5 pm (Friday)
Fee: \$20
Location: Wonder Workshop Manhattan Arts Center 1522 Poyntz

REGISTRATION INFORMATION 3 WAYS TO REGISTER



Registration by Mail

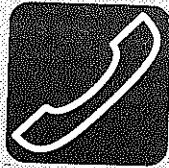
Complete the registration form and mail the form with your check, money order, or credit card number to:

UFM Class Registrations
1221 Thurston

Manhattan, Kansas 66502-5299

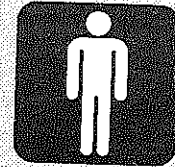
You will be notified if the class is full. All registration is on a first-come, first-served basis. No other class confirmations will be sent out unless requested.

FOR YOU...



Registration by Phone

With your VISA, Discover 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 the UFM House, 1221 Thurston

HOURS: 8:30 am - 12 Noon

1:00 pm - 5:00 pm

Monday through Friday

Scholarships for youth classes are available. Call UFM, 539-8763.

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1221 Thurston **UFM Class Registration** 539-8763
Manhattan, KS 66502

Student Name _____ Evening Phone _____
Address _____ Day Phone _____
City _____ State Kansas Zip _____
Social Security No. _____ Credit _____ Non Credit _____
Age: Under 18 exact age _____ 19-24 25-59 60+

Parent's Name if Student is Under Age 18 _____

CLASS #	Session	TITLE	FEE	LOCATION	DATE	TIME

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Total _____

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I am participating upon my own initiative and upon my own assumption of risk in a University For Mankind 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 Mankind harmless as to liability for such injury.

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Date _____

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1221 Thurston **UFM Class Registration** 539-8763
Manhattan, KS 66502

Student Name _____ Evening Phone _____
Address _____ Day Phone _____
City _____ State Kansas Zip _____
Social Security No. _____ Credit _____ Non Credit _____
Age: Under 18 exact age _____ 19-24 25-59 60+

Parent's Name if Student is Under Age 18 _____

CLASS #	Session	TITLE	FEE	LOCATION	DATE	TIME

Tax Deductible Donation
Total _____

I hereby authorize the use of my Visa MasterCard Discover

Signature _____

Card Number _____

Expiration Date _____

Card Cardholder's Name (Please Print) _____

Participant Statistics: KSU Student KSU Faculty/Staff Ft Riley 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 Mankind 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 Mankind harmless as to liability for such injury.

Signature** _____

Date _____

**Signature of Parent or Guardian required for minors.

Office Use Only			Amount	Total Paid
Date Received	Date	Staff	Check _____	Date _____
			Cash _____	
Entered			Visa _____	
Computer			M/C _____	
			Discover _____	