

UFM
1995
Fall Classes
(August-December)

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

OR CURRENT RESIDENT

Dear Friends,

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

Each year UFM brings together hundreds of volunteer teachers with thousands of learners. UFM helps connect the university and the people of the community as they share interests.

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

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

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

We hope you enjoy this catalog of Leisure Learning opportunities!

WHERE WE'RE LOCATED



UFM

1221 Thurston

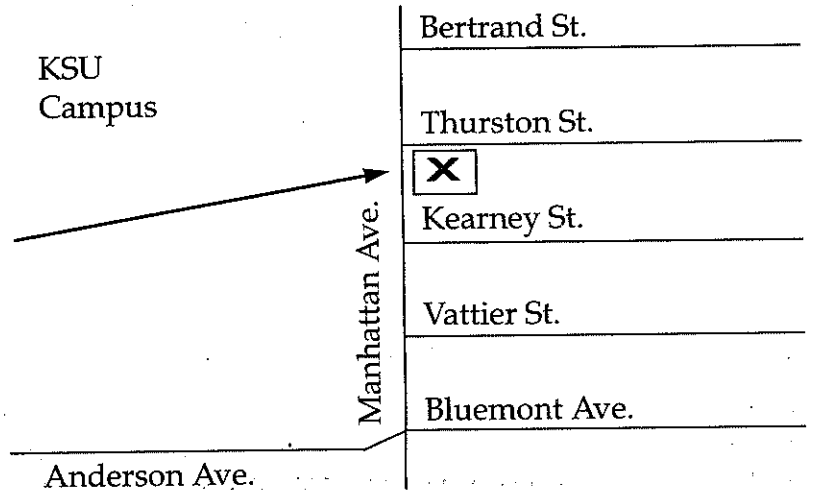


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UFM provides a neutral site to discuss community needs. The views expressed by course instructors or those groups utilizing our meeting space are not necessarily those held by UFM programs, Board members, or staff.

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.

ANSWERING MACHINE

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

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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Manhattan Military Wives



— 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

Our Parent Discussion Group is a class held on Monday afternoon in the fall. We will also be offering a nine-week series of classes, Developing Capable People. Childcare for is provided for these classes. 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 29, T	4pm - 6pm	Public Library
Aug 21, M	10am - 2pm	KSU Union
Aug 22, T	10am - 2pm	KSU Union

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 \$3 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.

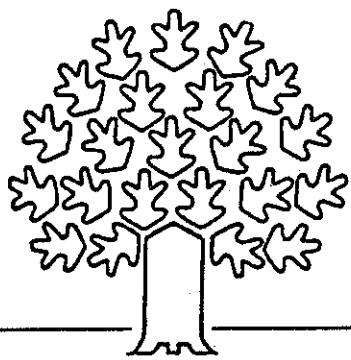
LIABILITY STATEMENT

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.

USE REGISTRATION FORM on the back cover.

©1035



Aquatics

1221 THURSTON

539-8763

Learn to Swim Classes

UFM and the Division of Continuing Education are pleased to present the American Red Cross Learn to Swim Program Levels I - VII plus adult swim classes. Small classes allow for carefully guided instruction in stroke technique and water safety. Water Safety is reinforced with tips and practice each day. The first day of class each student is evaluated to assure they are in the proper class. Students advance through the levels at their own rate and are moved to different class levels as space permits and skill advancement demands.

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 at the end of class.

Parents' Day Dates: Oct 9,10 -- November 20,21 & Oct 14. Check to see which date applies to your session.

LOCATION: KSU Natatorium - Ahearn Complex
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.

BEGINNING & ENDING DATES:

Session A:	Mon/Wed	Sept 11 - Oct 18
	Tues/Thurs	Sept 12 - Oct 19
Session B:	Mon/Wed	Oct 30 - Dec 6
	Tues/Thurs	Oct 31 - Dec 7
<i>No Classes: Wed/Thurs, Nov 22 & 23</i>		
Session C:	Saturday	Sept 9 - Dec 9
<i>No Classes: Saturday, Oct 21 & Nov 25</i>		

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

Note: The Parent/Infant & Parent/Tot class sessions are:

Session A:	Mon/Wed	September 11 - September 27
	Tues/Thurs	September 12 - September 28
Session B:	Mon/Wed	October 30 - November 15
	Tues/Thurs	October 31 - November 16
Session C:	Saturday	September 9 - October 14

Session A:	(See dates above)
AQ-01A	Mon/Wed 6:10 - 6:40 pm
AQ-02A	Tues/Thurs 6:10 - 6:40 pm
Session B:	(See dates above)
AQ-01B	Mon/Wed 6:10 - 6:40 pm
AQ-02B	Tues/Thurs 6:10 - 6:40 pm
Session C:	(See dates above)
AQ-01C	Saturday 10:00 - 10:30 am
Fee:	\$15.00 per session

Tot Transition

If your 3 - 4 year old toddler is ready to try the water without a parent, but not ready for Level I, this short class is for them. Emphasis will be on basic water safety and preparation activities for swimming. Some parent participation may be allowed.

Note: The Tot Transition class sessions are:

Session A:	Mon/Wed	October 2 - October 18
	Tues/Thurs	October 3 - October 19
Session B:	Mon/Wed	November 20 - December 6
	Tues/Thurs	November 21 - December 7
<i>No Classes: Wed/Thurs, November 22 & 23</i>		
Session C:	Saturday	October 28 - December 9
<i>No Classes: Saturday, October 20 & November 25</i>		

Session A:	(See dates above)
AQ-03A	Mon/Wed 6:10 - 6:40 pm
AQ-04A	Tues/Thurs 6:10 - 6:40 pm
Session B:	(See dates above)
AQ-03B	Mon/Wed 6:10 - 6:40 pm
AQ-04B	Tues/Thurs 6:10 - 6:40 pm
Session C:	(See dates above)
AQ-03C	Saturday 10:00 - 10:30 am
Fee:	\$15.00 per session

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 A:	(See dates above)
AQ-05A	Mon/Wed 6:05 - 6:45 pm
AQ-06A	Mon/Wed 6:50 - 7:30 pm
AQ-07A	Tues/Thurs 6:05 - 6:45 pm
AQ-08A	Tues/Thurs 6:50 - 7:30 pm
Session B:	(See dates above)
AQ-05B	Mon/Wed 6:05 - 6:45 pm
AQ-06B	Mon/Wed 6:50 - 7:30 pm
AQ-07B	Tues/Thurs 6:05 - 6:45 pm
AQ-08B	Tues/Thurs 6:50 - 7:30 pm
Session C:	(See dates above)
AQ-05C	Saturday 9:00 - 9:40 am
AQ-06C	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 A:	(See dates above)
AQ-09A	Mon/Wed 6:05 - 6:45 pm
AQ-10A	Mon/Wed 6:50 - 7:30 pm
AQ-11A	Tues/Thurs 6:05 - 6:45 pm
AQ-12A	Tues/Thurs 6:50 - 7:30 pm
Session B:	(See dates above)
AQ-09B	Mon/Wed 6:05 - 6:45 pm
AQ-10B	Mon/Wed 6:50 - 7:30 pm
AQ-11B	Tues/Thurs 6:05 - 6:45 pm
AQ-12B	Tues/Thurs 6:50 - 7:30 pm
Session C:	(See dates above)
AQ-09C	Saturday 9:00 - 9:40 am
AQ-10C	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 A:	(See dates above)
AQ-13A	Mon/Wed 6:05 - 6:45 pm
AQ-14A	Mon/Wed 6:50 - 7:30 pm
AQ-15A	Tues/Thurs 6:05 - 6:45 pm
AQ-16A	Tues/Thurs 6:50 - 7:30 pm
Session B:	(See dates above)
AQ-13B	Mon/Wed 6:05 - 6:45 pm
AQ-14B	Mon/Wed 6:50 - 7:30 pm
AQ-15B	Tues/Thurs 6:05 - 6:45 pm
AQ-16B	Tues/Thurs 6:50 - 7:30 pm
Session C:	(See dates above)
AQ-13C	Saturday 9:00 - 9:40 am
AQ-14C	Saturday 10:00 - 10:40 am
Fee:	\$35 per session

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in the Spring UFM catalog.



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 A: (See dates above)
AQ-17A Mon/Wed 6:05 - 6:45 pm
AQ-18A Mon/Wed 6:50 - 7:30 pm
AQ-19A Tues/Thurs 6:05 - 6:45 pm
AQ-20A Tues/Thurs 6:50 - 7:30 pm
Session B: (See dates above)
AQ-17B Mon/Wed 6:05 - 6:45 pm
AQ-18B Mon/Wed 6:50 - 7:30 pm
AQ-19B Tues/Thurs 6:05 - 6:45 pm
AQ-20B Tues/Thurs 6:50 - 7:30 pm
Session C: (See dates above)
AQ-17C Saturday 9:00 - 9:40 am
AQ-18C Saturday 10:00 - 10:40 am
Fee: \$35 per session

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 A: (See dates above)
AQ-21A Mon/Wed 6:50 - 7:30 pm
AQ-22A Tues/Thurs 6:50 - 7:30 pm
Session B: (See dates above)
AQ-21B Mon/Wed 6:50 - 7:30 pm
AQ-22B Tues/Thurs 6:50 - 7:30 pm
Session C: (See dates above)
AQ-21C Saturday 9:00 - 9:40 am
AQ-22C 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 A: (See dates above)
AQ-23A Tues/Thurs 6:50 - 7:30 pm
Session B: (See dates above)
AQ-23B Tues/Thurs 6:50 - 7:30 pm
Session C: (See dates above)
AQ-23C Saturday 9:00 - 9:40 am
AQ-24C 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 A: (See dates above)
AQ-25A Tues/Thurs 6:50 - 7:30 pm
Session B: (See dates above)
AQ-25B Tues/Thurs 6:50 - 7:30 pm
Session C: (See dates above)
AQ-25C Saturday 9:00 - 9:40 am
AQ-26C Saturday 10:00 - 10:40 am
Fee: \$35 per session

Youth Scholarships are available.

Swimming I

AQ-40

*One hour optional KSU credit available
This course is designed ONLY for students who have a fear of the water and/or those with little or no water experience. It will address the needs of the truly beginning swimmer. Emphasis will be on acquiring skills, knowledge and attitudes necessary to become safe in or near the water; learning basic stroke technique and survival skills; and being able to assist others in an aquatic emergency by performing elementary forms of rescue. Textbook required: Swimming and Diving

Carol Stites
Date: August 21 - October 27
Time: 9:30 am (Tues & Thurs)
Fee: \$69 noncredit
\$114 credit *
Location: KSU Natatorium

Fitness Swimming

AQ-41

* One hour optional KSU credit available
Students interested in this course MUST be able to demonstrate the five basic strokes, using rhythmic breathing. Emphasis will be on analyzing and refining stroke technique and additional competitive skills; improving/maintaining physical fitness and endurance through a progressive, conditioning swimming program; learning the components of well-balanced training; and designing a workout for conditioning swimming. Textbook required: Swim for the Health of It

Carol Stites
Date: August 21 - October 27
Time: 8:30 am (Mon, Wed & Fri)
Fee: \$69 noncredit
\$114 credit *
Location: KSU Natatorium

Fitness Swimming

AQ-42

* One hour optional KSU credit available
Carol Stites
Date: August 21 - October 27
Time: 9:30 am (Mon, Wed & Fri)
Fee: \$69 noncredit
\$114 credit *
Location: KSU Natatorium

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

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 A: (See dates above)
AQ-29A Mon - Thurs 6:05 - 7:30 pm
Session B: (See dates above)
AQ-29B Mon - Thurs 6:05 - 7:30 pm
Session C: (See dates above)
AQ-29C 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 A: (See dates above)
AQ-30A Mon - Thurs 6:05 - 7:30 pm
Session B: (See dates above)
AQ-30B Mon - Thurs 6:05 - 7:30 pm
Session C: (See dates above)
AQ-30C Saturday 9:00 - 10:40 am
Fee: \$15 per session

Hydroaerobics Ages 16 plus

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

- Session A: (See dates above)
AQ-31A Mon/Wed 6:00 - 6:55 pm
AQ-32A Tues/Thurs 6:00 - 6:55 pm
Session B: (See dates above)
AQ-31B Mon/Wed 6:00 - 6:55 pm
AQ-32B Tues/Thurs 6:00 - 6:55 pm
Fee: \$18 per session

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Sept. 22-24, 28-30, Oct. 1

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Nov. 10-12, 16-19

Crimes of the Heart
Feb. 2-4, 8-11

Lend Me a Tenor
Mar. 8-10, 14-17

The Sound of Music
May 3-5, 9-12

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Kayak Workshop

AQ-37

Experienced or Beginner - this workshop has something for you. It is designed to provide:
• pool practice time for experienced Kayakers
• critiques of rolls and strokes for individuals who have basic kayaking skills
• an opportunity for persons who are considering entering the sport to try Kayaking in an informal setting.
Boats are available for rent at a nominal fee at the pool, or you can bring your own.

T.J. Hittle and Rex Replogle (539-7772), have been teaching for nearly 15 years. They are both Certified Red Cross Kayak Instructors. T.J. is also certified as an Instructor Trainer.

Date: November 5
Time: 9 am - 1 pm (Sunday)
Fee: \$7
Location: KSU Natatorium

Kayak Workshop

AQ-38

T.J. Hittle and Rex Replogle

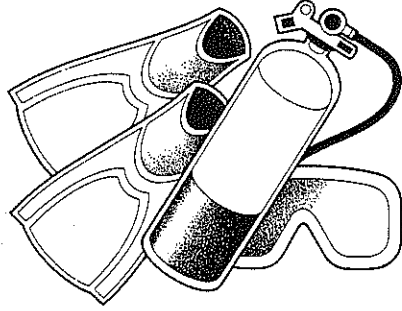
Date: November 12
Time: 9 am - 1 pm (Sunday)
Fee: \$7
Location: KSU Natatorium

Kayak Workshop

AQ-39

T.J. Hittle and Rex Replogle

Date: November 19
Time: 9 am - 1 pm (Sunday)
Fee: \$7
Location: KSU Natatorium



Scuba Diving

AQ-35

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 8 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 24 years and instructing scuba for 14 years.

Date: September 9 - October 14
Time: 9 am - 1 pm (Saturday)
Fee: \$195
Location: KSU Natatorium

Scuba Refresher

AQ-36

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 24 years and has been instructing scuba for 14 years.

Date: November 12
Time: 3 - 7 pm (Sunday)
Fee: \$52 includes equipment rental
Location: KSU Natatorium

The WELLNESS section of the catalog features **COMMUNITY FIRST AID & SAFETY** classes that teach CPR.

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555 Poyntz Avenue, Suite 205, P.O. Box 1989
Manhattan Kansas 66502

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Charles Hostetler
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Private Lessons for Special Populations

AQ-33

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

Private Lessons

AQ-34

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



Catherine L. Fung, PhD
hosts

UFM

on Channel 19

5:00 p.m. Tuesdays &
4:30 p.m. Wednesdays

Sept 5, 6	Dr. Karim Kone
Sept 12, 13	Pre-Dr. Richard Podolak
Sept 19, 20	Garbage & Environment
Sept 26, 27	Ben Ward
Oct 3, 4	Celebration - 8th Year Begins
Oct 10, 11	Costume Creation
Oct 17, 18	Philippine Cooking
Oct 24, 25	Encore! Three Amigos
Oct 31, Nov 1	Raoul Restaurant
Nov 7, 8	Shotokan Karate
Nov 14, 15	Philosophy of Karate
Nov 20, 21	Prevention from Food Poisoning
Nov 28, 29	Philippine Group Dance
Dec 5, 6	Spiritual Study Group
Dec 12, 13	Music for Children
Dec 19, 20	Hawaiian Dance (re-run)
Dec 26, 27	Ready for Resolutions?

Do you have a skill or interest you would like to share? Become a UFM instructor! Call the UFM office (539-8763).

SWIM FOR CREDIT

Swim Classes are available for
1 hour KSU credit

NOW!!

Enroll at UFM
539-8763

776-5577



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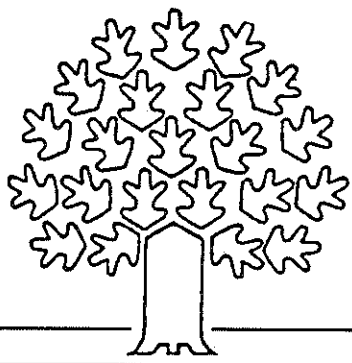
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Martial Arts

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+

**** Friday , August 25, 6:30 - 7:30 pm -- Public Demonstration and formal introduction of instructors in Ahearn Fieldhouse, KSU**

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.

Date: August 29 - December 7
No class November 23
Time: 6:30 - 7:30 pm (Tues & Thurs)
Fee: \$71
Location: Ahearn Fieldhouse, KSU

Tae Kwon Do Karate II Advanced

MA-02

Grandmaster Chae Sun Yi

Date: August 29 - December 7
No class November 23
Time: 7:30 - 8:30 pm (Tues & Thurs)
Fee: \$71
Location: Ahearn Fieldhouse, KSU

The White Phoenix System

MA-03

The White Phoenix System is a combination of martial arts methods. This beginning class will concentrate on Kung Fu, Karate, Ninjutsu, and Jujutsu, with an emphasis on skills to use in self defense. 16 years of age and older.

Stan Wilson (537-0732), is the founder of the White Phoenix System. He has studied martial arts for 25 years. He has a library of hundreds of martial arts books and videos. Stan has written a variety of martial arts and self defense manuals.

Date: September 6 - December 6
No class November 22
Time: 6:30 - 8 pm (Mon & Wed)
3 - 4:30 pm (Sat)
Fee: \$55 includes 3 manuals
Location: Ahearn Fieldhouse, KSU



Beginning Tae Kwon Do for Adults

MA-04

Have you always wanted to try martial arts but aren't sure that it's for you? Do you need to work on your flexibility and coordination? This class is designed for people who 1) want to learn Tae Kwon Do in a non-threatening environment, 2) are not sure they're physically capable of being a martial artist, 3) want to work on flexibility and basic self-defense, or 4) just want a great way to get in shape. Are you up to the challenge?

DC Lehman (532-6340), is a first degree black belt in the American Tae Kwon Do Association and is an instructor with the K-State/Manhattan Tae Kwon Do Club. She also has extensive experience in weight training, stretching, and adaptive stretching (for those with physical limitations).

Date: September 5,8,12,15,19 & 22
Time: 7:30 - 8:15 pm (Tues & Fri)
Fee: \$32
Location: ECM Student Center
1021 Denison

Beginning Tae Kwon Do for Adults

MA-05

DC Lehman

Date: October 3,6,10,13,17 & 20
Time: 7:30 - 8:15 pm (Tues & Fri)
Fee: \$32
Location: ECM Student Center
1021 Denison

Beginning Tae Kwon Do for Adults

MA-06

DC Lehman

Date: November 3,7,10,14,17 & 21
Time: 7:30 - 8:15 pm (Tues & Fri)
Fee: \$32
Location: ECM Student Center
1021 Denison

Shotokan Karate

MA-07

Shotokan Karate, a forerunner of modern Japanese karate, was introduced in Japan from Okinawa in the early 1900's. Learn this self-defense art form through the correct study of body dynamics. Emphasis is on proper balance, posture, and correct breathing. You will learn a combination of kicks and punches.

Chris Wanner (537-4306), has a BA degree in Fine Arts. He is a 1st degree black belt in Shotokan Karate., and has been practicing Shotokan for 6 years in Greeley, Colorado.

Date: September 6 - December 8
No class November 22 or 24
Time: 5:30 - 6:30 (Mon, Wed & Fri)
Fee: \$39
Location: Ahearn Fieldhouse, KSU

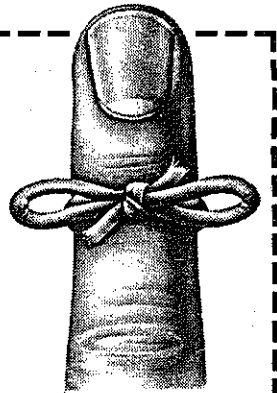
Beginning Aikido

MA-08

Aikido is a martial art in which one trains to be calm and lead a conflict to a peaceful resolution. This is a beginning class intended to introduce Aikido. We will learn Aikido techniques of defense, and develop the movement qualities to perform them. The techniques can also be easily combined into a short performance program called "Taigi" which we will learn. Instruction will also consider the spontaneous interests and needs of the participants. This class is for men and women, young and old.

Paul Gleue (539-3868), began practicing Aikido in 1988 at Cloud County Community College. He assisted the instructor and worked with beginners before leaving the area in 1992. His training is Ki Society Aikido. He has passed testing for three levels of Aikido and Ki development with Kashiwaya Sensei, chief instructor in the United States for Ki Society Aikido.

Date: October 19 - December 7
No class November 23
Time: 7 - 8:30 pm (Tues & Thurs)
Fee: \$38
Location: Ahearn Fieldhouse, KSU



**WHAT
DID WE
FORGET?**

Name _____

Address _____

City _____

Phone _____

A good addition to the brochure would be:

I am willing to lead a class on:

_____ I want to be on the mailing list for class brochures.

Return or mail this form to:

UFM
1221 Thurston
Manhattan, KS 66502

Learn to Fly
Creative Freetime section

SHARP - SELF DEFENSE FOR WOMEN is offered in the PERSONAL DEVELOPMENT section of this catalog.

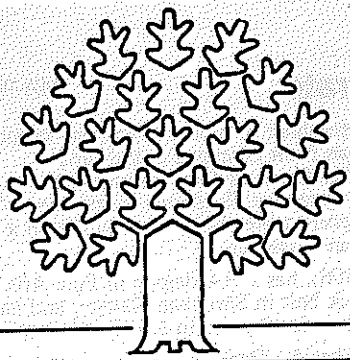
Tae Kwon Do classes for children ages 4-5, 6-8, 9-14 are found on page 22.

FENCE POSTS • WROUGHT IRON • LUMBER • HAND TOOLS • POWER TOOLS • LIGHTING • BOXES • ELF SUPPLIES • INSULATION • SHES • W • ANE • TOR • DR • S • LS • VARNI • SCREEN • G • C •

Kansas Lumber Company
HOMESTORE
776-4811 111 Seth Childs Road

All participants must register in advance.





Money Matters

1221 THURSTON

539-8763

How to Start a Home Based Business

BP-05

Explore the idea of financial freedom through self-employment. Low cost home-based business opportunities will be reviewed along with information on start-up costs, finding a location, what type of business fits your needs and why having your own business could protect you in the 1990's. Shari's daughter is only 21 and has an income from her own business of over \$3,500 a month. She'll accompany Shari and be happy to share her experience with you. Young people are encouraged to attend.

Shari Thomas

Date: September 18
Time: 7 pm (Monday)
Fee: \$8
Location: UFM Conference Room

Successful Money Management

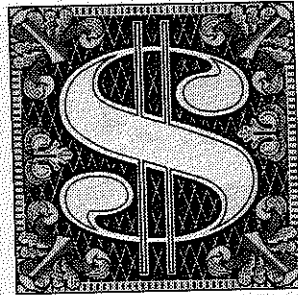
BP-01

How do I get started?? What will I have to do to get my affairs in order?? How will I provide for my children's education?? Will I have enough money when I want to retire?? Do I need a will?? These questions and many more will be addressed and a financial plan will be provided for each person attending the seminar.

Fred Freeby (537-4505), has been a District Manager, a Division Manager and now is a Senior Account Executive with Waddell & Reed Inc. Fred has 19 years experience in financial planning.

Date: September 12
Time: 7 - 9 pm (Tuesday)
Fee: \$8 individual
\$12 couple

Location: Colony Square Building, 555 Poyntz
Waddell and Reed Conference Room



GRE Preparation Course

BP-04

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: September 2

Date: Sept 12,14,19,21,26,28, Oct 3,5,7 & 10
Time: 7 - 9 pm (Tues & Thurs)
8 am - noon (Saturday, Oct 7)
Fee: \$195
Location: 120 Cardwell Hall, KSU (Tues & Thurs)
101 Cardwell Hall, KSU (Saturday)

Successful Money Management

BP-02

Fred Freeby

Date: October 3
Time: 7 - 9 pm (Tuesday)
Fee: \$8 individual
\$12 couple

Location: Colony Square Building, 555 Poyntz
Waddell and Reed Conference Room

Successful Money Management

BP-03

Fred Freeby

Date: November 14
Time: 7 - 9 pm (Tuesday)
Fee: \$8 individual
\$12 couple

Location: Colony Square Building, 555 Poyntz
Waddell and Reed Conference Room

Women and Money

BP-06

The Women's Financial Information Program is designed to help women of all ages be better prepared to make informed financial decisions. The Program will include sessions on assessing your financial situation, getting organized, establishing goals, and developing a workable budget. Participants will learn how to make informed decisions about banking services, credit, legal affairs, insurance, investments, savings, real estate, retirement and much, much more. Each 2 hour session will feature a presentation by an objective, well trained individual to cover the topic and then the participants will break into small group workshops which will be led by a facilitator.

The program presenters: Brenda Bell, Vicki Buening, Sandra Emily, Nancy Buckingham Harmes, Jan Marks, Sherry McCroy, Gary Rumsey, Bob Staney, Dr. Pam Turner and small group facilitators.

Date: October 3 - November 14
Time: 3-5 pm (Tuesday)
Fee: \$30 includes workbooks and handouts
\$25 (if registered before September 19)

Location: Riley County Senior Service Center
412 Leavenworth
(additional parking is available in the Town Center Mall N W lot.)

This program is co-sponsored by UFM and AARP. It is supported by a coalition of community organizations and contributors. For more information regarding this program see information below or call 539-8763.

Women and Money

DONORS

Kansas State Bank
Century Business Systems
New Directions
Seniors' Service Center
Thank You!!

WOMEN AND MONEY

Women's Financial Information Program

7 WORKSHOPS • OCTOBER 3 - NOVEMBER 14

Tuesdays 3 - 5 p.m. at Riley County Senior Service Center

\$30 Registration Fee

Topics in the 7 workshops:

1. Why are you here?
2. Getting Organized
3. Budgeting and Cash Flow
4. Banking and Credit
5. Managing your risks
6. Deciding "What if...?"
7. Investing
 - a. Getting started
 - b. Getting better

To register or for information, call UFM 539-8763

Co-Sponsored by:



American Association of Retired Persons
and
University for Mankind



Contributing Supporters:

Century Business Systems, Inc. New Directions Riley County Senior Center

Supported by a Coalition of:

- KSU Adult Student Services
- Consumer Credit Counseling Services
- Flint Hills Jr Service League
- LaSertoma
- MARTA, Manhattan Area Retired Teachers Association
- Seniors' Service Center
- Manhattan Military Wives
- New Directions
- Riley County Cooperative Extension
- KSU School of Family Studies & Human Services

- ABWA, American Business Women's Association, Manhattan Chapter
- AAUW, American Association of University Women, Manhattan Branch

The classes in this catalog are made available because the instructors are willing to share their time and talents. I appreciate their cooperation and would like to say Thank You.

Tresa Weaver

ATTENTION!

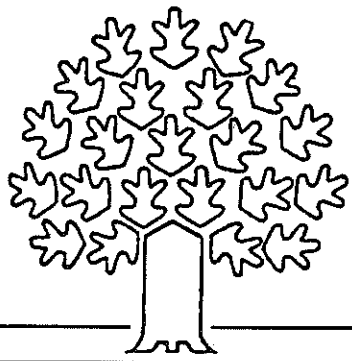
The following is a list of frequently requested classes that UFM would like to include in the next catalog.

- Yoga
- Calligraphy
- Beginning Photography

Please help us find instructors — call Tresa at UFM, 539-8763.

Fall GRE Preparation Course in time for October 1995 GRE exam!





Computer

1221 THURSTON

539-8763

WordPerfect I

CP-01

Learn how to use this popular word processing program. Create documents, set up margins and other page formatting, print and save documents. Learn features such as copy, move and how to use two documents at once. Reveal Codes, Spell Check, Repeat and other special features will be included. Available for 5.1, Dos 6.0 and Windows 6.0 versions. Hands-on computer time is provided. **Please indicate which version of WP you are interested in learning when you enroll.**

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

Date: September 13 & 20
Time: 3 - 5 pm (Wednesday)
Fee: \$26
Location: UFM Computer Lab

WordPerfect I

CP-02

Linda Teener

Date: October 24 & 31
Time: 3 - 5 pm (Tuesday)
Fee: \$26
Location: UFM Computer Lab

WordPerfect I

CP-03

Linda Teener

Date: November 7 & 14
Time: 6 - 8 pm (Tuesday)
Fee: \$26
Location: UFM Computer Lab

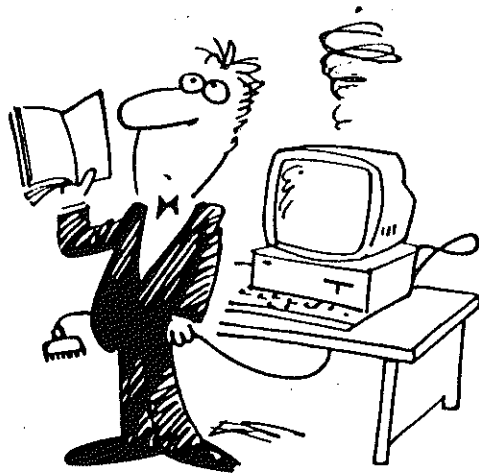
Advanced WordPerfect

CP-04

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. Available for 5.1, Dos 6.0 and Windows 6.0 versions. Hands-on computer time is provided. **Please indicate the version of WP you are interested in learning when you enroll.**

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

Date: October 3, 10 & 17
Time: 3 - 5 pm (Tuesday)
Fee: \$44
Location: UFM Computer Lab



Keyboarding Basics

CP-05

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: October 4, 11, 18, 25 & November 1
Time: 7 - 8 pm (Wednesday)
Fee: \$21
Location: UFM Computer Lab

Individual Computer Help

CP-06

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

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

Date/Time: By appointment
Fee: \$20 per hour
Location: as arranged

On-site, small group computer instruction for your employees. Call UFM 539-8763 to schedule. Corporate rates.

Radio Shack

You've got questions.
We've got answers.

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(913) 539-6151



SECONDHAND BOOKSELLERS
THE DUSTY BOOKSHELF
BOOKS BOUGHT, SOLD & EXCHANGED
700 NORTH MANHATTAN AVENUE
539-2839

Survival Windows

CP-07

Microsoft Windows has become a fundamental part of many software applications. Come learn the basics for using this new environment. You will learn how to operate the windows, work with program groups, customize your work area, manage files and other helpful features to let you feel more comfortable with this common software tool.

Linda Teener

Date: October 5 & 12
Time: 7 - 8:30 pm (Thursday)
Fee: \$22
Location: 202 Fairchild, KSU

Windows 95

CP-08

Take this chance to become familiar with Windows 95 as you decide whether to upgrade to this new operating software. See what it does, how it looks and learn about the new features. Bring your questions and ideas.

Linda Teener

Date: October 23
Time: 7 - 8:30 pm (Monday)
Fee: \$10
Location: UFM Computer Lab

Starting out on the Internet

CP-09

Are you interested in learning about the Internet but not sure where to start? Starting out on the Internet will help you understand the terms and introduce you to the tools used to access information on the Internet. This class is geared for those who have never used the Internet or are just starting out.

Anne Byers (532-5560) uses the Internet extensively in her work with the Rural Clearinghouse for Lifelong Education and Development at Kansas State University. Leonard Leeling is an experienced Internet surfer.

Date: September 9
Time: 10 am - noon (Saturday)
Fee: \$16
Location: UFM Computer Lab

Communicating on the Internet

CP-10

Learn how to use electronic mail for personal communications and for networking. This class will cover e-mail basics, how to use listservs, and netiquette (Internet etiquette).

Anne Byers and Leonard Leeling

Date: September 16
Time: 10 am - noon (Saturday)
Fee: \$16
Location: UFM Computer Lab

Getting Caught up in the Web

CP-11

Find out why everyone is talking about the World Wide Web. During class, we will learn how to use the Internet's hottest protocol.

Anne Byers and Leonard Leeling

Date: October 14
Time: 10 am - noon (Saturday)
Fee: \$16
Location: UFM Computer Lab



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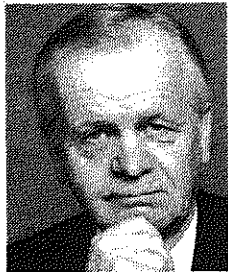
1814 Claflin Road Manhattan, KS 66502 (913)776-3771



LOU DOUGLAS LECTURE SERIES 1995 "THE PEOPLE COUNT"

MONDAY, SEPTEMBER 18

"FAMILY FARMING IN THE 21ST CENTURY" A One-Day Conference Co-Sponsor: Kansas Farmers Union



BOB BERGLAND
Former United States
Secretary of Agriculture
"To Be Announced"
2:45 p.m., K-State Union Forum Hall



SARAH VOGEL
North Dakota Secretary of Agriculture
"Prairie Grass Roots
Economic Development"
4:00 p.m., K-State Union Forum Hall



LEE SWENSON
President, National Farmers Union
Panel Member
7:30 p.m., McCain Auditorium



RON SAMPSON
President, Mid-America
Commercialization Corporation
Panel Member
7:30 p.m., McCain Auditorium

PANEL DISCUSSION
7:30 p.m., McCain Auditorium

PARTICIPANTS: Bob Bergland, Sarah Vogel,
Lee Swenson, Ron Sampson

MODERATOR: Marc Johnson
Dean, College of Agriculture

THURSDAY, OCTOBER 5



Dr. M. Joycelyn Elders
Former U.S. Surgeon General
"Speaking Your Mind on
Controversial Issues"
Featured Speaker for Racial &
Ethnic Harmony Week
7:30 p.m., McCain Auditorium
Co-Sponsors: Multicultural Affairs
Dorothy Thompson Civil Rights Lectures
& Student Government Association

MONDAY, OCTOBER 16



WERNER FORNOS
Director World Population Institute
"Gaining People, Losing Ground:
A Blueprint for Stabilizing World
Population"
7:30 p.m., K-State Union Forum Hall
Co-sponsors: Students for Sustainability &
Northern Flint Hills Chapter
of the United Nations Association

MONDAY, NOVEMBER 13



JACK WEATHERFORD
Cultural Anthropologist, Macalester College,
St. Paul, MN
"Indian Givers: The Native Roots
of American Culture"
7:30 p.m., K-State Union Forum Hall



Manhattan Arts Center 1995 Fall Classes

Sponsored by the Manhattan Arts Council, Manhattan Civic Theatre, and Clay Coalition

September 5th - December 19th

at the

Manhattan Arts Center

1520 Poyntz Ave., Manhattan, KS

and the

Arts Center Annex Pottery Studio

1508 Poyntz Ave., Manhattan, KS



Children and Youth classes at the Manhattan Arts Center are underwritten in part by the YES! Fund, a fund of the Robert R. McCormick Tribune Foundation.

All children and youth through the 12th grade will receive a 67% reduction in class fees. Those students who qualify for the "free or reduced school lunch program" will receive a 100% fee deferment.

FREE BUSING

The Manhattan YES! Fund has provided a grant to the Manhattan Arts Council to work in partnership with USD 383 in providing free busing. Students requiring busing will be picked up after school, transported to the Arts Center for classes and returned back to their school. When registering for after-school classes at UFM (539-8763) or Civic Theatre (539-8028), please indicate the need for transportation.

The Manhattan Arts Center, Inc. is a joint project of The Arts Council & Manhattan Civic Theatre, with funding provided in part by The City of Manhattan, Private and Business Donors; the Kansas Arts Commission, a state agency, and the National Endowment for the Arts, a federal agency.



YES! Fund,
a fund of the Robert
R. McCormick
Tribune Foundation



NATIONAL
ENDOWMENT
FOR THE
ARTS

ACT IT OUT!

Manhattan Civic Theatre Classes

Theatre Classes will be held at the Arts Center Performance Hall

Build a play	Improv
Telling good tales	Murder, Mayhem, and Mime
Clowning Around	Experiment Behind the Scenes

●All youth theatre classes are presented by Manhattan Civic Theatre and co-sponsored by the Manhattan Parks and Recreation Department. All classes are held at the Manhattan Arts Center. To register for theatre classes, contact Penny Senften at 539-8028.

WRITE IT DOWN AND VISUALIZE!

Literary and Visual Arts Classes

Visual Arts Classes will be held in the Arts Center Main Building

Family History Writer's Workshop	Mask Making
Painting Big and Making Murals	Personal Images: Exploring Oneself Through Image and Writing
Photos on Fabric and Fabric Painting	Making Angels
	Arashi Shibori Workshop (Pole Wrapping)

MAKE IT IN CLAY!

Manhattan Clay Coalition Classes

All Clay Coalition Classes will be held at the Arts Center Annex

Dragons, Myths, and Fairy Tales	Creature Houses & Other Whimsies
After School Clay Discovery: --Hand Built Sculpture --Wheel and Hand Built	After Hours Clay Discovery: Hand Built
Introduction to Clay: Wheel & Hand Built	Family Clay Adventure
Clay for Special Needs Populations	Holiday Gifts Galore
Wheel and Hand Built Clay	Clay and Glaze Formulation
	Clay in Public View
	Clay In Action: Build A Mural
	Primitive Clay Vessels

REGISTRATION INFORMATION:

- UFM will handle registration for all classes at 539-8763, except theatre classes which will be registered by calling 539-8028.
- Advance registration to reserve your spot is recommended.
- See the back of the UFM catalog for registration information and instructions.

PLEASE STOP BY AND SEE THE NEW MANHATTAN ARTS CENTER!





1995 FALL

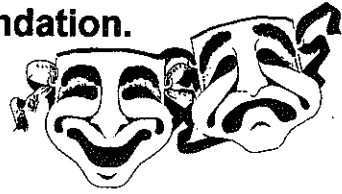
Manhattan Arts Center Literary, Theatre and Visual

*Scholarships for children & youth classes are available through the YES! Fund, a fund of the Robert R. McCormick Tribune Foundation.

ACT IT OUT!

Manhattan Civic Theatre Classes

*All Civic Theatre Classes will be held in the Arts Center.



Elementary Classes

BUILD-A-PLAY (Grades 4-6: limit 20 students)

FEE: \$24 a YES! Fund Class: you pay \$8 or \$0*

Can you sing? Can you act? Can you build props? Come share your talents and learn how to "build-a-play." We will write, direct, and produce our own play.

T & Th Sept 5 - Oct 12 3:45-5:15 pm

TELLING GOOD TALES (Grades 1-6: limit 20 students)

FEE: \$24 a YES! Fund Class: you pay \$8 or \$0*

Once upon a time... telling stories was an important way of sharing hopes, dreams and history.



So turn off that TV and come learn the art of story-telling.

T & Th Oct 17-Nov 16 3:45-5:15 pm

CLOWNING AROUND (Grades 1-6: limit 20 students)

FEE: \$24 a YES! Fund Class: you pay \$8 or \$0*

Knock, Knock! Who's there? Lettuce. Lettuce Who? Let us teach you how to tell jokes, pantomime and the basics of clowning.

M & W Nov 20-Dec 20 3:45-5:15 pm

Secondary Classes

IMPROV (Grades 7-12)

FEE: \$30 a YES! Fund Class: you pay \$10 or \$0*

No preparation required! Everything you ever needed to be good at improv is in your head already--no memorizing lines or movements.

T & Th Sept 5-Oct 12 3:30-5:30 pm

MURDER, MAYHEM & MIME (Grades 7-12)

FEE: \$30 a YES! Fund Class: you pay \$10 or \$0*

Learn the craft of illusion, using mime and make-up.

M & W Oct 16-Nov 15 3:30-5:30 pm

EXPERIMENT BEHIND THE SCENES (Grades 7-12)

FEE: \$30 a YES! Fund Class: you pay \$10 or \$0*

Experiment with the basics of technical stagecraft, props, and writing for an original production.

T & Th Nov 21-Dec 21 3:30-5:30 pm

Write It Down And Visualize! Literary and Visual Arts Classes

FAMILY HISTORY WRITER'S WORKSHOP

All Ages

Location: Arts Center Damon Runyon Room

Instructor: Charley Kempthorne

FEE: \$25 (limit 30, Minimum 10)

We will learn about forms and techniques of narrative writing of personal and family history with the intention of publishing our work for our family. Forms such as writing captions for family photos, biography of relatives, autobiography, and keeping a journal will be considered and practiced. Creating scene, writing dialogue and other techniques for telling a story in writing will be discussed and used in writing some of your own history.

AC 531 T Sept 5, 12, 19, 26, and Oct 3, 10 6-8 pm



PAINTING BIG AND MAKING MURALS

All ages, including families

Location: Arts Center Gallery/Classroom A

Instructor: Jane Wegscheider

FEE: \$20 (limit 15, minimum 7)

Students will work individually and in small groups on large scale paper murals. Paper murals will be exhibited in the halls of the Arts Center. A historical survey of mural art will also be part of this class.

AC 532 W Sept 6- Oct 18 3:45 - 5:15 pm

AC 542 W Nov 1 - Dec 13 3:45 - 5:15 pm

PHOTOS ON FABRIC AND FABRIC PAINTING

All ages, including families

Instructor: Jane Wegscheider

FEE: \$25 (limit 15 students, minimum 7)

This workshop will teach students a simple technique for transferring photographic images onto fabric. A variety of fabric painting techniques will also be explored. Students will then be encouraged to use these techniques in creating their own wearable works of art.

AC 533 T Sept 5-Oct 17 6:30-8:30 pm

MASK-MAKING

All ages, including families

Instructor: Jane Wegscheider

FEE: \$25 (limit 15 students, minimum 7)

Using paper mache and a variety of mixed media, students will make decorative wall-hanging masks as well as lightweight wearable masks.

AC 534 W Sept 6- Oct 18 6:30-8:30 pm

FESTIVAL



Classes for all ages and all skill levels. Sept. 5 - Dec. 19

ARASHI SHIBORI (Pole-Wrapping)

Instructor: Judi Ross

FEE: \$40 (limit 12, minimum of 8)

This two day workshop will use a Japanese resist-dye technique. Participants will be working with Procion MX dyes, silk scarves, have access to clamps, blocks, brushes, cotton fabric and immersion dye.

AC 535 Sat & Sun, Oct 14 (9 am-4 pm), Oct 15 (9am-noon)

PERSONAL IMAGES: EXPLORING ONESELF THROUGH IMAGE AND WRITING

Adults/High School Students

Instructor: Jane Wegscheider

FEE: \$25 (limit 15 students, minimum 7)

In a series of workshops that will include a variety of drawing and writing exercises, students will use images and objects from their own heritage and present lives (fabrics, photographs, materials from nature [dried flowers, leaves], etc.) along with their own writing to create personally relevant works of art.

AC 543 T Nov 7 - Dec 19 6:30 - 8:30 pm

MAKING ANGELS - A PAPER MACHE WORKSHOP

All ages, including families

Instructor: Jane Wegscheider

FEE: \$25 (limit 15 students, minimum 7)

Angels, animals, puppets or dolls... Students will learn how to use molds and armatures to make inexpensive, colorful, sturdy and lightweight figures from their fantasy.

AC 544 W Nov 1 - Dec 13 6:30 - 8:30 pm

MAKE IT IN CLAY!

Manhattan Clay Coalition Classes

DRAGONS, MYTHS AND FAIRY TALES

Instructor: Jane Wegscheider

FEE: \$25 a YES! Fund Class: you pay \$9 or \$0* (limit 8 students)



In this class, students will listen to a Manhattan Public Library book read by a special volunteer friend. Each child will be guided in the making of clay objects inspired by the stories they heard.

CC 331 Ages 4 - 5 yrs. T Sept 5 - Oct 17 2:30 - 3:30pm

CC 341 Ages 4 - 5 yrs. T Oct 31 - Dec 12 2:30 - 3:30pm

CC 332 Ages 4 - 5 yrs. W Sept 6 - Oct 18 2:30 - 3:30pm

CC 342 Ages 4 - 5 yrs. W Nov 1 - Dec 13 2:30 - 3:30pm

AFTER SCHOOL CLAY DISCOVERY: HAND BUILT SCULPTURE

Instructors: Katie Carroll or Jane Wegscheider

FEE: \$46 a YES! Fund class: you pay \$15 or \$0*

In this class we will explore ways to sculpt in clay. We will make clay caricatures, animal sculptures and whistles. All materials included; no additional tools needed.

Katie Carroll

CC 333 grades 4-8 M Sept 11 - Oct 23 3:45 - 5:30 pm

CC 343 grades 4-8 M Oct 30 - Dec 11 3:45 - 5:30 pm

Jane Wegscheider

CC 334 grades 1-4 T Sept 5 - Oct 17 3:45 - 5:30 pm

CC 344 grades 1-4 T Oct 31 - Dec 12 3:45 - 5:30 pm

AFTER SCHOOL CLAY DISCOVERY: WHEEL AND HAND BUILT

Instructor: Staff

FEE: \$46 a YES! Fund class: you pay \$15 or \$0* (limit 8 students)



Discover the fun and the joy of your hand making clay pots. Wheel-thrown pottery will be the focus for this class. All materials included; no additional tools needed.

CC 335 grades 1-4 W Sept 6 - Oct 18 3:45 - 5:30 pm

CC 345 grades 1-4 W Nov 1 - Dec 13 3:45 - 5:30 pm

CC 336 grades 5-9 Th Sept 7 - Oct 19 3:45 - 5:30 pm

CC 346 grades 5-9 Th Nov 2 - Dec 14 3:45 - 5:30 pm

INTRODUCTION TO CLAY: WHEEL AND HAND BUILT

Instructor: Gary Tyson

FEE: \$62 a YES! Fund youth class: youth participants pay \$20 or \$0*

(limit 8 students)

This class will focus on teaching the beginner the basic skills and techniques of wheel throwing and hand building in clay. All skill levels welcome. **(Adults may enroll if space is available)**

CC 337 grade 7-12 Sat Sept 9 - Oct 21 9 - 11:30 am

CC 347 grade 7-12 Sat Nov 4 - Dec 16 12:30 - 3 pm

CLASSES FOR YOUTH & ADULTS

WHEEL & HAND BUILT

Instructor: Gene Seivers

FEE: \$75 (non-member) or \$65 (MCC member)

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 also welcome. Enroll in one or both sessions.

CC 338 M Sept 11 - Oct 23 9 - Noon

CC 348 M Oct 30 - Dec 11 9 - Noon

CC 339 T Sept 5 - Oct 17 9 - Noon

CC 349 T Oct 31 - Dec 12 9 - Noon

CLAY FOR SPECIAL NEEDS POPULATIONS

Instructor: Joyce Furney

Fee: \$42 (non-members) or \$38 (MCC members)

(limit 8 students)

Class designed to meet the needs of persons with developmental or physical challenges. Class meets for six weeks. Scholarships are available.

CC 320 W Sept 20 - Oct 25 1 - 2:30 pm
CC 330 W Nov 8 - Dec 13 1 - 2:30 pm

CREATURE HOUSES & OTHER WHIMSIES

Instructor: Bee Dunn

FEE: \$55 (non-member) or \$49 (MCC member)

Come and explore your wide range of creative whimsy in fanciful clay construction. Design and make bird houses, toad caves, and other wildlife shelters for your yard, garden or window. Building techniques used will be hand built and/or wheel thrown and altered.

CC 350 T Sept 5 - Oct 17 1 - 3 pm
CC 360 T Oct 31 - Dec 19 1 - 3 pm

AFTER HOURS CLAY DISCOVERY: HAND BUILT

Instructor: Laura Fatemi

FEE: \$68 (non-member) or \$61 (MCC member)

Discover the fun and joy of using your hands to make clay objects. Coil and slab construction techniques will be used to build a variety of projects. Beginners and advanced students welcome.

CC 351 M Sept 11 - Oct 23 7 - 9:30 pm
CC 361 M Oct 30 - Dec 11 7 - 9:30 pm

FAMILY CLAY ADVENTURE

Instructor: Staff

FEE: \$49 for 1st family member, \$12 for each thereafter

a YES! Fund child & youth class: you pay \$4 or \$0* per child

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

CC 352 Th Sept 7 - Oct 19 6:30 - 8:30 pm
CC 362 Th Nov 2 - Dec 14 6:30 - 8:30 pm

CLAY AND GLAZE FORMULATION

Instructor: Gary Tyson

FEE: \$40 (non-member) or \$36 (MCC member)

a YES Fund class for any children and youth participants: you pay \$13.20 or \$0*

For those potters who want to expand their knowledge of clay and glaze formulation. Students will have the opportunity to formulate and test their own glazes.

CC 353 W Sept 13, 20, 27 and Oct 11, 18 7 - 9 pm

HOLIDAY GIFTS GALORE

Instructors: Staff

FEE: \$65 (non-member adults) or \$58 (MCC members)

a YES! Fund class for any children and youth participants: you pay \$21.45 or \$0*

This exciting class will feature interesting project you can make for holiday decor and/or gift giving. Students will create unique handcrafted gifts, such as whistles with Kay Hummel, ornaments with Ronna Tyson, candle holders with Joyce Furney, and much more. All ages welcome.

CC 355 Sat Nov 4 - Dec 16 1 - 3 pm

Clay in Action Projects

Open to all MCC members and non-members

CLAY IN PUBLIC VIEW

Adults

Project Advisor: Bernd Foerster, KSU Dept. of Architecture

Project Facilitator: Joyce Furney

Fee: \$15

Explore the role of public art and identify locations where clay could play an important role in the aesthetic life of the community. Define the contributions that clay can make in a specific location and explore the color and form that could enhance an area that is in public view. Develop production techniques and test appropriate "sketches" in real situations.

CC 370 W Sept 6, Oct 4, Nov 1, Dec 6 7 - 9 pm

PRIMITIVE CLAY VESSELS

Instructor: Geri McPherson

FEE: \$48 (limit 6 students)

PLACE: Classes will all take place on instructor's property, two miles north of Randolph. After enrollment, contact the Arts Council for a map.

Students will be guided through the process of creating pottery from native clay. Emphasis will be on function--pots that can be used to cook in over an open fire and pots that can be used to eat and drink out of. The pottery pieces made by the students will be fired in an outdoor, open firing situation. Students will be expected to help gather the fuel required.

CC 375 Sat Sept 16, 23, 30 and Oct 7 9-12 am

CLAY IN ACTION: BUILD A MURAL

Project Facilitator: Gary Tyson and Staff

FEE: \$15, a YES! Fund Class for any children and youth participants: you pay \$4.95 or \$0*

Come be part of this fantastic project! Join the Clay Coalition Community in the construction of a mural for the exterior of the Manhattan Arts Center Pottery Studio. The more the merrier!

CC 380 Sat Oct 14 9 am to 5 pm

OPEN STUDIO

(Facility use only, no instruction)

Open Studio enrollment is available for people who need no instruction but wish to have use of a well-equipped studio, access to glazes and knowledge that their work will be fired with professional care and attention. Individuals enrolling in Open Studio may sign up for specified times and/or work whenever the studio is not being used by classes.

Times reserved for Open Studio are: Sat. 3-9 pm. & Sun. 12-9 pm.

CC 390 Registration Fee: \$10.00, paid at time of enrollment

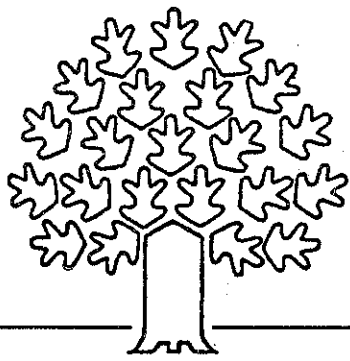
Studio Use Fee: \$2.75 / use hour, billed monthly

Clay Fee: \$6.25 / 25 lbs. clay used, billed monthly

To be eligible for Open Studio Use one must:

1. Be a current member of the Clay Coalition, (Annual membership: \$15 for an individual; \$25 for a family; \$5 for students)
2. Agree to adhere to all studio policies & procedures,
3. Enroll in Open Studio and agree to pay relevant fees
4. Arrange to meet with the Studio Manager, (see below)
5. Keep "Open Studio Monthly Use Card" and turn it in on time.

Hourly fee includes: use of the wheels, slab roller, tools, shelf area, glazes and kiln space. Each person who enrolls in Open Studio is responsible to call the studio manager, Ronna Tyson at 539-0187, to arrange an initial meeting time. This required meeting is designed to go over appropriate use and safety policies and procedures and to answer any questions you may have.



Recreation

1221 THURSTON

539-8763

Introduction to Golf

RH-01

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

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

Date: August 24, 31 September 7 & 14
Time: 6:30 pm (Thursday)
Fee: \$31
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

Introduction to Golf

RH-02

Jim Gregory

Date: September 20, 27, October 4 & 11
Time: 6 pm (Wednesday)
Fee: \$31
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

Golf

RH-03

*One hour optional KSU credit available.

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

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

Date: August 22 - October 10
Time: 5:30 - 7:30 pm (Tuesday)
Fee: \$89 non-credit
\$119 credit
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd

Golf

RH-04

*One hour optional KSU credit available.

Jim Gregory

Date: August 24 - October 12
Time: 10 am - Noon (Thursday)
Fee: \$89 non-credit
\$119 credit
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd

Ballroom Dance I

RH-05

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

Michael Bennett (776-7557), has trained in Ballroom Dance at U.C. Berkley; Mandola Ballroom, San Francisco; AliBaba Ballroom, Oakland CA; Chicago Dance Studio, Chicago, IL; and Avenue Ballroom, San Francisco. He was the 1986 San Francisco Avenue Ballroom Jitterbug Champion. Sara Sanders is a dance student at Kansas State University. She has danced Ballet nearly all her life and recently attended the Arthur Murray School of Dance.

Date: August 25 - November 17
No class November 10
Time: 6:30 - 7:30 pm (Friday)
Fee: \$32 individual / \$60 couple
Location: Seven Dolores Grade School Gymnasium
306 S Juliette

Ballroom Dance I

RH-06

Michael Bennett & Sara Sanders

Date: August 25 - November 17
No Class November 10
Time: 8:30 - 9:30 pm (Friday)
Fee: \$32 individual / \$60 couple
Location: Seven Dolores Grade School Gymnasium
306 S Juliette

Ballroom Dance II

RH-07

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

Michael Bennett & Sara Sanders
Date: August 25 - November 17
No class November 10
Time: 7:30 - 8:30 pm (Friday)
Fee: \$32 individual / \$60 couple
Location: Seven Dolores Grade School Gymnasium
306 S Juliette

How to Get Organized Without Really Trying???

See the Self & Personal Development section.

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Tennis: Junior Beginners Ages 7 - 16

RH-08

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

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

Date: September 11, 18, 25 & October 2
Time: 6 - 7 pm (Monday)
Fee: \$35
Location: LP Washburn Rec Complex, KSU

Tennis: Beginners Ages 17 and Up

RH-09

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

Mark Tessendorf

Date: September 11, 18, 25 & October 2
Time: 7 - 8 pm (Monday)
Fee: \$35
Location: LP Washburn Rec Complex, KSU

Tennis: Intermediate Ages 17 and Up

RH-10

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

Mark Tessendorf

Date: September 11, 18, 25 & October 2
Time: 8 - 9 pm (Monday)
Fee: \$40
Location: LP Washburn Rec Complex, KSU

Hawaiian Dance

RH-11

The mix in Hawaiian culture is reflected in their dance. Learn the Hawaiian way of dancing from the mellow Hula dance to the vibrant Tahitian dance. This is an excellent form of exercise for children, teenagers and adults.

Marie Odejar is a KSU graduate student. She started dancing Hawaiian folk dance when she was 4 years old. She danced with the Filipiniana Dance Troupe during the time she was in high school until college.

Date: Aug 26, Sept 2, 9, 16, 23, 30, Oct 7, 14 & 21
Time: 10 - 11 am (Saturday)
Fee: \$27
Location: ECM Student Center
1021 Denison

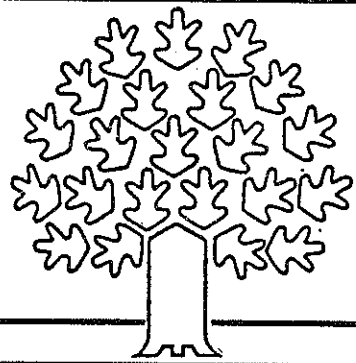
Bridge Classes Creative Freetime section

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Creative FreeTime

1221 THURSTON

539-8763

Black and White Film Developing for Beginners

CF-04

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.

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 20
Time: 7 pm (Wednesday)
Fee: \$13
Location: UFM Darkroom

Black and White Film Developing for Beginners

CF-05

Harold Wellmeier

Date: October 11
Time: 7 pm (Wednesday)
Fee: \$13
Location: UFM Darkroom

Black and White Printing

CF-06

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.

Harold Wellmeier

Date: September 27
Time: 7 pm (Wednesday)
Fee: \$14
Location: UFM Darkroom

Black and White Printing

CF-07

Harold Wellmeier

Date: October 18
Time: 7 pm (Wednesday)
Fee: \$14
Location: UFM Darkroom

Water Color Painting via Photography

CF-01

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 7, 10, 12, 17 & 19
Time: 7 - 9 pm (Tues & Thurs)
8:30 - 1 pm (Saturday)
Fee: \$18
Location: UFM Banquet Room

Safe and Creative Care of Family Photos

CF-09

Are your photos stuffed in shoeboxes, or worse, in albums that are chemically destroying them? The workshop covers organizing your photos, photo safe materials, ideas for creative cropping and photo-journaling. You will receive assistance in helping to create a unique and lasting photo album. **Bring a packet of pictures (12) and memorabilia plus a pair of scissors.** This is an informative and educational hands-on workshop where you will create your own 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.*

Pam Schmid (316-767-5363), has been a consultant with Creative Memories since 1989.

Date: September 12
Time: 7 - 9:30 pm (Tuesday)
Fee: \$14 includes some supplies
Location: UFM Fireplace Room

Safe and Creative Care of Family Photos

CF-10

Pam Schmid

Date: October 10
Time: 7 - 9:30 pm (Tuesday)
Fee: \$14 includes some supplies
Location: UFM Fireplace Room

Understanding Your Video Camcorder

CF-16

If you would like to buy a camcorder, but aren't sure which one is best for you, this is the one-night course for you! Dennis will discuss the basics between formats and help you determine which camcorder is best for you! Some of the topics that will be discussed include: 1) types of camcorders available (VHS, VHS-C, 8mm, Hi-8, Super VHS, etc.); 2) differences between each type and how they compare; 3) types of formats available (NTSC, PAL, SECAM, MESECAM, etc.); and 4) differences in videotapes (size, length, quality). Questions are Welcome!

Dennis Boyce (537-4745), is the President and Owner of Boyce's Studio Production, Inc. (BSP) where he has been involved with the production of hundreds of high-quality, professional training, safety, broadcast, and promotional videotapes. With over 16 years of experience in the video production field, Dennis is highly qualified and willing to help you determine what equipment is best for you and how to make your videotape productions the best they can be!

Date: September 12
Time: 7 - 9 pm (Tuesday)
Fee: \$8 individual class
\$20 for all 3 video classes
Location: Boyce's Studio Productions
314 Tuttle Creek Blvd., Suite K

Advanced Techniques for Operating Your Video Camcorder

CF-17

If you understand the basics about your camcorder, but would like to know more, this is the one-night course for you! Dennis will discuss different types of accessories available (lights, tripods, microphones, lens, etc.). Dennis will also show you some techniques to help improve the quality of your home videos (lighting, camera angles, microphone placement, and more.) Bring your camcorder with you and get some one-on-one, hands-on experience during this session.

Dennis Boyce

Date: September 14
Time: 7 - 9 pm (Thursday)
Fee: \$8 individual class
\$20 for all 3 video classes
Location: Boyce's Studio Productions
314 Tuttle Creek Blvd., Suite K

Basic Video Editing

CF-18

Here's your chance to get hands-on experience in BSP's Do-it-Yourself video editing suite. During this course, Dennis will explain the basics of video editing including script writing, computer graphics, editing techniques and general information. This Do-it-Yourself editing suite can be used for family videos, weddings, professional video tapes and anything in between. You will save time and money by doing your project because you know what you want and now you can Just Do It in BSP's editing suite.

Dennis Boyce

Date: September 26
Time: 7 - 9 pm (Tuesday)
Fee: \$8 for individual class
\$20 for all 3 video classes
Location: Boyce's Studio Productions
314 Tuttle Creek Blvd., Suite K

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CREATIVE FREETIME (Continued)

Introduction to Bridge

CF-02

This course is designed for absolute beginners and for those with little experience who want to develop skills adequate for social purposes. It will cover all aspects of bridge, such as:

- *Bidding
- *Declarer Play
- *Defense
- *Scoring

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

Elizabeth Jankord (776-8776), has taught bridge at UFM for nearly four years and is an NABC Master within the American Contract Bridge League.

Date: September 11, 18, 25, October 2, 9 & 16
 Time: 7 - 9 pm (Monday)
 Fee: \$25
 Location: UFM Fireplace Room

How to Play Better Bridge Defense

CF-03

Defense, Defense, Defense. Three words for success in bridge...always important and usually underestimated. This class will emphasize good technique in playing defense. Learning about bidding and declarer play will be part of the course since you need to have these skills to play good defense. This class is designed for people who are actively playing bridge, whether it be party bridge, marathons, duplicate, etc. A good test for you would be the hand below. What card would you lead when the player to your right opens the bidding with one or no trump and everyone passes. Your hand is:

- ♠AK
- ♥98762
- ♦Q3
- ♣J973

Elizabeth Jankord (776-8776), has taught bridge at UFM for nearly four years and is an NABC Master within the American Contract Bridge League.

Date: October 23, 30, November 6, 13, 20 & 27
 Time: 7 - 9 pm (Monday)
 Fee: \$25
 Location: UFM Fireplace Room

Beginners Guide to a Radio Station

CF-12

Students will have the opportunity to learn about how KQLA (Q-103.5) radio operates. Hands on opportunity are provided to record a commercial, visit the control room, learn how radio commercials are sold. Ed Klimek will address the radio station management and operation, Dan Brenner will discuss how radio commercials are sold, and JJ Davis will discuss how to become a radio D.J. Each student will need to bring one blank cassette tape.

Ed Klimek (587-0103), is General Manager of radio station KQLA/Q-103.5. He has operated the station since it first went on the air in February 1986. Ed is also partner in the ownership of KHII radio in Colorado Springs. He has been involved in the start up of 4 new radio stations.

Date: September 21, 28 and October 5
 Time: 7 - 9 pm (Thursday)
 Fee: \$15
 Location: KOLA Radio Studios
 5008 Skyway Dr

Folk Instrument Jam Session

CF-19

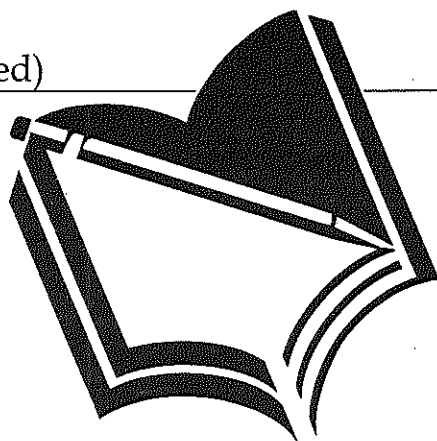
This class is an opportunity for autoharp, dulcimer, banjo and other players of folk-type instruments to share some music together. Bring your instruments and music you would like to share with the group.

Linda Teener and Jeanne Braddy have been playing autoharp with others and want to expand the sound to include other instruments.

Date: Sept 21, Oct 19, Nov 16, and Dec 7
 Time: 7 pm (Thursday)
 Fee: \$8
 Location: UFM Fireplace Room

How to Get Organized Without Really Trying???

See the Self & Personal Development section.



Professional Novel and Story Writing

CF-08

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

Leonard Bishop has taught writing courses for over 25 years, has published nine novels, and has written two professional books on writing entitled How to Get Published and Write Best Sellers (and lose weight), and Dare To Be a Great Writer.

Date: September 13, 20 & 27
 Time: 7 - 9:30 pm (Wednesday)
 Fee: \$20
 Location: UFM Multipurpose Room

Fiction Writing: Nuts & Bolts

CF-11

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

Lee Killough (776-6584), is a member of The Science Fiction and Fantasy Writers of American and Mystery Writers of America, and has published 11 novels and numerous short stories.

Date: September 5, 12, 19 & 26
 Time: 7:30 - 9:30 pm (Tuesday)
 Fee: \$26
 Location: UFM Conference Room

Learn the Art of Storytelling

CF-28

Once upon a time ... we let our imaginations soar - sharing history, experiences, hopes and dreams. Come relearn the art of storytelling.

Rebecca O'Rourke (587-8425), has been involved in the local civic theatre outreach classes, and has been a guest storyteller in many elementary schools.

Date: September 13 - October 18
 Time: 7 - 9 pm (Wednesday)
 Fee: \$13
 Location: UFM Greenhouse

A Children's Morning Playgroup
 is available in the YOUTH section
 of the catalog.

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- Programs on topics ranging from anti-environmental radio shows to family camping. Look for details in our newsletter!
- Member actions on environmental issues

Watch for information on all these activities in *The Prairie Falcon*, the chapter's newsletter. For more information, call Chris Cokinos (537-4143).

WE NEED YOU!

Holiday Angel

CF-13

Create a 15" angel to adorn your home during the holiday season. Once you see how easy she is to make, you'll want to make one for every holiday decor! A supply list is available at registration.

Terry Carpenter is a Home Economics teacher, who loves to do crafts in her spare time!

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

Learn to Fly

CF-14

Explore the idea of becoming a private airplane pilot! Learn about the requirements to obtain a private pilot certificate including eligibility requirements, aeronautical knowledge, flight proficiency, aeronautical experience, private pilot privileges and limitations. Time will be allowed for your questions and to provide miscellaneous information. We will also discuss the options for ground school and flight training available in Manhattan.

Hugh Irvin (539-3128), has been a pilot and K-State Flying Club member since 1976. He has been a flight instructor since 1983 and teaches single-engine, multi-engine, instrument, commercial, ATP, and private pilot students. He has 5,300 hours and an Airline Transport Pilot (ATP) certificate.

Date: September 16
 Time: 10 - 11:30 am (Saturday)
 Fee: \$8
 Location: UFM Conference Room

Social and Political Issues Discussion Group

CF-15

If you are interested in issues such as privatization of state and government jobs, job loss in the US, NAFTA, possible changes for social security or other political issues that are current in the US House or Senate this group is for you. We will also discuss how to write your congressman.

Randi Dale (539-5767), keeps in touch with political issues and would like to share her concerns with others. She has a M.S. degree in Education.

Date: September 29
 Time: 7 - 8:30 pm (Friday)
 Fee: \$8
 Location: UFM Conference Room

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CREATIVE FREETIME (Continued)

Individual Sewing or Crafts Instruction CF-20

Are you stuck in the middle of a sewing or craft project, and can't finish it because you can't solve the problem? Well, Karen can assist you in solving those SNAFU's with a private lesson. She can help with sewing and fitting, as well as a variety of beginner needle arts or crafts like: knitting, crochet, cross-stitch, embroidery, yo-yo quilting, and clothing decoration.

Karen Garra (776-0359), studied Home Economics Education at Bluffton College, in Bluffton, Ohio. She has free-lanced from her home. While living in Louisiana Karen served as the In-house Designer for a Fine Fabrics, Bridal and Formalwear Boutique. While in Arizona she taught at the local Community College and at both the local civilian and military recreation centers. Karen is a sewing enthusiast who enjoys designing and teaching others that sewing can be Fast, Easy and Fun!

Date/Time *by appointment*
Instructor will contact you after you register
Fee: \$15 per hour
Location: *Student's home*

Caring for your Sewing Machine CF-21

Is your sewing machine driving you crazy? Does your thread jam or come out of the needle every time you start a seam? Does setting the tension give you a headache? Does your machine spend more time in the repair shop than at home? If so, then this class is for you. Learn how to solve problems before they start. Learn how to trouble shoot your own machine. See how easy it is to do your own cleaning, maintenance and adjustments at home. We will also have a short discussion on how to buy a new or used machine.

Karen Garra
Date: August 22
Time: 7 - 9 pm (Tuesday)
Fee: \$16
Location: UFM Fireplace Room

Caring for your Serger CF-24

Does your Serger drive you crazy? Does setting all those tension dials give you a headache? Are your stitches uneven? Does your machine spend more time in the repair shop than at home? If so, then this class is for you. Learn how to solve problems before they start, learn how to trouble shoot your own machine. See how easy it is to do your own cleaning, maintenance and adjustments at home. We will also have a short discussion on how to buy a new or used machine. Come prepared to take notes. No other supplies will be needed.

Karen Garra
Date: August 29
Time: 7 - 9 pm (Tuesday)
Fee: \$16
Location: UFM Fireplace Room

Sewing for Beginners CF-25

This basic sewing class is designed to make you comfortable using your sewing machine, reading a commercial pattern, pattern layout, cutting hints, basic and speed sewing techniques. You will complete a vest in this class! **Supply list available upon registration.**

Karen Garra
Date: September 12, 19 & 26
Time: 6:30 - 9 pm (Tuesday)
Fee: \$30
Location: UFM Multipurpose Room

Costume Creation CF-26

This class is for anyone who would like to learn to make costumes for themselves and others. You will learn to create a simple costume pattern for yourself or anyone else: Male or Female, Adult or Child. In addition you will learn embellishment techniques to make your costume truly one of a kind. Although you will need a sewing machine on the last day of class, only minimal machine skills are needed! **Supply list available at registration.**

Karen Garra
Date: October 3, 10, 17 & 24
Time: 6:30 - 9:30 pm (Tuesday)
Fee: \$36
Location: UFM Multipurpose Room

Christmas Fun with Fabric CF-27

During the 1st class Karen will demonstrate how to make a variety of Christmas items from fabric to decorate your home for the holidays or to use for gifts. You will learn how to make: Hoop and Lace picture, banners, tree skirt, his and hers aprons, Christmas stockings, matching tablecloth and napkins. The 2nd and 3rd days of class you will have the opportunity to make several of those items. Minimal sewing skills needed. Come to the 1st class prepared to take notes, you will also receive a supply list at that time.

Karen Garra
Date: November 14, 21 & 28
Time: 6:30 - 9 pm (Tuesday)
Fee: \$30
Location: UFM Fireplace Room

Nail Art CF-22

Nail Art has been a popular trend in the world of Cosmetology for nearly 10 years. In this class you will learn how easy and inexpensive it is to do nail art for yourself! Come to class with your nails polished in your favorite color. The instructor will demonstrate on each student. Be prepared to take notes. No other supplies needed.

Karen Garra (776-0359), studied Nail Technology at the DeVoe College of Beauty in Sierra Vista, Arizona.

Date: August 26
Time: 11 am - 1 pm (Saturday)
Fee: \$16
Location: UFM Fireplace Room

Nail Art CF-23

Karen Garra
Date: December 2
Time: 11 am - 1 pm (Saturday)
Fee: \$16
Location: UFM Fireplace Room

T-Shirt/Sweatshirt Decorating CF-29

Bring a T-shirt or sweatshirt and create a clever, seasonal masterpiece to wear. Make one for yourself or someone you love. All other materials will be provided. Choose from one or all of the sessions below.

Renee Gates enjoys various types of crafts and has been doing T-shirt decorating for several years, for self, to sell, and for her 1 year old daughter.

Fall CF-29

We will learn a combination of embossing and applique to decorate your shirt.

Date: September 13
Time: 7 pm (Wednesday)
Fee: \$14 per class
\$44 for all 4 t-shirt/sweatshirt classes
Location: UFM Fireplace Room

Halloween CF-30

For your shirt you may choose from a ghost or jack-o-lantern motif or create your own design.

Date: October 11
Time: 7 pm (Wednesday)
Fee: \$14 per class
\$44 for all 4 t-shirt/sweatshirt classes
Location: UFM Fireplace Room

Thanksgiving CF-31

Personalize your shirt with a turkey, cornucopia or your own design.

Date: November 8
Time: 7 pm (Wednesday)
Fee: \$14 per class
\$44 for all 4 t-shirt/sweatshirt classes
Location: UFM Fireplace Room

Christmas CF-32

You will create a shirt to reflect your holiday spirit. Choose from a santa, nativity, angel, or your own design.

Date: December 6
Time: 7 pm (Wednesday)
Fee: \$14 per class
\$44 for all 4 t-shirt/sweatshirt classes
Location: UFM Fireplace Room

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. We will also visit an excellent fossil collecting site. **Bring a beverage and a container for your rocks and crystallized wood. Become a rockhound for a day. Raindate: October 21**

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 14
Time: 8:30 am - noon (Saturday)
Fee: \$8 individual
\$12 couple
Location: Meet at UFM Fireplace Room

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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Language

Beginning Sign Language I 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 8 1/2 years for UFM and Continuing Education, and has been a professional interpreter for 9 years. She grew up with two deaf parents.

Date: September 11 - October 16
Time: 7 - 8 pm (Monday)
Fee: \$45 includes book
Location: 149 Justin Hall, KSU

Sign Language II LA-02

Must have taken Sign Language I or have some beginning sign language skills. An additional 200 signs will be taught.

Natalie Smith

Date: October 23 - November 27
Time: 7 - 8 pm (Monday)
Fee: \$40
Location: 149 Justin Hall, KSU

Russian for Beginners LA-03

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

Irina Khramtsova (532-5670), graduated for the Department of Philology, Moscow State University. At present Irina is a doctoral student in Educational Psychology at Kansas State. Luiba Ramm, has been teaching for almost 20 years and still enjoys it.

Date: September 20 - October 25
Time: 7 - 8:30 pm (Wednesday)
Fee: \$25
Location: 108 Bluemont Hall, KSU

Conversational Russian LA-04

This class is a continuation of Russian for Beginners and it will explore further both the language and the culture. It is appropriate for those who have some basic skill in Russian. Luiba has spent the summer in Russia and will be prepared to discuss the latest events and situations. You will be exposed to Russian music, painting and food.

Luiba Ramm

Date: November 1 - December 6
No Class November 22
Time: 7 - 8:30 pm (Wednesday)
Fee: \$25
Location: 108 Bluemont Hall, KSU

French for Fun LA-05

French for Fun is a class for anyone who would like to become familiar enough with the language to impress their friends, (and maybe order in a fancy restaurant too). The emphasis will be on speaking and understanding. Students should be willing to actually speak in class. (It is not as painful as it sounds.) The class will be partially directed by what the students are most interested in learning about French. Each week, we will focus on a different aspect of French, such as words for traveling, shopping and cooking. Previous experience with French is not necessary.

Emilie Johnson (776-7840), is a French and History major at K-State. She has been studying French for seven years and has visited France.

Date: August 21 - December 4
No class September 4
Time: 7 - 9 pm (Monday)
Fee: \$49
Location: UFM Multipurpose Room

Basic Korean LA-06

Learning the Korean language will allow you to find out more about the nation of courtesy, amusement and the fastest step. During the class, we will watch Korean movies and hear popular Korean songs as we develop conversational skills. Emphasis will be on skills that would make travel to Korea easier.

Jinna Lee, is a native Korean. She enjoys learning new languages and believes it's the first step in learning other cultures. She loves to share her Korean culture with others.

Date: October 3 - November 21
Time: 7 - 8 pm (Tuesday)
Fee: \$24
Location: UFM Conference Room

Spanish for Fun & Survival LA-07

This is a basic introduction to the Hispanic language and culture. You will learn simple conversational ("survival") skills, along with some important cultural differences.

Jenni West, (537-8858) has an M.A. in Latin American studies and a B.A. in Spanish. She has traveled and studied in Mexico and Costa Rica.

Date: October 10 - November 21
No class November 7 & 9
Time: 7 - 8:15 pm (Tuesday & Thursday)
Fee: \$38
Location: UFM Conference Room

Cutting Paper Snowflakes YO-04

It's easy and fun to cut eye-catching, artistic, dramatic snowflakes in a variety of styles. Numerous examples will be displayed, various designs will be cut, and original creations shared. For ages 8 to 80. (Children 8 - 9 years old 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 4
Time: 9 am - noon (Saturday)
Fee: \$7
Location: 217 Bluemont Hall, KSU

Food for Fun!

Espresso? Cappuccino? Latte? FF-01

A simple cup of coffee? Not anymore! Come learn how to speak "coffee-ese" and find out the mysteries behind the sudden growth of the coffee culture phenomenon. This class will cover coffee history, types of beans, flavoring, decaffeination, care and handling, grinding, brewing and coffee lingo. We'll sample brewed coffee, espresso, cappuccinos, lattes and yogurt/coffee combinations that you'll make yourself.

Vicki Turner Bieberly (537-1616), is a Manhattan native. She and her husband, John, purchased the I Can't Believe It's Yogurt store in May of '94. They graduated from "Yogurt University" in May and "Coffee College" in August. Coupons will be provided at the class for your newly acquired tastes.

Date: October 24
Time: 7 pm (Tuesday)
Fee: \$8
Location: I Can't Believe It's Yogurt!
705 N 11th

Beginning Cake Decorating FF-02

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 provided 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 (Tuesday)
Fee: \$20
Location: 144 Justin Hall, KSU

Home Beer Making - Brew it at Home FF-03

Brew it at Home video will show you how to brew high quality beer and ale for a fraction of the cost of commercial beer. Learn how yeast produces alcohol and carbonation, how barley is malted and why hops is essential to beer. The instructor will share a batch of his favorite brew.

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 12
Time: 7 pm (Tuesday)
Fee: \$8
Location: UFM Greenhouse

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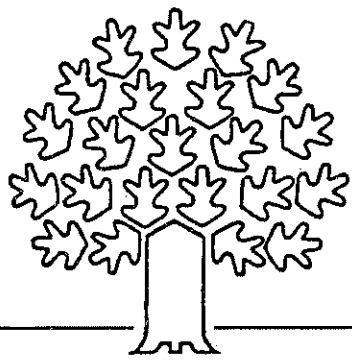
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Personal Development

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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 defensive tactics, but for this class she takes a very practical and feminine approach.

Date: October 7
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. SHARP I is a prerequisite for SHARP II.

Diana Tarver

Date: October 28
Time: 9 - 11 am (Saturday)
Fee: \$15
Location: First Lutheran Church
930 Poyntz

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: September 11, 18, 25 and October 2
Time: 6:55 pm (Monday)
Fee: \$18
Location: UFM Greenhouse

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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), is Professor of Psychology at KSU and has been a student of Zen Buddhism for approximately 20 years, practicing under the direction of Soto masters Daimin Katagiri and Shohaku Okumura. He is affiliated with the Minneapolis Zen Meditation Center.

Date: September 27, October 4 & 11
Time: 7:30 - 9 pm (Wednesday)
Fee: \$13
Location: UFM Conference Room

Retraining the Mind for Inner Peace

SP-05

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 (776-4906), has been seeking inner peace for years! (A Course in Miracles is a self-teaching tool for one's own spiritual transformation.)

Date: October 12 & 19
Time: 7 - 9 pm (Thursday)
Fee: \$10
Location: UFM Multipurpose Room

Self Integration Seminar

SP-06

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 activity to work on the positive integration of these aspects. Please bring a sack lunch and a drink.

Mary Biedler Williams (776-4906), 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: November 4
Time: 10 am - 3 pm (Saturday)
Fee: \$10
Location: UFM Greenhouse

Non-Traditional Students: How Do I Know What I Want to Do?

SP-08

Thinking of returning to school? Already back in school and wondering what you want to do? This workshop will help you clarify what is important to you, and how to prioritize the demands in your life when you consider going to college. It will help you identify your personality type and steps in choosing a career for you. Activities will be fun, informative, and supportive!

Dori Lambert and Joyce Woodford (532-6927), are therapists at University Counseling Services, KSU. They enjoy working with non-traditional students (and prospective students!)

Date: October 7
Time: 9 am - 3:30 pm (Saturday)
Fee: \$30 includes career inventories, booklets, snack & beverage
Location: KSU Union 205

Sack Lunch Theology

SP-09

Enjoy meaningful lunchtime conversation. We will read and discuss Thomas Moore's Care of the Soul: A Guide for Cultivating Depth and Sacredness in Everyday Life. Moore, who lived as a monk in a Catholic order for 12 years, lectures and writes in the area of archetypal psychology, mythology, and the imagination. In Care of the Soul he argues that fulfilling work, rewarding relationships, and personal power are the gifts of the properly tended soul. Using examples from his work as a therapist, he describes several issues from everyday life that offer the opportunity for soul-making. Chapters include "The Economics of Soul," "The Need for Myth, Ritual, and a Spiritual Life," and "The Soul and Power." This group seeks to foster a climate of openness and community where personal opinions and experiences are freely shared. Bring your own lunch. Books will be available for purchase at the first meeting.

Kathy Donley is the Baptist Campus Minister at K-State. She has degrees in psychology and theology and is fascinated by making connections between the two disciplines. She cultivated her soul this summer by tending a plot at the UFM community gardens.

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

Spiritual Study Group-Comparative Prophecy

SP-10

This is an interactive class, so come prepared to participate! We will be looking at prophecies from the end of the 20th century into the 21st century, from Nostradamus, the Bible, Cayce, Scallion, The Celestine Prophecy and more. We live in an exciting time of great change. Come and join us as we explore the possibilities that lay before us and how we can be ready for what is to come! A Ho! Meetings are bi-monthly.

Kathleen Gilligan (537-8568), is an ordained spiritualist minister. She has been teaching spiritual study groups on a variety of subjects for the past 15 years, and she is currently a student at KSU.

Date: September 9, 23, October 7, 21, November 4, 18 & December 9
Time: 7 pm (Saturday)
Fee: \$9
Location: UFM Greenhouse

How to Get Organized without Really Trying?? Just Do It!!

SP-11

Spend a few hours developing proven strategies to help you organize work, family, career, exercise, errands, paperwork and much, much more. We'll develop lists, ideas, and easy skills to help you get organized and stay that way. Participants should bring their personal or family/household calendars with them to classes. Each participant will receive a "50 Timesaving Tips" handout. Bring your biggest project to class with you and we'll start tackling it.

Phyllis Searles (238-5795), is a former public information officer of the Denver Housing Authority. In 1994, she organized her wedding long distance using organizational and time management techniques. She has professional experience organizing special events, household moves and family reunions. Phyllis is currently a military spouse at Fort Riley and working on freelance projects.

Date: September 30
Time: 9 am - 12 noon (Saturday)
Fee: \$18
Location: UFM Conference Room

How to Get Organized without Really Trying?? Just Do It!!

SP-12

Phyllis Searles

Date: October 10 & 12
Time: 7 - 9 pm (Tues & Thurs)
Fee: \$18
Location: UFM Conference Room

The Chinese Tai Chi class is in the WELLNESS section of the catalog on page 21.



PERSONAL DEVELOPMENT (Continued)

Studying the Mystical Qabala

SP-07

This class will involve discussion of concepts basic to the path of spiritual evolution and realization described in the tradition of Qabala, an ancient mystical system. Class will also include guided meditation on the Tree of Life.

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

Date: August 24 - December 7
No Class November 23
Time: 7:30 - 9 pm (Thursday)
Fee: \$28
Location: UFM Greenhouse

Celestine Prophecy

SP-13

This group will explore what the nine insights of the ancient manuscript mean to us and how they can be applied to our lives today.

Cindy Sickler (537-6120), is the spiritual leader of the Unity Church of Manhattan.

Date: September 5 - October 31
Time: 7 pm (Tuesday)
Fee: \$9
Location: ECM Student Center
1021 Denison

UFM catalog on KSU UNICORN system
Look under service units and support programs—page down to University for Mankind.

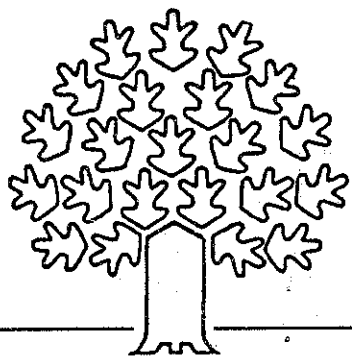
Philosophy of Gurdjieff & Ouspensky

SP-14

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

David Seamon (532-1121) has been active with Gurdjieff's work for 20 years. He has studied with J.G. Bennett, a pupil of both Gurdjieff and Ouspensky.

Date: September 27 - October 25
Time: 7:30 - 9 pm (Wednesday)
Fee: \$18
Location: UFM Multipurpose Room



Wellness

1221 THURSTON

539-8763

Chinese Tai Chi

WE-01

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 Biochemistry 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. Ping has been teaching Tai Chi for UFM since Fall 1992.

Date: August 29 - December 5
Time: 7 pm (Tuesday)
Fee: \$42
Location: Seven Dolors Grade School Gymnasium
306 S Juliette

Chinese Tai Chi

WE-02

Ping Wei

Date: August 31 - December 7
No Class November 23
Time: 7 pm (Thursday)
Fee: \$42
Location: Seven Dolors Grade School Gymnasium
306 S Juliette

Massage for the Individual

WE-04

Learn the basic principles of therapeutic massage that will enable you to relieve muscular aches and pains, tension, and stiffness, as well as create relaxation for you. Participants will learn a self-massage routine that they can adapt to their personal needs. **Participants should bring a blanket and/or pillow and wear loose clothes or shorts and t-shirt.**

Bernice Martin (587-9382), is a graduate of the Downeast School of Massage and is a registered massage therapist in the state of Maine. Her work is primarily Swedish Massage but incorporates aspects of deep tissue work and energy healing.

Date: October 24
Time: 7 - 9 pm (Tuesday)
Fee: \$15
Location: UFM Banquet Room

Introduction to Massage

WE-05

Learn the basic principles of therapeutic massage and the role of massage in maintaining health. Swedish style massage uses long, flowing strokes and is the most common style of massage. Emphasis will be on the neck and back. Participants should wear bathing suits under loose fitting clothes. We will be working in pairs. **Each pair will need a sleeping bag/thick blanket or comforter and 2 flat sheets.**

Bernice Martin
Date: November 28 & December 5
Time: 7 - 9 pm (Tuesday)
Fee: \$26 a couple
Location: UFM Banquet Room

Community First Aid and Safety

WE-03

Be prepared! Know the fundamental principles and skills of first aid, correct CPR techniques for adult and infant victims of cardiac arrest and other respiratory emergencies. This course will provide participants with information to reduce deaths from adult cardiovascular disease and childhood injury by recognizing a life threatening emergency when it does occur, giving the right care and by preventing the situation that leads to the emergency. 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: October 11 & 18
Time: 6:30 - 10:30 pm (Wednesday)
Fee: \$60 includes books and materials
Location: American Red Cross
1014 Poyntz

GRE Preparation Course

do your best on the exam

exam date: October 14

Call UFM, 539-8763, to register.

The Health and Well-Being of Our Families

September 27-29, 1995

K-State Union
Kansas State University
Manhattan, Kansas

A conference for professionals
working with and helping families

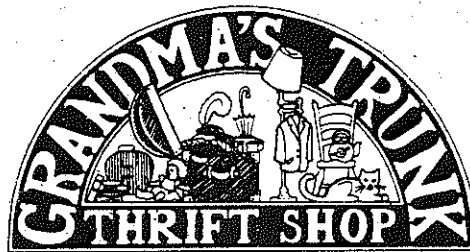
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Continuing Education at 1-800-432-8222.



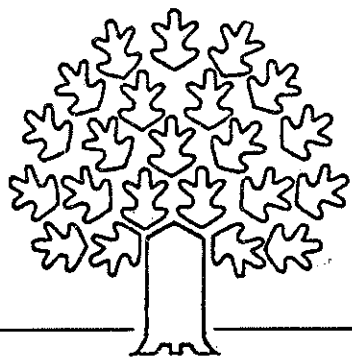
fone

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537-0999

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(913) 537-2273
HOURS: 10 a.m. to 6 p.m. Mon.-Sat.
1/4 mile south of viaduct on 177



Youth

1221 THURSTON

539-8763

Introduction to the Nutcracker Ballet I

YO-01

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: August 30 and September 6
Time: 6 - 6:30 pm (Wednesday)
Fee: \$9
Location: 2416 Rogers Blvd.

Introduction to the Nutcracker Ballet II

YO-02

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: August 30 and September 6
Time: 7 - 7:40 pm (Wednesday)
Fee: \$9
Location: 2416 Rogers Blvd

Introduction to Tap Dancing

YO-03

Children from 4 - 12 years old will be exposed to beginning tap technique. Shuffle Ballchange, Maxiford, Waltz Clog time steps are a few tap steps that will be taught while dancing to exciting music. Tap shoes are not necessary.

Randi Dale
Date: August 30 and September 6
Time: 6:30 - 7 pm (Wednesday)
Fee: \$9
Location: 2416 Rogers Blvd



Parent Teacher Conference Schools's Out Activities

YO-05

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 2
Time: 8 am - 5 pm (Thursday)
Fee: \$14 half day
\$20 full day
Location: Woodrow Wilson School
Juliette and Osage

Parent Teacher Conference School's Out Activities

YO-06

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

Kids on Campus

YO-07

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 2
Time: 8 am - 5 pm (Thursday)
Fee: \$20
Location: Meet at UFM

SCHOOL'S OUT ACTIVITIES

4th-6th graders
FRIDAY, NOVEMBER 3
For information, call UFM, 539-8763.



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Beginning Tae Kwon Do for Youth Ages 4-5

YO-08

Tae Kwon Do is a Korean martial art form which teaches discipline and self confidence at the same time participants are learning new athletic skill and self defense techniques. These classes are designed to introduce young children 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 experienced instructors.

DC Lehman (532-6340) is a first degree black belt in the American Tae Kwon Do Association and is an instructor with the K-State/Manhattan Tae Kwon Do Club. She also has extensive experience in weight training, stretching, and adaptive stretching (for those with physical limitations).

Date: September 5,8,12,15,19 & 22
Time: 6:30 - 7 pm (Tues & Fri)
Fee: \$28
Location: ECM Student Center
1021 Denison

Beginning Tae Kwon Do for Youth Ages 6-8

YO-09

This class is designed for 6-8 year olds or 5 year olds who have taken Tae Kwon Do before.

DC Lehman
Date: October 3,6,10,13,17,20,24 & 27
Time: 6:30 - 7:15 pm (Tues & Fri)
Fee: \$38
Location: ECM Student Center
1021 Denison

Beginning Tae Kwon Do for Youth Ages 9-14

YO-10

This class is designed for youth who are 9 - 14 years old and wanting to develop their martial arts skills. Younger children must have instructor's permission to join this class.

DC Lehman
Date: November 3,7,10,14,17,21,28 & Dec 1
Time: 6:30 - 7:15 pm (Tues & Thurs)
Fee: \$38
Location: ECM Student Center
1021 Denison

SHARP-Self Defense for Pre-Teens

YO-15

This self defense program is adapted from a national program designed specifically for women. The terminology and approach have been "softened" but the focus remains to empower females to better protect themselves and gain confidence in their social environments. There will be discussion dealing with situations from sexual harassment through actual attack. Appropriate for girls 10 - 13

Diana Tarver (823-5315), has been teaching women's self defense classes for 9 years. She has adapted the program for teens and young girls. She is a 3rd degree Black Belt in Tae Kwon Do and has taught police defense tactics, but for this class she takes a very practical approach.

Date: October 7
Time: 1 - 3 pm (Saturday)
Fee: \$10
Location: First Lutheran Church
930 Poyntz

Don't miss the MARTIAL ARTS for adults section on page 7.

HOW CAN I PROTECT MY KIDS FROM THE RISKS OF USING ALCOHOL AND OTHER DRUGS?

CALL THE NE KS REGIONAL PREVENTION CENTER!
587-4372



Regional Prevention Center sponsored by Pawnee Mental Health and "Toward A Drug-Free Kansas"



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.



YOUTH (Continued)

Music for Children

YO-11

This is a music course specially designed for young children ages 4-6. Classes meet once a week for 50 minutes. In small groups of four to six students, we will dance, march and move to music; play rhythm and singing games; listen to children's classics, and much more. Pleasant structured musical experiences will develop continuing interest in music, and they stimulate listening, intellectual growth as well as develop better language skills. No particular aptitude is necessary to qualify for lessons! The purpose of early-level study is not primarily to foster genius or talent, but rather to bring music into as many lives as possible.

S. Sibylle Kuder (258-2470), operates an independent piano studio and has taught students of pre-school through adult ages. As the mother of two young children, she has developed a special interest in teaching music to children ages 4-6. She received her music degree in Germany and is currently enrolled in the Graduate Music Program at K-State.

Date: August 29 - December 5
No class November 21
Time: 10 - 10:50 am (Tuesday)
Fee: \$90
Location: 618 Osage

Music for Children

YO-12

S. Sibylle Kuder

Date: August 30 - December 6
No class November 22
Time: 1:30 - 2:20 pm (Wednesday)
Fee: \$90
Location: 618 Osage

Music for Children

YO-13

S. Sibylle Kuder

Date: August 31 - December 7
No class November 23
Time: 5:30 - 6:20 pm (Thursday)
Fee: \$90
Location: 618 Osage

Cutting Paper Snowflakes

YO-04

It's easy and fun to cut eye-catching, artistic, dramatic snowflakes in a variety of styles. Numerous examples will be displayed, various designs will be cut, and original creations shared. For ages 8 to 80. (Children 8 - 9 years old 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 4
Time: 9 am - noon (Saturday)
Fee: \$7
Location: 217 Bluemont Hall, KSU

TENNIS ** TENNIS ** TENNIS

Tennis classes for Youth...
See the RECREATION section.

UFM catalog on KSU UNICORN system

Look under service units and support programs - page down to University for Mankind.

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Children's Morning Playgroup

YO-14

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. This is an ongoing group which can be joined at any time.

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

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

Tumbling Tots

YO-16

Children ages 3 to 5 are in a very active growing stage. In this tumbling class participants will develop strength, flexibility, and coordination in a fun atmosphere. The class meets 45 minutes once a week.

Dan Brown (539-3613), has had 10 years of gymnastics coaching experience, is Safety certified by USA Gymnastics, and is a certified instructor of USA Gymnastics Professional Development Program.

Date: September 13 - October 18
Time: 6 pm (Wednesday)
Fee: \$32
Location: Manhattan Gymnastics Center 2305 SkyVue Lane

Tumbling Tots

YO-17

Dan Brown

Date: October 25 - November 29
Time: 6 pm (Wednesday)
Fee: \$32
Location: Manhattan Gymnastics Center 2305 SkyVue Ln

SCHOLARSHIPS for YOUTH

Apply at UFM, 1221 Thurston
539-8763

PARENTS UNIVERSITY

COMING: October 14, 1995
9 a.m. - 3 p.m.

Manhattan Middle School
9th & Poyntz Ave.

A day for parents and children of all ages to learn together:

- * Featuring Keynote Speaker: Ron Willis
- * Educational Workshops on Parents' Issues
- * Showcase of Community Resources
- * Children's Activities and Child Care
- * Lunch and Snacks

Questions? Phone 537-6350 for Information.

Sponsored by: Coalition of Parent Educators (COPE)
Riley County Cooperative Extension Service
Kansas Health and Safety Extension Corps

Preschool Dance

YO-18

This is a fun pre-ballet class for children aged 3 to 5. The class meets once a week for 45 minutes.

LaShawna Harrison (539-3613), has been involved in dance for 15 years. She has three years experience as a teaching assistant and three years as a dance instructor.

Date: September 11 - October 16
Time: 6 pm (Monday)
Fee: \$32
Location: Manhattan Gymnastics Center 2305 SkyVue Lane

Preschool Dance

YO-19

LaShawna Harrison

Date: October 23 - November 27
Time: 6 pm (Monday)
Fee: \$32
Location: Manhattan Gymnastics Center 2305 SkyVue Lane

Beginning Dance

YO-20

Beginning dancers will learn a combination of ballet and jazz dance while they improve their coordination and balance. In this class the child must be 6 years old or must have the instructor's permission. The class will meet for 45 minutes once a week.

LaShawna Harrison

Date: September 13 - October 18
Time: 6 pm (Wednesday)
Fee: \$32
Location: Manhattan Gymnastics Center 2305 SkyVue Lane

Beginning Dance

YO-21

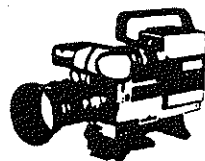
LaShawna Harrison

Date: October 25 - November 29
Time: 6 pm (Wednesday)
Fee: \$32
Location: Manhattan Gymnastics Center 2305 SkyVue Lane

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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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.



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

Youth Scholarships are available.

This catalog printed on recycled paper

FOR A FRIEND...

UFM 1221 THURSTON 539-8763
 Manhattan, KS 66502

UFM 1221 THURSTON 539-8763
 Manhattan, KS 66502

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	Date	Staff	Amount	Total Paid
			Check _____	
Date Received			Cash _____	
Entered				Date _____
Computer				

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

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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.

Signature** _____ Date _____

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Office Use Only	Date	Staff	Amount	Total Paid
			Check _____	
Date Received			Cash _____	
Entered				Date _____
Computer				