



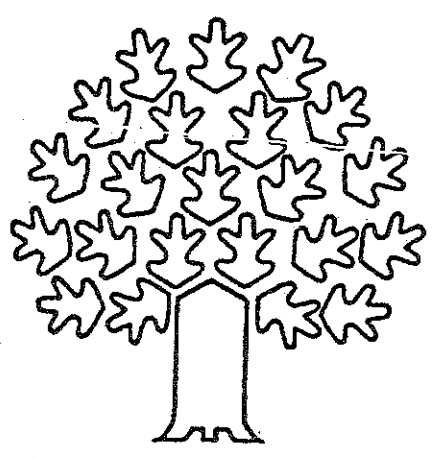
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1996
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(AUGUST-DECEMBER)

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How to Get Organized without Really Trying • Parent Teacher Conference School's Out Activities • Kids on

What is UFM?

UFM is a multi-faceted community education and resource program serving K-State, Manhattan and the surrounding area. UFM is dedicated to providing opportunities for life-long learning and self-development in ways that enrich the quality of our lives.

UFM is best known for our leisure learning classes represented in this catalog. Over 200 classes in a variety of subject areas are presented each semester for your review and participation. UFM also sponsors the Lou Douglas Lecture Series, hosts the Manhattan Community Garden and assists other Kansas towns in starting their own community education programs.

The Clay Coalition and Arts Council classes, listed in the center of the catalog, are an example of UFM's commitment to cooperation with other organizations. The Clay Coalition and Arts Council organize the classes and UFM serves as the registrar. UFM works with the Manhattan Emergency Shelter and the Crisis Center to provide life skills and literacy improvement to homeless families. We have partnered with the Flint Hills Breadbasket to create the SHARE youth leadership project. This semester we are cooperating with the Manhattan Chamber of Commerce in offering their Second Annual Seminar Series.

UFM is the concept of lifelong learning in action, making connections among those who want to share ideas and learn together—all for the joy of gaining new ideas, making new friends, and improving our community.

UFM Staff: Executive Director - Linda Inlow Teener
 Education Coordinator - Charlene Brownson
 Learn to Swim Coordinator - Andrea Lowe
 State Outreach Coordinator - Anita Madison
 Lou Douglas Lecture Coordinator - Victoria Choitz
 Family Literacy Coordinator - Michael Cody
 Office Coordinator - Rhonda Smartt

UFM is always looking for new ideas and new projects. Let us hear from you!

WHERE WE'RE LOCATED



UFM

1221 Thurston

KSU
Campus

Bertrand St.

Thurston St.

Kearney St.

Vattier St.

Bluemont Ave.

Anderson Ave.

Manhattan Ave.

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Classes

| | | | |
|--|-------|---|-------|
| Aquatics | 4-6 | Recreation and Dance | 10-11 |
| *Red Cross Learn to Swim | | *Golf *Tennis *Ballroom Dance | |
| *Fitness Swimming <i>and more</i> | | *Fencing <i>and more</i> | |
| Business & Professional | 7-8 | Earth, Nature & Environment .. | 17 |
| *Successful Money Management <i>and more</i> | | *Gardening *Fly Tying | |
| Creative FreeTime | 21-23 | *Field Trips <i>and more</i> | |
| *Calligraphy *Foods *Crafts <i>and more</i> | | Personal Development ... | 18-20 |
| Computer | 8 | *Self Defense for Women | |
| *"User Friendly" classes | | *Personal Growth | |
| Languages | 9 | *Lou Douglas Series <i>and more</i> | |
| *Czech *Sign Language *Chinese | | Wellness | 24-25 |
| *ESL *Russian | | *Tai Chi *Massage | |
| Martial Arts | 12 | *Stress Management <i>and more</i> | |
| *Wide variety of classes | | Youth | 26-27 |
| Arts Center Classes | 13-16 | *Dance * Martial Arts | |
| * Make It in Clay *Drama Workshop | | *Self Defense for Preteens *Study Skills | |
| *Visual Arts | | *School's Out Activities <i>and more</i> | |

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, as regards admissions, educational programs or activities, and employment, all as required by applicable laws and regulations.

UFM provides a neutral site to discuss community issues and 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.

About UFM Classes:

UFM adheres to the philosophy that anyone can teach and anyone can learn. We rely on the credentials provided by instructors, class observation and participant feedback as tools for evaluating a class and an instructor's abilities.

UFM classes are not a forum for selling a product or service from which the instructor might benefit. Materials specifically oriented to an instructor's financial interests are not to be distributed in class. Participants who wish to pursue a relationship with an instructor outside class time do so on their own responsibility. Please share any concerns you may have about class material or an instructor by calling Charlene at 539-8763.

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MANHATTAN/K-STATE

587-0103

STUDIO LINE

776-1035

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238-1035

CONCERT INFO

587-0000

Current Hits ~ Classic Favorites

UFM INSTRUCTORS

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Michael Bennett
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Steve Brown
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Michael Cody
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Mark Tessendorf
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Anita Van Nevel
Eric Van Nevel
Ping Wei
Harold Wellmeier
Annette White
Jeff Wilson
Stan Wilson



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 will be held every Wednesday afternoon, 1-3 p.m. at the First Presbyterian Church, 801 Leavenworth, Manhattan. Free child care for infants, toddlers and kindergartners is provided. No reservations are needed. Dress is casual and newcomers are always welcome!

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

BABYSITTING CO-OP

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

SPECIAL PARENTING CLASS

Developing Capable People, a parent education series of nine weekly classes will be offered this fall. For exact dates and more details, contact Carol. Childcare is provided for these classes. Registration is required.

TRANSPORTATION

Transportation to Wednesday meetings, 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

The following dates and locations have been scheduled to make registering for a UFM class even easier.

| DATE | TIME | LOCATION |
|----------------|--------------|--------------------------|
| August 22 Th | 5pm - 6:30pm | Manhattan Public Library |
| August 26 Mon | 10am - 2pm | KSU Union |
| August 27 Tues | 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 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 their patronage of our advertisers!

HANDICAPPED ACCESSIBLE



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

UFM Wish List

- Upholstry fabric
- Couch and Chair
- Office Chairs
- Meeting Room Chairs

Volunteers to help with:

- Gardening
- Rebuilding the cold frame
- General Building Maintenance
- Office Work

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.

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.

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.

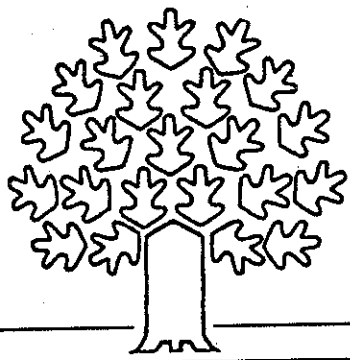
Withdrawals: A student may withdraw from a credit option class by written request prior to the completion of one-third of the scheduled class meetings without a grade being recorded on the student's transcript. If a student withdraws after one-third, but before two-thirds of the scheduled class meetings,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

ANSWERING MACHINE

You can leave a message or receive current UFM information, between 5:00 pm and 8:30 am, by calling 539-8763.
You can E-Mail UFM at ufm@ksu.edu

USE REGISTRATION FORM on the back cover.





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: Wednesday, Sept. 25; Thursday, Sept. 26; Wednesday, Nov. 13; Tuesday, Nov. 19; Saturday, Oct. 26. 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

Learn to Swim classes

| | | |
|-------------------|-------------------------------|------------------|
| Session A: | Mon, Wed | Sept 9 - Oct 16 |
| | Tue, Thur | Sept 10 - Oct 17 |
| Session B: | Mon, Wed | Oct 28 - Dec 9 |
| | Tue, Thur | Oct 29 - Dec 12 |
| | No classes Oct 31, Nov 27, 28 | |
| Session C: | Saturday | Sept 7 - Dec 7 |
| | No classes Oct 19 and Nov 30 | |

Youth Scholarships are available through the YES! fund.



Oak Grove School is a secular, nonprofit school for children between the ages of 3-10 years. We offer an innovative option to traditional education.

Oak Grove School encourages and assists children in their quest for knowledge. Subjects are taught the way children learn best - by doing.

Low student-teacher ratio, flexible scheduling, affordable tuition. For more information, call Oak Grove School at 537-2349 or Shawn Bunch at 494-2830.

Summer program available

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 9 - September 25

Session B: Tues/Thurs October 29 - November 19
No Class: Oct 31

Session C: Saturday September 7 - October 12

Session A: (See dates above)
AQ-01A Mon/Wed 6:10 - 6:40 pm

Session B: (See dates above)

AQ-02B Tues/Thurs 6:10 - 6:40 pm
Session C: (See dates above)
AQ-01C Saturday 10:00 - 10:30 am
Fee: \$16.00 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: Tues/Thurs September 10 - September 26

Session B: Mon/Wed October 28 - November 13

Session C: Saturday October 26 - December 7
No Classes: Saturday, November 30

Session A: (See dates above)
AQ-03A Tues/Thurs 6:10 - 6:40 pm
Session B: (See dates above)
AQ-03B Mon/Wed 6:10 - 6:40 pm
Session C: (See dates above)
AQ-03C Saturday 10:00 - 10:30 am
Fee: \$16.00 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 9:30 - 10:10 am
AQ-06C Saturday 10:20 - 11:00 am
Fee: \$38 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 9:30 - 10:10 am
AQ-10C Saturday 10:20 - 11:00 am
Fee: \$38 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 9:30 - 10:10 am
AQ-14C Saturday 10:20 - 11:00 am
Fee: \$38 per session

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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* 9:30 - 10:10 am
 AQ-18C *Saturday* 10:20 - 11:00 am
 Fee: \$38 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* 9:30 - 10:10 am
 AQ-22C *Saturday* 10:20 - 11:00 am
 Fee: \$38 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* 9:30 - 10:10 am
 AQ-24C *Saturday* 10:20 - 11:00 am
 Fee: \$38 per session

Lap Swimming 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 Lap Swimming at a special price. This class 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* 9:30 - 11:00 am
 Fee: \$16 per session

Level VII: Advanced Skills

The objective of Level VII is to develop 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* 9:30 - 10:10 am
 AQ-26C *Saturday* 10:20 - 11:00 am
 Fee: \$38 per session

Adult Swim Lessons

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

- Session A: (See dates above)**
 AQ-27A *Mon/Wed* 6:50 - 7:30 pm
 AQ-28A *Tues/Thurs* 6:05 - 6:45 pm
Session B: (See dates above)
 AQ-27B *Mon/Wed* 6:50 - 7:30 pm
 AQ-28B *Tues/Thurs* 6:50 - 7:30 pm
 Fee: \$38

Lap Swimming Ages 13 plus

Lap Swimming 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* 9:30 - 11:00 am
 Fee: \$21 per session

E mail address: ufm@ksu.ksu.edu

Watch
UFM COMMUNITY FOCUS
 — Hosted by Linda Teener —
 Featuring UFM classes
 and community activities
CHANNEL 19
TUESDAYS AT 6:00 PM
WEDNESDAYS AT 5:30 PM
 See the Channel 19 program listing
 in The Manhattan Mercury TV Preview
 for the weekly topic.

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
Session C: (See dates above)
 AQ-31C *Saturdays* 10:05 - 11:00 am
 Fee: \$19 per session

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: \$42 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: \$42.00 per session

Community Water Safety AQ-72

The water can provide opportunity for a lifetime of fitness and fun especially if you know how to recognize and prevent aquatic emergencies, understand what to do in an aquatic emergency and understand self-help skills for aquatic emergencies. It is appropriate for anyone who has the ability to swim at level IV. If you have completed level VII, this class will challenge your aquatic skills and prepare you for Lifeguard Training. This is a perfect Scout badge opportunity! You will receive American Red Cross Certification.

Jason Hampl

Date: *Oct 26 (Saturday)*
 Time: 9 am - 1 pm
 Fee: \$15
Textbooks must be paid and picked up at American Red Cross for \$9.40
 Location: *KSU Natatorium*

Safety Awareness Classes for Youth
 is offered in the Youth section

Charlson and Wilson
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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 6 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 7 - October 12
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: October 6
Time: 3 - 7 pm (Sunday)
Fee: \$52 includes equipment rental
Location: KSU Natatorium

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 16 years. They are both Certified Red Cross Kayak Instructors. T.J. is also certified as an Instructor Trainer.

Date: November 3
Time: 9 am - 1 pm (Sunday)
Fee: \$10
Location: KSU Natatorium

Kayak Workshop

AQ-38

T.J. Hittle and Rex Replogle

Date: November 10
Time: 9 am - 1 pm (Sunday)
Fee: \$10
Location: KSU Natatorium

Kayak Workshop

AQ-39

T.J. Hittle and Rex Replogle

Date: November 17
Time: 9 am - 1 pm (Sunday)
Fee: \$10
Location: KSU Natatorium

Introduction to Tandem Canoeing

AQ-43

This class will cover canoe trip planning, safety on the water, equipment and tandem canoe paddling strokes.

Mick O'Shea (539-2279), is qualified as an ACA (American Canoe Association) canoe instructor, as a Red Cross canoeing instructor and has been teaching canoeing for 8 years. He is also a member of the Kansas Canoe Association.

Date: Sept 22 and 29 (Sunday)
Time: 9 am - 1 pm
Fee: \$35 includes book and rental of canoe
Location: KSU Natatorium

Introduction to Competitive Swimming

AQ-44

This class will feature an introduction to the 4 competitive strokes: Butterfly, Backstroke, Breaststroke, and Freestyle. Progressive swim drills for each stroke will be taught. The goal of learning to swim efficiently will be the major objective.

Taught by current and former Manhattan Marlin swimmers, coaches, and UFM staff.

Date: Sept 9 - Oct 16 (Mon/Wed)
Time: 6 - 6:40 pm
Fee: \$38
Location: KSU Natatorium

Self-Defense for Pre-teens Youth section

Can you find the UFM class that is NOT a real class? If you can find the "fake class", you can get \$1 off one UFM class in this catalog.

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 27 - December 10
Time: 8:30 am (Tues & Thurs)
Fee: \$69 noncredit \$118 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 26 - November 4
Time: 8:30 am (Mon, Wed & Fri)
Fee: \$69 non credit \$118 credit *
Location: KSU Natatorium

Fitness Swimming

AQ-42

* One hour optional KSU credit available

Carol Stites

Date: August 27 - December 10
Time: 2:30 - 3:30 pm (Tues/Thurs)
Fee: \$69 non credit \$118 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.

Kids Night Out Swim Program

AQ-45

UFM has reserved Friday evenings in October as Open Youth Swim for ages 10 and up. Practice what you have learned in lessons or just have fun. UFM will provide lifeguards. You must register in advance so we can plan adequate lifeguards.

Date: Oct 4, 11, 18 and 25
Time: 6 - 7:30 pm (Friday)
Fee: \$10
Location: KSU Natatorium

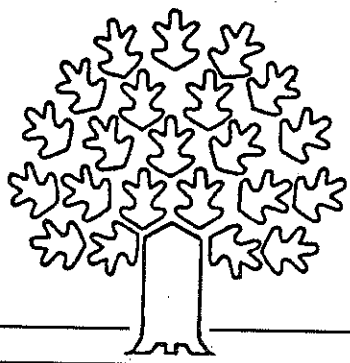
Family Swim Nights

AQ-46

Take a break from the ordinary dreariness of November. Bring the family out for a refreshing evening of swimming. Friday evenings in November are Open Family swim times. UFM will provide lifeguards. Practice what you have learned in lessons or just relax for a while. You must register in advance so we can plan for adequate lifeguards.

Date: Nov 3, 10, 17, and 24
Time: 5 - 7 pm (Sunday)
Fee: \$10/individual/\$16 couple \$20 Family
Location: KSU Natatorium

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Business & Professional

1221 THURSTON

539-8763

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 10 (Tuesday)
Time: 7 - 9 pm
Fee: \$9 individual/\$14 couple
Location: Waddell & Reed Conference Room
555 Poyntz Avenue, Suite 280

GRE Preparation Course

BP-02

Planning to take the Graduate Record Exam? Take advantage of our GRE preparation program to help improve your score. This comprehensive, up-to-date program offers you three basic ingredients for success: review, strategy, and practice. The carefully designed curriculum consists of both classroom and home study hours. Analysis and review consist of the three GRE subject area of Math, Logic and Verbal skills. You will be tested under emulated GRE conditions in order to gain test-taking practice and confidence. The practice tests will be analyzed so you can learn the reasons behind the correct answers. Registration includes all in class and at home study materials. **Registration deadline: August 23**

Jason Coleman has 2 years experience as a GRE instructor with a B.A. in Psychology.

Date: Sept 3,5,10,12,17,19,24,26,Oct 1,3,5,8,10
Time: 7 - 9 pm (Tues & Thurs)
8 am - noon (Saturday, Oct 5)
Fee: \$210
Location: 120 Cardwell Hall, KSU (Tues & Thurs)
101 Cardwell Hall, KSU (Saturday)

Ghostbusters III

BP-06

Don't be afraid of NO ghost! Learn how they can be neutronized. Is something strange in your neighborhood? Topics covered include: particle reversal, entrapment and the dangers of crossing the streams.

Mr. Louis Tully is a certified ghostbuster and the Director of the Riley County Ghostbuster Society.

Date: Sept 31 (Tuesday)
Time: 7 pm
Fee: \$8.99
Location: UFM House (4th floor)
all proceeds will go to UFM Ghostbuster Fund.

Transition from College to Workplace

BP-09

This class focuses on starting your first job after college. We will concentrate on common workplace protocols and etiquette, and overcoming first-job problems. Creating a favorable first impression for potential employers will also be discussed.

Joyce Brite (537-7027), has worked for over 25 years in a variety of settings and has been on both sides of the job search.

Date: Oct 9 (Wednesday)
Time: 7 pm
Fee: \$8
Location: UFM Fireplace Room

Women and Money

BP-03

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: Vicki Buening, Sherry McCroy, Dr. Pam Turner, Amy Hill, Cindy Peterson, and small group facilitators.

Date: Oct 8 - Nov 19 (Tuesday)
Time: 6 - 8 pm
Fee: \$30 includes workbooks and handouts
\$25 (if registered before September 10)
Location: First Lutheran Church (Basement)
930 Poyntz Avenue, Manhattan

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

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Living Trust

BP-04

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

Mark Knackendoffel (537-7200), is President and Senior Trust Officer of The Trust Company of Manhattan. He graduated from the University of Kansas with degrees of M.B.A. and J.D. He is a member of the Riley County Bar Association and has over 13 years of estate planning, trust, and investment experience.

Date: September 16 (Monday)
Time: 7 - 9 pm
Fee: \$9 individual/\$14 couple
Location: 330 Poyntz Avenue

Principles of Investing

BP-10

This class begins with the very basics of finance, including examining some of the most common reasons people fail to meet their investment goals, money management tips that can help make sure you don't fall into those traps and rules every investor should know and follow. We will discuss many of the investments available today, including certificates of deposit, bonds, mutual funds, annuities, and more.

Jayson Kaus (539-6777), is a Manhattan native, a Creighton University graduate, and has been an Investment Representative with Edward D Jones & Co. for 4 years.

Date: Aug 29, Sept 5, and 12
Time: 7 - 9 pm (Thursday)
Fee: \$14 individual
\$20 couple
Location: UFM Multipurpose Room

Principles of Investing

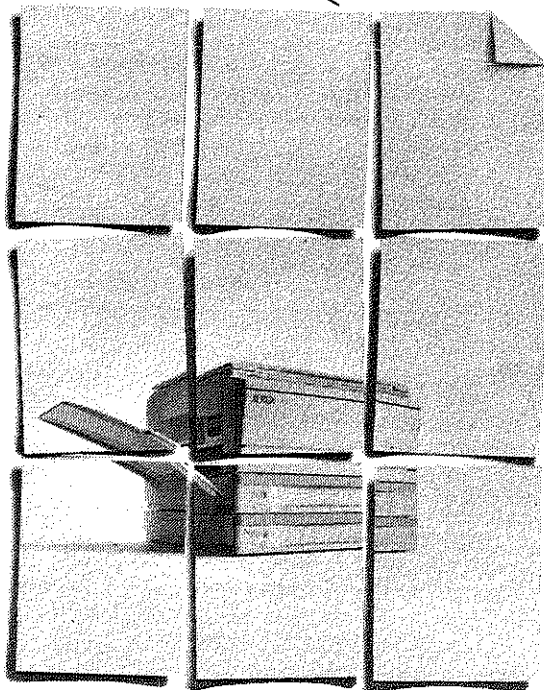
BP-11

Jayson Kaus

Date: Nov 7, 14, and 21
Time: 7 - 9 pm (Thursday)
Fee: \$14 individual
\$20 couple
Location: UFM Multipurpose Room

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All participants must register in advance.





Second Annual Chamber of Commerce Education Series

Total Quality Management (TQM) BP-06

Quality products and satisfied customers are goals every business, large or small, strives for. This workshop is designed to introduce participants to the concept of Total Quality Management. Learn how to assess customer service and maximize customer satisfaction to enhance your own business efforts.

Dennis Krumwiede is an Instructor at KSU, teaching Operations Management and Total Quality Management.

Date: Sept 19 (Thursday)
Time: 2 - 4 pm
Fee: \$20 Chamber members
\$35 non-Chamber members
Location: Ramada Inn
17th and Anderson Avenue

Stress Management BP-07

Stress is an acknowledged element of life, one that we can consciously manage toward enhancement of our professional and personal development. This seminar will provide strategies and techniques to identify your sources and origins of stress, the effects of this stress in your life and the tools to manage, reduce and channel the stress. Productivity and profitability are increased in organizations that manage, rather than ignore stress. Stress may originate internally or externally affecting our lives and those with whom we work and interact. Identified stress may be channeled and reduced through simple, but powerful actions that become part of our daily routine. Rather than just minimize stress, you can actively, successfully manage stress for your benefit. This seminar provides insight and actions that are applicable to individuals, business owners, employers, managers, and supervisors.

Clifford D. Kirk is a national business seminar and workshop trainer, consultant and co-founder of Leadership Solutions, based in Manhattan. He brings over 20 years of leadership, management experience and training to the workshops and seminars.

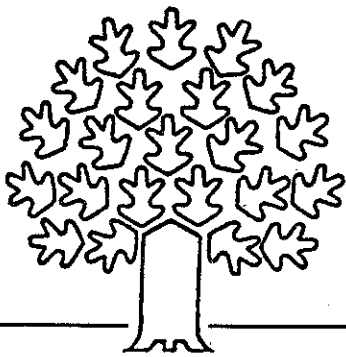
Date: Oct 17 (Thursday)
Time: 9 - Noon
Fee: \$25 Chamber members
\$45 non-Chamber members
Location: Ramada Inn
17th and Anderson Avenue

Conflict Management for Managers and Supervisors BP-08

If you are like most managers, a big part of your job is dealing with conflict - between employees, between customers and the organization, and sometimes between you and employees. In this workshop you will learn how to assess a situation to decide which conflict management technique to use and how to implement that technique in a way that benefits all parties. The ability to diffuse anger and to mediate conflicts between others will be a significant enhancement to your supervisory skills.

Angela G. Hayes is a KSU graduate with degrees in Psychology and Industrial/Organizational Psychology. She has a certification in Mediation from the Center for Dispute Resolution in Boulder, CO and has completed a Chancellor's Certificate in School-based Conflict Resolution from the University of Missouri in St. Louis Conflict Resolution program. Angela is a frequent speaker and conflict resolution is her most requested subject.

Date: Nov 13 (Wednesday)
Time: 9 am - Noon
Fee: \$25 Chamber members
\$45 non-Chamber members
Location: Ramada Inn
17th and Anderson Avenue



Computer

1221 THURSTON 539-8763

Advanced WordPerfect CP-02

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 and other specialized activities. Activities can be specialized to participant needs and interests. 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: Oct 22, 29 and Nov 5 (Tuesday)
Time: 3 - 5 pm
Fee: \$44
Location: UFM Computer Lab

Beginning WordPerfect 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 multiple documents at once. Reveal Codes, Spell Check, Repeat and other special features will be included. Available for 5.1, DOS 6 and Windows 6 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: Oct 1 and 8 (Tuesday)
Time: 3 - 5 pm
Fee: \$26
Location: UFM Computer Lab

Individual Computer Help CP-03

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

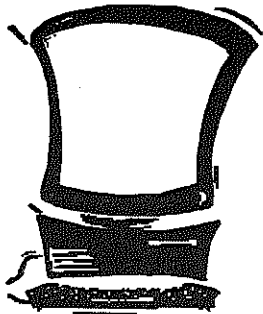
On-site small group computer instruction for your employees. Call UFM 539-8763 to schedule.

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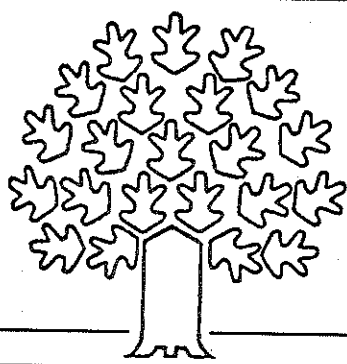
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Language

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539-8763

Beginning Russian

LA-01

This class is an introduction to Russian. The objectives are: to learn how to express simple questions and give simple answers, to learn how to read Russian, to learn Russian culture, and to make people feel more comfortable and happier if they happen to visit Russia.

Liuba Ramm graduated from the Department of Modern Languages at Izkouts University and taught foreign languages for many years in Russia at different levels. She taught Russian at Fort Riley to soldiers and has volunteered for several years at UFM.

Date: Sept 9 - Oct 14 (Monday)
Time: 7 - 8:30 pm
Fee: \$27
Location: UFM Multipurpose Room

Beginning Russian

LA-02

Irina Khramatova graduated from Moscow State University in Russia. She received her Ph.D in Education from KSU. She enjoys sharing her knowledge and skills. She also enjoys communicating with people. She taught Russian for several years at UFM.

Date: Oct 21 - Nov 25 (Monday)
Time: 7 - 8:30 pm
Fee: \$27
Location: UFM Multipurpose Room

Beginning Conversational Chinese

LA-06

Do you want to learn the language of 1/4 of the world's population and the language which is a source of East Asia's rich cultural tradition? Then, try this course. Using the text and tape for **Chinese -- A Complete Course for Beginners**, this will introduce Chinese pronunciation, grammar, and conversation. Chinese pronunciation and writing will first be introduced in pinyin, the Mainland China romanization system of the language. Additionally students will learn how to write and read characters as the course progresses. Approximately half the text will be covered in the course.

Cecelyn M.N. Marinescu (537-1079), holds an M.A. in Asian Studies from U.C. Berkeley, has studied in Taiwan and Mainland China, and presently is a Ph.D. student in the Department of History at KSU.

Date: Sept 10 - Nov 26 (Tuesday)
Time: 7 - 8:30 pm
Fee: \$62.50
Location: Eisenhower Hall 12, KSU

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Beginning Czech Language

LA-04

This class will introduce students to the Czech language, at a pace comparable to the first semester of a formal language course. Up to three hours of academic credit may be available by examination at additional cost. **Initial meeting: Monday, September 9, 6:30 pm.** Subsequent class sessions (probably forty-five one-hour sessions) will be scheduled to meet the convenience of the students and instructor.

The 45 hour course will be taught by one of the Czech exchange students from Charles University or Czech Technical University. Arrangements are being coordinated by William Richter and Barry Michie of the KSU Office of International Programs.

Date: Sept 9 (Monday)
Time: 6:30 pm
Fee: \$190
Location: Eisenhower Hall 16, KSU

Survival Skills in Czech

LA-05

Basic structure, correct pronunciation, and common Czech phrases. The focus will be on commonly used language helpful for travel in the Czech Republic. One hour of academic credit may be available by examination at additional cost.

Initial meeting: Monday, September 9, 6:30 pm. Subsequent class sessions (probably fifteen one-hour sessions) will be scheduled to meet the convenience of the students and instructor.

Czech exchange students.

Date: Sept 9 (Monday)
Time: 6:30 pm
Fee: \$62.50
Location: Eisenhower Hall 16, KSU

Beginning Sign Language

LA-03

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: Aug 28 - Oct 9
Time: 7 - 8 pm (Wednesday)
Fee: \$48 includes book
Location: 149 Justin Hall, KSU

English as a Second Language I

LA-07

This conversational English course is for non-native speaking participants who would like to expand their knowledge of "Survival" English. The course will include exercises in conversational skills, pronunciation, spelling, and grammar. Class participation is a must.

Garrett Martin has tutored Arabic and Chinese speaking students in English. His degree is in History and he enjoys teaching English to foreign speaking students.

Date: Sept 3 - Oct 17 (Tues/Thurs)
Time: 7 - 8 pm
Fee: \$49.50
Location: Justin Hall 341, KSU

English as a Second Language II

LA-08

If you are ready to continue English as a Second Language I or are already fluent with English in its every day usage, this class is for you. The emphasis of the class will be reading, writing, vocabulary, grammar, and speaking. The class will also concentrate on the use of idiomatic expressions in the English language.

Garrett Martin

Date: Oct 22 - Dec 10 (Tues/Thurs)
(No class Nov 28)
Time: 7 - 8 pm
Fee: \$49.50
Location: Justin Hall 341, KSU

TAKE A PEEK AT THE PAST

(All visits - including peeks, looks & stares - are free.)

Riley County Historical Museum

2309 Claflin

- Exhibits of Riley County History - pioneer days to the present
- Research library by appointment
- Educational programs
- Speakers' bureau

8:30-5:00 Tuesday-Friday
2:00-5:00 Saturday-Sunday

Goodnow House Museum

2301 Claflin

- Home of Isaac Goodnow
- Free state advocate
- Educator (common school to college)
- KSU and Manhattan founder
- Call 565-6490 for Hours
- A State Historic Site

Wolf House Museum

630 Fremont

- 1868 stone house served as a boarding house and private home
- Furnished with period antiques
- Special exhibits

1:00-5:00 Saturday
2:00-5:00 Sunday
and by appointment

Pioneer Log Cabin

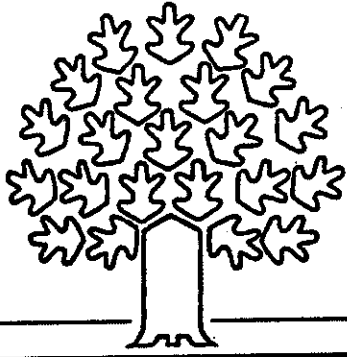
Manhattan City Park

- Walnut log cabin built in 1916
 - Pioneer home and tool exhibit
- Open April-October
Sunday 2:00-5:00
and by appointment

For more information, call 565-6490

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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: Aug 29, Sept 5, 12, and 19
Time: 6 - 7 pm (Thursday)
Fee: \$33
Location: Stagg Hill Golf Club
4441 Fort Riley Blvd

Introduction to Golf

RH-02

Jim Gregory

Date: Sept 26, Oct 3, 10, and 17
Time: 6 - 7 pm (Thursday)
Fee: \$33
Location: Stagg Hill Golf Club
4441 Fort 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: Aug 27 - Oct 15 (Tuesday)
Time: 5:30 - 7:30 pm
Fee: \$90 non-credit
\$125 credit
Location: Stagg Hill Golf Club
4441 Fort Riley Blvd.

Golf

RH-04

Jim Gregory

Date: Aug 29 - Oct 17 (Thursday)
Time: 9:30 am - 11:30 am
Fee: \$90 non-credit
\$125 credit
Location: Stagg Hill Golf Club
4441 Fort Riley Blvd.

Golf

RH-05

Jim Gregory

Date: Aug 28 - Oct 16 (Wednesday)
Time: 5:30 - 7:30 pm
Fee: \$90 non-credit
\$125 credit
Location: Stagg Hill Golf Club
4441 Fort Riley Blvd.

Fencing

RH-12

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

Mike Milleson (238-7696), has been fencing since 1989. He has been competing and coaching for 4 years. He is a competitive member of the United States Fencing Association. Mike attended the USFA Coaches College at the University of North Carolina in the summer of 1991. He is an "E" rated epeeist and took 2nd place in both the Jayhawk Open and the Little Apple Open. Mike and the other club members compete in a 5 state area.

Date: Sept 4 - Oct 23 (Wednesday)
Time: 7 - 9 pm
Fee: \$52
Location: Ahearn Fieldhouse

Tennis: Junior Beginners Ages 7 - 16

RH-09

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: Sept 9, 16, 23, and 30 (Monday)
Time: 6:30 pm
Fee: \$36
Location: L.P. Washburn Rec Complex, KSU

Tennis: Beginners Ages 17 and Up

RH-10

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

Mark Tessendorf

Date: Sept 9, 16, 23, and 30 (Monday)
Time: 7:30 pm
Fee: \$36
Location: L.P. Washburn Rec Complex, KSU

Tennis: Intermediate Ages 17 and Up

RH-11

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

Mark Tessendorf

Date: Sept 9, 16, 23, and 30 (Monday)
Time: 8:30 pm
Fee: \$41
Location: L.P. Washburn Rec Complex, KSU

Aerobic Instructor Training Course

RH-17

Information will be provided and classes will be presented as to prepare the participants for Aerobic Certification through AFAA, ACE, or ACSM. The essentials of aerobic exercise such as Anatomy and Physiology, Body Composition, General Nutritional Needs, and Class Design and more will be covered. Fee includes training booklet.

Kim Davis (532-0704), has a B.A. in Exercise Science from Texas Lutheran College. She has been certified with AFAA since 1992. She is a second year GTA at KSU Department of Kinesiology. She is currently working on her Masters of Science in Exercise Physiology.

Date: Sept 3 - Nov 19 (Tuesday)
Time: 7 - 8:30 pm
Fee: \$60
Location: Ahearn Fieldhouse, Room 4

Can you find the UFM class that is NOT a real class? If you can find the "fake class", you can get \$1 off one UFM class in this catalog.

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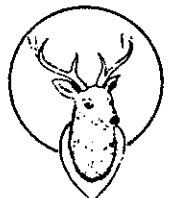

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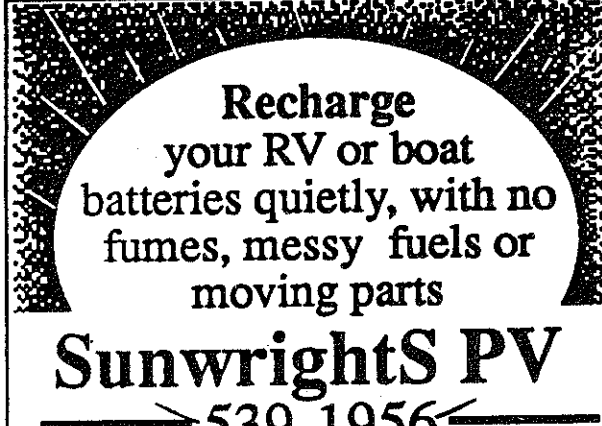
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Hawaiian Dance

YO-25

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.

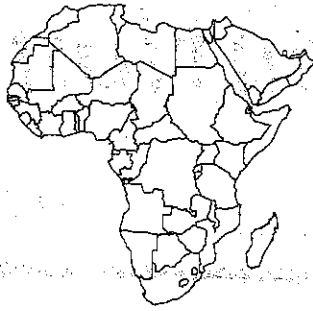
Date: Aug 31 - Oct 12 (Saturday)
Time: 9:30 - 10:30 am
Fee: \$25
Location: UFM Fireplace Room

Hawaiian Dance

YO-26

Marie Odejar

Date: Oct 19 - Nov 30 (Saturday)
Time: 9:30 - 10:30 am
Fee: \$25
Location: UFM Fireplace Room



African Dance

YO-03

Learn to dance like an African. Dance is a common language for all mankind. The instructor will be introducing this non-traditional African dance, which is originally for Zaire (Central part of Africa).

Colette Anderson (537-8980), was born and raised in Zaire. Her family moved to the United States in 1984. Colette teaches cultural dancing and has performed at African Night, KSU International Night and at other events in the area. Her dancing ability is "all in the African blood".

Date: Aug 26 - Oct 9 (Mon/Wed)
Time: 6:30 - 7:30 pm
Fee: \$24
Location: ECM Student Center
1021 Denison

African Dance

YO-04

Colette Anderson

Date: Oct 14 - Dec 2 (Mon/Wed)
No class Nov 27
Time: 6:30 - 7:30 pm
Fee: \$45
Location: ECM Student Center
1021 Denison

Ballroom Dance I

RH-06

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

Michael Bennett (776-7557), has trained in Ballroom Dance at U.C. Berkley; Mandola Ballroom, San Francisco; Ali Baba 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: Sept 6 - Nov 22 (Friday)
Time: 6:30 - 7:30 pm
Fee: \$33 individual/\$60 couple
Location: ECM Student Center
1021 Denison

Ballroom Dance I

RH-07

Michael Bennett and Sara Sanders

Date: Sept 6 - Nov 22 (Friday)
Time: 7:30 - 8:30 pm
Fee: \$33 individual/\$60 couple
Location: ECM Student Center
1021 Denison

Introduction to Cheerleading
Page 27



Massage for the Individual or Couples
can be found in the WELLNESS section.

The Chinese Tai Chi class is
in the WELLNESS section
of the catalog on page 20.

VFM Halloween Ball
Enjoy an evening of elegant ballroom dance.
Waltz, Foxtrot, Swing, Jitterbug, and more...

October 25
8 pm to 11 pm
Watch for upcoming details.

Call VFM at 539-8763 to receive an invitation.





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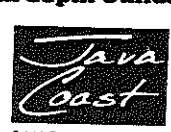
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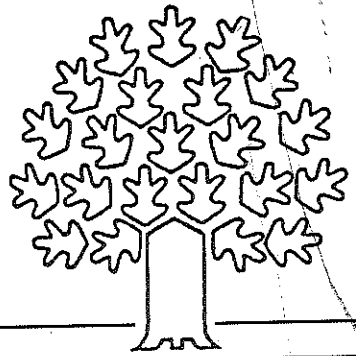
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Martial Arts

1221 THURSTON

539-8763

Tae Kwon Do for Adults

MA-09

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 are 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?

D C Lehman 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: Oct 1, 4, 8, 11, 15, and 18
Time: 7 - 7:45 pm (Tues/Fri)
Fee: \$33
Location: First Lutheran Church (Parish Basement)
930 Poyntz Avenue

Tae Kwon Do for Adults

MA-10

D C Lehman

Date: Nov 5, 8, 12, 15, 19, and 22
Time: 7 - 7:45 pm (Tues/Fri)
Fee: \$33
Location: First Lutheran Church (Parish Basement)
930 Poyntz Avenue

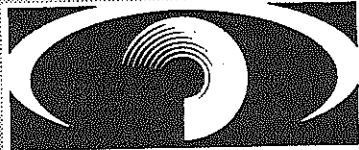
Beginning Aikido

MA-03

Aikido is a martial art in which one trains to be calm and lead a conflict to a peaceful resolution. This 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 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: Oct 7 - Dec 11 (Mon/Wed)
no class Nov 27
Time: 7 - 8:30 pm
Fee: \$37
Location: Ahearn Fieldhouse

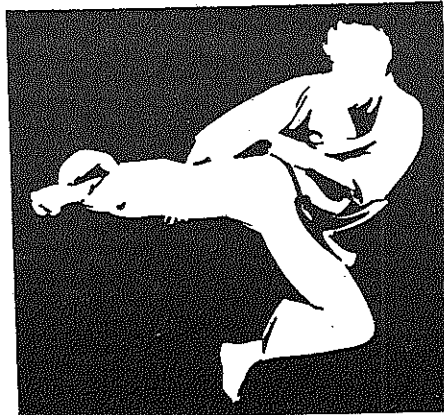


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Tae Kwon Do I

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 demonstrations 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+

****Tuesday, August 27 at 6:30 pm, public demonstration and formal introduction of instructors in Ahearn Gymnasium, 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. Corey Lewis is a 3rd degree black belt with over 12 years experience in Tae Kwon Do.

Date: Aug 27 - Dec 12 (Tues and Thurs)
Time: 6:30 - 7:30 pm
Fee: \$72
Location: Ahearn Fieldhouse, KSU
No class Oct 31, Nov 26 and 28



MA-02

Tae Kwon Do Karate II Advanced

Grandmaster Chae Sun Yi

Date: Aug 27 - Dec 12 (Tues and Thurs)
Time: 7:30 - 8:30 pm
Fee: \$72
Location: Ahearn Fieldhouse, KSU
No class Oct 31, Nov 26 and 28

SHARP for Women
Page 18

The Chinese Tai Chi class is
in the WELLNESS section
of the catalog on page 24.

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

Social Issues and Martial Arts

MA-04

Class 1: The Rationale - The martial arts are for developing morals and discipline-how do they do that?
Class 2: Laws, Morals, and Ethics
Class 3: Beliefs about God (Religion), the unseen and the reality in terms of behavior.
Class 4: Buddhism, Confuciusism, Taoism, Shintoism, Islam, Hinduism, Paganism, and Christianity-Religious underpinnings of the martial arts, orthodox and esoteric.
Class 5: Narrow is the way to salvation.
Class 6: Chuan, Zen, Mikko, the Shaolin temple, and true martial arts.
Class 7: Samurai, Harang, Peasants, Ninja, Silatist, Kung Fuist - The practitioner.
Class 8: Sifu, Sensei, Guru, and Sa Bum Nin, the teachers.
Class 9: Summary - The true path.

Stan Wilson (537-0732), has been practicing martial arts for 26 years and intense research into martial arts and related areas for 10 years. He is the founder of the White Phoenix System.

Date: Aug 28 - Oct 16 (Wednesday)
Time: 7 - 8 pm
Fee: \$23
Location: UFM Banquet Room

Hapkido

MA-05

Hapkido is a Korean Art that combines kicking, striking, grappling, and weapons. It is one of the divisions of the White Phoenix System. **Fee includes 3 manuals.**

Stan Wilson (537-0732), is a black belt in three systems. He has practiced martial arts for 26 years, and is the founder of the White Phoenix System.

Date: Oct 12 - Nov 16 (Saturday)
Time: 3 - 4:30 pm
Fee: \$41
Location: Ahearn Fieldhouse

Combat Grappling

MA-06

Combat Grappling is one section of the White Phoenix System. In this class we will work against the mount and learn about grappling, standing and on the ground. **Fee includes 3 manuals.**

Stan Wilson

Date: Aug 31 - Oct 5 (Saturday)
Time: 3 - 4:30 pm
Fee: \$41
Location: Ahearn Fieldhouse

Modern Aikijujitsu

MA-07

This class will work on the modern form of Aikijujitsu called Hakkoryu. We will do walking exercises, two person techniques, and breakfalls. These methods are part of the White Phoenix System. **Fee includes book.**

Stan Wilson is a second degree in Hakkoryu and the founder of the White Phoenix System.

Date: Sept 1 - Oct 6 (Sunday)
Time: 3 - 4:30 pm
Fee: \$34
Location: Ahearn Fieldhouse

Old Style Jujitsu

MA-08

This class uses Jujitsu form Ninpo Taijitsu(Ninjitsu) and Budo Taijitsu. It is a very combative style. These techniques are included in the White Phoenix System. **Fee includes 1 manual.**

Stan Wilson

Date: Oct 13 - Nov 17 (Sunday)
Time: 3 - 4:30 pm
Fee: \$31
Location: Ahearn Fieldhouse

Manhattan Arts Center 1996 Fall Classes

Sponsored by the Manhattan Center for the Arts

September 9 - December 20

at the
Manhattan Center for the Arts

1520 Poyntz Ave., Manhattan, KS

and the

Annex Pottery Studio

1508 Poyntz Ave., Manhattan, KS



Children and Youth classes at the
Manhattan Center for the Arts 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
work in partnership with USD 383 in providing free
busing. Students requiring busing will be picked up at
home or their area school, transported to the Center
for the Arts for classes and returned back to their pick-
up point. Depending upon final registration for each
class, busing may or may not be available. When reg-
istering for classes at UFM (539-8763) please indicate
the need for transportation .

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.

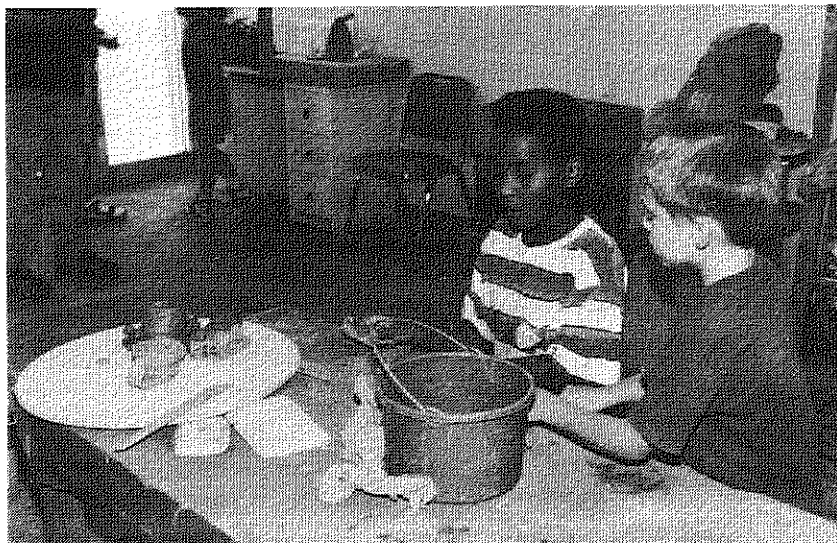


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NATIONAL
ENDOWMENT
FOR THE
ARTS




**MANHATTAN
TOWN CENTER**



Featuring Classes In:

Clay:

Hand Built Pottery
Wheel Thrown Pottery

Visual Arts:
2D Mixed Media

Theater:
Drama Workshops

REGISTRATION INFORMATION:

- UFM will handle registration for clay & visual art classes at 539-8763.
- The Manhattan Center for the Arts will handle registration for theater classes at 537-4420.
- Advance registration to reserve your spot is recommended.
- See the back of the UFM catalog for registration information and instructions.



1996 FALL

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

MAKE IT IN CLAY!

Manhattan Clay Coalition Classes

All clay coalition classes held at the Manhattan Center for the Arts Annex unless specified elsewhere. Please call 539-8763 for registration.

MCC After School Classes for Children and Youth

After School Clay Discovery: Hand Built

FEE: \$39 a YES! Fund class: youth pay \$13 or \$0* (limit 10 students, minimum 5)

Come and discover the fun and the joy of making clay pots. Special projects will be taught to stimulate creativity and teach the basics of handbuilt clay construction. All materials included; no additional tools needed.

Instructor: Laura Fatemi

CC 623 grades 5 - 8 M 3:45 - 5:15 pm Sept 9 - Oct 21

CC 723 grades 5 - 8 M 3:45 - 5:15 pm Nov 4 - Dec 16

Instructor: Susan Denson - Guy

CC 633 grades 1-4 T 3:45 - 5:15 pm Sept 10 - Oct 22

CC 733 grades 1-4 T 3:45 - 5:15 pm Nov 5 - Dec 17

Instructor: Staff

CC 643 Ogden Elem. W 3:45 - 5:15 pm Sept 11 - Oct 23

CC 743 Ogden Elem W 3:45 - 5:15 pm Nov 6 - Dec 18

After School Clay Discovery: Wheel Thrown

FEE: \$39 a YES! Fund class: youth pay \$13 or \$0* (limit 8 students, minimum of 3)

This class will focus on teaching the basic skills and techniques of using the potter's wheel to create vessels you can use.

Instructor: Susan Denson - Guy

CC 653 grades 4 - 7 Th 3:45 - 5:15 pm Sept 12 - Oct 31

CC 753 grades 4 - 7 Th 3:45 - 5:15 pm Nov 7 - Dec 19

After School Clay Discovery:

For Special Needs Youth

FEE: \$39 a YES! Fund class: youth pay \$13 or \$0*

This class is designed to meet the needs of children with developmental or physical challenges.

(maximum 8 students)

Instructor: Aaron Hinrichs

(w/ interns from KSU Special Education Dept.)

CC 663 F 3:45 - 5:15 pm Sept 13 - Oct 25

CC 763 F 3:34 - 5:15 pm Nov 8 - Dec 20



MCC Classes for Pre-School Children

Story Telling In Clay

FEE: \$33 a YES! Fund Class: youth pay \$11 or \$0* (limit 8 students, minimum 4)

In this class the children will listen to a story read to them by the teacher. Each child will be guided in the making of clay objects inspired by the stories they heard.

Instructor: Susan Denson-Guy

CC 629 Ages 4 - 5 yrs. M 9:30 - 11:00 am Sept 9 - Oct 21

CC 729 Ages 4 - 5 yrs. M 9:30 - 11:00 am Nov 4 - Dec 16

CC 639 Ages 4 - 5 yrs. T 9:30 - 11:00 am Sept 10 - Oct 22

CC 739 Ages 4 - 5 yrs. T 9:30 - 11:00 am Nov 5 - Dec 17

CC 649 Ages 4 - 5 yrs. W 9:30 - 11:00 am Sept 11 - Oct 23

CC 749 Ages 4 - 5 yrs W 9:30 - 11:00 am Nov 6 - Dec 18

CC 659 Ages 3 - 4 yrs Th 9:30 - 11:00 am Sept 12 - Oct 31

CC 759 Ages 3 - 4 yrs Th 9:30 - 11:00 am Nov 7 - Dec 19

CC 669 Ages 3 - 4 yrs F 9:30 - 11:00 am Sept 13 - Oct 25

CC 769 Ages 3 - 4 yrs F 9:30 - 11:00 am Nov 8 - Dec 20

MCC Weekend Classes for Youth and Adults

Introduction To Wheel Thrown Pottery

FEE: \$48 a YES! Fund class: youth pay \$16 or \$0* (limit 8 students, minimum of 6)

This class will focus on teaching the basic skills and techniques of using the potter's wheel to create vessels you can use. All skill levels are welcome. (Adults may enroll if space is available)

Instructor: Gary Tyson

CC 671 grade 9 - 12 Sat 10:00 - Noon Sept 14 - Oct 26

CC 771 grade 9 - 12 Sat 10:00 - Noon Nov 9 - Dec 21

Instructor: Staff

CC 672 grade 4 - 8 Sat 1:00 - 3:00 pm Sept 14 - Oct 26

CC 772 grade 4 - 8 Sat 1:00 - 3:00 pm Nov 9 - Dec 21

CLASSES

MCC Evening Classes for Adults and Children

Family Clay Adventure

Fee: \$48 for 1st adult family member, \$12 for each thereafter
a YES! Fund class: youth pay \$4 or \$0*

(limit 10 students, minimum 6)

Discover the joy of clay creation with a special family member or mentor. Wheel or hand building.

Handbuilt:

Instructor: Ester Ikeda

CC 636 T 6:30-8:30 pm Sept 10 - Oct 22

Instructor: Staff

CC 736 T 6:30-8:30 pm Nov 5 - Dec 17

Wheel Thrown:

Instructor: Ester Ikeda

CC 656 Th. 6:30-8:30 pm Sept 12 - Oct 24

Instructor: Staff

CC 756 Th. 6:30-8:30 pm Nov 7 - Dec 19

Intermediate And Advanced Wheel Throwing

FEE: \$84 a YES! Fund class: youth pay \$28 or \$0*

ADULT FEE: \$84 or \$79/MCC members.

(Limit 8 students, minimum 4)

You have the basics and now are ready for the really "tough stuff": handles, lids that fit, and the tea pot you always thought you would make. Whatever your next point of discovery goal is, come throw and explore.

Instructor: Ester Ikeda

CC 627 M&W 7:00-9:00 pm Sept 9 & 11 - Oct 21 & 23

Instructor: Gary Tyson

CC 727 M&W 7:00-9:00 pm Nov 4 & 6 - Dec 16 & 18



MCC Daytime Classes for Adults

The Joy Of Handbuilding For "Seniors"

FEE: \$63 (non-member) or \$58 (MCC member)

(limit 10, minimum 4 students)

Are you retired and have time on your hands? Then come get them dirty with Bee. Explore your wide range of creative whimsy as you design and make diverse things such as a bird house or dishes you can eat from when finished. No prior experience necessary!

Instructor: Bee Dunn

CC 621 M&T 1:00-2:30 pm Sept 9 & 10 - Oct 21 & 22

CC 721 M&T 1:00-2:30 pm Nov 4 & 5 - Dec 16 & 17

Clay For Special Needs Populations

FEE: \$32 (scholarships are available)

class meets for 6 weeks. Maximum 8 students.

This class is designed to meet the needs of adults with developmental or physical challenges.

Instructor: Joyce Furney

CC 641 W 1:00 - 2:30 pm Sept 11 - Oct 23

CC 741 W 1:00 - 2:30 pm Nov 6 - Dec 18

Introduction To Pottery: Wheel Thrown

FEE: \$44 (MCC member) \$49 (non member)

Have you ever wondered if you could throw a pot? Enroll and we will help you "find your hands in clay" as you learn the basics of functional wheel thrown pottery. No experience necessary. Those wanting to hone their skills are also welcome.

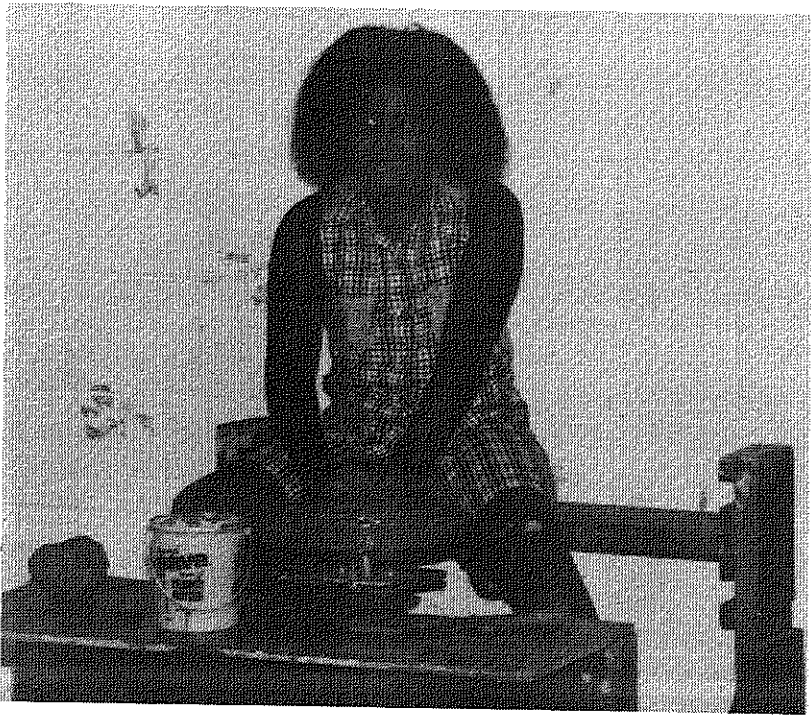
Minimum of 5, maximum of 8 students.

Instructor: Staff

CC 651 Th 1:00 - 3:00 pm Sept 12 - Oct 31

CC 751 Th 1:00 - 3:00 pm Nov 7 - Dec 19

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



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, 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.

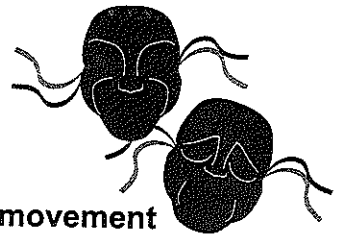
Hourly fee includes: use of the wheels, slab roller, tools, shelf area, glazes and kiln space. Each person who enrolls in Open Studio is responsible to call the studio manager, Ronna Tyson at 539-0187, to arrange an initial meeting time. This required meeting is designed to go over appropriate use and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

**Funding for the Clay Coalition is provided in part
by the Manhattan Town Center**



**MANHATTAN
TOWN CENTER**

Theater Classes for Youth



Drama Workshops (Grades 1 - 6)

Make Believe in Mayhem - stage movement

FEE: \$24 (scholarships available)

M & W 3:45 - 5:15 pm Sept 9 - Oct 9

Playwriting

FEE: \$24 (scholarships available)

T & Th 3:45 - 5:15 pm Oct 15 - Nov 14

From Romeo & Juliet to Batman - theater history

FEE: \$24 (scholarships available)

M & W 3:45 - 5:15 pm Nov 18 - Dec 18

Drama Workshops (Grades 7 - 12)

Greek Tragedies

FEE: \$30 (scholarships available)

T & Th 3:30 - 5:30 pm Sept 10 - Oct 10 (5 weeks)

Multi-Cultural Theater

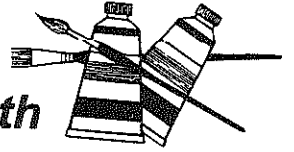
FEE: \$30 (scholarships available)

M & W 3:30 - 5:30 pm Oct 14 - Nov 13 (5 weeks)

Playreading

FEE: \$30 (scholarships available)

T & Th 3:30 - 5:30 pm Nov 19 - Dec 19 (5 weeks)



Visual Arts Classes for Youth

Two Dimensional Mixed Media (Grades 4 - 12)

FEE: \$25

In a series of six Saturday morning sessions, students will explore a variety of 2D media including watercolor, pastels, and collage. A goal of the class will be learning to mix materials and methods to create 2D works of art.

Instructor: Suzanne Hale

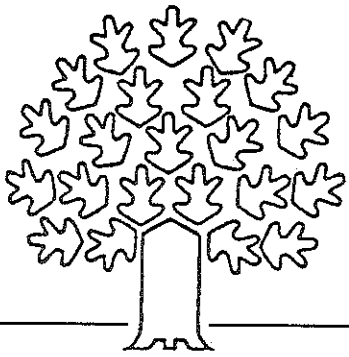
Sat 9:00 - 10:30 am Sept 14 - Oct 19

Location: Manhattan Center for the Arts Gallery A

REGISTRATION INFORMATION:

- UFM will handle registration for **clay & visual art** classes at **539-8763**.
- The Manhattan Center for the Arts will handle registration for **theater** classes at **537-4420**.
- Advance registration to reserve your spot is recommended.
- See the back of the UFM catalog for registration information and instructions.





Earth, Nature & Environment

1221 THURSTON

539-8763

Archaeology of Northeast Kansas

EN-05

This class will introduce participants to the people who lived in our state during the last 12,000 years. It is designed to introduce participants to the types of evidence left by earlier populations. Particular attention will be directed to studying stone tools, including seeing how they were made. Other types of artifacts and physical remains will also be discussed and we will talk about past lifeways as we understand them from studying these remains. Information will be provided on how to learn more and how to become involved in studying the past, while also joining our effort to preserve the past for the future. Participants who have artifact collections and would like to learn more about them are encouraged to bring them to the class.

Donna C. Roper (776-3772), has been involved in archaeological investigations in the Central Plains and Midwest for over 25 years. She currently works as a researcher and consultant in the Kansas-Nebraska area. She has taught archaeology at K-State and holds an adjunct faculty appointment at the university.

Date: Oct 9, 16, and 23
Time: 7 - 9pm (Wednesday)
Fee: \$14 individual/\$20 couple
Location: Justin Hall 341, KSU

Beginning Fly Tying

EN-01

Learn the basics of tying your own flies for that next fishing trip. We will cover hooks, tying tools, and the materials necessary to create flies to catch fish from trout to bass. Materials will be provided to tie dry flies, wet flies, and nymphs. Keep the flies you tie and give them a try!

Paul Sodamann (494-2340) is a seventh grade science teacher who likes to escape to cool running waters from time to time to get away from it all. He has been fly fishing waters from Georgia to Montana, building his own rods and tying his own flies for four years. Paul primarily fishes for trout, but local outings for bass and pan fish help keep his fly fishing skills sharp. He is owner of Sodie's Fly Shop.

Date: Sept 18, 19, 20, 25, and 26
Time: 6:30 - 8:30 pm
Fee: \$36
Location: UFM Conference Room

The Oregon Trail-The First Transcontinental Highway

EN-03

Learn information and history about the Oregon Trail. Two class sessions will prepare participants for a field trip on the Oregon Trail. Areas of discussion will be: why go, equipment, supplies, route and timing, destination, and dangers along the way.

Vern and Carol Osborne both have a fascination for history, the trails west in particular. Vern is a civil engineer and Carol is a homemaker.

Date: Sept 17, 24, and 28
Time: 7 pm (Tuesday)
9 am (Saturday)
Fee: \$16 individual/\$21 family
Location: UFM Multipurpose Room

Caring For Your Houseplants

EN-04

When the weather turns cooler in the fall, many gardeners turn their attention to gardening indoors with houseplants! But some people find that their green thumb turns purple (or black!) when it comes to successfully growing houseplants through the winter months. We'll discuss the basic need of houseplants, insect and disease problems, and even the easiest ones to grow indoors! We'll have lots of time at the end of class to answer your questions.

Colleen Hampton has gardened both indoors and outdoors for 25+ years and looks forward to sharing her practical knowledge in her gardening classes.

Date: Sept 7 (Saturday)
Time: 1 - 3 pm
Fee: \$8
Location: UFM Greenhouse

Field Trip: Glacial Area of Pottawatomie County

EN-02

How do we know that glaciers visited Kansas? ...by the rocks from Minnesota they left behind! We'll visit northern Pottawatomie County to collect glacial material including agate, Jasper, quartz, quartzite, petrified wood as well as others, some of which may be of gem quality. Bring a beverage and a container for your rocks and crystalized wood. Become a rockhound for a day.
Raindate: Oct 19

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

Date: Oct 12 (Saturday)
Time: 8:30 - noon
Fee: \$9 individual/\$14 couple
Location: UFM Multipurpose Room

Sensible Pet Selection
in Youth section

Dwight Nesmith's
SEED BIRD MOSAIC
can be found in Creative FreeTime

Reduce, Reuse, Recycle
& Join...
Northern Flint Hills Audubon

Your local Audubon chapter invites members and the public to join us in learning about and helping protect the environment. Here are some highlights:
• Bird Seed Sales (To order, call Mike Rhodes at 539-4863)
• Field Trips to local natural areas
• 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!



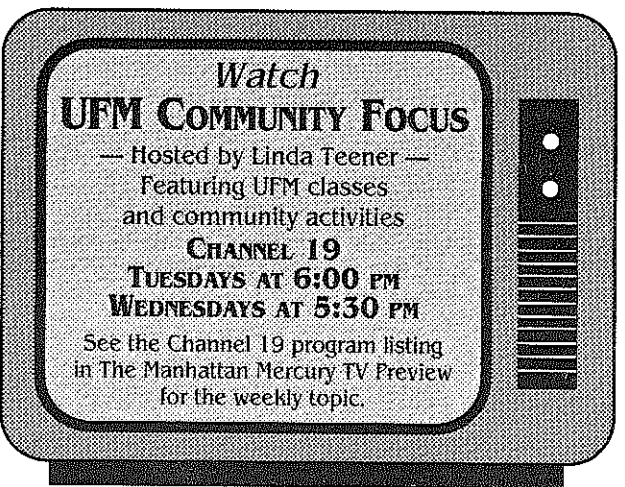
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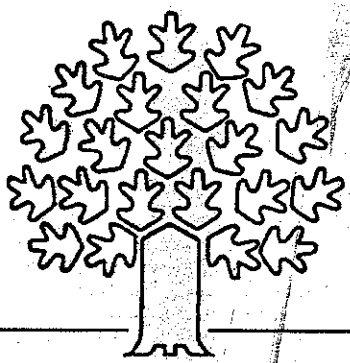
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103.5



Personal Development

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539-8763

Dream Discussion Group for Beginners

SP-10

Discover the significance of dreams in your life through starting a dream journal and discuss dreams with others. Each session will begin with a brief affirmation followed by a moment of silence. Then the group will discuss dreams and different ways to interpret them. The session will close with the group choosing a specific experiment related to dreams to work on during the week.

Irina Khramtsova (539-8596), has studied psychology and various methods of self-exploration. She has recently received a Doctorate in Educational Psychology.

Date: Oct 3, 10, 17, and 24
Time: 7 pm (Thursday)
Fee: \$16
Location: UFM Conference Room

How to Get Organized without Really Trying??

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 (238-8292), is a former public information officer for 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: Nov 16 (Saturday)
Time: 9 am - Noon
Fee: \$19
Location: UFM Conference Room

Books by and About Women

SP-15

If you enjoy discussing thoughts, ideas and issues by and about women authors through fiction and non-fiction, please join us. The setting is informal and we will exchange different perceptions from our own experiences interpreting the themes seriously and lightly with humor. Past authors have included; Willa Cather, Barbara Kingsolver, Francine Du Plessix Gray, Virginia Woolf, Amy Tan, Terry McMillan, MKF Fisher, Faith Sullivan, Margaret Laurence, Agnes Smedley, Jane Smiley, Alice Walker, Dorothy Sayers, Molly Gloss, Leslie Marmon Silko, Bebe Moore Campbell, Gloria Naylor, Marilyn French, Marge Piercy, Edith Wharton, Jane Austen, PD James and May Sarton to name a few!

Lorrie Cross (587-4310), enjoys reading and discussing books by and about women. She has been a member of this group since it began in 1978. She is always interested in learning about bookstores in this area and nation wide!

Date: Aug 28 - Dec 11 (Wednesday)
no class Nov 27
Time: 7:30 pm
Fee: \$12
Location: Call instructor for class location



Call for reservations and information
Gift Certificates available

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

Date: Oct 16, 23, and 30
Time: 7:30 - 9 pm (Wednesday)
Fee: \$16
Location: UFM Conference Room

The Kerygma: Discovering The Bible

SP-08

Kerygma: Discovering the Bible is a basic comprehensive introduction to the Bible as a whole. The phrase "The Bible as a Whole" is used to convey a concern for more than learning about each book and its contents. It seeks to underscore an interest in seeing the interconnections among the many parts of the entire Bible, as it speaks to us of God and faith and people. Through a process of reading, reflection, discussion and creative expression you will discover people, events and places and encounter a variety of biblical ideas. ****Child care provided, \$1 per session. Book included in fee.**

Reverend Donald Longbottom (537-7006), is a graduate of Arizona State University and Golden Gate Seminary where he received a Master's of Divinity degree. In addition, he has done doctoral studies in social ethics at the Graduate Theological Union and the University of California at Berkeley.

Date: Sept 8 - Dec 8 (Sunday)
Time: 7 pm
Fee: \$35
Location: First Congregational Church
700 Poyntz Avenue

The Kerygma: Discovering The Bible

SP-09

Reverend Donald Longbottom

Date: Sept 10 - Dec 10 (Tuesday)
Time: 10 am
Fee: \$35
Location: First Congregational Church
700 Poyntz Avenue

f o n e
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5 p.m. to 8 a.m.

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SHARP-Self Defense for Women

SP-01

This course has been designed to offer women quick, easy to learn, and extremely effective techniques for defending themselves against violent physical assault and rape. By empowering women to better protect themselves, they gain confidence in social and professional environments. All material is taught from a practical approach with techniques that require little physical strength and therefore are useful to women of all ages and physical condition.

Diana Tarver (827-7302), is a black belt in Tae Kwon Do and Hapkido and is a certified instructor with the American Taekwondo Association. She has twelve years experience teaching martial arts, police defensive tactics and Sexual Harrassment Assault and Rape Prevention for Women.

Date: Oct 7 (Monday)
Time: 6:30 - 10:00 pm
Fee: \$18
Location: First Lutheran Church
930 Poyntz Avenue

Philosophy of Gurdjieff and Ouspensky

SP-12

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 has been active with Gurdjieff's work for 19 years. He has studied with J.G. Bennett, a pupil of both Gurdjieff and Ouspensky.

Date: Sept 19 - Oct 17 (Thursday)
Time: 7:30 - 9 pm
Fee: \$18
Location: UFM Greenhouse

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Support Group for Parents of High Risk Teens SP-16

A supportive meeting for parents dealing with teens who are acting out in destructive ways-a time to learn from each other as well as learn about community resources. There are no membership requirements and there is no cost to participate.

Sponsored by NorthEast Kansas Regional Prevention Center. For questions about the group, contact Linda Teener at UFM 539-8763.

Date: Sept 10 - Dec 10 (Tuesday)
Time: 7:30 - 9 pm
Fee: \$N/C
Location: UFM Conference Room

Drug Awareness for Parents SP-17

There are many illegal and dangerous drugs making their way into our community. Learn about drugs currently available in Manhattan. Find out what is being used, how to recognize symptoms of drug use and commonly used drug paraphenalia. What you don't know can hurt your kids.

Officer Larry George is the DARE officer with Riley County Police Department.

Date: Oct 24 (Thursday)
Time: 7 - 8:30 pm
Fee: \$8
Location: UFM Fireplace Room

Metaphysics Discussion SP-13

The purpose of this group is to provide a place for those on the path of spiritual enlightenment; to share ideas, experiences and growth. Topics of discussion will depend on the current needs and interests of the collective. All religious, traditional, and methodical paths will be honored as equal and valid. Participants under the age of eighteen are encouraged to enroll with an adult mentor.

Tracy Mahoney is a student of Esoteric Studies at Sancta Sophia Seminary with an emphasis in the Healing Arts.

Date: Aug 28 - Dec 11 (Wednesday)
Time: 7:30 pm
Fee: \$26
Location: UFM Greenhouse

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Youth section

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The Psychology of Meditation SP-02

This class will involve discussion of the psychological effects of meditation as well as the experiential practice of meditation. The value of "inner silence" will be explored. The uses of visualization and sound as part of meditation will be covered. We will discuss meditation as an individual path that can be shared collectively.

Dan Berkow (587-0387), is a psychologist at University Counseling Services, KSU. His career background includes occupational therapy counseling, and psychology. His Ph.D. is in counseling psychology. His interest in meditation has occurred for personal as well as professional reasons. He is interested in the ways that group energy facilitates individual growth and vice versa.

Date: Aug 27 - Nov 19 (Tuesday)
Time: 7:30 - 9 pm
Fee: \$26
Location: UFM Greenhouse

Introduction to Toastmasters/Public Speaking Made Easy SP-19

Toastmasters is an International Organization which gives people the opportunity and the forum to speak in front of others. Fear of public speaking is one of most people's greatest fears. To master this one skill is to master one of the true keys to success. Picture yourself pitching a new idea to your bosses or presenting your views to a large civic organization. The only difference between you and the person on the podium is practice. Manhattan Toastmasters offers the place for that practice in a safe, friendly and relaxed environment. This introduction will go through a typical Toastmasters meeting. Those enrolled will have the option to participate or not, as they choose. Information about joining the Manhattan Toastmasters as a regular member will be discussed.

The Manhattan Chapter of Toastmasters International has been in operation for over 30 years. It's members have given many speeches to crowds large and small. Many of it's past members have gone on to live normal lives.

Date: Sept 16 (Monday)
Time: 7:30 - 9 pm
Fee: \$8
Location: Crums Beauty College
512 Poyntz Avenue (side entrance)

The Baha'i Faith: An Introduction SP-14

Equality of Men and Women... Race Unity... Oneness of Humankind... World Peace... Progressive Revelation... Oneness of Religion... Oneness of God. How are these ideas related? Will they affect you? The Baha'i Faith teaches how these ideas fit together in God's plan for humankind. Come learn more about the beliefs and philosophy of this worldwide religion.

Anita Van Nevel has lived in Manhattan for 8 years. She has been a Baha'i for 11 years. Maureen Conn has been a Baha'i for 22 years and has lived in Manhattan since 1976.

Date: Sept 24 (Tuesday)
Time: 7:30 - 9 pm
Fee: \$10
Location: UFM Fireplace Room

For the Love of Music SP-18

This class is ideal for parents or teachers with children from the womb to early school age. We will explore why music is instrumental in our lives and how to cultivate a lifelong love of music in your child. You will be provided with songs and games to share with your children and hands-on practice in making your own instruments. We will also discuss different instrument methodologies, such as suzuki.

Jennifer Finlayson (776-1592), is a recent graduate of Ithaca College in Ithaca, NY where she studied music education with a voice emphasis. She has taught Pre-kindergarten through 12th grade general music classes and choirs. She has also worked with groups of young women, grades 1-6, through Girl Scouting for 6 years. In the past year she has begun to compile information for a book with the same topic as this class.

Date: Oct 1 - Nov 19 (Tuesday)
Time: 7 - 8 pm
Fee: \$28
Location: Justin Hall 256, KSU

Safety Awareness Classes for Youth
is offered in the Youth section



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| Nov. 20 | Developing Relationships with Child and Adolescent Clients | June 18 | Meeting the Challenge: Dealing with Difficult Clients |
| Feb. 12 | Loss as a Part of Living | | |

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Morris Dees Discussion Group

SP-04

The new Lou Douglas Lecture Series Discussion Groups are forums for community members, students, and faculty members to discuss, debate, and ponder the upcoming Lou Douglas Lecture Series speaker and issues. The first speaker in this series is Mr. Morris Dees, a Civil Rights lawyer and Co-Founder of the Southern Poverty Law Center. The SPLC is a nonprofit group that specializes in lawsuits involving civil rights violations and racially motivated crimes. Mr. Dees has placed himself at odds with the most notorious racists in the country, as when he launched and won an historic \$7 million, precedent-setting lawsuit against the Klan in 1981. The SPLC has founded "Klanwatch," and "Teaching Tolerance," an educational project to help educate young people about the Civil Rights Movement. Mr. Dees is a graduate of the University of Alabama Law School. The Trial Lawyers for Public Justice named him "Trial Lawyer of the Year" in 1987, and he received the Martin Luther King Jr. Award from the National Education Association in 1991. Mr. Dees has written two books: *A Season of Justice*, and *Hate on Trial: The Case Against America's Most Dangerous Neo-Nazi*.

Each year, ten KSU students with outstanding records of commitment to community involvement intern with the Lou Douglas Lecture Series. Interns assist with scheduling lectures, fundraising, publicizing the series, and coordination the series. The 1996 Lou Douglas Lecture Series Interns have enthusiastically prepared for the first-ever Lou Douglas Lecture Series Discussion Groups. The Lou Douglas Discussion Group Series is partially underwritten by an anonymous donor.

Date: Sept 18 (Wednesday)
Time: 7 pm
Fee: \$4
Location: UFM Fireplace Room

Madeline Kunin Discussion

SP-05

The Honorable Madeline M. Kunin is Deputy Secretary of Education in the U.S. Dept. of Education. As the first woman governor of Vermont, Deputy Secretary Kunin distinguished herself in her three terms as a dynamic, creative, and reform-minded presence in the political world. She achieved significant reforms in the areas of education, the environment, and children's services. As Deputy Secretary, Kunin has worked on Goals 2000, the School-to-Work Opportunities Act, and the Safe Schools Act. She is also a leading voice nationally on issues involving reform and equal rights for women.

Date: Oct 2 (Wednesday)
Time: 7 pm
Fee: \$4
Location: UFM Fireplace Room

Michael Apple Discussion

SP-06

Dr. Michael Apple is the John Bascom Professor at the University of Wisconsin-Madison. Dr. Apple is a writer and professor of education. He has written over 20 books and over 130 articles and book reviews on education, education reform, curriculum policy, cultural reproduction, and education politics. He holds a B.A. in Education from Glassboro State College, and an M.A. and Ed.D. in Curriculum from Columbia University. As a leading voice in educational reform, Dr. Apple has influenced schools and teacher education programs nationally.

Date: Oct 16 (Wednesday)
Time: 7 pm
Fee: \$4
Location: UFM Fireplace Room

Edward Luck Discussion Group

SP-07

Mr. Edward C. Luck is president emeritus and Senior Policy Advisor of the United Nations Association of the USA. The UNA is the nation's leading center for policy research and public outreach on the United Nations and multilateral issues. Edward Luck is also a consultant to leading foundations, universities, and government agencies, as well as a frequent media commentator. He has published and testified widely on arms control, defense, and foreign policy, as well as Russian and East Asian affairs, the United Nations and multilateral issues. Mr. Luck holds a B.A. from Dartmouth College with High Distinction in International Relations, M.A., M.I.A., M.Ph. degrees from Columbia University, and the Certificate of Columbia's Russian Institute.

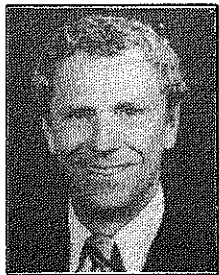
Date: Nov 13 (Wednesday)
Time: 7 pm
Fee: \$4
Location: UFM Fireplace Room

Each year, ten KSU students with outstanding records of commitment to community involvement intern with the Lou Douglas Lecture Series. Interns assist with scheduling lectures, fundraising, publicizing the series, and coordination the series. The 1996 Lou Douglas Lecture Series Interns have enthusiastically prepared for the first-ever Lou Douglas Lecture Series Discussion Groups. The Lou Douglas Discussion Group Series is partially underwritten by an anonymous donor.

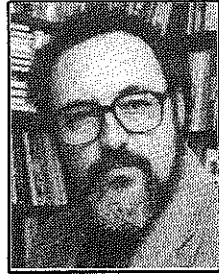
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1996 Lou Douglas Lecture Series



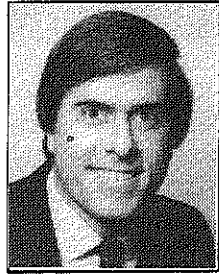
Tuesday, September 24
MORRIS DEES
"Teaching Tolerance: Bankrupting the Klu Klux Klan"



Tuesday, October 22
DR. MICHAEL W. APPLE
"Education and the Conservative Restoration"



Tuesday, October 8
HON. MADELINE M. KUNIN
"Public Service: Can You Make a Difference?"

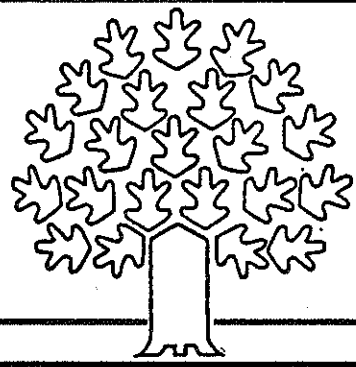


Tuesday, November 19
EDWARD C. LUCK
"The U.S. and the UN: The Odd Couple in the Age of Uncertainty"

All lectures are held at 7:30 pm in Forum Hall, KSU.

Claflin Books and Copies is pleased to carry selected books of the 1996 Lou Douglas lecturers.

20 Watch UFM Community Focus on Channel 19, Tuesday at 6:00 pm & Wednesday at 5:30 pm



Creative FreeTime

1221 THURSTON

539-8763

Safe and Creative Care of Family Photos CF-01

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 photojournaling. You will receive assistance in helping create a unique and lasting photo album. **Bring a packet of pictures (12) and memorabilia plus a pair of scissors.** 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 (1-800-347-2625), has been a consultant with Creative Memories since 1989.

Date: *Sept 10 (Tuesday)*
Time: *7 - 9:30 pm*
Fee: *\$15*
Location: *UFM Fireplace Room*

Safe and Creative Care of Family Photos CF-02

Pam Schmid

Date: *Oct 17 (Thursday)*
Time: *7 - 9:30 pm*
Fee: *\$15*
Location: *UFM Fireplace Room*

Learn to Fly CF-12

Explore the idea of becoming a private 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 6,000 hours and an Airline Transport Pilot (ATP) certificate.

Date: *Oct 5 (Saturday)*
Time: *10 - 11:30 am*
Fee: *\$9*
Location: *UFM Conference Room*

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Black and White Film Developing for Beginners CF-07

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: Students need to bring an exposed roll of Tri-X 400 ISO film to class.** All other materials are included in the fee. Class size is limited.

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

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

Black and White Film Developing for Beginners CF-08

Harold Wellmeier

Date: *Oct 16 (Wednesday)*
Time: *7 pm*
Fee: *\$14*
Location: *UFM Darkroom*

Black and White Printing CF-09

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 and White negatives of your choice to process and print in class.** Processing and printing materials included in class fee. Class size is limited.

Harold Wellmeier

Date: *Sept 25 (Wednesday)*
Time: *7 pm*
Fee: *\$15*
Location: *UFM Darkroom*

Black and White Printing CF-10

Harold Wellmeier

Date: *Oct 23 (Wednesday)*
Time: *7 pm*
Fee: *\$15*
Location: *UFM Darkroom*

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Beginning Calligraphy CF-03

It doesn't take very long to pick up the principles of calligraphy, a skill and an art that can give you and others pleasure. We will work with two or three of the classic alphabets and practice using various kinds of pens for almost anything you want to look impressive: certificates, announcements, cards, calendars. We may also make one or two small sewn books.

Naomi Ossar (537-1423), has been at this for more than 20 years and has taught a similar class to foreign students at K-State. She has also done certificates for several organizations over the years. Sometimes she even calligraphs her shopping list.

Date: *Sept 5, 12, and 19 (Thursday)*
Time: *7 - 9 pm*
Fee: *\$24*
Location: *UFM Fireplace Room*

Beginner Copperplate Calligraphy CF-04

Learn the beautiful 19th Century writing art of Copperplate Calligraphy. Using the oblique pen holder and flexible pointed nib, you will learn this flourished, ornate style of penmanship seen on wedding invitations, envelopes and diplomas. Impress your friends with this ornamental script!

Jackie Lee (776-7948), has been a professional calligrapher specialist in Copperplate script since 1987. She received her training in New York City at the New School for Social Research and Parsons School of Design. She has had extensive experience as a free-lance calligrapher in Florida and Texas. She has worked for stationers and party planners and has taught adult education classes in copperplate, as well.

Date: *Sept 7 - Oct 12 (Saturday)*
Time: *1 - 3 pm*
Fee: *\$53*
Location: *Durland Hall 141, KSU*

Ghostbusters CF-05

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

Cheryl Collins is the director of the Riley County Historical Museum.

Date: *Sept 19 (Thursday)*
Time: *7 - 8:30 pm*
Fee: *\$9*
Location: *Sunset Cemetery shelter by front gate*

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Basic Radio Monitoring for Beginners CF-11

Nothing good on television tonight? Well how about the wonderful world of radio monitoring? This a basic introduction to radio listening. This class will cover the basics on AM radio dxing, shortwave listening, police scanners, citizen band radio, amateur radio, pirate radio stations, and clandestine radio transmissions. We will also discuss basic antenna types for different radio frequencies.

John Skare [nOpvt] is an amateur radio operator and radio monitoring hobbyist. John has had an amateur radio license for the past five years. He has been actively monitoring radio transmissions since 1969. John is involved in severe weather observing for Riley county in which he utilizes amateur radio to report storm development. John is also a member of the citizen band single sideband network with a sideband member number of SSB-110F.

Date: Oct 4 (Friday)
Time: 7 pm
Fee: \$9
Location: UFM Fireplace Room

Sewing or Crafts Instruction for Individuals CF-13

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, cloth decoration, nail art, hair decoration, beading and costuming.

Karen Garra (716-0359), studied Home Economics Education at Bluffton College, in Bluffton, Ohio. While living in Louisiana, Karen served as the In-house Designer for 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
Location: Student's home

"Indian Country" CF-16

Learn about the Central Plains Native Americans, past and present. Throughout the six sessions Native American guest speakers will be invited to tell about their experiences with the various issues. This session will provide an historical backdrop including the original areas of indigenous occupation in the Central Plains.

Annette White (587-8515), is a Native American liaison and has worked and lived in "Indian Country" for 10 years. She has traveled along the pow-wow trail dancing and organizing Native American activities throughout Kansas and Oklahoma.

Date: Sept 16 (Monday)
Time: 7 - 9 pm
Fee: \$12 one class/\$45 for series
Location: UFM Greenhouse



"Indian Country" CF-17

This session will introduce issues of government policy related to relocation and displacement which created the reservation system and resulted in the "bureaucratic" extinction of entire nations.

Annette White

Date: Sept 23 (Monday)
Time: 7 - 9 pm
Fee: \$12 one class/\$45 for series
Location: UFM Greenhouse

"Indian Country" CF-18

In this session we will discuss issues related to the United States "Assimilation Policy" including the role "Indian Schools" played in the government's attempt to destroy Native American identity and tradition.

Annette White

Date: Sept 30 (Monday)
Time: 7 - 9 pm
Fee: \$12 one class/\$45 for series
Location: UFM Greenhouse

"Indian Country" CF-19

This session will introduce policies related to the continued attempts to dissolve reservations and how all of this affects Native Americans today.

Annette White

Date: Oct 7 (Monday)
Time: 7 - 9 pm
Fee: \$12 one class/\$45 for series
Location: UFM Greenhouse

"Indian Country" CF-20

In this session we will discuss the resilient nature of Native American people and introduce issues related to maintaining national identity.

Annette White

Date: Oct 14 (Monday)
Time: 7 - 9 pm
Fee: \$12 one class/\$45 for series
Location: UFM Greenhouse

"Indian Country" CF-21

This session will describe the various ways Native Americans are preserving and protecting tradition today.

Annette White

Date: Oct 21 (Monday)
Time: 7 - 9 pm
Fee: \$12 one class/\$45 for series
Location: UFM Greenhouse

Fall Straw Hat Scarecrow CF-22

Bring your glue gun and scissors (will be provided if needed) and learn how to make a country scarecrow face made from straw hats. The scarecrow is on display at the UFM office.

Charlene Brownson (539-8763), is the Education Coordinator at UFM and has a teaching certification in Art Education K-12. She enjoys both making and teaching arts and crafts.


Date: Oct 10 (Thursday)
Time: 6:30 - 7:30 pm
Fee: \$12
Location: UFM Fireplace Room

Clay Ghost with Pumpkins CF-23

Everyone will get to make their own ghost with pumpkins using sculpey clay. You have probably seen these miniature clay figures at Arts and Crafts shows. Have fun learning how to make your own Sculpey oven-baked clay figurines. Keep them for yourself or give as a gift.

Charlene Brownson

Date: Oct 3 (Thursday)
Time: 6:30 - 7:30 pm
Fee: \$11
Location: UFM Fireplace Room



The Manhattan Center for the Arts
Proudly Presents the 1996-1997 Theatre Season

"Night Must Fall"—Intriguing mystery by Emyln Williams
October 4-6 & 10-13, 1996

"The Glass Menagerie"—Classic drama by Tennessee Williams
November 8-10 & 14-17, 1996


"Sylvia"—The story of a man, his dog and his wife by A.R. Gurney
February 7-9 & 13-16, 1997

"Carnival"—Discover the magic and fun of a carnival in this musical by Bob Merrill
April 4-6, 10-13 & 18-19, 1997

"How the Other Half Loves"—Rollicking comedy by Alan Ayckbourn—Dates to be announced—Spring 1997

For more information on season tickets, call 539-4420.
<http://www.flinthills.com/~arts/>

This program is supported in part by the Kansas Arts Commission, a state agency, the National Endowment for the Arts, a federal agency, and the City of Manhattan.



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Learning to Write and Sell Speculative Fiction CF-15

A workshop where students learn through participation, this class will introduce the fundamentals of writing and selling novels, stories, and teleplays, especially those in the genres of science fiction, fantasy, and horror. General topics will be covered, such as what to write, how to write, and where to sell the finished product. Please bring a sample of a work in progress or begin a project after the first class session. Work will be critiqued by the instructor and by other members of the class.

Glenn Sixbury has been writing and selling science fiction and fantasy for nine years. His credits include science fiction, fantasy, and horror published in magazines and in national hard-cover and paperback anthologies. Over 100,000 copies of his stories exist in print, including international versions in both French and German. He is currently working on a science fiction novel and a Star Trek Voyager script.

Date: Oct 22, 29, and Nov 5
Time: 7:30 - 9:30 pm (Tuesday)
Fee: \$14
Location: UFM Fireplace Room

Introduction to Bridge CF-25

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 *Defense
- *Declarer Play *Scoring

The class is designed to be user friendly, with application of brief lectures and demonstrations followed by assisting 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 five years and is an NABC Master within the American Contract Bridge League.

Date: Sept 9,16,23,30, Oct 7,14
Time: 7 - 9 pm (Monday)
Fee: \$25
Location: UFM Fireplace Room

The Play of the Cards: Improving your Bridge CF-26

This course has been developed specifically for those bridge players who have played party bridge or who have recently completed a set of lessons. It will include instruction and bidding, declarer play, and defense. The following topics will be covered: hand valuation, what to lead, competitive bids, promoting tricks, finessing, and takeout doubles.

Elizabeth Jankord

Date: Oct 21,28, Nov 4,11,18,25
Time: 7 - 9 pm (Monday)
Fee: \$25
Location: UFM Fireplace Room

Creation of a Seed-Bird Mosaic CF-14

The instructor will demonstrate and assist in creating a three dimensional, seed mosaic bird, a craft invented and developed by him. This will entail using Elmer's glue to fasten seeds, pods and other plant materials to a simple wooden armature (provided) to make one of a variety of small bird species. (Examples, can be seen at the Country Gift Shop in the Holidome.) Materials included in class fees.

Dwight Nesmith (776-5051), retired Engineering Professor, has been making the "Seed-Birds" for about 25 years - an original hobby which turned out to be quite successful. He was an invited craftsman at the Fall National Crafts Festival at Silver Dollar City for 15 years, and after a 6 year hiatus, returned again this fall.

Date: Oct 8,15, and 22 (Tuesday)
Time: 7 - 8:30 pm
Fee: \$26
Location: UFM Conference Room

Food for Fun!

Cake Decorating FF-01

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

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

Date: Oct 3, 10, 17, 24
Time: 7 - 8:30 pm (Thursday)
Fee: \$24
Location: Justin Hall 144, KSU

Spice for Life FF-02

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

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

Date: Nov 21 (Thursday)
Time: 6:30 - 8:30 pm
Fee: \$15
Location: Pottoff Hall, Cico Park

Lou Douglas Lecture Series Discussion Groups
See Personal Development



Creative Memories™ classes teach people to organize, preserve and display their photos and memorabilia in a way that is not only entertaining and informative to view, but also fun to do, and will last for generations!

Creative Memories™ instructors provide:

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- Speakers to clubs and organizations
- Career opportunities (full or part-time)
- Photo safe albums and supplies

For more information call:
Pam Schmid (Creative Memories Director)
1-800-347-2625 Council Grove

WaterColor Painting via Photography CF-06

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: Oct 5,8,10,15,17
Time: 7 - 9 pm (Tues and Thurs)
8:30 - 1 pm (Saturday)
Fee: \$21
Location: UFM Fireplace Room or Multipurpose Room

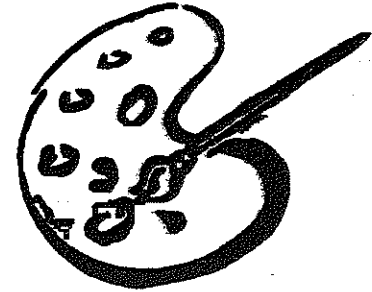
Beginners Guide to a Radio Station CF-24

Students will have the opportunity to learn about how KQLA (Q 103.5) radio operates. Hands-on opportunities are provided to record a commercial, visit the control room, and learn how radio commercials are sold. Ed Klimek will address the radio station management and operation, J.J. 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/103.5. He has operated the station since it first went on the air in February 1986. Ed is also a partner in the ownership of KHHI radio in Colorado Springs. He has been involved in the start up of 4 new radio stations.

Date: Oct 3,10, and 17
Time: 7 - 9 pm (Thursday)
Fee: \$15
Location: KQLA Radio Studios
5008 Skyway Drive

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K-State Student Union Bookstore 532-6583

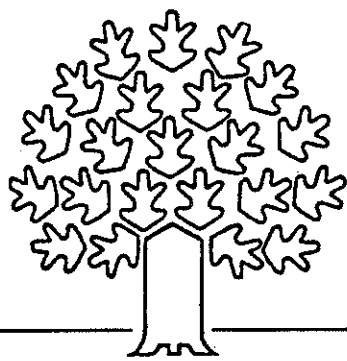
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Wellness

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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 the 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. **This will be the last semester he will be teaching for UFM.**

Date: Aug 27 - Nov 26 (Tuesday)
Time: 5:30 - 6:30 pm
Fee: \$54
Location: ECM Student Center
1021 Denison

Chinese Tai Chi

WE-02

Ping Wei

Date: Aug 29 - Dec 12 (Thursday)
Time: 5:30 - 6:30 pm
Fee: \$54
Location: ECM Student Center
1021 Denison

NAMES PROJECT AIDS MEMORIAL QUILT

Remember a friend or loved one lost to AIDS by making a memorial panel for the NAMES Project AIDS Memorial Quilt. Reita Currie & Joan Smith will help get you started to have your panels ready to present to the QUILT during its display Dec. 2-6 at the K-State Union art gallery to observe World AIDS Day 1996. DATE: September 30, 7-9 pm LOCATION: Riley County Health Dept., 2030 Tecumseh Rd. Call 532-6595 for more information.

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MON.-SAT. 9:30 TO 6

537-4571

3112 ANDERSON AVE. (ACROSS FROM PLAZA WEST)

Massage for the Individual

WE-10

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: Oct 1 (Tuesday)
Time: 7 - 9 pm
Fee: \$15
Location: UFM Banquet Room



Introduction to Massage

WE-11

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 placed on the neck and back. Participants should wear bathing suits under loose fitting clothing. We will be working in pairs. **Each pair will need a sleeping bag/thick blanket or comforter and 2 flat sheets.**

Bernice Martin (587-9382)
Date: Oct 8 and 15 (Tuesday)
Time: 7 - 9 pm
Fee: \$26/couple
Location: UFM Banquet Room

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Self Treatment with Acupressure

WE-09

This class is designed to teach basic acupressure techniques that can be used for treatment of minor ailments. The main focus will be on the effects of acupressure using the body's macrosystem. Class fee includes book and handouts.

Dr. Larry Dall has practiced chiropractic care in Manhattan for the last 12 years. He believes in assisting the body with the healing process, which is why he has expanded his treatment techniques to include acupuncture/acupressure. He is a Fellow in the Acupuncture Society of America.

Date: Sept 9 - Oct 14 (Monday)
Time: 7 - 9 pm
Fee: \$27.50
Location: 1130 Westport Drive, Suite 5 Manhattan

Foot and Face Massage

WE-12

Participants will learn to do a relaxing facial massage while enjoying a warm herbal foot bath. Students will then learn foot massage techniques to revitalize tired, aching feet. **Please bring 2 towels and bowl/container large enough for your feet to rest comfortably inside.**

Bernice Martin

Date: Oct 29 (Tuesday)
Time: 7 - 8:30 pm
Fee: \$15
Location: UFM Banquet Room

Community First Aid & Safety Progression

WE-13

Act with confidence in an emergency situation. Learn how to identify and care for life threatening bleeding, sudden illness, and injuries. Prerequisite: Current certification within 1 year Infant, Youth, Adult CPR, or Community CPR card.

Enell Foerster (537-2180)

Date: Sept 24 (Tuesday)
Time: 8:30 - 10:30 pm
Fee: \$34 includes books and materials
Location: American Red Cross
1014 Poyntz Avenue

Community First Aid and Safety

WE-14

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: Sept 17 and 24 (Tuesday)
Time: 6:30 - 10:30 pm
Fee: \$64 includes books and materials
Location: American Red Cross
1014 Poyntz Avenue

WIN \$1 off any UFM Class...
by finding the "FAKE CLASS" included in this catalog!!! Identify it when you register and receive \$1.00 off your registration for one class.

HOW TO WATCH A GOOD PROGRAM DIE

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

PLEASE REGISTER EARLY!



HEALTH, HEALING AND HARMONY SERIES

Introduction to Therapeutic Touch WE-03

Therapeutic Touch is the subtle balancing of the human energy field used to promote wound healing, reduce stress and decrease pain. Therapeutic Touch is a unique relaxation technique where the practitioner uses hands three to five inches away from the client to assess, then balance the energy field, thus helping the client tap into his or her own natural healing ability.

Kris Barnard has been a Licensed Practical Nurse for 20 years. She has practiced and used Meditation and Therapeutic Touch for many years. She owns her own business, Health and Harmony Pathways.

Date: Sept 18 (Wednesday)
Time: 6:30 - 7:30 pm
Fee: \$9 one class/\$20 for series
Location: UFM Multipurpose Room

Introduction to Therapeutic Touch WE-04

Kris Barnard

Date: Oct 9 (Wednesday)
Time: 6:30 - 7:30 pm
Fee: \$9 one class/\$20 for series
Location: UFM Conference Room

Introduction to Aromatherapy WE-05

Aromatherapy is the art of using essential oils for healing. The olfactory membrane is the only place in the human body where the central nervous system is directly exposed to the environment. Through the sense of smell, we tap into the limbic portion of the brain where emotions, imagination, memory, and our sexual drive are evoked. Essential oils can soothe, relax, energize or stimulate the body, mind and spirit. Known for their pleasing aromas, they also have antiseptic, antibacterial, and antiviral properties.

Kris Barnard

Date: Sept 11 (Wednesday)
Time: 6:30 - 7:30 pm
Fee: \$9 one class/\$20 for series
Location: UFM Conference Room

Introduction to Aromatherapy WE-06

Kris Barnard

Date: Oct 2 (Wednesday)
Time: 6:30 - 7:30 pm
Fee: \$9 one class/\$20 for series
Location: UFM Conference Room

Introduction to Meditation WE-07

Meditation does not have to be difficult, painful or stressful. Learning to quiet our minds helps to instill a feeling of calm and inner peace. Some of the benefits are: increased energy, improved sleep patterns, improved memory and decreased stress level.

Kris Barnard

Date: Sept 25 (Wednesday)
Time: 6:30 - 7:30 pm
Fee: \$9 one class/\$20 for series
Location: UFM Multipurpose Room

Introduction to Meditation WE-08

Kris Barnard

Date: Oct 16 (Wednesday)
Time: 6:30 - 7:30 pm
Fee: \$9 one class/\$20 for series
Location: UFM Multipurpose Room



GRIEF RECOVERY & TRAINING WORKSHOP

October 7-9, 3 one-half day sessions
This is a free workshop designed to be helpful for individuals who have been widowed for 18 months or longer. AARP has designed this program and provides assistance. Local organizations & agencies are participating in the planning of this program to bring it to the Manhattan area. For more information call Susan Peterson at 537-4040.

SUPPORT GROUP for PARENTS OF HIGH-RISK TEENS
See Personal Development

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

ATTENTION!

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

- Beginning Photography
 - Belly Dancing
 - Bonsai
 - Stained glass
 - Basic Home Repair
- Please help us find instructors - Call UFM, 539-8763.

JOIN US Sundays at 10:45

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



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WOMEN AND MONEY

Women's Financial Information Program

7 Workshops • October 8 - November 19

Tuesdays 6 - 8 p.m. • First Lutheran Church

\$30 Registration Fee

Topics in the 7 workshops:

1. Getting Organized
2. Budgeting and Cash Flow
3. Banking and Credit
4. Managing Your Risks
5. Deciding "What if...?"
6. Professional Help: Where & How to Get It
7. Investing
 - a. Getting started
 - b. Getting better

To register or for information, call UFM 539-8763

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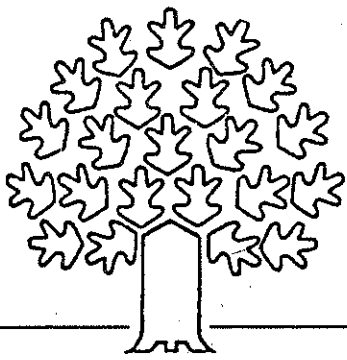
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- Kansas Farm Bureau
- New Directions
- Riley County Cooperative Extension
- Seniors' Service Center
- Sunflower Bank
- KSU Women's Resource Center





Youth

1221 THURSTON

539-8763

SHARP-Self Defense for Preteens YO-01

This self defense program is adapted from a national program designed specifically for women. The terminology and approach have been "modified" 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 4th degree Black Belt in Taekwondo and has taught police defense tactics, but for this class she takes a very practical approach.

Date: Oct 21 (Monday)
Time: 6:30 - 8:30 pm
Fee: \$12
Location: First Lutheran Church
930 Poyntz Avenue

SASSY/Safety Awareness and Street Smart Youth YO-02

This program teaches children personal safety in an increasingly dangerous society. The program helps build self confidence, increases awareness and teaches effective defense techniques as well as reinforcing safety precautions taught at home and school. This is a fun, safe program for children that teaches very important skills. **Ages 10 and under.**

Diana Tarver teaches the SHARP self defense classes for UFM.

Date: Nov 18 (Monday)
Time: 6:30 - 8:30 pm
Fee: \$12
Location: First Lutheran Church
930 Poyntz Avenue

Kids on Campus YO-08

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: Oct 31 (Thursday)
Time: 8 am - 5 pm
Fee: \$25
Location: Meet at UFM

African Dance YO-03

Learn to dance like an African. Dance is a common language for all mankind. The instructor will be introducing this non-traditional African dance, which is originally for Zaire (Central part of Africa).

Colette Anderson (537-8980), was born and raised in Zaire. Her family moved to the United States in 1984. Colette teaches cultural dancing and has performed at African Night, KSU International Night and at other events in the area. Her dancing ability is "all in the African blood".

Date: Aug 26 - Oct 9 (Mon/Wed)
Time: 6:30 - 7:30 pm
Fee: \$24
Location: ECM Student Center
1021 Denison

African Dance YO-04

Colette Anderson

Date: Oct 14 - Dec 2 (Mon/Wed)
Time: 6:30 - 7:30 pm
Fee: \$24
Location: ECM Student Center
1021 Denison

Hawaiian Dance YO-25

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 31 - Oct 12 (Saturday)
Time: 9:30 - 10:30 am
Fee: \$25
Location: UFM Fireplace Room

Hawaiian Dance YO-26

Marie Odejar

Date: Oct 19 - Nov 30 (Saturday)
Time: 9:30 - 10:30 am
Fee: \$25
Location: UFM Fireplace Room

Youth Scholarships are available through the YES! fund.

Parent Teacher Conference School's Out Activities YO-06

Parents provide you 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: Oct 31 (Thursday)
Time: 8 am - 5 pm
Fee: \$15 half day
\$25 full day
Location: Marlatt School
Hobbs Drive and Browning Avenue

Parent Teacher Conference School's Out Activities YO-07

UFM Staff

Date: Nov 1 (Thursday)
Time: 8 am - 5 pm
Fee: \$15 half day
\$25 full day
Location: Marlatt School
Hobbs Drive and Browning Avenue

Chess for Kids YO-17

Chess is a life long activity that stimulates analytical and spatial thinking skill, promotes self-esteem. This class will be for children who want to learn how to play chess. Children will learn to play by the direct experience of playing chess. Those children who know a little, are unsure, or lack confidence in their ability to play a whole game of chess are welcome as well.

Josh Stimpfle (587-4617), is a member of the United States Chess Federation. He is a very experienced player and has played over two thousand rated games of chess. He is currently ranked as a class "A", or "Very strong" chess player by the Internet class club.

Date: Sept 5 - 26 (Thursday)
Time: 4:15 - 6:15 pm
Fee: \$29
Location: UFM Conference Room

Chess for Kids II YO-18

The ancient game of chess has confused and baffled people for centuries. This class will be designed for those who know how to play, but want to learn more about the game. We will cover: Chess notation, Mating combinations, and basic strategies and tactics to help improve play. Information will be provided for those who want to play chess on the Internet.

Josh Stimpfle

Date: Oct 3 - 24 (Thursday)
Time: 4:15 - 6:15 pm
Fee: \$29
Location: UFM Conference Room

Sensible Pet Selection YO-20

Are you thinking about getting a pet? This class is for you. We will discuss how to decide what pet is right for you with consideration of grooming, size, and temperament. Dogs, cats, birds, and pocket pets will be discussed. Tips on how to select a healthy specimen, what to look for, and what you should avoid. Participants will receive handouts and a decision making guide sheet.

Linda Kalmar, D.V.M., (539-0191) is the owner of Little Apple Veterinary Clinic.

Date: Nov 6 (Wednesday)
Time: 7 - 9 pm
Fee: \$8
Location: UFM Fireplace Room

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1/4 mile south of viaduct on 177



Beginning Tae Kwon Do for Youth Ages 4-5 YO-09

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 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: Sept 6,10,13,17,20, and 24
Time: 6 - 6:30 pm (Tues/Fri)
Fee: \$28
Location: First Lutheran Church (Parish Basement) 930 Poyntz Avenue

Beginning Tae Kwon Do for Youth Ages 6-8 YO-10

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

DC Lehman

Date: Oct 1,4,8,11,15,18,22, and 25
Time: 6 - 6:45 pm (Tues/Fri)
Fee: \$38
Location: First Lutheran Church (Parish Basement) 930 Poyntz Avenue

Beginning Tae Kwon Do for Youth Ages 9-14 YO-11

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: Nov 5,8,12,15,19,22,26, and 29
Time: 6 - 6:45 pm (Tues/Fri)
Fee: \$38
Location: First Lutheran Church (Parish Basement) 930 Poyntz Avenue

Introduction to Cheerleading YO-23

Would you like to learn cheerleading from an experienced KSU cheerleader? Have fun learning some basic cheerleading techniques including: pyramids, cheers, chants, jumps, and arm motion skills. Some basic gymnastic skills: backhand spring, round offs and back tucks may also be covered. Participants must be 11 years and older.

Tim Gust has 6 years experience in cheerleading at high school, community college, and KSU. He has been a member of the KSU cheerleading squad for one year. As coach, two of his squads have gone to NCA, National Competition and have competed in 3 NCA Competitions. Tim also has experience as a UFM swim instructor and assistant teacher in gymnastics.

Date: Aug 28 - Oct 16 (Wednesday)
Time: 8 - 9 pm
Fee: \$31
Location: Ahearn Fieldhouse

Introduction to Cheerleading YO-24

Tim Gust
Date: Oct 23 - Dec 11 (Wednesday)
Time: 8 - 9 pm
Fee: \$31
Location: Ahearn Fieldhouse

Introduction to the Nutcracker Ballet for the Young Child YO-12

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 techniques while dancing to the Nutcracker Ballet. Formal dance attire not required.

Randi Dale (539-5767), has taught dance for 34 years. Her dance choir toured the Midwest and Europe in 1968. She is a certified teacher with a Masters degree in Education.

Date: Sept 13,20, and 27
Time: 5:30 - 6:00 pm (Friday)
Fee: \$10
Location: 2416 Rogers Blvd.

Jazz Class YO-13

The Jazz class is geared for children 7 and up. Teens welcome. Various Rock and Roll and contemporary music will be used to learn jazz steps.

Randi Dale

Date: Sept 13,20, and 27
Time: 7 - 7:30 pm (Friday)
Fee: \$10
Location: 2416 Rogers Blvd.

Ballet Class YO-14

This ballet class is geared for children 7 and up. Teens are welcome. Students will be placed in appropriate level depending upon experience. Beginners and experienced students welcome. Classic ballet music will be used to teach the students ballet steps using correct body alignment. The student will also learn a ballet dance.

Randi Dale

Date: Sept 13,20, and 27
Time: 6:30 - 7:00 pm (Friday)
Fee: \$10
Location: 2416 Rogers Blvd.

Introduction to Tap Dance YO-15

An introductory class designed to provide exposure to tap for children 5-12 years old. Emphasis will be on tap steps performed to popular music. This is a good opportunity to try tap to see if you like it. Formal dance attire in not required, wear tennis shoes or tied shoes to class.

Randi Dale

Date: Sept 13,20, and 27
Time: 6 - 6:30 pm (Friday)
Fee: \$10
Location: 2416 Rogers Blvd.

Study Skills: Getting An Early Start YO-19

In order for students to get the most out of their education, they need the right "tools." Obvious tools include pencils, pens, paper, books, etc. However, there is a whole array of study skill tools that students are often not provided: notetaking skills, time management, ability to properly review for tests, and successful test taking skills. This class will teach students how to acquire and use these study skill tools in order to strengthen and improve their academic achievement. (Don't worry kids, the instructor is a student too, so she knows how boring some classes can be. She promises to make this one fun!) **7-9 grades only.

Vickie Choitz (587-9483), is a KSU Senior in Secondary Education, Political Science, and Women's Studies. She has several years experience working with children, especially middle school ages. She is currently teaching a study skills class for college freshmen at KSU. Vickie is committed to making education fun and interesting for the learners, and is looking forward to teaching this class.

Date: Sept 3 - Oct 1 (Tuesday)
Time: 6 - 7 pm
Fee: \$21
Location: UFM Conference Room

Cutting Paper Snowflakes YO-05

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: Nov 9 (Saturday)
Time: 9 am - Noon
Fee: \$8
Location: 217 Bluemont Hall, KSU

Origami for Kids YO-16

Have you ever wondered how they take a square piece of paper and turn it into an animal? Come learn how to make a crane, a scorpion, an eagle, and many others. Bring a pack of origami paper to the class. You will receive handouts at the second class meeting.

Eric Van Nevel is a fifth grade student at Marlatt School and has been creating origami figures for four years. Last year he taught his fourth grade class how to make a crane.

Date: Oct 12 and 19 (Saturday)
Time: 10 - 11:30 am
Fee: \$14
Location: UFM Conference Room

Safe and Fun Dating YO-21

It is so confusing - trying to know what that other person is really feeling, expecting or not wanting. What can or should I be doing or saying to be safe and OK in dating relationships. These 3 videos show dating situations and relationships where sexual harrasment, date rape and physical and sexual abuse take place. Heads up - it can happen to you. We will look at how to handle and avoid these situations. Dating is supposed to be fun!

I. Out of Bounds - hosted by Steffon. What is sexual harrasment? What's cool and what isn't? This video will show us what attitudes and behaviors are out of bounds.

II. No Means No - How and when to say "No" and mean it. If I say no will I lose him? Is it always the girls fault? What is he/she really telling me?

III. Heart On A Chain - As we observe 3 young men in their relationships, we will see how 2 of them use physical or emotional abuse to control their girlfriends. The third will show us how respect and mutual input into the relationship makes it great for both partners.

Michael Cody is the Family Literacy Coordinator at UFM. Although her formal training is in Elementary Education and Education Media, she has spent the last 11 years working with adults and youth teaching Self-Esteem, Life Skills, and Literacy. In working with families and youth she has seen a great need for education that empowers young people to know they can make choices to protect themselves.

Date: Sept 14 (Saturday)
Time: 10 am - Noon
Fee: \$13
Location: UFM Conference Room

Safe and Fun Dating YO-22

Michael Cody

Date: Sept 16,23, and 30
Time: 6:30 - 7:30 pm
Fee: \$13
Location: UFM Conference Room

"Learning to Write and Sell Speculative Fiction" and "Clay Ghost and Pumpkins" are offered in Creative Free Time Section "Support Group for Parents of High-Risk Teens" and "Drug Awareness for Parents" are offered in Personal Development

REGISTRATION INFORMATION 3 WAYS TO REGISTER



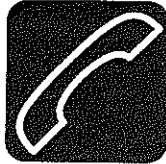
Registration by Mail

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

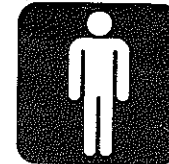
You will be notified if the class is full. All registration is on a first-come, first-served basis. No other class confirmations will be sent out unless requested.

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 Class Registration

1221 Thurston Manhattan, KS 66502 539-8763

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

| CLASS # | Session | TITLE | FEE | LOCATION | DATE | TIME |
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I hereby authorize the use of my Visa MasterCard Discover

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 Cardholder's Signature _____

Participant/Family Statistics: KSU Student KSU Faculty/Staff Ft Riley Other
 Where did you obtain your catalog _____
 A class I would like offered _____

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

Signature** _____ Date _____
**Signature of Parent or Guardian required for minors.

| Office Use Only | | Amount | | Total Paid |
|-----------------|-------|----------|-------|---|
| Date Received | Staff | Check | _____ | |
| Entered | _____ | Cash | _____ | <input style="width: 50px; height: 20px;" type="text"/> |
| Computer | _____ | Visa | _____ | |
| | | M/C | _____ | |
| | | Discover | _____ | |

Date _____

UFM 1221 THURSTON 539-8763
Manhattan, KS 66502

UFM Class Registration

1221 Thurston Manhattan, KS 66502 539-8763

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

| CLASS # | Session | TITLE | FEE | LOCATION | DATE | TIME |
|---------|---------|-------|-----|----------|------|------|
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Signature** _____ Date _____
**Signature of Parent or Guardian required for minors.

| Office Use Only | | Amount | | Total Paid |
|-----------------|-------|----------|-------|---|
| Date Received | Staff | Check | _____ | |
| Entered | _____ | Cash | _____ | <input style="width: 50px; height: 20px;" type="text"/> |
| Computer | _____ | Visa | _____ | |
| | | M/C | _____ | |
| | | Discover | _____ | |

Date _____