FALL 1987

UFM
FREE CATALOG
CLASSES BEGIN SEPT. 8
REGISTER NOW
* SPECIAL ANNOUNCEMENT *

- LOOK FOR OUR SPECIAL WEEKDAY CLASSES
  In the Fine Arts Section

- READ ABOUT THE PEOPLE'S LAW COURSE
  In the Community Section

- DON'T MISS THE ARMCHAIR TRAVELER SERIES
  In the Community Section

- HOW ABOUT A FULL WEEKEND WORKSHOP?
  See the Self Section

- SEE DETAILS OF OUR THREE FOR TWO SPECIAL
  On the back page

* HAVE FUN THIS FALL — TAKE A UFM CLASS*

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**Why We Need Your Support**

Sixty percent of our support (Grants and Contracted) comes from sources external to the Manhattan community. These sources of funds have been declining and will continue to decline through this decade.

Nearly 90 percent of our expenditures support programs in Manhattan. As external sources of funds decline, many of these programs will be in jeopardy.

We need your support in establishing a community-wide base of financial support that will enable us to continue serving the Manhattan community.

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**Why We Charge Fees**

UFM charges a class fee to help offset the ever-increasing operating costs. These fees partially help to pay the cost of bringing UFM classes and programs to our community.

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**REGISTRATION SCHEDULE**

* Registration Forms are on the back page

**AUGUST**

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Location</th>
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<tbody>
<tr>
<td>Wed.</td>
<td>Aug. 26</td>
<td>Manhattan Public Library</td>
<td>11am - 2pm</td>
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<td>5pm - 7pm</td>
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<td>Thurs.</td>
<td>Aug. 27</td>
<td>K-State Union</td>
<td>10am - 2pm</td>
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<td>Sat.</td>
<td>Aug. 29</td>
<td>Dorothy Rose Library</td>
<td>2pm - 4pm</td>
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<td>Sun.</td>
<td>Aug. 30</td>
<td>UFM House</td>
<td>2pm - 4pm</td>
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**SEPTEMBER**

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<tbody>
<tr>
<td>Wed.</td>
<td>Sep. 1</td>
<td>K-State Union</td>
<td>10am - 2pm</td>
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<tr>
<td>Wed.</td>
<td>Sep. 2</td>
<td>Manhattan Public Library</td>
<td>5pm - 7pm</td>
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<tr>
<td>Thurs.</td>
<td>Sep. 3</td>
<td>K-State Union</td>
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**Board of Directors**

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Ministry
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Homemaker

2

Class locations will be
noted on your receipt.
CONVERSATIONS IN MANY TONGUES

BEGINNING FRENCH
FA-1
Kathy Hall-Foster
This class will cover beginning French grammar with an emphasis on essential elements for getting along while traveling abroad. (Kathy has lived and studied in France, and has found that traveling abroad is more enjoyable when you can communicate in the language of the country you are visiting.)

Date to be announced at registration
Class Fee: $10, pay at registration
Materials Fee: $3, pay at first class
Limit: Min. 1 / Max. 15

FAIT POUR VITE LEARNING GERMAN
FA-2
Birgit Schuster
Don't assume that everyone in Europe speaks English. If you are considering traveling to Germany, have German friends, or just want to show off to your American friends, join this class for conversational German. You will learn common phrases with emphasis on conversations and culture, not grammar. (Birgit is German, 25 years old, and has lived in this area for one year. She says "I hope you will have a lot of fun by taking this class; you will for sure because I have never taught a class before!") Birgit's warmth and humor promise to make this a very enjoyable class.

Mondays, Begins Sept.14, 7:10-8:30pm
Class Fee: $10, pay at registration
Materials Fee: $3, pay at class
Limit: Min. 5 / Max. 20

ADVANCED ITALIAN LANGUAGE
FA-3
Kitty Diotelli
This class is designed for those who already know the basics of the Italian language. If you enroll in this class, you will learn advanced patterns of the language. Conversations, comprehension, and reading will be particularly stressed. Italian newspapers and magazines will be the materials mainly used in this course. Italian geography, traditions, and contemporary history will be covered according to the level and the interests of the students in the class. (Kitty is from Italy and majoring in modern languages at the University of Rome.)

Thursdays, Sept.10 - Nov.5, 5:30-7pm
(10 classes)
Class Fee: $10, pay at registration
Materials Fee: $4, pay at class
Limit: Min. 2 / Max. 15

BEGINNING CONVERSATIONAL ENGLISH
FA-5
Anita Reynolds
If your knowledge of English is limited, we will assist you to communicate more easily with your American friends and to understand the cultural differences. We will teach you the practical use of the English language which will help you in everyday life.
(Anita has an M.A. in English and has taught conversational English to international students. She has given private tutorial sessions to students through the International Student Center. She has studied various languages and traveled extensively.)

Thursdays, Begins Sept.17, 7:10-8:30pm
(ongoing)
Class Fee: $10, pay at registration
Materials Fee: None
Limit: Min. 5 / Max. 20

ARABIC - COMMON PHRASES
FA-4
Layla Alnajjar
In this class we will cover basic phrases. We will study the Arabic alphabet and learn to pronounce it. The tape will be available for purchase for those who wish to practice at home.
(Layla is Layla's native language and she has volunteered to share some of the basics with others.)

Sect. I: Wed. & Fri. Sept.23 & 25
6:30-8:30pm
Sect. II: Wed. & Fri. Nov. 18 & 20
6:30-8:30pm
Class Fee: $45/Section, pay at registration
Materials Fee: $2/Section, pay at class
Limit: Min. 5 / Max. 20

STATE LANGUAGE
FA-6
Natalie Smith
Say it in sign language. Experience the world of silent communication in which the hearing-impaired live. This class will cover the basic signs of an alphabet and some conversational phraseology with multiple signers. Class prepared to re-learn your own language.
(Natalie has learned sign language from her parents who are both deaf.)

Wednesdays, Sept.9 - Oct.28, 7-8pm
(8 classes)
Class Fee: $10, pay at registration
Materials Fee: $15, pay at class
Limit: Min. 5 / Max. 20

UPM PHOTOGRAPHY DARKROOM COOPERATIVE
BLACK & WHITE暨 COLOR
Tony Koller
456-9132
Located just one block east of campus in UPM Road, the UPM darkroom is available to anyone who needs access to a well-equipped facility. The equipment is capable of handling black and white negatives as small as 35mm. The black and white film includes black and white paper. The color film includes everything except paper and chemicals. Color equipment enables you to develop film and prints at a cost that is lower than most other locations.

Organizational Meeting: 1st Monday of each month, starting Sept. 1, 6-7pm
Co-op Fee: pay at registration

Block & White Only:
8 weeks $20 new member, $15 renewal
1 semester $30 new member, $35 renewal
1 year $50 new member, $45 renewal

B & W and Color:
8 weeks $25 new member, $20 renewal
1 semester $50 new member, $50 renewal
1 year $90 new member, $90 renewal

Limit: None

UPM WORKSHOP CO-OP
Located in the UPM solar adition, the workshop is equipped with a wide variety of power tools and hand tools including radial arm saws, band saws, jointers, lathes, and most common woodworking tools. The membership fee is included in the price of the membership. The membership fee is $50 for 4 months of membership. The membership includes instruction in safe equipment use and safety.

Class Fee: $40 for 4 months
20 refundable deposit
60 pay at registration

TREMEMDOUS SELECTION OF BOOKS
Both Paper and Hardback
All popular categories including
• Cooking • Arts and Crafts • Hobby and Collecting • Current Fiction and Nonfiction
Save 25% Everyday on our Top 10 hardcover best sellers
Open 9:00 a.m. to 9:00 p.m. Mon. thru Sat.
Sunday 12 noon to 9:00 p.m.
Phone 839-0571
Quick special order service

Class locations will be noted on your receipt.

3
PHOTOGRAPHY AS AN ART FORM
Learn how to apply your photographic skills and personal taste to produce aesthetic forms of art. Ron Hoffman would like to work with advanced photographers to help them develop their skills, and to see photography as an art form.
For further information call Anita 532-5866.

PHOTOGRAPHY FROM CAMERA TO DARKROOM
Tony Rider 1-456-9132

SECTION I
In this section you always wanted to know about photography and more will be covered in this class. Sign up for the first section and learn photography from the basics. You will need to have a 35mm camera (or larger format camera), and Black and White film.

SECTION II
In this section we will deal with darkroom processing. Completion of this course will certify you for the darkroom.

Class locations will be noted on your receipt.
**Writing & Reading Novels**

**STORY & NOVEL WRITING** FA-7

Leonard Bishop

1-258-2066

All levels of craft in fiction writing will be covered: dialogues, foreshadowing, characterization, major and minor relationships, story, plot-line, situations, dramatic events, let persons, 3rd person, opening chapters, general devices, narration, introspection, character design, action, reactions, character development, complicated scenes, details, etc. (Leonard has taught writing for over 25 years, has published 9 novels, and has written a book on professional writing to be published by Readers Digest in the spring.)

Thursdays. Oct. 8 - 22, 7-9:30pm (3 times)

Class Fee: $35, pay at registration
Materials Fee: $2, pay at first class
Limit: Min. 8 / Max. None

**BOOKS BY AND ABOUT WOMEN** FA-9

Lorrie Cross

539-5537

Women writers say special things. Women readers often hear them. This class provides video time for women to talk with each other about novels, non-fiction works, humor, and satire. Dimensions of self-image shaped by literary novels are examined as we discuss books selected by group members. Books we have recently read are: The Good Mother by Sue Miller; I'm Not Complicating by Ruth Adam; A Country Year by Jan Morris; and I Have a Phoenix by May Sarton.

Lorrie has been a member of this informal reading group since 1978.

Mon. Meetings: Wed., Sept.16, 7:30pm

Class Fee: $3, pay at registration
Materials Fee: None
Limit: Min. 1 / Max. None

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**BOOK SHOP**

Books, Magazines, Pipes & Tobacco

Village Plaza Shopping Center

537-8025

If you need it, we'll try to get it for you.
This is a class for all ages, male as well as female. The only items you need are knitting needles, size 10, and light-colored 4-ply yarn. The rest is easy — just knit one pearl one. (Jean has been knitting for over 20 years and has taught knitting for UPN several times.)

TUESDAY, Sept. 19 — Oct. 6, 7-9pm
Class Fee: $6, pay at registration
Materials Fee: none
Limits: Min. 5 / Max. 10


ting — the Art of Making Lace

Mrs. Poussaint will teach you the basics of lace making. You will learn how to weave a lace scarf, a dress or a table cloth. You will also receive a kit with the materials needed to finish the project.

Class Fee: $10, pay at registration
Materials Fee: none
Limits: Min. 5 / Max. 10

Sarah Lala
537-9619

Sarah Lala will teach you the basics of weaving and help you to prepare your loom and tools. You will take a small loom with you on the first three weeks, each time weaving a set of samples. The fourth class period will be devoted to in-class weaving.

Class Fee: $9, pay at registration
Materials Fee: $10. (12 inch loom rental, 6 yard/section)
Limits: Min. 3 / Max. 5

IRREVERSIBLE WEAVING TECHNIQUES

Mary Humphri
532-5866

You do not need complicated equipment to produce beautiful decorative items, such as pillows, wall hangings, table mats, etc., for your home. We will construct simple portable looms from inexpensive everyday materials and learn basic weaving techniques. This class will be fun and relaxing — a vail hanging. We will use a variety of weaves to complete the wall hanging and then look at other simple loom options. The possibilities for looms and weaving materials are endless. Use your newly gained skills to design and weave your choice of a second project. A list of required materials will be available at registration.

Class Fee: $10, pay at registration
Materials Fee: $1, pay at class
Limits: Min. 4 / Max. 15

RAG RUGS

Fran Waler
559-2961

Turn your rags into rugs! There are a number of ways to make rag rugs, including braiding, weaving, crochet, and hooking. In this class you will learn the basics of each technique and how to adapt each into the proper size for rug making. Fran will also demonstrate the techniques involved for different types of rag rugs. Many types of materials can be converted into rugs. Fran even has materials from old bread wrappers. (Fran learned how to make rag rugs from her mother. She loves to share her skills with others.)

FRIDAY, Oct. 23 & 30, 7-9pm
Class Fee: $40, pay at registration
Materials Fee: none
Limits: Min. 10 / Max. 20

HISTORY OF COTTON TWILL

Phyllis Brown
539-3731

Ever wonder how the warp and weft are woven together to create fabric? Attend this class and learn the history and mechanics of the cotton twill weave. You will also learn how to create a twill fabric using your own hands.

Class Fee: $20, pay at registration
Materials Fee: none
Limits: Min. 5 / Max. 10

CHAIN CARPET

Barbara Porey
539-1967

Do you have a chair that needs a new cover? Be creative and try making a chair cover yourself. The first session will be designing and planning the cover. The second session will be working on the actual cover.

Class Fee: $20, pay at registration
Materials Fee: none
Limits: Min. 5 / Max. 10

STEP INTO DECORATING

Kathy Colvig
539-4211

In the first session we will learn color theory, how color affects us, and decorat-
ing techniques; floor plans will be developed. The second session will focus on creating specific projects, including color and patterns, and talk about individual rooms. (Kathy is a self-employed, full service custom decorator, specializing in design and color coordinated accessibility.)

Class Fee: $25, pay at registration
Materials Fee: none
Limits: Min. 5 / Max. 10
Fall Hobbies (Continued)

CLASS ENROLLMENTS
Steve Beltridge 539-4597

Class enrolling is a simple way of enhancing your class and especially in art classes. It makes the process of enrolling gifts and can be used to accommodate various interests, such as the slightest amount of artistic ability can be absorbed. (Steve is a K.U. student and has been enrolling glass for the past seven years.)

Tuesday, Sept. 8, 7pm Class FEE: $5, pay at registration Materials Fee: $3.50, pay at class Limit: Min. 3 / Max. 7

DANCE SWING DANCE
Art Clark & Kathy Colvig 539-4211

Don't hold yourself back when you hear that hot jazz playing. Round up your friends to learn the hot dance, lindy, swing, and lindy, and release your inner dancers! (Art and Kathy have taught swing dance for many years.)

Wednesdays, October 7-21, 7-8:30pm (3 times) Class Fee: $20, pay at registration Materials Fee: None Limit: Min. 6 / Max. 20

FLINT HILLS POLKA DANCERS
Endicock & Paul Weidhase 539-4805

Learn to dance the polka, waltz, schottische and hambo. (Learn what a hambo is!) In its seventh year, the Flint Hills Polka Dance Fellowship offers a wide variety of traditional dances from America, Europe, and Israel. Beginners are welcome and partners will be provided. (Endicock and Paul have danced before they could walk.)

First and third Fridays, 7:30-9:30pm Begins Friday, Sept. 18, (Ongol) Class Fee: $20, pay at registration Materials Fee: None Limit: Min. 2 / Max. None

Music to Play, Sing or Listen To

VOICE CLASS
Mike Thompson 537-8238

Always fancied yourself on stage? Get out of the shower and learn how to sing for your own pleasure and perhaps you could even audition your friends at your next party. This class will feature individualized vocal instruction and will cover the mechanics of voice such as breath control, enunciation, etc., and how to use them in whatever style of music you like to sing. If you have a particular song you enjoy singing, bring along the music and we will work with it. (Mike is a veteran at IUU, majoring in voice performance, and has been teaching music since he was a child, which is not surprising as she comes from a musical family.)

Tuesdays, Sept. 8 - Oct. 13, 7-9pm (6 times) Class Fee: $30, pay at registration Materials Fee: $1, pay at first class Limit: Min. 1 / Max. 10

JAZZ APPRECIATION
David Rist 539-2003

This class will have three main areas of focus: 1) a brief historical overview of the development of jazz; 2) different styles of various jazz players, i.e. Count Basie, Miles Davis and others; and 3) accessibility - being able to recognize artists, and other things to buy the recordings you like. This class is just for you jazz enthusiasts out there who would like to expand their knowledge, get to meet other enthusiasts, and talk JAZZ. (David is a philosophy/planut with a passion for jazz who has performed with Ed Shaughnessy and Neil Turner. He is a music education major at IUU, and serves on the executive board of the Music Association.)

Tuesdays, Sept. 15 - 29, 7-8:30pm (3 times) Class Fee: $30, pay at registration Materials Fee: None Limit: Min. 5 / Max. None

EXPERIMENTAL MUSIC
Mike Thompson 537-8238

If you have no music experience or want to learn more about music then Mike is the instructor for you. She will give an introduction to the history and theory of music with an emphasis on the different instruments. You will listen to all types of music from classical and jazz to American folk music. Join this class and learn to identify composers and the style of music you enjoy.

Tuesdays, Oct. 20 - Nov. 24, 7-8pm (6 times) Class Fee: $30, pay at registration Materials Fee: None Limit: Min. 2 / Max. None

 ELECTRONIC KEYS: PERFORMANCE AND ANALYSIS
Rick Postlethaw 776-9911

This is an instructional course designed to explain the basics of synthesis and how sounds are made. This class will appeal to synthesizer owners who want to learn more about their particular synthesizer and create new sounds using parameters available to them. Have fun being creative and get the most out of your keyboard. Performance aspects will be discussed and how the computer can help performance. This course is designed for the beginner or intermediate level of synthesis software使用者。(Originally from Kansas City, MO, Rick has been playing piano for 15 years and has been involved with synthesizers for the past five years. He has performed with bands locally and in Kansas City. He has also received one year of formal training at the Conservatory of Music (KCMC).)

Tuesdays, Sept. 8-29, 7-8pm (4 times) Class Fee: $30, pay at registration Materials Fee: None Limit: Min. 4 / Max. None

...And for Fun

RECORDS & CLOWN
Michele Jones 537-8959

Come join Michele and create your own party clown character. We will create the character complete with make-up (white face), costume and personality. The art of clowning will include magic tricks, activities, and personal interaction. We will also learn how to make balloon animals. All materials will be supplied. All ages welcome! (Michele is a self-taught, part-time clown who does parties, picnics, and ground openings.)

Saturday, December 5, 10am-12noon Class Fee: $30, pay at registration Materials Fee: $5, pay at class Limit: Min. 6 / Max. 12

CELTIC MUSIC WORKSHOP
Mike Weidhase, Charlie Griffin 539-4805

We will spend an evening playing, singing, and dancing to traditional Irish music played on the fiddle, concertina, penny whistle, hammered dulcimer, bodhran, mandolin, box, and guitar. Bring your musical instruments, voices, and feet. We will talk about the origins of the music of the British Isles, discuss the different instruments, jigs a little, and hope everyone will join in.

(local Tradesman and wife of Murray and have been playing Celtic music around the area for several years.)

Friday, November 6, 7:30-9:30pm Class Fee: $30, pay at registration Materials Fee: None Limit: Min. 4 / Max. None

MANHATTAN BAREFOOT DIXIELAND PHILHARMONIC SOCIETY
Jim Roark 776-3202

Do you play the banjo, clarinet, trumpet, trombone, or tuba? Are you interested in playing in a band in your spare time? The Dixieland Philharmonic is the thing for you! The group has performed at the Kansas State Fair, bars, football games, and at private parties. A high degree of skill is not needed, but an extreme desire for fun is.

(Sr. Roark has been playing Dixieland for 30 years.)

Saturdays: you will be contacted with date, time, and location after registration. Class Fee: $30, pay at registration Materials Fee: None Limit: Min. 1 / Max. None

Continued...

Class locations will be noted on your receipt.
AUTOPHARP WORKSHOP
Linda Teener
537-0508
Tuning, use of fingertips, rhythm backing and picking melody lines, are some of the topics to be covered in this class. A basic orientation to the autopharp will be given and shown in class. Diastonic tuning will be available.
Linda has been playing the autopharp for 10 years and has also taught others to play.

THURSDAY, SEPTEMBER 17, 7:30-9pm
Class Fee: $5, pay at registration
Materials Fee: None
Limit: Min. 2 / Max. 8

BEGINNING GUITAR
Chris Sidorofsky
537-1249
This class is for those who have little or no knowledge of the workings of the guitar. We will start with string names, tuning, and work through playing some simple songs. Discussions of playing in a group and the differences between electric and acoustic will also be included.
(Chris is a partly self-taught guitarist who expects to learn as much from this class as the participants.)

TUESDAY, OCTOBER 6, 7:30-9pm (5 classes)
Class Fee: $5, pay at registration
Materials Fee: None
Limit: Min. 3 / Max. 10

SUNRISE VIOLIN PA-30
Paula Garcia & Zenia Lee
537-8264
The Suzuki approach, based on the so-called "mother-tongue" method, differs from traditional methods of teaching instrumental music because it involves the student at a very early age, thus necessitating much participation on the part of the parent (usually the mother) in the role of home-teacher. Come listen to a group lesson and Paula will give you an overview of the Suzuki method complete with handouts.
(Paula, a Suzuki product herself, having started when she was 3, is now a certified Suzuki teacher. Zenia, Paula's assistant is also certified to teach.)

WEDNESDAY ANTHOLOGY
Jim Sheateau
532-6850
If you play a woodwind instrument, join us for a discussion, and then let's play woodwind chamber music ranging from baroque to modern. We play for our own pleasure, but have performed on occasion. (Jim is active with various local musical groups, and has been coordinator of Woodwinds Anonymous for ten years.)
Register and Jim will contact you with time and date.
Class Fee: $2, pay at registration
Materials Fee: None
Limit: Min. None / Max. None

Food Time?

SCIENCE EXPERIMENTS YOU CAN EAT ES-18
(CASES 6 TO 11)
Cindy Keesle
Science to eat. Explore science through experiments you can create and eat in your own kitchen. This will be a hands-on class no one prepared for a science experiment and a snack!
(Cindy loves kids and loves to cook - a perfect combination for this class.)
Saturday, October 3, 10-11:30am
Class Fee: $3, pay at registration
Materials Fee: $1, pay at class
Limit: Min. 4 / Max. None

HALLOWEEN SPECIALTY BREADS ES-19
(Teens: Bread Shaping)
Ages 8-15
Christine Steichen
539-7893
Annette Eliger
Start a family tradition in your home with warm, home-baked bread made in creative shapes. Learn basic bread making plus a pumpkin yeast dough (developed by the Famous Wheat Commission), then have fun creating Halloween shapes from the yeast dough.
Christine Steichen & Annette Eliger are team members on a Flatenmacher's "Bread America" grant and a State 4-H Foundation grant and are teaching this Halloween Specialty Breads project throughout the state.
Tuesdays, September 22 & October 13, 7-9pm (2 times)
Class Fee: $5, pay at registration
Materials Fee: $4, pay at first class
Limit: Min. 5 / Max. 20

TEEN'S NATIVE AMERICAN WORKSHOP ES-20
Pat Takera
539-2819
Jayne Link
539-7405
This class is for teenagers, 13-19, who would like to learn Indian lore and skills. We will experience the construction of the teepee lodge, flint and steel fire-making, beadwork, and sand paintings. We will discuss the art of tanning hides as well as Native American healing techniques. The concept of the medicine wheel will also be demonstrated. Class will be held outside most of the time to help us learn to respect and attune ourselves to the Earth Mother.
(Jayne and Pat have enjoyed organizing the kids' workshops of Native American workshops. They are excited about this class and believe it will be fun and interesting for teenagers.)
Saturday, September 12, 1-4pm
Class Fee: $6, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

DIG THAT PATCH!

CHILDREN'S FALL GARDENING ES-24
Frank Trenber
532-5866
Pat Williams
532-6170
Children from the ages of 5-12 will be assigned individual and group gardens. They will learn planting, soil preparation, weeding, harvesting, and other cultural practices throughout the gardening season.
(Frank is coordinator of the Community Gardens and Pat is a graduate student in agriculture at ESU.)
Saturdays, Begins Sept. 12, 10am
Class Fee: None
Materials Fee: None
Limit: Min. 1 / Max. None

For Kids Only

532-5866 1221 Thurston

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Jayne Link
539-7405
This class is for teenagers, 13-19, who would like to learn Indian lore and skills. We will experience the construction of the teepee lodge, flint and steel fire-making, beadwork, and sand painting. We will discuss the art of tanning hides as well as Native American healing techniques. The concept of the medicine wheel will also be demonstrated. Class will be held outside most of the time to help us learn to respect and attune ourselves to the Earth Mother.
(Jayne and Pat have enjoyed organizing the kids' workshops of Native American workshops. They are excited about this class and believe it will be fun and interesting for teenagers.)
Saturday, September 12, 1-4pm
Class Fee: $6, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None
Don't Miss This

**Breakfast With Santa**

**SANTA SAID HE HAD SUCH A GOOD TIME LAST YEAR HE WANTS TO DO THIS AGAIN.**

**BREAKFAST WITH SANTA**

**ES-23**

**UM Staff & Santa**

**532-5866**

**PARENTS!** Treat your child to an extra special Christmas this year. Sign them up for breakfast WITH SANTA. In order to make this a truly special event, please bring a package with you when you register, or drop one by the UMF house two days prior to Santa’s Breakfast and he will personally give your child his or her own gift. (Please keep gift $5 or under.)

Breakfast will be buffet style at the Sicilia Stockade and Santa's helpers will be there to assist the children, but parents are welcome to 'stand by'.

**THERE IS A LIMIT OF 25 CHILDREN.**

**BREAKFAST DAILY**

Saturday, December 12, 9-10:30am

Class Fee: $5, pay at registration

Materials Fee: None

Limit: Min. 8 / Max. 25

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**Will the Real Picasso Please Stand Up?**

**(AGE 6 AND UP)**

**ES-14**

**Diana Hatch**

776-9921

Each child will complete 3 projects: a kitchen trivet, a egg, and a Christmas ornament. Basic techniques will be emphasized and original artwork on each project will encourage each child's creativity. No previous experience required. Children should dress in old clothes.

(Diana, who is a mother, believes that everyone has creative talents that can be developed for his or her own enjoyment.)

**SATURDAYS, OCT. 3-24, 10-11:30AM (4 TIMES)**

**REGISTRATION DEADLINE: SEP. 18**

Class Fee: $5, pay at registration

Materials Fee: $20, pay at class

Limit: Min. 1 / Max. 8

**STENCILING FOR CHILDREN**

**(AGES 4 AND UP)**

**ES-15**

**Dean Reed**

532-5866

Your children will learn the basic techniques of stenciling and bring home a stenciled shirt. A great idea for Christmas presents! Bring a T-shirt (old or new) to stencil on. Materials fee includes a brush and stencil to keep. (Dean has taught stencilling many times for UMF.)

Saturday, December 5, 1-2:30pm

Class Fee: $3, pay at registration

Materials Fee: $4, pay at class

Limit: Min. 5 / Max. 10

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**Snap Those Fingers, Tap Those Feet**

**BEGINNING JAZZ DANCER**

**(AGES 7 TO 12)**

**ES-5**

**Sharon Washington**

532-5866

Try this fun-filled dance class of today's jazz styles. Learn the basic warm-ups and several jazz combinations. Wear dance clothes or easy moving sports wear and canvas sneakers.

(Sharon, who teaches dance, has operated her own dance studio for seventeen years, and has always welcomed the opportunity to share her talents with children and teenagers.)

**SATURDAYS, OCT. 3 & 10, 1:30-2:15PM**

Class Fee: $4, pay at class

Materials Fee: $1.20, pay at class

Limit: Min. 5 / Max. 15

**BEGINNING JAZZ DANCER**

**(AGES 13-17)**

**ES-6**

**Sharon Washington**

532-5866

Try this fun-filled dance class of today's jazz styles. Learn the basic warm-ups and several jazz combinations. Wear dance clothes or easy moving sports wear and canvas sneakers.

(Sharon, who teaches dance, has operated her own dance studio for seventeen years, and has always welcomed the opportunity to share her talents with children and teenagers.)

**SATURDAYS, OCT. 3 & 10, 2:15-3PM**

Class Fee: $4, pay at class

Materials Fee: $1.30, pay at class

Limit: Min. 5 / Max. 15

**BEGINNING MUSIC FOR CHILDREN**

**(4 TO 10 YEARS)**

**ES-9**

**Miki Thompson**

Introduce your child to the wonderful world of music. Miki will start with beginning rhythm instruments and then teach some basics of music while having fun with musical games and songs.

**SATURDAYS, OCT. 3 & 10, 10-11:30AM**

Class Fee: $4, pay at registration

Materials Fee: None

Limit: Min. 5 / Max. 10

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**BEGINNING BALLET DANCER**

**(AGES 6 - 10 YEARS)**

**ES-7**

**Sharon Washington**

532-5866

Did you ever want to try a ballet class? Take this ballet basic sampler dance class and learn a basic warm-up, center work, and basic across the floor movement. Wear dance clothes or easy moving sports wear and ballet shoes or sports socks.

(Sharon, who teaches dance, has operated her own dance studio for seventeen years, and has always welcomed the opportunity to share her talents with children and teenagers.)

**SATURDAYS, OCT. 3 & 10, 1:30-2:15PM**

Class Fee: $4, pay at registration

Materials Fee: $1.20, pay at class

Limit: Min. 5 / Max. 10

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**BEGINNING DRAWING**

**(AGES 4-8)**

**ES-10**

**Gayle Myers**

Beginning drawing offers the opportunity to work with pencil and ink pens. You will start drawing from photos and as the class progresses you will begin to draw still-lifes. A pad of paper and a 2B drawing pencil are all that stand in the way of the budding young artist.

**SATURDAYS, OCT. 3-24, 1:30-3:30PM (4 TIMES)**

Class Fee: $5, pay at registration

Materials Fee: None

Limit: Min. 5 / Max. 15

**BEGINNING DRAWING**

**(AGES 9-12)**

**ES-11**

**Gayle Myers**

Beginning drawing offers the opportunity to work with pencil and ink pens. You will start drawing from photos and as the class progresses you will begin to draw still-lifes. A pad of paper and a 2B drawing pencil are all that stand in the way of the budding young artist.

**SATURDAYS, OCT. 3-24, 1:30-3:30PM (4 TIMES)**

Class Fee: $5, pay at registration

Materials Fee: None

Limit: Min. 5 / Max. 15

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**BEGINNING WATERCOLOR**

**(AGES 4-8)**

**ES-12**

**Gayle Myers**

Learn to mix the proper medium and put color on paper to create your own works of art. We will be using watercolor paints with water brushes and watercolor paper pads that can be purchased at your local discount store. Dress your child in old clothes please.

**SATURDAYS, OCT. 17-NOV. 14, 1:30-2:30PM (4 TIMES - NO CLASS OCT. 31ST)**

Class Fee: $5, pay at registration

Materials Fee: None

Limit: Min. 5 / Max. 15

**BEGINNING WATERCOLOR**

**(AGES 9-12)**

**ES-13**

**Gayle Myers**

Learn to mix the proper medium and put color on paper to create your own works of art. We will be using watercolor paints with water brushes and watercolor paper pads that can be purchased at your local discount store. Wear your old clothes.

**SATURDAYS, OCT. 17-NOV. 14, 1:30-3:30PM (4 TIMES - NO CLASS OCT. 31ST)**

Class Fee: $5, pay at registration

Materials Fee: None

Limit: Min. 5 / Max. 15

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**BEGINNING DANCER**

**(AGES 4-8)**

Gayle Myers

Beginning drawing offers the opportunity to work with pencil and ink pens. You will start drawing from photos and as the class progresses you will begin to draw still-lifes. A pad of paper and a 2B drawing pencil are all that stand in the way of the budding young artist.

**SATURDAYS, OCT. 3-24, 1:30-3:30PM (4 TIMES)**

Class Fee: $5, pay at registration

Materials Fee: None

Limit: Min. 5 / Max. 15

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**BEGINNING JAZZ DANCER**

**(AGES 7 TO 12)**

Sharron Washington

532-5866

Try this fun-filled dance class of today's jazz styles. Learn the basic warm-ups and several jazz combinations. Wear dance clothes or easy moving sports wear and canvas sneakers.

(Sharon, who teaches dance, has operated her own dance studio for seventeen years, and has always welcomed the opportunity to share her talents with children and teenagers.)

**SATURDAYS, OCT. 3 & 10, 1:30-2:15PM**

Class Fee: $4, pay at class

Materials Fee: $1.20, pay at class

Limit: Min. 5 / Max. 15

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**BEGINNING JAZZ DANCER**

**(AGES 13-17)**

Sharron Washington

532-5866

Try this fun-filled dance class of today's jazz styles. Learn the basic warm-ups and several jazz combinations. Wear dance clothes or easy moving sports wear and canvas sneakers.

(Sharon, who teaches dance, has operated her own dance studio for seventeen years, and has always welcomed the opportunity to share her talents with children and teenagers.)

**SATURDAYS, OCT. 3 & 10, 2:15-3PM**

Class Fee: $4, pay at class

Materials Fee: $1.30, pay at class

Limit: Min. 5 / Max. 15

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**BEGINNING MUSIC FOR CHILDREN**

**(4 TO 10 YEARS)**

Miki Thompson

Introduce your child to the wonderful world of music. Miki will start with beginning rhythm instruments and then teach some basics of music while having fun with musical games and songs.

**SATURDAYS, OCT. 3 & 10, 10-11:30AM**

Class Fee: $4, pay at registration

Materials Fee: None

Limit: Min. 5 / Max. 10

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**BEGINNING BALLET DANCER**

**(AGES 6 - 10 YEARS)**

Sharron Washington

532-5866

Did you ever want to try a ballet class? Take this ballet basic sampler dance class and learn a basic warm-up, center work, and basic across the floor movement. Wear dance clothes or easy moving sports wear and ballet shoes or sports socks.

(Sharon, who teaches dance, has operated her own dance studio for seventeen years, and has always welcomed the opportunity to share her talents with children and teenagers.)

**SATURDAYS, OCT. 3 & 10, 1:30-2:15PM**

Class Fee: $4, pay at registration

Materials Fee: $1.20, pay at class

Limit: Min. 5 / Max. 10
**Learning How To Cope**

**HOME ALONE**
Lynda Frey 537-2180

This is for children who stay alone at home. This class teaches self-care skills, emergency procedures, and first aid. (Lynda is the Executive Director of the Red Cross.)

Saturday, November 21, 9am-12noon
Class Fee: $8, pay at registration
Materials Fee: None
Limit: Min. 6 / Max. 20

**RED CROSS BABYSITTING**
Lynda Frey 537-2180

Young people who want to earn money often babysit. This class teaches you how to be a caring, loving, and responsible babysitter. Participants must attend both sessions for certification. (Lynda is the Executive Director of the Red Cross.)

Saturday, October 17 & 24, 9am-12noon
Class Fee: $8, pay at registration
Materials Fee: $5, pay at first class
Limit: Min. 6 / Max. 20

**Quiet Time**

**BEGINNING CROCHET FOR CHILDREN**
Jean Johnson 776-3392

Come and learn the basic stitches of crochet. Work on a simple, single-colored project as you learn to make a simple square. This class is great fun and you can take your project home when you are finished.

Class Fee: $5, pay at first class
Materials Fee: $2, pay at first class
Limit: Min. 2 / Max. 6

**ORIGAMI FOR CHILDREN**
To Xi Gong 332-5508

Learn the art of origami. This class is for children ages 8-16. Learn to make animals, birds, flowers, and objects from a simple piece of paper. This is a fun and creative class for children of all ages. (To Xi Gong is a visiting scholar from China.)

Class Fee: $5, pay at registration
Materials Fee: $2, pay at first class
Limit: Min. 2 / Max. 10

**UPM TELEVISION SHOW**

**FOCUS ON THE COMMUNITY**

Watch UPM's television show on Channel 6, Mondays at 1:00pm. Many of the programs cover social issues and topics that impact our community. For further information call Sandie, UPM, 332-5866

10 Class locations will be noted on your receipt.

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**Dogs, Horses, Kids &...Dinosaurs?**

**DINOSAURS FOR KIDS (AND KIDS AT HEART)**
Rich K. Rusch 532-6724

Dinosaurs, or terrible lizards, ruled the Earth for about 165 million years during what is known as the Mesozoic Era of time. They were once regarded as cold-blooded, slow-moving, dull beasts, but that image is changing. We will explore the new image of dinosaurs as warm-blooded, fast, intelligent creatures. We will also examine bones of dinosaurs and other Mesozoic creatures from Kansas. Find out what Kansas was like when dinosaurs stalked the Earth! All ages welcome.

(Rich is an Assistant Professor of Geology and Adjunct Professor of Science Education at KU with teaching and research interests dealing with fossils, stratified rocks, and Earth history. He has been fossil collecting since he was 5 years old.)

Tuesday, October 6, 6:30-8pm
Class Fee: $13, pay at registration
Materials Fee: $2.50, pay at first class
Limit: Min. 10 / Max. 40

**INTRODUCTION TO DOG TRAINING FOR KIDS**
Cheryl May 776-4526

Find out what you need to get started training your dog. Bring your dog, a 6-ft. leash or nylon leash, and a choke chain training collar. We'll cover the basics — heeling, recall, and the stay command. Ages: children 8-16, dogs 6 months old.

(Cheryl teaches advanced obedience for the Riley County dog project.)

Wednesday, September 9, 6-8pm
Class Fee: $13, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. 12

**FOOD**

532-5866
1221 Thurston

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**UPM and Senior Center**

**HOLIDAY COOKIES**

F-3

Jo Rodriguez 332-8817

Have you always wanted to be able to decorate your own cakes? In this class you will learn how to decorate a cake from a professional. Bring a pre-baked cake to class. (White frosting please.) At registration you will be given a list of materials needed to decorate your cake. If you do not wish to decorate your own cake, you may sign up for a demonstration only.

(We studied cake decorating in Chicago and have taught cake decorating for years. She also does wedding cakes by order.)

Tuesday, September 15, 6:30-8:30pm
Class Fee: $13, pay at registration
Materials Fee: $2, pay at first class
Limit: Min. 5 / Max. 10

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**DOG TRAINING FOR KIDS**

Cheryl May 532-6415

Learn to train your dog to do tricks like rolling over, begging, jumping through hoops, crawling, and catching food in the air. You will learn how to teach your dog these simple tricks — and a few more. A hand-out will be provided so you can continue to work with your dog at home. Bring your dog, a leash, and a sandwich bag filled with your dog's favorite treats. For kids 8-16 and dogs over 6 months.

(Cheryl teaches advanced obedience for the Riley County 4-H project.)

Monday, September 21, 6:30-8pm
Class Fee: $8, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. 10

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**HORSES FOR KIDS OF ALL AGES**

Bernard Wells 539-1203

You will get to feed, groom, and RIDE a horse. Learn to enjoy and have fun with a horse. What does a horse need to become your best friend? What is horse safety? How much does a horse eat? All these questions and more will be answered and you will also get some hands-on experience. Parents are encouraged to attend. Don’t miss this great opportunity. (Bernard has raised riding horses for many years as well as being Riley County 4-H Horse Leader.)

Date to be announced at registration
Class Fee: $8, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. 20

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**HOW TO HAVE YOUR CAKE AND DECORATE IT TOO**

F-3

Jo Rodriguez 332-8817

Have you always wanted to be able to decorate your own cake? In this class you will learn how to decorate a cake from a professional. Bring a pre-baked cake to class. (White frosting please.) At registration you will be given a list of materials needed to decorate your cake. If you do not wish to decorate your own cake, you may sign up for a demonstration only.

(We studied cake decorating in Chicago and have taught cake decorating for years. She also does wedding cakes by order.)

Tuesday, September 15, 6:30-8:30pm
Class Fee: $13, pay at registration
Materials Fee: $2, pay at first class
Limit: Min. 5 / Max. 10
FLOWER COOKERY

Have you ever nibbled on a rose or a narcissus? Many garden flowers are edible and add color and variety to your cooking. We will discuss which flowers to eat, and prepare and taste several dishes as well as share other recipes.
(Flower Cookery complements Eileen's training as a botanist and her hobby of cooking.)

Tuesday, September 15, 6:30-8:30pm
Class Fee: $5, pay at registration
Materials Fee: $2, pay at class
Limit: Min. 4 / Max. 10

JAPANESE COOKING

Oho Ohno

Mrs. Ohno will teach three different Japanese dishes: Tempura, Sukiyaki, and Shabu-Shabu. They are all very easy to cook. Come and learn how to prepare these delicious dishes from Japan. (Be prepared for a spicy winter!)
(Mrs. Ohno came here about one year ago. She says, "I'm afraid I can't speak English very well. This is the first time that I have been to the United States. I like Manhattan. Americans are kind and friendly. I will live here a long time.")

Sec. I: (Tempura) Sat., Nov. ?, 2-4pm
Sec. II: (Sukiyaki) Sat., Nov. 14, 2-4pm
Sec. III: (Shabu-Shabu) Sat., Nov. 21, 2-4pm
Class Fee: $5/Sec. Pay at registration
Materials Fee: $5 per sec.
Pay at class
Limit: Min. 4 / Max. 15

VEGETARIAN INDIAN COOKING

Veena Dehli

There are people who think vegetarian cooking is boring and tasteless, but this class, combining the exotic cuisine of India with the basic elements of a vegetarian diet, will prove them wrong. You will be introduced to the versatility of cooking with readily available ingredients for balanced vegetarian meals like Puri or Buli (fried rice), Kulcha (flattened bread), and Rice (fried rice with homemade cheese and vegetables), and Naan (bread made out of milk, nuts and other healthful foods). Each section will be planned for each section. This class is designed for both beginners and experience learning and eating traditional Indian foods and recipes! (Veena has been sharing her native cooking for the last six years.)

Sec. I: Thursday, October 1, 6-8pm
Sec. II: Thursday, November 5, 6-8pm
Class Fee: $5/Sec. Pay at registration
Materials Fee: $10, pay at class
Limit: Min. 5 / Max. 5

A MIDDLE EAST DINE FOR A SPECIAL OCCASION

Kayla AlJawad

From the Middle East we bring you a dish for a very special occasion — the wedding feast. Kayla will demonstrate this wonderful traditional entrée. (Kayla is a food scientist who graduated from ESH.)

Sec. I: Friday, Sept. 25, 6:30-8:30pm
Sec. II: Friday, Oct. 16, 6:30-8:30pm
Class Fee: $4, pay at registration
Materials Fee: $5, pay at class
Limit: Min. 5 / Max. 10
Love, Marriage & Relationships

DANCE OF ANGER
Jennifer White
532-6964

Anger is an emotion not always easily recognized. It can be expressed in a variety of different ways. The goal of this class is to learn more positive and effective ways of handling anger in relationships. We will also explore types of relating and how we can change those patterns to be more beneficial to ourselves and others. (Jennifer is a graduate student in marriage and family therapy.)

Thursdays, Oct. 1 - 15, 7-9pm
Class Fee: $6, pay at registration
Materials Fee: None
Limit: Min. 5 / Max. 8

PARENTING RELATIONSHIPS
David Wright, Ph.D.

Dating relationships, which should be fun, can cause confusion and create problems which are difficult to handle. Uncomfortable situations can arise from too much intimacy too fast, possessiveness jealousy, gender roles, and unfulfilled expectations. We will cover these and other problems through discussion and sharing of experiences.

Dr. Wright teaches Marriages and Family Therapy in the Department of Human Development and Family Studies at ESU.

Tuesday, Sept. 29, 7pm
Class Fee: $5, pay at registration
Materials Fee: None
Limit: Min. 6 / Max. None

MARRIAGE ENRICHMENT
Larry M. Peak, Ph.D.
537-6014

A perfect marriage is sometimes considered to be an idealistic notion that few people achieve. However, through this marriage enrichment class, Dr. Peak will explain how marital relationships, although not perfect, can be strengthened. He will look at the most frequent marital problems and discuss positive steps for enhancing your marriage. Time will be allowed for group discussion and individual questions.

Larry has a private mental health practice offering marital therapy.

Tuesday, October 27, 7-9pm
Class Fee: $5, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. 10

LOVE ADDICTION
Judy Schrock
539-9464

What are the characteristics of your "ideal love"? Is your idea of love healthy? Could it be that you are addicted to love itself, rather than involved in a healthy relationship with another person? Participants in this class will begin to see relationships in a new way.

Judy is a community health nurse with an interest in sharing self-awareness experiences with others.

Thursday, Sept. 17, 7-9pm
Class Fee: $5, pay at registration
Materials Fee: None
Limit: Min. 2 / Max. 10

CO-PARENTING AFTER DIVORCE
Jan Copeland
532-5510

The divorce is never final if you have children. It is not easy to put aside the anger and hurt, but both parents can provide for the best interests of the child and their own best interests as well, through cooperative co-parenting.

Jan is the single parent of four adolescents and a teacher in the Dept. of Human Development and Family Studies.

Tuesday, Oct. 13, 7:30pm
Class Fee: $5, pay at registration
Materials Fee: None
Limit: Min. 7 / Max. 15

PREPARATION FOR REMARRIAGE
Jan Copeland
532-5510

Remarriage is a unique challenge, particularly for children already in a relationship. We will focus on the most common issues the remarrying couple needs to consider.

Jan is a graduate student concentrating on her studies in divorce and remarriage.

Monday, Oct. 26, 7:30pm
Classroom 5, pay at registration
Materials Fee: $1, pay at class
Limit: Min. 6 / Max. 20

FIGHTING FAIR IN MARRIAGE
Tony Jurich, Ph.D.
532-6984

Every marriage has conflicts. The key to a good marriage is not avoiding conflicts but resolving them. Tony will help class participants understand and practice the art of fighting fair. This is your chance to talk with a 455-hour family therapist for free.

Tony is a ESU professor in the Family and Child Development Department.

Wednesday, September 16, 7-9pm
Class Fee: $5, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

I'M ON! - YOU'RE I'M WORKSHOP
(WANT/UNWANT ATTITUDES)
Don Fallon
539-4451

This workshop is an introduction to Transactional Analysis and the use of 7A tools toward more self-awareness, self-understanding, and the ability to relate to other persons in creative ways. It will also provide help in undoing the programming of the past, and liberating the self for creative and open living in the present.

Don is Lutheran Campus Pastor and has taught many classes for UFM through the years.

Saturday, Oct. 10, 9:30am-4pm
Class Fee: $6, pay at registration
Materials Fee: None
Limit: Min. 1 / Max. 15

EFFECTIVE COMMUNICATION
Michael Weinberg, Ph.D.
539-7758

Effective means of communicating our thoughts and feelings will be covered in this class. Dr. Weinberg will emphasize the expression of anger and sadness and its origin. The class discussions will present specific steps that will enable you to articulate these feelings constructively. These techniques can be used at home, school, or at work. Be expressive and take the first step—join this class.

Dr. Weinberg is a National Certified Counselor to private practice. He is also a management consultant for several large corporations in the Nashville and Jackson city area.

Wednesday, September 9, 7pm
Class Fee: $5, pay at registration
Materials Fee: None
Limit: Min. 5 / Max. 15

PARENTS ANONYMOUS
Don and Trina FaIlos
EVERTHURSDAY, 7:30 - 9:00pm

LOCATION: ESU CENTER, 1101 DEERSON

This is a weekly self-help group for parents who abuse or fear they might abuse their children emotionally, physically, or sexually. Do you set unusually high standards, or have trouble disciplining? Do you find yourself frequently yelling at your children, or leaving bruises or welts on them? PA offers a professionally moderated support group to share feelings and to practice parenting skills. The group emphasizes confidentiality and new ways to feel good about yourself.

Don is a campus minister trained in marriage counseling at Meininger and Trina is particularly when children are involved. (Fee)

NO REGISTRATION NECESSARY — JUST TURN UP AT THE SCH CENTER ON THE DATE

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Class locations will be noted on your receipt.

AMERICAN BAPTIST CAMPUS MINISTRY
BAPTIST CAMPUS CENTER
110 ANDERSON
539-3053

Theology Classes, Resources in Social Issues, Sharing Groups, Personal Consultations, UFM Classes Call for specific times and dates
CAMPUS MINISTER — DAVE STEWART
Taking Care of Our Health

ADHD PREVENTION S-19
A PRO-CHILD FAMILY LIFESTYLE SEMINAR
Red Cross Instructors 537-2180
Learn the facts about ADD from the American Red Cross, the nation's foremost preparedness and everyday health care resource (Lydia is the executive director of the Riley County Red Cross and is a certified health instructor. Nancy is an RN, and has been a Red Cross volunteer for ten years.)
Thursday, Nov.12, 7-9pm
Class Fee: $5, pay at registration Materials Fee: None Min. 6 / Max. None

SUGAR AND SALT: THE REAL STORY S-23
Bonnie Hanses 776-3448
Sugar and salt - two of the culprits that can make or break your health. Learn how this may affect your body chemistry and how to overcome these two additives. Related health problems will also be discussed. (Bonnie has been the owner of the Diet Center for over 12 years. She is a certified diet counselor, lecturer and teacher as well as an expert in the field of weight management.)
Tuesday, Sept.22, 10:30-11:30am
Class Fee: $4, pay at registration Materials Fee: None Min. 10 / Max. 20

REFLUX ILLS AND STRESS ILLS S-20
Don Fallon 539-4451
Stress is a fact of life: studies, exams, relationships, jobs, finances, fear of the future, illness, and depression. Our whole person is affected both emotionally, intellectually, socially, and spiritually. We will focus on evaluating our lifestyle and shaping a practical strategy for coping with stress.
Saturday, Oct.31, 9:30am-1pm
Class Fee: $5, pay at registration Materials Fee: None Min. 1 / Max. 15

BASIC MASSAGE S-21
Bob Parr 1-762-5569
A brochure should make your want to pick it up and read it. How can you make sure your massage has a chance of being useful among the hundreds of messages the public is bombarded with (in print and otherwise) every day? This class will cover the basics—design and layout (though it is not about design); how to get by without an artist, and how to work with printers. Bring your own projects for individual attention. (Stephen is an editor for Kansas Farm Bureau.)
Tuesday, Oct. 6, 7pm
Class Fee: $5, pay at registration Materials Fee: None Min. 10 / Max. 25

ASSOCIATION SKILLS: MAKING CONTACT AT GATHERINGS S-1
Dori Lambert, Ph.D. 532-6927
Learned and practice assertive ways to respond to requests made of you; in particular, to learn how to say "no" when you want to decline a request. This is a structured learning experience incorporating attention to individual examples and group practice through use of role-play.
NOTE: ESU students contact Dori at 532-6927 Non-students register through UFM
Tuesdays, Oct.13-Nov.3., 4:30-6:30pm (2 classes)
Class Fee: $6, pay at registration Materials Fee: $2, pay at first class Min. 1 / Max. None

KEEP REACHING -- MOTIVATION S-5
Joe Younger 533-6277
What makes you do what you do? Everyone has a motivator within themselves that says "do it" for whatever reason. Explore the dynamics of motivation and de-motivation! Study why people keep reaching to satisfy needs. (Joe is manager of staff training and development, programs at ESU.)
Tuesday, October 13, 7-8:30pm
Class Fee: $5, pay at registration Materials Fee: None Min. 6 / Max. 15

WEEKEND WORKSHOP
CREATING OUR OWN REALITY
Saturday and Sunday, Sept.19 and 20
We are what we believe, and our reality, or environment, is the product of these beliefs. If you are not reaching your goals, it may well be you are being limited by your conscious or unconscious beliefs. We can be our own worst enemies.
This workshop will deal with understanding our belief systems and how it works, what it does and how it changes. Our changes through visualization and affirmations.
Visualizations is a powerful tool which can be used in every area of your life to produce positive changes.
You will leave this workshop with a greater understanding of yourself, and have the tools to take conscious control over your life.
Saturdays, Sept.19 8:30am - 4:30pm
Sundays, Sept.20 9:00am - 4:00pm
Registration: $30
Five full and five half scholarships are available as a first come, first serve basis. Please—only people who truly cannot afford the registration fee should apply for a scholarship.
BROCHURES ARE AVAILABLE UPON REQUEST.

WORLD FRIENDSHIP
World friendship is a nonreligious organization devoted to establishing friendship between American and International women in Manhattan. Some of our activities include: sewing, cooking, crafts, exercises, tours, and English as a second language. Transportation and a nursery are provided. Volunteers for the nursery and transportation are always needed. We welcome you to join us and to experience the world of friendship. For more information please call Tina Koch at 530-2277.
Meetings: Every Tuesday morning from 9:30-11:00am. Starts Sept. 15
Location: Fisher Hall First Presbyterian Church 8th & Nautilus 
No Dues

Class locations will be noted on your receipt.

13
DEALING WITH THE ISLAMIC RELIGION S-30
Layla AlJaved
This will be an open discussion on the Islamic religion. We will share thoughts and ideas and learn about differences between the Islamic religion and Christianity.

Wednesday, Oct.21 & 28, 6:30-8:30pm
Class Fee: $2, pay at registration
Materials Fee: None
Limit: Min. 3 / Max. None

INTRODUCTION TO ZEN S-32
Al Potter & others of the Manhattan Zen Group
The origins and history of Zen philosophy and practice will be described. Emphasis is given to the Zen tradition of meditation, including instruction and demonstration. Wear loose clothing and bring a bolster or cushion (All has been a student of Zen for many years)

Wednesdays, Oct.14-28, 7:30-9:00pm
3 times
Class Fee: $6, pay at first class
Materials Fee: None
Limit: Min. 3 / Max. 9

Looking Good for Fall
HOLIDAY COLOR PIZAZZ S-34
Bonnie Hansen
776-3438
Each person will have their colors analyzed and their color packet individualized. Their color harmony and best clothing will be determined. Accessories and scarves will also be presented. This class is a life-changing experience as well. Each class will be scheduled for a later date.

(Also is a certified professional image consultant for the National Congress of Color and the Image Impact Association. Has over 20 years experience in color analysis and is currently the director of Beauty for All Seasons.)

Thursday, Nov.12, 7:30pm
Class Fee: $35, pay at class
Limit: Min. 3 / Max. 8

HAIR, NAILS, MAKE-UP - YOUR OWN BEST ACCESSORIES S-35
Paas Hair Designs
537-9825
Take advantage of the experienced staff at Paas - they will combine their expertise to show you how to make the most of your hair, your nails, and your best features through the illusion of make-up.

Day and date to be announced, 7-9pm
Class Fee: $5, pay at registration
Materials Fee: None
Limit: Min. 12 / Max. 18

Getting To Know Ourselves GROWING UP - A GOOD TIME Facilitators: Betty Dickey, Betty Frank, Becky Deket
Growing Up - A Good Time is a program designed for parents and their children giving them opportunities to share and learn together. Topics touch upon human physical and emotional growth, changes and differences, gender health awareness, and more. Discussions of self, childhood, psychological changes, feelings, etc. are made, values, self-esteem and family relationships.

The facilitators are individuals who have been trained specifically for this program.

Minimum children per class - 8
Maximum children per class - 14
Class fee: $15 per parent/child per session
Meet Mondays
GIRLS 5-12yrs. Sept. 14 - 24 (4 times)
BOYS 8-11yrs. Sept. 19 - Oct. 8 (4 times)
GIRLS 12-15yrs. Oct. 12 - 26 (5 times)
BOYS 12-15yrs. Oct. 29 - Nov.12 (5 times)
To enroll or for further information, CALL: 776-4779

BOOKS BY AND ABOUT WOMEN RACHEL CROSBY
Pa-9
Lorrie Croos
539-5337
Women writers are special people. Women readers often hear them. This class provides time for women to talk with each other about novels, non-fiction works, history, and more! Discussions of self-image shaped by literary models are examined as we discuss books selected by group members. Books we have recently read are: The Good Mother by Sue Miller; The Heart of a Woman by Davis Adam; Good and Perfect Gifts by Pam Robert; and Love and Pain and Love and Pain by Mae Sarton.
(Lorrie has been a member of this informal reading group since 1971.)
1st Meeting: Wed. Sept.16, 7:30-9:00pm
(Deguling)
Class Fee: $3, pay at registration
Materials Fee: None
Limit: Min. 3 / Max. None

Handwriting Analysis: MIKIA FIELD S-24
This class offers an overview of the traits revealed in handwriting. This is a unique opportunity to learn more about yourself through analysis of your handwriting.
(Mirian is a master certified graphology analyst. She also teaches more indepth introductory courses.)
Meet Mondays, Sept. 21 & 28, 7-9pm
Class Fee: $35, pay at registration
Materials Fee: None
Limit: Min. 6 / Max. None

Getting To Know Ourselves

AMERICAN BAPTIST CAMPUS MINISTRY BAPTIST CAMPUS CENTER 1801 ANDERSON 39-3051 Theology Classes, Resources in Social Issues, Sharing Groups, Personal Consultations, OWM Classes Call for specific times and dates CAMPUS MINISTER - DAVE STEWART
The Troubled Years

HOW TO RECOGNIZE ADOLESCENT ALCOHOL/DRUG PROBLEMS

Marlin Wilson
776-7533

This class is for parents, teachers, and concerned others to develop an understanding of the disease concept of chemical dependency. Learn to recognize symptoms of adolescent alcohol and drug abuse and become aware of what to do and what not to do. We will also discuss possible treatments. This class is a 'must' for all parents of teenagers.

(Marlin is a counselor with St. John's Affiliated Assessment & Guidance Center.)

Date to be announced (Will meet two times) Class Fee: $5, pay at registration Materials Fee: None
Limit: Min. 6 / Max. 20

ADULT CHILDREN OF ALCOHOLICS

Marlin Wilson
776-7533

There are predictable patterns of behavior within the alcoholic family. The children of alcoholics continue these patterns of behavior into other relationships creating problems and tensions which need not exist. Research is available showing that family members of alcoholics may have similar behavioral patterns. This class will look at the effects of alcoholism on family members through discussion and film. If your life is in any way affected by an alcoholic family member or friend, this class will help you to understand your own and other people's behavior.

(Marlin is a counselor with St. John's Affiliated Assessment & Guidance Center.)

Date to be announced (Will meet two times) Class Fee: $5, pay at registration Materials Fee: None
Limit: Min. 6 / Max. 20

SPICE ABUSE DISCUSSION

Diane Ferrero

Diane, a former battered wife, will lead this discussion on spice abuse. She will identify the myths and respond to questions such as why do women stay in abusive situations, what help is there for the abused spouse, and how can friends help? Diane was in a battering situation for many years, and with the assistance of crisis centers, has now made the transition to living on her own and is working on her Master's degree in Family Life Education.

Monday, Sept. 28, 7-9pm
Class Fee: $5, pay at registration Materials Fee: None
Limit: Min. 2 / Max. None

S.O.S. — SAFE OR SORE

Nancy McClanathan
Sandy Pejal

S.O.S. — Safe or Sorry, a down-to-earth way of helping parents solve the problem of sex education. This program includes information and methods to aid parents in teaching their own children how to deal with puberty and the "sexual dilemma".

(S.O.S. was designed by two middle school teachers with teenage children of their own and a total of 25 years daily experience with hundreds of young people.)

Sec. I: Tues. Oct. 6, 7-8:30pm
Sec. II: Tues. Oct. 20, 7-8:30pm
Class Fee: $5, pay at registration Materials Fee: $3, pay at class
Limit: Min. 10 / Max. 20

COMMUNITY

632-5866
1221 Thurston

Investing in Yourself

PUBLISHING YOUR OWN BROCHURE

Stephen Hoffman

A brochure should make you want to pick it up and read it. How can you make sure your message has a chance of being noticed among the hundreds of messages the public is bombarded with (in print and otherwise) every day? This class will cover the basics-design and layout (though it is not an art class), how to get by without an artist, and how to work with printers. Bring your own projects for individual attention.

(Stephen is an editor for Kansas Farm Bureau.)

Tuesday, Oct. 5, 7pm
Class Fee: $5, pay at registration Materials Fee: None
Limit: Min. 10 / Max. 25

WOMEN IN MANAGEMENT

Frank Sazl, Ph.D.

This class is designed for women in or aspiring to management positions. We will focus on obstacles to effective performance. Don't be your own worst enemy! Take this class and gain self-confidence.

(Frank is an associate professor of psychology and is one the Women's Studies Faculty.)

Tuesday, September 15, 7pm
Class Fee: $5, pay at registration Materials Fee: None
Limit: Min. 6 / Max. None

Continued...

Class locations will be noted on your receipt.
INVESTING IN YOURSELF (Continued)

PREPARING FOR EMPLOYMENT C-8
Tracey Frasier 532-4561

In an unemployment increase, so does the competition for the available jobs. This class will give you the edge in your job search by:
(a) Identifying your skills and interests;
(b) Learning how to fill out an application form;
(c) Writing a resume of your marketable skills; and
(d) Discussing and practicing interviewing techniques and developing a job search plan.

Participants will be assisted as they work on filling out an application, writing a resume, answering interview questions and developing their own job search plan. (Tracey is coordinator of the Single Parent/Displaced Homemaker Program at ESU.)

Monday, Sept. 23 – Oct. 1, 7:30-9pm (4 wks) Class Fee: $10, pay at registration Materials Fee: None Limits: 33

STARTING A HOME-BASED BUSINESS C-11
Fred Rice 532-5529

This class will cover everything you need to know about selecting, planning, and starting the right home-based business. We will discuss marketing and management tips to help you turn your skills and energy into a profitable venture. (Fred is the Director of the ESU Small Business Development Center and has counseled hundreds of home-based businesses.)

Wednesday, Oct. 21 (All day workshop) You will be notified of time at registration.
Class Fee: $15, pay at registration Materials Fee: None Limits: 5/ Max. None

HOW TO GO BACK TO SCHOOL (WHEN YOU DON’T KNOW HOW TO START) OR DO YOU HAVE TO BE PROOF-READ AND YOU AREN’T ENGLISH MAJOR) C-12
Sue Haffix 532-6423

Going to college as an adult can be exciting, but are you wondering whether you have the class, money, or time for college? Does the educational institution confuse you? Do you know what colleges are available to you? We will help you find the answers, check through the actions, take the first steps, learn how to cut red tape, and know where to find help on campus. (Sue is director of FERRX, a program for adults over 25. She is the former Dean of None Economics, has conducted research on the efficacy of a firm believer in lifelong learning.)

Mon/Wed/Mon Oct. 12 – 19, 7-9pm Class Fee: $4, pay at registration Materials Fee: $1.50, pay at first class Limits: 8/ Max. None

To Your Health C-13

SOPHIE MCINTOSH 537-7013

This class will cover the life-saving techniques of cardiopulmonary resuscitation. Shirley will demonstrate CPR, the Heimlich maneuver, and the correct hand placement in emergency situations. (Shirley is a certified CPR instructor.)

Saturday, Oct. 9, 9am-4pm Class Fee: $4, pay at registration Materials Fee: To be advised Limits: 8/ Max. None

Dollars & Sense

SOCIALLY RESPONSIBLE INVESTING C-1

Greg Barro 776-1066

If you are an investor, your primary concern is the amount of return on your investments. However, a rapidly growing number of people are aware of the impact of their investment not only on the economy, but also on social values. They are no longer making investment decisions based solely on company performance. They also take into consideration the company’s attitudes toward social and environmental issues. If you are an investor, or are just interested in this subject and are concerned about social issues and values, the information presented in this class will be invaluable to you. (Greg has a master’s degree in economics and is an investment advisor for Stiefel Nichols & Co.)

Sect. I: Tuesday, September 15, 7pm Sect. II: Tuesday, September 22, 7pm Class Fee: $15, pay at registration Materials Fee: None Limits: 3/ Max. None

PLANNING FOR YOUR FUTURE C-2

Fred Freeby 537-4503

Investing is not the prerogative of the rich, but of the wise. If you do not understand the various investment vehicles, you could be missing valuable opportunities. Through discussion and slides, we will learn about investments, insurance, trends, legal trusts, limited partnerships and retirement programs. A special feature of this class will be a financial plan for each participant equivalent to a plan costing several hundred dollars if purchased. (Fred is a senior account executive with Waddell & Reed, one of the largest financial planning organizations in the U. S. with over $5 billion under management.)

Section I: Tuesday, Sept. 22, 7:30-9pm Section II: Monday, Oct. 5, 7:30-9pm Section III: Monday, Oct. 19, 7:30-9pm Class Fee: $5, pay at registration Materials Fee: None Limits: 4/ Max. None

FINANCIAL PLANNING FOR WOMEN ONLY C-4

Barbara Reid 537-4505

Planning for one’s financial future has become increasingly difficult. We will cover topics such as choosing a savings and investment options, insurance, taxes, and retirement. (Barbara is a graduate of ESU majoring in Family Economics. She is currently employed by Waddell & Reed, Inc.)

Saturday, Sept. 26, 9:30-11am Class Fee: $5, pay at registration Materials Fee: None Limits: Min. None/ Max. None

DEALING WITH DIFFICULT PEOPLE AT WORK

Ron Downey, Ph.D. 532-5712

Discussion will deal with techniques for handling difficult people in your work situation. We will focus on the motivations, attitudes, and situations that can lead to these problems. Your ability to cope with difficult people will make your day a more pleasant one. (Ron is a ESU psychology professor.)

Wednesday, October 14, 7:30pm Class Fee: $3, pay at registration Materials Fee: None, pay at class Limits: Min. 5 / Max. 20

INVESTMENT BASICS C-3

Steve Harrison 537-3700

This is your opportunity to understand the foundation of investment fundamentals necessary for effective financial planning. Topics discussed will include money market funds, stocks, bonds, mutual funds, insurance, and tax advantages opportunities (Steve has been a financial counselor for the past 12 years, specializing in stocks, bonds, and mutual funds, and is a partner with a New York Stock Exchange Firms.)

Thursdays, Sept. 17 & 24, 7-9pm (2 times) Class Fee: $5, pay at registration Materials Fee: None Limits: Min. 8 / Max. 12

FINANCIAL OPTIONS FOR THE YOUNG MARRIED C-5

Barbara Reid 537-4505

Planning is never more important than when you are starting your family. This seminar will cover insurance options, savings and investments, college costs for children, taxes and estate planning. (Barbara is a graduate of ESU majoring in Family Economics. She is currently employed by Waddell & Reed, Inc.)

Thursday, Oct. 15, 7:30-9:30pm Class Fee: $5, pay at registration Materials Fee: None Limits: Min. 6 / Max. None
A Date With Data

COMPUTER RADIO

Mathew C. Doe

This is a basic computer course consisting of lectures, demonstration, and hands-on experience. The first meeting, open to all interested persons, will be a discussion of the IBM computer, its uses and possibilities both in home and workplace. Mathew will also give a demonstration of the various functions of the data base, Lotus, and Word Perfect. Those wishing for hands-on experience may also sign up for a lab. Each person will have the opportunity to try out the various functions and become familiar with the IBM computer.

Mathew is an independent software developer with five years experience in this field.

Lecture: Tuesday, Oct. 27, 7pm
Labs: No. 1 Thurs. Oct. 29, 7pm
No. 2 Tues. Nov. 3, 7pm
No. 3 Thurs. Nov. 5, 7pm
Class Fees:
Lecture: $2, pay at registration
Labs: $6, pay at registration
Materials Fee: $2, pay at lab.
Limit: Min. 4 / Max. 24

On the Air

INTRODUCTION TO RADIO BROADCASTING

Kelli Abele

Join us for a tour of the EQUA radio station. Learn about sales and programing as well as how to write and record commercials. Your hosts will include the General Manager, Sales Manager, Program Director, and News Director. One of EQUA's sales representatives joined the staff after participating in this 16-hour class two years ago. It could happen to you!

Kelli is general manager of EQUA and has been in broadcasting for over 11 years with two-year stint as a marketing director.

Tuesdays, Nov. 3 - 17, 7-8:30pm (3 x 5)
Class Fee: $4, pay at registration
Materials Fee: Free
Limit: Min. 4 / Max. 8

AMATEUR ("HAM") RADIO COURSE

Doris Grosh

Amateur ("ham") radio is a chance for you to communicate directly with others by short wave radio. Learn Morse code, the rules for using it, practical techniques, and terminology, all of which are needed to become a licensed "ham" radio operator. After you've taken the class you can talk with other "hams" across town or across the country.

This class is being sponsored by the Nassau County Amateur Radio Society, and the EQUA Amateur Radio Club.

Tuesdays & Thursdays, Begin Sept. 28, 7-9pm (12 times
Class Fee: $4, pay at registration
Materials Fee: $10 (approximately), pay at first class
Limit: Min. 5 / Max. 16

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FROM MANHATTAN'S MOST COMPLETE RENTAL CENTER

Rental Center, Inc.
1827 Fort Riley Boulevard
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- Automotive

Class locations will be noted on your receipt.
THE ARMCHAIR TRAVELER SERIES

TAHITI
FROM CALIFORNIA, WE BRING YOU CHRIS BORDEN AND TAHTI

If you have ever dreamed of graceful sailing ships gliding through tropical waters, clear blue skies, brilliant sun, soft steady breezes and warm star-filled nights...then Tahiti is for you! 

Birch Bay Radio 
Born with the most beautiful lagoon in the world, Chris Borden tells the story of Tahiti in his own intimate story as Chris Borden signs his book.

Discover the enchantment of Tahiti!

Chris Borden, a native of California, has produced films for business, sports, and television. He was co-creator for episodes of the CBS series "Animal World," and his films have thrilled audiences from coast to coast.

OPA is proud to bring Chris Borden and his exciting film "TAHITI" to Manhattan. His warmth and humor promise to make this a very special and exciting evening for all.

FRIDAY, OCTOBER 23, 7:950pm
ESU LITTLE THEATER.
$6.00 per person / $10 per couple.
CALL UHM 532-5866 FOR DETAILS.

THE ANNOUNCEMENT

Oh My Aching Back!

FORCING BULBS

E-24

Frank Brooker
532-5866

Can you think of anything nicer than spring flowers at Christmas? If you take this class you could grow your own. To successfully force bulbs to flower early they need to be stored in a temperature controlled environment. We will do that for you. Frank will explain the ins and outs of forcing bulbs, and then you will plant your own in pots. We will score them — you pick them up before Christmas. You supply your own pot (clay or plastic), they are called pass or half pans. Please call if you need further information. (Frank is a senior Horticulture student and Coordinator of the Community Gardens and Edible Gardens.)

PREPARING YOUR LAWN AND GARDEN

E-15

Frank Brooker
532-5866

You are the time to start creating a beautiful yard for next year. Learning how to prune your trees and shrubs will make all the difference to their health, attractiveness and flowering next spring. This is the time to prepare your vegetable and flower beds and protect your roses against the winter ahead. Fall is also the time for planting trees, shrubs, and bulbs as well as digging up and storing bulbs and tubers. Make it easy on yourself - plan next year's garden now. (Frank is graduating in December with a degree in horticulture therapy. He has operated his own landscaping service as well as worked for several nurseries.)

WEDNESDAY, OCTOBER 10, 7pm
CLASS FEE: $2, pay at registration
MATERIALS FEE: None
LIMIT: Max. 3 / Max. None

COMMUNITY GRAB BAG

EDITH STENKEL

This is your opportunity to get accurate, up-to-date information on hunger—where it exists, what it is, why it exists, and what it will take to end it. What is really happening in Africa, and what can one American individual do about it? A discussion of hunger around the world which leaves none without guilt or despair. (Edith has undergone extensive and continued training to present this briefing.)

THURSDAY, SEPTEMBER 17, 7pm
CLASS FEE: $3, pay at registration
MATERIALS FEE: $10, pay at class
LIMIT: Min. 2 / Max. None

NATIONAL CO-OP NORTH

JAYNE LAMB
LYNN WHITELSEY

A cooperative is a consumer owned business. In this class, we will discuss how co-operatives started, the different types, and some of the myths surrounding co-ops. You will also learn about the People's Grocery Co-op, the only consumer owned business in Manhattan, started and is operated, the touristic glitter. (Jayne is the manager of the People's Grocery Co-op and she and Lynn have been members of a variety of co-ops in Wisconsin and Kansas since 1974.)

MONDAY, OCTOBER 5, 6:30-7:30pm
CLASS FEE: $2, pay at registration
MATERIALS FEE: None
LIMIT: Min. 4 / Max. 12

INFORM YOURSELF WITH HUMAN RIGHTS

DEBBIE PAAP

Manhattan's Amnesty International group works impartially to free prisoners of conscience: men, women and children imprisoned solely for their beliefs, race or ethnic origins, who have neither used nor advocated violence. They also work for fair and prompt trials for all political prisoners, and to abolish torture and executions. Debbie will explain how the local members make up of students, faculty and the community, are involved.

SECT. I: MONDAY, SEPTEMBER 14, 7pm
SECT. II: WEDNESDAY, SEPTEMBER 20, 7pm
CLASS FEE: $2, pay at registration
MATERIALS FEE: None
LIMIT: Min. 5 / Max. 20

CAMPAUS RESOURCES FOR THE COMMUNITY

DEBBIE PAAP

U-Learn, X-State's educational, information, and resource center, is available to community members. We will discuss how non-campus persons can use U-Learn for information on such topics as child-care to human rights groups. Join Debbie for a discussion on how you can benefit from U-Learn, even if you are not a student.

MONDAY, SEPTEMBER 21, 7-8pm
CLASS FEE: $2, pay at registration
MATERIALS FEE: None
LIMIT: Min. 4 / Max. None

BEGINNERS GUIDE TO RADIATION

LYLE HORNBAKER

This course will address such questions as: What is radiation; how does it damage our body; how can you protect yourself from potentially dangerous radiation? This information about radiation will allow you to form your own opinions about the dangers and benefits of nuclear energy. (Lyle is a certified radiation worker and has spent 6 years in the U.S. Navy serving on a nuclear powered submarine.)

WEDNESDAY, SEPTEMBER 16, 7pm
CLASS FEE: $4, pay at registration
MATERIALS FEE: None
LIMIT: Min. 4 / Max. None

THURSDAY NIGHT MOVIE PLAY GROUP

DARRICK STOECK
DIANA MATHIS

This is an ongoing "Support Group" for same-sex mothers and their pre-school age children, a "Mother's Morning In" with children playing and moms visiting with other adults. Mothers are responsible for their own children, no separation necessary. During nice weather we will be meeting outside and during colder months we will be meeting in homes of participants. This group has been in existence for about ten years.

REGISTER and you will be contacted for first meeting.
CLASS FEE: $2, pay at registration
MATERIALS FEE: None
LIMIT: Min. None / Max. None
Title: The Oregon Trail - Lower End

Author: Owen Jones

Date: 537-7976

Content:
Let's have fun, see wondrous scenery, and learn some history. We will explore Chiloquin, Oregon, on the Oregon Trail in the Chiloquin area, including the large elk in the world, a sock lunch, and a carpool.

Saturday, October 3, 8-10am? 
Class Fee: $3, pay at registration 
Materials Fee: Bring a sock lunch and gas money for car pool 
Limit: Min. 3 / Max. None

Title: Dayhike Trail 

Author: Tim Rose

Date: 784-5535

Content:
Do you enjoy exploring native Klamath woodland, but hate fighting dense undergrowth? If you do, then come and enjoy a guided tour along the newly established Klamath River State Park and History Trail. Over 50 native plants are identified on this mile-long cleared trail located in the Klamath River bottoms behind the old historic First Territorial Capitol building. After the walk a guided tour of the museum will be given. (You have been the curator of the First Territorial Capitol for the past two years. He has an interest in Klamath history as well as in its native plants.) 
Saturday, October 10, 10am-1pm 
Class Fee: $3, pay at registration 
Materials Fee: None 
Limit: Min. 2 / Max. 10

Title: Klamath Prairie Trail 

Author: Dave Sampson

Date: 784-5535

Content:
Kanoa has a new hiking trail! You can follow the ridge south of town from Kings Creek to Shanes Creek. You can follow the prairie succession from Gallery Forest into prairie uplands. We will stop along the way to see and feel how the prairie was, what it is today, and how it may be in the future. The hike is approximately 2.5 miles. A 30 minute slide show will also be presented. 
(Dave is foremost of the Kanoa Prairie)
Saturday, October 3, 1pm-2pm 
Class Fee: $4, pay at registration 
Materials Fee: None 
Limit: Min. 6 / Max. None

Title: And How to Survive 

Author: Dr. F. C. Lanning

Date: 537-7979

Content:
TAKING THIS CLASS JUST IN CASE YOU WOULD BE ONE OF THE UFO TRIPS

Survival Skills:

Title: Survival Skills 

Author: Art Clark

Date: 539-4121

Content:
Confidence born of knowledge will help you survive whether you are broke in the big city, hurt and alone in your home, stranded beside the road, lost on vacation, or simply trying to enjoy your unit in the field. Whether you are 13 or 63, having survival skills can be a vital tool. Skills taught on request include matches, fire, foraging, tool making, water, shelter, water, shelter, pitching, cooking, first aid, rope making, knot tying, and telling time. (Art is a veteran of South East Asia and Builder Outdoor Survival School, and he has spent 8 summers as a camp counselor.)

Saturday, October 10, 9am 
Class Fee: $3, pay at registration 
Materials Fee: None 
Limit: Min. 1 / Max. 10

Title: Precision Work 

Author: Dr. F. C. Lanning

Date: 537-7979

Content:
How do you think those stones were ground into that gem stone on your favorite ring? The instructors will demonstrate the various apparatus and show what with them, a methodical nature, and a few calculations, cutting is not as difficult as it might be imagined. Faceting, tumbling, and cabochon work will be demonstrated. We will review types and gem stones in terms of their characteristics, origin, use, and value.

(Old Times Mineral, Geoway and Forest Club sponsoring this class and will be showing a variety of stones.)
Thursday, November 12, 8pm 
Class Fee: $3, pay at registration 
Materials Fee: None 
Limit: Min. 2 / Max. None

Class locations will be noted on your receipt.
ATTENTION CAT OWNERS!  THIS CLASS IS REQUESTED THIS CLASS — THE WAY TO ENTER THE HOUSEHOLD CAT SHOW

CATS ARE PEOPLE TOO!

Miss Alice Potter

We will discuss basic care, some health problems, and a brief description of all breeds of pedigraded cats. Also, we will cover show requirements, have a demonstra-
tion of proper grooming and a ques-
tion and answer period. This class will help prepare you for the annual pedigraded and household cat show.

(Maxine has been a cat breeder and ex-
tibitor for 28 years. She has been a judge throughout the U.S., Canada, and Japan.)

Wednesday, October 7, 7:30-9:30
Class Fee: $5, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

SQUAW CREEK NATIONAL WILDLIFE REFUGE

Duais Kerr

Join us for a day trip to Squaw Creek National Wildlife Refuge near St. Joseph, Missouri. We will see herons (100,000 to 500,000) of migrating snow, Canada and white-fronted geese, as well as ducks and possibly bald eagles. We will car-pool to St. Joe. Duais will contact you after registration with details of this trip.

Saturday, November 7, 
(Time to be announced)
Class Fee: $4, pay at registration
Materials Fee: Gas and food money
Limit: Min. 4 / Max. None

WINTER BIRDS - CHRISTMAS COUNT WARM-UP

Duais Kerr, Dave Ristoul and other members of the Northern Flint Hills Audubon Society

If you are new or a little rusty at bird watching and want to go on the annual Christmas bird count, here is a chance to get acquainted with many of the species that will be seen on December 20. Bring your binoculars and plan to come up with a wide assortment for you to study.

Sunday, December 3, 1:30-4
Class Fee: $2, pay at registration
Materials Fee: None
Limit: Min. None / Max. None

20TH ANNUAL CHRISTMAS BIRD COUNT

John Zimmermann

The best way to learn to identify feathered friends is to birdwatch with experienced birders. The Christmas bird count, conducted in Manhattan since 1949, is the yearly highlight of bird-watchers and a great opportunity for beginners. On December 19, spend all or part of the day counting ducks, hawks, woodpeckers and snowbirds. For more information call John Zimmermann.

Saturday, December 19
Class Fee: None
Materials Fee: None
Limit: Min. None / Max. None

HORSESHOEING

Greg Barron

This will be a beginning cold-horseshoeing class aimed at people who have had no experience of horse-shoeing. Some of horseshawing tools and care of the hooves will be covered. Each participant will also get hands-on experience if de-
sired.

(Greg has both his own horses and horses for others for over 10 years.)

Saturday, September 19, 9-11am
Class Fee: $3, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. 10

STAR GazERS

BEGINNING ASTRONOMY

Lerry Paris

Ever wonder about the universe? What is a galaxy? What is a star? How can I learn the constellations? Come spend an even-
time learning about the universe and the constellations. Please bring a small flashlight.

(Lerry has taught this class several times and always enjoys it!)

Thursday, September 10, 9-10:30am
Class Fee: $2, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

ADVANCED WORKSHOP

Sat. Sept 19 9am-1pm
$35

To register or for more information, call Pat Embers at 537-2819.
Getting Active

**BEGINNING TENNIS**

Karen Perry

Learn the sport of Kings. In this class you will learn the forehand, the backhand, and the serve, as well as court tactics, equipment selection and game rules. Please bring a can of marked balls and a racquet.

Begin Sun. Sept. 13, 8-10am (6 times)
Class Fee: $10, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. 20

**BEGINNING BASEBALL**

Charles Clark

Enjoy the coolest and most pleasant part of the day while playing a most intense and competitive game. It's a great way to wake-up. Call Charlie (776-0471) for the next class time. All skill levels are welcome.

Call Charlie for dates
Class Fee: $3, pay at registration or pay Charlie.
Materials Fee: None
Limit: Min. None / Max. None

**VOLLEYBALL FOR FUN (16 AND OVER)**

Lois Horvath

Indoor volleyball can provide low-key competition, exercise and a great time for beginners to those advanced. Nets and balls will be furnished. (Lois has played UPF volleyball for years.)

Tues & Thurs. Begin Sept. 6 6:30-8:30pm (Ongoing)
Class Fee: $4, pay at registration
Materials Fee: $1, pay at class
Limit: Min. 1 / Max. None

**BEGINNING FENCING**

Doug Varney

Learn basic fencing skills with foil, epee, or sabre. Network, conditioning, and blade play will be emphasized with some practice bouts toward the end of the session. The materials fee pays for rental of all needed equipment. Men and women of all ages are welcome!

Doug enjoys fencing and finished 35th in the National Fencing Championship. Congratulations Doug!

Wednesdays, Begin Sept 9, 7pm (Ongoing)
Class Fee: $10, pay at registration
Materials Fee: $10, pay at first class
Limit: Min. 4 / Max. None

**INTERMEDIATE FENCING**

Doug Varney

Does the play of the blades make you want to dig out your foil, epee, or sabre? We are looking for fencers with previous experience who want to become involved again. Practices will include a combination of drills and free fencing. Traveling to UPF meets and circuit events is planned.

On Guard, Paris, Allees!

Doug is an experienced fencer who finished 35th in the National Championship.

Tues. (5:30pm) & Weds. (7pm) Begin Sept 8, (ongoing)
Class Fee: $10, pay at registration
Materials Fee: None
Limit: Min. 3 / Max. None

**GOLF FOR BEGINNERS**

Jim Gregory

For those who have little or no experience, Jim will cover fundamentals of the full swing, short game-pitching and chipping and putting. Bring a wood, 6 iron and putter. If you don't have any clubs, they will be provided free of charge. Here's a chance to find out if golf is the sport for you.

Jim is a PGA Golf Professional and is the golf professional at Singy Mill Golf Course.

Thursdays, Sept. 10 - 24. 6-7pm (3 x's)
Class Fee: $6, pay at registration
Materials Fee: $1, pay at class
Limit: Min. 4 / Max. 10

**ROOMS FOR RENT**

If you are planning a meeting, pot luck or fun function, UPF has rooms available with kitchen facilities for a reasonable price. The fireplace room with patio is perfect for family events and for formal meetings. UPF now has a conference room. For more information call Bonnie, 532-5866.

**TRIVIA RELATED GAMES**

Jill Bees

Do you know what "yer" means? With the game Ballyhoo, you don't need to know. You create the definition and then convince the others that your definition is the correct one. We will play this and other trivia based games such as Dictionary and Trivial Pursuit. By the way, yer means hiccup.

(Jim says he's been pretty trivial for several years.)

Wednesday, Sept. 9, 7-9pm
(The first meeting won't allow for organizational purposes -- when we arrange where and when to have UPF.)
Class Fee: $4, pay at registration
Materials Fee: None
Limit: Min. None / Max. None

**BEGINNING BRIDGE**

Charles Clark

What makes bridge the best card game? Charlie's here to let you in on the fun. In a few quick and entertaining lessons, you can kick off your training wheels and start enjoying a lifelong hobby.

(Charlie learned to play bridge when he was knee high.)

Tuesdays, Begin Sept. 8, 6pm (ongoing)
Class Fee: $5, pay at registration
Materials Fee: none
Limit: Min. 4 / Max. None

**THE GAME CONNECTION**

UPF Staff

We need people who need people. UPF is compiling a list of people interested in finding partners for sports or games. Previously, this service was offered each semester, but now, with the use of a computer, we want to offer this service on an ongoing basis. However, first we must find the people who are looking for partners. For the months of September and October you may register free of charge and receive an updated list of prospective partners each semester (3 times each year). After October there will be a $3 annual fee to cover the cost of this service. For further information call UPF, 532-5866.

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Flying High

LEARN TO FLY AT LOW RATES

Hugh Irvin 522-6311

The class will be an informational session to overview what is involved in learning to fly in general, and the advantages of the K-State Flying Club in particular. Options available for ground school and for flight training in the Manhattan area will be discussed. Introductory flight lessons and/or short sight-seeing flights at minimal cost will also be scheduled at this meeting. (Rugh is a FAA Certified Flight Instructor and a member of the K-State Flying Club.)

Saturday, Sept. 12, 9am Class Fee: $4, pay at registration Materials Fee: None Limit: Min. 4 / Max. None

ALPINEST & ROCK CLIMBING CLUB

Michael Adams Are you a climber or interested in learning to climb? This is an open invitation to students and community persons to become charter members of this new rock climbing club. Its mission will be to enhance skills, explore opportunities and promote education about Alpine and rock climbing. We are also looking for a faculty or staff member of KU to be the club advisor. Anyone interested should contact UTM, 533-3866.

Organizational Meeting: Thurs. Sept. 10, 7-9pm Class Fee: $5, pay at registration Materials Fee: None Limit: Min. None / Max. None

Intermediate Kayaking Workshop

T. J. Little 539-7772
Raw Replique 537-2643

Experience the challenge of kayaking! Through video clips, lectures, and lots of hands-on experience, we will study equipment, paddling techniques, first water survival, and practice American Red Cross survival techniques. The class meets at an indoor pool. All handouts, textbooks and equipment are provided.

Sundays, Nov. 1-22, 9am-1pm (4 classes) Class Fee: $5, pay at registration Materials Fee: $45, pay at class Limit: Min. 4 / Max. None

Martial Arts

BEGINNING KUNG FU (PAI TE LUNG STYLE)

Stan Wilson 539-7723

Pai Te Lung is a Kung Fu style combining hard, soft, and internal methods. Beginners will learn basic techniques, some self-defense, drills, one-step sparring, and if we have time, the three forms of Pai family. (Stan has studied martial arts for 17 years, is a black belt, and is a member of the Pai family. He is the author of 40 Intermediate Techniques of the Young Pai Family, a Kung Fu manual and video set.)

Tues & Thurs. Begins Sep. 8, 7-8pm (Ongoing) Class Fee: $12, pay at registration Materials Fee: None, pay at first class. Limit: Min. 3 / Max. None

ADVANCED KUNG FU (PAI TE LUNG STYLE)

This class is available for those who wish to learn kata, application of kata, self-defense, awareness drills and sparring. Please contact Stan Wilson, 539-7723.

TAM葵 BUSHI KAI 40 VAPA

Stan Wilson 539-7723

This is a new and completely different martial arts class. The 40 techniques have been designed by Stan Wilson and are self-defense oriented, combining Kung Fu, Judo, Jujitsu, Karate, and even a dash of Kajitaw. This series is designed to improve the intermediate level martial artist’s knowledge and self-defense ability. Students will learn the basic forms of the various styles. It is required that students in this class have at least six months experience in martial arts and it is preferred that they can take a fall properly. (Stan has been involved in the martial arts for 17 years and has studied several different styles of Karate and Kung Fu, has two years of Judo, 15 years of Jujitsu, and is a member of the Iga Ninjo Society.)

Sundays, Begins Sep. 14, 7:30-8:30pm (10 classes) (Refunding for cost of Manual) Class Fee: $10, pay at registration Materials Fee: None Limit: Min. 4 / Max. None

JUDITHE FOR BEGINNERS

Stan Wilson 539-7723

Japanese in origin, Judithee stresses head-on combat featuring throwing, low kicks, and wrist and arm locking. This class will include the basics of basic kata forms. This class is self-defense oriented. Participants must be age 15 or over. (Stan has a black belt in jujitse and has taught martial arts for 8 years.)

Sundays, Begins Sep. 13, 7-8pm (Ongoing) Class Fee: $12, pay at registration Materials Fee: $2, pay at first class. Limit: Min. 3 / Max. None

Advanced Jujitse

This class is a continuation of the beginning judithee class. Participants will further their knowledge of jujitse including drills and advanced techniques. For further information call Stan Wilson, 539-7723.

Hard Style Kata

Stan Wilson 539-7723

Mostly Japanese Shotokan, this class will cover as many as possible of the 15 or so hard style kata. Students in this class will start at Taikyoku (first course) I, II, III, and then progress through various Heian, Teki, and other hard style kata with emphasis on form and the style forms thrown in. Application of self-defense (Karate Jitsu) will be emphasized with a discussion of the evolution of Kata 5-6 in Kukki-style exercises. Demonstration of the accompanying changes in forms will be taught to the extent that is possible to its original Okinawa form (we’ve taught the kata as close as possible to its original Okinawa form). Participants will be divided into those interested in Japanese and American versions. At least six months experience in Japanese Karate Kempo, or Korean Karate T.K.D. or T.K.B. is required.

(Stan has studied Tang Soo Do, Shotokan and Shito Ryu Karate, Shitokai Kempo, and has also researched traditional and modern martial arts.)

Wednesdays, Begins Sept. 9, 7:30-8:30pm (10 classes) Class Fee: $10, pay at registration Materials Fee: None Limit: Min. 4 / Max. None

FirstBank

First Savings Bank, F.S.B.

Main Bank 701 Poyntz 537-2000

University Bank Denison & Clifton West Bank 2005 Anderson Downtown Bank 4th & Poyntz KSU Student Union TotalTeller Junction City 8th & Washington 8-13

Ruth Welti 537-0781

We will take an easy bike ride from the KU campus (Larkm Hall) through Manhattan and Hunter’s Island, ending up at the Country Kitchen for breakfast.

Sunday, September 20, 7:30am Class Fee: $2, pay at registration Materials Fee: Dutch treat for breakfast Limit: Min. 10 / Max. None

...and Water
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<td>Native American Meshp</td>
<td>KS-20</td>
<td>8</td>
</tr>
<tr>
<td>Nature Trail Walk</td>
<td>S-5</td>
<td>19</td>
</tr>
<tr>
<td>Oil Painting, Advanced</td>
<td>FA-18</td>
<td>4</td>
</tr>
<tr>
<td>Oil Painting, Beginning</td>
<td>FA-17</td>
<td>4</td>
</tr>
<tr>
<td>Oregon Trail — Lower</td>
<td>E-1</td>
<td>19</td>
</tr>
<tr>
<td>Oregon Trail — Upper</td>
<td>E-1</td>
<td>19</td>
</tr>
<tr>
<td>Origami for Adults</td>
<td>FA-44</td>
<td>7</td>
</tr>
<tr>
<td>Origami for Children</td>
<td>KS-17</td>
<td>10</td>
</tr>
</tbody>
</table>

**Class locations will be noted on your receipt.**
Registration Form

532-5866
1221 Thurston
Manhattan, KS

PLEASE PRINT

ONE FORM PER PERSON

<table>
<thead>
<tr>
<th>CLASS #</th>
<th>SEC #</th>
<th>TITLE</th>
<th>CLASS FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
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<td>6</td>
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</tr>
</tbody>
</table>

PLUS $2.00 REGISTRATION FEE
(See Exemptions)

TOTAL DUE

$2.00

KSU Student ID No.

I hereby authorize the use of my Visa/Master Card

Card No.

Expiration Date

U FM - 913-532-5866
1221 Thurston, Manhattan, KS 66502

Three ways to register:

A. WALK-IN: Come to the U FM house, 1221 Thurston, during business hours or register at one of the locations listed below.

B. MAIL-IN: Fill in your registration form and mail it with check, money order, or Visa/MasterCard number to: U FM, 1221 Thurston, Manhattan, KS 66502 (stamped, self-addressed envelope is appreciated).

C. PHONE-IN: With Visa or MasterCard only, you may call 913-532-5866 during business hours to register (minimum: $5.00).

YOU MAY REGISTER AT ANY TIME, BUT DON'T WAIT TOO LONG OR YOUR CLASS MAY BE CANCELLED DUE TO LOW ENROLLMENT. YOU COULD MAKE THE DIFFERENCE!

Late registrations accepted on space-available basis.

U FM CLASS FEES:

All U FM classes are offered by volunteers. All fee income will be used to help meet U FM operating costs.

RECEIPTS:

After your registration form is processed, you will receive a receipt. This is your proof of payment. U FM will retain a copy.

CLASS LOCATIONS:

When you receive your receipt, the locations of your classes will be indicated.

REGISTRATION FEE EXEMPTIONS:

The following are exempt from the $2.00 registration fee (not class fees):

1. Under 13 years of age
2. 65 years of age or older
3. Handicapped
4. Full-time KSU student (annual SGA allocation supports student participation)

REFUND POLICY:

U FM will only issue a REFUND voucher (non-refundable for cash) in these instances:

1. The class you paid for has been cancelled
2. The class you paid for has been significantly changed
3. You have overcome
4. U FM will only issue a CREDIT voucher (non-refundable for U FM classes) in these instances:

1. You are unable to attend a class and you have notified U FM and the teacher a minimum of three days before the first meeting.
2. You earn credit by teaching or volunteering for U FM.

If you have problems with U FM, please call us at 913-532-5866.

Class locations will be noted on your receipt.

TAK T WO - GET ONE FREE

Register for two classes and select another class free of charge.

This offer is restricted to classes without a maximum limit, or on a space available basis two days prior to the class date.

DON'T MISS OUT - THIS OFFER IS GOOD FOR FALL ONLY