UFM
1991 Fall Classes
(Sept.-Dec.)
including Community Enrichment classes
Dear Friends:

As you browse through the Fall catalog, you will notice some changes at UFM. In the more than 20 years of its existence, UFM has gone through many changes and transitions—staff, programs, funding. Our most recent loss of funding has forced us to look at our course offerings and fee structure. The class fees for UFM classes help cover the costs of developing and coordinating classes, printing and advertising. They do not cover the entire cost of the program. Even using volunteer instructors, production costs are high. Actual costs are subsidized with grants, advertising, fundraising, and other donations to the program. The small increase in class fees recently approved by the UFM Board of Directors was necessary to partially replace newly lost grant support.

Community Enrichment is new at UFM, having in the past been coordinated exclusively by Continuing Education. This is an exciting endeavor for UFM. Swimming, martial arts, leisure sports, some with optional KSU credit attached, provide the community opportunities for new educational experiences. This program must be self-supporting and so the fees in this section represent actual costs.

Please participate in our newest fundraising effort. In anticipation of UFM’s 25th Anniversary we intend to collect a mile’s length of quarters. Watch for collection cans at registration and other activities or drop your contribution at the UFM office.

UFM has weathered many organizational storms in its history and we are committed to weathering many more. New programs, continued fundraising, and investigating new grant sources all help. But, ultimately, we rely on you—to take our classes and give us ideas for new ones; to continue to donate to our special events and the annual fund drive; to share your skills through teaching classes. UFM is a unique program. It has been said it couldn’t be done and many times that it couldn’t continue. For 24 years we have proved them wrong. We hope to prove them wrong for at least 24 more.

Sincerely,

Linda Inlow Teener
Executive Director

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WHO WE ARE

CAMPUS AND COMMUNITY STAFF
Terry Carpenter Educational Coordinator
Linda Thomason Educational Assistant
Evelyn Campbell Office Assistant
Howard Campbell Advertising Manager

WHERE WE'RE LOCATED

UFM
1221 Thurston
KSU
Campus
Bertrand St
Thurston St
Kearney St
Vatter St
Anderson Ave

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UFM POTTERY COOPERATIVE

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

ANNUAL MEMBERSHIP
Cash fee: $60

OTHER MEMBERSHIPS
4 months Cash fee: $20
8 months Cash fee: $48

IN-KIND CONTRIBUTIONS
*Co-teach classes or workshops
*Locate teachers for classes or workshops
*Assist with other income producing projects

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

Studio open during UFM building hours or by arrangement.

ADVANTAGES
*You will have the opportunity to meet and work with other area ceramics.
*You can explore several areas of ceramics other than functional pottery.
*You can become involved in a studio operation.
*You may sell your pottery through pottery sales at the UFM House.

For further information, call UFM 539-8763.

Help UFM collect a mile of quarters and celebrate its 25th Anniversary!!

Donate your quarter(s) at UFM class registration, special sites, or drop by UFM at 1221 Thurston. Call 539-8763 for details.

Add your quarter to the mile!

ACEWARE System
American Baptist Campus
Ministry
American Red Cross
Anderson Realty
The Aqua Shop
Baby Car Diaper Service
Bayer Construction
Bermans Sewing Center
Big Brothers/Big Sisters
Bonanza
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Coronado Council of Boy Scouts
Cramer Rental
Days Inn
Department of Housing and Dining Services, KSU
Dev's Dugout
Dillon's
Draper World
D & S Rental
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First National Bank
First Hills Bread Basket
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Flower Mill
Food 4 Less
Fone Crisis Center
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G Thomas Jewelers
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HOME Program
I Can't Believe It's Yogurt
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Manchester Putt Putt
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Manhattan Town Center
Manhattan Youth Center
Manhattan Zen Group
McCalls Employee Committee
McCalls Pattern Company
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Midwest Family Dining
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The Palace
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The Pathfinder
Patricia's Undercover
Pawnee Mental Health
Services People's Grocery Co-op
Pizza Shuttle
Professional Planning Services
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Resume Service
Retired Senior Volunteer Program
Rickels
Riley County Extension Service
Rock-A-Belly Dell

Ron Reid & Associates
Sabatka & Company
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State Farm Insurance - Bruce Arnold Agency
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Unitarian Universalists Fellowship
Unity Church
United Cerebral Palsy Foundation
Universal Financial Services
University Book Store
Vanney's Bookstore
Varnell, Mills, Rogers
Burnett, and Associates
Vista Drive In Restaurant
Waddell & Reed
Walmart

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A Love Affair with Words:  AH-01
Writing Fiction
Gain proficiency in the essentials of fiction writing including research, plotting, characterization, and background. Learn how to market what you write.
Lee Klabough (776-6854), a member of the Science Fiction Writers of America, Mystery Writers of America, and Mystery Writers of America, and Sister of Crime, has published eleven novels and twenty short stories.
Date:  Sept. 17 - Oct. 8 (Tues)
Time:  7:30 - 9:30 p.m. (4 sessions)
Fee:  $12
Location:  UFM Conference Room

Cutting Paper Snowflakes  AH-02
It's easy and fun to cut eye-catching, artistic, dramatic snowflakes in a variety of styles. Numerous examples will be displayed, and students will be led step-by-step through various patterns. A catalog of examples will be available at a cost of $1.00. For ages 9 - 90. Bring sharp utility knives.
Leo Sechel (539-6580) former elementary school teacher, has diligently cut paper snowflakes for over 30 years and has a large collection of these.
Date:  Nov. 2 (Sat)
Time:  9 a.m. - 12 noon (1 session)
Fee:  $5
Location:  KSU Blountman Hall Room 217

Fresh Flower Arranging  AH-03
Let your creative ability flow! Turn the natural beauty of fresh flowers into works of art. Take home an attractive flower arrangement that will enhance any door. All materials are furnished.
Date:  Nov. 4 (Mon - Wed)
Time:  9 a.m. - 10:30 a.m. (3 sessions)
Fee:  $12
Location:  UFM Greenhouse

Pressed and Dried Flowers  AH-04
Save those beautiful flowers in your garden! Learn how to preserve flowers by pressing or drying them. Get ideas about how to use them in home decorating projects or for gift making. We will make pressed flower bookmarks and a floral picture. Bring a picture frame that is approximately 4” x 6”.
Date:  Oct. 21 (Mon)
Time:  6:30 - 8:30 p.m. (1 session)
Fee:  $8
Location:  UFM Greenhouse

Origami  AH-05
Origami (or paper folding) is a traditional Japanese art form. Join us and learn to fold paper into shapes such as animals and small boats. Enjoy making party goods like napkin rings and coasters. Bring a pair of scissors and a bottle of glue!
Nobuko Nakajima is from Japan. She is a student in Adult Education at KSU. Nobuko has done origami for many years.
Date:  Oct. 5 (Sat)
Time:  10 a.m. - 12 noon (1 session)
Fee:  $6 (paper provided)
Location:  UFM Conference Room

Silk Flower Sweatshirts  AH-06
Have you admired sweatshirts and t-shirts that have been transformed into a personal fashion statement through the use of paint and other embellishments? Take this opportunity to create a unique shirt through the use of silk flowers and paint for fabric. Decorated shirts are great gifts for the holiday season. (Supplies will be provided upon registration).
Barbara Kelly (776-6658) enjoys making gifts, especially at Christmas. During the Christmas season of 1989, she designed numerous sweatshirts for gift-giving.
Date:  Nov. 4 & 6 (Mon & Wed)
Time:  7 - 9 p.m. (2 sessions)
Fee:  $8
Location:  1900 Beck

Living Wreaths  AH-07
Make a living wreath from herbs! Your creation can be used as a table centerpiece or a frame for candles or a pincushion. Bring a 12" wire wreath frame to class.
Date:  Sept. 19 (Tues)
Time:  6:30 - 8:30 p.m. (1 session)
Fee:  $12 (includes plants for wreath)
Location:  UFM Greenhouse

Wreath Making  AH-08
Decorate a beautiful wreath... just in time for the holidays! Use your creativity to personalize your wreath to match any decor. Wreaths and flowers are furnished.
Date:  Nov. 18 (Mon)
Time:  6:30 - 8:30 p.m. (1 session)
Fee:  $12 (supplies included)
Location:  UFM Greenhouse

Basketry  AH-09
Interested in making baskets? Learn to make a round, twined basket that you will take home with you. Students are versatile and would make wonderful gifts this holiday season.
Julie Strickert (1-259-7795) learned the basics of basketry in a one-sew九州 workshop about 2 years ago. She learned Cherokee double wall basketry from buddy Bates (the brother of Redfern, a Kansas master artist).
Date:  Sept. 21 (Sat)
Time:  1 - 4:30 p.m. (1 session)
Fee:  $15 (materials included)
Location:  UFM Banquet Room

**Arts & Hobbies**
1221 THURSTON  539-8763

Professional Novel and Story Writing  AH-10
Covers all phases of writing (non-fiction and fiction). Learn how to develop character, dialogue, long scenes, short scenes, documentation, flashbacks, foreshadowing, time transition, flashbacks, reorganization, interaction, action, and other topics. The book Dancing to the Right of Great Writer written by the instructor will be used in class.
Leonard Bishop has taught writing courses for over 25 years and has written two professional books on writing titled: Don't Be Different (now in its second printing) and Don't Be A Great Writer.
Date:  Oct. 1 - 15 (Tues)
Time:  7 - 9:30 p.m. (3 sessions)
Fee:  $12
Location:  KSU Blountman Hall Room 109

Knit One, Purl One: Beginning Knitting  AH-11
Would you like to have a knit project or just want to transfigure yourself with knitting? This is the class for you! Learn the basic knitting stitches. Bring size 10 knitting needles and a choice of light colored 5-ply worsted knitting yarn. Learn a craft that will save you money, answer your Christmas present problems, or keep you warm this winter.
Jean Johnston (776-7692) is an experienced knitter of 25 years and has taught knitting for UFM for many years.
Date:  Sept. 18 - Oct. 9 (Wed)
Time:  7 - 9 p.m. (4 sessions)
Fee:  $12
Location:  522 Varner

Making a Life Mask  AH-12
Would you like to make a plaster cast of your face? Making a life mask is so new the模具 is used to be with wet plaster. We will sit before a small mirror and mix the plaster. You will take home mold of your face to keep. You will be able to have a small mirror that will stand by itself and a small bowl to hold water.
Sam Lacy (539-4404) first became interested in life masks because of his father who had created. He has two life masks, one made by the wet plaster method and one using plaster gauge.
Date:  Nov. 6 & 13 (Wed)
Time:  7 - 9 p.m. (2 sessions)
Fee:  $10
Location:  UFM Banquet Room and Kitchen

Basketry  AH-13
Interested in making baskets? Learn to make a round, twined basket that you will take home with you. Students are versatile and would make wonderful gifts this holiday season.
Julie Strickert (1-259-7795) learned the basics of basketry in a one-sew九州 workshop about 2 years ago. She learned Cherokee double wall basketry from buddy Bates (the brother of Redfern, a Kansas master artist).
Date:  Sept. 21 (Sat)
Time:  1 - 4:30 p.m. (1 session)
Fee:  $15 (materials included)
Location:  UFM Banquet Room

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A Tisket, A Tasket... Let's Weave A Basket
Learn to make baskets which are not only functional, but also extremely attractive in home decorating accents in any style home! These baskets, designed for beginners, will discuss types of baskets, materials needed, and how to put a basket together. You will weave a different style to take home each week to take one or all three classes! These would be wonderful gifts for the holidays! Please register at least one week in advance to supplies can be ordered.

Market Basket
Make a 6" X 9" rectangular basket with a wooden handle. It’s very functional for carrying things and would make a great beginner basket.

Date: Sept. 16 (Mon)
Time: 10-10 p.m. (1 session)
Fee: $20 (supplies included)
Location: UFM Banquet Room and Kitchen

Berry Basket
This 9" round basket was designed to hold a quart of berries. Accented with colored seed, it makes an impressive basket.

Date: Oct. 7 (Mon)
Time: 6-10 p.m. (1 session)
Fee: $20 (supplies included)
Location: UFM Banquet Room and Kitchen

Lattice Gift Basket
This unusual and pretty basket is in a category by itself. Started with a basket over and under weave, the basket is turned and the side weavers go up at an angle.

Date: Nov. 11 (Mon)
Time: 6-10 p.m. (1 session)
Fee: $20 (supplies included)
Location: UFM Banquet Room and Kitchen

Nancy Anderson just recently returned to the Manhattan area. She has been weaving baskets for eight years and has taught this skill for seven years. Last spring she taught at the North Carolina Basketmakers Association Conference.

Quilting: A Discussion of Styles and History
Do you find the study of quilts to be a fascinating subject? Would you like to browse through quilting books and exchange information on this subject? Join us for a discussion of ideas about quilting. This is not intended to be a teaching session, but rather a sharing of interest and ideas.

Date: Oct. 8 (Tues)
Time: 6:30 - 9 p.m. (1 session)
Location: UFM Greenhouse

Making Covered Books/Albums
 Covered albums are one of the easiest and most practical gifts to make for your family or friends. They can be used for wedding, birthday, baby or Christmas gifts, and personalized to suit any style. Bring 3/4 yard of material and 3 yards of trim. The notebooks are provided. Bring a hot glue gun to class if you have one to expedite projects.

Date: Nov. 16 (Sat)
Time: 11-3 p.m. (1 session)
Fee: $10 (includes padding, notebook, and handles)
Location: UFM Banquet Room

Creating Padded Basket
Have you seen padded baskets at craft fairs, but thought the price too high? Make a beautiful padded basket for a fraction of the price! These unique baskets can be personalized and are ideal for gifts for the holiday season or any other time of the year. Bring the basket of your choice and enough material and trim to loosely cover it - you can use just one color, just the outside, or both, as you prefer. If you have a hot glue gun, please bring it to class to expedite the project.

Date: Nov. 16 (Sat)
Time: 10 a.m.-12 Noon (1 session)
Fee: $10 (includes handouts and some materials)
Location: UFM Banquet Room

Just Clowning Around
Have you always wanted to dress as a clown for certain occasions? Learn the basics of putting on clowns make-up at this session. We’ll select one or two modules from the class to be made up and talk about the steps involved. We will also discuss how to make a clown cut in a reasonable cost.

Date: Oct. 24 (Thurs)
Time: 6:30 - 9 p.m. (1 session)
Location: UFM Banquet Room

Beginning Calligraphy for Right Handers
Do you enjoy seeing the elegant script of calligraphy, but can’t imagine creating anything so lovely? Learn the basics in a variety of styles. With a little practice, beautiful letters and words will flow from your pen.

Soon you will be able to progress to the most difficult styles with only a little more time.

Date: Sept. 27 (Fri)
Time: 6-9 p.m. (1 session)
Fee: $5
Location: UFM Banquet Room

Beginning Calligraphy for Right Handers

Date: Dec. 6 (Fri)
Time: 6:30 - 9 p.m. (1 session)
Location: UFM Banquet Room

Debra Rosegay (G59-2026) is a calligraphic artist who learned how to do calligraphy in Denver in 1980 and currently letter cards and posters for personal and business use. She learned to make padded baskets and covered albums in 1986 and has done all varieties since then. Debra has clowned at a variety of special functions. She enjoys sharing what she has learned with all interested members of the community, and finds that many times her students "teach" her with their ideas as well.

Stamp Collecting
If you’re a beginning, intermediate, or advanced stamp collector, this class is for you! Learn the basics of collecting, how to grade stamp centering and cancellations, and how to determine perforations and watermarks. Discuss how to trade, buy, and sell stamps. Each participant will receive an envelope full of stamps to work with for several hands-on exercises. This class is for all ages.

Tim Lindemuth (552-6415) has been a stamp collector for 30 years. He is a long-time member of the American Philatelic Society and the Flinn Hills Stamp Club.

Date: Oct. 3 - 17 (Thurs)
Time: 7:30 - 9:30 p.m. (3 sessions)
Fee: $20
Location: U.S. Post Office, Civic Service Room

Basic Sketching
Pencil sketching is the best way to record images, express and explore ideas, and to prepare sketch-studies for later paintings or finished drawings. Often our crude sketches have little resemblance to the subject represented. Herein lies the challenge of this course. TO LEARN AND PRACTICE sketching, to do it well and quickly. Our media will be soft pencils and 9" x 12" pads. We’ll start with simple geometric solids in perspective with shading and cross-hatching. Progress we move toward objects found in the home and simple buildings and trees. Our primary goals are to draw accurately, in proportion to the real subject; to make sketches believable; and to begin to develop line quality and an artistic skill.

Gail Ernst is a Professor of Architecture at KSU. Ernie Pech (577-9863) recently retired from his position as Associate Professor in the KSU Extension Service. He is an accomplished painter. Gail and Ernie have co-authored pencil sketching for dummies.

Date: Oct. 13, 20, 10, & 12 (Tues, Thurs & Sat)
Time: 7-9 p.m. (Tues & Thurs - 4 sessions)
Field Trip - 8:30 a.m. - 1 p.m. (1 session - Sat)
Fee: $12
Location: UFM Banquet Room

Creative Twist Angels
These angels are quick, easy, and attractive additions to Christmas decorations. They can be used for wreaths, table settings, or tree ornaments. They would also be nice touches in a country decorating scheme. Bring a hot glue gun if you have one. Other materials furnished.

Linda Teener (559-8765) is the Executive Director of UFM and enjoys sharing this craft.

Date: Nov. 5 (Sat)
Time: 10-12 Noon (1 session)
Fee: $7
Location: UFM Banquet Room

Mop Dolls
Make and decorate a mop doll to adorn your home just in time for the holidays. This is a fun craft that can be adapted to fit many occasions. A supply list will be provided upon registration.

Terry Carpenter enjoys crafts and has found that mop dolls can be decorated in a variety of ways for home decorating or for gifts.

Date: Nov. 14 (Thurs)
Time: 7-9 p.m. (1 session)
Location: UFM Conference Room

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Living Trusts
What is a living trust? How is a trust established and administered? A comparison of the living trust with other types of estate planning techniques, the advantages and disadvantages of a living trust, and the special responsibilities of trustees in setting up and maintaining a living trust will be presented. Bring your questions for discussion.
Mark Knackadleff (537-0200) is Vice-President and Trust Officer of FirstBank in Manhattan. He graduated from the University of Kansas with the degrees of M.B.A. and J.D. He is a member of the Riley County Bar Association and has eight years of estate planning, trust, and investment experience.
Date: Sept. 23 (Mon)
Time: 7 - 9 p.m. (1 session)
Fee: $5
Location: Senior Service Center 412 Leavenworth

Buying a Computer for Your Business
Selecting the correct computer software and hardware configuration for your business can be a complicated, costly process which may not be apparent until you experience it. Technology is constantly changing, and businesses must keep up with the changes to be competitive. This discussion will cover the steps critical to the evaluation, selection, acquisition, installation, and conversion to computers in a small business operation.
Jim Sharp (539-8582) is a graduate of both the College of Business Administration at KSU and IBM's Systems Science Institute. He presently has his own computer consulting business and has had over 20 years of experience in the computer field. He has taught business systems classes in addition to helping many area businesses successfully install computer systems.
Date: Oct 7 (Mon)
Time: 7 - 9 p.m. (1 session)
Fee: $6
Location: USF Office

What's Involved: Health Professions in Medicine, Dentistry, Optometry, Pharmacy, Medical Technology, and Veterinary Medicine
Are you considering a career in medicine, dentistry, optometry, pharmacy, medical technology, or veterinary medicine? Join us for a discussion on requirements for admission to these health professions schools; when to take appropriate exams (MCAT, OAT, DAT); and other pertinent issues. Your questions are encouraged.
Susan Conway (532-9694) is an advisor in the College of Arts and Sciences. She deals with students interested in careers in medicine, optometry, dentistry, pharmacy, medical technology, and veterinary medicine.
Date: Oct 2 (Wed)
Time: 12 Noon - 1 p.m. (1 session)
Fee: No charge
Location: K State Union Room 204
ATTENTION KSU STUDENTS!!! Need a place to study during Finals Week? The UFM House will be open 8 a.m. - 10 p.m. Come by and find a quiet corner or call 539-8763 if you would like to reserve a particular location.

Behind the Scenes at a Fast Food Restaurant
What is involved in operating a fast food restaurant? Join us for an inside look from a management perspective. Kaye Sirota has been involved in managing VISTA Drive In Restaurant for 21 years. She has taught numerous classes to 4-H groups. She has also had leadership training courses for the Kansas and U.S. 4-H Clubs.
Date: Oct 15 (Sun)
Time: 4 - 5 p.m. (1 session)
Fee: $5
Location: Vista Drive In Restaurant 1911 Tuttle Creek Boulevard

Employment in a Fast Food Restaurant: How Can I Get a Job?
What does an employer consider before hiring a teenager to work in a fast food restaurant? Take this opportunity to find out! Learn about how to fill out an application and why certain questions are included. Get answers to your questions. What do employers consider valid job experience? Who should I list as job references? What do I need to know before that all-important interview? What qualities and work habits do employers seek? Join us for an inside look from an employer’s perspective.

The Legal Profession: What’s Involved?
Thinking about law school? Not sure? Come to an informational discussion on what’s required to obtain admission to law school, when to take the LSAT, and other pertinent issues. Bring your questions.
Nancy Twins (533-6900) is the pre-law advisor for KSU, College of Arts and Sciences.
Date: Oct 20 (Wed)
Time: 12 noon - 1 p.m. (1 session)
Fee: No charge
Location: K State Union Room 202

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SOCIAL SERVICES LEADERSHIP SERIES

Maintaining an Effective Board of Directors

BP-08

It's important to find qualified, dedicated individuals to serve on a Board of Directors. How they are utilized affects not only their relationships but also the overall organizational function. This program will look at ways to help your Board of Directors govern effectively. Selection, duties, and the Board's involvement in organizational operation will be discussed.

Catherine Jones, Professor Emeritus at KSU, has served on numerous non-profit and governmental boards.

Date: Dec. 21 (Mon)
Time: 11:30 a.m. - 1 p.m. (4 session)
Fee: $5
Location: Manhattan Town Center Conference Room

Grantwriting

BP-09

Grants are not an easy or reliable way to obtain funding. However, they can help with special projects and provide needed assistance to many programs. If you decide a grant would be helpful to your program, you want to make your proposal as strong as possible. This seminar will give you ideas on where to find grant sources and how to prepare an effective grant proposal.

Lisa Brown (539-8783) is Executive Director of UFM.

Date: Nov. 18 (Mon)
Time: 11:30 a.m. - 1 p.m. (1 session)
Fee: $5
Location: Manhattan Town Center Conference Room

Recognizing Volunteers: Today and Tomorrow

BP-17

Volunteers are the life blood of many organizations. But, how do you best convey your appreciation for the vital work they do for your organization? This seminar will discuss concrete methods to provide regular recognition to those all-important volunteers.

Beverly Adams (537-2385) is the Executive Director of the Americare Red Cross of Manhattan, an organization which relies on volunteers.

Date: Sept. 20 (Mon)
Time: 11:30 a.m. - 1 p.m. (1 session)
Fee: Free
Location: Town Center Conference Room

Assertive Consumerism: The Art of Effective Complaint

BP-06

As many as 96% of all dissatisfied consumers never approach the business with their complaints. Become an assertive consumer! This course covers such topics as how to handle your own complaint, who to complain to, how to write a complaint letter, third party resolution methods, small claims court, and where to go for additional help and information. This course is being offered with the Consumer Relations Board at Kansas State University as part of National Consumer Week, October 20 - 26.

Jody O’Dell (532-6541) is the Director of the Consumer Relations Board at Kansas State University.

Date: Oct. 23 (Wed)
Time: 7 - 9 p.m. (2 session)
Fee: $5
Location: UFM Conference Room

The Art of Interviewing

BP-07

Nervous about all that important interviews? Take this opportunity to learn about the interviewing process with the K.A.S.H. formula (Knowledge, Attitude, Skills, and Habits). We will discuss questions that may arise in regard to interviewing. How do I prepare for the upcoming interview? Who is the most important person on interview day? What should I wear? Your confidence will be increased with greater knowledge of the interviewing process. Bring your questions for discussion.

Karl Russell has a B.S. in Business Administration and is currently working on his M.S. in Public Administration. He is employed by the Kansas Farm Bureau as the Employment and Associates Relations Manager. He has extensive experience as an employee recruiter in both corporate situations and for the federal government.

Date: Oct. 2 (Thurs)
Time: 7 - 9 p.m. (1 session)
Fee: $5
Location: UFM Conference Room

Successful Money Management

BP-10

Be a successful money manager! This program will cover savings structures, investment, and insurance programs for today’s worker. Discover how to save taxes today while providing future dollars for education or retirement. We will discuss the impact of inflation and how to make it work for rather than against one’s financial plan. Affordable ways of investing and saving regardless of one’s budget will also be addressed. A financial plan for each class participant will be provided.

Date: Sept. 24 (Tues)
Time: 7:30 - 9:30 p.m. (1 session)
Fee: $1 per person/$8 per couple
Location: 445 East Points (K-Mart Shopping Center)

Successful Money Management

BP-11

Date: Oct. 15 (Tues)
Time: 7:30 - 9:30 p.m. (1 session)
Fee: $1 per person/$8 per couple
Location: 445 East Points (K-Mart Shopping Center)

Successful Money Management

BP-12

Fred Franzey is a senior accounts executive for Waddell & Reed, Inc. and has 15 years experience as a financial planner.

Date: Nov. 12 (Tues)
Time: 7:30 - 9:30 p.m. (1 session)
Fee: $6 per person/$18 per couple
Location: 445 East Points (K-Mart Shopping Center)

Income Taxes and Records: Getting Your Act Together

BP-13

Do you dread the process of filing your income tax? Learn how to be better prepared for this process. This course will cover what forms you need to have ready to do your taxes, what to save throughout the year, and how to keep records. Join us for an informative session!

Le Jean Strickland (776-7531) has taught in public schools and at the college level previously. She is currently the owner of R & R Books and has been in the tax preparation field for 12 years.

Date: Sept. 24 (Tues)
Time: 7 - 9 p.m. (1 session)
Fee: $5
Location: 423 Point Ave

What is a Mutual Fund?

BP-14

The first session of this course will answer some very basic questions about mutual funds: how they work, what you should know before you invest in them, and how to get more information about the funds you have. We will look at fund objectives, costs, and how to read a prospectus. In the second session we will learn to evaluate the risk and return if your funds are performing the way you expect. We will also look at ways to use mutual funds to reach personal financial goals such as retirement or college costs. You need not have any previous knowledge or understanding of mutual funds nor do you need to own any mutual funds in order to enroll and enjoy this class.

Bob Stamey (776-9113) is a financial planner with Professional Planning Services of Manhattan. He is a Registered Representative with MONY Securities, Corp. of New York, and has advised clients about securities, including mutual funds, for several years.

Date: Oct. 10 & 17 (Thurs)
Time: 7 - 9:30 p.m. (2 sessions)
Fee: $10
Location: K-State Union Room 203

Codpendency in the Workplace

BP-15

At this workshop participants will explore the issue of codependency in the workplace. Participants will gain a working definition of codependency; understand the cause and family dynamics which lead to codependency; see how codependent behaviors are often exhibited in the workplace, be able to identify codependent characteristics in employees and supervisors; identify strategies to break the cycle of codependency in the workplace; and become aware of community resources for further information, support, and treatment.

Brenda Thomas (1-765-5250) is a Master's in Counselor Education and is working in the field of alcohol and drug abuse prevention. As an alcoholic herself, she has received and professional experience in dealing with codependent behavior that persists beyond leaving a dysfunctional family.

Date: Nov. 6 (Wed)
Time: 7 - 9 p.m. (1 session)
Fee: $10 (includes handouts)
Location: Pavorne Mental Health Services

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Do you dream of Paris in the Spring, catching a glimpse of the Queen in London, or maybe sailing down the Rhine? Now is the time to take advantage of low fares and the strong dollar and take that once-in-a-lifetime trip. Travel can be affordable and fun.

David Garvin (539-0551) has been in the travel and tourism business for 14 years.

Date: Oct. 2 (Wed)
Time: 7:30 - 9:30 p.m. (1 session)
Fee: $5
Location: Creative Travel
957 Seth Childs Road

Where in the World? A Seminar on Basic World Geography
Where in the world are global events taking place? This seminar will provide an awareness of world geography that will enrich your understanding of current events. Join us as we learn to use an atlas effectively and view a video on world hunger. Participants in games designed to increase your geographical knowledge. We will focus on areas of the world that are currently in the news.

Key Walter (599-760) received his M.S. in geography and is currently doing doctoral work in the field of education. She is interested in sharing her knowledge of geography and current events to increase awareness of our world.

Date: Oct. 8 - 20 (Tues)
Time: 7 - 8:30 p.m. (4 sessions)
Fee: $12
Location: UFM Fireplace Room (1st session)
UFM Banquet Room (2, 3, & 4 sessions)

Exploring Services and Programs at the Senior Service Center
Have you ever wondered what happens at the Senior Service Center in Manhattan? Join us for an overview of the programs and services available. We will discuss how to access the various programs and how to become more informed and involved, if desired. Learn about HELP (care coordination program), RSVP (Retired Senior Volunteer Program), the Nutrition Program, and other happenings at the Senior Center. Questions are encouraged and welcome.

Nancy Anderson (537-4040) is the HELP Coordinator at the Senior Service Center.

Date: Nov. 11 (Mon)
Time: 7 - 9 p.m. (1 session)
Fee: $5
Location: Senior Service Center
412 Lebanonworth

THE LOU DOUGLAS LECTURE SERIES – 1991

Tuesday, September 3
Daniel R. Katz
Forum Hall
7:30 p.m.
"The Future of the Tropical Rain Forest"
Mr. Katz is a founder and president of the Rain Forest Alliance which has made remarkable strides in focusing attention on the devastation of the world’s rain forests.

Wednesday, September 25
Mark Ritchie
"The Potential Impact of Global Free Trade Negotiations"
TBA
Mr. Ritchie is President of the Institute for Agriculture and Trade Policy, a Minneapolis-based research organization which works to widen public awareness of the economics, social, and environmental challenges facing rural America.

Thursday, October 14
Lloyd Dumas
Forum Hall
7:30 p.m.
"The Impact of Military Spending on the U.S. Economy"
Dr. Dumas is a professor of political economics at the University of Texas. His most recent book deals with human and technical error in the military.

Tuesday, October 29
Holly Sklar
Forum Hall
7:30 p.m.
"Post Cold War America"

Catherine Lee Fung, Ph.D. Candidate hosts

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Sept. 3 & 4:
Timothy's First Birthday
Oct. 29 & 30:
Nov. 5 & 6
Nov. 12 & 13:
Nov. 19 & 20:
Nov. 26 & 27:
Dec. 3 & 4:
Dec. 10 & 11:
Dec. 17 & 18:

Sept. 10 & 11:
Keyboards Michael Ning
Sept. 17 & 18:
Language Summer Institute
Sept. 24 & 25:
History of Manhattan Library
Oct. 1 & 2:
Indonesian Souvenirs
Oct. 8 & 9:
Celebrating the Fourth Season
Oct. 15 & 16:
African Drumbeats
Oct. 22 & 23:
China & Its People

National Parks
Remembering Veteran's Day
A Certain Blackbelt Artist
German Cooking
Prevention of Food Poisoning
Focusing in Tai Chi
Water Power
Handbell Music
Kaw River Nature Trail Guided Walk
Do you enjoy exploring native Kansas woodlands, but hate fighting dense undergrowth? Enjoy a guided tour along the Kaw River Nature and History Trail. Identify over 50 native plants on the 1.34 mile cleared trail located in the Kansas River bottomland behind the historic Flint Territorial Capitol building.
Tim Raas (784-5355) has been the curator of the Flint Territorial Capitol for the past six years and has an interest in Kansas history and its native plants.
Date: Nov. 23 (Sat)
Time: 11 a.m. - 12 Noon (1 session)
Fee: $5
Location: 1st Territorial Capitol, Fort Riley

Field Trip to the Glacial Area of Pottawatomie County
How do we know that glaciers visited Kansas?...by the rocks from Minnesota they left behind! We'll visit northern Pottawatomie County to collect glacial material including agate, Jasper, quartz, quartzite, petrified wood as well as others, some of which may be of gem quality. Bring a beverage, and a container for rocks. Become a rockhound for the day!
Dr. F.C. Lanning, (537-7599) Professor Emeritus of Chemistry at Kansas State, is a long-time member of the Manhattan Mineral, Gem and Fossil Club.
Date: Oct. 5 (Sat)
Time: 8:30 a.m. - 12 Noon (1 session)
Fee: $5
Location: Meet at the UFM Parking Lot

Herb Growing
Have fresh herbs all year! Enjoy the flavor of fresh mint and tea. Learn how to grow, dry, and store herbs for your own use or to give as gifts to family and friends.
Date: Sept. 23 (Mon)
Time: 6:30 - 8:30 p.m. (1 session)
Fee: $5
Location: UFM Greenhouse

Composting
Recycle some of your garbage! Find out what can be used in a compost pile. We will discuss the components of a compost pile, how to turn it, how to take care of it, and its utilization. See the results of composting in different layers. Make your vegetable garden and flower beds healthier and happier with compost.
Date: Sept. 26 (Thurs)
Time: 6:30 - 8 p.m. (1 session)
Fee: $5
Location: UFM Greenhouse

Edible Landscape and Solar Greenhouse Tour
When you think of a garden, do you think of it in terms of vegetables or flowers — food or beauty? It need not be an either/or situation. An edible landscape can combine the beauty of flowers with the usefulness of vegetables. Ask questions and receive tips on how to add edible plants to your own landscape as you tour ours! Special tours can be arranged by appointment.
Date: Sept. 21 (Sat)
Time: 3 - 5 p.m. (1 session)
Fee: $8 (includes book)
Location: UFM Greenhouse

Creating a Terrarium
Do you enjoy plants that are easy to maintain? Join us and create a terrarium. Learn about containers that can be used, proper planting medium, the types of plants to use, and care of your terrarium. Bring a container no larger than 6" in diameter (i.e. candle holder, old mason jar, etc) and 3 small plants. Be sure to specify what plants are for a terrarium when you purchase them.
Date: Oct. 17 (Thurs)
Time: 6:30 - 8:30 p.m. (1 session)
Fee: $15 (includes soil and fertilizer)
Location: UFM Greenhouse
Evelyn and Howard Campbell both have degrees in Horticulture Therapy from KSU. Evelyn and Howard plan and maintain the edible landscape and greenhouse at UFM. They enjoy sharing the experiences they have gained from gardening for over 25 years.

UFM SOLAR GREENHOUSE TOURS
Tours of the UFM Solar Greenhouse and edible landscape are available by reservation. Winter tours (November to April) view the Solar Greenhouse; some edible landscape, and raised garden beds used for the handicapped. Participants learn about the head wall, the heat storage tanks, and the underground air conditioning tubes. Summer tours (May to October) view, touch, and smell the entire edible landscape and also see the Passion Vine and bear its history.
Call 539-8763 for an appointment.

THE AUDUBON SOCIETY
(Northern Flint Hills Chapter
P.O. Box 1932, Manhattan, KS 66502-0022)
invites you to join us in the following activities:

BEGINNING BIRD WALKS
Monthly, 2nd Saturday, 8 a.m. Meet in the parking lot of Ackert Hall, KSU Campus. Includes novices and experts; children especially welcome.

EDUCATIONAL PROGRAMS:
Monthly, 3rd Wednesday, 7:30 p.m. Room 221, Ackert Hall, KSU Campus.
Oct. 16: "Australia: Birding the Outback."
Nov. 20: "Thinking Like a River: Stream & Riparian Habitat."
Dec. 18: "Landscaping to Attract Wildlife."

BIRDSEED SALES:
Nov. 2, Dec. 14, 9:30 a.m. - 2:00 p.m. UFM Fireplace Room.
For more information, pick up the Audubon Directory at UFM or the public library, or call 1-456-7053.

THANK YOU ADVERTISERS for your faithful support.
Activities to Do with Children at Home

When you wish to entertain a young child, it is easy to take for granted the time you spend with him/her. In this season, we are going to explore various ways you can play with your child in and around your home. Learn about fun, but inexpensive crafts you can make with your child, fun ways to incorporate those little helping hands into daily routines, how to prepare ahead of time for activities with your child, and various games you can play together.

Marti Burr (776-5071) has been Executive Director of the Manhattan Day Care Association, Inc. for six years.

Date: Oct. 28 (Mon)
Time: 7 - 8 p.m. (1 session)
Fee: $6
Location: UFM Banquet Room

Children's Morning Play FL-01

Group
Join us for an ongoing support group for at-home parents. Pre-school age children will play while parents visit with other adults. Parents are responsible for their own children, since separation is necessary. During inclement weather we will meet in homes of participants. Choose Wednesday or Thursday mornings. These groups have been in existence for 14 years.

Date: Sept. 18 - Dec. 11 (Wed)
Time: 10 a.m. - 12 Noon (15 sessions)
Fee: $5
Location: Instructor will contact you with location

Children's Morning Play Group

Date: Sept. 19 - Dec. 13 (Thurs)
Time: 10 a.m. - 12 Noon (12 sessions)
Fee: $5
Location: Instructor will contact you with location

Diana Hatch, (776-9922) a mother of two, and Barb Stork, (539-1379) a mother of four, are programmed in putting children together for play as well as giving at-home parents an opportunity to share and interact.

Children As Decision Makers: Giving Them Roots and Wings

FL-02

How can we equip our children with the knowledge and the skills to make healthy, safe decisions? This workshop will offer tangible techniques and ideas for fostering and promoting the development of independent thinkers and confident decision makers. Discussion is encouraged.

Sue Roser (776-8846) is the Founder/Director of Children's Discovery World. Before moving to Manhattan her husband and four children, Sue directed Early Childhood Education programs and day camps in San Diego and Denver. In addition to the workshop and the 30th Anniversary Fourth Street Education, Sue hosts the Family Forum on ABC television.

Date: Sept. 15 (Thurs)
Time: 7:15 - 9:15 p.m. (1 session)
Fee: $5
Location: UFM Conference Room

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Castle Cuisine: An Introduction to Medieval Cooking

Receive an overview of medieval cookery and the diet of the nobility. Medieval dishes will be demonstrated and served. Bring your appetite for hearty samples of medieval cooking.

Emily Newton (352-7435) is a member of the Society for Creative Anachronism, an organization dedicated to the study and re-creation of selected aspects of the Middle Ages. Her particular interest has been medieval cooking.

Date: Oct. 21 (Mon)
Time: 7 - 9 p.m. (1 session)
Fee: $5
Location: UFM Banquet Room

Wok Cookery

The wok, a Chinese cooking utensil, is considered to be an old cooking method. Its popularity has increased dramatically because of its flexibility to reduce fat in the dish. Learn the basic techniques of stir-frying and cooking in a wok through a hands-on experience. Bring your appetite. Come and learn how to prepare an appetizer, a soup, and two entrees. If you have an electric wok, please bring it to class along with a sharp knife, a cutting board, and one large and several small plastic containers.

Sharon Fleming (357-6500) is a Riley County Extension Agent and KSU Family member. She has taught many wok cookery workshops.

Date: Oct. 17 (Thurs)
Time: 6:30 - 9 p.m. (1 session)
Fee: $4
Location: Patzert Hall - CCo Park

Making and Using Homemade Yogurt

Learn how to make yogurt using common household equipment. We will talk about how to incorporate yogurt into food preparation. Sample cheesecake, shakes, dips, and fruit salads made with yogurt. Start down the road to more beautiful cooking.

Date: Oct. 9 (Wed)
Time: 6 - 8 p.m. (1 session)
Fee: $10 (includes food samples)
Location: 813 Colorado

Converting Your Kitchen to a Whole Foods Kitchen

Come learn healthy alternatives for traditional kitchen staples, where to find them, how to read labels, ways to save money, and suggested cookbooks for using whole foods. Sampling food will allow you to taste the difference between whole foods and their counterparts. Join us for an informative session.

Elisa Stiffler (357-8150) has a degree in Foods and Nutrition from Colorado State University and enjoys sharing her knowledge and experience related to food preparation. She has cooked at a retreat center in Colorado, catered for families and organizations, and taught many classes related to healthful cooking.

Date: Nov. 6 (Wed)
Time: 6 - 8 p.m. (1 session)
Fee: $5 (includes food for sampling)
Location: 813 Colorado

Living Lean: Lowfat Eating in a High-Fat World

In general, Americans eat about 25% more fat than is recommended by federal government guidelines. Reducing fat intake helps to maintain your weight, lowers your risk of heart disease and cancer, and provides other health benefits. Come and learn about lowfat eating in a high-fat world. Participate in a self-assessment of your fat intake and learn the seven steps to reduce fat in your diet. We’ll explore how to read labels to evaluate fat content and sample lowfat snacks. You can eat healthy while eating on the run!

Alice Thomas is a registered dietician. She worked as a public health nutritionist in North Carolina for eight years. She has worked at a dietician at Memorial Hospital for two years.

Date: Sept. 25 (Mon)
Time: 6 - 8:30 p.m. (1 session)
Fee: $6
Location: UFM Conference Room

Canadian Thanksgiving

Fellow Canadians and friends, let’s get together for a potluck and celebrate our national Thanksgiving holiday. We’ll get to know each other, have some fun and sing “O Canada.” Please bring a covered dish to share and table service for you and your family. Beverages will be provided.

Julie Walter Harker (776-9015) is a Canadian citizen who would like to get together with other Canadians to celebrate this national holiday.

Date: Oct. 13 (Sun)
Time: 3 p.m. - 7:30 p.m. (1 session)
Fee: $5 for family
Location: UFM Banquet Room

Pizza Pizzazz: A Make-It, Take-It Workshop

Want some tips on how to create terrific pizza at home? Join us as we make and partake of homemade pizza. We’ll learn how to make a great crust and also discuss those secrets that make your pizza special. Bring a large bowl or a pizza pan for making your crust home.

Linda Tuner (357-8763), the Executive Director of UFM, enjoys making pizza at home with her family and has discovered some hints she would like to share.

Pizza Pizzazz: A Make-It, Take-It Workshop

Date: Oct. 1 (Tues)
Time: 6 - 7:30 p.m. (1 session)
Fee: $5
Location: Riley County Extension Office - 310 Courthouse Plaza

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The American Dream: Affordable Home Ownership

Have you dreamed of home ownership only to be discouraged by an inflated market? Perhaps it's time to consider the possibilities again. In many cases the housing market has reached a plateau creating opportunities that were not available previously. Join us to discuss the various methods of financing which could allow your dream to become a reality.

Jerry Lowenstein (557-2299) is a loan officer for Manhattan Federal Savings and Loan. He is interested in sharing his expertise to help others fulfill their housing needs.

Date: Sept. 18 (Wed)  
Time: 7:30 - 8:30 p.m. (1 session)  
Fee: $5  
Location: 800 Foyeet Avenue

Hang It Up: Home Decorating with Wallpaper

Want to spruce up your home with wallpaper? Take this opportunity to see various types and styles of wallpaper. We'll discuss techniques of paperhanging and surface preparation. Learn what you need to know before you choose your paper. The class is geared toward the do-it-yourself enthusiast, but will help anyone who uses professional paperhangers and wallpaper dealers. Bring your questions, your wallpaper problems, and a notebook.

Claudia Jones (776-6742) graduated from KSU with a degree in Interior Design. She manages the wallpaper and window blinds section at Crown Decorating. Charlie and Jane Kemphorne have been professional wallpaper hangars for a number of years in Manhattan.

Date: Sept. 26 (Thurs)  
Time: 7 - 8 p.m. (2 sessions)  
Fee: $5  
Location: Location to be announced

Energy Conservation in the Home

Do you ever look at your utility bills and wonder how to make them more reasonable? Take this opportunity to examine ways to save on your utility costs including heating, lighting, and hot water. We'll discuss how to use energy in a responsible manner and still live comfortably.

Dean Donner (776-5989) designed and built his house in an energy-efficient way and has utility bills that average about $30 a month. He has been in energy conservation work for about 10 years and is the owner and manager of Sunwrights.

Date: Oct. 1 (Tues)  
Time: 7 - 8:30 p.m. (1 session)  
Fee: $5  
Location: 720 Colorado

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Fundamentals of Kayaking
Experience the challenge of kayaking! We will study equipment, paddling techniques, fast water maneuvering, and practice Red Cross Safety techniques.
T. J. Hulick is a certified Red Cross kayak instructor/coach. He has been kayaking for about 10 years.

Date: Nov. 2 (Sat)
Time: 9 a.m. - Noon (1st session only)
Fee: $30 (includes equipment rental)
Location: UFM Fireplace Room (1st session only)
RSU/Naturium (all other sessions)

Volleyball for Fun
Indoor volleyball can provide low-key competition, exercise, and a great time. Beginners and advanced players are invited to join us each week for informal games. Get the exercise you need and the recreational fun you deserve.

Lyle McManus (990-8867) has played UFM Volleyball for many years.

Date: Sept. 17 - Dec. 12 (Tues & Thurs)
Time: 7:30 - 9:30 p.m. (26 sessions)
Fee: $17
Location: Douglas Center
500 Tuma

Duck Hunting in Kansas
Learn how to locate, identify, call, and hunt ducks in Kansas. The Manhattan area has excellent duck hunting areas on Milford and Tuttle Creek Reservoirs. You will learn about the laws, regulations, and enough about the ecology and behavior of ducks to have a good chance to be successful this fall.

Spencer Toms (539-8265) is an Associate Professor in the Division of Biology. He is an avid hunter/conservationist. He is Past President of the Kansas Wildlife Federation.

Date: Oct. 1 & 8 (Tues & Wed)
Time: 7 - 9:30 p.m. (2 sessions)
Fee: $21
Location: UFM Fireplace Room

Golf for Beginners
Learn to play golf. Geared for beginning and intermediate players, the fundamentals of the full swing, short game, pitching, chipping, and putting will be covered. Get some fresh air and have fun if golf is the sport for you.

Jim Gregory, PGA Professional, is the golf pro at Stagg Hill Golf Course.

Date: Sept. 19 - Oct. 3 (Thurs)
Time: 6 - 7 p.m. (2 sessions)
Fee: $20 (golf clubs provided, if needed)
Location: Stagg Hill Golf Course
4441 Fort Riley Boulevard

Card Games for Fun
Have you always wanted to learn how to play a variety of card games, but never had the opportunity? Now's your chance! Learn to play pitch, spades, and hearts. Card games are a great leisure time activity! Bring a deck of cards.

Natalie Smith (776-6715) learned to play cards when she was in college. She has received a lot of enjoyment from this activity.

Date: Sept. 20 - Oct. 11 (Fri)
Time: 7:30 - 9:30 p.m. (4 sessions)
Fee: $30
Location: UFM Conference Room

Balloon Dance 1
Balloon dancing is back! Time, Newsweek, and Smithsonian report that balloon dancing is popular throughout the U.S. Manhattan is no exception. Join the hundreds of people who have learned to dance through UFM. You will learn to dance, tap, waltz, and swing. By the end of six weeks you will be able to perform numerous variations. You will be dancing around the expansive floor. So, bring a friend, or two, and learn how to dance with someone in your arms. Classes fill rapidly - it is advisable to register early.

Michelle Remer (776-7657) has trained in Balloon Dance at UCF, Berkeley, CA, Manhala Balloons, San Francisco, CA; Abalsa Balloons, Oakland, CA, Chicago Dance Studio, Chicago, IL; and Avenue Balloons, San Francisco, CA. She won the 1986 San Francisco Avenue Balloon Balloon Dancing Champion.

Date: Sept. 10 - Oct. 24 (Thurs)
Time: 7:30 - 9:30 p.m. (6 sessions)
Fee: $21
Location: Senior Service Center
413 Leavenworth

White Dragon Kung Fu I
Thai Kung Fu style combines hard, soft, and internal methods of martial arts. Beginners will learn basic techniques, self-defense, drills, and one-step sparring. Wear comfortable clothing.

Date: Sept. 19 - Oct. 13 (Thurs, Thurs, & Sun)
NOTE: No class Sept. 29
Time: 7 - 8 p.m. (Thurs & Thurs)
Fee: $25
Location: RSU Aerobic Fieldhouse

White Dragon Kung Fu II

Date: Oct. 15 - Nov. 10 (Thurs, Thurs, & Sun)
Time: 7 - 8 p.m. (Thurs & Thurs)
Fee: $30
Location: RSU Aerobic Fieldhouse

Hakkro Ryu Jujitsu
Hakkro Ryu is a self-defense orientated grappling type of martial art. Not an exercise form of martial arts, students will cononeess on 2 person wax, self-walking, over and self-defense theory and techniques. Hakkro Ryu is related to alldo, yet stresses a less active style, and more subtle, gente techniques acceptable for use in modern society.

Stan Wilson (539-7723) has studied martial arts for 30 years and taught for 12 years. He holds a black belt in Kung Fu, a second degree black belt in Hakkro Ryu Jujitsu, and is a member of the Shadows of Iga Ninja Society. He has studied judo, aikido, four styles of karate, six styles of kung fu, and various other martial arts. He has also written six manuals on martial arts.

Date: Sept. 29 - Nov. 17 (Sun)
Time: 4 - 5 p.m. (8 sessions)
Fee: $30
Location: RSU Aerobic Fieldhouse

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Accent on Accessories

Would you like to add versatility to your present wardrobe? How do you transform an existing outfit into a new look? Accessories allow you to stretch your wardrobe at a reasonable cost. Join us as we learn to select belts, jewelry, scarves, and other accessories that will update and personalize your wardrobe. Enjoy a fashion show as we talk about the colors and accessory that will be popular this year.

Pam Davis is the owner and manager of The Clothes Tree and The XXtra Flinger located side-by-side in the Westloop Shopping Center. She has been in the retail clothing business for 12 years.

Date: Sept. 24 (Tues)
Time: 7 - 8 p.m. (1 session)
Fee: $5
Location: The Clothes Tree
1342 Westloop

Introduction to Zen

Philosophy and Practice

Zen Buddhism philosophy aims for enlightenment by direct intuition through meditation. Join us for discussion and practice of Zen meditation (Zazen) with a major focus on the Zen tradition or "school." Other traditions will also be discussed. Please bring a cushion to sit on to class.

Leon Rapponport, (353-6880) a professor with the KSU Psychology Department, and Al Foster, a medical technician in the veterinary school, have studied Zen for seven years and are affiliated with the Minneapolis Zen Center and the Manhattan Zen Group.

Date: Oct. 2 - 16 (Wed)
Time: 7:30 - 9 p.m. (4 sessions)
Fee: $375
Location: UFM Conference Room

Hemlock Society: The Right to Die

The Hemlock Society and the Society for the Right to Die have a similar goal, the right of control by an individual over his/her own last days. With so many recent cases involving people and their families to have a say in their medical treatment, many people want to go on record while they are still competent, by joining one or the other of these organizations. Information will be available on both, with addresses,丸s, book lists, and other pertinent material.

Doris Grisch is a retired professor of engineering.

Date: Oct. 30 (Wed)
Time: 7 - 9 p.m. (1 session)
Fee: $5
Location: Location available at registration

Beginning Swedish

Conversation

Join us for an introduction to conversational Swedish. We will cover basic grammar, vocabulary, and pronunciation. A workbook will be provided.

Doug Bates (932-7499) spent two years living in Sweden and learning the language.

Date: Sept. 29 - Dec. 12 (Thurs)
NOTE: No class Oct. 19
Time: 7:30 - 9 p.m. (12 sessions)
Fee: $22 (workbook included)
Location: KSU Blaemont Hall 109

Intermediate Spanish

Interested in expanding your present knowledge of Spanish? Intermediate Spanish will allow you to increase your skills in Spanish grammar, reading, and conversation. This class is designed for people who have a background in Spanish from courses in high school or from visiting or living in a Spanish-speaking country.

Dayana Salazar (559-7630) is a Corpus Christi native who has taught Spanish at Kansas State University.

Date: Sept. 23 - Dec. 9 (Mon)
Time: 7 - 8 p.m. (12 sessions)
Fee: $375
Location: KSU Blaemont Room 107

Philosophy of Gurdjieff and Ouspensky

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

David Shawn (509-8883) has been active with Gurdjieff's work for 18 years. He has studied with J.G. Bennett, a pupil of both Gurdjieff and Ouspensky.

Date: Sept. 19 - Oct. 24 (Thurs)
Time: 7:30 - 9 p.m. (6 sessions)
Fee: $15
Location: UFM Conference Room (sessions 1 - 3)
UFM Conference Room (sessions 4 - 6)

Small Animal Health Care

through Preventive Measures

Do you have questions about how to keep your small animal healthy? Join us as we discuss nutrition, but prevents preventable small animal problems. After our discussion, there will be demonstrations in performing physical examinations, nail trimming, routine ear care, and bathing techniques. In addition, there will be a tour of the clinic pathology laboratory, pharmacy, treatment areas, and physical therapy areas of the teaching hospital.

Don't miss this informative session.

Date: Sept. 24 (Tues)
Time: 6 - 8 p.m. (1 session)
Fee: $5
Location: KSU College of Veterinary Medicine

Small Animal Emergency

Medical Care

What should you do when your small animal has a medical emergency? Join us for a discussion of common small animal medical problems, including the emergency procedures. Following the discussion, there will be a tour of the small animal hospital.

Dr. Michael Loomis (932-5969) is the Dean of the College of Veterinary Medicine, Kansas State University. Dr. William Forney is a clinician in Small Animal Medicine at the College of Veterinary Medicine, Kansas State University. They will be assisted by senior students at the College of Veterinary Medicine.

Date: Oct. 1 (Thurs)
Time: 6 - 8 p.m. (1 session)
Fee: $5
Location: KSU College of Veterinary Medicine

Beginning Spanish

Are you interested in learning to speak Spanish? Geared for beginning students, this course will cover Spanish vocabulary, grammar, pronunciation, and easy conversations.

Ana Maria Bracam speaks Spanish fluently and is willing to share her knowledge with others.

Date: Sept. 17 (Sat - 10/10) (NOTE: No class on Oct. 15)
Time: 7 - 8 p.m. (12 sessions)
Fee: $23
Location: KSU Blaemont Hall 114

Help UFM collect a mile of quarters and celebrate its 25th Anniversary!!

Donate your quarter(s) at UFM class registration, special sites, or drop by UFM at 1221 Thurston. Call 539-8763 for details.

A Quarter Mile

for UFM

Add your quarter to the mile!

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Nail Care for the Nineties

Do you ever admire those beautifully manicured nails that add the perfect touch to a person's image? Join us to learn about proper nail care and the products available to help. We'll talk about linens, wraps, silk wraps, sculptures, manicures, and pedicures. Learn how to have healthy and beautiful nails!

Date: Oct. 23 (Wed)
Time: 7 - 8 p.m. (1 session)
Fee: $5
Location: 3706 Kimball Drive

Managing Your Stress

Taking care of yourself, mentally, physically, emotionally, and spiritually is essential when moving through discord and dis-ease. When stress begins to affect thought, behavior, and health in negative ways, it is time to deal with it. Learn how to make changes in your life and manage your stress.

Date: Sept. 17 - Oct. 8 (Tues)
Time: 7 - 9 p.m. (4 sessions)
Fee: $12
Location: UFM Banquet Room (sessions 1 & 2)
UFM Child Care Area (sessions 3 & 4)

The Power of Visualization

Visualization or guided imagery is a powerful tool for making changes in your life. We will practice and discuss techniques and their use in sports, health-control, healing, attaining your goals, and making positive changes within yourself, relationships, and your environment.

Date: Oct. 15 (Tues)
Time: 7 - 8:30 p.m. (1 session)
Fee: $5
Location: UFM Conference Room

Eleventh Annual National Rural Families Conference

Children, Youth, and Their Families

September 25-27, 1991
K-State Union
Kansas State University
Manhattan, Kansas

A conference for professionals working with and helping families

Continuing Education Units are available for a variety of professionals.

For more information call the KSU Division of Continuing Education at (913) 532-5575.

The Men's Movement

We emerge from the "me first" decade, view our society, and experience a psychological and spiritual upheaval. Men dedicate their lives to planning for the financial future. They fail to invest in an emotional future. From this scenario emerges a renewed search for meaning and values within a men's movement. This workshop, offered for men, will focus on the choices facing today's male as he attempts to define a new masculinity. We will discuss the current bestseller, "Iron John" by Robert Bly, and "Fire In The Belly: On Being A Man" by Sam Reed. Group participation will be encouraged.

Date: Sept. 12 (Thurs)
Time: 7:15 - 9:15 p.m. (1 session)
Fee: $5
Location: UFM Banquet Room

Attention Deficit Hyperactivity Disorder

Attention Deficit Hyperactivity Disorder (ADHD) can be a serious debilitating condition affecting a child's ability to learn, to interact socially, and to regulate behavior. The cause is under investigation, but it is thought to be a nervous system disorder leading to poor regulation of attention, impulsivity, and motor activity. It is estimated that ADHD occurs in approximately 3% of the school age population. In this two hour workshop we will discuss what ADHD is, how it is recognized, and how it is treated. There will be time set aside for discussion, questions, and answers.

Date: Sept. 26 (Thurs)
Time: 7:15 - 9:15 p.m. (1 session)
Fee: $5
Location: UFM Banquet Room

Gary Raser, M.D. (765-8484) is an Adult, Child, and Adolescent Psychiatrist in private practice in Manhattan. Married and the father of four, Gary and his wife, Sue, have been active in the Manhattan community working on behalf of families, creating parent support groups, and developing a hands-on children's museum.
Carpal Tunnel Syndrome: What It Is & How To Treat It!

We hear a lot about the condition known as carpal tunnel syndrome. But what is it? Join us for an informative session. We will talk about the basic structure of the wrist and hand and define carpal tunnel. We will discuss the tests used for diagnosis (nerves, compression, and reflex) and how they’re conducted. Finally, we will learn about the treatment options, therapy and/or surgery.

Jeff Mathis, OTR (587-4235) is a registered occupational therapist who graduated from the School of Occupational Therapy at Kansas University. He has been the occupational therapist at Memorial Hospital for about one and one-half years.

Date: June 16 (Wed)
Time: 7 - 9 pm (1 session)
Fee: $5
Location: UMF Conference Room

Beginning German

This is an introductory course to the German language. We will discuss German culture and literature. We will also cover grammar, proper sentence formation, reading, and writing. After learning the basics, we will do basic conversational German.

Gabrielle L. Rector (537-0683) is a native of Germany who has been in the United States since 1968. She has a degree in music and has taught German through Barton Community College at Fort Riley for 3 1/2 years.

Date: Sept. 18 - Nov. 6 (6 sessions)
Time: 7 - 8 pm (1 session)
Fee: $50
Location: KSU Justin Hall 341

Stress Control and Relaxation Seminar

Do you find yourself in stressful situations almost daily? Do you respond with anxiety, uncertainty, frustration, or anger? This relaxation seminar that can help you integrate mental and physical relaxation may help you to deal with these situations. Learning how to manage stress constructively will help you cope with pressures of everyday living and enhance your health and well-being.

David Harbough (1-362-6575) is the Director of The Silva Method of Kansas (NE).

Date: Oct. 16 (Wed)
Time: 7 - 9:30 pm (1 session)
Fee: $20 (includes booklet, tape, and book)
Location: UMF Banquet Room

Stress Control and Relaxation Seminar

Date: Nov. 13 (Wed)
Time: 7 - 9:30 pm (1 session)
Fee: $20 (includes booklet, tape, and book)
Location: UMF Fireplace Room

Nail Care

What’s the latest look for well-groomed nails? Join us as we discuss the latest in manicures and pedicures. We’ll talk about sculptured nails (Turbo, Solar, and Tantum) and nail wraps (Nile, Lumen, and Class with or without tips). Each student will take home a nail file. Give your hands a great new look.

Date: Sept. 26 (Thurs)
Time: 6 - 7 pm (1 session)
Fee: $5
Location: Joli Styling Salon
1106 Laramie

Nail Care

Date: Oct. 24 (Thurs)
Time: 6 - 7 pm (1 session)
Fee: $5
Location: Joli Styling Salon
1106 Laramie

Nail Care

Date: Nov. 14 (Thurs)
Time: 6 - 7 pm (1 session)
Fee: $5
Location: Joli Styling Salon
1106 Laramie

Nail Care

Date: Dec. 12 (Thurs)
Time: 6 - 7 pm (1 session)
Fee: $5
Location: Joli Styling Salon
1106 Laramie

Jennifer Christian is the owner and manager of Joli Styling Salon. She believes that your nails are an extension of yourself.

True Colors - Celebrating Your Family’s Uniqueness

Are you showing your “true colors”? What is meant when someone describes you as “true blue”? Can you really be “as good as gold”? In this True Colors program, you will have the opportunity to understand yourself and family member’s nature, and to capitalize on each other’s strengths as individuals. We will have fun as we look at new ways to approach others—even when we don’t always see the world in the same way. True Colors is open to anyone (children should be accompanied by an adult) who wants to improve their relationships with family members or friends. Course includes booklet “Keys to Personal Success.” Please register at least one week in advance.

Batk Benigna (519-7180) School/Community Consultant at the Southeast Kansas Regional Prevention Center, enjoys working with families. She has been the recipient of several parenting programs which help individual and families understand each other better and improve their relationships with each other.

Date: Sept. 28 (Thurs)
Time: 10 a.m. - 12 Noon (1 session)
Fee: $13 (If more than one family member register, cost is $13 for first person and $5 for each additional family member)
Location: UMF Conference Room

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

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Getting Help: Families Dealing with Alcohol & Drug Abuse

When someone has a problem with alcohol or other drugs, it’s difficult for family members to reach out for help. Find out more about the basic types of services available, specific programs in the area, and how to choose a program suited to specific needs.

Patty Mayo (539-7180), a licensed social worker, works as an Intervention Consultant with Northeast Kansas Regional Preventive Center, a program of campuses Mental Health Services.

Sack Lunch Theology

This semester’s book, The Spiritual Life of Children, is the culmination of 30 years of work for a teacher-psychiatrist Robert Coles. He has spoken with children around the world, recording and analyzing their attitudes toward social crises, poverty, political stress, religion, and spirituality. He records their ways of understanding the ultimate meaning of their lives, both in their own terms and in the ways that the adult world prescribes. (Copies of the book will be available at the first class for approximately $18.) Sack Lunch Theology has been meeting for a very long time! This is a diverse group of people who like to share ideas, inspirations, arguments, and laughter. Please join us - and bring your lunch!

Samantha Sayner (539-2051) is the American Baptist Campus minister at KSU and an Episcopal Priest. She likes to read and doesn’t like to eat lunch alone.

Date: Sept. 20 - Nov. 18 (Mon)
Time: 11:30 a.m. - 1 p.m. (8 sessions)
Fee: $5
Location: Baptist Campus Center
1801 Anderson

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Pressed Flower Bookmarks for Kids Y-01
Do you love to make things? Create a lovely bookmark with pressed flowers and rhinestones. It makes a beautiful gift for someone special.

Date: Oct. 9 (Wed)
Time: 6 - 8 p.m. (1 session)
Fee: $5
Location: UFM Fireplace Room

Create a Terrarium (ages 6 and up) Y-02
Kids, do you enjoy digging in the dirt and watching things grow? Join us and create a terrarium. Learn about the types of plants and containers that can be used, the proper planting medium, and the care of your terrarium. Please bring 2 small plants to place. (When purchasing your plants specify if they are for use in a terrarium.)

Date: Oct. 17 (Thurs)
Time: 4:30 - 5:30 p.m. (1 session)
Fee: $5 (includes soil, fertilizer, & container)
Location: UFM Greenhouse

Evelyn and Howard Campbell (539-8763) enjoy helping young people make crafts from natural items.

Beginning Ballet Y-04
Do you dream of becoming a dancer? This introduction to ballet can be that first step. Children ages 3 - 12 years will learn the five basic positions and practice simple steps such as the plie, passe, and arabesque. The discipline of ballet transfers to other forms of dance including jazz, tap, and modern dance.

Portia Shores (537-7253) is a 15 years old, has studied dancing for 12 years, and plans to pursue dancing as a career. Portia recently performed in Beverly Bernadelli Poet's Dance Capades in Topolka.

Date: Sept. 18 - Oct. 9 (Wed)
Time: 4:30 - 5:00 p.m. (4 sessions)
Fee: $12
Location: UFM Banquet Room

Green Power: Preserving Our Environment Y-08
Join us for a fun and informative session on our environment. Participate in hands-on activities that increase awareness and knowledge of the problems of overpopulation, land, waste disposal, and air pollution. We'll do some gardening and learn about undergradable items. Although this course is geared for children in grades 1 - 5, all ages are welcome!

Date: Oct. 5 (Sat)
Time: 10 a.m. - 12 Noon (1 session)
Fee: $5
Location: UFM Banquet Room

Beginning Spanish for Children (Ages 5 - 8) Y-03
Would you like to learn to speak Spanish? Learn basic Spanish vocabulary such as colors, numbers, and common objects. We'll learn some conversational phrases and progress to short sentences. Have fun learning a Spanish song, join us for a great time.

Hilda Barreras is from Costa Rica. She has taught in the school system in her country and teaches private Spanish lessons. She majored in fashion design in her country.

Date: Sept. 26 - Dec. 12 (Thurs)
Time: 5 - 6 p.m. (11 sessions)
Fee: $20
Location: UFM Conference Room

Family Vision Care
DR. DOUGLAS STIGGE DR. NORBERT STIGGE
Optometrists
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1202 Moor - Manhattan, Kansas 66502

Kung Fu for Children
Students aged 6 - 12 will learn the modified basic of Pai Te Lung Kung Fu and methods of self defense.

Steve Witsess (539-7725), who holds a 2nd degree black belt in jujitsu and a first degree black belt in Kung Fu, has studied martial arts for 30 years and has taught for 12 years. He is a member of the Pai Family. Steve has been a member of the Sunrise Kung Fu Society for eight years and studied with Steve Hayes.

Date: Sept. 28 - Nov. 16 (Sat)
Time: 2 - 3 p.m. (3 sessions)
Fee: $21
Location: KUJ Awnau Fieldhouse

Parent-Teacher Conference Enrichment Days Y-05
Parents, provide your children (grades 1 - 6) some supervised fun and activity during Fall Parent-Teacher Conference Day. Children, join us for mini-courses which may include art and crafts, music, cooking, science, horticulture, and others. For further information call UFM (539-8763). We’ll have a great time!

Date: Oct. 31 (Thurs)
Time: 12 p.m. - 2 p.m. (1 session)
Fee: $5/half day
Location: UFM Banquet Room

Parent-Teacher Conference Enrichment Days Y-06

Date: Nov. 1 (Fri)
Time: 4 p.m. - 5 p.m. (1 session)
Fee: $14/half day

Location: UFM Banquet Room

Breakfast with Santa
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 UFM house ten days prior to Santa's Breakfast and he will personally give your child his or her present. (Please keep gift $5 or under). Although it is not required, parents are welcome to stay and take pictures or just watch the festivities. PLEASE REGISTER AT LEAST 2 WEEKS PRIOR TO CLASS.

Date: Dec. 7 (Sat)
Time: 9 - 10 a.m. (1 session)
Fee: $5
Location: YOSTA Drive In Restaurant
1511 Tuttle Creek Boulevard

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UFM is...

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

Each year UFM helps connect hundreds of volunteer teachers with thousands of learners. UFM helps connect the university and the community, young and old, poor and rich, old and new residents with each other. The connections that have happened through classes have led UFM to become involved in other concerns and projects. If you would like to learn more about these projects, call UFM and ask for additional information.

Executive Director - Linda Inlow Teener
Campus/Community Classes - Terry Carpenter
Community Resource Act - Anitha Madison
Lou Douglas Lecture Series - Karen McCulloh
Manhattan Community Gardens - Evelyn Campbell
Edible Landscape - Evelyn Campbell
Adult Education for the Homeless - Michael Cody
KSU Student Literacy Corps - Karen McCulloh
Pottery Studio - Sharon Jackson
Meeting rooms - Linda Thomson

In all these ways UFM helps make connections, bringing university and community resources together.

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

It's not too late...If you would like to help UFM meet its goals, please return the coupon below with your contribution. Your donation is tax deductible.

1221 Thurston, Manhattan, KS 66502
(913) 539-8763

18
Questions We’re Often Asked

1. When should I register?
   Registration begins as soon as the current catalog is printed and continues until classes have filled or started. We encourage you to sign up early to assure getting a space in the class you want. Please do not go to the class unless you have registered with our office.

2. How do I sign up?
   You may register in person, through the mail with the registration forms at the back of this catalog, or by phone, using your MasterCard or VISA.

3. When do I pay?
   Payment is made at the time of registration. If you enroll over the telephone (with a MasterCard or VISA), you are added to the course roll immediately. If you register in person or by mail, we enroll you the day we receive your payment.

4. Are there fees to pay in addition to the course fee?
   Recently UFM eliminated the course registration fee. In some courses, however, you will be given a supply list and asked to bring your supplies to class. We will make every effort to designate these courses in our catalog.

5. When is the office open?
   Our office hours are 8 a.m. - 5 p.m. Monday through Friday.

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

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

8. Can I get a refund?
   We'll give you a full refund if we cancel your class. If you decide to withdraw before the class begins, and you tell us 48 hours before the starting date, we'll send you a refund. We do, however, keep a 5% processing fee.

9. Must I register to take a class?
   Yes. You should not attend a class unless you are registered. This allows course instructors to have adequate handouts related to the subject matter. In addition, insufficient registration leads to course cancellation.

WE'RE STEPPING OUT...

Community Registrations

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

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<tr>
<th>DATE</th>
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<tr>
<td>Aug. 21</td>
<td>11 a.m. - 1 p.m.</td>
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<td>Aug. 22</td>
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<td>Sept. 3</td>
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<td>Sept. 7</td>
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Registration continues throughout the semester at the UFM House from 8 a.m. - 5 p.m. (Closed Noon - 1 p.m.)

DON'T GET SHUT OUT!

Register early:
- So we can notify you of any course changes.
- So you can be assured of space in the course.
- So the instructor knows for how many students to prepare.

Mailing your class registration? Class confirmations will not be sent unless otherwise requested. Consider yourself registered unless you hear from us that the class is full. Feel free to call us to inquire about our receipt of your registration.

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

UFM is committed to a policy of nondiscrimination on the basis of race, sex, national origin, handicap, religion, age, sexual preference, or other non-merit reasons, in relation to admissions, educational programs or activities, and employment, all as required by applicable laws and regulations.
Registration By Mail

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

UFM
Class Registrations
1221 Thurston
Manhattan, Kansas 66502-5299

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

FOR YOU...

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I hereby authorize the use of my Visa [ ] Master Card [ ]

Signature

Card # [ ] Expiration Date: [ ]

(Please check all that apply)

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Where did you obtain your catalog?
I am interested in teaching for UFM. [ ] yes [ ] no

A class I would like offered is

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FOR A FRIEND...

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<th>UFM</th>
<th>1221 THURSTON</th>
<th>Manhattan, KS 66502</th>
<th>539-8763</th>
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I hereby authorize the use of my Visa [ ] Master Card [ ]

Signature

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Fall 1991
Community Enrichment
Classes
Swim Classes SW-00

The Division of Continuing Education and UFM in cooperation with the American Red Cross are pleased to present Red Cross certification to participants that successfully pass Beginners, Advanced Beginners, Intermediate, Swimmers and Swim and Safe Fit programs. Courses are taught by certified American Red Cross Water Safety Instructors.

All swim classes are held in the KSU Natatorium. Lockers are available for use during class. Participants must supply swimsuit and swimcap. Showers are required before entering the water.

Session I: Sept. 9 - Oct. 17
Session II: Oct. 28 - Dec. 7
Saturday Classes: Sept. 7, Dec. 7
No classes Nov. 28-30 (Thanksgiving Break)

Note: Minimum enrollment for all classes is 5. If less than 5 enrolled, classes of the same level may be combined or they will be cancelled.

Swim Coordinator: Stephanie Nicholson has extensive experience teaching all levels of American Red Cross classes and has instructed hydrodynamics and other swim classes for Community Enrichment.

Parent - Preschool Classes
This is a water orientation program designed to teach you how to work safely and effectively with your child and to teach basic water safety and self-help skills. The program emphasizes water-adjustment preparatory activities for swimming and water enjoyment for you and your child. Parents-Infant and Parents-Tot class level are the ARC Aquatic Program Parent's Guide. Small children should wear sting-lightweight pants covered by rubber capes. Toddlers must have the ability to voluntarily raise their heads 90 degrees when lying flat on their backs.

Parent - Infant (4 mos. - 1 year) SW-01

Parent must accompany child.

Saturday Classes:
Time: Section A: 9:30 - 10:00 a.m.
Section B: 10:00 - 10:30 a.m.
Section I, II, Mondays and Wednesdays
Time: 6:15 - 6:45 p.m.
Section III, Tuesdays and Thursdays
Time: 7:00 - 7:30 p.m.
Fee: $21.25 per session

Parent - Tot (2-3 years) SW-02

Parent must accompany child.

Saturday Classes:
Time: Section A: 9:30 - 10:00 a.m.
Section B: 10:00 - 10:30 a.m.
Section I, II, Mondays and Wednesdays
Time: 6:15 - 6:45 p.m.
Section III, I, II, Tuesdays and Thursdays
Time: 7:00 - 7:30 p.m.
Fee: $21.25 per session

Advanced Parent - Tot (3-4 years) SW-03

Parent must accompany child.

Saturday Classes:
Time: Section A: 9:00-11:30 a.m.
Section I, II, Mondays and Wednesdays
Time: 7:00 - 7:30 p.m.
Section III, Tuesdays and Thursdays
Time: 6:15 - 6:45 p.m.
Fee: $21.25 per session

Twins (4-5 Years) SW-04

This class allows for a gradual adjustment to the water and instruction in elementary swimming techniques. One adult may accompany the child if needed.

Saturday Classes:
Time: Section A: 10:30 - 11:00 a.m.
Section I: 10:30 - 11:00 a.m.
Section II, Mondays and Wednesdays
Time: 6:30 - 6:45 p.m.
Section III, Tuesdays and Thursdays
Time: 7:00 - 7:30 p.m.
Fee: $20 per session

Advanced Twins (5-6 years) SW-05

Continued instruction in elementary swimming techniques and skill development necessary for Beginner's Class.

Saturday Classes:
Time: Section A: 10:30 - 11:00 a.m.
Section I: 10:30 - 11:00 a.m.
Section II, Mondays and Wednesdays
Time: 6:30 - 6:45 p.m.
Section III, Tuesdays and Thursdays
Time: 7:00 - 7:30 p.m.
Fee: $20 per session

Beginners (ages 6 plus) SW-11

Basic water skills are emphasized during the beginners classes. Swimming skills learned in this class include breathing, floating, crawling, winging, and survival float.

Saturday Classes:
Time: Section A: 9:30 - 10:15 a.m.
Section B: 10:30 - 11:15 a.m.
Section I, II, Mondays and Wednesdays
Time: 6:45 - 7:30 p.m.
Section III, Tuesdays and Thursdays
Time: 6:30 - 7:15 p.m.
Fee: $25 per session

Advanced Beginners SW-12

The requirement for this class is to show proficiency at or above the beginner level. New skills include the survival stroke, treading water, diving, elementary backstroke, and underwater swimming.

Saturday Classes:
Time: Section A: 9:30 - 10:15 a.m.
Section B: 10:30 - 11:15 a.m.
Section I, II, Mondays and Wednesdays
Time: 6:45 - 7:30 p.m.
Section III, Tuesdays and Thursdays
Time: 6:30 - 7:15 p.m.
Fee: $25 per session

Intermediate SW-13

Participants in this class must show proficiency at or above the advanced beginner level. New skills include the breaststroke, sidestroke, rolling, five-minute swim, turn and back float. Certification requirements regarding stroke development must always require two sessions of the Intermediate class for each participant.

Saturday Classes:
Time: Section A: 10:30 - 11:30 a.m.
Section I, II, Mondays and Wednesdays
Time: 6:30 - 7:30 p.m.
Section III, Tuesdays and Thursdays
Time: 6:30 - 7:15 p.m.
Fee: $25 per session

Swimmers SW-14

Participants in this class must show proficiency at or above the Intermediate level. New skills include back crawl, surface diving, turns, drill and canoe steering, and the 10 minute swim.

Saturday Classes:
Time: 10:30 - 11:15 a.m.
Section I, II, Mondays and Wednesdays
Time: 6:45 - 7:30 p.m.
Section III, Tuesdays and Thursdays
Time: 6:30 - 7:15 p.m.
Fee: $35 per session

Hydroathletes (age 16 plus) SW-15

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

Session III, 4 times per week
Time: 6:05 - 7:00 p.m.
Fee: $38 per session
Session III, 2 times per week
Time: 6:30 - 7:00 p.m.
Fee: $20 per session

Swim and Stay Fit (age 13 plus) SW-16

Swim and Stay Fit is a planned activity to encourage adults and advanced swimmers to swim regularly and frequently. Participants receive individual workout plans and supervised by instructor daily. Those wishing to swim more than twice a week, please make arrangements with instructor.

Saturday Classes:
Time: Section A: 9:30 - 10:15 a.m.
Section B: 10:30 - 11:15 a.m.
Section I, II, Mondays and Wednesdays
Time: 6:45 - 7:00 p.m.
Section III, Tuesdays and Thursdays
Time: 6:05 - 7:00 p.m.
Fee: $35 per session

Adult Swim Lessons (age 16 plus) SW-17

For adults who want to become comfortable in the water, add to their knowledge of personal safety, and increase enjoyment of their leisure time. No prerequisites. If enrollment is low, this class will be moved to private or semi-private lessons.

Saturday Classes:
Time: 6:45 - 7:15 p.m.
Section I, II, Mondays and Wednesdays
Time: 6:05 - 7:00 p.m.
Fee: $35 per session

Private Lessons SW-18

Arrangements will be considered for private swimming lessons. The Swim Coordinator will contact individuals during the second week of each session to arrange 6 classes of 30 min. each, if openings can be met.

Time: 6:45 - 7:15 p.m.
Fee: $38 per session

Water Safety Instructor Aquatic Exercise SW-19

Classes in Aquatic Exercise and Water Safety Instructor are being organized. Please contact the Community Enrichment Coordinator at UFM (359-8763) for details.

Scuba Diving SD-01

This class will prepare students for open water dive certification. This class is included in the class fee, however, neither UFM nor KSU is responsible for this certification. Travel and lodging are at the student's expense. The certification dates will be explained at the first class meeting. Students must provide their own mask, fins, and snorkel. This class includes instruction, the dive manual and equipment rental during class. Students will practice with air tanks a minimum of five times. (Estimated cost for mask, $60-990; snorkel, $30-35; fins, $40-70). Limit: 10 students.

Date: Session I: Sept. 7 - Oct. 12 (Sat)
Session II: Oct. 19 - Nov. 23 (Sat)
Time: 9:00 a.m. - 1:00 p.m.
Location: KSU Natatorium
Instructor: Jeff Wilson
Free scuba demonstrations will be held in the KSU Natatorium on Fridays, Sept. 6 and Oct. 11 from 6:45 - 7:30 p.m. Each session will acquaint participants with the skills and techniques of safe underwater diving. Bring swimsuits and be prepared to enter the water.
Tumbling

_Te-00_

These tumbling classes will provide basic skills in floor activity. Children will gain confidence, skill and poise. Instruction will be appropriate to age and ability levels. Any person enrolled for the first time must enroll in the beginning class. Students will be reassigned after the first class meets. Classes are open to youth aged 3 - 17. Enrollment is limited due to time and space restrictions.

Participants should wear comfortable clothing such as gym shorts and T-shirts, or shorts and t-shirts. Socks or gymnastic shoes are required. Observers are allowed in the gym only at the first session and Parent's Day.

_Saturday Classes:_
- Session IA: B, Sept. 7 - Oct. 5
- Session IA, B, Oct. 12 - Nov. 9
- Mon. - Thur. Classes: Session IA: B, Sept. 4 - Oct. 8
- Session IA: B, Oct. 9 - Nov. 12

_Locations:_
- KSU: Room 4 Ahearn Complex
- Parent/Children (ages 1 - 3): KB-01

This introduction to tumbling teaches alignment, movement patterns, exploration and safety. Parents will learn effective teaching methods and assist accompany children onto the mats.

Session I, II, Saturdays:
- Time: 10:45 - 11:15 a.m.
- Fee: $13.00

_Te-01_

This course teaches fundamental principles and skills of first aid, correct CPR techniques for adults and infants, treatment of cardiac arrest and other respiratory emergencies. Red Cross Certification is given on successful completion of the course. Textbooks may be purchased at the Red Cross Office and are not included in the class fee. Limit: 8 per session.

_Date:_
- Session I: Sept. 3 - Oct. 15 (Tues)
- Time: 7:00 - 8:00 p.m.

(Date:)
- Session II: Sept. 6 - Oct. 18 (Fri)
- Time: 7:30 - 8:30 p.m.

_Date:_
- Session III: Oct. 2 - Nov. 15 (Wed.)
- Time: 5:30 - 6:30 p.m.

_Fees:*
- $65 per session

_Locations:_
- Boardman Red Cross Office, 1014 Poynter

_Te-02_

Basic tumbling skills including locomotor skills, exploration of movement and exercises to strengthen muscle groups.

_Session I, II, Saturdays:_
- Time: 10:10 - 10:45 a.m.
- Fee: $13.00 per session

_Te-03_

Basic tumbling skills continue with emphasis on developing muscle strength, movement and locomotor skills.

_Session I, II, Saturdays:_
- Time: 10:45 - 11:15 a.m.
- Fee: $13.00

_Te-04_

Beginning/Intermediate Tumbling

An introduction to basic tumbling and acrobatic skills for developing coordination, balance, flexibility, and muscle strength.

_Session I, II, Mon. and Wednesday:_
- Time: 4:00 - 4:45 p.m.
- Fee: $20.00 per session

_Te-05_

Advanced Tumbling

Advanced acrobatic and tumbling skills geared toward the experienced student.

_Session I, II, Tuesdays and Thursdays:_
- Time: 4:45 - 5:30 p.m.
- Fee: $20.00 per session

Tennis

_Te-00_

Tennis is a sport enjoyed by youth through senior age groups. Participants provide their own rackets. We provide balls.

_Location:_
- L.P. Washburn Recreation Area, KSU

_Beginning Juniors and Adults (age 9 and up)_: TE-01

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

_Instructor: Tar Roller_

_Date:_
- Sept. 9 - Oct. 14 (Mon)
- Time: 6:00 - 6:30 p.m.
- Fee: $40

_Advanced Juniors and Adults (age 9 and up)_: TE-02

This class will focus on stroke development, singles and doubles tactics and practice competition.

_Date:_
- Sept. 9 - Oct. 14 (Mon)
- Time: 6:30 - 7:30 p.m.
- Fee: $40

Golf

_GO-01_

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

_Date:_
- Session A: Sept. 4 - Oct. 23 (Wed)
- Time: 1:30 - 3:30 p.m.

_Date:_
- Session B: Sept. 3 - Oct. 24 (Thur)
- Time: 9:00 - 11:00 a.m.

_Fee:*
- $78 nonresident

_Location:_
- Top of the Hill Golf Course, 4441 Fr. Riley Blvd.

_Instructor: Dan Gregory_

_S-01_

_Te-06_

This expanded Windsurfing course consists of one lecture meeting and 10 hours of lake instruction at the River Pond area of Tuttle Creek Lake State Park. Sailsboards, textbooks, and wet suits are provided. This class includes discussions in sailing, safety, theory, land tutorial and on-the-water training. The instructors are certified under the Schoolboard System Certification program, recognized worldwide.

_Date:_
- Sept. 5 (other dates by appointment)
- Time: 6:30 - 9:30 p.m.

_Fee:*
- $110 credit card fee

_Location:_
- Location: Tuttle Creek Wind Surfing Instruction class held in Ahearn. Room 305. Sidon Lake in east of Ahearn. Location is 3 miles north of Ahearn Blvd.

_Instructors:_
- Brenda and Bernard Esterer

Beginning Sign Language

_SL-01_

This class is designed for individuals who are interested in learning the basic skills of sign language. Students will be instructed in the Manual Alphabet and a vocabulary of about 200 functional signs. Limit: 20.

_Date:_
- Sept. 4 - Oct. 9 (Wed)
- Time: 7:00 - 8:00 p.m.

_Fee:*
- $60

_Location:_
- KSU, 140 Justin Hall

_Instructor:_
- Natalie Smith

Advanced Sign Language

_SL-02_

This class is designed for the individual who wants to continue learning sign language skills. Included are continued instruction and review of the Manual Alphabet and functional signs.

_Date:_
- Oct. 16 - Nov. 20 (Wed.)
- Time: 7:00 - 8:00 p.m.

_Fee:*
- $60

_Location:_
- KSU, 140 Justin Hall

_Instructor:_
- Natalie Smith

Tae Kwon Do Karate (Age 10 plus)

_TK-00_

This course will consist of basic hand and foot movements and the physical fitness patterns used in self-defense techniques. Teaching methods include class demonstration and practice. Each student will be given an opportunity to purchase a uniform and belt in the first class. The uniform is not a requirement for the class.

After two months of class, an optional testing in advance in the Tae Kwon Do degree testing is held in Topkapi. The test is not included in the class fee and a uniform is required for testing.

_Te-07_

_Te-08_

_Go-01_

Date:
- Sept. 4 - Dec. 6 (Tues and Fri)
- No class Nov. 29
- Time: 6:30 - 7:30 p.m.
- Fee: $50 noncredit

Date:
- Sept. 6 - Dec. 6 (Tues and Fri)
- No class Nov. 29
- Time: 7:30 - 8:30 p.m.
- Fee: $60 noncredit

_Location:_
- Location: The first class on Sept. 6, 6:30 - 7:30, will be a public demonstration and formal introduction of instructors in Ahearn Gymnasium. Subsequent classes will be in Ahearn grain or fieldhouse.

_Instructor:_
- Grand Master Sun YL, 7th Degree Black Belt

Judo

_JU-00_

These courses are designed to teach the fundamentals of sport Judo. Students will learn the following techniques: throws, grips, and mat techniques as well as rules for contest judo. Each student will be given an opportunity to order a uniform the first night of class. The uniform is not required the first three weeks of class, but will thereafter.

Notice: No classes Nov. 25 - Nov. 28.

_Location:_
- Ahearn Fieldhouse, KSU

_Instructor:_
- Joseph Smith

_JU-01_

_Date:_
- Sept. 4 - Dec. 11 (Mon. and Wed.)
- Time: 6:00 - 7:00 p.m.
- Fee: $60

_Instructor:_
- Tony Lingenfelter, 2nd Degree Black Belt

_JU-02_

_Pte-01_

_Date:_
- Sept. 4 - Dec. 11 (Mon. and Wed.)
- Time: 7:00 - 8:00 p.m.
- Fee: $50

_Adult Judo for Women (age 16 up and over)_: JU-03

_Date:_
- Sept. 12 - Dec. 12 (Thur)
- Time: 7:00 - 8:30 p.m.

_first class meets outside Ahearn, north side.

_Fee:*
- $60

_Instructor:_
- Tony Lingenfelter, 2nd Degree Black Belt

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

_Tennis_
### GENERAL INFORMATION

**Liability Statement**

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

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

### Parking

All plans your Community Enrichment schedule, keep in mind these general points concerning parking at K-State:

1. Parking permits are required for all students, faculty, and staff from 7:00 a.m. - 5:00 p.m., Monday - Friday. There is metered parking in the lot south of the K-State Union.
2. There is limited visitors’ parking in the lot south of the K-State Union with an entrance on 17th Street.
3. The Information Booth in this lot (open from 7:30 a.m. - 5:00 p.m. on weekdays) and the Kansas State University Police Department Office (located across 17th Street) in East Stadium-open 24 hours, seven days a week) will help you with permits and general information. You may call also the Police Department Office: (913) 332-6412.

### Refund Policy

**Non-Credit Registrations:**

Because class size is limited, enrollment will be accepted on a first-come, first-served basis. Receipt of payment will reserve a place in a class. Classes with insufficient enrollment will be cancelled and refunds will be made. No refunds are permitted after a class begins. All refund requests must be made in writing.

**Credit Registrations:**

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

**Credit Enrollments:**

Courses taken for credit carry additional fees required for University administration of the credit program. A $15.00 late fee will be charged for enrollments taken after the second class meeting. A $35.00 late fee will be charged for enrollments taken after 1/3 of the class meetings.

### Withdrawals

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

### Inclement Weather Policy

The Community Enrichment Program follows the inclement weather policy of Kansas State University. Courses will be conducted unless all University courses are cancelled. The only exception to this policy is if the instructor informs his/her students personally that he or she will not be present at a given class meeting. The instructor is then responsible for arranging a make-up class.

### New Programs

If you have any suggestions for additional programs or for improving existing programs, please call, come by, or write to: Community Enrichment Programs, 1221 Thurstion, Manhattan, KS 66502, (913) 539-8763.

### Notice of Nondiscrimination

Kansas State University is committed to a policy of nondiscrimination on the basis of race, sex, national origin, handicap, religion, age, sexual orientation, or other nonmerit reasons, in admissions, educational programs or activities, and employment, all as required by applicable laws and regulations. Responsibility for coordination of compliance efforts and receipt of inquiries, including those concerning Title IX of the Education Amendments of 1972 and Section 504 of the Rehabilitation Act of 1973, has been delegated to Jenee D. Rowlett, Ph.D., Director, Affirmative Action Office, 214 Anderson Hall, Kansas State University, Manhattan, KS 66506-0104 (913)532-6200.

### Pool Rental

The Continuing Education program schedules pool usage on Friday, 5:00 - 7:30 p.m., and Saturday or Sunday evenings between 5:00 - 7:00 p.m. All pool reservations must be submitted one week in advance of usage. The pools are located in the KSU Natatorium. The fee for pool usage is $80 per hour and $5.00 per hour per lifeguard. One lifeguard is required per twenty swimmers. Call 512-5560 for information or to schedule the pool.

### Credit card enrollments may call: 539-8763

### REGISTRATION INFORMATION

**Mail-in:**

You may register by sending your registration form and fee to:

- **Community Enrichment Programs**
- **UFM**
- **1221 Thurstion**
- **Manhattan, KS 66502**

**Walk-in:**

You may register at UFM, 1221 Thurstion, between 8:00 a.m. - 5:00 p.m., Monday through Friday (12 - 1:30 p.m). Special provisions may be made for lunch or after work registration. Call 539-8763.

**Phone-in:**

You may register by phone with payment made with MasterCard or VISA credit cards by calling 539-8763.

### Other sites to register:

You may also register at one of the following locations:

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<th>Date</th>
<th>Site</th>
<th>Location</th>
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<td>11:00-1:00</td>
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<tr>
<td>Sept. 7</td>
<td>11:30-1:30</td>
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**Fees:**

Fees are paid with cash, check, or money order (checks made payable to UFM), or with VISA or MasterCard. Participants must pay the full fee for each class enrollment, prior to the first class. A charge of $20.00 will be assessed on returned checks and declined credit cards.

**Receipts:**

You are immediately enrolled at the time you register. You will not be notified of enrollment unless difficulty is encountered with your registration. Phone and mail-in registrants will receive a receipt during the first month of class meetings if requested from the instructor.