CELEBRATE!

UFM

1968 - 1993

Heading into the future!

UFM

1993

FALL CLASSES

(Sept.-Dec.)

OR CURRENT RESIDENT
Happy Birthday, UFM!

Who would have thought that an educational approach so experimental, that espoused the philosophy that anyone can teach, anyone can learn, would be active and thriving 25 years later? It is truly a high tribute to teachers, learners, staff, board members and in general, to the community of Manhattan that UFM remains an on-going, viable educational organization. Over 80 communities have replicated UFM's model in Kansas, Oklahoma, Kentucky, South Dakota and Missouri. Some 19 existing community programs find their origins within UFM. UFM has touched the lives of many people in many ways, and contributed to making Manhattan a wonderful caring educational community.

Happy 25th UFM! Here's to another 25 years of Manhattan residents sharing their skills, interests and time to educate others and participating in one of the best educational experiments of this century.

Sue Maes, Executive Director 1969 - 1986

Since its inception 25 years ago, UFM has changed in many ways. UFM is now a completely self-supporting educational resource with roots in both the community and the university. UFM continues to offer diversity in programming to serve the widest possible audience. Because of our format, UFM is able to respond quickly to special issues that arise in the community and the nation. Class offerings change to reflect current interests and issues. We continue to work not only with organizations in our own community, but throughout Kansas to help design community education and community development innovations. We continue the Lou Douglas Lecture Series, the Community Garden and Family Literacy Programs, all of which interact with many other local and state entities.

The class program continues to be the heart of UFM. The volunteers who share their knowledge deserve much credit for their dedication and contribution to making our unique classes available in Manhattan. The love of learning and sharing skills is evident.

This Fall catalog celebrates 25 years of a very special program. We invite the entire community to help us celebrate. Join us at one of our special Birthday parties, take a class, go to a lecture, become a teacher. Our only prerequisite is curiosity because we believe anyone can teach and anyone can learn. We look forward to seeing you, sharing memories and visions for the future.

To participate is to celebrate learning.

Linda Teener, Current Executive Director

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Martial Arts

*Wide variety of classes

Our Community & Beyond

* proclaim - culture - economy

Environmental

Personal Development

*Self Defense for Women

*Yoga - Tai Chi

*Self Esteem & more

Recreation and Health

*Standard First Aid/ CPR & more

Youth

*Activities for children during

Parent/ Teacher conferences

Clay Sculpture

*The Kwon Do and more

ABOUT OUR COVER

Our cover was designed by Matt Hoover, a Graphic Design Artist for Veterinary Medicine at KSU. Mail is a special friend to UFM and we appreciate her support.
WHERE WE'RE LOCATED...

UFM
1221 Thurston

KSU Campus
Anderson Ave.

Manhattan
Ave.

Bertrand St.
Thurston St.
Cox
Kearney St.
Vatter St.
Bluemont Ave.

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

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

Thanks, UFM Instructors!

Kevin Almeida
Mangal Goswami
Tom Mahoney
Bill Stewart

Date Anderson
Jim Gregory
Terry Marker
Sun Yi Academy

Harry Anderson
Phyllis Grover
Ray Matlock
Diana Tarver

Kim Anderson
George Halazon
Dr. Richard Matson
Dean Taylor

Dorothy Roberts
Colleen Hampton
Richard Meador
Linda Inlow Teener

Arvizu
Ruth Harris
Mike Millerson
Mark Tassendon

Steffany Aye
Jean Bigbee Hill
Panel of Massage
Michele Thun

Michael Bennett
James Hill
Therapists
Siddharth Turakhia

Dennis Boyce
T.J. Hiltie
Emrie Peck
Gus van der Hoeven

Mark Brown
Ed Irvine
Jim Phelan
Paula Walawender

Marie Brown
Brad Jones
Al Potter
Dr. Charles Walters

Shirley Carpenter
Rod Kaliwoda
Liuba Ramim
Vanessa Ward

Dick Claussens
Irina Khramtsova
Leon Rappoport
Nelli Weathers

Michael Cody
Lee Killough
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Dell Rospry
Tamara Weisz

Lorrie Cross
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Naomi Sato
Harold Weisemaker

Gene Ernst
Sam Lacy
Susan Sawyer
Jeff Werner

Enel Fohrer
Dr. F.C. Lanning
Leo Schell
Jeff Wilson

Sarah Forshy
Leonard Leeling
Pam Schmid
Robert Wilson

Lei Fritz
Thannomari Leeling
Tamily Sinn
Stan Wilson

Fred Freedy
Dawn McKenzie
Portia Silico
Doug Wood

Manhattan Military Wives

A program for all military families living in Manhattan

MILITARY WIVES programs facilitate new friendships and mutual support, emotional and
intellectual growth, and lots of group fun. Weekly program topics include information about Manhattan
and Ft. Riley, home management, cooking, parenting, self-improvement, communication, career
planning, educational opportunities, potluck lunches, crafts and pinches.

June meetings are held every Wednesday afternoon from 1-3 p.m. at the First Presbyterian Church,
8th and Leavenworth. Free childcare for infants, toddlers, and kindergartners is provided. No
reservations are needed.

July and August meetings are held every Wednesday morning at 10 a.m. at various area parks and
other recreation sites. Children of all ages are included in the activities.

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

BABYSITTING CO-OP
Women who attend MILITARY WIVES meetings on Wednesday afternoons are eligible for

COMMUNITY NETWORKING
The MILITARY WIVES program brings together the needs of military families with resources
available in the civilian and military communities, through group activities and for individuals.

TRANSPORTATION
Transportation to Wednesday meetings and to medical, mental health and social services on post
and in Manhattan can be arranged.

SPECIAL SUPPORT GROUP
Women whose husbands are PCS or TDY get together for fun and mutual support.

For more information, please call Angie Fryer - 537-7146

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

MAILING YOUR REGISTRATION?
Mailing your class registration? Class
registrations 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.

REGISTRATION INFORMATION on the back page

BOARD OF DIRECTORS
Paula Walawender, Chairperson
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Linda Inlow Teener, President
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Assistant Riley County Attorney
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To advertise your business or organization,
contact the UFM Office (539-8763) by November 12.

A special thanks to the businesses and organizations who show support to UFM through
their advertisements. We hope that the community
of Manhattan will reinforce our thanks through
the patronage of our advertisers.

This Catalog Printed on Recycled Paper
UFM Swim Classes

UFM and the Division of Continuing Education are pleased to present the revised American Red Cross Learn to Swim program. This newly developed swimming program has been designed to better meet the needs of all participants. New techniques and strokes add challenges even for advanced swimmers. Use the chart below to place your student in the appropriate updated Red Cross Swimming classes.

Parents are allowed on deck only on Parents Day. Location: All swim classes are held in the KSU Natatorium. Lockers are available for use during class. Participants must supply towels and swimsuits. Showers are required before entering the water.

Learn to Swim Course Comparison

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Parent/Infant and Parent/Tot

This water education program is designed to teach you how to work safely and effectively with your child and to teach basic water safety and self-help skills. The program emphasizes water acclimation, preparatory activities for swimming and water enjoyment for you and your child. Parent/Infant and Parent/Tot class times include the ARC Aquatic Program Parent's Guide. Small children should wear snug-fitting lightweight pants covered by rubber pants. T-shirts participate. Infants must have the ability to voluntarily raise their heads 90 degrees when lying flat on their stomach. Parent must accompany child.

Note: The IPAP classes only meet 8 times each session. The location must be considered for private swimming lessons. The Swim Coach will contact individuals during the second week of each session to arrange 6 classes of 30 minutes each. If conditions can be met. The facility is equipped with a lift and a set of stairs leading into the pool.

Date/Time: By arrangement
Fee: $38 per session of 6 lessons

Private Lessons for Special Populations

For people with special physical or mental needs. Arrangements will be considered for private swimming lessons. The Swim Coach will contact individuals during the second week of each session to arrange 6 classes of 30 minutes each. If conditions can be met.

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

Private Lessons

These lessons are for one-on-one instruction and are for any level of swimmer. The Swim Coach will contact students within 10 days of registration, to schedule 6 classes of 30 minutes each, if conditions can be met.

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

Level I: Water Exploration

The objective of Level I is to help students feel comfortable in water and to enjoy the water safely. Students will be introduced to elementary aquatic skills which will be built on as they progress through the Learn to Swim program. There are no prerequisites for this course.

Session I:
- AQ-03 Mon/Wed 6:05 - 6:45 pm
- AQ-04 Tue/Thurs 6:05 - 6:45 pm
- AQ-21 Mon/Wed 6:50 - 7:30 pm
- AQ-22 Tue/Thurs 6:50 - 7:30 pm
- AQ-23 Mon/Wed 9:20 - 10:15 am
- AQ-24 Tue/Thurs 9:20 - 10:15 am
- AQ-25 Sat 10:30 - 11:15 am

Fee: $35 per session

Level II: Primary Skills

The objective of Level II is to give students success with fundamental skills. Students learn to float without support and to recover to a vertical position. This level teaches the beginning of true locomotion skills and adds to the self-help and basic rescue skills begun in Level I. Students entering this course must have a Level I certificate or must be able to demonstrate all the completion requirements in Level I.

Session I:
- AQ-05 Mon/Wed 6:05 - 6:45 pm
- AQ-06 Tue/Thurs 6:05 - 6:45 pm
- AQ-23 Mon/Wed 6:50 - 7:30 pm
- AQ-24 Tue/Thurs 6:50 - 7:30 pm
- AQ-37 Sat 9:30 - 10:15 am
- AQ-43 Sun 10:30 - 11:15 am

Fee: $35 per session

Level III: Stroke Readiness

The objective of Level III is to build on the skills in Level II by providing additional guided practice. Students will learn to coordinate the front and back crawl. They will be introduced to the elementary back stroke and to the fundamentals of backstroke. Students will also learn rules for safe diving and begin to learn to dive from the side of the pool. Students entering this course must have a Level II certificate or must be able to demonstrate all the completion requirements in Level II.

Session I:
- AQ-07 Mon/Wed 6:05 - 6:45 pm
- AQ-08 Tue/Thurs 6:05 - 6:45 pm
- AQ-25 Mon/Wed 9:20 - 10:00 pm
- AQ-26 Tue/Thurs 9:20 - 10:00 pm
- AQ-43 Sat 9:30 - 10:15 am
- AQ-44 Sun 10:30 - 11:15 am

Fee: $35 per session

Level IV: Stroke Development

The objective of Level IV is to develop confidence in the strokes learned thus far and to improve other aquatic skills. Students will increase their endurance by swimming familiar strokes (elementary backstroke, front crawl and back crawl) for greater distances. Students will be introduced to the breaststroke and sidestroke and the basics of turning at a wall. Students entering this course must have a Level III certificate or must be able to demonstrate all the completion requirements in Level III.

Session I:
- AQ-39 Mon/Wed 6:05 - 6:45 pm
- AQ-40 Tue/Thurs 6:05 - 6:45 pm
- AQ-41 Mon/Wed 9:20 - 10:15 am
- AQ-42 Tue/Thurs 9:20 - 10:15 am
- AQ-44 Sun 10:30 - 11:15 am

Fee: $35 per session
Level V: Stroke Refinement
The objective of Level V is coordination and refinement of key strokes. Students will be introduced to the butterfly, open turns, the self-chase surface dive and springboard diving. Participants learn to perform the cross crawl and back crawl for increased distances and to perform the sidestroke and breaststroke. Students passing this course must have a Level IV certificate or must be able to demonstrate all the course requirements in Level IV.

Session I:
AQ-11 Mon/Wed 6:50 - 7:30 pm
AQ-12 Tues/Thurs 6:50 - 7:30 pm
Session II:
AQ-20 Mon/ Wed 6:05 - 6:45 pm
AQ-21 Tues/Thurs 6:50 - 7:30 pm
Session III:
AQ-47 Saturday 9:30 - 10:15 am
AQ-48 Saturday 10:30 - 11:15 am
Fee: $35 per session

Level VI: Skill Proficiency
The objective of Level VI is to polish stroke so students swim them with more ease, efficiency, power, and smoothness over greater distances. Students develop considerable endurance by the end of this course. Participants will be introduced to additional turns as well as the pink and back surface dives. Students entering this course must have a Level V certificate or must be able to demonstrate all the skills required to complete Level V.

Session I:
AQ-13 Mon/ Wed 6:50 - 7:30 pm
AQ-14 Tues/Thurs 6:50 - 7:30 pm
Session II:
AQ-31 Mon/ Wed 6:05 - 6:45 pm
AQ-32 Tues/Thurs 6:50 - 7:30 pm
Session III:
AQ-49 Saturday 10:30 - 11:15 am
Fee: $35 per session

Level VII: Advanced Skills
The objective of Level VII is to perfect strokes and to develop good fitness habits. Participants are urged to use aquatic activities throughout their lives to maintain their physical condition. They will be taught springboard diving and advanced rescue skills. They will be introduced to other aquatic activities such as water polo, synchronized swimming, skin diving and competitive. Participants entering this course must have a Level VI certificate or must be able to demonstrate all the completion requirements in Level VI.

Session I:
AQ-33 Mon/ Wed 6:05 - 6:45 pm
Session II:
AQ-34 Saturday 10:30 - 11:15 pm
Fee: $35

Adult Swim Lessons
Are you tired of sitting on the sidelines watching everyone else swim? Now's your chance to learn how to swim. This class is for adults who want to become comfortable in the water, add to their knowledge of personal safety, and increase enjoyment of their leisure time. No prerequisites. If enrollment is low, this class will be moved to a private or semi-private lesson.

Session I:
AQ-15 Mon/Wed 6:50 - 7:30 pm
AQ-16 Tues/Thurs 6:50 - 7:30 pm
Fee: $35

Swim and Stay Fit
Ages 13 plus
Swim and Stay Fit is a planned activity to encourage adults and advanced swimmers to swim regularly and frequently. Participants receive individual work-outs planned and supervised by instructor daily. You may choose your 40 minute block of time during the below scheduled times.

Session I:
AQ-16 Mon - Thurs 6:05 - 7:30 pm
AQ-37 Mon - Thurs 6:05 - 7:30 pm
Session III:
AQ-51 Saturday 9:30 - 11:10 am
Fee: $20 per session

Swim and Stay Fit for Parents
Are you tired of being just one at an observer at your child's swimming lessons? If so, then take advantage of the times you spend watching and enroll in our SPECIAL Parent's Swim and Stay Fit Class. This class is available to you at a reduced rate of $10 and will meet every day your child is enrolled in swimming lessons. In this class you will set your own goals and the instructor will help monitor your progress.

Session I:
AQ-17 Mon - Thurs 6:05 - 7:30 pm
AQ-38 Mon - Thurs 6:05 - 7:30 pm
Session III:
AQ-52 Saturday 9:30 - 11:10 am
Fee: $20 per session

Hydroaerobics
Ages 16 plus
This class is designed to use water exercises for the development of physical fitness, muscle tone, flexibility, and cardiovascular endurance. Open to non-swimmers and swimmers alike. Monday through Thursday meetings.

Date: AQ-18 Session I
AQ-19 Session II
Time: 6:05 - 6:50 pm Monday through Thursday
Fee: $30 per session

Basic Water Safety
This course focuses on personal and community water safety and may be taken by anyone, regardless of age or swimming ability. It is a great opportunity of Scout badges or group programs. Basic Water Safety is a prerequisite for Emergency Water Safety.

To schedule your group (minimum of 6) call (913) 539-8763 to negotiate dates, times and fee.
Location: KSU Natatorium

Lifeguard Training
AQ-57
This course provides knowledge, demonstrations, practice, and review of skills essential for lifeguards. It also covers extensive pool management. Participants must pass the Red Cross Office. Prerequisite: Students must be at least 15 years old and pass a skills test the first day of class. To receive certification the student must successfully complete or show deficiency American Red Cross Standard 1st Aid/CPR course and successfully complete the final skills test and pass the written test by 80% minimum score.

Date: Oct 22 & Oct 28 - 7:30 am
Time: 9:30 - 1:30 pm (FNS-Mon-Fri)
Fee: $250 per day
Location: KSU Natatorium

Emergency Water Safety
AQ-54
Provides a sound foundation for further training in lifesaving and aquatic safety. Very appropriate for swimmers who have passed Level VII. Does not meet minimum age of Lifeguard Training. Basic Water Safety is a prerequisite for this class. A skills test will be given.

To schedule your group (minimum of 6) call UFM, 539-8763 to negotiate dates, times and fee.
Location: KSU Natatorium

Water Safety Instructor
AQ-58
The purpose of this course is to train instructor candidates to teach the American Red Cross Learn to Swim and Water Safety courses. This course includes the swimming and rescue certification required by American Red Cross. Prerequisite: Participants must be 16 years of age by the first day of class and successfully pass the pre-course written test. All prospective candidates must successfully complete a pre-test on their knowledge of aquatic and water safety skills, as well as their stroke proficiency and rescue skills.

Sarah Forshay is certified through the American Red Cross as a Water Safety Instructor.

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Dr. Norbert Stigge
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537-2349
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COMMUNITY FIRST AID AND SAFETY classes can be found in the RECREATION AND HEALTH section of the catalog.
Scuba Diving

This class will prepare students for Open Water Diver certification. The certification is included in the class fee, however neither USM nor KSU is responsible for this certification. Trailing and lodging are at the student’s expense. The certification dates will be explained at the first class meeting. Students must provide their own mask, fins, and snorkel. The class fee includes instruction, the dive manual and equipment rental during class. Students will practice with air tanks a minimum of five classes. Equipment cost for mask, fin, snorkel, $30 - $35; fins, $40-$70. Limit: 10 students. Minimum age: 12. Parents of 12-15 year old must accompany children at poolside. A complete physical is required for participants aged 40 and up.

Ever Scuba Demonstration will be held in the KSU Natatorium on Friday, September 17th from 6:00 - 7:30 pm. This session will acquaint participants with the skills and techniques of safe underwater diving. Biting swimsuits and be prepared to enter the water.

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

Date: Sept 18, 22, Oct 2, 9, 16 & 23
Time: 9 am - 1 pm (Saturday)
Fee: $199
Location: KSU Natatorium

Scuba Refresher

The dive refresher program is designed to provide a controlled training environment for those certified divers who have not had recent diving experience. This program is recommended for:
1. Those with less than 4 open water dives in the past year.
2. Those with no water dives in the past 6 months.
3. Those planning dives in an environment which is new to them.
Prerequisite: Open Water certification.
Student must provide their own mask, fins, and snorkel for the class. They may use their own equipment if they have it. Ages 12 +.

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

Date: November 14
Time: 3 - 7 pm (Sunday)
Fee: $50 includes equipment rental
Location: KSU Natatorium

Skin Diving-Snorkeling

This Skin Diving program is designed as a leisure time activity. Swimmers who are interested in expanding their aquatic experiences will find this course to be enjoyable and challenging. The underwater world is a fascinating place which can be explored with a minimum amount of effort by the use of mask, fin, and snorkel. The student must only provide a swimming suit. Mask, fin, and snorkel can be rented and returned at the end of the course. Minimum Age: 10 Students 10-15 need to have a parent present at poolside.

Skin Diving Demonstration will be held at the KSU Natatorium on Friday, November 5 at 6:05 - 7:30 pm.

Date: November 5-13
Time: 7 pm (Saturday)
Fee: $60
Location: KSU Natatorium

COMMUNITY REGISTRATIONS

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

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<tr>
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<td>10 am - 2 pm</td>
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Registration continues throughout the semester at the UFM House, 1221 Thurston, from 8:30 am - 5 pm. (closed 12 Noon - 1 pm).

776-5577

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refinished hardwood floor

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Managing your Computer

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

Kevin Abrecha (539-5742), has worked as a software executive and has been involved in developing computer software. He has taught computer programming to students and employees working to obtain the United Kingdom National Computer Center Diploma in Computer Studies. He presently works at the International Trade Institute in Manhattan.

Date: Sept 7, 9, 14, & 16
Time: 5:30 - 7:30 pm (Tues. & Thurs.)
Fee: $25
Location: UFM Computer Lab

Basic WordPerfect

This class is designed to introduce the basic elements of word processing using WordPerfect 5.1. Learn how to create a document, set up margins and other page formatting, print and save documents. The size of Reveal Codes, SpellCheck and Thesaurus features will be included. Hands-on computer time is provided during the course.

Linda Teener (539-8765), takes a practical and easy to understand approach to learning how to make your computer work for you.

Date: Sept 7, 9, 14, & 10
Time: 5 - 7 pm (Tuesday)
Fee: $15
Location: UFM Computer Lab

WordPerfect Razzle Dazzle

Learn how to improve the appearance of your documents and improve your productivity. Try your hand at designing a newsletter with graphics and scalable fonts. Learn how to create an attractive table. Program macros to make repetitive tasks easier.

This course will use WordPerfect 5.1, although most applications can be used with WordPerfect 5.0 and 5.2. Hands-on computer time is provided during the course.

Linda Teener (539-8765), takes a practical and easy to understand approach to learning how to make your computer work for you.

Date: Nov 2, 9, & 16
Time: 5 - 7 pm (Tuesday)
Fee: $15
Location: UFM Computer Lab

Introduction to Spreadsheets

Take advantage of this powerful software tool. Learn how to set up a spreadsheet with data formulas. Explore sorting, naming, linking fields and other useful skills.

This course will cover the basics of how to set up and use a spreadsheet with Lotus 1-2-3. Application to exercise software programs will be covered. Hands-on computer time is provided during the course.

Linda Teener (539-8765), takes a practical and easy to understand approach to learning how to make your computer work for you.

Date: Oct 7, 14, & 21
Time: 5 - 7 pm (Tuesday)
Fee: $15
Location: UFM Computer Lab

Keyboarding Basics

Everything goes faster when you know how to type! This course is designed for the individual who has little or no typing experience. You will learn the basics of keyboard touch typing on a computer using WordPerfect 5.1 software. The instructor will guide you through this learning experience. You will have plenty of "hands-on" practice using the computer in our classroom.

Pamela Watson has had years of experience with a keyboard and understands how important it is to polish this skill.

Date: Sept 15, 22, 29 & Oct 6
Time: 5 - 7 pm (Wednesday)
Fee: $20
Location: UFM Computer Lab

THE AUDUBON SOCIETY
(North Park Hills Chapter)
P.O. Box 1002, Manhattan, KS 66502-0022

We invite you to join us in the following activities:
BEGINNING BIRD WALKS
Monthly, 2nd Saturday. For novices and experts: children especially welcome. For time and location, call Dave Kinnell, 537-0781.

EDUCATIONAL PROGRAMS
Monthly, 3rd Wednesday, 7:30 p.m., Room 221, Ackert Hall, ISU Campus
Upcoming topics include spiritual ecology, the decline of migratory songbirds, Brazil's pantanal wetlands, the Conservation Reserve Program, sustainable tropical farming in Costa Rica, and Kansas Land Trusts. For more information, call Jan Garrett, 530-5064.

FIELD TRIPS
For information on exciting outings, contact Duane Key, 456-9771

BRUSHREEF SALE
To order seed, call Mike Rhodes, 530-4865. Pick-up is scheduled for Oct. 23 and Dec. 4.

READ A GOOD BOOK LATELY?

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Investment Workshop for the 90’s

Have you ever wondered what a bond, or stock, or mutual fund actually is? Where should you invest your money to live comfortably in retirement? If you share these same questions, then this class is for you. This three part series is designed to help both the beginning and more experienced investor better understand just what exactly an investment can do. Some of the topics covered will be common stocks, tax free bonds, certificates of deposits, corporate bonds and mutual funds. We will discuss how to set up the correct investment portfolios.

Jeff Werner (539-0777) is an investment representative with Edward D. Jones & Co.

Date: Sept 14, 21 & 28
Time: 7 - 9 pm (Tuesday)
Fee: $15 includes workbook
Location: Colony Square 555 Poyntz

Investment Workshop for the 90’s

Date: Oct 19, 26 & Nov 2
Time: 7 - 9 pm (Tuesday)
Fee: $11 includes workbook
Location: Colony Square 555 Poyntz

Investment Workshop for the 90’s

Date: Nov 23, 30 & Dec 7
Time: 7 - 9 pm (Tuesday)
Fee: $15 includes workbook
Location: Colony Square 555 Poyntz

GRE Preparation Course

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

Date: Sept 9, 16, 23, 28, 30 & Oct 7
Time: 7 - 9:30 pm (Tues & Thurs)
Fee: $80
Location: 100 Cardwell, KSU

Retirement Planning

This class will address the concerns of both pre-retirees and retirees. It will guide you through the steps of planning during the pre-retirement phase and for you explore the options you’ll have upon retirement and the tax alternatives you’ll have for lump sum distributions. This class also explains the criteria you should use in determining a pre-retirement investment policy. Class includes a workbook for future reference. No company products will be mentioned.

Rod Kalvoda and Richard Meander (776-5382) are both Kansas State University graduates with over 10 years combined experience with the Prudential Insurance and Financial Services. Rod has received the professional designations Chartered Life Underwriter (CLU) and Chartered Financial Consultant (CFCh) from the American College. Both are active members of the Kansas Association of Life Underwriters.

Date: September 29
Time: 7 pm (Wednesday)
Fee: $10 individual
$18 couple
Location: Colony Square, 555 Poyntz, 2nd floor
Board Room at Chamber of Commerce

Answering Machine

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

Fred Freedy, Senior Account Exec.
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HAPPY 25TH ANNIVERSARY, UFM — To celebrate is to celebrate!

Financial Planning

Services

Participations will be given a clear explanation of how annuities, mutual funds, life insurance and the use of asset allocation can provide for their financial security. We will discuss how to choose an appropriate product and a solid company. No company products will be mentioned.

Rod Kalvoda and Richard Meander (776-5382) are both Kansas State University graduates with over 10 years combined experience with the Prudential Insurance and Financial Services. Rod has received the professional designations Chartered Life Underwriter (CLU) and Chartered Financial Consultant (CFCh) from the American College. Both are active members of the Kansas Association of Life Underwriters.

Date: September 15
Time: 7 pm (Wednesday)
Fee: $7 individual
$12 couple
Location: Colony Square, 555 Poyntz, 2nd floor
Board Room at Chamber of Commerce

Financial Planning

Services

Rod Kalvoda and Richard Meander

Date: November 10
Time: 7 pm (Wednesday)
Fee: $7 individual
$12 couple
Location: Colony Square, 555 Poyntz, 2nd floor
Board Room at Chamber of Commerce

Charitable Gift Giving

Gain full advantage of your own financial generosity. In this class we will explain the advantages of a financial donation to your favorite charity; university, non-profit organization or church. We will be utilizing some popular giving vehicles. Rod Kalvoda and Richard Meander (776-5382) are both Kansas State University graduates with over 10 years combined experience with the Prudential Insurance and Financial Services. Rod has received the professional designations Chartered Life Underwriter (CLU) and Chartered Financial Consultant (CFCh) from the American College. Both are active members of the Kansas Association of Life Underwriters.

Date: September 8
Time: 7 pm (Wednesday)
Fee: $7 individual
$12 couple
Location: Colony Square, 555 Poyntz, 2nd floor
Board Room at Chamber of Commerce

Charitable Gift Giving

Rod Kalvoda and Richard Meander

Date: December 10
Time: 7 pm (Wednesday)
Fee: $7 individual
$12 couple
Location: Colony Square, 555 Poyntz, 2nd floor
Board Room at Chamber of Commerce
Estate Planning

Do you wonder about your estate planning alternatives? This class will explain the probate process and the estate planning challenge it can pose. We will discuss different estate distribution techniques based on participants' estimated estate size, needs, and goals.

Rod Kalivoda and Richard Meador (786-3382) are both Kansas State University graduates with over ten years combined experience with the Prudential Insurance and Financial Services. Rod has received the professional designations Chartered Life Underwriter (CLU) and Chartered Financial Consultant (ChFC) from the American College. Both are active members of the Kansas Association of Life Underwriters.

Date: September 22
Time: 7 pm (Wednesday)
Fee: $7 individual
$12 couples
Location: Colony Square, 555 Poyntz, 2nd floor Board Room at Chamber of Commerce

Building your own home?

Do you need help with:
- Ductwork
- Insulation
- Furnace/Air Conditioning

Help UFM celebrate 25 years
Putting the Community in Education.

Estate Planning

Rod Kalivoda and Richard Meador
Date: October 20
Time: 7 pm (Wednesday)
Fee: $7 individual
$12 couples
Location: Colony Square, 555 Poyntz, 2nd floor Board Room at Chamber of Commerce.
Books By and About
Women
We will discuss thoughts, ideas and issues expressed by women through fiction and non-fiction books. Through this informal class we will exchange different perceptions from our own experiences, interpreting the themes surrounding gender. Past book discussions have included: The Last Father by Mona Simpson, Waves of My Varied Sea by Beverly Hagengrtle and150 Years of Living by Dorothy Allison.

Lorrie Cross (357-4300), enjoys reading and discussing books with and about women. She has provided facilitation for this group since 1978.

Date: September 1
Time: 7:30 - 9 pm (Wednesday)
Fee: $8
Location: Call for location

Writing:
Nuts & Bolts
We will discuss fiction writing techniques, including research, plotting, background and character development, and marketing. We will also perform skill development exercises.

Lee Kilough (776-6584), a member of the Science Fiction and Fantasy Writers of America, Mystery Writers of America, and Sisters in Crime, has published eleven novels and numerous short stories.

Date: Sept 2, 9, 16 & 23
Time: 7 - 9 pm (Thursday)
Fee: $22
Location: UFM Conference Room

Basic Sketch
Pencil sketching is the best way to record images, express and explore ideas, and to prepare sketch-studies for later paintings or 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, We'll start with simple geometric solids in perspective with shading and cast shadow. Progress will be made toward understanding planes and volumes with buildings and trees.
Our primary goal is to draw accurately, in proportion to the real subject, so make sketches believable and to start to develop line quality and an artistic skill. Bring to the last class #2 or softer pencils and an 11" x 14" sketch pad (50p paper).

Gene Sproat is a retired Professor of Architecture from KSU. Ernie Price (557-9905), is a retired Associate Professor from the KSU Extension Service. He is an accomplished painter. Gene and Ernie have on-sale sketching for several years.

Date: Oct 5, 12, 19 & 26
Time: 7 - 9 pm (Tues & Thurs)
Fee: $12
Location: UFM Banquet Room

Creating Padded Baskets
Have you seen padded baskets at craft fairs, but thought the price too high? Make a beautiful padded basket for a fraction of the cost! These unique baskets can be personalized and are ideal for gifts. Bring the basket of your choice and enough material and trim to loosen it. You can do just that, just the same, both, as you prefer. If you have a hot glue gun, please bring it to class to expedite the project.

David Robey (239-3026), is a craft-oriented person and has been making padded baskets since 1986. 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.

Date: September 11
Time: 10 - noon (Saturday)
Fee: $8.50
Location: UFM Conference Room

Creating Padded Baskets
David Robey
Date: December 4
Time: 10 - noon (Saturday)
Fee: $8.50
Location: UFM Conference Room

Covered Albums
Covered albums are one of th most practical gifts to make for your family or friends. They can be used as wedding, birthday, baby, holiday gifts, and personalized to suit any style. Bring 2/3 yard of material and 3 yards of trim. The notebooks and additional materials are provided. Bring a hot glue gun to class if you have one to expedite the projects.

David Robey (239-3026), has been making padded baskets and covered albums since 1986. She has been teaching for several years and enjoys sharing and learning from others.

Date: September 11
Time: 1 - 3 pm (Saturday)
Fee: $8
Location: UFM Conference Room

Making Covered Albums
David Robey
Date: December 4
Time: 1 - 3 pm (Saturday)
Fee: $8
Location: UFM Conference Room

Field Trips
Check the EARTH AND NATURE and YOUTH sections of the catalog.

Tuttle's Antiques Market
Featuring A variety of antiques and collectibles Furniture Refinishing Antique Appraisals
2010 Tuttle Creek Blvd. Manhattan, KS 66502
(781) 537-4884 1.7 miles north of Manhattan Town Center
Open Daily 10-5:30 Sunday 1-5 Closed Wednesday

We have a CRE Preparation Course in time for October 9, 1993 test!
A Parents Guide to Video Games

Your kids are screening that they must have a new video game system for Christmas, but which one? Will I have to throw this one out next year too? How much is this going to cost me? Super Nintendo, Sega Genesis, CD Systems and hand-held units, will all be discussed. The technology of games and their future will also be discussed. Parents will have the chance to see the systems and compare the differences.

Tom Mahoney is a parent and expert on video games. He is the former video game buyer for Blockbuster Video, Inc. He is now the owner of the Game Guy, Manhattan's only used video game store.

Date: November 15
Time: 7-9:30 pm (Wednesday)
Fee: $3
Location: Game Guy
700 N 12th

Becoming a Video Game Wizard

Are you a video game guru or a wannabe? Do you have secret codes for some games and wish you had some for others? Now is your chance to do something else but talk about video games. Talk about your favorite games, what's hot and what's not. Learn some video game history and what to expect in the future. NES, Super NES, Sega Genesis, Turbo-Graphx, Neo-Geo, Sega-CD, SFC, Games Done, etc.

Tom D Mahoney is a game player from way back. He is the former video game buyer for Blackbarber Video, Inc. He managed Software Etc. and is now the owner of Game Guy, a used video game store.

Date: September 15
Time: 7-9:30 pm (Wednesday)
 Fee: $3
Location: Game Guy
700 N 12th

Basics on Video Productions

This one-night course is designed to teach you more about camcorders, videotapes and accessories. What types of camcorders are available (VHS, VHS-C, Hi8, S-VHS, etc.)? What are some differences in each and how do they compare? What type of scenes are available (NTSC, PAL, SECAM, MISCEAM, etc.). What are the differences in videotapes (size, length, quality)? What accessories might you need (filters, tripods, microphones, lenses)? You will also learn some techniques to help improve the quality of your home videos (lighting, camera angles, microphone placement, etc.) and much more.

Dennis Royce (537-4745), is the Founder and President of Royce's Video Productions, Inc. (BISP), which has been in existence for over 2 years. Prior to BISP, Dennis was an instructor of Video Production at KSU's College of Veterinary Medicine. Dennis has worked with many types of clients (from puppies and kittens to low human species) and with over 13 years of experience in the video production field. He is highly qualified and willing to help you make your videography the best it can be.

Date: September 15
Time: 7 pm (Thursday)
Fee: $5
Location: Room 213 K State Union

Potpourri Doll

Darling to look at and pretty to smell! This 4 1/2 " doll will add charm and fragrance to any room. Bring a 13" x 14" piece of fabric of your choice. 24" x 18" piece of ribbon to match, 9" piece of lace, small amount of potpourri, 3" straw hat, decorations for hat, and plus. If you have a pair of pinking shears please bring them also. We will furnish the rest. Take home a completed doll.

Terra Carpenter teaches home economics at Manhattan Middle School. She enjoys crafts of all types.

Date: November 1
Time: 7-9:30 pm (Tuesday)
Fee: $6.50
Location: USFM Fireplace Room

Safe and Creative Family Photo Albums

Are your photos stuffed in shoeboxes or worse, in albums that are chemically destroying them? Learn how to organize your family photos and learn the importance of photo safe, acid free storage. You will leave this class with a creative scrapbook, photo-journaling, album page layout and more. Learn to preserve your past, cherish your future and start the family album tradition. First session is informative and educational. Second session is a hands-on workshop where you will use your own photos to create a unique album page. You will need to bring 12-24 or more of your latest pictures.

Paul Schmid is a professional photographer and has been a contributor with Creative Memories Showbox to Showcase since 1989. Teaching classes and workshops on preserving family photos and memorabilia using photo safe supplies.

Date: September 15 & 20
Time: 7-9 pm (Monday)
Fee: $16
Location: USFM Greenhouse

Pottery - Handbuilding I

This class will focus on hand-building techniques with clay - pinch, coil and slab construction. Students will make projects using these methods and learn how to decorate them. The studio is available to the pottery students one hour before or one hour after class. Additional studio time may be secured by joining the Pottery Cooperative. Beth Harris has been involved with ceramics for 10 years and enjoys sharing what she has learned.

Date: October 12 & 19
Time: 7-9 pm (Tuesday)
Fee: $14
Location: USFM Fireplace Room

Creative Classes make wonderful holiday decor and gifts.

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MON. THUR. 10:30-6:00, TUE. 12:00-6:00

Beginning Bridge

This course is designed for the beginner who would like to acquire the basic skills of the world's most exciting card game. Novice players will be taught by more than 20 million Americans of all ages. Although previous card playing experience is helpful, this class is aimed at the absolute beginner. It will cover all aspects of bridge, such as防卫, bidding, *Defense Play of the cards* and scoring.

Dick Clausen (532-5575), is an ACBL accredited teacher and a Life Master.

Date: Sept. 13, 20 & Oct. 4, 11 & 18
Time: 7 - 9 pm (Monday)
Fee: $22
Location: USFM Fireplace Room

Bridge Refresher Course

This course is designed for those who have played some bridge in the past as well as those who have taken the beginning course this fall or in previous semesters. If you are not sure of your opening bid when you hold the following hand, then this course is for you.

Defensive

*AP*

*ASK*

*KQ*

*KQ*

We will follow the topics and lessons from "The Club Series" and "The Diamond Series" textbooks and PBS television shows. The class will consist of lessons followed by practice. You will learn bridge and still be a friendly person afterwards! Individuals may enroll with or without a playing partner.

Dick Clausen (532-5575), is an ACBL accredited teacher and a Life Master.

Date: Oct 25, Nov 1, 8, 15 & 22 & 29
Time: 7 - 9 pm (Monday)
Fee: $22
Location: USFM Fireplace Room

Mystery in the Old Fraternity

Clues, puzzles, prizes and a mystery to solve! Join USFM in solving the mystery of the strange events at the USFM Fraternity, formally the Kappa Sigma Fraternity. Was an unmasked mystery left that is haunting USFM? Will USFM get messages from the past or is the stuff just imagining all the while happening? Help solve the puzzle and have some fun, too! This is a fundraiser for USFM. Mystery buffs for an extra treat, pick up the Mystery Trivia Quiz at Cliffside Books and Copies. You could win an extra prize!

USFM staff, photos, hats, birds and other mystery guests.

Date: November 12
Time: 7 - 9 pm (Friday)
Fee: $9
Location: USFM Fireplace Room

Ben Franklin Crafts

Your Creative Outlet

CRAFT SUPPLY HEADQUARTERS Everything for the Crafter (or the would-be crafter)
Westloop Shopping Center
Mon.-Fri. 9-9, Sat. 9-7, Sun. 1-6

Listen to KQLA for USFM calendar update Thursday through Sunday.
Collecting and Restoring Antique Furniture

Interested in collecting and using antique furniture? Learn about styles and what to look for in antique furniture. This class will teach on restoration and stripping -- when to strip and when not to strip.

Jean Bishop-Hill (579-7884), an antique and collectible lover, manages Tuttle's Antique Market, in Manhattan. Jean also has a reconditioning business called Busy Bee Stripping and Refinishing. She is excited to share her knowledge with others.

Date: October 19
Time: 7:30 pm (Tuesday)
Fee: $5
Location: Tuttle's Antique Market
2010 Tuttle Creek Blvd

Black and White Photography for Beginners

Black and White photography is back! In this class we will give basic tips on taking great pictures with a 35mm SLR camera. We will look at 8-step, shutter speeds, focusing, depth of field, composition, and the use of different types of film. Bring a 35mm camera and a roll of Tri-X 400 ISO Black and White film. Class size is limited.

Harold Wellmeier (579-8763) has a degree in Commercial and Industrial Photography. He enjoys all aspects of photography. He especially enjoys working in black and white photography.

Date: September 19
Time: 7 pm (Sunday)
Fee: $5
Location: UFM Conference Room

Recycled Paper Bag Baskets

Recycle brown grocery bags into useful, attractive baskets. Class takes approximately 1/2 hour and you will take home a ready basket. Once you learn this technique, you will be able to create your own, with tools, and even wrenrope that you can use in useful baskets. Recycled paper bags filled with goodies make great Christmas gifts. Supplies list available at time of registration.

Marie Burget has been weaving for 20 years and has made many baskets over the years, but developed an interest in plastic bags in the last few years. She learned to make baskets from paper bags this summer and has taught classes to individuals, church groups, and weaving guilds since June of this year.

Date: September 13
Time: 7 pm (Monday)
Fee: $5
Location: UFM Multipurpose Room

Black and White Film Developing for Beginners

This class will cover the basics of Black and White film processing and darkroom procedures. We will limit the class size to provide hands-on experience. Each student will develop their own roll of Black and White film.

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

Harold Wellmeier (579-8763) has a degree in Commercial and Industrial Photography. He enjoys black and white photography and enjoys processing his own film.

Date: September 26
Time: 7 pm (Sunday)
Fee: $3
Location: UFM Darkroom

Recycled Paper Bag Baskets

Marie Burget

Date: December 15
Time: 7 pm (Wednesday)
Fee: $5
Location: UFM Multipurpose Room

Black and White Printing

Paste the satisfaction of turning your own black and white negatives into prints. Each student will gain hands-on darkroom experience in prize procedure. Bring 2 Black & White negatives of your choice to process and print in class. Processing and printing materials included in class fee. Class size is limited.

Harold Wellmeier

Date: October 10
Time: 7 pm (Sunday)
Fee: $10
Location: UFM Darkroom

Cutting Paper Snowflakes

It is easy and fun to cut eye-catching, artistic, dramatic snowflakes in a variety of styles. Numerous examples will be displayed, various patterns will be cut, and original creations shared. For ages 9 - 90. Children 9-10 years of age to be accompanied by an adult. Bring sharp adult scissors!

Lee Schall (832-6540) is a former elementary school teacher who has delightfully cut paper snowflakes for years, he has a large collection of them and has taught this class all over Kansas.

Date: November 6
Time: 9 am (Saturday)
Fee: $5
Location: 217 Bluemant Hall, KSU

Are you interested in making your own potpourri? See the EARTH AND NATURE section of the catalog.

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-supported facility run 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
(Shorter periods or one-time usage can be arranged.) 8 months Cash fee: $48

OTHER MEMBERSHIPS
4 months Cash fee: $58

IN-KIND CONTRIBUTIONS
*Help Clean the studio
*Participate in Cooperative meetings
*Teach classes or workshops
*Locate teachers for classes or workshops
*Assist with 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
For further information, Call UFM 539-8763

GIFT CERTIFICATES FOR UFM CLASSES are always available.

Give a gift of learning!

Call or Stop by UFM
1221 Thurston 539-8763
*Christmas *Birthdays
*Anniversaries *Thank You Gifts

Happy 25th ANNIVERSARY, UFM! To participate is to celebrate.
Field Trip: 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, chert, and pebbles that are similar in size, shape, and color to those of the Minnesota area. Bring a beverage and a container for your rocks.

Date: October 2
Time: 8:30 am - noon (Saturday)
Fee: $5 individual
$10 family
Location: Meet at UFM Fireplace Room

Wild Prairie and Forest Backpacking Campout
This will be an enjoyable short hike through the prairie and forest area of Little Creek with a campout on Saturday night. Families, students and anyone looking for a refreshing experience are welcome. This camping experience will be very exciting because of the possibility to see white-tailed deer, turkey vultures or hear the beautiful song of the Meadowlark bird.

Date: Sept 28 & 19
Time: 11am Saturday to 2 pm Sunday
Fee: $10
Location: Meet at UFM

House Plants and Aquariums
There are a few basic rules for keeping houseplants healthy and aquarium fish alive. We will discuss the most rewarding and interesting methods for maintaining indoor plants and freshwater aquariums, as well as the rewarding and interesting methods involved. Let’s talk, share, and exchange tips and ideas from our personal experiences.

Date: Nov 3 & 17
Time: 7 pm (Wednesday)
Fee: $5 includes plant “seeds” materials
Location: UFM Fireplace Room

Wilderness Survival
It seems to be important at this point in time to learn what means to live “wild” nature and not “against” it. We will get into the recognition of wildlife and edible plants, camping, hiking, and possibly touch on artistic and theatrical survival. This is basically a course on how to subsist in a natural environment utilizing the materials common to the area. Optional Knitting Class about Composting by W.R. McCall in and Canning with Hiles by Riviore.

Date: Oct 14 & 16
Time: 9 - 9 PM (Thursday)
Fee: $8
Location: UFM Fireplace Room

Composting: The Fine Art of Making “Black Gold”
Fall is the perfect time to make “black gold” because of the variety of materials available. Compost those fallen leaves, bags of grass, kitchen scraps, and dead garden plants instead of hauling them to the landfill! This class will cover everything you need to know to have a SUCCESSFUL compost pile. You just choose how long you want the process to take. Finally, we discuss how to use this “black gold” to enhance your yard or garden.

Date: Sept 16
Time: 7 pm (Thursday)
Fee: $5
Location: UFM Greenhouse

I Can’t Believe It’s Yogurt!

The taste that won the World Over
Original 3% Fat Non-GMO Quality Gourmet Yogurt
25% Discount on small, medium, or large cup or bottle with this coupon. Expires December 31, 1995
FREE Samples every time you come in!
I CAN’T BELIEVE IT’S YOGURT!
Kaufman Towers—Aggieville 705 N. 11th
315-B Poyntz 776-1193

Wilderness Survival

Composting: The Fine Art of Making “Black Gold”

I Can’t Believe It’s Yogurt!
Family Living
1221 Thurston
539-8763

"What’s A Parent to Do?"

Join us for an overview of various parenting strategies. These key topics will be discussed include: 1) Parental love and control 2) Productive parenting patterns 3) How a parenting style is determined. Participants will also be introduced to "Preparing for the Drug Free Years" and "Effective Black Parenting."

Phyllis Grover is a Community Prevention Consultant of the Kankakee Regional Prevention Center, at the University of Illinois. She is a "Preparing for the Drug-Free Years" trainer and former vocational home economics teacher.

Date: September 23
Time: 7:30-9 pm (Thursday)
Fee: $5
Location: UPM Conference Room

Preview Infant Massage

This isn’t another yoga-fad or is it something that will bring hours of enjoyment and deeper communication to you and your baby? Come to this introductory class and discover for yourself. We will view a video of parents detailing the hands-on techniques brought to their infants through this (International Association of Infant Massage Instructors) program. Introductory classes will include a massage demonstration, hands-on discussion and an open time for your questions. Note: If you decide after skipping the preview, you would like to take the Infant Massage class, you will receive a $5 discount on the registration fee.

Vanessa Ward (539-5623), a certified infant massage instructor.

Date: September 14
Time: 7:30-9 pm (Tuesday)
Fee: $5 per couple
Location: UPM Conference Room

Infant Massage for Parents and Caregivers

Touch is an essential part of the bonding process between a parent and child. Parents and caregivers will discover through this course how important stimulation, relaxation, and awareness of a baby’s movements and sounds are to a loving, nurturing relationship with their child. This course offers techniques to help strengthen a baby’s respiratory, digestion, and gastro-intestinal function, which may help relieve the discomfort of colic and gas. You will also learn how to help babies relax. Participants should bring their one-to-nine month old infant to class along with a pillow, a couple of old towels and extra diapers. Required reading: Infant Massage: A Handbook for Loving Parents, by Vivian Silverman Michelson. Vanessa Ward (539-5623), is a certified infant massage instructor.

Date: Sept 14-Oct 12
Time: 7-8:35 pm (Tuesday)
Fee: $30 per family, includes book and preview class
Location: UPM Conference Room

Effects of Divorce on Children

No matter what age a child is when parents decide to divorce there will be behavioral effects. This workshop is designed to give information on the developmental effects of divorce, how parents can talk to their child about divorce and how parents can set up variations that are less stressful for both the child and the parents. Handouts will be provided.

Diane Latte is currently a psychologist with Pawnee Mental Health Services. She often sees children in her case load who are having a difficult time adjusting to divorce. Ms. Latte shares "Effects of Divorce on Children’s Family Drawings in Two Age Groups" deals specifically with how a child views his or her place within the family structure after a divorce.

Date: September 22
Time: 7:30 - 9 pm (Wednesday)
Fee: $5
Location: UPM Conference Room

Constructive Arguing for Couples or Roommates

This workshop is designed to focus on how a couple or roommates perceive the arguing process by using ineffective communication techniques. These ineffective techniques will be discussed so that a person can become aware of their arguing style. Then, new techniques in communication techniques will be introduced, such as "I" statements that lessen the defensive nature of your partner. Handouts will be provided.

Diane Latte is currently a psychologist with Pawnee Mental Health Services in Joliet City. As part of her job she sees couples for marriage therapy. Part of the focus during this therapy is on communication as Ms. Latte feels it is often times one of the weakest links in a marriage or partnership.

Date: September 30
Time: 7:30 - 9 pm (Wednesday)
Fee: $5
Location: UPM Conference Room

Positive Discipline for Children

There are times with us, as we explore effective ways of disciplining your children. This class will be a personal time to reveal new insights and to empower yourself and your children for useful in demanding moments. We will focus on controlling, time outs, and communication which will hopefully allow you to be a more effective parent.

Suzy Ann and John Kuscelar will present the class and are graduate students in Family Life Education at Kansas State University.

Date: November 1
Time: 7-8:30 pm (Monday)
Fee: $10 adult/ $15 couple
Location: UPM Multipurpose Room

Children’s Morning Playgroups are available in the YOUTH section of the catalog.

How to watch a good program die

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

PLEASE REGISTER EARLY!

THANK YOU ADVERTISERS for your loyal support!
Beginning Cake Decorating

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

Time: 7 - 9:30 pm (Thursday)
Fee: $17
Location: 144 Justin Hall, KSU

Cake Decorating II

This class will continue to build on the decorating techniques used in Beginning Cake Decorating. You will learn how to add details and make flowers appropriate for special occasion cakes. Icing will be provided for class practice. You will bring your own cake to a later class and take home a masterpiece. Supply list available at registration.

Time: 7 - 9:30 pm (Thursday)
Fee: $16
Location: 144 Justin Hall, KSU

Cheesecakes

Tired of cardboard "health" food? Learn special tips to preparing a cheesecake that will have you coming back for more! You will prepare two different cheesecake recipes. One will be a red fruit cheesecake. Sampling the cheesecakes is included in the class.

Time: 10 am - 1 pm (Saturday)
Fee: $10
Location: 144 Justin Hall, KSU

Beer Making

Homemade Beer - the beer for discriminating palates. Come learn the brewer's art. We will make and bottle beer. Participants must be 21 years of age.

Time: 7 - 9:30 pm (Thursday)
Fee: $17
Location: UFM Fireplace Room

Thai Cooking

Learn how to prepare an authentic Thai meal. You will get hands-on experience preparing Tom Yam Ong, a sour soup with a clear broth flavored with fresh herbs, citrus leaves, lemongrass, chilis, onion top and a hint of Thai hot pepper. We will also prepare stir fried chicken with vegetables and Thai sauce. These dishes will be accompanied with jasmine rice. We will eat what we prepare.

Time: 9:30 - 11 am (Saturday)
Fee: $10
Location: 144 Justin Hall, KSU

Russian Cooking

During this series of classes we will learn to prepare and test a different Russian dish each evening. You may register for one or for the series.

Time: 7 - 8:30 pm
Fee: $20 per class
Location: 144 Justin Hall, KSU

Become the Popcorn Expert in Your Family

Ever wanted to learn about popcorn? We will cover a brief history of popcorn, learn how it is grown and processed, popping methods, health benefits, and how to properly store popcorn. Popcorn, drink refreshment and recipes provided.

Time: 6:30 - 8:30 pm (Tuesday)
Location: 144 Justin Hall, KSU

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Thank you to our talented and willing volunteer instructors!
Languages

1221 THURSTON
539-8763

Beginning Sign Language LA-01
This class is designed for individuals who are interested in learning the basic skills of American Sign Language. Students will be instructed in the Manual Alphabet and a vocabulary of about 200 functional signs. Fee includes book Gallaudet’s Survival Guide to Signin.
Nausia Smith has taught sign language for 6 years and has been a professional interpreter for 7 1/2 years. She grew up with two deaf parents.
Date: Sept 1 - Oct 6
Time: 7 - 8 pm (Wednesday)
Fee: $40
Location: 149 Justin Hall, KSU

Survival English LA-02
English as a 2nd Language
Survival English is designed for those whose native language is not English. It will help the student survive in an English speaking world. The student will learn "survival skills." Conversational skills, pronunciation, spelling, and grammar will be taught to help the student speak with confidence. Textbooks and handouts will be used. Class participation is mandatory. Certificates of completion will be awarded.
James F. Hill completed a Bachelor of Science degree in American History at the College of the Ozarks, Point Lookout, MO, in 1977. He holds a Missouri State Teaching Certificate. In addition to teaching high school social studies in the Missouri Public system he has taught English at English Language Institutions in Seoul, Korea. Jim is a graduate student of KSU.
Date: Sept 15 - Oct 27
Time: 7 - 8:30 pm (Mon & Wed)
Fee: $70
Location: 114 Bluenote Hall, KSU

English as a 2nd Language LA-03
This class is for students who already speak and read basic English, as their second language. The class will be conducted in English to the needs of students on an intermediate to advanced level. We will concentrate on conversation, reading and vocabulary building. Textbooks and handouts will be used. Class participation is mandatory. Certificates of completion will be awarded.
James F. Hill
Date: Nov 1 - Dec 15
No class Nov 24
Time: 7 - 8:30 pm (Mon & Wed)
Fee: $70
Location: 114 Bluenote Hall, KSU

Introduction to Korean Language and Culture LA-04
This class will introduce you to the basic concepts of the language, oral and written Korean. We will use a very basic, Robert Kim is a graduate student in Mathematics at K-State.
Date: Sept 14 - Oct 8
Time: 7 - 8 pm (Tues & Fri)
Fee: $20
Location: 109 Bluenote Hall, KSU

Intensive Korean LA-05
This course will help you to reach a working knowledge of Korean through intensive practice in speaking and understanding the language. We will be building on what you have learned in the introduction class or in your previous course before you arrived in the Korean language.
Robert Kim
Date: Oct 19 - Nov 12
Time: 7 - 8 pm (Tues & Fri)
Fee: $20
Location: 109 Bluenote Hall, KSU

Introduction to German LA-06
This class is a prerequisite for the Beginning German II class. You will be introduced to German and learn some basic skills (grammar, vocabulary, reading, writing, etc.).
Claus Thun (537-2031), is a graduate of Washington University with a degree in German. She received the Fulbright Fellowship to study in Austria where she lived for 2 years. She is currently a graduate student of German and is also a Graduate Teaching Assistant at K-State having taught since Fall 1992.
Date: Sept 20, 1992
Time: 7 - 8 pm (Thursday)
Fee: $15
Location: 123 Eisenhower Hall, KSU

Beginning German II LA-07
This class is a continuation of Introduction to German and Beginning German (Summer 93). We will build on the basic German language skills and learn to express ourselves in German in various situations. We will also learn about culture. Conversations in German is emphasized in this class. Students will be asked about their personal interests.
Claus Thun is a graduate of Washington University with a degree in German. She received the Fulbright Fellowship to study in Austria where she lived for 2 years. She is currently a graduate student of German and is also a Graduate Teaching Assistant at K-State having taught since Fall 1992.
Date: Sept 30 - Dec 9
Time: 7 - 8 pm (Thursday)
Fee: $20
Location: 123 Eisenhower Hall, KSU

Japanese LA-08
Join us for an introduction to Japanese. This class will cover basic language skills for use in travel, such as ordering from a menu and understanding directions. This class will cover the basic structure of Japanese, with emphasis on conversation. No prior knowledge of Japanese is required. Pre-registration will be accepted for students majoring in Japanese.
Nami Sato is a K-State Economics student. She has had experience teaching University students.
Date: Sept 20 - Oct 25
Time: 7 - 8:30 pm (Monday)
Fee: $22
Location: UFM Multipurpose Room

Survival Spanish LA-09
This class is for students who do not have any knowledge of the Spanish language. The emphasis will be on basic grammar and vocabulary useful to travelers in Spanish speaking countries. We will cover 8 different states including the airport, hotel, restaurants and services.
Tamara Weiss (537-3790) and Lee Fritz (539-7627), are both K-State students majoring in Spanish with the intent to teach. Let has spent time in Spain and Yemen in Mexico.
Date: Aug 31 - Oct 19
Time: 7 - 8 pm (Tuesday)
Fee: $40
Location: UFM Greenhouse

Conversational Spanish LA-10
This is a continuation of Survival Spanish or designed for students who already have basic knowledge of Spanish. We will build on the basic grammatical and vocabulary useful to travelers.
Tamara Weiss and Lee Fritz
Date: Oct 26 - Dec 7
Time: 7 - 9 pm (Tuesday)
Fee: $20
Fee: UFM Greenhouse

Russian for Beginners I LA-11
As Russian Culture becomes more accessible to the world, here is an opportunity to learn the beautiful Russian Language and gain insight into contemporary Soviet life. Forget the old myth that admes are inferior to children in learning languages. Russia has a rich history, Russian short stories, and enjoy their humor. Learn the Russian language and see new perspectives. Your future will be geared towards your learning interests.
Irina Khramstova (532-5670) and Idaa Ramen. Irina graduated from the Department of Philosophy, Moscow State University. At present she is in Educational Psychology and is interested in applying her knowledge in psychology and linguistics for teaching Russian.
Date: Sept 14 - Oct 7
Time: 7 - 8 pm (Tues & Thurs)
Fee: $20
Location: 109 Bluenote Hall, KSU

Conversational Russian II LA-12
This is a continuation of Russian for Beginners I. It is appropriate for those who have some basic skill in Russian. We will concentrate on conversational Russian.
Irina Khramstova and Idaa Ramen.
Date: Nov 9 - Dec 9
No class Nov 23 & 25
Time: 7 - 8 pm (Tues & Thurs)
Fee: $20
Location: 109 Bluenote Hall, KSU

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Teaching a class at UFM can enhance your business, be an instructional opportunity for education students, be an opportunity to network with those who share your interest in or a nice way to make friends. Call the UFM office (539-8763) by Nov 1 to offer a class in the spring catalog.

ATTENTION KSU STUDENTS!!!
Need a place to study during Finals Week? UFM will be open 8:30 am-10 pm. Come by and find a quiet corner or call 539-8763 if you would like to reserve a particular location.
Tae Kwon Do Karate I

Tae Kwon Do is a traditional martial art designed to develop the ultimate in chămred self-defense. Blocking, punching, and kicking develop balance, flexibility, and agility while improving cardiovascular fitness and self-confidence. Teaching methods include class demonstration and practice without physical contact. Each student will be given an opportunity to purchase a uniform and belt at the first class. After two months of class an optional testing to advance in the Tae Kwon Do degree ranking is held in Topekka. The belt is not included in the class fee and a uniform is required for testing. Age 7+. **August 31, 6:30 - 7:30 - Public Demonstration and formal introduction of instructors in Abearsh Fieldhouse. All other classes will be in KSU Abearsh gymnasium or fieldhouse. Grandmaster Chan Sun Yi (266-8662), is an 8th degree Black belt with over 38 years experience in Tae Kwon Do. Former Captain and Chief Instructor of Tae Kwon Do for the ROK Army during Vietnam, he has held classes in KSU since 1975. Master James Canton (537-8906), holds a 5th degree Black belt with 18 years experience in Tae Kwon Do. Winner of several National titles in Tae Kwon Do Competition, he has assisted at KSU since 1979.

Date: Aug 31 - Dec 2
Time: 6:30 (Tues & Thurs)
Fee: $50
Location: Abearsh Fieldhouse, KSU

Tae Kwon Do Karate II Advanced

Grandmaster Chan Sun Yi & Master James Canton Date: Aug 31 - Dec 2 Time: 7:30 pm (Tues & Thurs) Fee: $60 Location: Abearsh Fieldhouse, KSU

Judo

This course is designed to teach the fundamentals of sport judo. Students will learn breakfalls, throwing 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 for the first three weeks of class, but will thereafter. Bradie Jones is a 5th degree Black belt. He has had 28 years experience with Judo and is a 3 time US Masters Champion.

Date: Sept 11 - Dec 11 Time: 9:30 - 11:30 am (Saturday) Fee: $48 Location: Abearsh Fieldhouse

Attention!
A Tae Kwon Do for Youth class is offered in the YOUTH section of the catalog.

GRE PREPARATION COURSE

Sept. 9 - Sept. 20 Tuesday and Thursday 6:30 - 9:30 pm Oct. 2 Saturday 8:00 am - 12 noon Analysis and review consists of the three GRE subject areas of math, logic and verbal skills. For registration or more information, call UFM 539-8763

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Shopping for a Greener World

Every step to think about the environmental impact of the products you normally purchase can help to improve our environment. Many ordinary products on the market today have the potential to harm our environment. This class will examine how the average shopper can change his/her buying habits to help make the Earth a better place to live. Topics to be discussed include food choices, overconsumption, recycling, overpackaging, hazardous household products, product labeling, and how our choices at consumers affect global environmental problems. Each participant will receive an information packet containing summaries of all topics discussed, an eco-product checklist, a Manhattan-area recycling guide, and much more! Join us to learn more about shopping with the environment in mind.

Robert Wilson (226-7018) is a Senior in Marketing at K-State. Robert has been involved in campus environmental organizations for over four years, and has devoted much of his time to studying "green consumerism."

Current Economic Issues

This class will focus on current economic issues faced under the Clinton program (the tax policy on energy and high income brackets, the deficit reduction plan, trade policy and reduction of unemployment). The controversy over the North American Free Trade Agreement will be discussed. All the sessions will be highly interactive and will be geared towards practical implications rather than plodding economic theory. We will even talk about Ross Perot!

Mangal Gourani (532-4589), is a Doctoral candidate at KSU in the Economics Department, and is making Macroeconomics 110, Mangal’s classes are interactive and fun. He likes students to be active participants.

Date: Sept 21 & 28
Time: 7-9 pm
Location: UFM Fireplace Room

Native American Culture & How not to feel like a Tourist in "Indian Country"

Unearthing Native American artifacts and segments from the recent PBS series, How the West Was Won, this class examines U.S. history from a Native American perspective, and explores the conflicting feelings of many Euro-Americans toward Native Americans. Topics such as Native American ceremony, religion, learning styles, family structure and treaties will be discussed. Siouxways, pow-wow’s, and current issues in Indian country will also be covered. Cross-cultural understanding will be emphasized throughout the class.

Dorothy Roberts Arriva is on-adviser to KSU’s Native American student body and a past board member for the Kansas Association for Native American Education (KANAE). She has also worked on the Kansas Committee of the White House Task Force for Indian Education and is currently working toward a graduate degree in the College of Education at KSU.

Date: Oct 26 - Dec 7
Time: 7-9 pm (Tuesday)
Location: UFM Conference Room

Catherine Lee Fung, Ph. D. Candidate

UNIVERSITY FOR MAN
SIXTH SEASON
On Channel 6, MFU
where local cable originates

Tuesday at 5:00 p.m. & Wednesday at 4:30 p.m.

Listen to KQLA for UFM calendar update Monday through Thursday.
Personal Development
1221 THURSTON  539-8763

SHARP-Self Defense for Women
This is a nationally designed self defense program to specifically meet the needs of women. By empowering women to better protect themselves they gain confidence in social and professional environments. There will be discussion dealing with situations from sexual harassment, date rape through serial attack. This class provides self defense techniques without the use of resistive or excessive Marital Arts. Ages 13-

Dr. Grace Harver, has been teaching Women's Self Defense classes for 9 years throughout Colorado and Kansas. She is a 3rd degree Black Belt in Tan Kwon Do and holds police tactics, but for this class she takes a very personal and feminine approach.

Date: October 2
Time: 8 am - 12 (Saturday)
Fee: $75
Location: First Lutheran Church
300 Popes Ave

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

Sean Rappeport (533-6850), a professor with the KSU Psychology Department, and Al Fetter, a medical technician in the veterinary school, have studied Zen for several years and are affiliated with the Minneapolis Zen Center and the Manhattan Zen Group.

Date: Oct 12 & 27
Time: 7 - 9 pm (Wednesday)
Fee: $25
Location: UFM Conference Room

Yoga for Beginners
Introduction to the fundamentals of yoga and meditation.
Yoga represents the union of mind and body, the inner and outer selves, personal consciousness with Universal consciousness. It is a "low-impact, comfort zone," non strain forming exercise, focusing on alleviating the accumulated effects of physical stress and emotional stress. Wear loose clothes. Bring a pillow and a blanket.

Jim Phelan is a local builder who practices yoga. He has been an instructor and a friend of UFM for 5 decades. This class is dedicated to his former teacher,
Dr. Albert Franklin.

Date: Sept 22, 29, Oct 6 & 13
Time: 5:30 - 6:30 pm (Wednesday)
Fee: $12
Location: Baptist Campus Center
1901 Anderson

How to Get (and Give) a Better Back Rub
Scared massage allows easy access to the tension-filled neck, shoulder and back area and is opening up a new approach for stress release in your home, shopping centers and in the office place. Stress-relieving techniques used in professional on-site massage will be taught through demonstrations, exercises an guided practice. You will learn more if you attend with a partner. Bring a pillowcase.

Yvonne Ward (539-5622), is a Professional Massage Therapist. She understands the rhythms of your body and is eager to share this relaxing experience with others.

Date: November 14
Time: 2 - 3 pm (Saturday)
Fee: $10 individual
$18 couples
Location: UFM Conference Room

Massage Therapy: Panel Discussion
Massage therapists and reflexologists will come together to discuss and explain: what massage therapy is all about; the benefits of massage; the different massage techniques; and the procedures involved when receiving a massage. This will improve your knowledge and demonstrate their work by offering a short foot, hand, or shoulder/neck massage to class participants.

Manhattan massage therapists and reflexologists who have not been contacted but wish to participate as a member of the panel, please contact Ian Fetter, 537-7167.

Date: September 14
Time: 7 - 7:30 pm (Tuesday)
Fee: $2
Location: UFM Fireplace Room

See the FAMILY LIVING section for a class on Constructive Arguing.

Self Esteem for Adults
We will use a set of 4 video tapes by Marilyn Crockett as a core curriculum to learn the ways we sabotage ourselves and what tools can be used to reverse this trend. During each session we will view a video, have clarifying discussion and receive related hand-outs.
Class 1: Self Acceptance - The Key to Self Esteem
Class 2: You're in Charge of Your Life - Believe it or Not
Class 3: The Choice is Yours - Accept or Resist
Class 4: You're Your Future - Think It, pictures of Michael Cody (539-8763), the Family Literacy Instructor is UFM. She works and has worked with adult groups teaching literacy and life skills classes. She has seen, over the years of working with adults in many situations, that the state of their self-esteem is the one factor which most consistently affects their lives. Hopefully, it is one factor that we each are in control of and can change.

Date: Oct 4, 11, 18 & 25
Time: 6:30 pm (Monday)
Fee: $12
Location: UFM Conference Room

Sack Lunch Theology
Join us to read and discuss Healing and the Mind edited by Bill Moyers. Our discussion will examine a wide variety of ways of healing including the mind's contribution to healing the body. Copies of the book are available to purchase at the first class.

Date: Oct 11 - Nov 20
Time: 11:30 am - 1 pm (Monday)
Fee: $5
Location: 420 Anderson
Baptist Campus Center

Chinese Tai Chi
Tai Chi known as "form" through Movement is a popular Chinese tradition. The purpose of Tai Chi is to circulate the vital force and balance the Yin Yang of this ancient energy. It is relaxing and energizing in a gentle manner. This class is designed for beginners. Students will learn basic movements through demonstration and practice. You'll like Tai Chi and enjoy practicing it.

Ping Wei (590-4147), is a graduate student in the Department of Chemistry at KSU. When he was in China he taught many foreign students Tai Chi to Nanjing University. The foreign students were from USA, Japan, Germany, Russia, the Netherlands, and other countries. Ping is very interested in introducing Tai Chi to this area.

Date: Aug 31 - Oct 14
Time: 7 - 8 pm (Tues & Thurs)
Fee: $35
Location: Senior Center
413 Lebanonworth

Chinese Tai Chi

Ping Wei

Date: Oct 19 - Dec 7
Time: 8 - 9 pm (Tues & Thurs)
Fee: $35
Location: Senior Center
413 Lebanonworth

Don't miss the COMPUTER section of the catalog.

American Baptist Campus Ministry
Baptist Campus Center
1901 Anderson
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Beginning Fencing
RH-11
Fencing is the ancient art of sword play. D'Artagnan, soldiers, and noblemen were all once required to know the way of the sword. Now a modern Olympic sport, fencing builds lightning fast reaction, speed and agility. Classes will include introduction to foil, epee, and saber for recreation and competition. Minimum age: 12
Mike Millerson (238-7966) has been fencing since 1989. He has been competing and coaching for 2 years. He is a competitive member of the United States Fencing Association. Mike attended the USFA Coaches College at the University of North Carolina in the summer of 1991. He is an "E" rated aspirant and took 3rd place in both the Jayhawk Open and the Little Apple Open. Mike and the other club members compete in a 3 state area.

Date: Sept 7 - Oct 26
Time: 7:30 - 9:30 pm (Tuesday)
Fee: $40
Location: Lucky High School Gymnasium
220 S. Juliette

Community First Aid & Safety
RH-05
This course teaches fundamental principles and skills of first aid, correct CPR techniques for adult and infant victims of cardiac arrest, and other respiratory emergencies. Red Cross Certification is given on successful completion of the course. Textbooks will be available at the first class and are included in the fee.

Email Forestner (537-2100).
Date: Sept 15, 22 & 29
Time: 6 - 10 pm (Wednesday)
Fee: $60 includes both books
Location: American Red Cross
1014 Poyntz

Tennis: Junior Beginners
RH-08
Ages 7 - 16
Join us for fun and skill development in this great sport! This class is designed for beginning players and will provide instruction in fundamentals of strokes, basic rules of play and beginning competition. We provide balls. Students provide their own rackets. If you don't have one, give us a call and we may be able to help you locate one.
Mark Tessendorf, a KSU graduate student in Kinesiology, has played tennis for 20 years, including collegiate tennis at Col College, Cedar Rapids, Iowa. He recently taught at Manhattan-Wabash Sports and Arts Center in Ontario, Canada.
Date: Sept 13, 20, 27 & Oct 4
Time: 4 - 7 pm (Monday)
Fee: $35
Location: LP Wasmun Rec Complex, KSU

Tennis: Beginners
RH-09
Ages 17 and Up
This class will focus on fundamentals of strokes, basic rules of play and beginning competition.
Mark Tessendorf
Date: Sept 13, 20, 27 & Oct 4
Time: 4 - 7 pm (Monday)
Fee: $35
Location: LP Wasmun Rec Complex, KSU

Tennis: Intermediate
RH-10
Ages 17 and Up
This class is designed to develop your stroke and strengthen your game. We will work on singles and doubles strategy skills and competition.
Mark Tessendorf
Date: Sept 13, 20, 27 & Oct 4
Time: 4 - 7 pm (Monday)
Fee: $60
Location: LP Wasmun Rec Complex, KSU

Ballroom Dance I
RH-06
Ballroom dancing is back! Time, Newsweek and Smithsonian report the ballroom dancing is popular throughout the U.S. Many members are one of the hundreds of people who have learned to dance through UTM. You will learn to Foxtrot, Waltz, Swing, and more. You will be dancing around the expensive floor. So, sign up with a friend, or two, and learn how to dance with someone in your area. Classes fill rapidly. It is advisable to register early.
Michael Bennett (774-7557), has trained in Ballroom Dance at U.C. Berkeley, Mandala Ballroom, San Francisco; Airline Ballroom, Oakland CA; Chicago Dance Studio, Chicago, IL and Avenue Ballroom, San Francisco. He was the 1985 San Francisco Avenue Ballroom Freestyle Champion. Neil Weather has been helping Michael teach dance for 5 years and has been dancing all of his life. She is from Ireland and learned dance in the British and Irish school system.
Date: Sept 10 - Nov 19
Time: 7 - 8:30 pm (Friday)
Fee: $30 per person
Location: Lucky High School Gymnasium
220 S. Juliette

Yoga and Massage classes are listed in the PERSONAL DEVELOPMENT section of this catalog.

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• Snack bar
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• Qualified instructions by appointment 539-0371
Bill Stewart, new owner
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. Early registration also helps avoid class cancellation. 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. Enrollments will be accepted on a first-come, first-served basis.

4. Are there fees in addition to the course fee?

No. In some courses, however, you will be given a supply list and asked to bring your own supplies to class. COURSES TAKEN FOR UNIVERSITY CREDIT HAVE THEIR OWN FEE STRUCTURE. SEE SPECIAL POLICIES FOR CREDIT OPTIONAL CLASSES.

5. When is the office open?

8:30 a.m. - 5 p.m. Monday through Friday. (closed 12 Noon - 1 p.m.)

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, you will be notified. For this reason, it is 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 $2 processing fee. NO REFUND AFTER THE CLASS BEGINS.

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.

To register by phone, call the Manhattan Civic Theatre at 539-4311 or 539-4650. You may also register in person at the Civic Theatre.
For Additional Martial Arts, see MARTIAL ARTS SECTION of the catalog.

Red Cross Learn to Swim Program in the AQUATICS section of the catalog.

See CREATIVE FREETIME for a Parents’ Guide to Video Games.

The FAMILY LIVING section of the catalog has a class on Infant Massage and Effects of Discourse on Children.

CREATIVE FREETIME has a neat Paper Snowflake class.

INCLUSION: We were founded on the belief that inclusion is a basic human right for all. UFM offers a variety of programs and services that are designed to be accessible to all individuals, regardless of their abilities. We are committed to creating an inclusive and welcoming environment for everyone. We encourage parents to contact us if they have any questions or concerns about accessibility.

Children’s Morning Playgroup
Join us for an engaging support group for at-home parents. Pre-school age children will play while parents visit with other parents. There will be free play for children, so no separation is necessary. During nice weather we will meet outside, and during inclement weather we will meet in the homes of participants. These groups have been in existence for 16 years. Dawn McKeehan is interested in getting children together for play as well as giving at-home parents an opportunity to share ideas.

Date: Sept 13 - Dec 22
Time: 10 - 12 noon (Thursday)
Fee: $5
Location: Coordinator will contact with location

Parent Teacher Conference

Enrichment Days
Parents provide your children (grades K-3) some supervised fun and activity during Fall Parent Teacher Conference Days, Children join us for mini-workshops who will host them to as a variety of activities including, but not limited to: cooking, music, and science.

Date: November 4
Time: 8 am - 3 pm (Saturday)
Fee: $5
Location: UFM Banquet Room

Tae Kwon Do for Youth
This class is designed to introduce young children ages 4-8 to the fun and excitement of Martial Arts while they begin learning the basics of hand-eye coordination, balance and self-discipline. Beginning Tae Kwon Do self-defense techniques will be taught in a safe, fun and age-appropriate atmosphere by an experienced instructor.

Date: September 10
Time: 10 am (Saturday)
Fee: $5 individual, $5 child and sibling
Location: UFM Recreation Room

Sculptural Forms in Clay
In this class we will work with sculptural forms using clay as the medium. Three-dimensional, hand-built objects will be created. Students will learn three-dimensional clay techniques. Students will work with soft clay and will have the opportunity to work on projects that culminate in a clay sculpture. Students will learn basic techniques in clay manipulation and will have the opportunity to work on projects that culminate in a clay sculpture.

Date: September 23
Time: 3 - 5 pm (Friday)
Fee: $25
Location: UFM Pottery Studio

Thank you for your support!
THE MYSTERY IN THE OLD FRATERNITY HOUSE
A FUNDRAISER FOR UFM

The UFM House holds many memories. Originally the Kappa Sigma Fraternity House, the building at times seems to want to tell stories of its past. Recent happenings at UFM appear to confirm this impression. Did the fraternity leave untold mysteries? Is UFM getting messages from the past or is the staff just imagining all the weirder events? What does it all mean???

JOIN THE FUN ... FEEL THE MYSTERY ... WIN THE PRIZE ....

When: October 29, 1993
Time: 7:00 p.m. to 10:00 p.m.
Cost: $15/person, $25/couple, $35/family (Entire Ticket Cost is Tax Deductible)

Call 539-8763 for tickets or more information.

HAPPY 25TH ANNIVERSARY, UFM — To participate is to celebrate! 

23
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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UFM 1221 THURSTON
Manhattan, KS 66502  539-8763
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**FOR A FRIEND...**

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Tax Deductible Donation
Total
I hereby authorize the use of my Visa □ Master Card □
Signature for charge payment
Card # □
Expiry Date
Card Creditor's Name (Please Print)
(Leave blank if all that apply)
KSU STUDENT: Fr □ So □ Jr □ Sr □ Gr □
AGE: Under 18 exact age □ 18-24 □ 25-59 □ 60+ □
Parent's Name if Student is Under Age 18
EMPLOYER: KSU Faculty/Staff □ Fort Riley Personnel □ Other □
Where did you obtain your catalog?
A class I would like offered

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

Signature □
Date

**Signature of parent or guardian required for minors.

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