Pick Your Leisure Learning Opportunity at UFM

UFM 1994 Fall Classes (September-December)
Dear Friends,

The Fall UFM catalog contains 217 classes, offering a wide variety of learning opportunities for everyone in the community. We offer a unique set of classes to meet the diverse needs and interests of the area. From aquatics to Zen, you will find an unusual mix of opportunities to learn and to share with others.

For 26 years, UFM has been a source of pride, serving Manhattan and the surrounding area by addressing needs, responding to priorities and reflecting the quality of life in the community. Unfortunately, the costs of providing the quality programs you expect continue to rise. We work very hard to keep the cost of these classes as low as possible. Through the years, changes in federal and state funding have eliminated our public support. UFM is now a fully self-supporting program that depends heavily on class fees and private donations to maintain its existence.

This catalog may reflect an increase in the fee for classes you take. UFM has implemented a base fee increase to defray some of the cost increases we are incurring to operate the educational program. Printing, postage, staffing, space rent and other operational costs continue to rise. This is the first base fee increase we have initiated in several years. The UFM Board of Directors and staff have given much thought and study to this decision. We very much appreciate our constituency and want to meet your needs as economically as possible. We will continue to operate as efficiently as possible to maintain the lowest fees possible and still provide the quality programming you expect.

Look through our catalog. We think you will be pleased with the offerings. Try a class and let us know what you think. Suggest a class you are interested in and we will try to find someone to teach it. At UFM "anyone can teach and anyone can learn." We pledge to continue this special, community-driven approach to lifelong learning for all.

TABLE OF CONTENTS

Information
- Cancellation of classes
- Inclement Weather
- General Policies
- Map
- Registration Forms
- Registration Information
- University Credit
- Information

Classes
- Aquatics
- Computer
- Creative Free Time
- Earth, Nature & Environment
- Food For Fun
- Languages

Martial Arts
- Personal Development
- Money Matters
- Recreation
- Wellness
- GRE Preparation Course
- Youth

Executive Director - Linda Inlow Teener

ANSWERING MACHINE
You can now leave a message or receive current UFM information, between 5:00 pm and 8:30 am, by calling 359-8763.

The hottest mix in Kansas

Q103.5

KQLA

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

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

HANDICAPPED ACCESSIBLE

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

This catalog printed on recycled paper

THANK YOU ADVERTISERS for your loyal support
COMMUNITY REGISTRATIONS

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

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug 22, M</td>
<td>10am-2pm</td>
<td>KSU Union</td>
</tr>
<tr>
<td>Sept 1, TH</td>
<td>4pm-6pm</td>
<td>Public Library</td>
</tr>
<tr>
<td>Sept 2, F</td>
<td>5pm-6pm</td>
<td>Dillons East</td>
</tr>
</tbody>
</table>

Registration continues throughout the semester:

- UFM House: 1221 Thorton
- 8:30 am - 5 pm
- closed 12 Noon - 1 pm

MAILING YOUR REGISTRATION?

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

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

To advertise your business or organization in the next UFM catalog, contact the UFM Office (539-8763) by November 4.

INCLEMENT WEATHER POLICY

UFM courses held on campus follow the inclement weather policy of Kansas State University. Courses will be conducted unless all University courses are canceled. If the instructor informs his/her students personally that he or she will not be present at a given class meeting, the instructor is then responsible for arranging a make-up session. Weather sensitive courses will use the scheduled rain date. If a rain date is not scheduled, instructor will be responsible for rescheduling.

UFM CANCELLATION POLICY

When we cancel or reschedule a class, you will be notified, therefore, it is extremely important that we have a daytime and an evening phone number where we may reach you or leave a message. We reserve the right to cancel any class.

REFUND POLICY

We will not refund a fee if a class is canceled by UFM. If a student decides to withdraw before the class begins, and gives 48 hours notice before the starting date, we will refund all but a $2 processing fee. NO REFUND AFTER THE CLASS BEGINS.

REGISTRATION IS REQUIRED

All participants must be registered before attending a UFM class. This allows for adequate handouts and materials. A class may be canceled due to insufficient pre-registration.

SPECIAL POLICIES FOR CREDIT OPTIONAL CLASSES

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

Credit Enrollment Fees: Courses taken for credit carry additional fees required for University administration of the credit program. A $15.00 late fee will be charged for enrollments taken after the second class meeting. A $15.00 late fee will be charged for enrollments taken after one-third of the class meetings. Additional student activity and health fees may be assessed for students enrolled in 6 or fewer KSU credit hours.

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

LIABILITY STATEMENT

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

KSU Continuing Education/UFM assumes no responsibility for costs incurred 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.
Aquatics
1221 THURSTON
539-8763

UFM Swim Classes

UFM and the Division of Continuing Education are pleased to provide the American Red Cross Learn to Swim program. Small classes allow for carefully guided instruction in stroke technique and water safety.

The first day of class for each student is evaluated to assure they are in the proper class. They advance through the levels at their own rate and are moved to different class levels as space permits and skill advancement demands.

Midway in each semester a PARENTS DAY is scheduled to allow Parents on deck to observe their child's progress. Each child will receive a written report at this time as well as the end of class.

Parent Day Dates: October 5 & 6; November 29, 30; & December 6

SAFETY DAY is a special day set aside during the Learn to Swim Program to focus on and teach water safety and awareness.

Location: All swim classes are held in the KSU Natatorium.

Parent/Infant and Parent/Tot

The water orientation program is designed to teach you how to work safely and effectively with your child to teach basic water safety and self-help skills. The program emphasizes water adjustment, preparatory activities for swimming and water enjoyment for you and your child. Small children should wear snug-fitting lightweight pants covered by rubber pants. To participate, infants must have the ability to voluntarily raise their heads 90 degrees when lying flat on their stomachs. During the 7 outings the parents will receive instructions and have opportunity to practice water techniques with their children.

Parent must accompany child.

Note: The JPAP class sessions are:

Session I: Mon/Wed - Sept 12 - Oct 3
Tues/Thurs - Sept 13 - Oct 4

Session II: Mon/Wed - Nov 21
Tues/Thurs - Nov 27

Session III: Saturday - Sept 10 - Oct 7

Session I:
AQ-07 Monday/Wednesday 6:30-6:40 pm
AQ-08 Tuesday/Thursday 6:30-6:40 pm
AQ-09 Monday/Wednesday 6:30-6:40 pm
AQ-10 Tuesday/Thursday 6:30-6:40 pm

Session II:
AQ-11 Monday/Wednesday 6:30-6:45 pm
AQ-12 Tuesday/Thursday 6:30-6:45 pm
AQ-13 Monday/Wednesday 6:30-6:45 pm
AQ-14 Tuesday/Thursday 6:30-6:45 pm

Session III:
AQ-15 Saturday 10:00-10:30 am
Priced: $13.00 per session

Level I: Primary Skills

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

Level I: Water Exploration

The objective of Level I is to help students feel comfortable in water and to enjoy the water safely. Students will be introduced to elementary aquatic skills which will be built on as they progress through the Learn to Swim program. A student is ready for this class when they are mature enough to participate in a group setting without their parent.

Session I:
AQ-01 Monday/Wednesday 6:05-6:45 pm
AQ-02 Monday/Wednesday 6:30-7:10 pm
AQ-03 Tuesday/Thursday 6:05-6:45 pm
AQ-04 Tuesday/Thursday 6:30-7:10 pm

Session II:
AQ-05 Monday/Wednesday 6:05-6:45 pm
AQ-06 Monday/Wednesday 6:30-7:10 pm
AQ-07 Tuesday/Thursday 6:05-6:45 pm
AQ-08 Tuesday/Thursday 6:30-7:10 pm

Session III:
AQ-09 Saturday 9:00-9:40 am
AQ-10 Saturday 10:00-10:40 am
Priced: $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 reading water. Students will also learn rules for safe diving and begin to learn to dive from the side of the pool. Students entering this course must have a Level II certificate or must be able to demonstrate all the completion requirements in Level II.

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 coming to 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.

**Read a Good Book Lately?**

Varney's carries a variety of new and used books for your reading enjoyment. We also have a wide range of convenient school and art supplies.

**Manhattan Shoe Repair**

EASTSIDE

SHOE

DROP

Dillon's

Super Store

MAIN STORE

315-B Poyntz

776-9295

Customer Service

7:00-10:00

WASH PALACE

DAILY

Candlewood

778-9833

7:30-7:30

3 doors up the alley

Daily

From downtown

Phone 539-0511
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 free-flow surface dive and the sidestroke and breaststroke. Participants will be taught proper breathing and the ability to swim at increased distances.

Session I:
AQ-19 Mon-Wed 6:50 - 7:30 pm
AQ-20 Tue-Thurs 6:50 - 7:30 pm
Session II:
AQ-47 Mon-Wed 6:50 - 7:30 pm
AQ-48 Tue-Thurs 6:50 - 7:30 pm
Session III:
AQ-65 Saturday 9:00 - 9:40 am
AQ-67 Saturday 10:00 - 10:40 am
Fee: $35 per session

Level VI: Skill Proficiency
The objective of Level VI is to polish strokes so that students can swim distances with ease, efficiency, power, and smoothness over greater distances. Students develop considerable endurance by the end of this course. Additional practice is helpful to develop and maintain the strength necessary in Level VII. Participants will be introduced to additional turns as well as the pike and tucked 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-22 Tue-Thurs 6:30 - 7:30 pm
Session II:
AQ-30 Tue-Thurs 6:30 - 7:30 pm
Session III:
AQ-69 Saturday 9:00 - 9:40 am
AQ-69 Saturday 10:00 - 10:40 am
Fee: $35 per session

Level VII: Advanced Skills
The objective of Level VIII is to perfect strokes and to develop good fitness habits. Participants are urged to use aquatic activities throughout their life to maintain their physical condition. They will be taught springboard diving and advanced rescue skills. They will be introduced to other aquatic activities such as water polo, synchronized swimming, ski diving and competition.

Session I:
AQ-75 Tu-Sat 6:50 - 7:30 pm
Session II:
AQ-75 Tu-Sat 6:50 - 7:30 pm
Session III:
AQ-75 Saturday 9:00 - 9:40 am
AQ-75 Saturday 10:00 - 10:40 am
Fee: $35 per session

Private Lessons for Special Populations
AQ-75
For people with special physical or mental needs. Arrangements will be made by instructors to provide swimming lessons. Open only to persons who are not able to do the full program due to health reasons. Schedule: 1 class of 30 minutes each. The facility is equipped with a lift and a safe lane leading into the pool.

Day/Time: By appointment
Fee: $38 per session of 3 lessons

Swim and Stay Fit Ages 13 plus
Swim and Stay Fit is for individuals who want to lose weight, get fit, and gain confidence in the water. This program is for those who are unable to do the full program. The program is held Monday through Friday, 8:00 am to 4:00 pm. Fees: $38 per session.

Swim and Stay Fit for Parents
Are you tired of being just an observer at your child's swimming lessons? Do you want to take advantage of the time you spend watching and enroll in your SPECIAL Parent's Swim and Stay Fit Class. This class is available to you at a reduced rate of $15 and will meet every day your child is enrolled in swimming lessons. In this class, you will be able to swim laps to meet your own needs.

Session I:
AQ-21 Mon - Thurs 6:05 - 7:30 pm
Session II:
AQ-32 Mon - Thurs 6:05 - 7:30 pm
Session III:
AQ-45 Mon - Thurs 6:05 - 7:30 pm
Fee: $15 per session

Private Lessons
AQ-75
These lessons provide one-on-one instruction for any level of swimmer. All instructors are Water Safety Instructors certified by the American Red Cross. Once no instructor is available, the student will be scheduled and classes of 30 minutes each.

Day/Time: By appointment
Fee: $38 per session

The Chicago Bar & Grill

- Refined yet relaxed atmosphere
- Daily Specials
- Steak, Seafood, Pasta, Cajun, BBQ, Oriental, & Southwestern
- Children's Menu
- Sunday Brunch buffet 10:30 am to 3:00 pm
- All major credit cards welcome
- Catering & Banquet Rooms
- Drink Specials Every Night
- TV's, Televised Sports
- Club Keno, Kansas Lottery
- Large Outdoor Patio (soon)
- Open until 11:00 a.m. weekdays
- Closed 10 p.m. Sundays

Bob's DINER

- Blue Plate Special $3.99 or less
- Home-cooked food
- Daily Specials

Restaurant Row
Your Destination of Choice

Cactus Jack's Mexican Cafe and Cantina

- Excellent Food and Service
- Big Band & Best Margaritas in Town
- Over 20 Tequilas
- Earn Your Degree at Tequila University
- Sunday Brunch Buffet
- Daily Specials
- Tex-Mex Southwestern Style
- Hrs: Open 11 am every day

The SPRING UMD CATALOG will be out January 3.
Hydroaerobics
Ages 16 plus
This class is designed to use water exercises for the development of physical fitness, motor skills, flexibility, and cardiovascular endurance. Open to non-swimmers and swimmers alike! Takie! Our enrollment has increased so we have had to change the format for registration into Hydrol.
Session I
AQ-27 Mon/Wed 6:00 - 6:55 pm
AQ-28 Tues/Thurs 6:00 - 6:55 pm
Session II
AQ-42 Mon/Wed 6:00 - 6:55 pm
AQ-46 Tues/Thurs 6:00 - 6:55 pm
Fee: $15 per season

Emergency Water Safety
The water can provide opportunities for a lifetime of fitness and fun especially if you know how to respond to an aquatic emergency. This class provides a sound foundation towards safe and responsible water safety. It is appropriate for anyone who has the ability to swim at level IV and has basic water safety skills. If you have completed Level VI, this class will challenge your aquatic skills and prepare you for Lifeguard Training. This is a perfect course for both adults and kids.

Water Safety Instructor
The purpose of this course is to train instructor candidates to teach the American Red Cross Learn to Swim and Water Safety courses. This is an entry level course to receive WSI certification. The course includes the screening and Instructors Candidate Training required by the American Red Cross. Textbooks may be purchased at the American Red Cross office.

(ACT class will be held on Saturday, Sept 10 from 9 a.m. - 1 p.m.)
Prerequisites: Participants must be 17 years of age by the first day of class and must immediately complete a pretest on their knowledge of aquatics and safety skills, as well as stroke proficiency and rescue skills.

Sarah Forsyth is certified through the American Red Cross as a Water Safety Instructor/Trainer.

Date: Sept 10, 11,15,16,22,27,29
Oct 4,6,11,13,18, 20
Time: 8 a.m. - 1 p.m. & 4 - 7 pm (Saturday)
Fees: $125
Location: RSU Naturatorium

Lifeguard Training
This course provides an introduction to the concepts, techniques, and practice in the procedures necessary to perform AED/ CPR on adults. It also covers the American Red Cross Standard First Aid/CPR course, successfully completing the final skills test and writing the test with a 80% minimum score.

Sarah Forsyth
Date: Oct 22,23,24,25,26,27,28, Nov 6
Time: 9 a.m. - 1 p.m. & 4 - 7 pm (Saturday)
Fees: $37
Location: RSU Naturatorium

Emergency Water Safety
The water can provide opportunities for a lifetime of fitness and fun especially if you know how to respond to an aquatic emergency. This class provides a sound foundation towards safe and responsible water safety. It is appropriate for anyone who has the ability to swim at level IV and has basic water safety skills. If you have completed Level VI, this class will challenge your aquatic skills and prepare you for Lifeguard Training. This is a perfect course for both adults and kids.

Emergency Water Safety
The water can provide opportunities for a lifetime of fitness and fun especially if you know how to respond to an aquatic emergency. This class provides a sound foundation towards safe and responsible water safety. It is appropriate for anyone who has the ability to swim at level IV and has basic water safety skills. If you have completed Level VI, this class will challenge your aquatic skills and prepare you for Lifeguard Training. This is a perfect course for both adults and kids.

Emergency Water Safety
The water can provide opportunities for a lifetime of fitness and fun especially if you know how to respond to an aquatic emergency. This class provides a sound foundation towards safe and responsible water safety. It is appropriate for anyone who has the ability to swim at level IV and has basic water safety skills. If you have completed Level VI, this class will challenge your aquatic skills and prepare you for Lifeguard Training. This is a perfect course for both adults and kids.

Emergency Water Safety
The water can provide opportunities for a lifetime of fitness and fun especially if you know how to respond to an aquatic emergency. This class provides a sound foundation towards safe and responsible water safety. It is appropriate for anyone who has the ability to swim at level IV and has basic water safety skills. If you have completed Level VI, this class will challenge your aquatic skills and prepare you for Lifeguard Training. This is a perfect course for both adults and kids.

Emergency Water Safety
The water can provide opportunities for a lifetime of fitness and fun especially if you know how to respond to an aquatic emergency. This class provides a sound foundation towards safe and responsible water safety. It is appropriate for anyone who has the ability to swim at level IV and has basic water safety skills. If you have completed Level VI, this class will challenge your aquatic skills and prepare you for Lifeguard Training. This is a perfect course for both adults and kids.

Emergency Water Safety
The water can provide opportunities for a lifetime of fitness and fun especially if you know how to respond to an aquatic emergency. This class provides a sound foundation towards safe and responsible water safety. It is appropriate for anyone who has the ability to swim at level IV and has basic water safety skills. If you have completed Level VI, this class will challenge your aquatic skills and prepare you for Lifeguard Training. This is a perfect course for both adults and kids.

Emergency Water Safety
The water can provide opportunities for a lifetime of fitness and fun especially if you know how to respond to an aquatic emergency. This class provides a sound foundation towards safe and responsible water safety. It is appropriate for anyone who has the ability to swim at level IV and has basic water safety skills. If you have completed Level VI, this class will challenge your aquatic skills and prepare you for Lifeguard Training. This is a perfect course for both adults and kids.

Emergency Water Safety
The water can provide opportunities for a lifetime of fitness and fun especially if you know how to respond to an aquatic emergency. This class provides a sound foundation towards safe and responsible water safety. It is appropriate for anyone who has the ability to swim at level IV and has basic water safety skills. If you have completed Level VI, this class will challenge your aquatic skills and prepare you for Lifeguard Training. This is a perfect course for both adults and kids.

Emergency Water Safety
The water can provide opportunities for a lifetime of fitness and fun especially if you know how to respond to an aquatic emergency. This class provides a sound foundation towards safe and responsible water safety. It is appropriate for anyone who has the ability to swim at level IV and has basic water safety skills. If you have completed Level VI, this class will challenge your aquatic skills and prepare you for Lifeguard Training. This is a perfect course for both adults and kids.

Emergency Water Safety
The water can provide opportunities for a lifetime of fitness and fun especially if you know how to respond to an aquatic emergency. This class provides a sound foundation towards safe and responsible water safety. It is appropriate for anyone who has the ability to swim at level IV and has basic water safety skills. If you have completed Level VI, this class will challenge your aquatic skills and prepare you for Lifeguard Training. This is a perfect course for both adults and kids.

Emergency Water Safety
The water can provide opportunities for a lifetime of fitness and fun especially if you know how to respond to an aquatic emergency. This class provides a sound foundation towards safe and responsible water safety. It is appropriate for anyone who has the ability to swim at level IV and has basic water safety skills. If you have completed Level VI, this class will challenge your aquatic skills and prepare you for Lifeguard Training. This is a perfect course for both adults and kids.

Emergency Water Safety
The water can provide opportunities for a lifetime of fitness and fun especially if you know how to respond to an aquatic emergency. This class provides a sound foundation towards safe and responsible water safety. It is appropriate for anyone who has the ability to swim at level IV and has basic water safety skills. If you have completed Level VI, this class will challenge your aquatic skills and prepare you for Lifeguard Training. This is a perfect course for both adults and kids.

Emergency Water Safety
The water can provide opportunities for a lifetime of fitness and fun especially if you know how to respond to an aquatic emergency. This class provides a sound foundation towards safe and responsible water safety. It is appropriate for anyone who has the ability to swim at level IV and has basic water safety skills. If you have completed Level VI, this class will challenge your aquatic skills and prepare you for Lifeguard Training. This is a perfect course for both adults and kids.

Emergency Water Safety
The water can provide opportunities for a lifetime of fitness and fun especially if you know how to respond to an aquatic emergency. This class provides a sound foundation towards safe and responsible water safety. It is appropriate for anyone who has the ability to swim at level IV and has basic water safety skills. If you have completed Level VI, this class will challenge your aquatic skills and prepare you for Lifeguard Training. This is a perfect course for both adults and kids.

Emergency Water Safety
The water can provide opportunities for a lifetime of fitness and fun especially if you know how to respond to an aquatic emergency. This class provides a sound foundation towards safe and responsible water safety. It is appropriate for anyone who has the ability to swim at level IV and has basic water safety skills. If you have completed Level VI, this class will challenge your aquatic skills and prepare you for Lifeguard Training. This is a perfect course for both adults and kids.

Emergency Water Safety
The water can provide opportunities for a lifetime of fitness and fun especially if you know how to respond to an aquatic emergency. This class provides a sound foundation towards safe and responsible water safety. It is appropriate for anyone who has the ability to swim at level IV and has basic water safety skills. If you have completed Level VI, this class will challenge your aquatic skills and prepare you for Lifeguard Training. This is a perfect course for both adults and kids.
Managing your Computer

This introductory course will teach the basics needed for effective use of your IBM compatible personal computer. Learn about hardware and software options. Practice basic DOS commands. The workshop will be spent learning how to organize your hard drive including how to store and organize files, creating batch files and modifying the dos statement. Hands-on computer time is provided during the class.

Date: September 13 & 15
Time: 7 - 9 pm (Tues & Thurs)
Fee: $38
Location: UFM Computer Lab

Microsoft Windows

Windows has become a fundamental part of many software applications. Come learn how to move around in this new environment. This demonstration class will show you how to use icons, dialog boxes, scroll bars, clipboard and user applications such as control panel, file manager, notepads and other helpful features.

Date: September 27 & 29
Time: 7 - 9 pm (Tues & Thurs)
Fee: $22
Location: UFM Conference Room

You are registered unless you are otherwise notified.

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

Fourteenth Annual
National Rural Families Conference
The Health and Well-Being of Our Families
September 21-23, 1994
K-State University
Manhattan, Kansas
A conference for professionals working with and helping families
University Credit aid Continuing Education Units are available.
For more information call the KSU Division of Continuing Education at 1-800-432-8223.
Creative FreeTime
1221 THURSTON  539-8763

Fiction Writing: Nuts & Bolts
We will discuss fiction writing techniques, including research, plotting, background, and character development. Skill development exercises will be used. The final session will be a manuscript workshop.
Les Kilgus, has published eleven novels and numerous short stories, and is a member of the Science Fiction and Fantasy Writers of America, and an instructor for the Writers Digest School.
Date:  October 6, 12, 20 & 27
Time:  7 - 9:30 pm (Thursday)
Fee:  $25
Location:  UFM Conference Room

Water Color Painting via Photography
Transform photographs into watercolor paintings. Photograph Kansas stone buildings and landscapes during the first class session with emphasis on subject selection and composition. During the studio sessions, select painting subjects from your developed color prints, make sketch compositions, value studies, and try down the initial watercolor washes. Students should complete two watercolor paintings and receive instruction on matting. Students must have a 35mm camera, a 24 exposure roll of color film, watercolor paints, brushes and paper.
Ernie Peck (351-0983) and Gene Ernest (775-3622), have taught photography frequently and are accomplished painters. Ernest and Gene have co- taught watercolor classes for several years.
Date:  October 8, 11, 13, 18 & 20
Time:  7 - 9 pm (Tues & Thurs)
Fee:  $18
Location:  UFM Banquet Room

Recycled Paper Bag Baskets
Recycle brown grocery bags into useful, attractive baskets. Classes take approximately 1 1/2 hours and you will take home a sturdy basket. Once you learn this technique, you will be able to recycle bags, old maps, and even worn-out blue jeans into useful baskets. Recycled bag baskets filled with goodies make great gifts. Very minimal supplies are needed. Supply list available at time of registration.
Marie Burger has been weaving for 20 years and has made baskets over the years. She learned to make baskets from paper bags and has been teaching this class to individuals, church groups, and weaving guilds.
Date:  October 18
Time:  7 - 8:30 pm (Tuesday)
Fee:  $18
Location:  UFM Multipurpose Room

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. Bridge is played 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 *Bidding  *Defense  *Play of the cards  *Scoring  *Counting
The class is designed to be user-friendly, consisting of brief lectures and demonstrations followed by applications and practice. The fun aspect of playing bridge will be emphasized for both personal and social satisfaction will be emphasized. Individuals may enroll with or without a partner.
Dick Clausen (532-5575) is an ACBL Accredited Teacher and a Life Member.
Date:  September 12, 19 & 26, October 3, 10 & 17
Time:  7 - 9 pm (Monday)
Fee:  $25
Location:  UFM Fireplace Room

Improve Your Bridge: Bidding, Play of the Hand & Introduction to Duplicate
This class is designed for those who have played some bridge or have enrolled in a current UFM Bridge class. Standard American bidding will be taught and the role of each partner in the bidding process will be studied. How to develop tricks through promotion, length, trumping and finessing will be the topics in a discussion of the play of the hand. The various forms of contract bridge will be reviewed, including "$pwy bridge" and "rubber bridge." However, the emphasis will be on introducing duplicate bridge and the reasons why it is fun.
Dick Clausen (532-5575) is an ACBL Accredited Teacher and a Life Member.
Date:  October 24, 31, November 14, 21 & 28
Time:  7 - 9 pm (Monday)
Fee:  $25
Location:  UFM Fireplace Room

Cutting Paper Snowflakes
It's easy and fun to cut eye-catching, artistic, creative, icy snowflakes! Numerous examples will be displayed, various patterns will be cut, and original creations will be cut and shared. For ages 9 - 90. Children 8 - 9 years of age should be accompanied by an adult. Bring sharp adult scissors!
Leo Scholl (539-6506) 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 5
Time:  9 am - 12 noon (Saturday)
Fee:  $7
Location:  217 Bluestem Hall, KSU

Family Vision Care
DR. DOUGLAS STUGGE
DR. NORTERT STUGGE
Optometrists
(913) 539-6051
1320 Muro  Manhattan, Kansas 66502

Fiction Writing: Nuts & Bolts

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 SLA camera. We will look at f-stops, shutter speeds, focusing, depth of field, compositions, 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 (539-8763) 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 11
Time:  7 pm (Tuesday)
Fee:  $10
Location:  UFM Conference 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. 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 (539-8763) has a degree in Commercial and Industrial Photography. He enjoys black and white photography, and enjoys processing his own film.
Date:  September 21
Time:  7 pm (Wednesday)
Fee:  $10
Location:  UFM Darkroom

Black and White Film Developing for Beginners
Harold Wellmeier
Date:  October 16
Time:  7 pm (Wednesday)
Fee:  $10
Location:  UFM Darkroom

Black and White Printing
Fast the satisfaction of turning your own Black and White negatives into prints. Each student will gain hands-on darkroom experience in print production. Bring 2 8x10 Black and White negatives of your choice to process and print in class. Processing and printing materials included in class fee. Class size is limited.
Harold Wellmeier
Date:  September 28
Time:  7 pm (Wednesday)
Fee:  $14
Location:  UFM Darkroom

Black and White Printing
Harold Wellmeier
Date:  October 12
Time:  7 pm (Wednesday)
Fee:  $14
Location:  UFM Darkroom

Black and White Printing

Family Vision Care
Autoharp Fun
Pull that autoharp out of the closet and spend an evening learning how to play it. We'll look at tuning, chording, strumming and how to find music to play. Bring your autoharp and fingertips that fit your thumb and first two or three fingers.
Linda Turner (530-4783), has been playing and teaching the autoharp for over 5 years.
Date: September 13
Time: 7 - 9 pm (Tuesday)
Fee: $5
Location: UFM Fireplace Room

Autoharp Play Time
Come hone your autoharp skills, make new friends and share some music in this class. This group will provide an opportunity to learn from each other and gain the motivation to keep playing. We will begin meeting monthly and see what evolves.
Linda Turner, coordinator
Date: Sept 6, Oct 4, Nov 1, & Dec 6
Time: 7 - 9 pm (Tuesday)
Fee: $10
Location: UFM Fireplace Room

Writing Articles from Personal Experience
Every person has a story to tell. Tap your own experience as a source for first-person articles. We'll focus on at least one potential story, then develop it into a creative essay for publication. In the process, we will determine what magazine might be interested, sending a query letter to editors. And we will study several classic models of easy-writing, looking for our own personal style of writing.
Tina Bancroft (530-8555), author of the autobiographical book The Comfort Trap and the novel Squatters' Rings, has had many articles taken for publication, including personal experience essays in The Omaha World Herald, Modern Bride, and Family Digest. She has had over twenty writing and editing workshops.
Date: September 13, 20 & 27 & October 4
Time: 9:30 - 10:30 am (Tuesday)
Fee: $5
Location: UFM Conference 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 photo files and learn the importance of photo safe, acid free storage. You will learn tips on creative cropping, photo-journaling, album page layout and more. Learn to preserve your past, enrich your future and start the family album tradition. First session is informative and educational. During the second session we will provide supplies for a workshop where you will use your own photos to create a unique album page. The fee includes 1 acid free album page and the use of photo safe materials and supplies. Additional pages are available for purchase from the instructor. You will need to bring 12-14 or more of your latest pictures.
Pam Schmidt (1-800-347-2625), has been a consultant for Creative Memories since 1989, teaching classes and workshops on preserving family photos and memorabilia using photo safe supplies.
Date: September 8 & 15
Time: 7 - 9 pm (Thursday)
Fee: $15
Location: UFM Fireplace Room

Cardiovegging...It's All in the Cards!
Have you always wanted to learn to weave, but don't want to invest in an expensive loom and lots of equipment? Here's your chance to learn the basics of cardmaking, a technique which has been practiced in widely scattered parts of the world for over 2,000 years. The "femin" concept of a pack of square cards. Yarn is threaded through holes in the cards and the cards are moved to weave strong, narrow, decorative bands. This simple yet sophisticated craft provides endless possibilities for weaving intricate patterns. Fee includes, your own set of cards, a shuttle, a needle and silk supplies. Participants need to bring: 2 c-e-clamps, plastic pict hair comb, scissors, and 2 strong 36" shoelaces.
Mary Hartford (776-3389), is a weaver and fiber enthusiast, active in the local weaver's guild. She is a self-taught cardweaver and demonstrates this intriguing craft at the Folklife Festival each fall at the city park. Stop by the Weaver's Guild booth next to the log cabin to see her demonstration, Sept 24.
Date: October 1 & 8
Time: 9 am - noon (Saturday)
Fee: $20
Location: UFM Fireplace Room

Inkle Band Weaving
An Inkle Loom is a small, portable loom on which to weave narrow bands. No one knows just where the Inkle loom originated, but it provides an ingenious way to weave without a big investment in equipment. The instructor will provide the looms to use in this class, and will have information on purchasing looms for anyone interested. Fee includes: Yarn, shuttle, needle, and silk supplies.
Mary Hartford (776-3389), has a passion for band weaving and loves to go outside and weave. She takes along weaving materials and gives lessons at camping.
Date: October 20 and November 5
Time: 9 am - noon (Saturday)
Fee: $25
Location: UFM Fireplace Room

A Video History of Science Fiction Films 1902 - 1989
Calling all Science Fiction Film Collectors and Science Fiction Film Devotees. John Shae will be presenting for your viewing enjoyment the video "A History of Science Fiction Films." Running time on the video is 54 minutes.
John Shae, has been collecting Science Fiction Films for the last 2 years with a video collection numbering over 200 Science Fiction videos. John especially enjoys rare budget Science Fiction films. He specializes in Films Era Science Fiction films.
Date: September 10
Time: 7 pm (Saturday)
Fee: $7 individual
$10 couple
Location: UFM Conference Room

A Video History of Science Fiction Films 1902 - 1989
John Shae
Date: September 24
Time: 7 pm (Saturday)
Fee: $7 individual
$10 couple
Location: UFM Conference Room

Private Pilot's Ground School
Interested in learning to fly? Take the first step and prepare for the Private Pilot's written exam. This class will cover what you need to know in order to pass the test. FAA Examiner fees are extra. Students must bring their own Flight computer, paper and sectional chart. Estimated cost for exam: $20, flight time is $10 - $30. Flight, $5-$10, Sectional chart: $5-$6. The class fee includes pilot's manual and practice test questions.
Minimum age: 16
Troy Brockway (512-5606) is a Flight Instructor and has been flying for 15 years.
Date: September 27 - November 17
Time: 7 - 9 pm (Tuesday and Thursday)
Fee: $50
Location: 129 Crawford Hall, KSU

Quilted Ornaments (Paper Pieced Method)
Enjoy the sentiment and pleasure of homemade Christmas ornaments for your tree. Learn the paper piecing method of quilting so you can make a unique ornament for your holiday tree. Building a sewing machine class. You may already have supplies on hand. A list of supplies will be provided.
Teri Carpenter, teaches home economics at Manhattan Middle School. She enjoys doing crafts in her spare time.
Date: November 7
Time: 9 - 10:30 pm (Monday)
Fee: $5
Location: UFM Multipurpose Room

Drawing
This class will focus on drawing as expression and play. We will explore unconventional ways of conventional drawing materials. Students can work from the unique still life set-up provided for each class. Students can also work from their imaginations. Most classes will focus on drawings in black and white. Materials Supplies kit, over a $20 value will be provided and are included in the class fee.
Lea Curr (537-9278), is an artist with her primary focus in the 2-D areas of painting, drawing, and printmaking.
Date: September 8, 15, 22 & 29
Time: 7 - 9:30 pm (Thursday)
Fee: $30 includes supplies
Location: UFM Multipurpose Room

Mapping
The focus of this class will be on creating a map of one's own. Understanding, for example, your personal environment, state to school or work, favorite recipe, or your life's goals on a map can be very satisfying. This class will be informative and playful, a range of materials encourage students to bring in a piece of personal history and working up to examples of current maps, we will talk about map symbols and conventions to get ideas before we make our personal maps.
Lea Curr (537-9278), has been a thematic map illustrator for publishers and corporations in Boston and New York for the past eight years.
Date: October 27, November 3, 10 & 17
Time: 7 - 9:30 pm (Thursday)
Fee: $30
Location: UFM Multipurpose Room

Ben Franklin Crafts
Your Creative Outlet
CRAFT SUPPLY HEADQUARTERS
Everything for the Crafter (or the would-be crafter)
Westloop Shopping Center 775-6910
Mon.-Fri. 9-9, Sat. 9-7, Sun. 1-6

Nothing sews like Bernina. Nothing.

Judy F. Unruh
Owner
Bernina Sewing & Quilting Center
330 N. 4th St., Manhattan, KS 66502
913.537.8919

CREATIVE FREETIME (Continued)
Hoop and Lace Pictures

Hoop and Lace Pictures are a wonderful way to decorate your home, your room, or to give as a gift. The "book" can be soft and romantic, country style, reflect a favorite hobby, a favorite animal, cartoons characters, holiday themes and more. Simple to make and very fast, too! In class we will complete 1 picture frame and see a demonstration of how to do several more. Bring in class a fabric picture, embroidery hoop large enough to go around the outside of hoop and a hot glue gun if you have one.

Karen E. Garra (776-0359). Karen has had a life long passion for sewing! She studied Home Economics Education (1973-1976) at Shawnee College in Statham, Ohio and began teaching sewing and personalized fitting in 1978. Karen developed the Sew Sheek Line of over 40 garments that she uses in her fashion design classes. Her goal is to make the Textile and Fiber Arts fast, easy and fun for everyone!

Date: November 9
Time: 7 - 9 pm (Wednesday)
Fee: $12
Location: UFM Multipurpose Room

Hoop and Lace Pictures

Karen E. Garra

Date: November 10
Time: 10 am - noon (Thursday)
Fee: $10
Location: UFM Kitchen

Learn to Crochet - Christmas Ornaments and Garland

Learning to crochet is easy for anyone! You will learn to make Chain Garland, Curly Garland, Curly Jingle, Chain Star and Curly Jingle Hair Bow. All using the 2 basic stitches upon which all other crochet stitches are based.

This is a great way to discover whether or not you'd like to continue learning to crochet! Bring to class 1 crochet hook size G or H and 1 skein of knitting worsted in any variegated color.

Karen E. Garra

Date: November 30
Time: 6:30 - 9:30 pm (Wednesday)
Fee: $12
Location: UFM Multipurpose Room

Learn to Crochet - Christmas Ornaments and Garland

Karen E. Garra

Date: December 1
Time: 10 am - noon (Thursday)
Fee: $12
Location: UFM Fireplace Room

Expressway Basics

Express yourself! This all inclusive class will teach you everything you need to know to begin to create with fabric. We'll learn about the different types of fabric and their appropriate use. Then, become proficient in the basics and use of techniques that will enable you to sew many types of projects. You will also learn how to do accurate body measurements so as to buy correctly sized patterns. Finally we will make a Vest and Pantalets from commercially available patterns, incorporating sewing techniques. Bring a Sewing Machine. A supply list will be available at registration.

Karen E. Garra

Date: September 7, 14, 21 & 28
Time: 6 - 9 pm (Wednesday)
Fee: $12
Location: UFM Banquet Room

Expressway Basics

Karen E. Garra

Date: September 8, 15, 22 & 29
Time: 10 am - 1 pm (Thursday)
Fee: $12
Location: UFM Banquet Room

Sewing Machine Use and Abuse

Save time and money by doing your own sewing machine maintenance. Clean, lubricate and do your own adjustments. Learn how to deal with common problems, thread breaks, needle jammimg and breaking, skipped threads, and many other common problems. You can prevent many problems from ever occurring! A question and answer session will be devoted to solving any problems you have with your own machine. We'll finish up with pointers on how to purchase a sewing machine to meet your needs.

Karen E. Garra

Date: August 31
Time: 6 - 9 pm (Wednesday)
Fee: $16
Location: UFM Fireplace Room

Easy Beaded Christmas Decorations

Beaded Christmas Ornaments are very quick and easy to make. With minimal supplies you can make fun or elegant designs. There is something to please everyone! These ornaments are especially pretty hanging in a window so that the sunlight filters off them, or hanging in a tree or to decorate that special gift package. Once you start creating, you won't be able to stop! A supply list will be available at registration.

Karen E. Garra

Date: December 7
Time: 6:30 - 9:30 pm (Wednesday)
Fee: $12
Location: UFM Conference Room

Easy Beaded Christmas Decorations

Karen E. Garra

Date: December 8
Time: 10 am - 1 pm (Thursday)
Fee: $12
Location: UFM Conference Room

MANHATTAN CIVIC THEATRE

Witness for the Prosecution
September 9-11 & 15-18
Arsenic and Old Lace
November 4-6 & 10-13
The Dining Room
February 3-5 & 9-12
Into the Woods
April 21-23 & 27-30
Call today for your Manhattan Civic Theatre Season/Membership Brochure
Box Office 539-6000 • Visa/MC • All seats reserved
Fall Clay Coalition Classes at the Arts Center of Manhattan

Classes sponsored by the Manhattan Arts Council & Manhattan Civic Theatre

MANHATTAN CLAY COALITION MOTTO
"United, to Accomplish Excellence Through Discovery, in the Arts and Crafts"

MANHATTAN CLAY COALITION MISSION STATEMENT
The Manhattan Clay Coalition is committed to promoting a quality clay experience for Manhattan and surrounding communities and to supporting the Arts Center of Manhattan, Inc. The goals of the Coalition will be achieved through studio and outreach efforts including:

- classes for all skill levels
- open studio
- "clay in action" projects
- workshops and professional development seminars
- exhibitions, shows, and sales

The Clay Coalition is a group of local, professional potters and other interested individuals who have come together to create the Arts Center Annex Pottery Studio at the Arts Center of Manhattan, Inc. (ACMI), 1508 Poyntz Ave. This professionally run studio is sponsored at the Arts Center by the Manhattan Arts Council, with program support from University For Man. Other supporting organizations are Manhattan Civic Theatre, Manhattan Town Center Mall, Flint Hills Broadcast, Big Lakes Developmental Center, and USD 383.

CLAY COALITION FALL 1994 COURSE OFFERINGS
Introduction to Clay: Wheel or Hand Built
Clay Discovery for Children and Youth
The Joy of Hand Building
Clay for Special Needs Populations
Figures in Clay
Functional Pottery
Family Clay Adventure
Open Studio Lab

HOW TO REGISTER FOR CLASSES:
UFM will handle registration for all classes. To register you may
1. Use the registration form on the back page of this UFM catalogue;
2. Walk in and register at 1221 Thurston;
3. Call UFM at 539-8763 and register with a credit card

MEET THE PROFESSIONAL INSTRUCTORS

JOYCE FURNEY: Joyce has a BFA degree in sculpture from KSU and has done undergraduate and graduate work in sculpture and clay in Colorado, Utah, and Kansas. Since 1982, her clay sculptures and pottery have taken first-place awards in juried shows all over the country. Work from her studio, The Clay Cellar, is shown in galleries as far away as Japan.

RONNA TYSUN: Ronna has had her hands in clay since her student days at Manhattan High School. Since 1979, she has maintained her own studio in far away places such as Edmonton, Alberta; Whitehorse, Yukon Territory; and British Columbia, Canada. She has her BFA in Ceramics and a BS in Art Education from KSU. Ronna has now come full circle and is a teacher at Manhattan High School.

GARY TYSUN: A retired naval officer with degrees in both Business Administration and Health Care Administration, Gary has been a full-time, studio potter since earning his BFA degree in Ceramics at KSU in 1989. He is the co-owner of Wild Cat Village Pottery with his wife, Ronna.

GENE SEEVERS: A one-time finish carpenter, Gene has his MFA in Ceramics from KSU. He has taught classes in design, drawing, and ceramics at KSU. He has exhibited in regional and national juried competitions and has won many cash and purchase patron awards. He is now a full-time studio potter at Gene Severs Pottery.

Kathy Kim enjoys the wheel as well as creating this large coiled piece.

DAVID RANDALL: David has a BFA in Ceramics from KSU. He was a graduate teaching assistant at the University of California at Santa Barbara. He has worked in clay and shown professionally for the past five years.

BEE DUNN: Bee began her life-long love affair with clay by designing her own fireplace tiles. She learned wheel throwing in Illinois and perfected it at the University of South Carolina. She attended the Folk Arts Craft Studio at Pleasland, North Carolina. She comes to the Clay Coalition from Myrtle Beach, South Carolina, where she owned a knitting shop and worked in clay as a lucrative avocation.

MONIQUE SEVENANS: Monique has been involved in ceramics for six years and is currently a senior at KSU. She plans to graduate with a BFA in ceramics next spring.
Clay Coalition

Classes

FALL 1994

Session 1: Sept. 6 - Oct. 19
Session 2: Oct. 18 - Dec. 7

INTRODUCTION TO CLAY: WHEEL OR HAND BUILT
Instructor: Gene Sievers
Come and introduce your hands and your mind to the joy of discovery in clay. No experience necessary. Those wanting to hone their skills are welcome to enroll also.

Session 1:
CC 301 T & Th Sept. 6/8, 13/15, 20/22, 27/29, 9-12 noon Fee: $95
Oct. 4/6, 11/13

Session 2:
CC 321 T & Th Oct. 18/20, 25/27, Nov. 1/3, 8/10, 15/17, 29/Dec. 1 9-12 noon Fee: $95

CLAY DISCOVERY FOR CHILDREN & YOUTH
Instructor: M & W Joyce Furney; T & Th Monique Sevenans
Discover the fun and the joy of your hands making clay pots. Slab construction techniques will be used to build projects from boxes to impressed design vases. Demonstration of wheel thrown pottery will be given, with each student trying it once. School age children please. All materials included, no additional tools needed.

Session 1:
CC 302 M Oct. 12, 19, 26, Oct. 3, 10, 17, 24
9-12 noon Fee: $39
3:30 - 5:30 pm Fee: $39

CC 303 W Sept. 14, 21, 28, Oct. 5, 12, 19, 26
3:30 - 5:30 pm Fee: $39

CC 304 T Sept. 6, 13, 20, 27, Oct. 4, 11
3:30 - 5:30 pm Fee: $39

CC 305 Th Sept. 8, 15, 22, 29, Oct. 6, 13
3:30 - 5:30 pm Fee: $39

Session 2:
CC 322 M Oct. 24, 31, Nov. 7, 14, 21, 28
3:30 - 5:30 pm Fee: $39

CC 323 W Oct. 26, Nov. 2, 9, 16, 23, 30
3:30 - 5:30 pm Fee: $39

CC 324 T Oct. 18, 25, Nov. 1, 8, 15, 22
3:30 - 5:30 pm Fee: $39

CC 325 Th Oct. 20, 27, Nov. 3, 10, 17
3:30 - 5:30 pm Fee: $39

THE JOY OF HAND BUILDING
Instructor: Bee Dunn
We will work with slabs, coils, and pinch pots. We will build a slab bird house, a cell house, a decorated bowl, and a pressed tray.

Session 1:
CC 306 M & W Sept. 12/14, 19/21, 25/28
Oct. 3/5, 10/12, 17/19 9 - 12 noon Fee: $95

Session 2:
CC 326 M & W Oct. 24/26, 31Nov. 2, 7/9, 14/16, 21/23, 28/30 9 - 12 noon Fee: $95

CLAY FOR SPECIAL NEEDS POPULATIONS
Instructor: Joyce Furney
Beginning class to introduce the fun and joy of discovery of your hands making clay pots. Class designed to meet the needs of persons with developmental or physical challenges.

Session 1:
CC 307 W Sept. 7, 14, 21, 28, Oct. 5, 12 1 - 2:30 pm Fee: $32

Session 2:
CC 327 W Oct. 19, 26, Nov. 2, 9, 16, 23 1 - 2:30 pm Fee: $32

FIGURES IN CLAY
Instructor: David Randall
This is a class for anyone interested in incorporating the human form into their work. This is not a modelling class with a live model, but a chance for each individual to work in their own direction and style in relation to the figure. Everyone will be encouraged to develop their own ideas and to have fun. Beginners through advanced.

Session 1:
CC 308 T 17 6:30 - 9:30 pm Fee: $63

Session 2:
CC 328 T Oct. 18, 25, Nov. 1, 8, 15, 22 6:30 - 9:30 pm Fee: $63

Rosa Hand, 14, of Alma shows her skill at the wheel.  

photos by Ronni Tyson

Pieces ready for glazing.

OPEN STUDIO LAB
(Facility use only. No Instruction)  
[$50 for six 3 hour blocks of time ($2.77 per hour) + additional $10 firing fee]

Session 1:
CC 309 Sat. Sept. 10, 17, 24, Oct. 1, 8, 15 3 - 6 pm Fee: $90
CC 310 Sun. Sept. 10, 17, 24, Oct. 1, 8, 15 6 - 9 pm Fee: $90
CC 311 Sun. Sept. 11, 18, 25, Oct. 2, 9, 16 Noon - 3 pm Fee: $90
CC 312 Sun. Sept. 11, 18, 25, Oct. 2, 9, 16 3 - 6 pm Fee: $90
CC 313 Sun. Sept. 11, 18, 25, Oct. 2, 9, 16 6 - 9 pm Fee: $90

Session 2:
CC 329 Sat. Oct. 22, 29, Nov. 5, 12, 19 3 - 6 pm Fee: $60
Dec. 3
CC 330 Sat. Oct. 22, 29, Nov. 5, 12, 19 6 - 9 pm Fee: $60
Dec. 3
CC 331 Sun. Oct. 23, 30, Nov. 6, 13, 20, 27 Noon - 3 pm Fee: $60
CC 332 Sun. Oct. 23, 30, Nov. 6, 13, 20, 27 3 - 6 pm Fee: $60
CC 333 Sun. Oct. 23, 30, Nov. 6, 13, 20, 27 6 - 9 pm Fee: $60

INTRODUCTION TO CLAY: WHEEL AND HAND BUILT
Instructor: David Randall
This class will focus on teaching the beginner the basic skills and techniques of wheel throwing and hand building in clay. Projects will be developed with feedback from the class.

Session 1:
CC 314 Sat. Sept. 10, 17, 24, Oct. 1, 8, 15 Noon - 3 pm Fee: $63
Dec. 3
CC 334 Sat. Oct. 22, 29, Nov. 5, 12, 19 Noon - 3 pm Fee: $63
Dec. 3

FUNCTIONAL POTTERY
Instructor: M & W Gary Tyson; Th David Randall
Do you like to make things you can use? Then this is the class for you. Previous experience helpful but not necessary.

Session 1:
CC 315 M & W Sept. 12/14, 19/21, 26/28, 3/6, 10/12, 17/19 6:30 - 9:30 pm Fee: $95
CC 316 Th Sept. 8, 15, 22, 29, Oct. 6, 13 6:30 - 9:30 pm Fee: $93

Session 2:
CC 335 M & W Oct. 24/26, 31Nov. 2, 7/9, 14/16, 21/23, 28/30 6:30 - 9:30 pm Fee: $95
CC 336 Th Oct. 20, 27, Nov. 3, 10, 17 6:30 - 9:30 pm Fee: $93
Dec. 1

USE REGISTRATION FORM on the back cover.
FAMILY CLAY ADVENTURE
Instructor: Ronna Tyson
Discover clay creation with a special family member or mentor. Wheel or hand building. All ages welcome.
Session 1: CC 317 Sat. Oct. 10, 17, 24, 1 Oct. 1, 8, 15 9 - 11 am Fee: $39
Session 2: CC 337 Sat. Oct. 22, 29, Nov. 5, 12, 19 9 - 11 am Fee: $39
Dec. 3

MANHATTAN CLAY COALITION MEMBERSHIP
Membership is open to all individuals and families who have an interest in pottery. Annual dues are $15 for Individual Memberships and $25 for Family Memberships. The Clay Coalition shall not discriminate against any person or group based on race, creed, religion, gender, national origin, disability, or economic status. Is Clay Coalition Membership required to take classes at the Arts Center Annex Pottery Studio? No, not to take classes, but Membership is required to enroll in Open Studio Labs.

WORK STUDY SCHOLARSHIPS
Because we know the value of the arts and crafts in the life of a community, we affirm that ANYONE who desires to should have knowledge of and access to the arts and crafts. To ensure this, the Clay Coalition is introducing a new concept, Work Study Scholarships. Everyone is eligible for a Work Study Scholarship; however, certain priorities will be given. To maintain the fiscal integrity of the project and its growth, scholarships will be limited to no more than 20 at any given time. One may apply for a scholarship by filling out an application at the Arts Center Annex Pottery Studio.

BASIC THINGS TO KNOW ABOUT CLASSES
- Please wear old clothes and count on getting dirty.
- Stoneware clay body will be the primary clay used.
- Glaze firing will be to Cone 6 in an electric kiln, oxidation atmosphere.

CLASSES AND MATERIALS FEES: Fee structure is based on $0.25 per contact hour. (Three hour classes, such as Gene Sievers' "Introduction to Clay: Wheel or Hand Built," are listed at an almost 20% discount.) Class fee includes $5.00 for the student's first 12 lbs. of clay and firing. Additional clay may be purchased for $5.50 per 25 lb. bag. Enrolment in a second session of the same instructional course is possible. (A $5 reduction in the materials fee for second session applies.)

OPEN LAB: Fridays are Open Lab days and are designated for persons enrolled in one of the classes to use an extra time for additional production. Instruction will not be available, but a Lab Technician will be present at all times for supervision and material purchase and/or check out. Individuals taking classes are encouraged to make use of this extra production time and to sign up for a time that best fits their schedule.

OPEN STUDIO LABS: Each person enrolling in Open Studio Labs is required to become a Clay Coalition Member and must be checked out on the equipment and studio procedures with the Studio Manager prior to use. Open Studio Lab times are set aside for enrollment by those persons who need no instruction but want a well equipped place to work, access to glazes, and knowledge that their work will be fired with professional care and attention.

The Open Studio Lab blocks are 3 hours in length, Saturdays from 3-6 pm or 6-9 pm; and Sundays from Noon-3 pm, 3-6 pm, or 6-9 pm. Open Studio Labs cost $50 per six-week session (which equals $2.77 per hour), plus a $10 firing fee. Individuals are required to purchase clay from the Clay Coalition at $5.50 per 25 lb. bag to regulate firing temperature. Individuals are responsible for using the Coalition glazes, unless other arrangements are made with the Studio Manager.

CAUSE FOR TERMINATION OF MEMBERSHIP OR CLASS PARTICIPATION
All participants in classes and/or Coalition activities agree to abide by Clay Coalition rules. If any member or student acts in a way that endangers the health and safety of self or others, causes damage to the studio or its equipment, or creates a nuisance at the studio, his/her membership may be terminated by the Board of Directors. Such removal shall be without prejudice to the contract rights, if any, of the person so removed. In this case, the member shall not have the right of refund of his/her membership or enrollment fees.

THE ARTS NATIONAL ENDOWMENT FOR THE ARTS Funding for arts classes at the Arts Center of Manhattan is provided in part by the Kansas Arts Commission, a state agency; and the National Endowment for the Arts, a federal agency.

The Wonder Workshop Children's Museum will offer youth, adolescents, and families an exciting fall program at the new Arts Center of Manhattan, including classes celebrating cultural diversity, science, and the arts. The Wonder Workshop Children's Museum "Discovery Areas" will be open 3:30-5:30 Tuesday-Friday, 9-5 Saturday, and 1-5 Sunday. The Wonder Workshop is co-sponsored by USD 383; the Manhattan Arts Council; the Kansas Arts Commission, a state agency; and the National Endowment for the Arts, a federal agency.

Listen to KQLA for UFM calendar update Monday through Thursday.
Clay Coalition (CC) Members, Project Developers
Rosina Tyson, CC President
Joyce Furney, CC Treasurer
Dean Zolman, CC Secretary
Gary Tyson
David Randall
Bee Dunn
Stacy Wright
Gene Gevers
Edith Hintchis
Caril Hinckis
Jace Longshay and Devlin
Steve Kaufman
Ruth & Jeff Harris
Sean & Amy Harris
Betty Dale
Ralph Najarian
Jim Funderburgh
Berkeley Nat, Ben Miller, & Grandmothers
Claudia Lawrence
Susan Ovist & Family
Marilyn Tighman
Rug Riegel
David Norton
Vickie Grochowski
Steve Gaitzer
Shelby Holly
Joe Leinier
Rick, Brandy, & Joy-Lynn Presley
Joe Stock
Sam Lacy
Manhattan Arts Council
John Biggs
The Clay Cellar
Eric Shoults
Barbara Cannon
Brett Leary Jr.
Marsha Jensen
University for Mankind
Linda Teener
Arts Center of Manhattan, Inc.
Jim Hamilton
Manhattan Civic Theatre
Dixie King
Shirley Bramhall
USD 93
Laura Clark
Chris Heavey
Robert Littrell
Jim Monson
Angelo Garzio
Yoshio Ikeda
The following people and/or companies have donated their talents and materials to help build the Clay Coalition Arts Center Pottery Studio:
Arts Annex Space
Utilization Study
Barbara Cannon, Assistant Professor Interior Design Dept., KBU
Students in IDH 445 Interior Design Contract Documents Studio (Fall ’93):
Julia Dalca
Kyes Fanagin
Maria Jimenez
Marla Parma
Heather Reece
Roger Reen
Katherine Rezza
Kristi Smith
Kristle E. Smith
Keri Victor
Handicapped Assessable Bathroom Construction Drawings
Michael Mayo, AIA, The Ken Ebert Design Group
Electrical and Plumbing Engineering Drawings
Jim Scala, Orazem & Scala Engineering
Skilled Electrician
Reconstruction Help
Bud Valetkas, Economy Electric, Inc.
Mechanical Inspection
Bob Bramhall, Thermo Comfort Air
Demolition Equipment
Tom & Mary Elizabeth Alwood
Awood Rentals
Construction Materials
Terry Glasscock, Kansas Lumber Homestore
Bob Stevens, Cash Lumber
Neal Helms, Griffin Lumber
Doug Williams, Williams Decorating
Wayne Burnett & Del Crawford, Manhattan Carpet & Interiors
Skilled Plumbers
Reconstruction Help
Gary Duncon, Powell Brothers Plumbing
Sam McGowin, M & S Plumbing
Plumbing and Electrical Supplies
Bob Menfield, Hill & Co.
Jan Berteby, Midwest Ace Hardware
Art Burgess, Kansas Electric Supply Co.
Mr. & Mrs. Endacott, Endacott Lighting
Sam Dowkin, Dowkin & Co., KCMO
Skilled Carpenter
Reconstruction Help
Gene Hinckis, Gene Hinckis Mikeek
Vent-a-Kid Donation
John and Susan Furney, Travelers Express
Underwriting Postage Cost for "Invitation to Help" Letters
Doris Gesch
Building Permit Cost
Underwriter
Jim Pearson
Catalogue Design
Tammi L. McCutie
The Night Sky

We're lucky to live in an area where dark skies can still be found! Join us to look at the beautiful night sky. We'll learn to identify the constellations and observe whatever pleases andients us. We should be able to catch a few meteors, too. Bring binoculars—if you have them, and a small flashlight. Maps and handouts will be provided. Class will meet even if sky condition is cloudy.

Dean Stranded

Date: October 11
Time: 7 - 9 pm (Tuesday)
Fee: $5 individual, $15 family
Series of 3 Classes EN-03, EN-04, EN-05
$15 individual / $35 family
Location: Manhattan High School Little Theater

Constellations

If you've always enjoyed the night sky and would like to learn some of the names of the stars and constellations, join us for a sky show outside. In a dark, comfortable room (no street lights), we'll see Orion, Leo, Cassiopeia, the dippers, and many other constellations. You'll learn the names of bright stars such as Betelgeuse, Antares, and Alpherak. Handouts will be available to help you learn the sky on your own.

Dean Stranded (539-1931), teaches astronomy at MHS. He will present his astronomy slide show.

Summer Stars

Date: September 13
Time: 7 - 9 pm (Tuesday)
Fee: $5 individual, $15 family
Location: Manhattan High School Little Theater

Winter Stars

Date: December 13
Time: 7 - 9 pm (Tuesday)
Fee: $5 individual, $15 family
Location: Manhattan High School Little Theater

Beginning Cake Decorating

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

Tammy Sinn began decorating cakes several years ago as a hobby. Her first lessons were a UMF cake decorating class. Currently she decorates cakes for Dillons.

Date: October 30 & 31
Time: 7 - 8:30 pm (Tuesday)
Fee: $20
Location: 164 Justin Hall, KSU

Beer Making

Homebrewed Beer—the beer for discriminating palates. Come learn the brewer's art. We will make and bottle our own homebrewed beer. Participants must be 21.

Dean Taylor (539-7654), has many years experience in making beer and sells supplies for making beer and wine at The Palace in Aggieville.

Date: September 20 & 27
Time: 7 - 9 pm (Tuesday)
Fee: $12
Location: UMF Fireplace Room

Food for Fun

Earth, Nature & Environment
1221 THURSTON 539-8763

Spice for Life

FF-04

Trick your taste buds by exploring the flavors of edible herbs indigenous with creative spices. As we lower fat and sodium contents in our diets we take away some of the familiar flavor. Learn how to use spices to enhance the flavor you cook. Gain an understanding of the flavor of a variety of spices and how to use them for healthier cooking. Sampling of foods prepared will provide each student with a lite meal.

REGISTRATION DEADLINE: NOV 2

Sharon Fleming (537-6350), is a Riley County Extension Agent.

Date: November 8
Time: 6:30 pm (Tuesday)
Fee: $11 includes recipes and samples
Location: 164 Justin Hall, KSU

Thai Cooking

FF-02

 TFTY is a great fun and if you're willing to experiment, you'll be truly rewarded. Contrary to popular myth, not all Thai Food is hot. There are plenty of tasty dishes that are suited to western taste. Lek will show you two easy ways to make Thai spicy mussels with pearl onions, cherry tomatoes, and green beans. Your family will love you for this recipe. Accompanied with jasmine rice of course, a Thai dessert, and tea too. We eat what we prepare!

Lek Leelavongs (776-9657), is a native of Bangkok, Thailand. She loves to share her culture and cuisine. This class will be fun as well as a taste treat.

Date: November 12 Register before NOV 4
Time: 11 am - 1 pm (Saturday)
Fee: $16
Location: 164 Justin Hall, KSU

Hansen Nutrition Center

"Diet Cures What Diet Causes"

Your Complete Health Food Supermarket

• Natural Food Supplements
• Whey Products
• Whole Grain Cereals
• Sunflower Regeneration

HANSSEN NUTRITION CENTER

MON-SAT: 9:30 TO 6

537-4571
3112 ANDERSON AVE. (ACROSS FROM VILLAGE PLAZA)

Hansen's Largest Retailer of Import and Microbrewery Beers!
Over 225 Varieties in 6 oz. bottles or by single bottle

Corner of 12th & Laramie
Aggieville
539-5269

Dean Liquors

PEOPLE'S GROCERY CO-OP
Community-Owned
Open to Everyone

• Organically Grown Produce
• Hard To Find Baking Supplies
• Old Kansas Hers
• A Large Selection of Bulk Herbs and Spices
• Domestic and imported Cheeses

Now Open: Monday - Friday 10 am-6 pm Saturday 9 am-5 pm
539-4381
811 Colorado • Manhattan
Located 3 Blocks South of Powyce
Beginning German IV
Grass Turf! This class is a continuation of Beginning German III. If you have some background knowledge of German, please come join our group! We will be learning to express ourselves in German in a variety of situations. Conversation and writing in German will be emphasized. Bis bald!
Michelle Tew is a graduate student of German and also teaches German at K-State. She previously was a recipient of the Fulbright Fellowship to study in Austria where she lived for 2 years.
Date: September 1 - December 8
Time: 6:30 - 7:30 pm (Thurdays)
No class November 24
Fee: $45
Location: 125 Eisenhower Hall, KSU

Russian for Beginners
As Russian Culture becomes more accessible to the world, there is an opportunity to learn the beautiful Russian Language and gain insight into contemporary Soviet life. Forget the notion that adults are inferior to children in learning languages. Relax, listen to the Russian short stories, and enjoy your humor. Learn the Russian alphabet and try reading it yourself. This course will be geared towards your learning interest.
Laila Rumov has been teaching for almost 20 years and still enjoys it. She is presently teaching Russian at KSU.
LA-06
Date: September 12 - October 10
Time: 7:30 pm (Monday)
Fee: $25
Location: UFM Conference Room

Conversational Russian
This class 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 Krasnova (532-5670), graduated from the Department of Philology, Moscow State University. At present she is in Educational Psychology and is interested in applying her knowledge in psychology and linguistics to teaching Russian.
LA-07
Date: October 17 - November 14
Time: 7 - 8:30 pm (Mondays)
Fee: $32
Location: UFM Conference Room

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.

Building your own home?
Do you need help with:
• Ductwork
• Insulation
• Furnace/Air Conditioner
• Drain Lines
• Water Lines
• Fixtures

See us for FREE advice!

STANDARD PLUMBING
HEATING & AIR CONDITIONING
600 Pecan Circle, Manhattan • 776-5012
Introduction to Kung Fu

This 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, 16 years of age and older.

Date: September 15 - December 8
No class November 24
Time: 7:30 - 8:30 pm (Thursday)
Fee: $49
Location: Aewear Fieldhouse, KSU

Fencing

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

Mike Miller (218-7696) has been fencing since 1969. He has been competing and coaching for 3 years. He is a competitive member of the United States Fencing Association. Mike attended the USAF Academy College at the University of North Carolina in the summer of 1991. He is an "E" rated fencer and took 2nd place in both the Jayhawk Open and the Little Apple Open. Mike and the other club members compete in a 5-state area.

Date: Sept 6, 13, 20, Oct 4, 11 & 18 & 25
Time: 7:30 - 8:30 pm (Tuesday)
Fee: $77
Location: Lucky's High School Gym

Nippon Kenpo Karate

Nippon Kenpo's techniques are deeply rooted in the traditional martial art (Ju-do, Karate, Aikido, and Kendo). It is an energy based, all-contact style of Karate. Kenpo teaches self-discipline, self-confidence, self-defense and the mastery of motion and separation. Technician will learn basic moves, including breakfall and throwing techniques without actual contact. Full contact sparring will only begin after basic moves are learned. Protective gear will be provided for training. After 3 months of class an optional test to advance Kenpo ranking is held.

Date: September 7 - December 2
No class November 24
Time: 7:30 - 8:30 pm (Mon, Wed & Fri)
Fee: $58
Location: Aewear Fieldhouse, KSU

Self-Defense and Martial Arts classes are listed in the YOUTH section of this catalog.

Self-Defense for Women

-SHARP—is offered in the PERSONAL DEVELOPMENT Section of this Catalog.

BOYCE'S Studio Productions, Inc.

Call On Us for All of Your Video Needs!

- Top of the Line Editing Studio with Professional Video Cameras and Over 15 Years of Video Experience
- Video and Audio Duplication
- Film, Slide, Hi-8 & 8MM Transfers
- Foreign Conversions and Much More!
- Reasonable Prices/Fast Turnaround

Visit Us at Our New Location
314 Tuttle Creek Blvd
Suite K - Manhattan, KS
(785) 537-4755

For more information, call 537-2093

THE AUDUBON SOCIETY

(Northern Flint Hills Chapter, Phone 537-5216, 913-537-5216)

THE SPRING UFM CATALOG will be out January 3.
Sack Lunch Theology

Read the book President Clinton is reading: The Culture of Dishonesty by Stephen Caster. Caster questions American law and politics trivializes religious devotion. His presentation includes the constitutional status of American religion, the ways in which religious and political leaders have each influenced the country's cultural climate, and the relationship of religion to policy debates about such issues as abortion, nuclear war, and the death penalty. His goal is to preserve the autonomy of church and state while perpetuating a culture that diminishes religious conviction.

Copies of the book will be available for purchase ($5.00, paperback) at the first class. We will discuss Chapter 2 and our own. Discussion is free-ranging and expression of alternative views is greatly encouraged.

Bring your own lunch if you wish.

Randy Donley (558-9051), is the American Baptist Campus Minister at K-State. She is a staunch advocate of the separation of church and state and would love to discuss how law principles is and should be interpreted.

As a relative newcomer to Manhattan, she welcomes the opportunity to meet members of the community and hosts lunch events.

Date: September 4 - December 12
Time: 11:30 am - 1 pm (Monday)
Fee: $5
Location: 1001 Anderson
K-State Campus Center

Chinese Tai Chi

Tai Chi known as slow movement is a popular Chinese tradition, the purpose of Tai Chi is to circulate the vital energy and balance the Yin Yang of your inner Energy. It is relaxing and energizing in a gentle manner. This class is designed for beginners, the class will focus basic movements through demonstration and practice. You will learn Tai Chi movements, practicing it.

Ping Wang (550-4147), is a graduate student in the Department of Chemistry at K-State. When he was in China he taught Tai Chi to women at Nanjing University. The foreign students were from Japan, Germany, Russia, the Netherlands, and other countries. Ping is very interested in introducing Tai Chi to his area.

Date: September 4 - November 10
Time: 5:30 pm - 6:30 pm (Monday)
Fee: $15
Location: Seven Dolors Grade School Gymnasium 350 S Juliette

Qabalah: Psychology, Meditation, Metaphysics

Qabalah is an ancient system for organizing and explaining spiritual and metaphysical experience. Its roots are in Jewish mysticism. However, its philosophy is applicable for persons with varying religious and spiritual backgrounds. This class will be appropriate for those looking for an introduction to Qabalah as well as those already familiar with it. Subjects covered: The two names for God in Genesis. The Qabbalistic Tree of Life, Jesus and the Qabalah, Meditation, Psychology, and the Sephiroth. Class will include discussion and meditation.

Dan Berkey is a co-founder at K-State. He has found Qabalah to be a useful guide to understanding human psychology and deliverance of human experience, as well as meditation in daily life.

Date: September 4 - November 10
Time: 7:30 pm - 9 pm (Thursday)
Fee: No class November 24
Location: UFM Greenhouse

Toastmasters International

Do you like to stand up in front of people and talk? Or maybe you hate that, but you wish you didn’t hate it so much? At TOASTMASTERS, our job is to teach you the power and poise that will make your presentations a pleasure for you and your audience both.

We meet twice monthly. Visitors are welcome. Call 776-3302.
Group Process and Dynamics: A New Understanding

This class will explore a new perspective about interpersonal interactions in group settings. This perspective is applicable for helping professionals who use group work, as well as for lay persons who seek greater understanding about human relationships in groups. The basis of the perspective presented in class is human awareness as it connects with freedom and responsibility. The dynamics of love, power, and justice will also be covered. Class will provide includes didactic instruction, discussion, and interaction. Fee includes $28 required text "Creating Contact. Choosing Relationship".

Dan Barkow, a counselor at KSU. He has conducted therapy groups in a variety of settings. Interests that led to co-chairship of the text for class include awareness as a central factor in growth, and integration of the individual and the universal, the personal and the spiritual.

Date: September 7 - December 7
Time: 7:30 - 9 pm (Wednesday)
Fee: $56 includes text
Location: UFM Greenhouse

Metaphysics Discussion Group

This discussion group is meant for those beginning to explore, and for those that have been around the metaphysical block. A variety of topics will be included. The evenings will either begin or end with a group meditation. The group shall evolve according to the members' needs. The intention of the group will be to provide a fellowship and learning experience for those on the path. New members are welcome to join the group at any time. Bring a mat or cushion to sit on.

Tracy Mackney, facilitator

Date: August 23 - December 6
Time: 8 - 9:30 pm (Tuesdays)
Fee: $10
Location: UFM Greenhouse

Religion and Politics in America

Class will examine the constituency, agenda and influence of the Religious Right in America today. Class sessions will feature Bill Moyers' award-winning series 'God and Politics', as well as special speakers.

Al Zimmernam (539-2481), is a Presbyterian minister currently serving as Campus Minister at the Evanston Campus Ministry (ECM). He has been active in issues of peace and justice for more than 15 years.

Date: September 18, 25, October 8, 15, & 22
Time: 7 - 8:30 pm (Sunday)
Fee: $36
Location: ECM Center, 1021 Desmon

Yoga

This class will explore subtle movement in the body through yoga postures. Each class will introduce and demonstrate the postures we will be experiencing. Yoga, done respectfully, is not painfully strenuous in the body, it is enjoyable. Our focus will be on creating space in the body, room for praise, the life force, to flow. Beginers and all levels of practice are welcome. The start and class of each class will include meditation. Please bring a blanket.

Lea Cye (537-9278), has been practicing yoga for 10 years with her most recent concentration on Kripalu Yoga most simply described as meditation-in-motion.

Date: September 6 - November 8
Time: 7:30 pm (Tuesday)
Fee: $38
Location: International Student Center, KSU

Past Life Regression

Night 1 - General discussion of past life regression, reincarnation and karma.
Night 2 - Introduction to receiving information from the subconscious and astral projection. Experience a guided past life regression facilitated by a meditative state. Discussion to follow.
Night 3 - Experience guided regression looking at life between life and the patterns that one develops over consecutive lives. Discussion to follow.

Method: Click Supher's Past Life Regression Audio Hypnosis tapes. Information on how to order these tapes or other materials for further study will be made available upon completion of the class.

Tracy Mackney, the facilitator for the Metaphysics Discussion Group. She has experienced past life memories using a number of methods.

Date: September 12, 19 & 26
Time: 7 - 10:00 pm (Monday)
Fee: $14
Location: UFM Greenhouse

Cutting Paper Snowflakes is a fun and creative class—see the Creative Freetime section of the catalog.

!! Don't miss !!
New WELLNESS section

Don't miss the BEER MAKING class in the FOODS AND FUN section of this catalog.

MGC offers gymnastics, dance and martial arts classes for all ages. Mention this ad for a free trial class.

MANHATTAN GYMNASTICS CENTER
2305 SKY VUE LANE
MANHATTAN, KANSAS 66502
(913) 539-3613

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

Investment Workshop for the 90's
Have you ever wondered what a bond, 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 more experienced investor better understand what exactly an investment can do. Some of the topics covered will be: compound interest, tax free bonds, certificates of deposit, corporate bonds, and mutual funds. We will discuss how to set up and monitor your portfolio. Jeff Wener (539-6777) is an investment representative with Edward D. Jones & Co. Time: 7 - 8:30 pm (Tuesday) Fee: $15 Location: 105 Blumert Hall, KSU

Homeownersh Apprecial For You
Buying a home can be rewarding, but it is not always simple. We will review advantages and challenges to include: 1) how much you can afford, 2) source of down payment and loan cost, 3) past credit, 4) shopping considerations, 5) application, 6) budgeting. The formal class meeting will be supplemented with individual counseling sessions. Jerry Lowenthal (587-4000), has been involved in mortgage and consumer lending in the Manhattan area for 26 years. Time: September 7 Fee: $15 individual Location: UFM Conference Room

GRE Preparation Course
Planning to take the Graduate Record Exam? Take advantage of our GRE preparation program to improve your score. This comprehensive, up-to-date, program includes review, strategy, and practice. The carefully designed curriculum consists of both classroom and home study hours. Analysis and review of the three GRE subject areas of Mathematics, Verbal, and Writing will be included. Test taking tips and practice tests will be analyzed so you can learn the correct answers. Registration deadline: August 29 Date: Sept 6, 13, 15, 20, 22, 27, 29 Oct 1 & 4 Time: 7 - 9 pm (Tues & Thurs) Fee: $95 Location: 120 Carroll Hall, KSU (Tues & Thurs) 101 Carroll Hall, KSU (Saturday)

What Managed Money Can Do For You
Everybody in the country who's earning more than they are spending is a prospective investor in managed money. What can you expect from this class? 1. A Financial Plan will be provided for each person attending. 2. You will identify and clarify your financial objectives. 3. We will provide recommendations for your individual financial program. 4. We will recommend diversified investments and saving programs for both long and short term goals. 5. Identify tax reduction strategies that are suitable for your overall plan. 6. Include specific recommendations of action. Fred Freedy (537-4505), is a Senior Account Executive with Waddell & Reed Inc. He has 18 years experience as a financial planner. Waddell & Reed Inc. is a subsidiary of Touchmark Corp., a National Financial Services Organization dedicated to serving the financial planning needs of individuals, families, business and organizations. Time: September 13 Fee: $15 Individual Location: Colony Square Building, 555 Poyntz Conference Room

What Managed Money Can Do For You
Fred Freedy Date: October 4 Time: 7-9:30 pm Fee: $25 Individual Location: Colony Square Building, 555 Poyntz Conference Room

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

Financial Strategies for a Successful Retirement
Are you comfortable with your financial future? This four hour seminar is designed to help you prepare financially for your retirement. You will learn how to generate a steady income, protect your assets from inflation, minimize taxes, and provide a secure retirement. Each participant will receive a 52-page workbook, a dataform, and a non-sates oriented counseling session. This seminar will help you allocate your financial resources. Guy Almeling (266-8333) is in private financial planning practice and conducts individual consultation and seminars. Date: September 7, 14, 21 & 28 Time: 7 - 9:30 pm (Wednesday) Fee: $39 Individual $49 Couple Location: 107 Blumert Hall, KSU

Financial Strategies for a Successful Retirement
Guy Almeling Date: October 13, 19 & 26 Time: 7 - 9:30 pm (Wednesday) Fee: $39 Individual $49 Couple Location: 107 Blumert Hall, KSU

Informed Investing Workshop
What is a mutual fund? Why are you invited annually such a hot investment? How should I plan for my retirement? This three-hour course will answer these popular questions and much more. It should be beneficial to both the beginning and more experienced investor. Each course is independent of the others, but all three are designed to make you a more successful investor in today's complex world. Tom Fryer (537-1234) is a Vice President of Commerce Bank, Manhattan. He has been with Commerce Bank since 1964 and has managed the brokerage department the last four years. Tom has a B.A. in Science, and a Certified Financial Planner (CFP). His licenses include Series 7 and 63 registered securities and a Life Insurance license. Date: September 13 Time: 7 - 9:30 pm (Tuesday) Fee: $15 Individual/$32 Couple Series of 3 classes $99, $109 & $119 Location: Commerce Bank 727 Poyntz Ave

Beginning Investment Strategy
Tom Fryer Date: October 13 Time: 7 - 8:30 pm (Tuesday) Fee: $15 Individual/$32 Couple Series of 3 classes $99, $109 & $119 Location: Commerce Bank 727 Poyntz Ave

Retirement Planning
Tom Fryer Date: November 12 Time: 7 - 8:30 pm (Tuesday) Fee: $15 Individual/$32 Couple Series of 3 classes $99, $109 & $119 Location: Commerce Bank 727 Poyntz Ave

How To Make Your Life Less Taxing
Tom Fryer Date: November 13 Time: 7 - 8:30 pm (Tuesday) Fee: $15 Individual/$32 Couple Series of 3 classes $99, $109 & $119 Location: Commerce Bank 727 Poyntz Ave

Don't miss the COMPUTER section of the catalog.

How to Watch a Good Program Die
Nothing kills a UMF class faster than participants who walk in after the last minute to enroll. Classes will be canceled if there is a low enrollment. PLEASE REGISTER EARLY!

REGISTRATION INFORMATION on the back cover.
Recreation
1221 Thurston 539-8763

Introduction to Golf
A short course geared for beginners and intermediate players. The fundamentals of the full swing, short game, pitching, chipping, and putting will be covered. Get some fresh air and fun out if golf is the spot for you. Some class time will be devoted to equipment used to play golf, rules, etiquette, course, and on the course, registering to play, use of scorecard and handicap.

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

Date: August 25, September 1, 15 & 18
Time: 6:30 pm (Thursdays)
Fee: $51
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

Ballroom Dance I
Ballroom dancing is back! Time, Newsweek, and Southern Living report the ballroom dancing is popular throughout the U.S. Manhattan is no exception. Join the hundreds of people who have learned to dance through UFM. You will learn to dance Waltz, Swing and more. You will be dancing social and the spacious floor. So, sign up with a friend or two, and we will have fun learning how to dance with someone in your arms. Chance fill quickly. It is advisable to register early. No Street Shoe

Michael Bennett (776-7567), has trained in Ballroom Dance at U.C. Berkeley, Manhattan Ballroom, San Francisco, Alhambra Ballrooms, Oakland CA; Chicago Dance Studio, Chicago IL, and Avenue Ballroom, San Francisco. He was the 1986 San Francisco Avenue Ballroom Dancing Champion. Nelli Weather has been helping Michael teach dance for 5 years and has been dancing all of her life. She is from Ireland and learned dance in the British and Irish school systems.

Date: Sept 9 - Nov 4
Time: 6:30 - 7:30 pm (Fridays)
Fee: $52 Individual / $60 couple
Location: Seven Dolors Grade School Gymnasium 306 S Juliette

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

Michael Bennett & Nelli Weather
Date: Sept 9 - Nov 4
Time: 7:30 - 8:30 pm (Fridays)
Fee: $52 Individual / $60 couple
Location: Seven Dolors Grade School Gymnasium 306 S Juliette

Tennis: Junior Beginners
Ages 7 - 16
Tennis: Junior Beginners 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 Teedendorf, M.S., Kinesthesiology, played tennis for Cio College, Cedar Rapids, Iowa and continues to compete actively.

Date: September 13, 20, 27 & Oct 4
Time: 6 - 7 pm (Tuesdays)
Fee: $53
Location: LP Washburn Rec Complex, KSU

Tennis: Beginners
Ages 17 and Up
This class will focus on fundamentals of strokes, basic rules of play and beginning competition.

Mark Teedendorf

Date: September 13, 20, 27 & Oct 4
Time: 7 - 8 pm (Tuesdays)
Fee: $53
Location: LP Washburn Rec Complex, KSU

Golf
*One hour optional KSU credit available.

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

Date: August 22-28, October 5 & 12
Time: 6 pm (Wednesday)
Fee: $31
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

Golf
*One hour optional KSU credit available.

Jan Gregory

Date: September 25 - October 13
Time: 9:30 - 11:30 am (Thursdays)
Fee: $51 Non-credit / $103 credit
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd

Jazzercise
Jazzercise is a unique combination of aerobics, jazz dance and popular music. Each class consists of a warm up, aerobic segment, muscle toning and a final cool down. Suitable for all fitness levels. Jazzercise is so much fun you'll forget you're exercising!

Anne Wiley (776-7599), has been involved with Jazzercise for over seven years. The first 2 spent as a student and the next 5 as an instructor. Having just 30 yrs this year with Jazzercise she knows how important exercise is to our daily lives.

Date: Sept 7 - Sept 30
Time: 5 - 10 am (Mon, Wed & Fri)
Fee: $39
Location: EUC Campus Center
2021 Donation

STAGG HILL GOLF CLUB
K-18 West
For all your golfing needs
Fully equipped pro shop
Professional golf instruction available (individual & group)
Club regrinding & repair
539-1041
Jim Gregory, PGA Professional

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’s

50¢ off any purchase with this coupon.
Open: 11 am - 11 pm Daily
11th & Moro
Aggieville
537-1616
Expires 12-31-94

THANK YOU ADVERTISERS for your loyal support
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 upon successful completion of the course. Textbooks will be available at the first class and are included in the fee.

Endi Forster (537-2180).

Date: November 8 & 15
Time: 6 - 10 pm (Tuesday)
Fee: $60 includes books
Location: American Red Cross
1014 Poyntz

CPR for the Professional Rescuer RH-06
This revised BLS course is intended to teach individuals who are expected to respond to an emergency. Rescuers will learn to respond in the EMS system, reduce the risk of cardiac arrest, prioritize care, recognize and provide care for respiratory and cardiac emergencies. You will learn to perform specialized skill and techniques for two-rescuer CPR and special rescue situations, including the administration of drugs and how to minimize the risk of disease transmission. Red Cross Certification is given on successful completion of the course.

Endi Forster
Date: September 13 & 20
Time: 6:30 - 9:30 pm (Tuesday)
Fee: $90 includes books and materials
Location: American Red Cross
1014 Poyntz

Standard First Aid Progression RH-07
This course includes identifying and caring for life-threatening bleeding, sudden illness, and shock.

Note: Requirement for the Standard First Aid Progression course is completion of the level B or level C CPR course.

Adult, Community CPR or CPR for the Professional Rescuer course.

Endi Forster (537-2180).

Date: October 11
Time: 6 - 9 pm (Thursday)
Fee: $80 includes books & materials
Location: American Red Cross
1014 Poyntz

Fitness Walking RH-15
Fitness Walking or exercise walking, is growing in popularity as an exercise opportunity for people of all ages. Fitness walking is a healthy, aerobic alternative to jogging and aerobic dance. We will discuss ways to keep workouts safe and enjoyable, advantageous of walking, places to walk, proper shoes and apparel, and starting and maintaining a walking program. It is a part of this group and learn how to improve your physical fitness through walking. It’s fun of 5m!

Teresa Hilliard
Date: September 27
Time: 7 - 9 pm (Tuesday)
Fee: $11
Location: Senior Center
412 LEAvenworth

Fitness Walking RH-16
October 13
Time: 7 - 9 pm (Thursday)
Fee: $11
Location: Senior Center
412 LEAvenworth

Fitness Walking RH-17
November 10
Time: 7 - 9 pm (Thursday)
Fee: $11
Location: Senior Center
412 LEAvenworth

GRE Preparation Course Sept. 9-20 (Tue. & Thr.), 6:30-9:30 p.m. Oct. 2 (Sat.), 8 a.m.-12 noon
Analysis and review consists of the three GRE subject tests, math, logic and verbal skills
For registration or more information, call UFM 539-8763

How to REALLY Benefit from Exercise
If you are frustrated with your current exercise program, needing to start again, or asking yourself any of the following questions this class is for you!
1. Why am I NOT seeing results?
2. How can I stay motivated?
3. What is cross training?
4. Does this always equal fat?
5. How often should I exercise?
This class is intended to teach the importance of exercise as a way of life. Teresa Hilliard, has been teaching aerobic fitness and weight training for over 12 years. She is certified through the American Council on Exercise and believes exercise should be efficient and fun.

Date: September 15 & 22
Time: 7 - 9 pm (Thursday)
 Fee: $11
Location: UFM Conference Room

The Simple Habits of Excellent Health
Learn what simple steps you can take into habits to restore and maintain health. Discuss how to identify and work the simple habits into your lifestyle so that you reap the rewards instead of just thinking about them.
Dr. Clark Peterson (776-5778), has been serving Manhattan since 1988. His goal is for people to obtain the best state of good health possible and maintain that health.

Date: September 13
Time: 7:30 - 8:30 pm (Tuesday)
Fee: $8
Location: 1522 Westlup

The Simple Habits of Excellent Health
Dr. Clark Peterson
Date: September 27
Time: 7:30 - 8:30 pm (Tuesday)
Fee: $8
Location: 1522 Westlup

The Simple Habits of Excellent Health
Dr. Clark Peterson
Date: October 8
Time: 7:30 - 8:30 pm (Tuesday)
Fee: $8
Location: 1522 Westlup

Chinese Tai Chi’ SP-06
Class information on page 18

Yoga SP-15
Class information on page 19

JAZZERCISE class in the Recreation section RH-14

Preschool Dance YO-04
This is a fun pre-ballet class for children aged 3 to 4. The class meets once a week for 45 minutes.

LaShama Harrison (539-3613) has been involved in dance for 14 years. She has two years experience as a teaching assistant and two years as a dance instructor.

Date: September 5 - October 11
Time: 6:30 - 7:15 pm (Monday)
Fee: $25
Location: Manhattan Gymnastics Center
2055 SkyVee Lane

Preschool Dance YO-05
This is a fun pre-ballet class for children aged 5 to 6. The class meets once a week for 45 minutes.

LaShama Harrison
Date: September 5 - October 11
Time: 6 - 6:45 pm (Thursday)
Fee: $25
Location: Manhattan Gymnastics Center
2055 SkyVee Lane

Beginning Dance YO-06
Beginning dancers will learn a combination of ballet and jazz dance while they improve their coordination and balance. The class will meet for 45 minutes once a week.

LaShama Harrison
Date: September 7 - October 12
Time: 5:30 - 6:15 pm (Wednesday)
Fee: $25
Location: Manhattan Gymnastics Center
2055 SkyVee Lane

Tumbling Tots YO-07
This class is for children aged 3 to 5. It teaches strength, flexibility, and coordination in a fun atmosphere. The class meets once a week for 45 minutes.

Dan Brown (539-3613), has had 8 years of gymnastics coaching experience, is Safety certified by USA Gymnastics, and is a certified instructor of USA Gymnastics Professional Development Program.

Date: September 7 - October 12
Time: 6 - 6:45 pm (Wednesday)
Fee: $25
Location: Manhattan Gymnastics Center
2055 SkyVee Lane

PATRONIZE OUR ADVERTISERS! Let advertisers know you saw their ad in the UFM Catalog.
**Beginning Ballet**

**YO-01**

**Do you dream of becoming a dancer? This very basic introduction to ballet can be that first step. Children ages 3-12 years will learn basics of dance movement and practice some simple ballet-type steps. The discipline of ballet transcends in other forms of dance including jazz, tap and modern dance.**

**Portia Sasso, is 16 years old, and currently she is attending Manhattan High School. She has been dancing for 13 years and she is considering a career in dance.**

**Date:** September 8, 11, 15, 20 & 22  
**Time:** 6:00 - 6:30 pm (Tues & Thurs)  
**Fee:** $17  
**Location:** UPM Banquet Room

**Beginning Ballet**

**YO-02**

**Portia Sasso**

**Date:** September 8, 11, 15, 20 & 22  
**Time:** 6:30 - 7:00 pm (Tues & Thurs)  
**Fee:** $17  
**Location:** UPM Banquet Room

---

**Parent Teacher Conference - Enrichment Days**

**YO-08**

**Provide your children (grades K-3) some supervised fun and activity during Fall Parent-Teacher Conference Days. Children love for mini-workshops which may include art and crafts, music, science, humanities, and others. For further information call UPM (539-8783). We'll have a great time! A fun lunch will be catered.**

**UPM Staff**

**Date:** November 3  
**Time:** 8 am - 5 pm (Thursday)  
**Fee:** $18 half day  
**Location:** Woodrow Wilson School  
**Juliette and Oracle

**Parent Teacher Conference - Enrichment Days**

**YO-09**

**UPM Staff**

**Date:** November 4  
**Time:** 8 am - 5 pm (Friday)  
**Fee:** $14 half day  
**Location:** Woodrow Wilson School  
**Juliette and Oracle

---

**Kids on Campus**

**YO-10**

**Join us for a full-filled educational field trip of the Kansas State Campus. We will visit several departments with interesting activities, take time out for recreation, eat lunch in the Union and return to UPM. This program is geared for children 6-6th grade. Call UPM 539-8783 for a complete list of activities.**

**UPM Staff**

**Date:** November 3  
**Time:** 8 am - 5 pm  
**Fee:** $20  
**Location:** Meet at UPM

---

**Enrichment Workshop**

**YO-11**

**A day alone starts for a 4th, 5th or 6th grade student can be long and boring. While school is out for Parent Teacher conferences join UPM and Wonder Workshop for a day of activities that will provide enrichment and fun. Bring a sack lunch.**

**Date:** November 4  
**Time:** 8 am - 5 pm (Friday)  
**Fee:** $20  
**Location:** Wonder Workshop  
**Manhattan Arts Center  
1522 Proof

---

**Children's Morning Playgroup**

**YO-03**

**Join us as an engaging support group for at-home parents. Pre-school age children will play while parents visit with other parents. Parents are responsible for their own children, so no separation is necessary. During nice weather we will meet outside, and during inclement weather we will meet in the homes of participants. These groups have been in existence for 18 years. Val Hilburn (786-0832), is interested in getting children together for play as well as giving at-home parents an opportunity to share and interact.**

**Date:** September 8 - December 15  
**Time:** 10 - 11 am (Thursdays)  
**Fee:** $7  
**Location:** Coordinator will contact with location

---

**Introduction to the Nutcracker Ballet I**

**YO-15**

A beginning ballet class designed to provide exposure to ballet for children 4-7 years old in a fun and exciting experience. Equip yourself with the beginning ballet technique while dancing to the Nutcracker Ballet. Formal dance attire is not necessary.

**Randi Dale (539-5767), has taught dance for 29 years. Her dance studio thrived in the 1950's and 1960's. She is a certified teacher with a Masters degree in Education. Randi's students have appeared in the July 1994 issue of Popular Photography.**

**Date:** September 9 & 16  
**Time:** 6 - 6:45 pm (Friday)  
**Fee:** $25  
**Location:** 2416 Rogers Blvd

**Hoop and Lace Pictures**

**YO-17**

Hoop and Lace pictures are a wonderful way to decorate your home, your room, or to give as a gift. The look can be soft and romantic, country style, reflect a fantasy, a favorite animal, cartoon characters, homemade themes and more! Simple to make and very fast, too! In class we will complete 1 picture frame and see a demonstration of how to do several more. Bring to class a fabric/cotton/embroidery hoop large enough to go around the picture, lace sufficient to go around the outside of picture, and a hot glue gun.

**Karen E Garza (776-0359), Karen has had a life long passion for sewing, needlework and sewing education (1973-1976) at Bluffton College in Bluffton, Ohio and began teaching sewing and personalized printing in 1978. Karen has also taken a black, black list of over 60 gadgets that she has in her industrious design closet. Her goal is to make the textile and Fiber Arts fast, easy and fun for everyone!**

**Date:** November 3  
**Time:** 4:30 - 6:30 pm (Monday)  
**Fee:** $10  
**Location:** UPM Multipurpose Room

**Learn to Crochet - Christmas Ornaments and Garland**

**YO-18**

Learning to crochet is easy for anyone! You will learn to make Chain Garland, Curly Garland, Curly iPods, Chain Star and Curly loxids Hair Bow. All using the 2 basic stitches upon which all other crochet stitches are based. This is a great way to discover whether or not you'd like to continue learning to crochet! Bring to class 1 crochet hook size G or H and 1 roll of habitual worsted in any variegated color.

**Karen E Garza**

**Date:** November 29  
**Time:** 4 - 7 pm (Tuesday)  
**Fee:** $25  
**Location:** UPM Multipurpose Room

**Easy Beaded Christmas Decorations**

**YO-19**

Beaded Christmas Ornaments are very quick and easy to make. With minimal supplies you can make fun and elegant designs. There is something to please everyone! These ornaments are especially pretty hanging in a window so do not hang them on, or hanging in a tree or to decorate that special gift package. Once you start creating, you won't be able to stop! A supply list will be available at registration.

**Karen E Garza**

**Date:** December 6  
**Time:** 4 - 7 pm (Tuesday)  
**Fee:** $15  
**Location:** UPM Conference Room

---

**Special THANKS TO THE UPM INSTRUCTORS who volunteer their time.**
### Registration by Mail

Complete the registration form and mail it 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.

### Registration by Phone

With your VISA, Discover or MasterCard number and expiration date ready, call (913) 539-8763 during regular business hours. A minimum of $5 can be accepted.

### Registration in Person

Stop by the UFM House, 1221 Thurston
HOURS:
- 8:30 am - 12 Noon
- 1:00 pm - 5:00 pm
- Monday through Friday

Scholarships for youth classes are available. Call UFM, 539-8763.

*This catalog printed on recycled paper*

---

**FOR YOU...**

**UFM 1221 Thurston**
**Class Registration**
Manhattan, KS 66502
539-8763

<table>
<thead>
<tr>
<th>Student Name</th>
<th>Evening Phone</th>
<th>Day Phone</th>
<th>City</th>
<th>State Kansas Zip</th>
<th>Social Security No</th>
<th>Age Under 18 exact age</th>
<th>19-24</th>
<th>25-59</th>
<th>60+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent Name</td>
<td>Student is Under Age 18</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CLASS #</th>
<th>Session</th>
<th>TITLE</th>
<th>FEE</th>
<th>LOCATION</th>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
</table>

- Tax Deductible Donation Total
- I hereby authorize the use of my Visa [ ] MasterCard [ ] Discover [ ]
- Signature

### Details

**Card Number**
**Expiration Date**

**Participant Statistics:**
- KSU Student [ ]
- KSU Faculty/Staff [ ]
- F R I V [ ] Other [ ]

**Where did you obtain your catalog?**

**I am participating upon my own initiative and upon my own assumption of risk in a University For Manfred program. I hereby agree, for myself and on behalf of all who may benefit or be benefited by my participation and the University For Manfred hereinafter referred to as the University, to hold University For Manfred harmless as to liability for such injury.**

**Signature**
**Date**

---

**FOR A FRIEND...**

**UFM 1221 Thurston**
**Class Registration**
Manhattan, KS 66502
539-8763

<table>
<thead>
<tr>
<th>Student Name</th>
<th>Evening Phone</th>
<th>Day Phone</th>
<th>City</th>
<th>State Kansas Zip</th>
<th>Social Security No</th>
<th>Age Under 18 exact age</th>
<th>19-24</th>
<th>25-59</th>
<th>60+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent Name</td>
<td>Student is Under Age 18</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CLASS #</th>
<th>Session</th>
<th>TITLE</th>
<th>FEE</th>
<th>LOCATION</th>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
</table>

- Tax Deductible Donation Total
- I hereby authorize the use of my Visa [ ] MasterCard [ ] Discover [ ]
- Signature

### Details

**Card Number**
**Expiration Date**

**Participant Statistics:**
- KSU Student [ ]
- KSU Faculty/Staff [ ]
- F R I V [ ] Other [ ]

**Where did you obtain your catalog?**

**I am participating upon my own initiative and upon my own assumption of risk in a University For Manfred program. I hereby agree, for myself and on behalf of all who may benefit or be benefited by my participation and the University For Manfred hereinafter referred to as the University, to hold University For Manfred harmless as to liability for such injury.**

**Signature**
**Date**

---

**Office Use Only**
**Date Received**
**Staff**
**Amount**
**Total Paid**
**Date**
**Staff**
**Amount**
**Total Paid**

**Office Use Only**
**Date Received**
**Staff**
**Amount**
**Total Paid**
**Date**
**Staff**
**Amount**
**Total Paid**