Dear Friends,

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

Each year UFM brings together hundreds of volunteer teachers with thousands of learners. UFM helps connect the university and the people of the community as they share interests. The connections that have happened through classes have led UFM to become involved in other concerns and projects. If you would like to learn more about these projects, call UFM and ask for additional information.

Executive Director - Linda Inlow Teener
Educational Coordinator - Tresa Weaver
State Outreach Coordinator - Anita Madison
Lou Douglas Lecture Coordinator - Gloria Rumsey
Family Literacy Coordinator - Michael Cody
Office Coordinator - Bonnie Wellnienier

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

We hope you enjoy this catalog of Leisure Learning opportunities!

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* Write It Down & Visualize Manhattan Arts Council

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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.

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

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 and 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.

THANK YOU ADVERTISERS for your loyal support

WHERE WE'RE LOCATED

UFM 1221 Thurston
Bertrand St.
Thurston St.
Kearney St.
Vatter St.
Anderson Ave.
Manhattan Ave.
Bluemont Ave.

BOARD OF DIRECTORS

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Executive Director UFM
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Dean Stramel
John Potter

The hottest mix in Kansas

Q103.5

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

DATE TIME LOCATION
Aug 25, T 4pm - 6pm Public Library
Aug 21, M 10am - 2pm KSU Union
Aug 22, T 10am - 2pm KSU Union

Registration continues throughout the semester:
UFM House - 1221 Thurston
8:30 am - 5 pm closed 12 Noon - 1 pm

MAILING YOUR REGISTRATION?
Class confirmations will not be sent unless 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.

USE REGISTRATION FORM ON THE BACK COVER.
Learn to Swim Classes

UFM and the Division of Continuing Education are pleased to present the American Red Cross Learn to Swim Program Levels I - VII plus adult swim classes. Small classes allow a thoroughly guided instructional approach in stroke technique and water safety. Water Safety is reinforced with tips and practice each day.

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

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

Parents’ Day Dates: Oct 9, 10 – November 2021 & Oct 14, Check to see which date applies to your session.

LOCATION: KSU Natatorium - Ahearne Complex
Lockers are available for use during classes. Participants must supply towels and swimsuits. Showers are required before entering the water.

Note: Minimum enrollment for all classes is 5. If less than 5 enroll, classes of the same level may be combined or canceled.

BEGINNING & ENDING DATES:
Session A: Mon-Wed Sept 14- Oct 18
Tues/Thurs Sept 16 - Oct 19

Session B: Mon-Wed Oct 31 – Nov 6
Tues/Thurs Oct 31 - Dec 7

No Classes: Wed/Thurs Nov 22 & 23

Session C: Saturday Sept 9 – Dec 9
No Classes: Saturday, Oct 2 & Nov 25

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

Session A: (See dates above)
AQ-05A Monday 6:05 - 6:45 pm
AQ-05A Mon-Wed 6:30 - 7:30 pm
AQ-05A Tues/Thurs 6:30 - 7:30 pm

Session B: (See dates above)
AQ-05B Monday 6:05 - 6:45 pm
AQ-05B Mon-Wed 6:30 - 7:30 pm
AQ-05B Tues/Thurs 6:30 - 7:30 pm
AQ-05B Thurs/Fri 6:30 - 7:30 pm

Session C: (See dates above)
AQ-05C Saturday 9:00 - 9:40 am
AQ-05C Sat/Sun 10:00 - 10:40 am

Fees: $35 per session

Level II: Primary Skills
The objective of Level II is to give students success with fundamental skills. Students learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills and adds to the self-help and basic rescue skills begun in Level I.

Students entering this course must have a Level I certificate or must be able to demonstrate all the completion requirements in Level I.

Session A: (See dates above)
AQ-10A Monday 6:05 - 6:45 pm
AQ-10A Mon-Wed 6:30 - 7:30 pm
AQ-10A Tues/Thurs 6:30 - 7:30 pm
AQ-10A Mon-Wed 6:30 - 7:30 pm
AQ-10A Tues/Thurs 6:30 - 7:30 pm

Session B: (See dates above)
AQ-10B Monday 6:05 - 6:45 pm
AQ-10B Mon-Wed 6:30 - 7:30 pm
AQ-10B Tues/Thurs 6:30 - 7:30 pm

Session C: (See dates above)
AQ-10C Saturday 9:00 - 9:40 am
AQ-10C Sat/Sun 10:00 - 10:40 am

Fees: $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 forward crawl. They will be introduced to the elementary backstroke and to the fundamentals of treading water. Students will also learn rules for safe diving and begin to learn to dive from the side of the pool. Students entering this course must have a Level II certificate or must be able to demonstrate all the completion requirements in Level II.

Session A: (See dates above)
AQ-15A Monday 6:05 - 6:45 pm
AQ-15A Mon-Wed 6:30 - 7:30 pm
AQ-15A Tues/Thurs 6:30 - 7:30 pm
AQ-15A Mon-Wed 6:30 - 7:30 pm
AQ-15A Tues/Thurs 6:30 - 7:30 pm

Session B: (See dates above)
AQ-15B Monday 6:05 - 6:45 pm
AQ-15B Mon-Wed 6:30 - 7:30 pm
AQ-15B Tues/Thurs 6:30 - 7:30 pm
AQ-15B Mon-Wed 6:30 - 7:30 pm
AQ-15B Tues/Thurs 6:30 - 7:30 pm

Session C: (See dates above)
AQ-15C Saturday 9:00 - 9:40 am
AQ-15C Sat/Sun 10:00 - 10:40 am

Fees: $35 per session

SCHOLARSHIPS for YOUTH
Apply at UFM, 1221 Thurston
359-8763

Need your certification?
LifeGuard Training
LifeGuard Training Review
LifeGuard Training Upgrade
Water Safety Instructor
Look for classes in the Spring UFM catalog.
Swimming I
*One hour optional KSU credit available
This course is designed ONLY for students who have a fear of the water, and those with little or no water experience. It will address the needs of the truly beginning swimmer. Emphasis will be on acquiring skills, knowledge and attitudes necessary to become safe in or near the water; learning basic stroke technique and survival skills; and being able to assist others in an aquatic emergency by performing elementary forms of rescue.
Textbook required: Swimming and Diving
Carol Stites
Date: August 21 - October 27
Time: 9:30-10am (Tues & Thurs)
Fee: $60 noncredit
$114 credit
Location: KU Natatorium

Swim and Stay Fit
Ages 13 plus
Swims and Stay Fit is for individuals who can swim adequately but who need to lose weight. The lap pool is available to adults and advanced swimmers to swim regularly and frequently. You may choose your 40 minute block of time during the below scheduled times.
Session A: (See dates above)
AQ-20A Mon - Thurs 6:30 - 7:30pm
AQ-20B Mon - Thurs 6:30 - 7:30pm
Session C: (See dates above)
AQ-20C Mon - Thurs 6:30 - 7:30pm
Fee: $20 per session

Swim and Stay Fit for Parents
Are you tired of being just an observer at your child's swimming lessons? If so, then take advantage of the time you spend watching and enroll in our 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 fitness needs and goals.
Session A: (See dates above)
AQ-20A Mon - Thurs 6:30 - 7:30pm
Session B: (See dates above)
AQ-20B Mon - Thurs 6:30 - 7:30pm
Session C: (See dates above)
AQ-20C Mon - Thurs 6:30 - 7:30pm
Fee: $15 per session

Hydroaerobics
Ages 16 plus
This class is designed using water exercises for the development of physical fitness, muscle tone, flexibility, and cardiovascular endurance. Open to non-swimmers and swimmers alike.
Session A: (See dates above)
AQ-30A Mon - Wed 6:00 - 6:55pm
AQ-30B Tue - Thurs 6:00 - 6:55pm
Fee: $18 per session

Level V: Stroke Refinement
The objective of Level V is consolidation and refinement of key strokes. Students will be introduced to the butterfly, open turns, the free-style surface dive and springboard diving. Participants learn to perform the front crawl and back crawl for increased distance and to perform the sidestroke and breaststroke. Students entering this course must have a Level IV certificate or must be able to demonstrate all the course requirements in Level IV.
Session A: (See dates above)
AQ-21A Mon - Wed 6:30 - 7:30pm
AQ-21B Tue - Fri 6:30 - 7:30pm
AQ-21C Sat 9:00 - 10:40am
Fee: $15 per session

Level VI: Skill Proficiency
The objective of Level VI is to polish strokes so students swim them with more ease, efficiency, power, and smoothness over greater distances. Students develop considerable endurance by the end of this course. Additional practice is helpful to develop and maintain the stroke refinement of Level VII. Participants will be introduced to additional strokes as well as the pike and tuck partner dives. Students entering this course must have a Level V certificate or must be able to demonstrate all the skills required to complete Level V.
Session A: (See dates above)
AQ-21A Mon - Wed 6:30 - 7:30pm
AQ-21B Tue - Fri 6:30 - 7:30pm
AQ-21C Sat 9:00 - 10:40am
Fee: $15 per session

Level VII: Advanced Skills
The objective of Level VII is to perfect strokes and to develop good fitness habits. Participants are urged to use aquatic activities throughout 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, skis, diving and competitive swimming. Participants entering this course must have a Level VI certificate or must be able to demonstrate all the completion requirements in Level VI.
Session A: (See dates above)
AQ-22A Mon - Wed 6:30 - 7:30pm
Session B: (See dates above)
AQ-22B Tue - Fri 6:30 - 7:30pm
Session C: (See dates above)
AQ-22C Sat 9:00 - 10:40am
Fee: $15 per session

MANHATTAN CIVIC THEATRE
Little Shop of Horrors
Sept. 22-24, 28-30, Oct. 1
Harvey
Nov. 10-12, 16-19
Crimes of the Heart
Feb. 2-4, 8-11
Lend Me a Tenor
Mar. 8-10, 14-17
The Sound of Music
May 3-5, 9-12

Look for the UFM Catalog on UNICORN.
Kayak Workshop

Experienced or Beginner - this workshop has something for you. It is designed to provide:
- pool practice for experienced kayakers
- critique of rolls and strokes for individuals who have basic kayaking skills
- an opportunity for persons who are considering entering the sport to try kayaking in an informal setting.

Boats are available for rent at a nominal fee at the pool, or you can bring your own.

T.J. Hulse and Rea Rappe (539-7772), have been teaching for nearly 15 years. They are both Certified Red Cross Kayak Instructors. T.J. is also certified as an

Encroached Trainer.

Date: November 5
Time: 9 am - 1 pm (Sunday)
Fee: $7
Location: KSU Natatorium

Kayak Workshop

T.J. Hulse and Rea Rappe

Date: November 12
Time: 9 am - 1 pm (Sunday)
Fee: $7
Location: KSU Natatorium

Aquatics (Continued)

Scuba Diving

This class will prepare students for Open Water One certification. The certificate is included in the class fee, however neither UW nor ISU is responsible for the certification. Travel and lodging are at the student's expense. The certification classes will be explained at the first class meeting. Students must provide their own mask, fins, and snorkel. The class fee includes instruction, the dive manual, and equipment rental during class. Students will practice with air tanks a minimum of five classes (Estimated cost for mask, $40-50; snorkel, $30 - $50; fins, $40-50). Limit: 10 students. Minimum age 15. Parents of 12-15 year olds must accompany children at poolside. A complete physical is required for participants aged 45 and up.

Free Scuba Demonstration will be held in the KSU Natatorium on Friday, September 8 from 6:00 - 7:30 pm. This session will acquaint participants with the skills and techniques of safe underwater diving. Bring swimsuits and be prepared to enter the water.

Jeff Wilson, has been diving for 24 years and instructing scuba for 14 years.

Date: September 9 - October 14
Time: 9 am - 1 pm (Saturday)
Fee: $25
Location: KSU Natatorium

Aquatics (Continued)

Scuba Refresher

The dive refresher program is designed to provide a controlled training environment for those certified divers who have not had recent diving experience. This program is recommended for:
1. Those with less than 6 open water dives in the past year.
2. Those with no water dives in the past 6 months.
3. Those planning dives in an environment which is new to them.

Pre-requisite: Open Water I certification. Participants must provide their own mask, fins, and snorkels for the course. They may use their own equipment if they have it. Age 12 & up.

Jeff Wilson, has been diving for 24 years and has been instructing scuba for 14 years.

Date: November
Time: 3 - 7 pm (Sunday)
Fee: $25 (include equipment rental)
Location: KSU Natatorium

Private Lessons for Special Populations

For people with special physical or mental needs.

Arrangements will be considered for private swimming lessons. Soon after registration, an instructor will contact the student and arrange to teach 6 classes of 30 minutes each. The facility is equipped with a lift and a set of stairs leading into the pool.

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

Private Lessons

These lessons provide one-on-one instruction for any level of swimmer. All instructors are Water Safety Instructors certified by the American Red Cross. Soon after registration, an instructor will contact the student to schedule 6 classes of 30 minutes each.

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

Catherine L. Fung, PhD

UFM on Channel 19

5:00 p.m. Tuesdays &
4:30 p.m. Wednesdays

Sept 5, 6
Dr. Karim Kone

Sept 12, 13
Pre-Dr. Richard Podolak

Sept 19, 20
Garbage & Environment

Sept 26, 27
Ben Wlad

Oct 3, 4
Celebration - 8th Year Begins

Oct 10, 11
Costume Creation

Oct 17, 18
Philippine Cooking

Oct 24, 25
Encore! Three Amigos

Oct 31, Nov 1
Raul Restaurant

Nov 7, 8
Shokotan Karate

Nov 14, 15
Philosophy of Karate

Nov 20, 21
Prevention from Food Poisoning

Nov 28, 29
Philippine Group Dance

Dec 5, 6
Spiritual Study Group

Dec 12, 13
Music for Children

Dec 19, 20
Hawaiian Dance (re-run)

Dec 26, 27
Ready for Resolutions?

Do you have a skill or interest you would like to share? Become a UFM instructor! Call the UFM office (539-8763).
Tae Kwon Do Karate I  
1221 THURSTON  539-8763

Tae Kwon Do is a traditional martial art designed to provide the ultimate in unarmed self-defense. Blocking, punching, and kicking develop balance, flexibility, and agility while improving cardiovascular fitness and self-confidence. Teaching methods include class demonstration and practice without physical contact. Each student will be given an opportunity to purchase a uniform and belt at the first class. After two months of class an optional testing to advance in the Tae Kwon Do degree ranking is held in Tepoka. The class is not included in the class fee and a uniform is required for testing. Age 7+.

**Friday, August 25, 4:30 - 5:30 pm - Public Demonstration and formal introduction of instructors in Ahearn Fieldhouse, KSU

Grandmaster Cho Sun Yi (266-8662), an 8th degree black belt with over 38 years experience in Tae Kwon Do. Former Captain and Chief instructor of Tae Kwon Do for the ROK Army during Vietnam, he has held classes at KSU since 1972.

Date:  August 26 - December 7
No class November 25
Time:  6:30 - 7:30 pm (Tues & Thurs)
Fee:  $75
Location:  Ahearn Fieldhouse, KSU

Tae Kwon Do Karate II  
Advanced

Grandmaster Cho Sun Yi

Date:  August 29 - December 7
No class November 23
Time:  7:30 - 8:30 pm (Tues & Thurs)
Fee:  $75
Location:  Ahearn Fieldhouse, KSU

The White Phoenix System

The White Phoenix System is a combination of martial arts methods. This beginning class will concentrate on Kang Fu, Karate, Nunchaku, and Jujitsu, with an emphasis on skills to use in self-defense. 16 years of age and older.

Stan Wilson (537-0732), is the founder of the White Phoenix System. He has studied martial arts for 25 years. He has a library of hundreds of martial arts books and videos. Stan has written a variety of martial arts and self-defense manuals.

Date:  June 6 - December 6
Time:  6:30 - 9:30 pm (Mon & Wed)
Fee:  $35 includes 3 manuals
Location:  Ahearn Fieldhouse, KSU

Learning to Fly
Creative Freestyle section

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

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

WHAT DID WE FORGET?

Name
Address
City
Phone

A good addition to the brochure would be:

I am willing to lead a class on:

I want to be on the mailing list for class brochures.

Return or mail this form to:

UFM
1221 Thurston
Manhattan, KS 66502

All participants must register in advance.
Successful Money Management
How do I get started? What will I have to do to get my affairs in order? How will I provide for my children's education? Will I have enough money when I want to retire? Do I need a will? These questions and many more will be addressed and a financial plan will be provided for each person attending the seminar.
Fred Freeby (537-4505), has been a District Manager, a Division Manager and now is a Senior Account Executive with Waddell & Reed Inc. Fred has 19 years experience in financial planning.

Date: September 22
Time: 7 - 9 pm (Tuesday)
Fee: $8 individual
$12 couple
Location: Colony Square Building, 555 Poyntz
Waddell and Reed Conference Room

GRE Preparation Course
Planning to take the Graduate Record Exam? Take advantage of our GRE preparation program to help improve your score. This comprehensive, up-to-date program offers you these basic ingredients for success: review, strategy, and practice. The carefully designed curriculum consists of both classroom and home study hours. Analysis of your review consists of these three GRE subject areas of Math, Logical and Verbal skills. You will be tested under similar GRE conditions in order to gain test-taking practice and confidence. The practice tests will be analyzed so you can learn the reasons behind the correct answers. Registration includes all in class and in home study materials.
Registration deadline: September 22

Women AND Money
Women's Financial Information Program
7 WORKSHOPS • OCTOBER 3 - NOVEMBER 14
Tuesdays 7 - 9 pm at Riley County Senior Service Center
$30 Registration Fee

Topics in the 7 workshops:
1. Why are you here?
2. Getting Organized
3. Budgeting and Cash Flow
4. Banking and Credit
5. Managing your risks
6. Deciding "What if...?"
7. Investing
   a. Getting started
   b. Getting better
Co-Sponsored by:
American Association of Retired Persons
University for Mankind

Contributing Supporters:
Century Business Systems, Inc.

Supported by a Coalition of:
• KSU Adult Student Services
• Consumer Credit Counseling Services
• Flint Hills Area Service League
• KSU School of Family Studies & Human Services
• AARP, American Business Women's Association, Manhattan Chapter
• AAWU, American Association of Women at University Women, Manhattan Branch

How to Start a Home Based Business
Explore the idea of financial freedom through self-employment. Low cost home-based business opportunities will be reviewed including updates on start-up costs, finding a location, what type of business fits your needs and why having your own business is a must. She'll accompany Shari and be happy to share her experience with you. Young people are encouraged to attend.
Shari Thomas
Date: September 18
Time: 7 pm (Monday)
Fee: $8
Location: UFM Conference Room

Women and Money
The Women's Financial Information Program is designed to help women of all ages be better prepared to make informed financial decisions. The Program will include seminars on assessing your financial situation, getting organized, establishing goals, and developing a workable budget. Participants will learn how to make informed decisions about banking services, credit, legal affairs, insurance, investments and much more. Each 2 hour session will feature a presentation by an objective, well trained individual to cover the topic and then the participants will break into small group workshops which will be led by a facilitator.
The program presenters: Brenda Bell, Vicki Bunton, Sandra Emily, Nancy Buchanan Harris, Jim Marks, Sherry McCoy, Gary Rumsey, Bob Stamely, Dr. Pam Turner and small group facilitators.
Date: October 3 - November 14
Time: 7 - 9 pm (Tuesday)
Fee: $8 includes workbook and handout
$25 (if registered before September 19)
Location: Riley County Senior Service Center
Co-Sponsored by: AARP, Kansas State Bank, New Directions, Seniors' Service Center
Thank You!

ATTENTION!
The following is a list of frequently requested classes that UFM would like to include in the next catalog.
• Yoga
• Calligraphy
• Beginning Photography
Please help us find instructors—call Tresa at UFM, 539-8763.

This program is co-sponsored by UFM and AARP. It is supported by a coalition of community organizations and contributors. For more information regarding this program see information below or call 539-8763.
WordPerfect I

Learn how to use this popular word processing program. Create documents, set up margins and other page formatting, print and save documents. Learn features such as copy, move and how to use two documents at once. Reveals tools and tricks for productivity. Available for 5.1, Dos 6.0 and Windows 6.0 versions.

Hands-on computer time is provided. Please indicate which version of WP you are interested in learning. When you enroll:

Linda Teezer (539-8763), takes an easy to understand, practical approach to learning how to make your computer work for you.

Date: September 13 & 20
Time: 7 - 9 pm (Wednesday)
Fee: $26
Location: UFM Computer Lab

WordPerfect I

Linda Teezer

Date: October 24 & 31
Time: 7 - 9 pm (Wednesday)
Fee: $26
Location: UFM Computer Lab

WordPerfect I

Linda Teezer

Date: November 7 & 14
Time: 7 - 9 pm (Wednesday)
Fee: $26
Location: UFM Computer Lab

Advanced WordPerfect

Use WordPerfect to become more productive and improve the appearance of your documents. Try your hand at designing a newsletter, learn how to create tables, pie charts and graphs. Create an attractive table of contents. Available for 5.1, Dos 6.0 and Windows 6.0 versions. Hands-on computer time is provided. Please indicate the version of WP you are interested in learning. When you enroll:

Linda Teezer (539-8763), takes an easy to understand, practical approach to learning how to make your computer work for you.

Date: October 3,10 & 17
Time: 7 - 9 pm (Tuesday)
Fee: $44
Location: UFM Computer Lab

Individual Computer Help

Welcome to the world of computers. What is a personal computer? How do you use a computer? This course is designed for the individual who has little or no typing experience. You will learn the basics of keyboarding and typing on a computer using WordPerfect 5.1 software. You will have plenty of "hands-on" practice using the computers in our classroom.

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

Date: October 4, 11, 18, 25 & November 1
Time: 7 - 9 pm (Wednesday)
Fee: $33
Location: UFM Computer Lab

Radio Shack

2609 Anderson Ave.
Manhattan, KS 66502
(913) 539-6151

You've got questions. We've got answers.

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

Corporate rates.

THANK YOU ADVERTISERS for your loyal support.


**MONDAY, SEPTEMBER 18**

"FAMILY FARMING IN THE 21ST CENTURY"
A One-Day Conference
Co-Sponsor: Kansas Farmers Union

**BOB BERGLAND**
Former United States Secretary of Agriculture
"To Be Announced"
2:45 p.m., K-State Union Forum Hall

**SARAH VOGEL**
North Dakota Secretary of Agriculture
"Prairie Grass Roots: Economic Development"
4:00 p.m., K-State Union Forum Hall

**LEE SWENSON**
President, National Farmers Union
Panel Member
7:30 p.m., McCain Auditorium

**RON SAMPSON**
President, Mid-America Commercialization Corporation
Panel Member
7:30 p.m., McCain Auditorium

**PANEL DISCUSSION**
7:30 p.m., McCain Auditorium

**PARTICIPANTS:** Bob Bergland, Sarah Vogel, Lee Swenson, Ron Sampson

**MODERATOR:** Marc Johnson
Dean, College of Agriculture

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**THURSDAY, OCTOBER 5**

Dr. M. Joyceelyn Elders
Former U.S. Surgeon General
"Speaking Your Mind on Controversial Issues: Featured Speaker for Racial & Ethnic Harmony Week"
7:30 p.m., McCain Auditorium
Co-Sponsors: Multicultural Affairs
Dorothy Thompson Civil Rights Lectures
& Student Government Association

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**MONDAY, OCTOBER 16**

**WERNER FORNOS**
Director World Population Institute
"Gaining People, Losing Ground: A Blueprint for Stabilizing World Population"
7:30 p.m., K-State Union Forum Hall
Co-sponsors: Students for Sustainability & Northern Flint Hills Chapter of the United Nations Association

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**MONDAY, NOVEMBER 13**

**JACK WEATHERFORD**
Cultural Anthropologist, Macalester College, St. Paul, MN
"Indian Givers: The Native Roots of American Culture"
7:30 p.m., K-State Union Forum Hall
Manhattan Arts Center 1995 Fall Classes
Sponsored by the Manhattan Arts Council, Manhattan Civic Theatre, and Clay Coalition
September 5th - December 19th
at the
Manhattan Arts Center
1520 Poyntz Ave., Manhattan, KS
and the
Arts Center Annex Pottery Studio
1508 Poyntz Ave., Manhattan, KS

Children and Youth classes at the Manhattan Arts Center are underwritten in part by the YES! Fund, a fund of the Robert R. McCormick Tribune Foundation.

All children and youth through the 12th grade will receive a 67% reduction in class fees. Those students who qualify for the "free or reduced school lunch program" will receive a 100% fee deferment.

FREE BUSING
The Manhattan YES! Fund has provided a grant to the Manhattan Arts Council to work in partnership with USD 383 in providing free busing. Students requiring busing will be picked up after school, transported to the Arts Center for classes and returned back to their school. When registering for after-school classes at UFM (539-8763) or Civic Theatre (539-8028), please indicate the need for transportation.

The Manhattan Arts Center, Inc. is a joint project of The Arts Council & Manhattan Civic Theatre, with funding provided in part by The City of Manhattan; Private and Business Donors; the Kansas Arts Commission, a state agency; and the National Endowment for the Arts, a federal agency.

YES! Fund, a fund of the Robert R. McCormick Tribune Foundation.

ACT IT OUT!
Manhattan Civic Theatre Classes

Theatre Classes will be held at the Arts Center Performance Hall
Build a play
Improv
Telling good tales
Murder, Mayhem, and Mime
Clowning Around
Experiment Behind the Scenes

WRITE IT DOWN AND VISUALIZE!
Literary and Visual Arts Classes

Visual Arts Classes will be held in the Arts Center Main Building
Family History Writer's Workshop
Painting Big and Making Murals
Photos on Fabric and Fabric Painting

Mask Making
Personal Images: Exploring Oneself
Through Image and Writing
Making Angels
Arashi Shibori Workshop
(Pole Wrapping)

MAKE IT IN CLAY!
Manhattan Clay Coalition Classes

All Clay Coalition Classes will be held at the Arts Center Annex
Dragons, Myths, and Creatures Houses & Other Whimsies
Pony Tales After Hours Clay Discovery: Hand Built
After School Clay Discovery: Family Clay Adventure
--Hand Built Sculpture Holiday Gifts Galore
--Wheel and Hand Built Clay and Glaze Formulation
Introduction to Clay: Clay in Public View
Wheel & Hand Built Clay In Action: Build A Mural
Clay for Special Needs Populations Primitive Clay Vessels
Wheel and Hand Built Clay

REGISTRATION INFORMATION:
- UFM will handle registration for all classes at 539-8763, except theatre classes which will be registered by calling 539-8028.
- Advance registration to reserve your spot is recommended.
- See the back of the UFM catalog for registration information and instructions.
*Scholarships for children & youth classes are available through the YES! Fund, a fund of the Robert R. McCormick Tribune Foundation.

**ACT IT OUT!**
Manhattan Civic Theatre Classes

*All Civic Theatre Classes will be held in the Arts Center.

**Elementary Classes**

**BUILD-A-PLAY** (Grades 4-6; limit 20 students)
FEE: $24 a YES! Fund Class: you pay $8 or $0*

Can you sing? Can you act? Can you build props? Come share your talents and learn how to "build-a-plays." We will write, direct, and produce our own play.
T & Th  Sept 5 - Oct 12  3:45-5:15 pm

**TELLING GOOD TALES** (Grades 1-6; limit 20 students)
FEE: $24 a YES! Fund Class: you pay $8 or $0*

Once upon a time... telling stories was an important way of sharing hopes, dreams and history. So turn off that TV and come learn the art of story-telling.
T & Th  Oct 17-Nov 16  3:45-5:15 pm

**CLOWNING AROUND** (Grades 1-6; limit 20 students)
FEE: $24 a YES! Fund Class: you pay $8 or $0*

M & W  Nov 20-Dec 20  3:45-5:15 pm

**Secondary Classes**

**IMPROV** (Grades 7-12)
FEE: $30 a YES! Fund Class: you pay $10 or $0*

No preparation required! Everything you ever needed to be good at improv is in your head already--no memorizing lines or movements.
T & Th  Sept 5-Oct 12  3:30-5:30 pm

**MURDER, MAYHEM & MIME** (Grades 7-12)
FEE: $30 a YES! Fund Class: you pay $10 or $0*

Learn the craft of illusion, using mime and make-up.
M & W  Oct 16-Nov 15  3:30-5:30 pm

**EXPERIMENT BEHIND THE SCENES** (Grades 7-12)
FEE: $30 a YES! Fund Class: you pay $10 or $0*

Experiment with the basics of technical stagecraft, props, and writing for an original production.
T & Th  Nov 21-Dec 21  3:30-5:30 pm

**Write It Down And Visualize!**
Literary and Visual Arts Classes

**FAMILY HISTORY WRITER'S WORKSHOP**
All Ages
Location: Arts Center Gallery/Classroom A
Instructor: Charley Kemphorne
FEE: $25 (limit 10, minimum 5)

We will learn about forms and techniques of narrative writing of personal and family history with the intention of publishing our work for our family. Forms such as writing captions for family photos, biography of relatives, autobiography, and keeping a journal will be considered and practiced. Creating scene, writing dialogue and other techniques for telling a story in writing will be discussed and used in writing some of your own history.
AC 531 T  Sept 5, 12, 19, 26, and Oct 3, 10  6-8 pm

**PAINTING BIG AND MAKING MURALS**
All ages, including families
Location: Arts Center Gallery/Classroom A
Instructor: Jane Wegscheider
FEE: $20 (limit 15, minimum 7)

Students will work individually and in small groups on large scale paper murals. Paper murals will be exhibited in the halls of the Arts Center. A historical survey of mural art will also be part of this class.
AC 532 W  Sept 6-Oct 18  3:45 - 5:15 pm
AC 542 W  Nov 1-Dec 13  3:45 - 5:15 pm

**PHOTOS ON FABRIC AND FABRIC PAINTING**
All ages, including families
Instructor: Jane Wegscheider
FEE: $25 (limit 15 students, minimum 7)

This workshop will teach students a simple technique for transferring photographic images onto fabric. A variety of fabric painting techniques will also be explored. Students will then be encouraged to use these techniques in creating their own wearable works of art.
AC 533 T  Sept 5-Oct 17  6:30-8:30 pm

**MASK-MAKING**
All ages, including families
Instructor: Jane Wegscheider
FEE: $25 (limit 15 students, minimum 7)

Using paper mache and a variety of mixed media, students will make decorative wall-hanging masks as well as lightweight wearable masks.
AC 534 W  Sept 6-Oct 18  6:30-8:30 pm

Please register for all Civic Theatre classes at 539-8028.
FESTIVAL

ts for all ages and all skill levels. Sept. 5 - Dec. 19

ARASHI SHIBORI (Pole-Wrapping)
Instructor: Judi Ross
FEE: $40 (limit 12, minimum of 8)
This two day workshop will use a Japanese resist-dye technique. Participants will be working with Procion MX dyes, silk scarves, have access to clamps, blocks, brushes, cotton fabric and immersion dye.
AC 535 Sat & Sun, Oct 14 (9 am-4 pm), Oct 15 (9am-noon)

PERSONAL IMAGES: EXPLORING ONESELF THROUGH IMAGE AND WRITING
Adults/High School Students
Instructor: Jane Wegscheider
FEE: $25 (limit 15 students, minimum 7)
In a series of workshops that will include a variety of drawing and writing exercises, students will use images and objects from their own heritage and present lives (fabrics, photographs, materials from nature [dried flowers, leaves], etc.) along with their own writing to create personally relevant works of art.
AC 543 T Nov 7 - Dec 19 6:30 - 8:30 pm

MAKING ANGELS - A PAPER MACHE WORKSHOP
All ages, including families
Instructor: Jane Wegscheider
FEE: $25 (limit 15 students, minimum 7)
Angels, animals, puppets or dolls... Students will learn how to use molds and armatures to make inexpensive, colorful, sturdy and lightweight figures from their fantasy.
AC 544 W Nov 1 - Dec 13 6:30 - 8:30 pm

MAKE IT IN CLAY!
Manhattan Clay Coalition Classes

DRAGONS, MYTHS AND FAIRY TALES
Instructor: Jane Wegscheider
FEE: $25 a YESI Fund Class: you pay $9 or $0* (limit 8 students)
In this class, students will listen to a Manhattan Public Library book read by a special volunteer friend. Each child will be guided in the making of clay objects inspired by the stories they heard.
CC 331 Ages 4 - 5 yrs. T Sept 5 - Oct 17 2:30 - 3:30 pm
CC 341 Ages 4 - 5 yrs. T Oct 31 - Dec 12 2:30 - 3:30 pm
CC 332 Ages 4 - 5 yrs. W Sept 6 - Oct 18 2:30 - 3:30 pm
CC 342 Ages 4 - 5 yrs. W Nov 1 - Dec 13 2:30 - 3:30 pm

AFTER SCHOOL CLAY DISCOVERY:
HAND BUILT SCULPTURE
Instructors: Katie Carroll or Jane Wegscheider
FEE: $46 a YESI Fund class: you pay $15 or $0*
In this class we will explore ways to sculpt in clay. We will make clay caricatures, animal sculptures and whistles. All materials included; no additional tools needed.
Katie Carroll
CC 333 grades 4-8 M Sept 11 - Oct 23 3:45 - 5:30 pm
CC 343 grades 4-8 M Oct 30 - Dec 11 3:45 - 5:30 pm
Jane Wegscheider
CC 334 grades 1-4 T Sept 5 - Oct 17 3:45 - 5:30 pm
CC 344 grades 1-4 T Oct 31 - Dec 12 3:45- 5:30 pm

AFTER SCHOOL CLAY DISCOVERY:
WHEEL AND HAND BUILT
Instructor: Staff
FEE: $46 a YESI Fund class: you pay $15 or $0* (limit 8 students)
Discover the fun and joy of your hand making clay pots. Wheel-thrown pottery will be the focus for this class. All materials included; no additional tools needed.
CC 335 grades 1-4 W Sept 6 - Oct 18 3:45 - 5:30 pm
CC 345 grades 1-4 W Nov 1 - Dec 13 3:45 - 5:30 pm
CC 336 grades 5-9 Th Sept 7 - Oct 19 3:45 - 5:30 pm
CC 346 grades 5-9 Th Nov 2 - Dec 14 3:45 - 5:30 pm

INTRODUCTION TO CLAY:
WHEEL AND HAND BUILT
Instructor: Gary Tyson
FEE: $62 a YESI Fund youth class: youth participants pay $20 or $0* (limit 8 students)
This class will focus on teaching the beginner the basic skills and techniques of wheel throwing and hand building in clay. All skill levels welcome. (Adults may enroll if space is available)
CC 337 grade 7-12 Sat Sept 9 - Oct 21 9 - 11:30 am
CC 347 grade 7-12 Sat Nov 4 - Dec 16 12:30 - 3 pm

CLASSES FOR YOUTH & ADULTS

WHEEL & HAND BUILT
Instructor: Gene Seivers
FEE: $75 (non-member) or $65 (MCC member)
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 also welcome. Enroll in one or both sessions.
CC 338 M Sept 11 - Oct 23 9 - Noon
CC 348 M Oct 30 - Dec 11 9 - Noon
CC 339 T Sept 5 - Oct 17 9 - Noon
CC 349 T Oct 31 - Dec 12 9 - Noon

Please register for all classes (except theatre) at UFM, 539-8763.
CLAY FOR SPECIAL NEEDS POPULATIONS
Instructor: Joyce Furney
Fee: $42 (non-members) or $38 (MCC members)  
(limit 8 students)
Class designed to meet the needs of persons with developmental or physical challenges. Class meets for six weeks. Scholarships are available.

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<thead>
<tr>
<th>Class</th>
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<th>Time</th>
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<tbody>
<tr>
<td>CC 320</td>
<td>W Sept 20 - Oct 25</td>
<td>1 - 2:30 pm</td>
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<tr>
<td>CC 330</td>
<td>W Nov 8 - Dec 13</td>
<td>1 - 2:30 pm</td>
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CREATURE HOUSES & OTHER WHIMSYES
Instructor: Bee Dunn
Fee: $55 (non-member) or $49 (MCC member)
Come and explore your wide range of creative whimsy in fanciful clay construction. Design and make bird houses, toad caves, and other wildlife shelters for your yard, garden or window. Building techniques used will be hand built and/or wheel thrown and altered.

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<tr>
<td>CC 320</td>
<td>T Sept 5 - Oct 17</td>
<td>1 - 3 pm</td>
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<tr>
<td>CC 360</td>
<td>T Oct 31 - Dec 19</td>
<td>1 - 3 pm</td>
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AFTER HOURS CLAY DISCOVERY: HAND BUILT
Instructor: Laura Fatemi
Fee: $68 (non-member) or $61 (MCC member)
Discover the fun and joy of using your hands to make clay objects. Coil and slab construction techniques will be used to build a variety of projects. Beginners and advanced students welcome.

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<tr>
<td>CC 321</td>
<td>M Sept 11 - Oct 23</td>
<td>7 - 9:30 pm</td>
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<tr>
<td>CC 361</td>
<td>M Oct 30 - Dec 11</td>
<td>7 - 9:30 pm</td>
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FAMILY CLAY ADVENTURE
Instructor: Staff
Fee: $49 for 1st family member, $12 for each thereafter  
a YES! Fund child & youth class: you pay $4 or $0* per child
Discover clay creation with a special family member or mentor. Wheel and/or hand building. All ages welcome.

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<tr>
<td>CC 322</td>
<td>Th Sept 7 - Oct 19</td>
<td>6:30 - 8:30 pm</td>
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<tr>
<td>CC 362</td>
<td>Th Nov 2 - Dec 14</td>
<td>6:30 - 8:30 pm</td>
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CLAY AND GLAZE FORMULATION
Instructor: Gary Tyson
Fee: $48 (non-member) or $36 (MCC member)
a YES! Fund class for any children and youth participants: you pay $13.20 or $0*  
For those potters who want to expand their knowledge of clay and glaze formulation. Students will have the opportunity to formulate and test their own glazes.

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<th>Time</th>
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<tr>
<td>CC 353</td>
<td>W Sept 13, 20, 27 and Oct 11, 18</td>
<td>7 - 9 pm</td>
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HOLIDAY GIFTS GALORE  
Instructor: Staff  
Fee: $65 (non-member adults) or $58 (MCC members)  
a YES! Fund class for any children and youth participants: you pay $21.45 or $0* This exciting class will feature interesting projects you can make for holiday decor and/or gift giving. Students will create unique handcrafted gifts, such as whistles with Kay Hummel, ornaments with Ronna Tyson, candle holders with Joyce Furney, and much more. All ages welcome.

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<th>Class</th>
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<tr>
<td>CC 355</td>
<td>Sat Nov 4 - Dec 16</td>
<td>1 - 3 pm</td>
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Clay in Action Projects
Open to all MCC members and non-members

CLAY IN PUBLIC VIEW
Adults
Project Advisor: Bernd Forister, KSU Dept. of Architecture  
Project Facilitator: Joyce Furney
Fee: $15
Explore the role of public art and identify locations where clay could play an important role in the aesthetic life of the community. Define the contributions that clay can make in a specific location and explore the color and form that could enhance an area that is in public view. Develop production techniques and test appropriate "sketches" in real situations.

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<th>Class</th>
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<tr>
<td>CC 370</td>
<td>W Sept 6, Oct 4, Nov 1, Dec 6</td>
<td>7 - 9 pm</td>
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</table>

PRIMITIVE CLAY VESSELS
Instructor: Gerti McPherson
Fee: $48 (limit 6 students)
PLACE: Classes will all take place on instructor's property, two miles north of Randolph. After enrollment, contact the Arts Council for a map.
Students will be guided through the process of creating pottery from native clay. Emphasis will be on function—pots that can be used to cook in over an open fire and pots that can be used to eat and drink out of. The pottery pieces made by the students will be fired in an outdoor, open firing situation. Students will be expected to help gather the fuel required.

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<tr>
<td>CC 375</td>
<td>Sat Sept 16, 23, 30 and Oct 7</td>
<td>9-12 am</td>
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CLAY IN ACTION: BUILD A MURAL
Project Facilitator: Gary Tyson and Staff
Fee: $15, a YES! Fund Class for any children and youth participants: you pay $4.95 or $0*  
Come be part of this fantastic project! Join the Clay Coalition Community in the construction of a mural for the exterior of the Manhattan Arts Center Pottery Studio. The more the merrier!

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<th>Class</th>
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<th>Time</th>
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<tr>
<td>CC 380</td>
<td>Sat Oct 14</td>
<td>9 am to 5 pm</td>
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OPEN STUDIO
Facility use only, no instruction
Open Studio enrollment is available for people who need no instruction but wish to have use of a well-equipped studio, access to glazes and knowledge that their work will be fired with professional care and attention. Individuals enrolling in Open Studio may sign up for specified times and/or work whenever the studio is not being used by classes.

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<th>Class</th>
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</table>
| CC 390 | W Registration Fee: $10.00, paid at time of enrollment  
Studio Use Fee: $2.75 / use hour, billed monthly  
Clay Fee: $6.25 / 25 lbs. clay used, billed monthly |
|       |            | 3:5-8 pm & Sun. 12:9 pm |

To be eligible for Open Studio Use one must:
1. Be a current member of the Clay Coalition.  
   (Annual membership: $15 for an individual; $25 for a family; $5 for students)
2. Agree to adhere to all studio policies & procedures.  
3. Enroll in Open Studio and agree to pay relevant fees  
4. Arrange to meet with the Studio Manager. (see below)  
5. Keep "Open Studio Monthly Use Card" and turn it in on time.  

Hourly fee includes: use of the wheels, slab roller, tools, shelf area, glazes and kiln space. Each person who enrolls in Open Studio is responsible to call the studio manager, Ronna Tyson at 530-0187, to arrange an initial meeting time. This required meeting is designed to go over appropriate use and safety policies and procedures and to answer any questions you may have.
Recreation

1221 THURSTON 539-8763

Introduction to Golf

A short course geared for beginning and intermediate players. The fundamentals of the full golf swing, and techniques of short game pitching, chipping, and putting will be covered. Get some fresh air and find out if golf is the sport for you. Some class time will be devoted to equipment used to play golf, rules, etiquette, courtesy, conduct on the course, registering to play, use of scorecard and handicaps.

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

Date: August 24,31; September 7 & 14
Time: 6:30 pm (Thursday)
Fee: $31
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

Introduction to Golf

Jim Gregory

Date: September 20,27, October 4 & 11
Time: 6 pm (Wednesday)
Fee: $31
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

Golf

*One hour optional KSU credit available.

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

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

Date: August 22 - October 10
Time: 5:30 - 7:30 pm (Tuesday)
Fee: $89 non-credit
$119 credit
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

Ballroom Dance I

Michael Bennett & Sara Sanders

Date: August 25 - November 17
Time: 6:00 - 7:30 pm (Friday)
Fee: $22 individual / $30 couple
Location: Seven Dolors Grade School Gymnasium
306 S 15th

How to Get Organized

Without Really Trying??
See the Self & Personal Development section.

Tennis: Junior Beginners

Ages 7 - 16
Join us for fun and skill development in this great sport! This class is designed for beginning players and will provide instruction in fundamentals of stroke, basic rules of play and beginning competition. We provide balls. Students provide their own rackets. If you don’t have one, give us a call and we may be able to help you locate one.

Mark Tessendorf, M.S., Kinesiology, has played tennis for 20 years, including college tennis at Coe College, Cedar Rapids, Iowa. He recently taught at Manhattan Wrestling and Sports Art Center in Ontario Canada.

Date: September 11,18,25 & October 2
Time: 7 - 7:30 pm (Monday)
Fee: $35
Location: LP Washburn Rec Complex, KSU

Tennis: Beginners

Ages 17 and Up
This class will focus on fundamentals of stroke, basic rules of play and beginning competition.

Mark Tessendorf

Date: September 11,18,25 & October 2
Time: 7 - 8 pm (Monday)
Fee: $35
Location: LP Washburn Rec Complex, KSU

Tennis: Intermediate

Ages 17 and Up
This class is designed to develop your stroke and strengthen your game. We will work primarily on doubles strategy and competition.

Mark Tessendorf

Date: September 11,18,25 & October 2
Time: 5 - 6 pm (Monday)
Fee: $40
Location: LP Washburn Rec Complex, KSU

Hawaiian Dance

The mix in Hawaiian culture is reflected in their dance. Learn the Hawaiian way of dancing from the mellow Hula dance to the vibrant Tahitian dance. This is an excellent form of exercise for children, teenagers and adults.

Marie Odejar is a KSU graduate student. She started dancing Hawaiian folk dance when she was 4 years old. She danced with the Filipino Dance Troupe during the time she was in high school until college.

Date: Aug 16,19,26, Sept 9,26, Oct 7,14 & 21
Time: 7:00 - 8:30 pm (Saturday)
Fee: $25 (non-credit) / $35 credit
Location: KTO Juvinc

Bridge Classes

Creative Freetime section

The WELLNESS section of the catalog features COMMUNITY FIRST AID & SAFETY classes that teach CPR.

Bridge Classes

Creative Freetime section

The WELLNESS section of the catalog features COMMUNITY FIRST AID & SAFETY classes that teach CPR.

STAGG HILL GOLF CLUB

K-18 West

For all your golfing needs
Fully equipped pro shop
Professional golf instruction available
(individual & group
Club regripping & repair

304 Poyntz 539-5639
Downtown - Manhattan
Hours: Mon.-Sat. 9-6; Thurs. 9-8

359-1041
Jim Gregory, PGA Professional
Understanding Your Video Camcorder

If you would like to buy a camcorder, but aren’t sure which one is best for you, this is the one-night course for you! Dennis will discuss the basics between forms and help you determine which camcorder is best for you! Some of the topics that will be discussed include: 1) types of camcorders available (VHS, VCR-C, Hi-8, Super VHS, etc.); 2) differences between camcorder types and how they compare; 3) types of formats available (NTSC, PAL, SECAM, MEX, etc.); and 4) differences in videotapes (size, length, quality). Questions are Welcome! Dennis Boyce (557-8475), is the President and Owner of Boyce’s Studio Productions, Inc. (BSP) where he has been involved with the production of hundreds of high-quality, professional training, safety, broadcast, and promotional videotapes. With over 16 years of experience in the video production field, Dennis is highly qualified and willing to help you determine what equipment is best for you and how to make your videotape productions the best they can be!

Date: September 12
Time: 7 - 9 pm (Tuesday)
Fee: $8 individual class
$20 for all 2 video classes
Location: Boyce’s Studio Productions
314 Tuttle Creek Blvd., Suite K

Advanced Techniques for Operating Your Video Camcorder

If you understand the basics about your camcorder, but would like to know more, this is the one-night course for you! Dennis will discuss different types of accessories available (lights, tripods, microphones, lens, etc.). Dennis will also show you some tips and tricks to help improve the quality of your home videos (lighting, camera angles, microphone placement, and more). Bring your camcorder with you and get some one-on-one, hands-on experience during this session.

Date: September 14
Time: 7 - 9 pm (Thursday)
Fee: $8 individual class
$20 for all 2 video classes
Location: Boyce’s Studio Productions
314 Tuttle Creek Blvd., Suite K

Basic Video Editing

Here’s your chance to get hands-on experience in BSP’s Do-it-Yourself video editing suite. During this course, Dennis will explain the basics of video editing including script writing, computer graphics, editing techniques and general information. The Do-it-Yourself editing suite can be used for family videos, weddings, professional video tapes and anything in between. You will save time and money by doing your project because you know what you want and how to do it in BSP’s editing suite.

Date: September 26
Time: 7 - 9 pm (Thursday)
Fee: $8 for individual class
$20 for all 2 video classes
Location: Boyce’s Studio Productions
314 Tuttle Creek Blvd., Suite K

CF-16

CF-17

E mail address: ufm@ksu.edu

Tuttle’s Antique Market

2010 Tuttle Creek Blvd., Manhattan, KS 66502
(913) 537-4884

1.7 miles north of Manhattan Town Center
Open Daily 10-5:30 Sunday 1-5 Closed Wednesday

"A multi-dealer antique haven"
Introduction to Bridge
This course is designed for absolute beginners and for those with limited experience who want to develop skills adequate for social purposes. It will cover all aspects of bridge, such as:
* Bidding
* Defense
* Declaring
* Scoring

The class is designed to be user friendly, consisting of brief lectures and demonstrations followed by application and practice. The fun aspect of playing bridge for personal and social satisfaction will be emphasized.

Individuals may enroll with or without a partner.

Elizabeth Jankol (776-8776), has taught bridge at UFM for nearly four years and is an NABC Master within the American Contract Bridge League.

Date: September 13, 14, 20, 26
Time: 7 - 9 pm (Monday)
Fee: $35
Location: UFM Fireplace Room

How to Play Better Bridge

Defense, Defense. Defense. Three words for success in bridge, always important and usually underestimated. This class will emphasize good technique in playing defense. Learning about bidding and declarer play will be part of the course since you need to have these skills to play good defense. This class is designed for people who are already playing bridge, whether it be partner bridge, tournaments, duplicate, etc. A good test for you: Would you be below the hand? What card would you lead when the player to your right opens the bidding with one or no trump and everyone passes. Your hand is:

* 15
* 745
* 897

Elizabeth Jankol (776-8776), has taught bridge at UFM for nearly four years and is an NABC Master within the American Contract Bridge League.

Date: October 23, 30, November 6, 13, 20 & 27
Time: 7 - 9 pm
Fee: $35
Location: UFM Fireplace Room

Beginners Guide to a Radio Station
Students will have the opportunity to learn how KOLA Q105 (105.1) operates. Hands on opportunity are provided to record a commercial, visit the control room, learn how radio commercials are sold. Ed Klinke will address the radio station management and operation. Dan Brenner will discuss how radio commercials are sold, and JD Davis will discuss how to become a radio DJ. Each student will need to bring one blank cassette tape.

Ed Klinke (307-0205), is General Manager of radio station KOLAQ105.5. He has operated the station since it first went on the air in February 1986. Ed is also partner in the ownership of KGL radio in Colorado Springs. He has been involved in the start up of 4 new radio stations.

Date: September 22, 29
Time: 7:30 pm (Thursday)
Fee: $15
Location: KOLA Radio Station

Folk Instrument

This class is open to anyone interested in learning about dulcimers, banjos, and other players of folk-type instruments to share some music together. Bring your instruments and music you would like to share with the group.

Linda Tuner and Jeanne Braddy have been playing together for over 12 years and want to expand the sound to include other instruments.

Date: September 21, October 5
Time: 7 - 9:30 pm (Thursday)
Fee: $15
Location: UFM Fireplace Room

Holiday Angel
Create a 15" angel to adorn your home during the holiday season. Once you see how easy she is to make, you'll want to make one for every holiday! A supply list is available at registration.

Terry Carpenter is a Home Economics teacher, who loves to do crafts in her spare time!

Date: November 13
Time: 7 - 9:30 pm (Friday)
Fee: $5
Location: UFM Multipurpose Room

Learn to Fly
Explore the idea of becoming a private airplane pilot! Learn about the requirements to obtain a private pilot certificate including eligibility requirements, aeronautical knowledge, flight proficiency, navigational skills, private pilot privileges and limitations. Time will be allowed for your questions and to provide miscellaneous information. We will also discuss the options for ground school and flight training available in Manhattan.

Hopf Fronk (539-3128), has been a pilot and K-state Flying Club member since 1976. He has been a flight instructor since 1983 and teaches single-engine, multi-engine, instrument, commercial, ATP, and private pilot training. He has 1,300 hours and an Airline Transport Pilot (ATP) certificate.

Date: September 16
Time: 10 - 11:30 am (Saturday)
Fee: $5
Location: UFM Conference Room

Social and Political Issues

If you are interested in issues such as participation of state and government jobs, job loss in the U.S., NAFTA, political changes in social security or other political issues that are current in the US House or Senate this group is for you. We will also discuss how to write your congressman.

Rand Date (509-5763), keeps in touch with political issues and would like to share her concerns with others. She has a M.S. degree in Education.

Date: September 29
Time: 7 - 8:30 pm (Friday)
Fee: $5
Location: UFM Conference Room

A Children's Morning Playgroup is available in the YOUTH section of the catalog.

Special THANKS TO THE UFM INSTRUCTORS who volunteer their time.
CREATIVE FREETIME (Continued)

Individual Sewing or Crafts Instruction
Are you stuck in the middle of a sewing or craft project, and can’t finish it because you can’t solve the problem? Well, Karen can assist you in solving those SNAPU’s with a private lesson. She can help with sewing and fitting as well as a variety of beginner needle arts or crafts like knitting, crocheting, cross-stitch, embroidery, yo-yo quilting, and clothing decoration.

Karen Garra (776-0350), studied Home Economics Education at Bluffton College, in Bluffton, Ohio. She has free time from her home. While living in Louisiana, Karen served as the In-house Designer for a Fine Fabrics, Irving and Formalwear Boutique. While in Arizona she taught at the local Community College and in both the local civil and military recreation centers. Karen is a sewing enthusiast who enjoys designing and teaching others that sewing can be Fun, Easy and Fun!

Date/Time: by appointment
Instructor will contact you after registration
Fee: $15 per hour
Location: Student’s home

Sewing for Beginners
This basic sewing class is designed to make you comfortable using your sewing machine, reading a commercial pattern, pattern layout, cutting hacks, basic and speed sewing techniques. You will complete a vest in this class! Supply list available upon registration.

Karen Garra
Date: September 12, 19 & 26
Time: 6:30 - 9 pm (Tuesday)
Fee: $50
Location: UFM Multipurpose Room

Costume Creation
This class is for anyone who would like to learn to make costumes for themselves and others. You will learn to create a simple costume pattern for yourself or anyone else. Male or Female, Adult or Child. In addition you will learn embellishment techniques to make your costume truly one of a kind. Although you will need a sewing machine on the last day of class, only minimal machine skills are needed! Supply list available at registration.

Karen Garra
Date: October 3, 10, 17 & 24
Time: 6:30 - 9:00 pm (Tuesday)
Fee: $30
Location: UFM Multipurpose Room

Christmas Fun with Fabric
During the 1st class Karen will demonstrate how to make a variety of Christmas items from fabric. To decorate your home for the holidays or to use for gifts. You will learn how to make: Hoop and Lace picture, lantern, tree skirt, his and her aprons, Christmas stockings, matching tablecloth and napkins. The 2nd and 3rd day of class you will have the opportunity to make several of these items. Minimal sewing skills needed. Come to the 1st class prepared to take notes; you will also receive a supply list at that time.

Karen Garra
Date: November 14 & 21 & 28
Time: 6:30 - 9:00 pm (Tuesday)
Fee: $25
Location: UFM Multipurpose Room

Caring for your Sewing Machine
Is your sewing machine driving you crazy? Does your thread jam or come out of the needle every time you start a seam? Does setting the tension give you a headache? Do you spend more time in the repair shop than at home? Learn how to troubleshoot problems before they start. Learn how to trouble shoot your own machine. See how easy it is to do your own cleaning, maintenance and adjustments at home. We will also have a short discussion on how to buy a new or used machine. No other supplies will be needed.

Karen Garra
Date: August 26
Time: 7 - 9 pm (Tuesday)
Fee: $15
Location: UFM Multipurpose Room

Caring for your Serger
Does your Serger drive you crazy? Does setting all those tension dials give you a headache? Are your stitches sewn? Does your machine spend more time in the repair shop than at home? If so, then this class is for you. Learn how to troubleshoot problems before they start, learn how to troubleshoot your own machine. See how easy it is to do your own cleaning, maintenance and adjustments at home. We will also have a short discussion on how to buy a new or used machine. Come prepared to take notes. No other supplies will be needed.

Karen Garra
Date: August 26
Time: 7 - 9 pm (Tuesday)
Fee: $15
Location: UFM Multipurpose Room

Manhattan’s Home Decorating Center
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T-Shirt/Sweatshirt Decorating
Bring a T-shirt or sweatshirt and create a clever, seasonal masterpiece to wear. Make one for yourself or someone you love. All other materials will be provided. Choose from one of all the selections below.

Renee Gates enjoys various types of crafts and has been doing T-shirt decorating for several years, for self, to sell, and for her 1 year old daughter.

Date: September 13
Time: 7 pm (Wednesday)
Fee: $14 per class
Location: UFM Multipurpose Room

Halloween
For your shirt you may choose from a ghost or jack-o-latern motif or create your own design.

Date: October 11
Time: 7 pm (Wednesday)
Fee: $14 per class
Location: UFM Multipurpose Room

Thanksgiving
Personalize your shirt with a turkey, cornucopia or your own design.

Date: November 8
Time: 7 pm (Wednesday)
Fee: $14 per class
Location: UFM Multipurpose Room

Christmas
You will create a shirt to reflect your holiday spirit. Choose from a santa, nativity, angel, or your own design.

Date: December 6
Time: 7 pm (Wednesday)
Fee: $14 per class
Location: UFM Multipurpose Room

Field Trip: Glacial Area of Pottawatomie County
How do we know that Kansas is a Kansas... by the rocks from Minnesota they left behind! We’ll visit northern Pottawatomie County to collect glacial material including agate, jasper, quartz, garnet, petrified wood and others, some of which may be of gem quality. We will also visit an excellent fossil collecting site. Bring a beverage and a container for your rocks and crystalized wood. Become a rockhound for a day.

Rainsdate: October 21
Dr. F.C. Lansing (357-5999), Professor Emeritus of Chemistry at Kansas State, is a long-time member of the Manhattan Mineral, Gem, and Fossil Club.

Date: October 14
Time: 8:30 am - noon (Saturday)
Fee: $5 individual
$12 couple
Location: Meet at UFM Multipurpose Room

How to Watch a Good Program Die
Nothing kills a UFM class faster than participants who wait until the last minute to enroll. Classes will be canceled if there is low enrollment. PLEASE REGISTER EARLY!
**Language**

**Beginning Sign Language I**

This class is designed for individuals who are interested in learning the basic skills of American Sign Language. Students will be instructed in the Manual Alphabet and a vocabulary of about 200 functional signs. Fee includes book: Gallaudet’s Survival Guide to Signig.

Vandella Smith has taught sign language for 1 1/2 years for UMF and Continuing Education, and has been a professional interpreter for 9 years. She grew up with two deaf parents.

Date: September 11 - October 16
Time: 7 - 8 pm (Monday)
Fee: $45
Location: 149 Justin Hall, KSU

**Sign Language II**

Must have taken Sign Language I or have some beginning sign language skills. Additional 200 signs will be taught.

Natalie Smith

Date: October 23 - November 27
Time: 7 - 8 pm (Monday)
Fee: $45
Location: 149 Justin Hall, KSU

**Russian for Beginners**

As Russian Culture becomes more accessible to the World, here is an opportunity to learn the beautiful Russian Language and gain insight into contemporary Soviet life. Forget the old myth that adults are inferior to children in learning languages. Relax, listen to the Russian short stories, and enjoy their humor. Learn the Russian alphabet and try reading it yourself. This course will be geared towards your learning interests.

Froda Khrometsova (512-5670), graduated for the Department of Philology, Moscow State University. At present freshe is a doctoral student in Educational Psychology at Kansas State. Ludia Raman, has been teaching for almost 20 years and still enjoys it.

Date: September 20 - October 25
Time: 7 - 8:30 pm (Wednesday)
Fee: $25
Location: 108 Bluestone Hall, KSU

**Food for Fun!**

**Espresso? Cappuccino?**

FF-01

A simple cup of coffee? Not anymore! Come learn how to make "coffee-est" and find out the mystery behind the sudden growth of the coffee culture phenomenon. This class will cover coffee history, types of beans, flavoring, decaffeination, care and handling, gridding, brewing coffee and hot coffee. We'll sample brewed coffee, espresso, cappuccinos, lattes and yogurts/coffee combinations that you'll make yourself.

Visit Turner's Bakery (537-1616), a Manhattan native. She and her husband, John, purchased the Caffe Can't Believe It's Yogurt in May of '94. They graduated from "Yogurt University" in May and "Coffee College" in August. Coupons will be provided at the class for your newly acquired tastes.

Date: October 24
Time: 7 pm (Tuesday)
Fee: $8
Location: 703 N 11th

**Beginning Cake Decorating**

FF-02

Learn to add ice decorating and a pretty border to impress your family and friends. Icing will be provided for practice in class. Bring your own cake or a layer cake and take home a masterpiece. Supply list provided at registration.

Tenny Sitte began decorating cakes several years ago as a hobby. Her first lessons were at UMF cake decorating class. Currently she decorates cakes for Dillens.

Date: October 3,10,17 & 28
Time: 7 - 9:30 pm (Tuesday)
Fee: $25
Location: 144 Justin Hall, KSU

**Home Beer Making - Brew it at Home**

Brew at Home Video shows how to brew high quality beer and save for a fraction of the cost of commercial beer. Learn how yeast produces alcoholic fermentation, low beverage is saved, and main ingredient is an essential step. The instructor will share a batch of his favorite brew.

Dean Taylor (539-2564) has many years experience in making beer and sells supplies for making beer and wine at the Palace in Aggieville.

Date: September 12
Time: 11 am (Tuesday)
Fee: $8
Location: UMF Greenhouse

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**CRAETIVE FREETIME (Continued)**

**French for Fun**

LA-05

French for Fun is a class for anyone who would like to become familiar enough with the language to impress their friends (and maybe order in a fancy restaurant too). The emphasis will be on speaking and understanding. Students should be willing to actually speak in class. (It is not as painful as it sounds!) The class will be partially directed by what the students are most interested in learning about French. Each week, we will focus on a different aspect of French, such as words for traveling, shopping and cooking. Previous experience with French is not necessary.

Emile Johnson (776-7840), is a French and History major at K-State. She has been studying French for seven years and has visited France.

Date: August 21 - December 4
No class September 4
Time: 7 - 8 pm (Monday)
Fee: $45
Location: UMF Multipurpose Room

**Basic Korean**

LA-06

Learning the Korean language will allow you to find out more about the nation of courtesy, amusement and the fastest step. During the class, we will watch Korean movies and hear popular Korean songs as we develop conversational skills. Emphasis will be on skills that would make travel to Korea easier.

Jesse Lee is a native Korean. She enjoys learning new languages and believes it's the first step in learning other cultures. She loves to share her culture with others.

Date: October 3 - November 21
Time: 7 - 8 pm (Tuesday)
Fee: $36
Location: UFM Conference Room

**Spanish for Fun & Survival**

LA-07

This is a basic introduction to the Hispanic language and culture. You will learn simple conversational ("survival") skills, along with some important cultural differences.

Jamiie West(537-8858) has an M.A. in Latin American studies and a B.A. in Spanish. She has traveled and studied in Mexico and Costa Rica.

Date: October 10 - November 21
No class November 7 & 21
Time: 7 - 8:15 pm (Tuesday & Thursday)
Fee: $58
Location: UFM Conference Room

**Cutting Paper Snowflakes**

YO-04

It's easy and fun to cut out catching, artistic, dramatic snowflakes in a variety of styles. Numerous examples will be displayed, various designs will be cut, original creations shared. For ages 8 to 80. (Children 8 - 12 years old should be accompanied by an adult.) Bring sharp adult scissors.

Leo Schiff (539-6540) is a former elementary school teacher who has delightfully cut paper snowflakes for years. He has a large collection of them and has taught this class all 8 years.

Date: November 4
Time: 9 am - noon (Saturday)
Fee: $7
Location: 217 Bluestone Hall, KSU

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537-4571

3112 ANDERSON AVE. (ACROSS FROM VILLAGE PLAZA)
Personal Development
1221 THURSTON 539-8763

SHARP-Self Defense for Women
This is a nationally designed self-defense program to specifically meet the needs of women. By empowering women to better protect themselves they gain confidence in social and professional environments. There will be discussion dealing with situations from sexual harassment, rape through actual attack. This class provides self defense techniques without the use of weapons or extensive Martial Arts. Ages 13 - adult.
Diana Tarver (923-3151), has been teaching Women’s Self Defense classes for 9 years throughout College and Kansas. She has a 3rd degree Black Belt in Tai Kwan Do and has taught police defensive tactics, but for this class she takes a very practical and feminine approach.
Date: October 7
Time: 8am - 12 (Saturday)
Fee: $17
Location: First Lutheran Church
930 Peyton Ave

SHARP II
Past participants of SHARP self defense have been requesting more! In response to your requests we are offering an extension of the SHARP - Self Defense for Women program. It focuses on areas of prevention and safety precautions as well as more in-depth practice of methods to deal with non-violent harassment. SHARP I is a prerequisite for SHARP II.
Diana Tarver
Date: October 28
Time: 9 - 11 am (Saturday)
Fee: $15
Location: First Lutheran Church
930 Peyton

Self-Esteem for Adults
We will use a set of 4 video tapes by Marilyn Groshall as a core curriculum to learn the ways we sabotage ourselves and what we can do to reverse this trend. During each session we will view a video, have clarifying discussion and related hand-outs.
Class 1: Self Acceptance - The Key to Self Esteem
Class 2: You’re in Charge of Your Life: Believe it or Not
Class 3: The Choice is Yours: Accept or Resist
Class 4: Your Present Thinking Creates Future Events.
Michael Cody (539-8763), is the Family Literacy Coordinator at UFM. She works with adult groups teaching literacy and life skills classes. She has seen, over the years of working with adults in many situations, that the state of their self-esteem is the one factor which most consistently affects their lives. Happily, it is one factor that we each are in control of and can change.
Date: September 11, 19, 25 and October 2
Time: 6:30 pm (Monday)
Fee: $18
Location: UFM Greenhouse

Introduction to Zen
Buddhist Philosophy and Practice
Zen Buddhist philosophy aims for enlightenment by direct insight through meditation. Join us for discussion and practice of Zen meditation (Zazen) with a major focus on the Zen tradition or “school.” Other traditions will also be discussed. Please bring a cushion to sit on in class.
Leo Rappaport (352-6850), is Professor of Psychology at KSU and has been a student and Zen Buddhism for approximately 20 years, practicing under the direction of Soen Sensei. Information and talks are in Okahama. He is affiliated with the Minneapolis Zen Meditation Center.
Date: September 27, October 4 & 11
Time: 7:30 - 9 pm (Wednesday)
Fee: $10
Location: UFM Conference Room

Refraining the Mind for Inner Peace
What we experience is our state of mind projected outward. The purpose of this class is to help us recognize that we have a choice as to how we think about ourselves and the world around us. Principles and practices based on A Course in Miracles will be provided to help us see things differently.
Mary B. Williams (776-4906), has been seeking inner peace for years! (A Course in Miracles is a self-teaching tool for one's own spiritual development.)
Date: October 12 & 19
Time: 7 - 9 pm (Tuesday)
Fee: $10
Location: UFM Multipurpose Room

Self Integration Seminar
Using guided imagery, we will meet and explore four "aspects" of ourselves - the female self, the male self, the judge self and the high self. There will be time for recording our individual experiences, group sharing and discussion, and a final activity to work on the positive integration of these aspects. Please bring a sack lunch and a drink.
Mary Bieder Williams (776-4906), will serve as facilitator for this workshop so that participants can do their own inner work. The information and materials come from the Center for Human Potential in Phoenix, Arizona.
Date: November 4
Time: 10 am - 2 pm (Saturday)
Fee: $20
Location: UFM Greenhouse

Non-Traditional Students:
How Do I Know What I Want to Do?
The day of returning to school? Already back in school and wondering what you want to do? This workshop will help you clarify what is important to you, and how to prioritize the demands in your life when you consider going to college. It will help you identify your personality type and ways in choosing a career for you. Activities will be fun, creative, and supportive.
Dori Lambert and Joyce Woodford (532-6977), are therapists at University Counselling Services, KSU. They enjoy working with non-traditional students (and prospective students)
Date: October 7
Time: 9 am - 1:30 pm (Saturday)
Fee: $20 (includes career inventories, books, snack & beverage)
Location: KSU Union 205

Sack Lunch Theology
Enjoy meaningful lunchtime conversation. We will read and discuss Thomas Merton’s New York Times best Seller for Cultivating Deed and Sacrament in Everyday Life, which was published as a monk in a Catholic order for 12 years, emerges and reveres in the light of a rich background in philosophy, psychology, and the imagination. In Part 2 the text argues that fulfilling work, rewarding relationships, and personal power are the gifts of the properly tended seed. Using examples from his work as a therapist, he describes several issues from everyday life that offer rich insights into how we can enrich our lives. This group seeks to foster a climate of openness and creativity when personal ethical questions are freely shared. Bring your own lunch. Books will be available for purchase at the first meeting.
Kathy Donley is the Baptist Campus Minister at K-State. She has degrees in philosophy and theology and is fascinated by making connections between the two disciplines. She cultivated her soul this summer by leading a pick at the UFM community garden.
Date: September 11 - October 30
Time: 12:30 - 1 pm (Monday)
Fee: $5
Location: Baptist Campus Center
1851 Anderson

Spiritual Study Group
- Comparative Prophecy
This is an interactive class, so come prepared to participate! We will be looking at prophecies from the end of the 20th century into the 21st century, from Nostradamus, the Bible, Cayce, Scelae, The Celestine Prophecy, and more. We live in an exciting time of great change. Come and join us as we explore the possibilities that lay before us and how we can be ready for what is to come! A Hot Meetings are bi-monthly.
Kathleen Gilligan (537-8868), is an ordained Unitarian minister. She has been teaching spiritual study groups on a subject of interest for the past 15 years, and she is currently a state senator.
Date: September 22, October 7, December 9, 2011
Time: 7 pm (Saturday)
Fee: $5
Location: UFM Greenhouse

How to Get Organized without Really Trying??
Just Do It!!!
Spend a few hours developing proven strategies to help you organize your work, family, career, exercise, errands, paperwork and youth, much more. We'll develop lists, tables, and easy skills to help you get organized and stay that way. Participants should bring their personal or family/household calendars with them to classes. Each participant will receive a "50 Thing/Weekly Tip" handbook. Bring your biggest project to class with you and we'll start tackling it.
Phyllis Seras (238-7950), is a former public information officer of the Denver Housing Authority. In 1994, she organized her husband to distance using organizational and time management techniques. She has professional experience implementing special events, household moves and family reunions. Phyllis is currently a millenium spouse at Fort Riley and working on sequencing projects.
Date: September 30
Time: 4 - 7 pm (Thursday)
Fee: $18
Location: UFM Conference Room

How to Get Organized without Really Trying??
Just Do It!!!
Phyllis Seras
Date: October 10 & 12
Time: 7 - 9 pm (Tuesday & Thursday)
Fee: $18
Location: UFM Conference Room

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• Stimulating programs
• Liberal religious education classes for children
• Information for those too young for classes
• Refreshments after programs
• Social events

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UMF CLASSES make great gifts.

The Chinese Tai Chi class is in the WELLNESS section of the catalog on page 21.
Wellness

1221 THURSTON 539-8763

Chinese Tai Chi

Tai Chi known as "by through Movement" is a popular Chinese tradition. The purpose of Tai Chi is to circulate the vital force and balance the Yin-Yang of this Inferior Energy. It is relative to the Gentle manner. This class is designed for beginners. Students will learn basic movement through demonstration and practice. You'll like Tai Chi and enjoy practicing it.

Peg Wen (539-4147) is a graduate student in the Department of Biochemistry at KSU. When he was in China he taught many foreign students Tai Chi in Nanning University. The foreign students were from USA, Japan, Germany, Russia, the Netherlands, and other countries. Peg is very interested in introducing Tai Chi to this area. Peg has been teaching Tai Chi for UFM since Fall 1992.

Date: August 29 - December 5
Time: 7 pm (Tuesday)
Fee: $42
Location: Seven Dolors Grade School Gymnasium 305 S Julien

Chinese Tai Chi

Massage for the Individual

Learn the basic principles of therapeutic massage that will enable you to relieve muscular aches and pains, tension, and stiffness, as well as create relaxation for you. Participants will learn a self-massage routine that they can adapt to their personal needs. Participants should bring a blanket and/or pillow and wear loose clothes or shorts and t-shirts.

Bernice Marian (587-3832) is a graduate of the DownEast School of Massage and is a registered massage therapist in the state of Maine. Her work is primarily Swedish Massage but incorporates aspects of deep tissue work and energy healing.

Date: October 24
Time: 7 - 9 pm (Tuesday)
Fee: $15
Location: UFM Banquet Room

Introduction to Massage

Learn the basic principles of therapeutic massage and the role of massage in maintaining health. Swedish style massage is gentle, relaxing and is the most common style of massage. Emphasis will be on the neck and back. Participants should wear loose fitting clothes. We will be working in pairs. Each pair will need a sleeping bag/towel blanket or comforter and 2 flat sheets.

Bernice Marian

Date: November 24 & December 5
Time: 7 - 9 pm (Tuesday)
Location: UFM Banquet Room
Introduction to the Nutcracker Ballet

A beginning ballet class designed to provide exposure to ballet for children 4-7 years old with no dance experience. Emphasis will be on beginning ballet techniques while dancing to the Nutcracker Ballet. Formal dance attire is not necessary.

Randi Dale: (539-5767), has taught dance for 20 years. Her dance school toured the Midwest and Europe in 1968. She is a certified teacher with a MASTERS degree in Education. Randi’s picture and story appeared in the July 1994 issue of Populare Photography.

Date: August 30 and September 6
Time: 6-6:30 pm (Wednesday)
Fee: $20
Location: 2416 Rogers Blvd.

Introduction to the Nutcracker Ballet II

This ballet class is designed to provide exposure to ballet for children 8 and up. Terms are welcome. Students will be placed in the appropriate level depending upon experience. Emphasis will be on classic ballet techniques while dancing to the Nutcracker.

Randi Dale: (539-5767), has taught dance for 20 years. Her dance school toured the Midwest and Europe in 1968. She is a certified teacher with a MASTERS degree in Education. Randi’s picture and story appeared in the July 1994 issue of Populare Photography.

Date: August 30 and September 6
Time: 7-7:40 pm (Wednesday)
Fee: $20
Location: 2416 Rogers Blvd.

Introduction to Tap Dancing

Children from 4 - 12 years old will be exposed to the beginning tap techniques. Shuffle Ballroom, Manhattan, Wilt Crig time steps are a few tap steps that will be taught while dancing to exciting music. Tap shoes are not necessary.

Randi Dale: (539-5767), has taught dance for 20 years. Her dance school toured the Midwest and Europe in 1968. She is a certified teacher with a MASTERS degree in Education. Randi’s picture and story appeared in the July 1994 issue of Populare Photography.

Date: August 30 and September 6
Time: 6:30 - 7 pm (Wednesday)
Fee: $20
Location: 2416 Rogers Blvd.

SCHOOL’S OUT ACTIVITIES

4th-6th graders
Frida, November 3
For information, call UFM, 539-8763.

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Manhattan, Kansas 66502

Beginning Tae Kwon Do for Youth Ages 4-5

Tae Kwon Do is a Korean martial art form which teaches discipline and self-confidence at the same time. Participants are learning new athletic skill and self-defense techniques. These classes are designed to introduce young children to the fun and excitement of martial arts while they begin learning the basics of mind-eye coordination, balance, and self-discipline. Beginning Tae Kwon Do self-defense techniques will be taught in a safe, fun, and age-appropriate atmosphere by experienced instructors.

DC LaFon: (539-6349) is a first degree black belt in the American Tae Kwon Do Association and is an instructor with the K-State/Manhattan Tae Kwon Do Club. She also has extensive experience in weight training, stretching, and adaptive stretching (for those with physical limitations).

Date: September 8, 12, 15, 19, 22
Time: 6:30 - 7 pm (Tues & Fri)
Fee: $20
Location: ECM Student Center
1021 Denison

Beginning Tae Kwon Do for Youth Ages 6-8

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

DC LaFon: (539-6349) is a first degree black belt in the American Tae Kwon Do Association and is an instructor with the K-State/Manhattan Tae Kwon Do Club. She also has extensive experience in weight training, stretching, and adaptive stretching (for those with physical limitations).

Date: October 3, 6, 10, 13, 17, 20, 24 & 27
Time: 6:30 - 7 pm (Tues & Fri)
Fee: $30
Location: ECM Student Center
1021 Denison

Beginning Tae Kwon Do for Youth Ages 9-14

This class is designed for youth who are 9 - 14 years old and wanting to develop their martial arts skills. Younger children must have instructor's permission to join this class.

DC LaFon: (539-6349) is a first degree black belt in the American Tae Kwon Do Association and is an instructor with the K-State/Manhattan Tae Kwon Do Club. She also has extensive experience in weight training, stretching, and adaptive stretching (for those with physical limitations).

Date: November 3, 7, 10, 14, 17, 21, 28 & Dec 1
Time: 6:30 - 7:15 pm (Tues & Thurs)
Fee: $40
Location: ECM Student Center
1021 Denison

SHARP-Self Defense for Pre-Teens

This self-defense program is adapted from a national program designed specifically for women. The terminology and approach have been "simplified" but the focus remains to empower females to better protect themselves and gain confidence in their social environments. There will be discussion dealing with situations from sexual harassment through actual assault. Appropriate for girls 10 - 13.

Diana Tarver: (537-5515), has been teaching women's self-defense classes for 10 years. She has adapted the program for teens and young girls. She is a 3rd degree Black Belt in the Tae Kwon Do. She is an expert in self-defense tactics, but for this class she takes a very practical approach.

Date: October 7
Time: 11 - 1 pm (Saturday)
Fee: $10
Location: First Lutheran Church
500 Poyntz

Don’t miss the MARTIAL ARTS for adults section on page 7.
Music for Children

YO-3

This is a music course specially designed for children ages 4-6. Classes meet once a week for 50 minutes. In small groups of four to six students, we will dance, march and move to music; play rhythms and singing games, learn to children's classics, and much more. Pleasant structured musical experiences will develop curiosity in music, and they stimulate listening, mental growth as well as develop better language skills. No particular aptitude is necessary to qualify for this course! The purpose of early-year study is not primarily to foster genius or talent, but rather to bring music into as many lives as possible.

5. Symphony Kuder (258-2470), operates an independent piano studio and has taught students of pre-school through adult ages. As the mother of two young children, she has developed a special interest in teaching music to children ages 4-6. She received her music degree in Germany and is currently enrolled in the Graduate Music Program at K-State.

Date: August 29 - December 5
Time: 10-10:50 am (Tuesday)
Fee: $150
Location: 618 Orange

Music for Children

YO-12

5. Sylvia Kieder

Date: August 30 - December 6
Time: No class November 22
Fee: $150
Location: 618 Orange

Music for Children

YO-13

5. Sylvia Kieder

Date: August 31 - December 7
Time: No class November 23
Fee: $150
Location: 618 Orange

Cutting Paper Snowflakes

YO-04

It's easy and fun to cut eye-catching, artistic, decorative snowflakes in a variety of styles. Numerous examples will be displayed, various designs will be cut, and original creations shared. For ages 8 to 80. Children 8 - 9 years old to be accompanied by an adult. Bring sharp scissors.

Leo Scheel (539-6540) is a former elementary school teacher who has delightfully cut paper snowflakes for years. He has a large collection of them and has taught this class all over Kansas.

Date: November 4
Time: 9 am - noon (Saturday)
Fee: $2
Location: 217 Blaisdell Hall, KSU

Preschool Dance

YO-18

This is a fun pre-ballet class for children aged 3 to 5. The class meets once a week for 45 minutes.

LaShanna Harrison (539-3613), has been involved in dance for 15 years. She has three years experience as a teaching assistant and three years as a dance instructor.

Date: September 11 - October 16
Time: 6 pm (Monday)
Fee: $22
Location: Manhattan Gymnastics Center
2305 Sky Vue Lane

Preschool Dance

YO-19

LaShanna Harrison

Date: October 31 - November 27
Time: 6 pm (Monday)
Fee: $22
Location: Manhattan Gymnastics Center
2305 Sky Vue Lane

Beginning Dance

YO-20

Beginning dancers will learn a combination of ballet and jazz dance while they improve their coordination and balance. In this class the child must be 8 years old or meet the instructor's permission. The class will meet for 45 minutes once a week.

LaShanna Harrison

Date: September 11 - October 18
Time: 6 pm (Wednesday)
Fee: $22
Location: Manhattan Gymnastics Center
2305 Sky Vue Lane

Beginning Dance

YO-21

LaShanna Harrison

Date: October 25 - November 29
Time: 6 pm (Wednesday)
Fee: $22
Location: Manhattan Gymnastics Center
2305 Sky Vue Lane

How to Watch a Good Program Die

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

PLEASE REGISTER EARLY!

TENNIS ** TENNIS ** TENNIS
Tennis classes for Youth... See the RECREATION section.

- UMF catalog on KSU UNICORN system
- Look under service units and support programs—page down to University for Mankind.

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REGISTRATION INFORMATION 3 WAYS TO REGISTER

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

UFM Class Registrations
1221 Thurston
Manhattan, Kansas 66502-5299
You will be notified if the class is full. All registration is on a first-come, first-served basis. No other class confirmations will be sent out unless requested.

FOR YOU...

UFM 1221 THURSTON
Manhattan, KS 66502 539-8763

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Signature**

Date

**Signature of Parent or Guardian required for minors.

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FOR A FRIEND...

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