What is UFM?
UFM is a multi-faceted community education and resource program serving K-State, Manhattan and the surrounding area. UFM is dedicated to providing opportunities for lifelong learning and self-development in ways that enrich the quality of our lives.
UFM is best known for our leisure learning courses represented in this catalog. Over 200 classes in a variety of subject areas are presented each semester for your review and participation. UFM also sponsors the Lou Douglas Lecture Series, hosts the Manhattan Community Garden and assists other Kansas towns in starting their own community education programs.
The Clay Coalition and Arts Council classes, listed in the center of the catalog, are an example of UFM’s commitment to cooperation with other organizations. The Clay Coalition and Arts Council organize the classes and UFM serves as the registrar. UFM works with the Manhattan Emergency Shelter and the Crisis Center to provide life skills and literacy improvement to homeless families. We have partnered with the Flint Hills Breadbasket to create the SHARE youth leadership project. This semester we are cooperating with the Manhattan Chamber of Commerce in offering their Second Annual Seminar Series.
UFM is the concept of lifelong learning in action, making connections among those who want to share ideas and learn together—all for the joy of gaining new ideas, making new friends, and improving our community.
UFM Staff:
Executive Director - Linda Inlow Teener
Education Coordinator - Charlene Brownon
Learn to Swim Coordinator - Andrea Lowe
State Outreach Coordinator - Anita Madison
Lou Douglas Lecture Coordinator - Victoria Choitz
Family Literacy Coordinator - Michael Cody
Office Coordinator - Rhonda Smartt
UFM is always looking for new ideas and new projects. Let us hear from you!

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*Self Defense for Preteens *Study Skills
*School’s Out Activities and more

About UFM Classes:
UFM adheres to the philosophy that anyone can teach and anyone can learn. We rely on the credentials provided by instructors, class observation and participant feedback as tools for evaluating a class and an instructor’s abilities. UFM classes are not a forum for selling a product or service from which the instructor might benefit. Materials specifically oriented to an instructor’s financial interests are not to be distributed in class. Participants who wish to pursue a relationship with an instructor outside class time do so on their own responsibility. Please share any concerns you may have about class material or an instructor by calling Charlene at 539-8763.

WHERE WE’RE LOCATED

UFM
1221 Thurston

KSU Campus

Thurston St.

Bertrand St.

X

Kearney St.

Vattier St.

Manhattan Ave.

Bluemont Ave.

Anderson Ave.

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COMMUNITY NETWORKING

The MILITARY WIVES program brings together the needs of military families with resources available in the civilian and military communities.

A special thanks to the businesses and organisations who have supported UFM through their advertisements. We hope that the parenting of Manhattan will reinforce our thanks through their patronage of our advertisers!

HANDICAPPED ACCESSIBLE

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

UFM Wish List

- Upholstery fabric
- Meeting Room
- Couch and Chair
- Office Chairs
- Volunteers to help with:
  - Gardening
  - Office Work
  - Rebuilding the cold frame
  - General Building Maintenance

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 there is uncertainty as to whether or not to conduct a class, the instructor must notify the student that he or she will not be present at a given class meeting, the instructor is then responsible for arranging a make-up lesson. Weather sensitive courses will use the schedule rain date. If a rain date is not scheduled, instructor will be responsible for rescheduling.

UFM CANCELLATION POLICY

If we cancel on Ritchie's, after you are 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 give a full refund 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 $3 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 participation.

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 risk of loss, damage, or injury that may be sustained while using KSU or UFM facilities or participating in programs. KSU Continuing Education/UFM assumes no responsibility for costs involved with individual injury or property losses incurred in connection with the use of University or UFM facilities. Individuals are reminded that they should review their own personal health status 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.

SPECIAL POLICIES FOR CREDIT OPTIONAL CLASSES

Credit Award: Depending on the second credit optional class meeting, but before one-third of the scheduled class session have met, fifty percent of the fee may be refunded if requested in writing. No refund is issued if 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 $25.00 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 meeting. A $15.00 withdraw/draw fee will be charged if a student withdraws after one-third 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.

ANSWERING MACHINE

You can leave a message or receive current UFM information, between 5:00 pm and 8:30 am, by calling 335-2536 Monday through Friday.

You can E-Mail UFM at ufm@ksu.edu

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 for carefully guided instruction 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: Wednesday, Sept. 25; Thursday, Sept. 26; Wednesday, Nov. 13; Tuesday, Nov. 19; Saturday, Oct. 26. Check to see which date applies to your session.

LOCATION: KSU Natatorium - Ahearn Complex
Lockers are available for use during class. 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: Monday, Wed, Sept 9 - Oct 16
Tuesday, Thursday, Oct 10 - Oct 17
Session B: Monday, Wed, Oct 28 - Dec 9
Tuesday, Thursday, Oct 29 - Dec 12
No classes Oct 31, Nov 27, 28
Session C: Saturday, Sept 7 - Dec 7
No classes Oct 19 and Nov 30

Youth Scholarships are available through the YESU fund.

Tot Transition

If your 3-4 year old toddler is ready to try the water without a parent or guardian present, Level I this class is for them. Emphasis will be on basic water safety and pre-preparation activities for swimming. Some parent participation may be allowed.

Note: The Tot Transition class sessions are:

Session A: Monday, Wed, Sept 9 - Oct 16
Tuesday, Thursday, Oct 10 - Oct 17
Session B: Monday, Wed, Oct 28 - Dec 9
Tuesday, Thursday, Oct 29 - Dec 12
No classes Oct 31, Nov 27, 28
Session C: Saturday, Sept 7 - Dec 7
No classes Oct 19 and Nov 30

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 upon 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 MonWed 6:05 - 6:45 pm
AQ-05A TueThurs 6:05 - 6:45 pm
AQ-05A Thurs 6:05 - 6:45 pm
Session B: (See dates above)
AQ-05B MonWed 6:45 - 7:25 pm
AQ-05B TueThurs 6:45 - 7:25 pm
AQ-05B Thurs 6:45 - 7:25 pm
Session C: (See dates above)
AQ-05C Saturday 10:00 - 10:30 am
Fee: $16.00 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 respond to a vertical position. This level marks the beginning of true locomotion skills and adds to the self-help and basic rescue skills taught 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-06A MonWed 6:05 - 6:45 pm
AQ-06A TueThurs 6:05 - 6:45 pm
AQ-06A Thurs 6:05 - 6:45 pm
AQ-06A Saturday 9:30 - 10:10 am
AQ-06C Saturday 10:20 - 11:00 am
Fee: $38 per session

Level III: Stroke Readiness

The objective of Level III is to teach the skills in Level II by providing additional guided practice. Students will learn to coordinate the head and back crawl. They will be introduced to the elementary back stroke 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-13A MonWed 6:05 - 6:45 pm
AQ-13A TueThurs 6:05 - 6:45 pm
AQ-13A Thurs 6:05 - 6:45 pm
Session B: (See dates above)
AQ-13B MonWed 6:45 - 7:25 pm
AQ-13B TueThurs 6:45 - 7:25 pm
AQ-13B Thurs 6:45 - 7:25 pm
Session C: (See dates above)
AQ-13C Saturday 9:30 - 10:10 am
AQ-13C Saturday 10:20 - 11:00 am
Fee: $38 per session

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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 upon 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 MonWed 6:05 - 6:45 pm
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AQ-05A Thurs 6:05 - 6:45 pm
Session B: (See dates above)
AQ-05B MonWed 6:45 - 7:25 pm
AQ-05B TueThurs 6:45 - 7:25 pm
AQ-05B Thurs 6:45 - 7:25 pm
Session C: (See dates above)
AQ-05C Saturday 9:30 - 10:10 am
AQ-05C Saturday 10:20 - 11:00 am
Fee: $38 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 respond to a vertical position. This level marks the beginning of true locomotion skills and adds to the self-help and basic rescue skills taught 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-06A MonWed 6:05 - 6:45 pm
AQ-06A TueThurs 6:05 - 6:45 pm
AQ-06A Thurs 6:05 - 6:45 pm
AQ-06A Saturday 9:30 - 10:10 am
AQ-06C Saturday 10:20 - 11:00 am
Fee: $38 per session

Level III: Stroke Readiness

The objective of Level III is to teach the skills in Level II by providing additional guided practice. Students will learn to coordinate the head and back crawl. They will be introduced to the elementary back stroke 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-13A MonWed 6:05 - 6:45 pm
AQ-13A TueThurs 6:05 - 6:45 pm
AQ-13A Thurs 6:05 - 6:45 pm
Session B: (See dates above)
AQ-13B MonWed 6:45 - 7:25 pm
AQ-13B TueThurs 6:45 - 7:25 pm
AQ-13B Thurs 6:45 - 7:25 pm
Session C: (See dates above)
AQ-13C Saturday 9:30 - 10:10 am
AQ-13C Saturday 10:20 - 11:00 am
Fee: $38 per session
Level IV: Stroke Development
The objective of Level IV is to develop confidence in the stroke structure and to improve other strokes. Students will increase their endurance by swimming familiar strokes (elementary backstroke, front crawl, and back crawl) for greater distances. Students will be introduced to the breaststroke and sidestroke and the basics of turning at a wall. Students entering this level must have Level III certifications or must be able to demonstrate all the completion requirements in Level III.

Session A: (See dates above)
AQ-16A Mon/Wed 6:00 - 6:45 pm
AQ-16B Tues/Thurs 6:00 - 6:45 pm
AQ-16C Saturday 9:30 - 10:10 am
Fee: $38 per session

Level V: Stroke Refinement
The objective of Level V is coordination and refinement of key strokes. Students will be introduced to the water and the free-surface dive and springboard diving. Participants learn to perform the front crawl and back crawl for increased distances and to develop their coordination. 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 6:00 - 7:30 pm
AQ-21B Tues/Thurs 6:00 - 7:30 pm
Session B: (See dates above)
AQ-21C Mon/Wed 6:00 - 7:30 pm
AQ-21C Tues/Thurs 6:00 - 7:30 pm
AQ-21C Sunday 9:30 - 10:10 am
Session C: (See dates above)
AQ-21C Saturday 10:20 - 11:00 am
Fee: $38 per session

Level VI: Skill Proficiency
The objective of Level VI is to polish strokes to students swim them with more ease, efficiency, power, and distance. Students develop considerable endurance by the end of this course. The 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 plow and kick 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 A: (See dates above)
AQ-23A Mon/Wed 6:00 - 7:30 pm
AQ-23B Tues/Thurs 6:00 - 7:30 pm
Session B: (See dates above)
AQ-23B Mon/Wed 6:00 - 7:30 pm
AQ-23C Sunday 9:30 - 10:10 am
Session C: (See dates above)
AQ-23C Saturday 10:20 - 11:00 am
Fee: $38 per session

Lap Swimming for Parents
Are you tired of being just as observer at your child's swimming lessons? Do you want to take advantage of the time you spend watching and enroll in Lap Swimming at special prices. This class 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 and goals.

Session A: (See dates above)
AQ-20A Mon/Wed 6:00 - 7:30 pm
Session B: (See dates above)
AQ-20B Mon/Wed 6:00 - 7:30 pm
Session C: (See dates above)
AQ-20C Saturday 9:30 - 11:00 am
Fee: $15 per session

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

Session A: (See dates above)
AQ-31A Mon/Wed 6:00 - 6:55 pm
AQ-31B Tues/Thurs 6:00 - 6:55 pm
Session B: (See dates above)
AQ-31A Mon/Wed 6:00 - 6:55 pm
AQ-31B Tues/Thurs 6:00 - 6:55 pm
Session C: (See dates above)
AQ-31C Saturday 10:05 - 11:00 am
Fee: $15 per session

Private Lessons for Special Populations
For people with special physical or mental needs. Arrangements will be made for private swimming lessons. Soon after registration an instructor will contact the student and arrange 6 classes at 30 minutes each. The facility is equipped with a lift and a set of stairs leading into the pool.

Date/Time: By appointment
Fee: $45 per session of 6 lessons

Private Lessons
These lessons provide one-on-one instruction for any level of swimmer. All instructors are Water Safety Instructor 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: $45 per session

Community Water Safety
The water can provide opportunity for a lifetime of fitness and fun especially if you know how to recognize and prevent aquatic emergencies. Understane what to do in an aquatic emergency and understand self-help skills for aquatic emergencies. It is appropriate for anyone who has the ability to swim at level IV. If you have completed level VII, this class will challenge your aquatic skills and prepare you for Lifeguard Training. This is a Professional Swim Instructor Certification. You will receive American Red Cross Certification.

Date/Time: Oct 26 (Saturday)
Time: 9 am. - 1 pm
Fee: $15
Textbooks must be paid and picked up at American Red Cross for $12.00
Location: KSU Natorium

Safety Awareness Classes for Youth
is offered in the Youth section.

Charbonson and Wilson
Insurance Agency
Telephone 913/537-1600
585 Poyntz Avenue, Suite 205, P.O. Box 189
Manhattan Kansas 66502
For all your insurance needs
Charles Hostetter
Dan Messelt • Jeff Kruse

E-mail address: umf@ ksu.ksu.edu
Scuba Diving

This class will prepare students for Open Water certification. The certificate is included in the class fee, however neither UFUM nor KSU is responsible for this certification. Travel and lodging are at the student’s expense. The certification dates will be explained at the first class meeting. Students must provide their own mask, fins, and snorkel. The class fee includes instruction, the dive manual and equipment rental during class. Students will practice with air tanks a minimum of five times. Estimated cost for mask, $40-50; snorkel, $30-35; fins, $40-80. Limit: 10 students. Minimum age: 12. Parent of a 12-15 year old 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 6 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 is instructing scuba for 14 years.

Date: September 7 - October 12
Time: 5 pm - 1 pm (Saturday)
Fee: $155
Location: KSU Natatorium

Scuba Refresher

AQ-36

The dive refresher program is designed to provide a controlled training environment for those certified divers who have not had recent diving experience. This program is recommended for:
1. Those with less than 4 open water dives in the past year.
2. Those with no dives in the past 6 months.
3. Those planning dives in an environment which is new to them.

Prerequisite: Open Water certification. Participants must provide their own mask, fins, and snorkels for the class. They may use their own equipment if they have it. Ages 12 +.

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

Date: October 6
Time: 1 - 7 pm (Sunday)
Fee: $52 includes equipment rental
Location: KSU Natatorium

Kayak Workshop

Experienced or Beginner - this workshop has something for you. It is designed to provide:
• pool practice time 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. Hille and Rex Raleigh (599-7772), have been teaching for nearly 18 years. They are both Certified Red Cross Kayak instructors. T.J. is also certified as an Instructor Trainer.

Date: November 3
Time: 9 am - 1 pm (Sunday)
Fee: $10
Location: KSU Natatorium

Kayak Workshop

T.J. Hille and Rex Raleigh

Date: November 10
Time: 9 am - 1 pm (Sunday)
Fee: $10
Location: KSU Natatorium

Kayak Workshop

T.J. Hille and Rex Raleigh

Date: November 17
Time: 9 am - 1 pm (Sunday)
Fee: $10
Location: KSU Natatorium

Introduction to Tandem Canoeing

This class will cover canoe trip planning, safety on the water, equipment and tandem canoe paddling strokes.

Mick O'Shea (359-2279), is qualified as an ACA (American Canoe Association) canoe instructor, as a Red Cross canoeing instructor and has been teaching canoeing in and around Kansas City. He is also a member of the Kansas Canoe Association.

Date: September 22 and 29 (Saturday)
Time: 9 am - 1 pm
Fee: $35 includes book and rental of canoe
Location: KSU Natatorium

Introduction to Competitive Swimming

This class will feature an introduction to the 4 competitive strokes: Butterfly, Backstroke, Breaststroke, and Freestyle. Progressive swim drills for each stroke will be taught. The goal of learning to swim efficiently will be the major objective.

Taught by current and former Manhattan Martin swimmers, coaches, and UFUM staff.

Date: September 9 - October 16 (Mon-Wed)
Time: 6 - 6:40 pm
Fee: $38
Location: KSU Natatorium

Swimming I

• One hour optional KSU credit available

This course is designed ONLY for students who have a fear of the water and/or 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 Sites

Date: August 27 - December 10
Time: 8:30 am (Tues & Thurs)
Fee: $60 non credit
$118 credit
Location: KSU Natatorium

Fitness Swimming

• One hour optional KSU credit available

Students interested in this course MUST be able to demonstrate the five basic strokes, using hydrometric timing. Emphasis will be on analyzing and refining stroke technique and additional competitive skills; improving/maintaining physical fitness and endurance through a progressive, conditioning swimming program; learning the components of well-balanced training; and designing workouts for conditioning swimming. Textbook required: Swim for the Health of It

Carol Sites

Date: August 26 - November 4
Time: 8:30 am (Mon, Wed & Fri)
Fee: $60 non credit
$118 credit
Location: KSU Natatorium

Fitness Swimming

• One hour optional KSU credit available

Carol Sites

Date: August 27 - December 10
Time: 8:30 am (Tues & Thurs)
Fee: $60 non credit
$118 credit
Location: KSU Natatorium

Family Swim Nights

Take a break from the ordinary dreariness of November. Bring the family out for a refreshing evening of swimming. Friday evenings in November are Open Swim. Practice what you have learned in lessons or just relax for a while. You must register in advance so we can plan adequate lifeguards.

Date: 8.41.11,18 and 25
Time: 6 - 7:30 pm (Friday)
Fee: $10
Location: KSU Natatorium

Kids Night Out Swim Program

UFUM has reserved Friday evenings in October as Open Youth Swim for the UFUM students. UFUM will provide lifeguards, Practice what you have learned in lessons or just relax for a while. You must register in advance so we can plan adequate lifeguards.

Date: Oct 4,11,18 and 25
Time: 6 - 7:30 pm (Friday)
Fee: $10
Location: KSU Natatorium

Self-Defense for Pre-teens

Youth section

Can you find the UFUM class that is NOT a real class? If you can find the "fake class", you can get $1 off one UFUM class in this catalog.
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 Freely (537-4505), has been a District Manager, a Division Manager and now is a Senior Account Executive with Wadadell & Reed Inc. Fred has 19 years experience in financial planning.

Date: September 10 (Tuesday)
Time: 7 - 9 pm
Fee: $9 individually/$14 couple
Location: Wadadell & Reed Conference Room
555 Poyntz Avenue, Suite 200

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 three basic strategies for success: review, strategy, and practice. The carefully designed curriculum consists of both classroom and home study hours. Analytical and reasoning exercises of the three GRE subject areas of Math, Logic and Verbal Skills. You will be tested under simulated 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 at home study materials.

Registration deadline: August 23

Jason Coleman has 2 years experience as a GRE instructor with a B.A. in Psychology.

Date: Sept 3, 5, 10, 12, 17, 19, 24, 26
Oct 1, 3, 5, 8, 10
Time: 7 - 9 pm (Tues & Thurs)
Location: UFM House (4th floor)

Ghostbusters III

Don't be afraid of NO GHOST! Learn how they can be neutralized. Is something strange in your neighborhood? Topics covered include: particle reversal, entrapment and the dangers of crossing the streams.

Mr. Louis Tully is a certified ghostbuster and the Director of the Ray County Ghostbuster Society.

Date: Sept 31 (Tuesday)
Time: 7 pm
Fee: $5.00
Location: UFM House (4th floor)

At $99 a month, the best comes easy.

Women and Money

The Women's Financial Information Program is designed to help women of all ages better prepare to make informed financial decisions. The Program will include sessions 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, savings, real estate, retirement and much, 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 lead by a facilitator.

The program presenters: Vicki Boening, Sherry McKay, Dr. Pam Turner, Amy Hill, Cindy Peterson, and small group facilitators.

Date: Oct 8 - Nov 19 (Tuesday)
Time: 6 - 8 pm
Fee: $30 includes workshops and handbook
$25 (if registered before September 10)
Location: First Lutheran Church (Basement)
930 Poyntz Avenue, Manhattan

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.

WOMEN AND MONEY DONORS

Century Business Systems
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Principles of Investing

This class begins with the very basics of finance, including examining some of the most common reasons people fail to meet their investment goals, money management tips that can help make sure you don't fall into those traps and rules every investor should know and follow. We will discuss many of the investments available today, including certificates of deposit, bonds, mutual funds, annuities, and more.

Jayson Kast (539-6777), is a Manhattan native, a Creighton University graduate, and has been an Investment Representative with Edward D Jones & Co. for 4 years.

Date: Aug 29, Sept 5, and 12
Time: 7 - 9 pm (Thursday)
Fee: $14 individual
$20 couple
Location: UFM Multipurpose Room

Principles of Investing

Jayson Kast

Date: Nov 7, 14, and 21
Time: 7 - 9 pm (Thursday)
Fee: $14 individual
$20 couple
Location: UFM Multipurpose Room

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Second Annual Chamber of Commerce Education Series

Total Quality Management (TQM)

Quality products and satisfied customers are goals every business, large or small, strives for. This workshop is designed to introduce participants to the concept of Total Quality Management. Learn how to assess customer service and maximize customer satisfaction to enhance your own business efforts.

Dennis Krause is an instructor at KSU, teaching Operations Management and Total Quality Management.

- **Date:** Sept 19 (Thursday)
- **Time:** 2 - 4 pm
- **Fee:** $20 Chamber members, $25 non-Chamber members
- **Location:** Ramada Inn, 17th and Anderson Avenue

Stress Management

Stress is an acknowledged element of life, one that we can consciously manage toward enhancement of our personal and professional development. This seminar will provide strategies and techniques to identify your sources and origins of stress, the effects of this stress in your life and the tools to manage, reduce and channel the stress. Productivity and profitability are increased in organizations that manage, rather than ignore stress. Stress may originate internally or externally affecting your physical well-being, your mental balance, your emotional state, your personal and your professional relations, and your productivity. This seminar provides insight and actions that are applicable to individuals, business owners, employers, managers, and supervisors.

Clifford D. Kirk is a national business seminar and workshop trainer, consultant and co-founder of Leadership Solutions, Inc., based in Lincoln. He brings over 30 years of leadership, management experience and training to the workshops and seminars.

- **Date:** Oct 17 (Thursday)
- **Time:** 9 - Noon
- **Fee:** $25 Chamber members, $35 non-Chamber members
- **Location:** Ramada Inn, 17th and Anderson Avenue

Conflict Management for Managers and Supervisors

If you are like most managers, a big part of your job is dealing with conflict - between employees, between customers and the organization, and sometimes between you and your employer. In this workshop you will learn how to improve a situation to decide which conflict management technique to use and how to implement that technique in a way that benefits all parties. The ability to diffuse anger and to mediate conflicts between others will be a significant asset to your supervisory skills.

Angela C. Hoyer is a KSU graduate with degrees in Psychology and Industrial/Organizational Psychology. She has a certification in Mediation from the Center for Dispute Resolution in Boulder, CO, and has completed a Certificate in School-based Conflict Resolution from the University of Missouri in St. Louis Conflict Resolution program. Angela is a frequent speaker and conflict resolution in her most requested subject.

- **Date:** Nov 15 (Wednesday)
- **Time:** 9 am - Noon
- **Fee:** $25 Chamber members, $35 non-Chamber members
- **Location:** Ramada Inn, 17th and Anderson Avenue

Computer

1221 Thurston 539-8763

Beginning WordPerfect

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 multiple documents at once. Includes WordPerfect, WordStar and other special features will be included. Available for 5.1, DOS 6 and Windows 95 versions. Hands-on computer time is provided. Please indicate which version of WP you are interested in learning when you enroll.

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

- **Date:** Oct 1 and 8 (Tuesday)
- **Time:** 7 - 9 pm
- **Fee:** $25
- **Location:** UFM Computer Lab

Radio Shack

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

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

Self Treatment with Accupressure

See Wellness Section

Lou Douglas Lecture Series

Discussion Groups

See Personal Development
Beginning Russian

This class is an introduction to Russian. The objectives are: to learn how to express simple questions and give simple answers, to learn how to read Russian, to learn Russian culture, and to make people feel more comfortable and happy if they happen to visit Russia.

Lidaa Ramn graduated from the Department of Modern Languages at Tidewater College and taught foreign languages for many years in Russia at different levels. She taught Russian at Fort Riley to soldiers and has volunteered for several years at UFM.

Date: Sept 9 - Oct 14 (Monday)
Time: 7 - 8:30 pm
Fee: $27
Location: UFM Multipurpose Room

Beginning Czech Language

This class will introduce students to the Czech language, at a pace comparable to the first semester of a formal language course. Up to three hours of academic credit may be available by examination at additional cost.

Initial meeting: Monday, September 9, 6:30 pm. Subsequent class sessions (probably forty-five one-hour sessions) will be scheduled to meet the convenience of the students and instructor.

The 45 hour course will be taught by one of the Czech language students from Charles University or Charles University. Arrangements are being coordinated by William Richer and Barry Miscan of the UFM Office of International Programs.

Date: Sept 9 (Monday)
Time: 6:30 pm
Fee: $150
Location: Eisenhower Hall 18, KSU

Survival Skills in Czech

Basic sentence structure, pronunciation, and common Czech phrases. The course will be held in American higher education, and can be taken for credit. The language is taught in a dynamic and interactive manner.

Initial meeting: Monday, September 9, 6:30 pm. Subsequent class sessions (probably fifteen one-hour sessions) will be scheduled to meet the convenience of the students and instructor.

Czech exchange students.

Date: Sept 9 (Monday)
Time: 6:30 pm
Fee: $62.50
Location: Eisenhower Hall 18, KSU

Beginning Conversational Chinese

Do you want to learn the language of 1/4 of the world’s population and the language which is a source of Eastern philosophy and culture? Thun, try this course. Using the text and tape for Chinese - A Complete Course for Beginners, this will introduce Chinese pronunciation, grammar, and conversation. Chinese will be taught in an interactive manner using Chinese characters as the course progresses. Approximately half the text will be covered in the course.

Madison N. N. Vidalnus (517-1079), holds a M.A. in Asian studies from U.C. Berkeley. He has studied in Taiwan and Mainland China, and presently is a Ph.D. student in the Department of History at KSU.

Date: Sept 10 - Nov 26 (Tuesday)
Time: 7 - 8:30 pm
Fee: $62.50
Location: Eisenhower Hall 12, KSU

English as a Second Language I

This class will be taught by two native English speakers. The course will include instruction in basic English grammar, spelling, and pronunciation. The class will be taught in an interactive manner using American higher education, and can be taken for credit. The language is taught in a dynamic and interactive manner.

Initial meeting: Monday, September 9, 6:30 pm. Subsequent class sessions (probably fifteen one-hour sessions) will be scheduled to meet the convenience of the students and instructor.

Czech exchange students.

Date: Sept 9 (Monday)
Time: 6:30 pm
Fee: $62.50
Location: Eisenhower Hall 18, KSU

Survival Skills in Czech

Basic sentence structure, pronunciation, and common Czech phrases. The course will be held in American higher education, and can be taken for credit. The language is taught in a dynamic and interactive manner.

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Czech exchange students.

Date: Sept 9 (Monday)
Time: 6:30 pm
Fee: $62.50
Location: Eisenhower Hall 18, KSU

Reading 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.

Riley County Historical Museum
2309 Clifton 2301 Clifton
Exhibits of Riley County History - Home of Isaac Goodnow
Pioneer days to the present Free state advocate
Research library by appointment Educator (common school to college)
Educational programs KSU and Manhattan founder
Speakers' bureau Call 565-6490 for Hours
8:30-5:00 Tuesday-Friday A State Historic Site
2:00-5:00 Saturday-Sunday
Wolf House Museum
830 Fremont
1868 stone house served as wolf house museum
boarding house and private home A State Historic Site
Furnished with period antiques
Special exhibits: 1:00-5:00 Saturday
1:00-5:00 Sunday and by appointment
Pioneer Log Cabin
Manhattan City Park
1868 stone house served as wolf house museum
boarding house and private home A State Historic Site
Furnished with period antiques
Special exhibits: 1:00-5:00 Saturday
1:00-5:00 Sunday and by appointment

Thank you Advertisers for your loyal support.
Introduction to Golf

A short course geared for beginning and intermediate players. The fundamentals of the full swing and techniques of short game (pitching, chipping, and putting) will be covered. General play, course etiquette, and selection of equipment will also be covered. Clubs, balls, and range balls will be provided. You may bring your own clubs if you prefer. Limit 15.

Date: Aug. 29 - Sept. 5, 12, and 19
Time: 9 - 7 pm (Thursday)
Fee: $33
Location: Stagg Hill Golf Club
4441 Fort Riley Blvd.

Tennis: Junior Beginners

Ages 7 - 16

Join us for fun and skill development in this great sport! This class is designed for beginners 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 Tassendorf, M.S., Kinesiology, has played tennis for 20 years, including collegiate tennis at Col College, Cedar Rapids, Iowa. He recently taught at Manitoba-Wabing Sports and Arts Centre in Ontario, Canada.

Date: Sept 9, 16, 23, and 30 (Monday)
Time: 6:30 pm
Fee: $36
Location: L.P. 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 Tassendorf

Date: Sept 9, 16, 23, and 30 (Monday)
Time: 7:30 pm
Fee: $36
Location: L.P. 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 Tassendorf

Date: Sept 9, 16, 23, and 30 (Monday)
Time: 8:30 pm
Fee: $34
Location: L.P. Washburn Rec Complex, KSU

Aerobic Instructor Training Course

Information will be provided and classes will be presented in order to prepare the participants for Aerobic Certification through AAHPER, ACE, or ACSM. The essentials of aerobic exercises such as Anatomy and Physiology, Body Composition, General Nutritional Needs, and Class Design and more will be covered. Fee includes training handbook.

Kim Davis (532-7004), has a B.A. in Exercise Science from Texas Lutheran College. She has been certified with AAHPER since 1992. She is a second year GTA at KSU Department of Kinesiology. She is currently working on her Masters of Science in Exercise Physiology.

Date: Sept 3 - Nov 19 (Tuesday)
Time: 7 - 9:30 pm
Fee: $65
Location: Abrams Fieldhouse, Room 4

Recharge your RV or boat batteries quietly, with no fumes, messy fuels, or moving parts

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Hawaiian Dance

The mix in Hawaiian culture is reflected in their dance. Learn the Hawaiian way of dancing from theollole<br>Hula dances in the vibrant Polynesian dance. This is an excellenform of exercise for children, teenagers and adults.

Marie Odjor is a KSI graduate student. She started dancing Hawaiian folk dance when she was 4 years old.<br>She danced with the Filipabasa Dance Troupe during the time she was in high school until college.

Date:  Aug 31 - Oct 12 (Saturday)
Time:  9-10 am. 10:30 am
Fee:  $25
Location:  UFM Fireplace Room

Hawaiian Dance

Marie Odjor

Date:  Oct 19 - Nov 30 (Saturday)
Time:  9:30 - 10:30 am
Fee:  $25
Location:  UFM Fireplace Room

African Dance

Learn to dance like an African. Dance is a common language for all mankind. The instructor will be introducing this non-traditional African dance which is originally from Zaire (Congo part of Africa).

Colette Anderson ($37.95/6), was born and raised in Zaire. Her family moved to the United States in 1984. Colette teaches cultural dancing and has performed at African Night, KIU International Night and at other events in the area. Her dancing ability is "all in the African blood".

Date:  Aug 26 - Oct 9 (Mon/Wed)
Time:  6:30 - 7:30 pm
Fee:  $24
Location:  ECM Student Center

African Dance

Colette Anderson

Date:  Oct 16 - Dec 2 (Mon/Wed)
No class Nov 27
Time:  6:30 - 7:30 pm
Fee:  $47
Location:  ECM Student Center

Ballroom Dance 1

Ballroom dancing is back! Time, Newsweek and Smithsonian report that 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 Fox Trot, Waltz, Swing, and more. You will be dancing around the expansive dance floor. So, sign up with a friend, or two, and learn how to dance with someone in your arm. Classes fill rapidly. It is advisable to register early. No Street Shoes.

Michael Benest (776-7557), has trained in Ballroom Dance at U.C. Berkeley, Mandola Ballroom, San Francisco; All Rats Ballroom, Oakland, CA; Chicago Dance Studio, Chicago, IL, and Avenue Ballroom, San Francisco. He was the 1994 San Francisco Avenue Ballroom Jitterbug Champion. Sara Sanders is a dance student at Kansas State University. She has danced Ballroom nearly all her life and recently attended the Arthur Murray School of Dance.

Date:  Sept 6 - Nov 22 (Friday)
Time:  6:30 - 7:30 pm
Fee:  $35 individual/$60 couple
Location:  ECM Student Center

Ballroom Dance 1

Michael Benest and Sara Sanders

Date:  Sept 6 - Nov 22 (Friday)
Time:  7:30 - 8:30 pm
Fee:  $35 individual/$60 couple
Location:  ECM Student Center

VFM Halloween Ball

Enjoy an evening of elegant ballroom dance. Waltz, Fox Trot, Swing, Jitterbug, and more...

October 25
8 pm to 11 pm
Watch for upcoming details.

Call VFM at 539-8763 to receive an invitation.

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**Social Issues and Martial Arts**

**Arts**
- Class 1: The Rationalize - The martial arts are for developing morals and discipline, how do they do that?
- Class 2: Laws, Morals, and Ethics
- Class 3: Beliefs about God (Religion), the unseen and the reality, in terms of behaviors
- Class 4: Buddhism, Confucianism, Taoism, Shintoism, understandings of the martial arts, orthodox and esoteric
- Class 5: Narrows the way to subjugation
- Class 6: Quan, Zen, Mikka, the Shaolin temple, and true martial arts
- Class 7: Samurai, Karate, Pentacles, Ninjutsu, Karat
- Class 8: The practitioner
- Class 9: Maki, Sensu, Giga, and Sun Bun Nio, the teachers

**Date:**
- Aug 28 - Oct 16 (Wednesday)
- Time: 7 - 8 pm
- Fee: $35
- Location: UFM Banquet Room

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**Hapkido**

Hapkido is a Korean Art that combines kicking, striking, grappling, and weapons. It is one of the divisions of the White Phoenix System. Fee includes 3 manuals.

**Date:**
- Oct 12 - Nov 16 (Saturday)
- Time: 3 - 4:30 pm
- Fee: $40
- Location: Akane Fieldhouse

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**Combat Grappling**

Combat Grappling is one section of the White Phoenix System. In this class, we work against the mount and learn about grappling, standing, and on the ground. Fee includes 3 manuals.

**Date:**
- Aug 21 - Oct 5 (Saturday)
- Time: 3 - 4:30 pm
- Fee: $40
- Location: Akane Fieldhouse

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**Modern Aikijujutsu**

This class will work on the modern form of Aikijutsu called Hakkokyo. We will do walking exercises, two person techniques, and breakdowns. part of the White Phoenix System. Fee includes book.

**Date:**
- Sept 1 - Oct 6 (Sunday)
- Time: 3 - 4:30 pm
- Fee: $34
- Location: Akane Fieldhouse

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**Old Style Jujitsu**

This class uses Jujitsu forms Nippon Tijuana (Nippon) and Budo Tijuana. It is a very combative style. These techniques are included in the White Phoenix System. Fee includes 1 manual.

**Date:**
- Oct 13 - Nov 17 (Saturday)
- Time: 3 - 4:30 pm
- Fee: $31
- Location: Akane Fieldhouse

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**Tae Kwon Do**

Tae Kwon Do is a traditional martial art designed to provide the ultimate in self-defense, blocking, punching, and kicking. The techniques include basic kicks and rolls with over 30 years of 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 1973. Every Lewis is a 3rd degree black belt with over 12 years of experience in Tae Kwon Do.

**Date:**
- Aug 27 - Dec 12 (Tues and Thurs)
- Time: 6:30 - 7:30 pm
- Fee: $72
- Location: Akane Fieldhouse, KSU
  - No class Oct 31, Nov 26 and 28

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**SHARP for Women**

**Page 18**

The Chinese Tai Chi class is in the WELLNESS section of the catalog on page 24.

**Tae Kwon Do classes**

for children ages 4-5, 6-8, 9-14 are found on page 22
Manhattan Arts Center 1996 Fall Classes
Sponsored by the Manhattan Center for the Arts

September 9 - December 20
at the
Manhattan Center for the Arts
1520 Poyntz Ave., Manhattan, KS
and the
Annex Pottery Studio
1508 Poyntz Ave., Manhattan, KS

Children and Youth classes at the Manhattan Center for the Arts 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 work in partnership with USD 383 in providing free busing. Students requiring busing will be picked up at home or their area school, transported to the Center for the Arts for classes and returned back to their pick-up point. Depending upon final registration for each class, busing may or may not be available. When registering for classes at UFM (539-8763) please indicate the need for transportation.

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.

Featuring Classes In:

Clay:
Hand Built Pottery
Wheel Thrown Pottery

Visual Arts:
2D Mixed Media

Theater:
Drama Workshops

REGISTRATION INFORMATION:
- UFM will handle registration for clay & visual art classes at 539-8763.
- The Manhattan Center for the Arts will handle registration for theater classes at 537-4429.
- 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.

MAKE IT IN CLAY!
Manhattan Clay Coalition Classes
All clay coalition classes held at the Manhattan Center for the Arts Annex unless specified elsewhere. Please call 539-8763 for registration.

MCC After School Classes for Children and Youth

After School Clay Discovery: Hand Built
FEE: $39 a YES! Fund class: youth pay $13 or $0
(limit 10 students, minimum 5)
Come and discover the fun and the joy of making clay pots. Special projects will be taught to stimulate creativity and teach the basics of handbuilt clay construction. All materials included; no additional tools needed.
Instructor: Laura Fatemi
CC 623 grades 5-8 M 3:45 - 5:15 pm Sept 9 - Oct 21
CC 723 grades 5-8 M 3:45 - 5:15 pm Nov 4 - Dec 16
Instructor: Susan Denson - Guy
CC 633 grades 1-4 T 3:45 - 5:15 pm Sept 10 - Oct 22
CC 733 grades 1-4 T 3:45 - 5:15 pm Nov 5 - Dec 17
Instructor: Staff
CC 643 Ogden Elem. W 3:45 - 5:15 pm Sept 11 - Oct 23
CC 743 Ogden Elem W 3:45 - 5:15 pm Nov 6 - Dec 18

After School Clay Discovery: Wheel Thrown
FEE: $39 a YES! Fund class: youth pay $13 or $0
(limit 8 students, minimum of 3)
This class will focus on teaching the basic skills and techniques of using the potter's wheel to create vessels you can use.
Instructor: Susan Denson - Guy
CC 653 grades 4-7 Th 3:45 - 5:15 pm Sept 12 - Oct 31
CC 753 grades 4-7 Th 3:45 - 5:15 pm Nov 7 - Dec 19

After School Clay Discovery: For Special Needs Youth
FEE: $39 a YES! Fund class: youth pay $13 or $0
This class is designed to meet the needs of children with developmental or physical challenges.
(maximum 8 students)
Instructor: Aaron Hinrichs
(w/ interns from KSU Special Education Dept.)
CC 663 F 3:45 - 5:15 pm Sept 13 - Oct 25
CC 763 F 3:34 - 5:15 pm Nov 8 - Dec 20

MCC Classes for Pre-School Children

Story Telling In Clay
FEE: $33 a YES! Fund Class: youth pay $11 or $0
(limit 8 students, minimum 4)
In this class the children will listen to a story read to them by the teacher. Each child will be guided in the making of clay objects inspired by the stories they heard.
Instructor: Susan Denson-Guy
CC 629 Ages 4 - 5 yrs. M 9:30 - 11:00 am Sept 9 - Oct 21
CC 729 Ages 4 - 5 yrs. M 9:30 - 11:00 am Nov 4 - Dec 16
CC 639 Ages 4 - 5 yrs. T 9:30 - 11:00 am Sept 10 - Oct 22
CC 739 Ages 4 - 5 yrs. T 9:30 - 11:00 am Nov 5 - Dec 17
CC 649 Ages 4 - 5 yrs. W 9:30 - 11:00 am Sept 11 - Oct 23
CC 749 Ages 4 - 5 yrs. W 9:30 - 11:00 am Nov 6 - Dec 18

CC 659 Ages 3 - 4 yrs. Th 9:30 - 11:00 am Sept 12 - Oct 31
CC 759 Ages 3 - 4 yrs. Th 9:30 - 11:00 am Nov 7 - Dec 19
CC 669 Ages 3 - 4 yrs. F 9:30 - 11:00 am Sept 13 - Oct 25
CC 769 Ages 3 - 4 yrs. F 9:30 - 11:00 am Nov 8 - Dec 20

MCC Weekend Classes for Youth and Adults

Introduction To Wheel Thrown Pottery
FEE: $48 a YES! Fund class: youth pay $16 or $0
(limit 8 students, minimum of 6)
This class will focus on teaching the basic skills and techniques of using the potter's wheel to create vessels you can use. All skill levels are welcome.
(Adults may enroll if space is available)
Instructor: Gary Tyson
CC 671 grade 9 - 12 Sat 10:00 - Noon Sept 14 - Oct 26
CC 771 grade 9 - 12 Sat 10:00 - Noon Nov 9 - Dec 21
Instructor: Staff
CC 672 grade 4 - 8 Sat 1:00 - 3:00 pm Sept 14 - Oct 26
CC 772 grade 4 - 8 Sat 1:00 - 3:00 pm Nov 9 - Dec 21
MCC Evening Classes for Adults and Children

Family Clay Adventure
Fee: $48 for 1st adult family member, $12 for each thereafter a YES! Fund class: youth pay $4 or $0*
(limit 10 students, minimum 6)
Discover the joy of clay creation with a special family member or mentor. Wheel or hand building.
Handbuilt:
Instructor: Ester Ikeda
CC 636 T 6:30-8:30 pm Sept 10 - Oct 22
Instructor: Staff
CC 736 T 6:30-8:30 pm Nov 5 - Dec 17

Wheel Thrown:
Instructor: Ester Ikeda
CC 656 Th. 6:30-8:30 pm Sept 12 - Oct 24
Instructor: Staff
CC 756 Th. 6:30-8:30 pm Nov 7 - Dec 19

Intermediate And Advanced Wheel Throwing
FEE: $84 a YES! Fund class: youth pay $28 or $0*
ADULT FEE: $64 or $79/MCC members.
(Limit 8 students, minimum 4)
You have the basics and now are ready for the really “tough stuff”: handles, lids that fit, and the tea pot you always thought you would make. Whatever your next point of discovery goal is, come throw and explore.
Instructor: Ester Ikeda
CC 627 M&W 7:00-9:00 pm Sept 9 & 11 - Oct 21 & 23
Instructor: Gary Tyson
CC 727 M&W 7:00-9:00 pm Nov 4 & 6 - Dec 16 & 18

MCC Daytime Classes for Adults

The Joy Of Handbuilding For "Seniors"
FEE: $63 (non-member) or $58 (MCC member)
(limit 10, minimum 4 students)
Are you retired and have time on your hands? Then come get them dirty with Bee. Explore your wide range of creative whimsy as you design and make diverse things such as a bird house or dishes you can eat from when finished. No prior experience necessary!
Instructor: Bee Dunn
CC 621 M&T 1:00-2:30 pm Sept 9 & 10 - Oct 21 & 22
CC 721 M&T 1:00-2:30 pm Nov 4 & 5 - Dec 16 & 17

Clay For Special Needs Populations
FEE: $32 (scholarships are available)
class meets for 6 weeks. Maximum 8 students.
This class is designed to meet the needs of adults with developmental or physical challenges.
Instructor: Joyce Furney
CC 641 W 1:00 - 2:30 pm Sept 11 - Oct 23
CC 741 W 1:00 - 2:30 pm Nov 6 - Dec 18

Introduction To Pottery: Wheel Thrown
FEE: $44 (MCC member) $49 (non member)
Have you ever wondered if you could throw a pot? Enroll and we will help you "find your hands in clay" as you learn the basics of functional wheel thrown pottery. No experience necessary. Those wanting to hone their skills are also welcome.
Minimum of 5, maximum of 8 students.
Instructor: Staff
CC 651 Th 1:00 - 3:00 pm Sept 12 - Oct 31
CC 751 Th 1:00 - 3:00 pm Nov 7 - Dec 19

*Scholarships for children & youth classes are available through the YES! Fund, a fund of the Robert R. McCormick Tribune Foundation.
Theater Classes for Youth

Drama Workshops (Grades 1 - 6)
Make Believe in Mayhem - stage movement
FEE: $24 (scholarships available)
M & W 3:45 - 5:15 pm Sept 9 - Oct 9

Playwriting
FEE: $24 (scholarships available)
T & Th 3:45 - 5:15 pm Oct 15 - Nov 14

From Romeo & Juliet to Batman - theater history
FEE: $24 (scholarships available)
M & W 3:45 - 5:15 pm Nov 18 - Dec 18

Drama Workshops (Grades 7 - 12)
Greek Tragedies
FEE: $30 (scholarships available)
T & Th 3:30 - 5:30 pm Sept 10 - Oct 10 (5 weeks)

Multi-Cultural Theater
FEE: $30 (scholarships available)
M & W 3:30 - 5:30 pm Oct 14 - Nov 13 (5 weeks)

Playreading
FEE: $30 (scholarships available)
T & Th 3:30 - 5:30 pm Nov 19 - Dec 19 (5 weeks)

Visual Arts Classes for Youth

Two Dimensional Mixed Media (Grades 4 - 12)
FEE: $25
In a series of six Saturday morning sessions, students will explore a variety of 2D media including watercolor, pastels, and collage. A goal of the class will be learning to mix materials and methods to create 2D works of art.

Instructor: Suzanne Hale
Sat 9:00 - 10:30 am Sept 14 - Oct 19
Location: Manhattan Center for the Arts Gallery A

Funding for the Clay Coalition is provided in part by the Manhattan Town Center

REGISTRATION INFORMATION:
- UFM will handle registration for clay & visual art classes at 539-8763.
- The Manhattan Center for the Arts will handle registration for theater classes at 537-4420.
- Advance registration to reserve your spot is recommended.
- See the back of the UFM catalog for registration information and instructions.
Beginning Fly Tying
Learn the basics of tying your own flies for that next fishing trip. We will cover hooks, tying tools, and the materials necessary to create flies to catch fish from trout to bass. Materials will be provided for tying dry flies, wet flies, and nymphs. Keep the flies you tie and give them a try!
Paul Sodano (941-2340) is a seventh grade science teacher who likes to escape to cool running waters from time to time to get away from it all. He has been fly fishing waters from Georgia to Montana, building his own rods and tying his own flies for four years. Paul genuinely loves fly fishing, but his local outcasts for bugs and pan fish help keep his fly fishing skills sharp. He is owner of Raul's Fly Shop.
Date: Sept 18, 19, 20, 25, and 26
Time: 6:30 - 8:30 pm
Fee: $16
Location: UFM Conference Room

The Oregon Trail- The First Transcontinental Highway
Learn information and history about the Oregon Trail. Two class sessions will prepare participants for a field trip on the Oregon Trail. Areas of discussion will beicky go, equipment, repulsion, noise and timing, destination, and dangers along the way.
Vern and Carol Osborne both have a fascination for history, the east-west impetuous. Vern is a civil engineer and Carol is a homemaker.
Date: Sept 17, 24, and 28
Time: 7 pm (Tuesday)
9 am (Saturday)
Fee: $16 Individual/$25 Family
Location: UFM Multipurpose Room

Caring For Your Houseplants
When the weather turns cooler in the fall, many gardeners turn their attention to gardening indoors with houseplants! But some people find that their green thumbs turn purple (or black) when it comes to successfully growing houseplants through the winter months. We'll discuss the basic need of houseplants, insect and disease problems, and even the easiest ones to grow indoors! We'll have lots of time at the end of class to answer your questions.
Colleen Hampton has gardened both indoors and outdoors for 25 years and looks forward to sharing her practical knowledge in her gardening classes.
Date: Sept 7 (Saturday)
Time: 1 - 4 pm
Fee: $8
Location: UFM Greenhouse

Sensible Pet Selection in Youth section
Dwight Nesmith's SEED BIRD MOSAIC can be found in Creative FreeTime

Reduce, Reuse, Recycle & Join...Northern Flint Hills Audubon
Your local Audubon chapter invites members and the public to join us in learning about and helping protect the environment. Here are some highlights:
- Bird Seed Sales (To order, call Mike Rhodes at 539-4853)
- Field Trips to local natural areas
- Programs on topics ranging from anti-environmental radio shows to family camping. Look for details in our newsletter!
- Member activities and environmental issues
Watch for information on all these activities in The Prairie Falcon, the chapter's newsletter. For more information, call Chris Colburn (537-6422).
WE NEED YOU!

Archaeology of Northeast Kansas
This class will introduce participants to the people who lived in our state during the last 12,000 years. It is designed to introduce participants to the types of evidence left by earlier populations. Further attention will be directed to studying stone tools, including seeing how they were made. Other types of artifacts and physical remains will also be discussed and we will talk about past lifeways as we understand them from analyzing these remains. Information will be provided on how to learn more and how to become involved in studying the past, while also joining our effort to preserve the past for the future. Participants who have artifacts collections and would like to learn more about them are encouraged to bring them to the class.
Dorcas C. Ripper (715-3772), has been involved in archaeological investigations in the Central Plains and Midwest for over 25 years. She currently works as a researcher and consultant in the Kansas-Nebraska area. She has taught archaeology at K-State and holds an adjunct faculty appointment at the university.
Date: Oct 9, 16, and 23
Time: 7 - 9 pm (Wednesday)
Fee: $14 Individual/$20 Couple
Location: Justin Hall 341, K-State

Watch UFM Community Focus - Hosted by UFM Telecom - Featuring UFM classes and community activities - Channel 19 - Tuesdays at 6:00 PM Wednesdays at 5:50 PM - See the Channel 19 program listing in The Manhattan Mercury TV Preview for the weekly topics.

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**Introduction to Zen Buddhist Philosophy and Practice**

Zen Buddhist philosophy aims for enlightenment by direct intuition and meditation. Emphasis is on the discipline and practice of Zen meditation. (Zazen) with a major focus on the Zen tradition or Zen. - Zen traditions and Asian Movements. The course will be 12-16 weeks long in duration.

**Leon Rapoport** (532-6850), is a professor of Psychology at LSU and has been a student of Zen Buddhism for approximately 20 years, practicing under the direction of Soh master Duang Kaing at Shobozenji Okumura. He is affiliated with the Minneapolis Zen Meditation Center.

Date: Oct 16, 21, and 28
Time: 7:30 - 9 pm (Wednesday)
Fee: $16
Location: UFM Conference Room

**The Kerygma: Discovering the Bible**

Kerygma: Discovering the Bible is a basic comprehensive introduction to the Bible as a whole. The course includes reading and discussion of the main themes andactive engagement with the Bible. It is open to all, regardless of religious background.

Reverend Donald Longhont (537-7006), is a graduate of Arizona State University and Golden Gate Seminary where he received a Master's Degree in Divinity. The course is designed for those interested in learning about the Bible and its impact on our lives.

Date: Sept 6 - Dec 8 (Sunday)
Time: 7 pm
Fee: $15
Location: First Congregational Church 700 Peavine Avenue

**The Kerygma: Discovering the Bible**

Reverend Donald Longhont (537-7006), is a graduate of Arizona State University and Golden Gate Seminary where he received a Master's Degree in Divinity. The course is designed for those interested in learning about the Bible and its impact on our lives.

Date: Sept 10 - Dec 10 (Tuesday)
Time: 7:30 pm
Fee: $12
Location: Call instructor for class location

**Books by and About Women**

If you enjoy discussing ideas and issues by and about women in fiction and non-fiction, please join us. The setting is informal and we will engage in meaningful discussions about the themes of the texts.

Date: Aug 25 - Dec 11 (Wednesday)
Time: 7:30 pm
Fee: None
Location: Call instructor for class location

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**Dream Discussion Group for Beginners**

Discover the significance of dreams in our life through sharing a dream journal and discuss dreams with others. Each session will begin with a brief affirmation followed by a moment of silence. Then the group will discuss dreams and different ways to interpret them. The session will close with the group choosing a specific experiment related to dreams to work on during the week.

Irina Kramonzou (539-8966), has studied psychology and various methods of self-expression. She has recently received a Doctorate in Educational Psychology.

Date: Oct 1, 10, 17, and 24
Time: 7 pm (Thursday)
Fee: $15
Location: UFM Conference Room

**How to Get Organized without Really Trying??**

Spend a few hours developing proven strategies to help you organize all parts of your life, from home to the office, from grocery shopping to paper work and much, much more. We'll develop lists, ideas, and easy steps to help you get organized and stay that way. Participants should bring their personal or family/household calendars with them to copy. Each participant will receive a "50 Timekeeping Tips" handout.

Phyllis Scharis (238-8292), is a former public information officer for the Denver Housing Authority. In 1994, she organized her wedding long distance using organizational and time management techniques. She has professional experience organizing special events, household moves and family vacations. Phyllis is currently a military spouse in Fort Riley and working on freelance projects.

Date: Nov 19 (Saturday)
Time: 9 am - Noon
Fee: $15
Location: UFM Conference Room

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**Listen to KQLA for UFM calendar update Monday through Thursday.**
Support Group for Parents of High Risk Teens

A supportive meeting for parents dealing with teens who are acting out in destructive ways—a time to learn from each other as well as learn about community resources. There are no membership requirements and there is no cost to participate.

Sponsored by Northeast Kansas Regional Prevention Center. For questions about the group, contact Linda Tenzer at UFM 539-8763.

Date: Sept 10 - Dec 10 (Tuesday)
Time: 7:30 - 9 pm
Fee: $5
Location: UFM Conference Room

Drug Awareness for Parents

There are many illegal and dangerous drugs making their way into our community. Learn about drugs currently available in Manhattan. Find out what is being used, how to recognize symptoms of drug use and commonly used drug paraphernalia. What you don’t know can hurt your kids.

Officer Larry George is the DARE officer with Riley County Police Department.

Date: Oct 24 (Thursday)
Time: 7 - 9:30 pm
Fee: $8
Location: UFM Fireplase Room

Metaphysics Discussion

The purpose of this group is to provide a place for those on the path of spiritual enlightenment, to share ideas, experiences and growth. Topics of discussion will depend on the current needs and interests of the collection. All religious, traditional, and methodical paths will be honored as equal and valid. Participants under the age of eighteen are encouraged to enroll with an adult mentor.

Tracy Mahoney is a student of Esoteric Studies at Santa Scopia Seminary with an emphasis in the Healing Arts.

Date: Aug 28 - Dec 11 (Wednesday)
Time: 7:30 pm
Fee: $20
Location: UFM Greenhouse

The Psychology of Meditation

This class will involve discussion of the psychological effects of meditation as well as the experiential practice of meditation. The use of visualization and sound as part of meditation will be covered. We will discuss meditation as an individual path that can be shared collectively.

Dan Berkow (587-0387), is a psychologist at University Counseling Services, KU. His career background includes occupational therapy counseling, and psychology. His Ph.D. is in counseling psychology. His interest in meditation has occurred for personal as well as professional reasons. He is interested in the ways that group energy facilitates individual growth and vice versa.

Date: Aug 27 - Nov 19 (Tuesday)
Time: 7:30 - 9 pm
Fee: $25
Location: UFM Greenhouse

Introduction to Toastmasters/Public Speaking Made Easy

Toastmasters is an International Organization which gives people the opportunity and the forum to speak in front of others. Fear of public speaking is one of most people’s greatest fears. To master this one skill is to master one of the true keys to success. Picture yourself pitching a new idea to your boss or presenting your views to a large civic organization. The only difference between you and the person on the podium is practice. Manhattan Toastmasters offers the place for that practice in a safe friendly and relaxed environment. This introduction will go through a typical Toastmasters meeting. Those attending will have the option to participate or not, as they choose. Information about joining the Manhattan Toastmasters as a regular member will be discussed.

The Manhattan Chapter of Toastmasters International has been in operation for over 20 years. It’s members have given many speeches to crowds large and small. Many of it’s past members have gone on to live normal lives.

Date: Sept 16 (Monday)
Time: 7:30 - 9 pm
Fee: $8
Location: Grant Beauty College 512 Poppy Avenue (side entrance)

The Bahá’í Faith: An Introduction

Equality of Men and Women... Race Unity... Oneness of Religion... Brotherhood... Oneness of Religion... Oneness of God. How are these ideas related? Will they affect you? The Bahá’í Faith teaches how these ideas fit together in one’s plan for humankind. Come learn more about the beliefs and philosophy of this worldwide religion.

Anita Van Nouvel has lived in Manhattan for 8 years. She has been a Bahá’í for 13 years. Maureen Coni has been a Bahá’í for 22 years and has lived in Manhattan since 1976.

Date: Sept 24 (Tuesday)
Time: 7:30 - 9 pm
Fee: $10
Location: UFM Fireplace Room

For the Love of Music

This class is ideal for parents or teachers with children from the womb to early school age. We will explore why music is instrumental in our lives and how to cultivate a lifelong love of music in your child. You will be provided with songs and games to share with your children and hands-on practice in making your own instruments. We will also discuss different instrument methodologies, such as rambles.

Jennifer Fidleyson (776-1592), is a recent graduate of Ithaca College in Ithaca, NY where she studied music education with a voice emphasis. She has taught preschoolers through 12th grade general music classes and choirs. She has also worked with groups of young women, grades 1-6, through Girl Scouting for 6 years. In the next year she began to compile information for a book with the same topic as this class.

Date: Oct 1 - Nov 19 (Tuesday)
Time: 7 - 8 pm
Fee: $25
Location: Justin Hall 256, KSU

Mental Health is Everybody’s Business

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Sept. 18 Family Systems: The Ties that Blind
Oct. 16 Severe and Persistent Mental Illness
Nov. 20 Developing Relationships with Child and Adolescent Clients
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Workshops begin at 12:45 p.m. at Houston Street Center. The fee is $21 per workshop. Please pre-register. Credit: Three nursing contact hours for each workshop are provided by Mercy Health Center. Social workers and others receive three-continuing education units.

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Special THANKS TO THE UFM INSTRUCTORS who volunteer their time.
PERSONAL DEVELOPMENT (Continued)

Morris Dees
Discussion Group
The new Lou Douglas Lecture Series Discussion Groups are forums for community members, students, and faculty members to discuss, debate, and ponder the upcoming Lou Douglas Lecture Series speaker and topic. The first speaker in this series is Mr. Morris Dees, a Civil Rights lawyer and Co-Founder of the Southern Poverty Law Center. The SPLC is a nonprofit that specializes in lawsuits involving civil rights violations and racially motivated crimes. Mr. Dees has played himself as odds with the most notorious racists in the country, when he launched and won on historic $7 million, precedent-setting lawsuit against the Klan in 1981. The SPLC has founded “Klanwatch,” a national project to help educate young people about the Civil Rights Movement. Mr. Dees is a graduate of the University of Alabama Law School. The trial lawyers for public justice named him “Trial Lawyer of the Year” in 1987, and he received the Martin Luther King Jr. Award from the National Education Association in 1991. Mr. Dees has written two books: A Season of Justice and Hate on Trial: The Case Against America’s Most Dangerous Neo-Nazis.

Each year, ten KSU students with outstanding records of commitment to community involvement intern with the Lou Douglas Lecture Series. Interns assist with scheduling lectures, fundraising, publishing the series, and coordinating the series. The Lou Douglas Lecture Series interns have enthusiastically prepared for the first-ever Lou Douglas Lecture Series Discussion Group. The Lou Douglas Discussion Group Series is partially underwritten by an anonymous donor.

Edward Luck
Discussion Group
Mr. Edward C. Luck is president emeritus and Senior Policy Advisor of the United Nations Association of the USA. The UNA is the nation’s leading center for policy research and public outreach on the United Nations and multilateral issues. Edward Luck is also a consultant to leading foundations, universities, and government agencies, as well as a frequent media commentator. He has published and testified widely on arms control, defense, and foreign policy, as well as Russian and East Asian affairs, the United Nations and multilateral issues. Mr. Luck holds a B.A. from Dartmouth College with High Distinction in International Relations, M.A., M.I.A., M.P. degrees from Columbia University, and the Certificate of Columbia’s Russian Institute.

Michael Apple Discussion
Dr. Michael Apple is the John Bascom Professor at the University of Wisconsin-Madison. Dr. Apple is a writer and professor of education. He has written over 20 books and over 150 articles and book reviews on education, education reform, curriculum policy, cultural reproduction, and education politics. He holds a B.A. in Education from Glassboro State College, and an M.A. and Ed.D. in Curriculum from Columbia University. As a leading voice in educational reform, Dr. Apple has influenced schools and teacher education programs nationally.

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1996 Lou Douglas Lecture Series

Tuesday, September 24
MORRIS DEES
“Teaching Tolerance: Bankrupting the Ku Klux Klan”

Tuesday, October 8
HON. MADELINE M. KUNIN
“Public Service: Can You Make a Difference?”

Tuesday, October 22
DR. MICHAEL W. APPLE
“Education and the Conservative Restoration”

Tuesday, November 19
EDWARD C. LUCK
“The U.S. and the UN: The Odd Couple in the Age of Uncertainty”

All lectures are held at 7:30 pm in Forum Hall, KSU.
Safe and Creative Care of Family Photos

Are your photos stuffed in shoeboxes, or worse, in albums that are chemically decaying? The workshop covers organizing your photos, photo safe materials, ideas for creative cropping and photo mounting. You will receive assistance in helping create a unique and lasting photo album. Bring a stack of pictures (12) and memorabilia plus a pair of scissors. The fee includes a fold-out album page and the use of photo-safe materials and supplies. Additional pages are available for purchase from the instructor.

Pam Schmid (800-347-2652), has been a consultant with Creative Memories since 1989.

Date: Sept 10 (Tuesday)
Time: 7 - 9:30 pm
Fee: $15
Location: UFM Fireplace Room

Safe and Creative Care of Family Photos

CF-02

Date: Oct 17 (Thursday)
Time: 7 - 9:30 pm
Fee: $15
Location: UFM Fireplace Room

Learn to Fly

Explore the idea of becoming a private pilot! Learn about the requirements to obtain a private pilot certificate including eligibility requirements, aeronautical knowledge, flight training, 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.

Hugh Price (539-3128), has been a pilot and K-State Flying Club member since 1976. He has been a flight instructor since 1985 and teaches single-engine, multi-engine, instrument, commercial, ATP and private pilot students. He has 6,000 hours and an Airline Transport Pilot (ATP) certificate.

Date: Oct 5 (Saturday)
Time: 10 - 11:30 am
Fee: Free
Location: UFM Conference Room

Black and White Film Developing for Beginners

CF-07

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

Note: Students need 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 has a degree in Commercial and Industrial Photography. He enjoys black and white photography, and enjoys processing his own film.

Date: Sept 18 (Wednesday)
Time: 7 pm
Fee: $14
Location: UFM Darkroom

Black and White Film Developing for Beginners

CF-08

Date: Oct 15 (Wednesday)
Time: 7 pm
Fee: $14
Location: UFM Darkroom

Black and White Printing

CF-09

Feel the satisfaction of turning your own Black and White negatives into prints. Each student will gain hands-on darkroom experience in print processing. Bring 2 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: Sept 25 (Wednesday)
Time: 7 pm
Fee: $15
Location: UFM Darkroom

Black and White Printing

CF-10

Date: Oct 21 (Wednesday)
Time: 7 pm
Fee: $15
Location: UFM Darkroom

African Dance from Zaire

Can be found in the Recreation Section

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Beginner Calligraphy

CF-03

It doesn't take very long to pick up the principles of calligraphy, a skill and an art that can give you and others pleasure. We will work with two or three of the classic alphabets and practice using various kinds of pens for almost anything you want to look impressive: certificates, announcements, cards, calendars. We may also make one or two small scrolls. Naomi Oscar (537-1425), has been at this for more than 20 years and has taught a similar class to foreign students at K-State. She has taught calligraphy for several organizations over the years. Sometimes she even caligraphs her shopping list.

Date: Sept 5, 12, and 19 (Thursday)
Time: 7 - 9 pm
Fee: $24
Location: UFM Fireplace Room

Beginner Copperplate Calligraphy

CF-04

Learn the beautiful 19th Century writing art of Copperplate Calligraphy. Using the oblique pen holder and flexible pointed nib, you will learn this distinctive, ornate style of handwriting seen on wedding invitations, envelopes and diplomas. Impress your friends with this elegant script.

Jackie Lee (776-7948), has been a professional calligrapher specialist in Copperplate script since 1987. She received her training in New York City at The New School for Social Research and Parsons School of Design. She has had extensive experience as a freelance calligrapher in Florida and Texas. She has worked for socialites and party planners and has taught adult education classes in calligraphy, as well.

Date: Sept 7 - Oct 12 (Saturday)
Time: 1 - 3 pm
Fee: $33
Location: Durant Hall 141, KSU

Ghostbusters

CF-05

Join us for a tour of Sunset Cemetery and meet some past Manhattanites. This class will be an overview of the cemetery. We will discuss the history of some of the people buried there and touch on the stories of using the cemetery for genealogical and historical research.

Cheryl Duling is the director of the Riley County Historical Museum.

Date: Sept 10 (Thursday)
Time: 7 - 8:30 pm
Fee: $9
Location: Sunset Cemetery shelter by front gate

Looking for a book that sparks your interests?

Crafts... Poetry...
Gardening... Photography... and much more!

K-State Student Union
Bookstore 532-8583
Basic Radio Monitoring for Beginners

Nothing good on television tonight? Well how about the wonderful world of radio monitoring? This is basic introduction to radio listening. This class will cover the basics on AM radio tuning, shortwave listening, police scanners, citizen band radio, and weather tracking. We will also discuss basic antennas types for different radio frequencies.

John Shave, [AER] is an amateur radio operator and radio monitoring hobbyist. He has had an amateur radio license for the past five years. He has been actively monitoring radio transmissions since 1969. John is involved in a special weather observing for Riley county in which he monitors Amateur radio to report storm development. John is also a member of the citizen band single sideband network with a sideband number member number of SSB-101B.

Date: Oct 4 (Friday)
Time: 7 pm
Location: UFM Fireplace Room

Sewing or Crafts

Instruction for Individuals

Are you sick of the middle all 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 SNAFU'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, crochet, cross-stitch, embroidery, you-name it, cloth decorations, mill art, hair decoration, beading and quilting.

Karen Garza (768-4595), studied Home Economics Education at Georgia College, in Athens, Georgia. While in Georgia, Karen served as the Home Auxilliary Director for Pine Fabrics, Bridal and Formal Boutique. While in Arizona she taught at the local community college and at both the local civilian and military recreation centers. Karen is a sewing enthusiast who enjoys designing and teaching others that sewing can be Fun, Easy, and Profitable.

Date/Time: By appointment, instructor will contact you after your registration
Fee: $15
Location: Student's home

"Indian Country" - CF-11

Learn about the Central Plains Native Americans, past and present. Throughout the six sessions Native American guest speakers will be invited to tell about their experiences with the various issues. This session will provide an historical backdrop including the original areas of indigenous occupation in the Central Plains.

Annette White (585-6515), is a Native American liaison and has worked and lived in "Indian Country" for 10 years. She has traveled along the pow-wow trail dancing and organizing Native American activities throughout Kansas and Oklahoma.

Date: Sept 16 (Monday)
Time: 7 - 9 pm
Fee: $15 one class/$45 for series
Location: UFM Greenhouse

"Indian Country" - CF-16

This session will provide an historical backdrop including the original areas of indigenous occupation in the Central Plains.

Annette White (585-6515), is a Native American liaison and has worked and lived in "Indian Country" for 10 years. She has traveled along the pow-wow trail dancing and organizing Native American activities throughout Kansas and Oklahoma.

Date: Sept 16 (Monday)
Time: 7 - 9 pm
Fee: $15 one class/$45 for series
Location: UFM Greenhouse

"Indian Country" - CF-17

This session will provide an historical backdrop including the original areas of indigenous occupation in the "barrenness" of the Great Plains.

Annette White (585-6515), is a Native American liaison and has worked and lived in "Indian Country" for 10 years. She has traveled along the pow-wow trail dancing and organizing Native American activities throughout Kansas and Oklahoma.

Date: Sept 16 (Monday)
Time: 7 - 9 pm
Fee: $15 one class/$45 for series
Location: UFM Greenhouse

"Indian Country" - CF-18

In this session we will discuss issues related to the United States "Assimilation Policy" including the role "Indian Schools" played in the government's attempt to destroy Native American identity and tradition.

Annette White (585-6515), is a Native American liaison and has worked and lived in "Indian Country" for 10 years. She has traveled along the pow-wow trail dancing and organizing Native American activities throughout Kansas and Oklahoma.

Date: Sept 16 (Monday)
Time: 7 - 9 pm
Fee: $15 one class/$45 for series
Location: UFM Greenhouse

"Indian Country" - CF-19

This session will provide an historical backdrop including the original areas of indigenous occupation in the Central Plains.

Annette White (585-6515), is a Native American liaison and has worked and lived in "Indian Country" for 10 years. She has traveled along the pow-wow trail dancing and organizing Native American activities throughout Kansas and Oklahoma.

Date: Sept 16 (Monday)
Time: 7 - 9 pm
Fee: $15 one class/$45 for series
Location: UFM Greenhouse

"Indian Country" - CF-20

In this session we will discuss the resilient nature of Native Americans and introduce issues related to maintaining national identity.

Annette White (585-6515), is a Native American liaison and has worked and lived in "Indian Country" for 10 years. She has traveled along the pow-wow trail dancing and organizing Native American activities throughout Kansas and Oklahoma.

Date: Oct 14 (Monday)
Time: 7 - 9 pm
Fee: $15 one class/$45 for series
Location: UFM Greenhouse

"Indian Country" - CF-21

This session will address the various ways Native Americans are preserving and protecting tradition today.

Annette White (585-6515), is a Native American liaison and has worked and lived in "Indian Country" for 10 years. She has traveled along the pow-wow trail dancing and organizing Native American activities throughout Kansas and Oklahoma.

Date: Oct 14 (Monday)
Time: 7 - 9 pm
Fee: $15 one class/$45 for series
Location: UFM Greenhouse

Fall Straw Hat Scarecrow - CF-22

Bring your glue gun and scissors (will be provided if needed) and learn how to make a country scarecrow face made from straw hats. The scarecrow is on display at the UFM office.

Charlene Brownson (759-8765), is the Education Coordinator at UFM and has a teaching certification in Art Education K-12. She enjoys both teaching and creating art and crafts.

Date: Oct 19 (Thursday)
Time: 6:30 - 7:30 pm
Fee: $10
Location: UFM Fireplace Room

Clay Ghost with Pumpkins - CF-23

Everyone will get to make their own ghost with pumpkins using sculpted clay. You have probably seen these miniature clay figures at Arts and Crafts shows. Have fun learning how to make your own sculpted crumb-baked clay figurines. Keep them for yourself or give as a gift.

Charlene Brownson (759-8765), is the Education Coordinator at UFM and has a teaching certification in Art Education K-12. She enjoys both teaching and creating art and crafts.

Date: Oct 19 (Thursday)
Time: 6:30 - 7:30 pm
Fee: $10
Location: UFM Fireplace Room

The Manhattan Center for the Arts

Proudly Presents the 1996-1997 Theatre Season

"Night Must Fall"—Intriguing mystery by Emlyn Williams
October 4-6 & 10-13, 1996

"The Glass Menagerie"—Classic drama by Tennessee Williams
November 8-10 & 14-17, 1996

"Sylvia"—The story of a man, his dog and his wife by A.R. Gurney
February 7-9 & 13-16, 1997

"Carnival"—Discover the magic and fun of a carnival in this musical by Bob Merrill
April 4-6, 10-13 & 18-19, 1997

"How the Other Half Loves"—Rollicking comedy by Alan Ayckbourn—Dates to be announced-Spring 1997

For more information on season tickets, call 539-4420, www.hmthnln.com/th/arts/

22 All participants must register in advance.
Introduction to Bridge

This course is designed for absolute beginners and for those with little experience who want to develop skills adequate for social purposes. It will cover all aspects of bridge, such as:

- Bidding
- Defense
- Declaration
- Play

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 social enjoyment will be emphasized. Individuals may enroll or withdraw without a partner.

Elizabeth Jankord (765-8776), has taught bridge at UFM for more than 15 years and is an ABMA Master within the American Contract Bridge League.

Date: Sept. 16, 23, 30, Oct. 7, 14
Time: 9 - 9:30 (Monday)
Fee: $15
Location: UFM Fireplace Room

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WaterColor Painting via Photography

Transform photographs into watercolor paintings. Photograph Kansas sites, 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 lay down the initial watercolor washes. Students should complete two watercolor paintings and receive instruction on mounting. Students must have a 24" square canvas, a 24 square inch roll of color film, watercolor palettes, brushes and paper.

Ernie Park (537-0483) and Gene Ernst (776-2621) have taught photography frequently and are accomplished painters. Ernie and Gene have on-going watercolor classes for several years.

Date: Oct 5, 12, 19, 26
Time: 7 - 9 pm (Tuesday and Thursday)
Fee: $25
Location: UFM Fireplace Room or Multipurpose Room

Food for Fun!

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. Supplies list available at time of registration.

Tammy Snee began decorating cakes several years ago as a hobby. Her first locations were at UFM cake decorating class. She currently decorates cakes for Dillons.

Date: Oct 3, 10, 17, 24
Time: 7 - 8:30 pm (Thursday)
Fee: $25
Location: Justin Hall 144, KSU

Spice for Life

Trick your tastebuds by replacing the flavor of unhealthy ingredients 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.

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

Date: Nov 21 (Thursday)
Time: 6:30 - 8:30 pm
Fee: $15
Location: Potash Hall, Cico Park

CRAFCTIVE MEmORIES

Creative Memories classes teach people to organize, preserve and display their photos and memorabilia in a way that is not only entertaining and informative to view, but also fun to do, and will last for generations!

Creative Memories' instructions provide:
- Classes/workshops
- Speakers to clubs and organizations
- Career opportunities (full or part-time)
- Photo-safe albums and supplies

For more information call: Pam Schmitz (Creative Memories Direct) 1-800-347-2625 Council Grove

Ben Franklin Crafts' Creative Outlet

CRAFT SUPPLY HEADQUARTERS

Everything for the Crafter (or the would-be crafter)
Westloop Shopping Center
776-4910
Mon.-Fri. 9-9; Sat. 9-7; Sun. 1-6
Wellness
1221 THURSTON 539-8763

Chinese Tai Chi
T'ai Chi, known as joy through Movement, is a popular Chinese tradition. The purpose of T'ai Chi is to circulate the vital force and balance the Yin Yang of the Intrinsic Energy. It is relaxing and energizing in a gentle manner. This class is designed for beginners. Students will learn basic movements through demonstration and practice. You'll like Tai Chi and enjoy practicing it.

Ping Wei (539-4147), is a graduate student in the Department of Biochemistry at KSU. When he was in China he taught many foreign students T'ai Chi in Nanjing University. (The foreign students were from the USA, Japan, Germany, Russia, the Netherlands, and other countries.) Ping is very interested in promoting Tai Chi in his own country. He has been teaching Tai Chi for UFM since fall 1992. This will be the last semester he will be teaching for UFM.

Date: Aug 27 - Nov 26 (Tuesday)
Time: 7 - 9 pm
Fee: $34
Location: ECM Student Center
1021 Denison

Chinese Tai Chi

Date: Aug 29 - Dec 12 (Thursday)
Time: 7:30 - 9:30 pm
Fee: $34
Location: ECM Student Center
1021 Denison

Introduction to Massage
Learn the basic principles of therapeutic massage and the role of massage in maintaining health. Swedish style massage uses long, flowing strokes and is the most common style of massage. Emphasis will be placed on the neck and back. Participants should wear loose fitting clothing. We will be working in pairs. You will need to bring a towel or a light blanket for comfort.

Bernice Martin (587-9382)
Date: Oct 8 and 15 (Tuesday)
Time: 7 - 9 pm
Fee: $25/person
Location: UFM Banquet Room

Self Treatment with Accupressure
This class is designed to teach basic accupressure techniques that can be used for treatment of minor ailments. The main focus will be on the effects of accupressure using the body's meridians. Class fee includes book and handouts.

Dr. Larry Dull has practiced chiropractic care in Mexico for the last 17 years. He believes in assisting the body with the healing process, which is why he has expanded his treatment techniques to include accupressure/acupuncture. He is a Fellow in the Acupuncturists Society of America.

Date: Sept 9 - Oct 14 (Monday)
Time: 7 - 9 pm
Fee: $25/week
Location: 1330 Westport Drive, Suite 5 Mankato

Foot and Face Massage
Participants will learn to do a relaxing facial massage while enjoying a warm herbal foot bath. Students will then learn foot massage techniques to revitalize tired, aching feet. Please bring 2 towels and bowl/container large enough for your feet to rest comfortably inside.

Bernice Martin
Date: Oct 29 (Tuesday)
Time: 7 - 9 pm
Fee: $25
Location: UFM Banquet Room

Community First Aid & Safety Progression
Act with confidence in an emergency situation. Learn how to identify and care for life threatening bleeding, sudden illness, and injuries. Prerequisites: Current certification within 1 year Infant, Youth, Adult CPR, or Community CPR card.

Enroll Foerster (537-2180)
Date: Sept 30 (Tuesday)
Time: 8:30 - 10:30 pm
Fee: $34 includes book and materials
Location: American Red Cross
1014 Paynt Avenue

Win $1 off any UFM Class... by finding the "FABULOUS PHONE NUMBER" included in this catalog!! Identify it when you register and receive $1.00 off your registration for one class.

How to Watch a Good Program Die
Nothing kills a UFM class faster than participants who fail until the last minute to enroll. Classes will be cancelled if there is a low enrollment.

All participants must register in advance.

Names Project AIDS Memorial Quilt
Remember the 34,000+ who have died due to AIDS by making a memorial panel for the NAMES Project AIDS Memorial Quilt. Reita Currie & Joan Smith will help get you started to have your panels ready to present to the Quilt during its display Dec 2-6 at the K-State Union art gallery to observe World AIDS Day 1996.

Date: September 30 - October 2
Location: Riley County Health Dept., 320 Tecumseh Rd.
Call 532-6595 for more information.

Hansen Nutrition Center
"Diet Cures What Diet Causes" Your Complete Natural Food Supermarket
- Natural Food Supplements
- Natural Ice Creams
- WEISER PRODUCTS
- Deli Supplies
- WHOLE GRAIN CEREALS
- Herbs and Spices
- SUNRISE REGENARATION
- GRADUATE NUTRITIONIST
- PRODUCTS

MON-SAT. 9:30 TO 6
537-4571
3112 ANDERSON AVE. (ACROSS FROM PLAZA WEST)
SHARP-Self Defense for Preteens

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

Diana Tarver (923-5515), has been teaching women's self defense classes for 5 years. She has adapted the program for teens and young girls. She is a 4th degree Black Belt in Tae-kwon-do and has taught police defense tactics, but for this class she takes a very practical approach.

Date: Oct 21 (Monday)
Time: 6:30 - 8:30 pm
Fee: $15
Location: First Lutheran Church 930 Princey Avenue

YO-03

African Dance

Learn to dance like an African. Dance is a common language for all mankind. The instructor will be introducing this non-traditional African dance, which is carefully for Zaire (Central part of Africa).

Collette Anderson (537-8960), was born and raised in Zaire. Her family moved to the United States in 1964. Collette teaches cultural dancing and has performed at African Night, KISO International Night and at other events in the area. Her dancing ability is "all in the African blood".

Date: Aug 26 - Oct 9 (Mon/Wed)
Time: 6:30 - 7:30 pm
Fee: $32
Location: ECM Student Center 1021 Denison

YO-04

African Dance

Collette Anderson

Date: Oct 14 - Dec 2 (Mon/Wed)
Time: 6:30 - 7:30 pm
Fee: $24
Location: ECM Student Center 1021 Denison

YO-05

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

Date: Aug 31 - Oct 12 (Saturday)
Time: 6:30 - 7:30 pm
Fee: $25
Location: UFM Firepace Room

YO-06

Hawaiian Dance

Marie Ojeda

Date: Oct 10 - Nov 19 (Saturday)
Time: 9:30 - 10:30 am
Fee: $25
Location: UFM Firepace Room

YO-07

SASSY/Safety Awareness and Street Smart Youth

This program teaches children personal safety in an increasingly dangerous society. The program helps build self-confidence, increases awareness and teaches effective defense techniques as well as reinforcing safety precautions taught at home and school. This is a fun, safe program for children that teaches very important skills. Ages 10 and under.

Diana Tarver teaches the SHARP self defense classes for UFM.

Date: Nov 18 (Monday)
Time: 6:30 - 8:30 pm
Fee: $12
Location: First Lutheran Church 930 Princey Avenue

YO-08

Kids on Campus

Join us for a fun-filled educational field trip of the Kansas State Campus. We will visit several departments with interesting activities, take tours out for recreation, eat lunch in the Union and return to UFM. This program is geared for children 4th - 6th grade. Call UFM 537-8763 for a complete list of activities.

UFM Staff

Date: Oct 31 (Thursday)
Time: 8 am - 3 pm
Fee: $25
Location: Meet at UFM

YO-09

VIDEO GAMES! BUY-SELL-TRADE

- Sega
- Super Nintendo
- Computer CD-ROM
- Game Gear
- Game Boy
- Sony Playstation
- Lots of Regular
- Nintendo Games

SAVE AT GAMES GUYS!

709 N. 12th
Manhattan, KS
(913) 537-0989

YO-10

Parent Teacher Conference
School's Out Activities

Parents provide you children (grades K-3) some supervised fun and activity during Fall Parent-Teacher Conference Days. Children can join in mini-workshops which may include arts and crafts, music, science, humanities, and others. For further information call UFM (537-8763). We'll have a great time! A fun lunch will be served.

UFM Staff

Date: Oct 31 (Thursday)
Time: 8 am - 3 pm
Fee: $15 half day
Location: Marlian School
Hobbs Drive and Browning Avenue

YO-11

Parent Teacher Conference
School's Out Activities

UFM Staff

Date: Nov 1 (Thursday)
Time: 8 am - 3 pm
Fee: $25 half day
Location: Marlian School
Hobbs Drive and Browning Avenue

YO-12

Chess for Kids

Chess is a life long activity that stimulates analytical and spatial thinking skill, promotes self-esteem. This class will be for children who want to learn how to play chess. Children will learn to play by the direct experience of playing chess. Those children who know a little, are unsure, or lack confidence in their ability to play a whole game of chess are welcome as well.

Josh Staff (537-4671), is a member of the United States Chess Federation. He is a very experienced player and has played over two thousand rated games of chess. He is currently ranked as a class "A", or "Very strong" chess player by the Internet class club.

Date: Sept 5 - 26 (Thursday)
Time: 4:15 - 6:15 pm
Fee: $25
Location: UFM Conference Room

YO-13

Chess for Kids II

The ancient game of chess has confused and baffled people for centuries. This class will be designed for those who know how to play, but want to learn more about the game. We will cover: Chess notation, Making combinations, end games strategies and tactics to help improve play. Information will be provided for those who want to play chess on the Internet.

Josh Staff

Date: Oct 1 - 24 (Thursday)
Time: 4:15 - 6:15 pm
Fee: $25
Location: UFM Conference Room

YO-14

Sensible Pet Selection

Are you thinking about getting a pet? This class is for you. We will discuss how to decide what pet is right for you with consideration of grooming, size, and temperament. Dogs, cats, birds, and pocket pet will be discussed. Tips on how to select a healthy specimen, what to look for, and what you should avoid. Participants will receive handouts and a decision making guide sheet.

Linda Kulnar, D.V.M., (539-0191) is the owner of Little Apple Veterinary Clinic.

Date: Nov 6 (Wednesday)
Time: 7 - 9 pm
Fee: $5
Location: UFM Firepace Room

YO-15

Listen to KQLA for UFM calendar update Monday through Thursday.
Beginning Tai Kwon Do for Youth Ages 4-5

Tai 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 hand-eye coordination, balance and self-discipline. Beginning Tai Kwon Do self-defense techniques will be taught in a safe, fun, and age appropriate atmosphere by experienced instructors.

DC Lehman is a first degree black belt in the American Tai Kwon Do Association and is an instructor with the K-Sate/Manhattan Tai Kwon Do Club. She also has extensive experience in weight training, stretching, and adaptive techniques (for those with physical limitations).

Date: Sept 6, 10, 13, 17, 20, and 24
Time: 6:30 - 7:30 pm (Tues/Fri)
Fee: $28
Location: First Lutheran Church (Parish Basement)
930 Peavy Avenue

Beginning Tai Kwon Do for Youth Ages 6-8

This class is designed for 6-8 years old or 5 years old who have taken Tai Kwon Do before.

DC Lehman

Date: Oct 14, 16, 21, 23, 30 and 31
Time: 6:45 pm (Tues/Fri)
Fee: $38
Location: First Lutheran Church (Parish Basement)
930 Peavy Avenue

Beginning Tai 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 Lehman

Date: Nov 8, 15, 16, 22, 23, 29, and 30
Time: 6:45 pm (Tues/Fri)
Fee: $38
Location: First Lutheran Church (Parish Basement)
930 Peavy Avenue

Introduction to the Nutcracker Ballet for the Young Child

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 not required.

Randi Dale (530-5767), has taught dance for 34 years. Her dance degree was received in Montana and Europe in 1960. She is a certified teacher with a Masters degree in Education.

Date: Sept 13, 20, and 27
Time: 5:30 - 6:00 pm (Friday)
Fee: $10
Location: 2416 Rogers Blvd.

Jazz Class

The Jazz class is geared for children 7 and up. Teens welcome. Various Rock and Roll and contemporary music will be used to learn jazz steps.

Randi Dale

Date: Sept 13, 20, and 27
Time: 7:30 pm (Friday)
Fee: $10
Location: 2416 Rogers Blvd.

Ballet Class

This ballet class is geared for children 7 and up. Teens welcome. Students will be placed in appropriate level depending upon experience. Beginners and experienced students welcome. Classic ballet music will be used to teach the students ballet steps using correct body alignment. The student will also learn a ballet dance.

Randi Dale

Date: Sept 13, 20, and 27
Time: 6:45 pm (Friday)
Fee: $10
Location: 2416 Rogers Blvd.

Introduction to Tap Dance

An introductory class designed to provide exposure to tap for children 5-12 years old. Emphasis will be on tap steps performed to popular music. This is a good opportunity to try tap to see if you like it. Formal dance attire in not required, wear tennis shoes or tap shoes to class.

Randi Dale

Date: Sept 13, 20, and 27
Time: 6:45 pm (Friday)
Fee: $10
Location: 2416 Rogers Blvd.

Study Skills: Getting An Early Start

In order for students to get the most out of their education, they need the right "tools." Obvious tools include pencils, pens, paper, books, etc. However, there is a whole array of study skills tools that students are often not provided: investigating skills, time management, allocating and properly review for tests, and successful test-taking skills. This class will teach methods how to access and use these study skills tools in order to strengthen and improve their academic achievement.

 Vickie Choosom (587-4842), is a KU Senior in Secondary Education, Political Science, and Women's Studies. She has several years experience working with children, especially middle school ages. She is currently teaching a study skills class for college freshmen at KU. Vickie is committed to making education fun and interesting for the learners, and is looking forward to teaching this class.

Date: Sept 7, Oct 1
Time: 6:30 - 7:30 pm
Location: UFM Conference Room

Cutting Paper Snowflakes

It's easy and fun to cut eye-catching, artistic, dramatic 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 adult scissors!)

Leo Schell (539-6456) is a former elementary school teacher who has dedicated himself to cutting snowflakes for over 50 years. He has a large collection of them and has taught this class all over Kansas.

Date: Nov 9 (Saturday)
Time: 2 pm - Noon
Fee: $10
Location: 217 Building Hall, KU

Origami for Kids

Have you ever wondered how they take a square piece of paper and turn it into an owl, crane, or frog? Come learn how to make a crane, a scorpion, an eagle, and many others.

Eric Van Novel is a fifth grade student at Marshall School and has been creating origami figures for four years. Last year he taught his fourth grade class how to make a crane.

Date: Oct 12 and 19 (Saturday)
Time: 10 - 11:30 am
Fee: $14
Location: UFM Conference Room

Safe and Fun Dating

It is so confusing - trying to know what that other person is really feeling, expecting or not wanting. What can or should I be doing or saying to be safe and OK in dating relationships? These classes will talk about different types of relationships and sexual harassment, date rape and physical and sexual abuse. Here's what you need to be fast!

I. Out of Bounds - Hosted by Stetson. What is sexual harassment? What's cool and what isn't? This video will show us what attitudes and behaviors are out of bounds.

II. No Means No - How and when to say "no" and mean it. If I say no will he hate me? Is it always the girls fault? What's he/she really telling me?

III. He's On A Chain - As we observe 3 young men in their relationships, we will see how this type of physical or emotional abuse can turn comrades into closest friends. This show will show how moral and spiritual issues are interrelated and the relationship makes it great for both partners.

Michael Cody is the Family Literacy Coordinator at UFM. Although her formal training is in Elementary Education and Education Media, she has spent the last 11 years working with adults and youth teaching Self-Esteem, Life Skills, and Literacy. In working with families and youth she has seen a great need for education that empowers young people to know they can make choices to protect themselves.

Date: Sep 14 (Saturday)
Time: 10 am - Noon
Fee: $13
Location: UFM Conference Room

Safe and Fun Dancing

Michael Cody

Date: Sep 10, 20, and 30
Time: 6:30 - 7:30 pm
Location: UFM Conference Room

"Learning to Write and Sell Speculative Fiction" and "Clay Ghost and Pumpkins" are offered in Creative FreeTime Section. "Support Group for Parents of High-Risk Teens" and "Drug Awareness for Parents" are offered in Personal Development.
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

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

Student Name __________________________
Address ________________________________
City _________________________ State ________ Zip ________
Social Security No. ___________ Credit ________ Non Credit ________
Age: Under 18 exact age ____________ 19-24 ☐ 25-59 ☐ 60+ ☐
Parent's Name if Student is Under Age 18

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<th>Section</th>
<th>TITLE</th>
<th>FEE</th>
<th>LOCATION</th>
<th>DATE</th>
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I hereby authorize the use of my Visa ☐ MasterCard ☐ Discover ☐

Card Number ___________________________
Cardholder’s Name (Please Print) _______
Cardholder’s Signature ________________

Participant/Family Statistics: KSU Student ☐ KSU FacultyStaff ☐ P.Riley ☐ Other ☐
Where did you obtain your catalog?
A class I would like offered ________________________________

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

Signature** ___________________________ Date ____________
**Signature of Parent or Guardian required for minors.

Office Use Only
Date Received ________ Date ________ Staff ________ Check ________ Cash ________ Visa ________ M/C ________ Discover ________ Amount ________ Total Paid ________

Date Received ________ Date ________ Staff ________ Check ________ Cash ________ Visa ________ M/C ________ Discover ________ Date ________

Registration by Phone
With your VISA, Discover or MasterCard number and expiration date ready, call
(913) 539-8763 during regular business hours.

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

Youth Scholarships are available.
This catalog printed on recycled paper

FOR A FRIEND...

UFM 1221 THURSTON
Manhattan, KS 66502 539-8763

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

Student Name __________________________
Address ________________________________
City _________________________ State ________ Zip ________
Social Security No. ___________ Credit ________ Non Credit ________
Age: Under 18 exact age ____________ 19-24 ☐ 25-59 ☐ 60+ ☐
Parent's Name if Student is Under Age 18

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