



U F M
20TH
YEAR

U F M
SUMMER
1987



1967 — 1987

FREE CATALOG

FINE ARTS - Page 3

Languages
Dancing
Arts and Crafts

Photography
Music

SELF - Page 5

Self Development
Religion

Philosophy
Hair & Make-up

KID'S SECTION - Page 9

Ceramics Animals

Trips

EARTH - Page 10

Animals Birds
Fossils

Prairie
Field Trips

RECREATION - Page 12

Indoor Sports
Martial Arts

Outdoor Sports
Water Sports
Trip to Royals Game

FOODS - Page 18

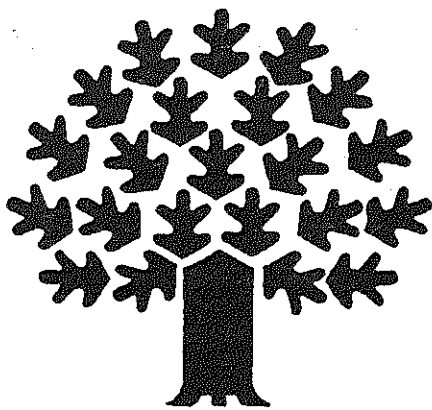
International Cooking

Marketing

COMMUNITY - Page 15

Investments
Current Affairs Fun

Tours
Knowledge



Board of Directors

Margi Barber, Supervisor
Corporate Benefits
McCall Pattern Co.

Virginia Moxley, Assoc.
Dean, College of Human
Ecology, KSU

John Chalmers, Vice Pres.
for Academic Affairs, KSU
Emeritus

Dennis Mullin, Vice Pres.
Steel & Pipe Supply

Chris Curtin
Realtor

Rod Olsen
Attorney at Law

Bill Edison, Pres.
Union National Bank

Hal Rowe, Supt.
U.S.D. No. 383

F. Gene Ernst, Prof.
Architecture, KSU

Thomas L. Searcy, Dir.
University for Man

Mark Lapping, Dean
College of Architecture
and Design, KSU

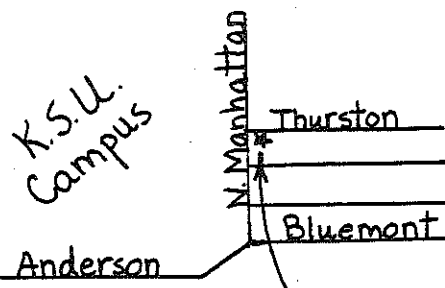
A. David Stewart, Pastor
American Baptist Campus
Ministry

LaVerne Lindsey
Assistant Provost, KSU

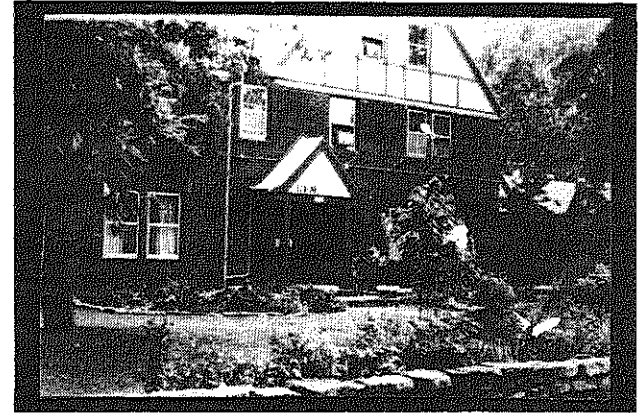
Ruth Ann Wefald
Homemaker

2

*Class locations will be
noted on your receipt.*



1221 Thurston



UFM is located
on the east side
of campus.

Why We Need Your Support

Sixty percent of our support (Grants and Contracts) comes from sources external to the Manhattan community. These sources of funds have been declining and will continue to decline through this decade.

Nearly 90 percent of our expenditures support programs in Manhattan. As external sources of funds decline, many of these programs will be in jeopardy.

We need your support in establishing a community-wide base of financial support that will enable us to continue serving the Manhattan community.

Why We Charge Fees

UFM charges a class fee to help offset the ever-increasing operating costs. These fees partially help to pay the cost of bringing UFM classes and programs to our community.

REGISTRATION SCHEDULE

* Registration Forms are on the back page

MAY

Wed.	May 13	Manhattan Public Library	5pm - 7pm
Thurs.	May 14	K-State Union	10am - 2pm
Sat.	May 16	UFM House	2pm - 4pm
Sun.	May 17	Dorothy Bramlage Public Library, Junction City	2pm - 4pm
Mon.	May 18	UFM House	5pm - 8pm
Wed.	May 20	Manhattan Public Library	11am - 2pm 5pm - 7pm
Thurs.	May 21	K-State Union	10am - 2pm
Sat.	May 23	Dorothy Bramlage Public Library, Junction City	2pm - 4pm
Sun.	May 24	UFM House	2pm - 4pm
Wed.	May 27	Manhattan Public Library	11am - 2pm 5pm - 7pm
Thurs.	May 28	K-State Union	10am - 2pm

JUNE/JULY

Tues.	June 9	K-State Union	10am - 2pm
Thurs.	June 11	K-State Union	10am - 2pm
Tues.	June 30	K-State Union	10am - 2pm
Wed.	July 1	Manhattan Public Library	11am - 2pm 5pm - 7pm
Thurs.	July 2	K-State Union	10am - 2pm

Fine Arts

532-5866
1221 Thurston

Play It Again, Sam

CELTIC MUSIC WORKSHOP

FA-13

Charlie Griffin
Paul Weidhaas

532-6953

We will spend an evening playing, singing and dancing to traditional Irish music played on the fiddle, concertina, penny whistle, hammered dulcimer, bodhran, mandolin, bones and guitar. Bring your musical instruments, voices and feet. We will talk about the origins of the music of the British Isles, discuss the different instruments, jig a little, and hope everyone will join in.
(The Life of Riley members have been playing celtic music around the area for several years. Charlie and Paul are members.)

Sunday, June 28, 7:30-9:30pm
Class Fee: \$4, pay at registration
Materials Fee:
Limit: Min. 3 / Max. None

SWING DANCE

FA-16

Art Clack & Kathy Colvig

539-4121

Don't hold yourself back when you hear that hot fiddle playing. Round up your friends to learn the sharp moves, dips, spins, turns and slides done in country western swing and "get down" to some hot tunes. Heavy emphasis on swing dance, less on two-step and cotton-eyed Joe. (Art and Kathy have taught swing dance for many years.)

Wednesdays, June 10, 17 & 24, 6:30pm
Class Fee: \$6, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. 20

FLINT HILLS FOLK DANCERS

FA-17

Enid Cocke & Paul Weidhaas

539-4805

Learn to dance the polka, waltz, schottische and hambo. (Learn what a hambo is!) In its sixth year, the Flint Hills Folk Dance Fellowship does a wide variety of traditional dances from America, Europe, and Israel. Beginners are welcome and partners will be provided.
(Enid and Paul danced before they could walk.)

First and third Fridays, 7:30-9:30pm
Begins Friday, June 5
Class Fee: \$6, pay at registration
Materials Fee: None
Limit: Min. 2 / Max. None

MANHATTAN BAREFOOT DIXIELAND PHILHARMONIC [SOCIETY]

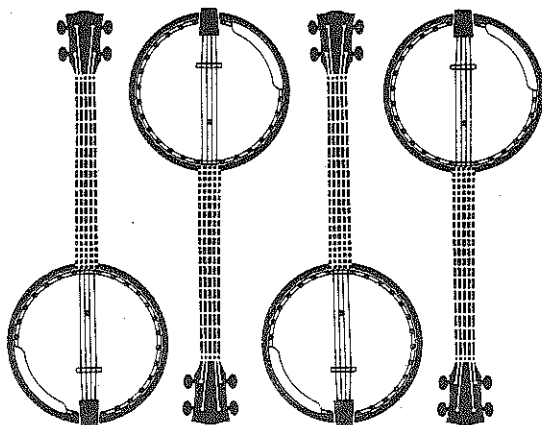
FA-14

Jim Rourk

776-3202

Some people watch other people play on TV, in stadiums, or at the park. Some people bowl, some fish, some people play softball, some people play monopoly, some the radio. And then there are people who like to play Dixieland. This is the formation of a recreational Dixieland league.
(Mr. Rourk has been playing Dixieland for 30 years and is still looking for the first win in the series).

Register and you will be contacted for the first meeting date.
Class Fee: \$3, pay at registration
Materials Fee: None
Limit: None



BLUEGRASS JAM SESSION

FA-15

Chris Biggs and Members of
Wheatland Express

532-5866

Chris Biggs and members of the Wheatland Express Band will present a Bluegrass Jam Session. Just come to listen or bring your own instruments and join us for an evening of bluegrass fun.
(Chris was a finalist in the National Flatpicking contest on three occasions).

Time and date to be announced
Class Fee: \$4, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

ANYONE WISHING TO TEACH A FINE ARTS CLASS—LANGUAGE, ART, MUSIC, ARTS & CRAFTS, DANCE, ETC.—CALL ANITA AT 532-5866.

Culture and Civilization

SPANISH FOR BEGINNERS

FA-18

Raul Zelaya

537-0678

Learn Spanish for survival in a Spanish speaking environment. This course will include conversational Spanish and cultural information about Latin America. Some of the main points in grammar will be included.
(Raul is a native Spanish speaker and is a graduate student in adult education at KSU).

Wednesdays, 7-9pm., June 3-Aug. 26
Class Fee: \$10, pay at registration
Materials Fee: \$2, pay at class
Limit: Min. 4 / Max. 20

FUN WAY TO LEARN CHINESE (MANDARIN)

FA-19

Linda Xia

537-8677

Linda Xia, a native speaker from Shanghai China and a Ph.D student at KSU specializing in Second Language Education, has designed this interesting Chinese program to introduce you to Chinese characters, calligraphy, folk songs, drama, daily life conversation, and even cooking.

Mondays & Thursdays (15 times)
First Class: Thurs., June 11, 7-8:30pm.
Class fee: \$10, pay at registration
Materials Fee: \$3, pay at class.
Limit: Min. 7 / Max. 20

ITALY AND THE ITALIAN LANGUAGE

FA-20

Rita Donatelli

Would you like to fly to Italy for two hours a week? If you enroll in this class you will learn the basics of the Italian language. Also you will "travel around Italy" discovering places to visit. Plan your holiday in Rita's country and discover what Italy is really like.
(Rita is from Italy. She is majoring in modern languages at the University of Rome).

Tuesdays & Thursdays, June 2 thru Aug. 27
5:30-6:30pm
Class Fee: \$10, pay at registration
Materials Fee: \$6, pay at class
Limit: Min. 2 / Max. 15

ENGLISH AS A SECOND LANGUAGE

FA-21

Florence Schwab

539-0976

This class is designed for those whose native language is not English. This class offers practical instruction and practice in English as it is spoken in the United States. Other areas of study will depend upon the level and needs of the students in the class. Students will need to bring pen and paper to class.
(Florence lived in Taiwan for a year where she taught ESL. She is also a language teacher at the Adult Learning Center in Manhattan.)

Begins Wednesday, Aug. 5-Sept. 2, 4-5:30pm
Class Fee: \$10, pay at registration
Materials Fee: \$2, pay at first class
Limit: Min. 5 / Max. 20

Class locations will be noted on your receipt.

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Creating Your Own...

INTRODUCTION TO MACRAME

FA-1

Georgia Nonte

Learn to macrame and use your skill to decorate your home or make gifts for friends and family. You will practice making the various knots including the square knot, half square knot, clove hitch, etc., and you will also receive a printout explaining how to make the knots so you may continue to practice at home. Supplies will be available at class to practice with.
(Georgia has been teaching folkarts for over 18 years).

Saturday, July 18, 9-11am.
Class Fee: \$5, pay at registration
Materials Fee: \$.50, pay at class
Limit: Min. 5 / Max. 10

BEGINNING WEAVING

FA-2

Susan Lala

537-9610

Become comfortable with the basics of weaving. Learn to prepare your yarn and loom for weaving. You will take a small loom home with you the first three weeks, each time weaving a set of samples. The fourth class will include a video review. (Susan has been weaving for 20 years and is active in the local, state and national weaving organization).

Wednesdays, August 5 - 26, 1:30pm
Class Fee: \$10, pay at registration
Materials Fee: \$18, (\$12 loom rental, \$6 yarn/notebook)
Limit: Min. 3 / Max. 5

OJO DE DIOS (GOD'S EYES)

FA-3

Leigh Roberts

539-8478

The basics and variations of a God's Eye wall hanging will be explored in this class. This simple craft, using yarn and dowels, is lots of fun for teenagers and pre-teens and will make an attractive decoration for their rooms. All materials will be provided.
(Leigh, a 4-H member for 9 years, has made many beautiful God's Eyes which she has entered in numerous competitions).

Section I: Tues., June 2 & 16, 7-8:30pm
Section II: Tues., July 7 & 21, 7-8:30pm
Class Fee: \$4, pay at registration
Materials Fee: \$1.75, pay at class
Limit: Min. 1 / Max. 8

WOODWORKING

FA-10

Fred Smith

For the beginner or intermediate do-it-yourself woodworker. You choose your project and each student will receive individual assistance and instruction. This is a great opportunity to finally make that coffee table or bookshelf. Power and handtools will be provided - you supply the materials.
(Fred has experience in cabinet and furniture making and is currently the coordinator for the UFM Woodshop Cooperative).

Begins Wednesday, June 17, 7-9pm
(Class meets 4 times)
Class Fee: \$5, pay at registration
Materials Fee: None -- you provide your own materials and supplies.
Limit: Min. 1 / Max. 5

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Class locations will be noted on your receipt.

RAG RUGS

FA-4

Fran Walter
Joy James

539-2961
776-0529

Turn your rags into rugs! There are a number of ways to make rag rugs, including braiding, weaving, crocheting and hooking. In this class you will see examples of each type and learn how to tear rags into the proper size for rug making. Fran will also demonstrate the techniques involved for different types of rag rugs. Many types of materials can be converted into rugs. Fran even has one made from old bread wrappers.
(Fran learned how to make rag rugs from her mother. She loves to share her skills with others. Joy is apprenticed to Fran through the State & National Endowment for the Arts Apprentice Program).

Tuesdays, June 2 & 9, 7-9pm
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 3 / Max. 12

INTRODUCTION TO BEADS

FA-7

Georgia Nonte

Beads and beading are ancient art forms. Georgia will introduce participants to the many styles and forms of beads and will display a unique collection of beads from around the country. Instructions will be available, as well as a demonstration of peyote stitch and lazy daisy stitch. Supplies will be available and the participants have the option to start a project.
(Georgia's grandmother taught her beading before she started school).

Saturday, August 1, 9-11am
Class Fee: \$5, pay at registration
Materials Fee: \$.30, plus the cost of any additional beads for future projects.
Limit: Min. 5 / Max. 20

HAND CRAFTED JEWELRY

FA-6

Wendy Matthews

539-8809

Hand crafted jewelry adds flair and originality to your wardrobe. Once you have learned how to make the latest bead jewelry -- earrings, necklaces, bracelets and rings -- only your imagination will limit the design of your personalized jewelry for every occasion. At the first meeting we will discuss the types of beads and stones available and various beading techniques will be taught. At this time you may also decide upon a project and order the supplies you will need. This class will meet at least twice and further classes will be arranged for those whoneed more time to complete their project. Silver soldering techniques will be taught by appointment.
(Wendy is the owner of Silver Side Creations).

Wednesdays, July 15 & 29, 7pm
Class Fee: \$5, pay at registration
Materials Fee: Depends on project
Limit: Min. 3 / Max. 10

MAKING A HOUSE A HOME

FA-9

Kathy Colvig

539-4121

Color and placement are the keys to putting the finishing touches on any room-- from the walls to the floors. Decorating "rules" and tips will be shared to help you do or redo your home.
(Kathy specializes in Accessory Design in our area).

Tuesday, June 9, 7-8:30pm
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 8 / Max. 15

SWEATSHIRT STENCILING

FA-5

Dean Reed

532-5866

Design and decorate your own stenciled sweatshirt! Participants will learn basic stenciling techniques and then try their hand at the real thing in this one session class.
(Dean has taught several stenciling classes for UFM and has stenciled many rooms in UFM and her home).

Wednesday, July 15, 7pm
Class Fee: \$4, pay at registration
Materials Fee: None
Limit: Min. 5 / Max. None

GLASS ETCHINGS

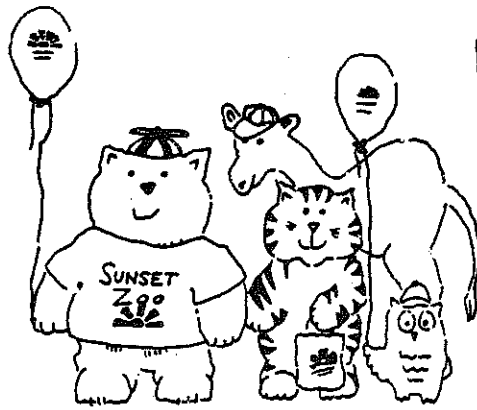
FA-8

Steve Baldrige

539-4597

Glass etching is a simple way of enhancing glass and especially mirrors. It makes nice inexpensive gifts and can be used to accompany furniture projects. Anyone with the slightest amount of artistic ability can do it.
(Steve is a KSU student and has been etching glass for 6 years.)

Thursday, June 25, 7pm
Class Fee: \$6, pay at registration
Materials Fee: \$2, pay at class
Limit: Min. 3 / Max. 7



ZOOBILATION '87
join the fun



CRAFT FESTIVAL
May 23rd, 24th, 25th
Sunset Zoo Manhattan

Craft Show 9am - 4pm daily
Reopening of Childrens Zoo
Animal Demonstration
New Petting Corral

Free Admission

All monies made are going to the Zoo Improvement Fund. Come on out and support your Zoo!

Anyone interested in application for the Craft Show contact; Wendy Matthews at 539-8809 or call the Zoo at 539-0063 ext. 279.

Cooperatives

UFM POTTERY STUDIO FA-22
Courtney Clark 539-4033

This is a cooperative studio-access class open to anyone with experience in pottery who feels confident working alone. There is no instruction provided. As a co-op member you will have access to 4 hours per week in the studio, 12-1/2 lbs. of clay, all the recycled clay you can produce, kiln space, and glazes. UFM has recently purchased a sophisticated slab roller for use in sculptural hand-building, and an electric wheel to augment its studio equipment.

Mandatory Organizational Meetings will be held on the first Monday of each month at 6:00 and new members must attend before starting work.

Co-op Fees: \$20 -- 8 weeks
\$30 -- 16 weeks
\$40 -- 24 weeks

Limit: None

UFM WOODSHOP CO-OP FA-23
Fred Smith 776-8418

Located in the UFM solar addition, the woodshop is equipped with a wide variety of power and hand tools including a radial arm saw, table saw, jointer, lathe, band saw, and most common wood working tools. The membership fee is for equipment and facility use only. No materials are included. The mandatory organizational meeting will include instruction in safe equipment use and conduct in the woodshop.

Membership Fee: \$40 for 4months
20 refundable deposit
60 pay at registration

Limit: None

UFM PHOTOGRAPHY DARKROOM COOPERATIVE
BLACK & WHITE AND COLOR FA-24
Ray Stockman 532-5869

Located just one block east of campus in the UFM House, the UFM darkroom is available to anyone who needs access to a well equipped facility. Equipment is capable of handling up to 11x14 prints and 6cm x 6cm negatives as well as 35mm. The black and white fee includes everything but paper. The color fee includes everything except paper and chemicals. The color equipment enables you to develop film or slides and to make prints from negatives or from slide. For those who wish to use the darkroom, but who do not wish to purchase a membership, space is available at the rate of \$5 per hour.

Organizational Meeting: 1st Monday of each month, starting June 1, 6-7pm.
Co-op Fees: pay at registration.

Black & White Only:

8 weeks	\$20 new member,	\$15 renewal
1 semester	30 new member,	25 renewal
2 semesters	40 new member,	35 renewal
3 semesters	50 new member,	45 renewal

B & W and Color

8 weeks	\$25 new member,	\$20 renewal
1 semester	35 new member,	30 renewal
2 semesters	45 new member,	40 renewal
3 semesters	55 new member,	50 renewal

Limit: None

Perfect Images

CREATIVE PHOTOGRAPHY FA-12
Ron Hoffman 539-4055

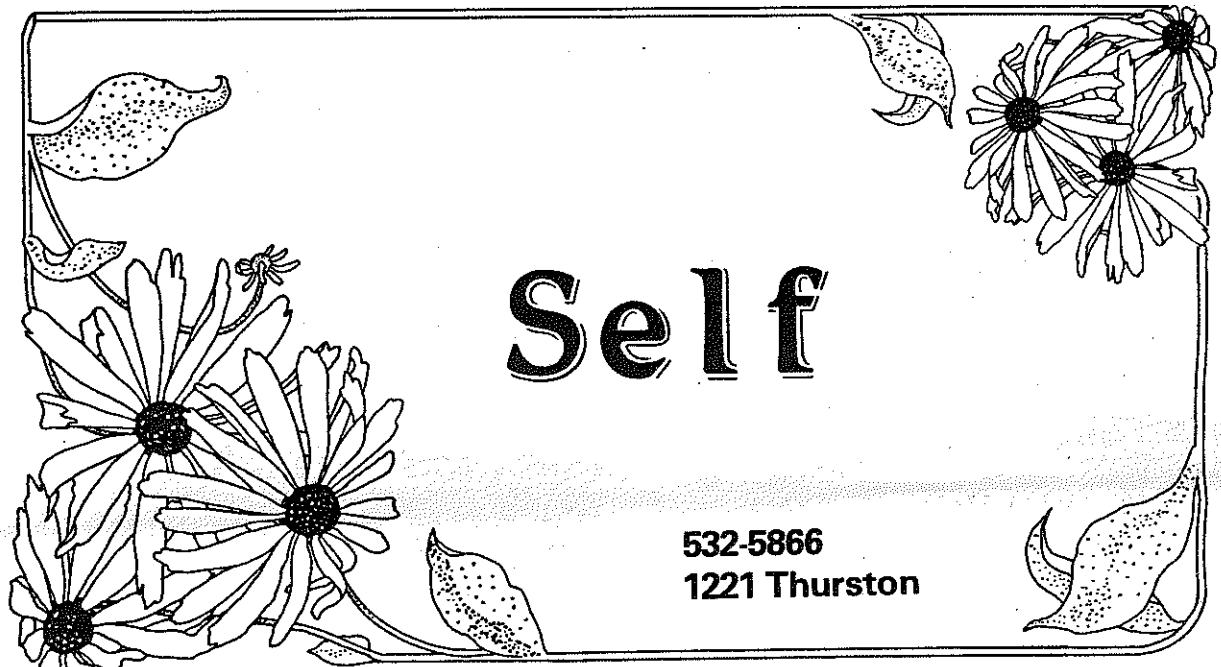
This class will explore photography as an aesthetic art form. Basic skills in photography are needed. This class is geared to those who have a serious interest in photography as an expressive medium and who are willing to have their own work critiqued as well as participate in critiquing the work of other photographers. Participants must supply own film and camera. (Ron is Director of the Media Center for the College of Education, and has been interested in serious photography for many years.)

Tuesdays, Begin June 16, - Length Ongoing
Class Fee: \$10, pay at registration
Materials Fee: None
Limit: Min. 3 / Max. 12

35MM COLOR SLIDE PICTURES FA-11
Raul Zelaya 537-0678

Learn how to use a 35mm camera, shoot color slide pictures, and recognize the advantages of slides. Improve your techniques and take original photographs. You will also learn how to process and develop color slides. Participants will cooperate to buy chemicals and be expected to provide their own film and 35mm cameras. (Raul has 5 years experience in slide program production and color slide photography).

Mondays, 7-9pm.
Sect. I: June 1-July 6 (6 classes)
Sect. II: July 20-Aug 24 (6 classes)
Class Fee: \$10, pay at registration
Materials Fee: \$1, pay at class.
Limit: Min. 4 / Max. 12



Families & Modern Challenges

PARENTS AND FRIENDS OF LESBIANS AND GAYS S-13
Susan Scott, Ann Birney, Cherri Harper

Although we may not be aware of it, research indicates that most of us have a close friend or relative who is gay. The public and mental health professionals are beginning to give attention to this important issue. Please join with us for open dialogue and support meetings. (Susan and Cherri are in the mental health field and Ann is a librarian.)

Tuesday, June 9, 7pm
Class Fee: Registration is not necessary for this meeting.
Location: UFM Solar Addition
1221 Thurston
Materials Fee: None
Limit: None

SUPPORT NETWORK FOR SINGLE MOTHERS C-15
Peggy Bell

Single Mothers are some of the busiest people in the world, the real bearers of the burden of the "supermom" myth. The best way to ease this burden is to reach out and help each other. At the first meeting we will discuss the problems facing single mothers today and explore possible solutions. Child care and transportation will be provided. For further information call UFM, 532-5866. (Peggy has been a single mother for eight years).

Wednesday, June 3, 1-2pm
Class Fee: \$2, pay at registration
Materials Fee: \$1, pay at class.
Limit: Min. 8 / Max. None

WEDNESDAY MORNING PLAY GROUP C-14
Barb Stork 539-1379
Diana Hatch 776-9921

This is an ongoing "Support Group" for at-home mothers and their pre-school age children, a "Mother's Morning In" with children playing and moms visiting with other adults. Mothers are responsible for their own children, no separation necessary. During nice weather we will be meeting outside and during colder months we will be meeting in homes of participants. This group has been in existence for about nine years.

Register and you will be contacted for first meeting date.
Class Fee: \$2, pay at registration
Materials Fee: None
Limit: Min. None / Max. None

TEACHERS ARE NEEDED FOR SELF-DEVELOPMENT CLASSES. IF YOU ARE INTERESTED IN LEADING A CLASS IN THIS AREA, PLEASE CALL EUNICE, 532-5866

Class locations will be noted on your receipt.

5

Personal & Interpersonal Development

YOU CAN HANDLE STRESS S-1

Kimberley Williams, M.S.

Does your life resemble a TV soap opera? How do you cope with life's stressful ups and downs? Sign up for this class and learn what stress is, how it affects you and how you can handle it. (Kimberley is a Marriage & Family Therapist with the Kansas FACTS Program).

Wednesday, June 3, 7pm
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

SELF-ESTEEM S-2

Cindy Eckert-McCoy 539-7426

Issues of self-esteem will be examined in the context of the nuclear and extended family. Many factors influence self-esteem and one of the most important is the impact of family on our self perception. Contact with parents, grandparents and siblings all have more of an effect on self-worth than we realize. Join this class and discover how our self esteem is formed. (Cindy is a mental health professional with Pawnee Mental Health Services).

Wednesday, June 17, 7-9pm
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 6 / Max. none

EFFECTIVE COMMUNICATION S-3

Michael Weinberg, PH.D. 539-7758

Effective means of communicating our thoughts and feelings will be covered in this class. Dr. Weinberg will emphasize the expression of anger and sadness and its origin. The class discussions will present specific steps that will enable you to articulate these feelings constructively. These techniques can be used at home, school, or at work. Be assertive and take the first step--join our class. (Dr. Weinberg is a National Certified Counselor in private practice. He is also a management consultant for several large corporations in the Manhattan and Junction City area).

Tuesday, July 7, 7pm
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 5 / Max. 15

CRISIS INTERVENTION FOR THE NON-PROFESSIONAL S-6

Kimberley Williams, M.S.

Ever had a friend turn to you and you don't know what to say? Do personal problems and relationship difficulties leave you stumped? This class is designed to teach basic helping skills to non-professionals. Participants will learn communication techniques and problem-solving skills that are useful in emergencies, as well as everyday interaction. Couples are welcome.

(Kimberley is a Crisis Intervention Specialist with the Kansas State Board of Agriculture.)

Wednesday, June 10, 7pm
Class Fee: \$4, Pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

MARRIAGE ENRICHMENT S-5

Dr. Larry Peak, Ph.D. 537-4014

There will be a general description of the most frequent marital problems and suggestions for enhancing the marital relationships. Time will be allowed for group discussion and individual questions. (Larry has a private mental health practice offering marital therapy).

Wednesday, June 24, 7-9pm
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. 10

OVERCOMING FEAR OF REJECTION S-4

Rix Shanline 776-0817

Reactions to feelings of rejection create many problems for people. Rix will help you examine these feelings and teach you to cope with life more effectively. (Rix has been a mental health professional for 34 years. He has a practice in Manhattan and Junction City).

Monday, June 8, 7-9pm
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. 20

VISUALIZATION - A TOOL TO ACHIEVE YOUR GOALS S-7

Eunice Dorst 532-5866

Whatever your goals are - losing weight, quitting smoking, studying harder, stopping procrastination, or working on relationships - visualization is a very powerful tool. We will practice the technique and look at various ways you can apply this to your life to produce positive changes. (Eunice uses visualization techniques in her own life and wishes to share the benefits with you).

Thursday, July 9, 7-9pm
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. 10

USING HYPNOSIS FOR PERSONAL CHANGE S-8

Greg Potter, Ph.D. 537-0076

At times we all experience some part of ourselves that we would like to change. Hypnosis is commonly used to overcome smoking, overeating, nail biting, phobias, and many other applications. The discussion will explore clinical hypnosis and how it works in personal change. (Dr. Potter has used hypnosis in private practice in Manhattan since 1981).

Tuesday, June 2, 7-9pm
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. 15

TEACHERS ARE NEEDED FOR SELF-DEVELOPMENT CLASSES. IF YOU ARE INTERESTED IN LEADING A CLASS IN THIS AREA, PLEASE CALL EUNICE 532-5866.

VERBAL SELF-DEFENSE S-9

Eunice Dorst 532-5866

Verbal abuse is so common we don't always recognize it. How often have you felt defensive, angry, guilty, or hurt after a remark by a spouse, friend, or stranger? If so, the chances are you have been verbally abused. This class will be based on the book The Gentle Art of Verbal Self Defense by Suzette Haden Elgin and will include discussion, sharing of ideas and role playing. You will learn how to defend yourself from verbal abuse and how to know if you, too, are an abuser. (Eunice has studied this book and believes that by sharing these ideas and techniques, we will all become more adept at recognizing and handling verbal abuse)

Thursdays, June 25 & July 2, 7-9 pm
Class Fee: \$5, pay at registration
Materials Fee: \$1.50, pay at class
Limit: Min. 6 / Max. None

SEXUAL HARRASSMENT S-10

Eunice Dorst 532-5866

Do you know how to deal effectively with someone who pesters you at work, parties or other places? Are you often at a loss for words when someone makes sexually suggestive remarks? We will discuss sexual harrassment, as well as practice techniques for dealing with these difficult situations. (Eunice believes that no woman should have to deal with sexual harrassment.)

Monday, June 8, 7pm.
Class Fee: \$5, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. None

SELF DEFENSE FOR WOMEN S-11

Mary Holm

Regardless of age, race, social class or lifestyle, all women are potential targets of violence. Women rarely receive any training for their own defense. This class will introduce simple but effective self-defense skills taught by women, for women. Be sure to wear loose comfortable clothing. (Mary has been practicing self-defense for several years and has taught this class for UPM many times).

Tues. & Thurs., June 9 & 11, 7-9pm
Class Fee: \$6, pay at registration
Materials Fee: \$2, pay at class
Limit: Min. 6 / Max. 20

SPOUSE ABUSE DISCUSSION S-12

Dianne Perrote

Dianne, a former battered wife, will lead this discussion on spouse abuse. She will identify the myths and respond to questions such as why do women stay in abusive situations, what help is there for the abused spouse, and how can friends help? (Dianne was in a battering situation for many years and with the assistance of crisis centers has now made the transition to living on her own and is working on her Masters degree in Family Life Education.)

Tuesday, June 16, 7-9pm
Class Fee: \$4, pay at registration
Materials Fee: None
Limit: Min. 2 / Max. None

6

Class locations will be noted on your receipt.



Spiritual Quest

INTRODUCTION TO ZEN

S-16

Leon Rappaport
Al Potter

532-6850

The origins and history of Zen philosophy and practice will be described. Emphasis is given to the Soto tradition of Zen meditation, including instructions and demonstrations. Wear loose clothing and bring a cushion to sit on. (Leon and Al have been students of Zen for many years).

Wednesdays, July 1, 8, 15, 7:30-9pm
Class Fee: \$6, pay at registration
Materials Fee: \$6, pay at first class
Limit: Min. 3 / Max. 9

PAGANISM

S-17

Flynt

What is Paganism? We will look at historical and contemporary attitudes and functions of the Pagan religion. Did you know Goddess worship is the oldest religion on the earth? Come and explore an alternative religion that has grown up with mankind. (After exploring a number of religions, Flynt became a Pagan in 1981, and now leads a group in the Manhattan area).

Saturday, July 11, 8-10pm
Class Fee: \$4, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

MECHANICS OF SOUL TRAVEL

S-20

Keith Larson

Keith Larson is from the University of Nebraska and has been in ECKANKAR for more than 10 years. ECKANKAR, the science of soul travel, consists of contemplations, and the idea that it is the goal of soul to become a co-worker with God and soul travel to reach Self Realization and God Realization. The mechanics of soul travel will cover the techniques and discuss the experiences of soul travel.

(Any questions about this class should be directed to James Sisson at 532-7215 or Kathy Sisson at 776-7234).

Saturday, June 27, 1-4pm
Class Fee: \$4, pay at registration
Materials Fee: \$4, pay at class
Limit: Min. 4 / Max. 20

OUR FOREMOTHERS

S-21

Dorothy Nickel Friesen

539-4079

As women begin to take a more active role in the modern church, there is widespread confusion as to the Bible's message concerning male-female roles. In this session we will study various Scripture texts in the light of feminism and the belief that the Bible is God's inspired word to our time and to every time. Bring Bible. Optional book: WOMEN, MEN, AND THE BIBLE by Virginia Mollenkott. (Dorothy is pastor of the Mennonite Church).

Tuesday, June 16, 7-9pm.
Class Fee: \$4, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

CHRIST AND THE NEW AGE

S-23

Coordinator: Resta Burnham

776-4746

The Ann Colton Foundation of Nisience (pronounced NISH-ence) is a New Age Teaching blending philosophy, religion, science and the creative arts. Enlightened Teachers provide instruction in the Christ Dharma reincarnation, the soul's record of grace and karma, the Jesus Ethic, virtues, cosmic astrology, spiritual practices, apostolic marriage and much more. On June 19-21, members from different parts of the U.S. will come to Manhattan for a Heartland Mini-Conclave. We will share talks and testimonies related to the spiritual life, original creations of music and dance by members, and dedicated prayer, fasting and worship.

Persons interested in learning about this teaching are welcome to attend any or all events of the conclave, which will include:

Friday, June 19, 8pm:
Talks by members, slide presentation about Nisience.
Saturday, June 20, am.
Pilgrimage to the geographical center of the United States
Saturday, June 20 8pm.
Talks by members and video presentation of Pleasance, "America the Spiritual".
Sunday June 21,
10am Worship Service

Resta Burnham is the Moderator of the local Nisience Unit. She has been a spiritual seeker for many years and a member of Nisience for the past three years. In her opinion, Nisience is "the Ph.D program of the spiritual life."

Workshop Fee: \$6, pay at registration
Materials Fee: None

EVIDENCE THAT DEMANDS A VERDICT

S-22

Brian Fisher

For those who find it hard to believe in the person of Christ, this is a scientific approach to some of the common misconceptions. Class material will be derived from the book Evidence That Demands a Verdict by Josh McDowell. All you need is a questioning mind and an open heart. Questions and discussion is encouraged.

(Brian, a lay person, had many doubts until recently and wishes to share with you his voyage of discovery. Part of this voyage included a trip to Turkey in search of Noah's Ark.)

Begins Tues., June 2, 7-8pm (6-8 classes)
Class Fee: \$4, pay at registration
Materials Fee: \$.50, pay at first class
Limit: Min. 4 / Max. None

Continued...

Native American Medicine Woman: ARLENE MORNINGSTAR

Arlene Morningstar, Apache Medicine Woman from Arizona, will be in the Manhattan area July 2-5 for a lecture and weekend workshop. She states "I believe in the old ways", and in that tradition shares with participants her knowledge and experiences.

Topics she will share through talks and ceremonies will be: the Medicine Wheel, drumming, dancing, healing, earth weaving ceremony, sunrise greeting, sunset salute, noon sun message, healing rocks workshop, medicine bags, prayer ties, and the pipe ceremony. She will also do baby naming and other naming ceremonies upon advanced request. Although the workshop is geared to adults, Arlene does welcome children, free of charge, who can respect the teachings and ceremonies. Intermittent child care will be arranged in advance upon pre-registering, on a co-operative basis.

The lecture in Manhattan, before the workshop, is open to the public free of charge. Indian crafts, brought and mostly made by Arlene, will be available for purchase.

The workshop will be held at a buffalo farm west of Manhattan where camping space is available. A tipi and a sweat lodge are on the grounds. To keep costs as low as possible, food will be BYO and potluck style.

Arlene is also available for private healing work at a separate fee before and after the workshop.

LECTURE: Thursday, July 2, 7:30pm
UFM House, 1221 Thurston,
Manhattan.
Free of Charge

WORKSHOP: 10am Saturday to 5pm Sunday
July 4 and 5
Buffalo farm west of
Manhattan

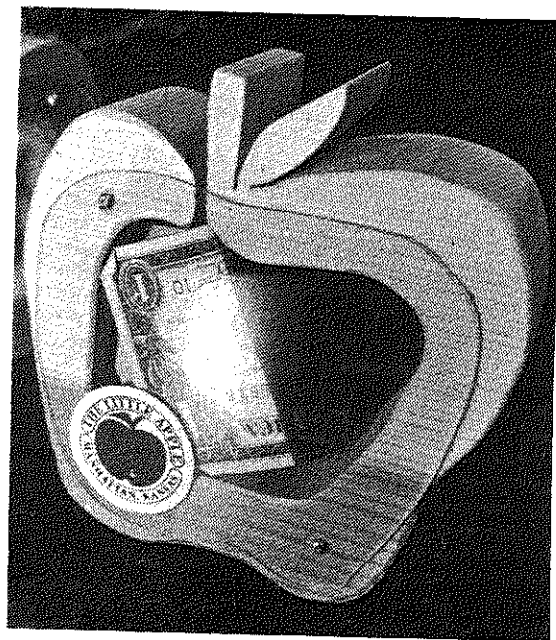
COST: \$56 for the weekend

INFORMATION: Pre-registration and special requests, contact:
Pat Embers, 539-2819

BE DIFFERENT THIS YEAR
CELEBRATE "INDEPENDENCE" THE NATIVE WAY

Class locations will be
noted on your receipt.

7



UFM Little Apple Banks
are perfect for going-away
gifts to remind your friends
or family of Manhattan.
Banks are made to order.
Don't miss out on yours!
Call UFM now.
532-5866

Spiritual Quest (Continued)

THE EXPERIENCE

S-18

Donna Allen
Shirley Marshall

Donna and Shirley recently attended a workshop in Denver led by Shirley MacLaine who shared the spiritual experiences discussed in her books Out on a Limb and Dancing in the Light. Donna and Shirley would like to share their experience of the workshop and discuss the concepts and topics raised by Ms. MacLaine.

Date to be announced at registration.
Class Fee: \$4, pay at registration
Materials Fee: None
Limit: None

CHANNELING

S-19

Steve & Ericka Morgan 537-4747

Two channels will explain and demonstrate the increasingly popular phenomenon of channeling non-physical entities or guides. Bring your questions about channeling and also receive answers from a higher perspective.

Wednesday, June 17, 7-9pm
Class Fee: \$4, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. none

Women's Connection

BOOKS BY AND ABOUT WOMEN

S-24

Lorrie Cross 539-5337

Women writers say special things. Women readers often hear them. This class provides time for women to talk with each other about novels, non-fiction works, humor and satire. Dimensions of self-image shaped by literary models are examined as we discuss books selected by group members. Books we have recently read are: West With the Night by Beryl Markham; The Life of an Ordinary Woman by Anne Ellis; Bronx Primitive by Kate Simon; Private Pages by Penelope Franklin; Memories of a Catholic Girlhood by Mary McCarthy; and Touchstone by Patricia Frazier Lamb and Kathryn Joyce Hohlwein. (Lorrie has been a member of this informal reading group since 1978.)

1st. Meeting: Wed. June 17, 7:30-9pm
Class Fee: \$3, pay at registration
Materials Fee: None
Limit: Min. 1 / Max. None

Discover Thyself

FUN-OF-COLOR WORKSHOP

S-27

Judy Goodson 776-5488

Color is very important to the way you look and feel! Our system of color analysis is FUN, not complicated. One person will be chosen to receive a color analysis and a fresh update make-up with Lady Fenelle products. (Judy has been a licensed cosmetologist for over 15 years, is a professional certified color consultant and owns Hair Affair.)

Monday, August 10, 7pm
Class Fee: \$6, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. 8

IMAGE IMPACT

S-25

Bonnie Hansen 776-3438

People look at us and in an instant, even without knowing it, make judgments about our dependability, friendliness, profession, mood, competence, intelligence, age and health. Research has proven that our color, our clothing, even our accessories, communicate strong persuasive messages about us. We will discuss the impact we make on other people and how we can change the image we project. (Bonnie lectures and presents seminars throughout the Midwest on health and image awareness. She has 20 years experience in the color field and is the owner of The Image Studio.)

Tuesday, August 11, 10:30-11:30am
Class Fee: \$6, pay at registration
Materials Fee: None
Limit: Min. 3 / 10

Healthy Alternatives

BASIC MASSAGE

S-14

Bob Parr 1-238-5567

This class will introduce you to traditional Swedish massage for the purpose of increased/improved circulation and total relaxation. Please sign up with a partner. Lotions, oils and handouts will be provided. Participants should wear shorts and T-shirts or other loose clothing. Bring towels and a pad of some type to lie on. (Bob has been a professional masseur for eight years. After working in a health club for just over two years, he is now a freelance outcall masseur by appointment only giving sessions or lessons).

Tuesday, July 14, 5:30-8:30pm.
Class Fee: \$10 per couple, pay at registration
Materials Fee: \$1/person, pay at class
Limit: Min. 4 couples / Max. 7 couples

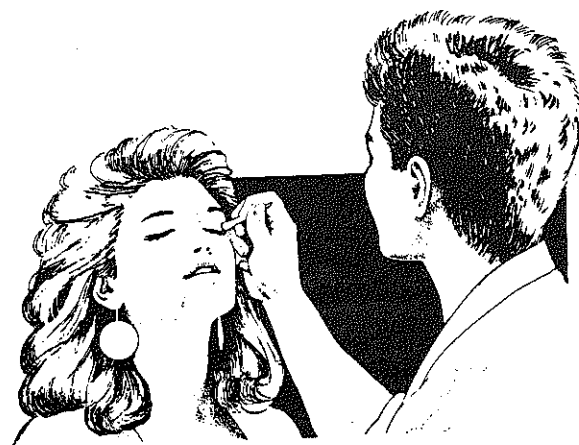
REFLEXOLOGY

S-15

Russell Gillespie 776-8768

Learn to relax, relieve tensions (stress) and improve your general health. Easy to learn and to put into practice the very first time. Bring clean feet and hands. Good health to you. (Russell has used reflexology for over fifteen years and has taught many people how to benefit from its practice).

Monday, June 15, 7pm
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 8 / Max. 16



LET'S MAKE-UP

S-28

Rick & Alicia McClanahan 537-9825

Take advantage of Rick & Alicia's know-how in the art of the illusion of professionally done make-up! The two combined have excellent training and experience working as consultants for a year in major department stores in L.A. and attending advanced training workshops with top make-up artists. Rick has just returned from L.A. after completing courses in all aspects of make-up artistry (i.e. theatrical, high fashion, photography, T.V. and motion picture). Have fun learning to bring out and make the most of your good features. Feel free to bring in the cosmetics you currently use.

Monday, June 8, 7-9pm
Class Fee: \$6, pay at registration
Materials Fee: None
Limit: Min. 15 / Max. 15

FATS AND CHOLESTERAL IN WEIGHT CONTROL

S-26

Bonnie Hansen 776-3438

How do the fats we eat affect our health and weight? Food preparation for weight control will be discussed and samples of food will be shared. (Bonnie has studied nutrition and weight management extensively. She has been a private diet counselor for 14 years and is owner of the Manhattan Diet Center and president of the Kansas Diet Center Association.)

Tuesday, June 30, 10:30-11:30am
Class Fee: \$6, pay at registration
Materials Fee: None
Limit: Min 3 / Max. 3

THE RIGHT LOOK FOR YOUR FACIAL SHAPE

S-29

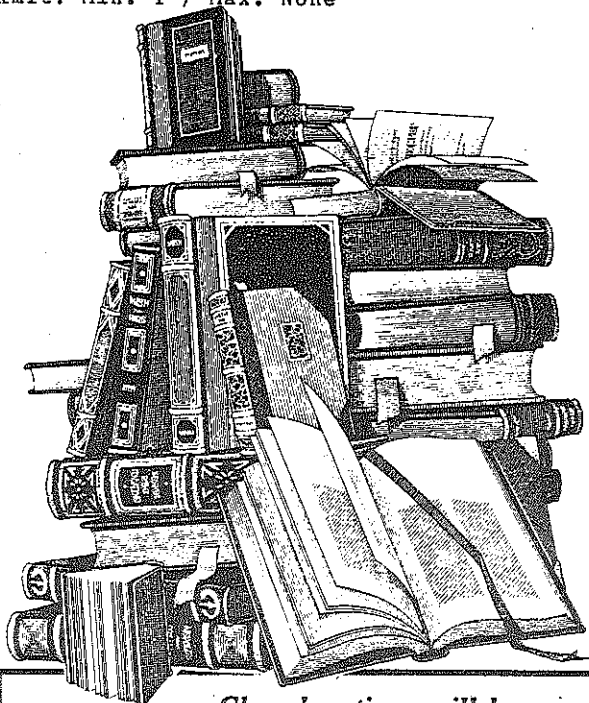
Hair Experts 776-4455

Round, heart-shaped, square or oval--what is your facial shape? By discovering your facial shape, the Hair Experts can discuss the best hair styles and accessories to accent your best features and camouflage the less pleasing features. Startling changes sometimes occur through a simple change. (The Hair Experts are expert at designing their hair cuts to fit the individual).

One Time: Wednesday, June 10, 7-8pm
Class Fee: \$6, pay at registration
Materials Fee: None
Limit: Min. 6 / Max. 20

Sharing...

Have you ever thought about sharing your talents, hobbies or job skills with others? Why not become a UFM teacher? If you want to know what is involved, with no obligation or pressure, drop by UFM on Thursday, June 18, and the UFM staff will be happy to talk with you.



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Class locations will be noted on your receipt.



For Kids Only

532-5866
1221 Thurston

Creative Beginnings

BASIC "PLAY WITH CLAY" FOR CHILDREN (6-8 YEARS OLD) KS-1

Julie Cook 776-2171

Basic Play with clay for children will focus on basic clay techniques. The first class will begin with discussion on various ways to use clay, its proper handling and class projects. The second class will deal with finishing and painting the projects. During the last class refreshments will be served, and each child will be able to share and talk about what he/she has made. Children should dress in old clothes. (Julie is very interested in teaching children as well as learning from them. She has been interested in ceramics and "playing" with clay for 10 years).

Saturday, June 6, 13, 20, 10-11am
Class Fee: \$6, Pay at registration
Materials Fee: \$3, pay at class
Limit: Min. 5 / Max. 7

BEGINNING MUDPIES (3-1/2--5yrs) KS-2

Renate Halcomb 776-3667

Playing in mud is a child's delight and an expression of his/her creativity. This class will take children one step further as they learn to create and have fun with clay. Please dress your child in old clothes. (Renate is a Pre-School teacher, who likes to work with clay).

Thursdays, June 4-June 25, 2-3pm
Class Fee: \$6, pay at registration
Materials Fee: \$3, pay at class
Limit: Min. 3 / Max. 4

OJO DE DIOS (GOD'S EYES) FA-3

Leigh Roberts 539-8478

The basics and variations of a God's Eye wall hanging will be explored in this class. This simple craft, using yarn and dowels, is lots of fun for teenagers and pre-teens and will make an attractive decoration for their rooms. All materials will be provided. (Leigh, a 4-H member for 9 years, has made many beautiful God's Eyes which she has entered in numerous competitions).

Section I: Tues., June 2 & 16, 7-8:30pm
Section II: Tues., July 7 & 21, 7-8:30pm
Class Fee: \$4, pay at registration
Materials Fee: \$1.75, pay at class
Limit: Min. 1 / Max. 8

BEGINNING CERAMICS FOR CHILDREN KS-3 (6-10 YEARS OLD)

Diana Hatch 776-9921

Each child will complete 3 projects: a kitchen trivet, a mug, and another project chosen by the child. Basic techniques will be emphasized, and original artwork on each project will encourage each child's creativity. No previous experience required. Children should dress in old clothes. (Diana, who is a mother, believes that everyone has creative talents that can be developed for his or her own enjoyment).

Saturdays, June 6, 13, 20, 27, 1-2pm.
Class Fee: \$6, pay at registration
Materials Fee: Some materials will be provided at a cost of \$7.12 which will be paid at class time. Other materials will be supplied by the participants, and a list of the materials needed will be available at registration.
Limit: Min. 1 / Max. 12

BEGINNING CERAMICS FOR CHILDREN KS-4 (AGE 11 AND UP)

Diana Hatch 776-9921

Each child will complete 3 projects: a kitchen trivet, a mug, and another project chosen by the child. Basic techniques will be emphasized, and original artwork on each project will encourage each child's creativity. No previous experience required. Please wear old clothes. (Diana, who is a mother, believes that everyone has creative talents that can be developed for his or her own enjoyment).

Saturdays, June 6, 13, 20, 27, 2:30-3:30pm
Class Fee: \$6, pay at registration
Materials Fee: Some materials will be provided at a cost of \$7.12, which will be paid at class time. Other materials will be supplied by the participants, and a list of supplies needed will be available at registration.
Limit: Min. 1 / Max. 12

**DO YOU LIKE TO PLAY WITH CHILDREN?
UFM NEEDS TEACHERS FOR KIDS'
CLASSES. IF YOU ARE INTERESTED PLEASE
CALL EUNICE OR ANITA, 532-5866,
DURING JUNE OR JULY.**

Cages, Clowns and Classes

HORSES FOR KIDS OF ALL AGES KS-5

Bernard Wells 539-1263

You will get to feed, groom, and RIDE a horse. Learn to enjoy and have fun with a horse. What does a horse need to become your best friend? What is horse safety? How much does a horse eat? All these questions and more will be answered and you will also get some hands-on experience. Parents are encouraged to attend. Don't miss this great opportunity. (Bernard has enjoyed raising horses for many years as well as being Kiley County 4-H Horse Leader.)

Wednesday, June 17, 6-8pm
Class Fee: \$3, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

BEHIND BARS - A VISIT TO THE ZOO KS-6

Sunset Zoo Staff

Do your children ask questions you cannot answer when you take them to the zoo? Sign your children up for this guided tour of the Sunset Zoo and let the experts answer their questions. You might learn some interesting things too. Parents please accompany your children -- there is no charge for adults.

Sunday, July 12, 1pm
Class Fee: \$2/child or \$4 per family
Pay at registration
Materials Fee: None
Limit: Min. 10 / Max. 20



BECOMING A CLOWN

R-19

Michele J. Jonas

537-8959

Come join Michele and create your own party clown character. We will create the character complete with make-up (white face), costume and personality. The art of clowning will include magic tricks, activities and personal interaction. We will also learn how to make balloon animals. All materials will be supplied. All ages welcome! (Michele is a self-taught, part-time clown who does parties, picnics and grand openings).

Saturday, August 8, 10am-noon
Class Fee: \$4, pay at registration
Materials Fee: \$5, pay at first class
Limit: Min. 6 / Max. 12

Continued...

Class locations will be noted on your receipt.

Cages, Clowns and Classes (Continued)

MODEL ROCKETRY FOR KIDS (Ages 9 and up)

KS-8

David White 537-8240 or 532-6786
Tom Searcy 532-5866

David will assist you in all aspects of rocketry. From ordering kits, and designing a personalized rocket, to a professional looking finish. Then comes the exciting day, a chance to launch your own rockets. Participants are also encouraged to join NAR (National Association of Rocketry), a professional club that offers members many benefits, such as: liability insurance up to one million dollars, 30% discount off all rocket kits and accessories and a monthly magazine. The cost of NAR is \$13.00 a year. Participants will also have an opportunity to compete in local and state rocketry competitions. Girls, boys and adults are welcome to attend the first meeting, with an option to continue.

(David likes to build and fly large scale rockets, and Tom has been building rockets for several years.)

Tues. & Thurs. Begins June 2, 6-8:30pm
Class Fee: \$4, pay at registration
Materials Fee: Depends on rocket project
Limit: Min. 4 / Max. 20

CHILDREN'S NATIVE AMERICAN WORKSHOP (Pre-schoolers, 2-1/2 thru 5)

KS-9

Pat Embers 539-2819
Jayne Link 539-7605

A series of on-going workshops is held each semester for children of various age groups to learn about Indian lore and skills. In the Native American tradition, children experienced a love and respect for Mother Earth as a natural part of their growing up. Pre-schoolers particularly are open to the wonders and whimsies of nature. We will emphasize these discoveries in this class through a variety of short-term experiences and projects including: sand painting, tree hugging, Indian story-telling, dramatization of animals, drumming, dancing, chanting and other nature activities using the five senses. The session will be held outside in a woodsy yard. Children should wear outdoor play clothes. Watch for fall semester's "Teens" Native American Workshop! (Pat has an increasing appreciation of Native American ways. Jayne loves children and is experienced in leading wilderness activities).

Saturday, July 11, 10-11:30am
Class Fee: \$3, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

HOW TO KEEP YOUR PET HEALTHY (8-13 years old)

KS-7

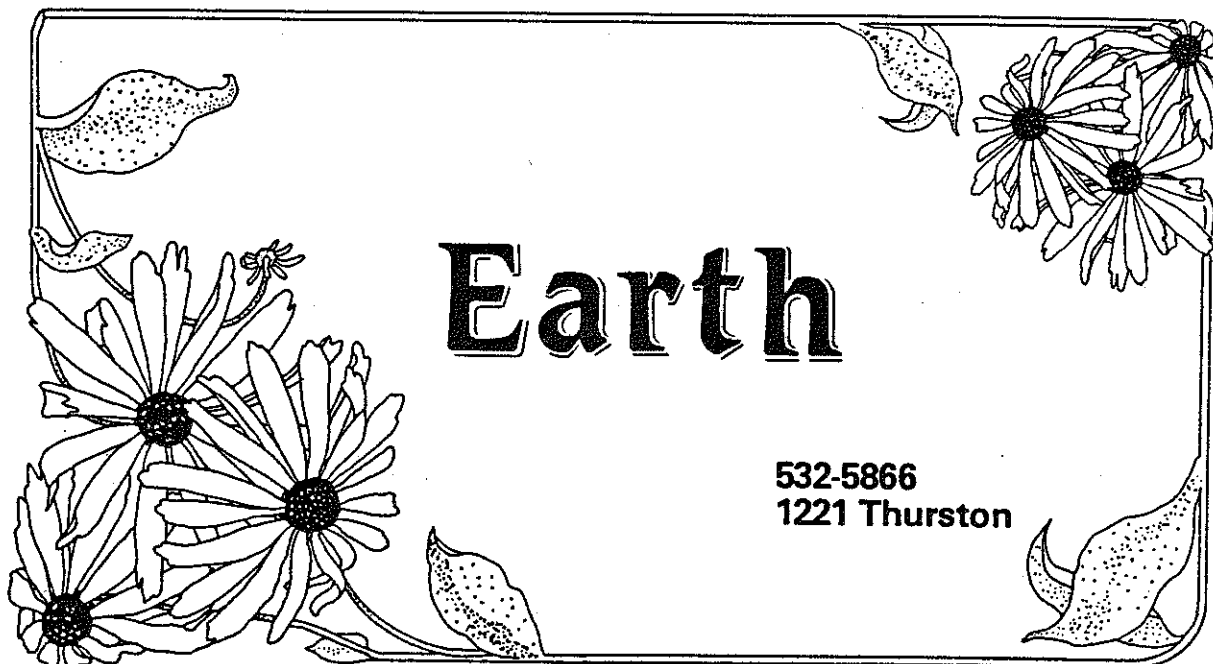
Gerald Bond, DMV 539-7922

Learn to examine your pet's teeth, nails, heart, ears and more. The goals of the class are to teach children how to care for a variety of pets and learn how their individual bodies function. We will try to use personal pets for demonstrations. Parents are encouraged to attend and participate. (Dr. Bond is a veterinarian in private practice in Manhattan.)

Date to be announced at registration
Class Fee: \$3, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. 10

10

Class locations will be noted on your receipt.



Earth

532-5866
1221 Thurston

Places Near and Far

TUTTLE CREEK TOWER TOUR

E-2

Paul Weidhaas 539-8511

Discover how much Tuttle Creek Lake has to offer. A Corps park ranger will present a slide show giving an overview of the history of Tuttle Creek Lake and answer your questions. Then you will be taken on a tour of the intake tower, spillway and the tubes. This tour is not recommended for small children or those afraid of heights. (Paul has been a park ranger at Tuttle Creek Lake for over eight years).

Sunday, July 26, 9-11am
Class Fee: \$3, pay at registration
Materials Fee: None
Limit: Min. 7 / Max. None

PRAIRIE GRASSES

E-7

Gene Towne 532-7233

All grasses are not alike! Learn identifying characteristics of the common grasses that make up the Flint Hills "sea of grass" with a short tour through the prairie. The ecological effects of burning and grazing upon the prairie will also be discussed. (Gene has been teaching plant and grass identification for ten years).

Saturday, June 13, 10am-noon
Rain Date: Saturday, June 20, 10am-noon
Class Fee: \$1, pay at registration
Materials Fee: None
Limit: Min. 9 / Max. None

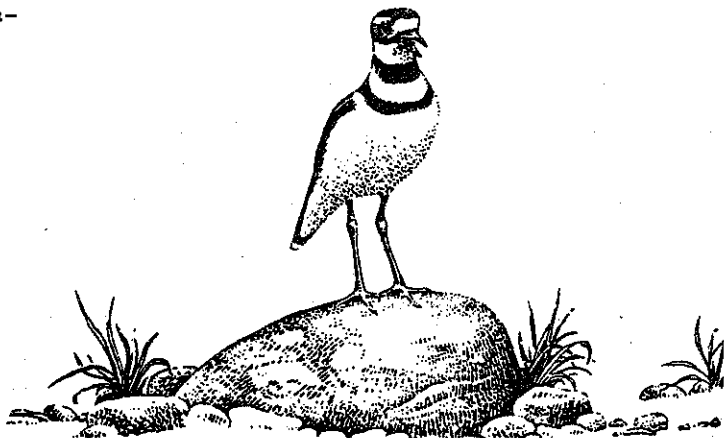
NATURE TRAIL WALK

E-5

Tim Rues 1-784-5535

Do you enjoy exploring native Kansas woodlands but hate fighting dense undergrowth? If you do, then come and enjoy a guided tour along the newly established Kaw Valley River Nature and History Trail. Over 50 native plants are identified on this mile-long cleared trail located in the Kansas River bottoms behind the old historic First Territorial Capitol building. After the walk a guided tour of the museum will be given. (Tim has been the curator of the First Territorial Capitol for the past two years. He has an interest in Kansas history as well as native plants).

Saturday, June 6, 10am-2pm
Class Fee: \$3, pay at registration
Materials Fee: None
Limit: Min. 2 / Max. 10



A VISIT TO CHEYENNE BOTTOMS

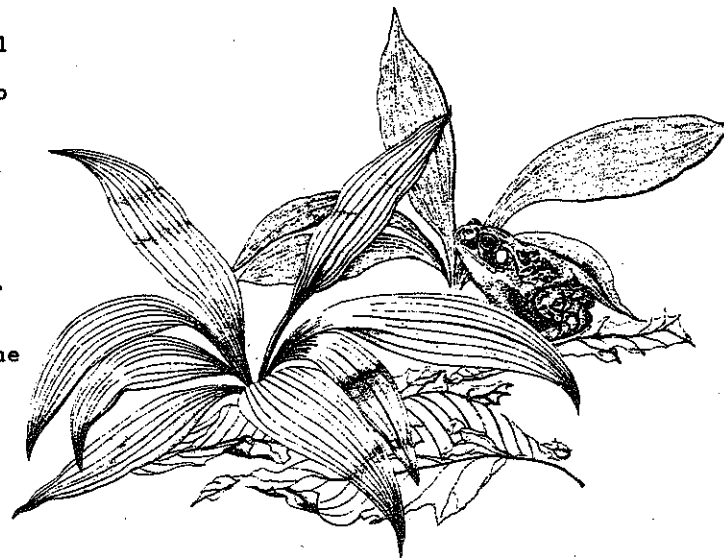
E-8

Duane Kerr 1-456-2771

Cheyenne Bottoms is vitally important to hundreds of thousands of shorebirds and waterfowl during migration. Of lesser importance, but great interest is Cheyenne Bottoms' role in providing summer homes for a variety of birds. If we are lucky we will see ibis, egrets, avocets, yellow-headed blackbirds and many waterfowl, including cinnamon teal. We will also discuss the threats to the existence of Cheyenne Bottoms. (Duane has made birding trips to Cheyenne Bottoms for 20 years).

Saturday, June 13, 7am-6pm
Class Fee: \$4, pay at registration
Materials Fee: Share transportation costs.

Bring a sack lunch.
Limit: Min. 1 / Max. 10



Continued...

Places Near and Far (Continued)

KONZA PRAIRIE TRAIL HIKE

E-1

Dave Sampson

Come Visit Konza in the summer! We will have a slide show and tour the house and barn. Then we will hike our way through the research units. We will walk through the area that has not been burned for at least 15 years and an area that was burned this spring where the grasses have grown back 6' tall. Hopefully, we will see some of the hardier prairie critters like deer, marshhaws, and prairie chickens. The hike is about 2.5 miles. Dress appropriately and light-heartedly. (Dave is foreman of Konza).

Saturday, June 20, 9am-?
Class Fee: \$3, pay at registration
Materials Fee: None
Limit: None

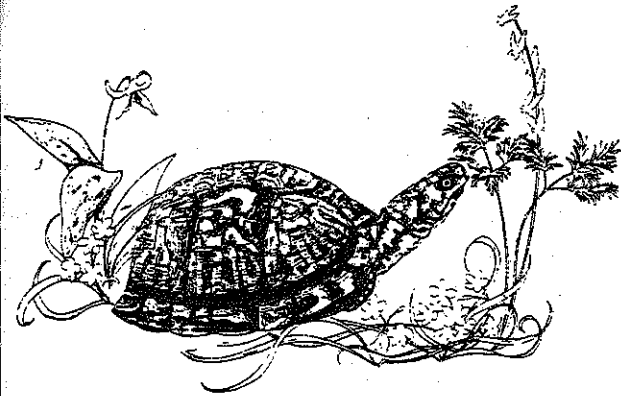
FIELD TRIP TO N.W. WABAUNSEE COUNTY

E-4

Dr. F.C. Lanning 537-7599

This trip will be to the glacial area and nearby areas in the north western part of Wabaunsee County. We will go to areas where glacial materials (agates, quartzite, etc.) and fossils will be found. Bring a sack for your "treasures". (Dr. Lanning is a long-time member of the Manhattan Gem and Fossil Club which is sponsoring this class).

Saturday, July 11, 8:30-11am
Class Fee: \$3, pay at registration
Materials Fee: None
Limit: None



Prairie Festival at the Land Institute

In recognition of the bicentennial of the U.S. Constitution, the centennial birth of Aldo Leopold and the twenty-fifth anniversary of Rachel Carson's *Silent Spring*, the Land Institute's ninth annual Prairie Festival will have as its theme: **CITIZENSHIP AND THE LAND ETHIC**. On May 30-31, come to the Land Institute in Salina for a festival of fellowship, learning, discussion and inspiration in celebration of the Prairie Ecosystem and Prairie Folk. Speakers at the Festival will include Nina Leopold Bradley, Charles Bradley, Kent Whealy, Angus Wright and Donald Worster. Featured topics will include the land ethic and civic responsibility, prairie restoration, chemical pesticides in the third world, and ideas about the landscape in American history. There will also be plant and wildlife walks, as well as explanations of the Land Institute's agricultural research. For more information, call or write the Land Institute at 2440 E. Water Well Rd., Salina, KS., 67401, 823-5376.

PRAIRIE WILDFLOWERS

E-6

Gene Towne

532-7233

Identify first-hand the late spring and early summer wild flowers dotting the Flint Hills rather than flipping through pages of obscure flower books. Learn identifying characteristics of both flowering and vegetative prairie plants and obtain lots of information in a short walk through the prairie. (Gene has been teaching plant identification for ten years).

Saturday, June 6, 10am-noon
Rain Date: Monday, June 8, 6-8pm
Class Fee: \$1, pay at registration
Materials Fee: None
Limit: Min. 8 / Max. None

GET TO KNOW MILFORD LAKE

E-3

Gregory Wurst

Let an experienced ranger show you Milford's popular fishing holes, camp sites and attractions, including the new fish hatchery. The tour will be adapted to meet the interests of the participants. (Greg has been a ranger at Milford for seven years and knows the lake inside and out).

Sunday, June 7, 8-11:30am
Class Fee: \$3, pay at registration
Materials Fee: \$1, pay at class
Limit: Min. 3 / Max. 5

Reach For Your Star

BEGINNING ASTRONOMY

E-12

Larry Paris

537-3221

Ever wonder about the universe? What is a galaxy? Where are we at? How can I learn the constellations? Come spend an evening learning about the universe and the summer constellations. Please bring a small flashlight. (Larry has taught this class several times and always enjoys it!)

Friday, June 26, 8-10pm
Rain Date: Saturday, June 27
Class Fee: \$5, pay at registration
Materials Fee: \$.50, pay at class
Limit: Min. 4 / Max. None

COSMOS: THE BOOK

E-13

Larry Paris

537-3221

One of the book of books of popular science! Written by Carl Sagan and based on the T.V. series, it gives a beautifully written view of the universe. Eight chapters will be covered. We will also do some stargazing! Note: Participants must obtain a copy of the book. (Larry is a K-State graduate who likes dark nights with bright stars).

Thursday, June 4, 11, 18, 25, 7-8pm
Class Fee: \$5, pay at registration
Materials Fee: \$1, pay at class
Limit: Min. 4 / Max. 10

IF YOU WANT TO LEAD A NATURE TRIP OR HAVE SOME KNOWLEDGE OF ANIMALS OR BIRDS YOU WOULD LIKE TO SHARE, PLEASE CALL EUNICE 532-5866.

From Scent to Savory

USING & GROWING HERBS

E-14

Jayne Link

539-7605

Taste samples, learn growing techniques, the use of a soil block maker and hear a little folklore about the different herbs you use for cooking and making teas. A variety of ways will be discussed on how you can "put up" summer herbs for winter use and make your own personal seasoning blends for yourself or gift giving. Jayne will discuss comfrey, mint, basil, oregano, tarragon, chives, lemon balm and many others. (Jayne uses herbs to season foods instead of relying on salt and pepper).

Monday, July 13, 6:30 - 8pm
Class Fee: \$3, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. 8

Our Four Footed and Feathered Friends



DAIRY GOAT FARM

E-11

Ron Pauli

539-6569

Do you believe that goats really eat tin cans? Have you heard that goat's milk tastes bad? Unfortunately, goats have suffered an image problem for years. Goats are tame, domestic, friendly, clean and smart and can be trained, do not smell and give lots of good tasting milk. Come meet these animals and find out what they are really like. You can even sample some of their dairy products including milk and cottage cheese. (Ron has been raising goats for the past ten years).

Monday, June 22, 7-9pm
Class Fee: \$3, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

Continued...

Class locations will be noted on your receipt.

11

Our Four Footed and Feathered Friends (Continued)



OWL PROWL

E-9

Paul Weidhaas

539-8511

Lots of creatures are active only at night. We will try to meet some nocturnal animals of the woods and prairie during an evening walk at the lake. Dress for the weather. Families are welcome, but children should be old enough to remain quiet. (Paul has been a park ranger at Tuttle Creek Lake for over seven years and is very knowledgeable about owls and wildlife).

Thursday, June 11, 9-10:30pm
 Class Fee: \$3, pay at registration
 Materials Fee: None
 Limit: Min. 7 / Max. None

GREAT BLUE HERON ROOKERY EXCURSION E-10

Marie Dellen

537-4400

Great blue herons, those big crane-like birds, group their giant nests in the highest reaches of sycamore trees along streams. We will watch the herons in flight and in care of their eggs and young. Marie will guide us to two rookeries; one at Stockdale, the other northwest of Randolph. Be prepared for two short hikes, bring binoculars, cameras, snacks and sack lunch. (Marie has been a 4-H project leader in Birds Around You, Wildlife Conservation and other various and assorted projects for at least 20 years).

Saturday, June 6, 8am - 1pm
 Class Fee: \$3, pay at registration
 Materials Fee: None
 Limit: Min. 4 / Max. None



12

Class locations will be noted on your receipt.

HORSES FOR KIDS OF ALL AGES

KS-5

Bernard Wells

539-1263

You will get to feed, groom, and RIDE a horse. Learn to enjoy and have fun with a horse. What does a horse need to become your best friend? What is horse safety? How much does a horse eat? All these questions and more will be answered and you will also get some hands-on experience. Parents are encouraged to attend. Don't miss this great opportunity. (Bernard has enjoyed raising horses for many years as well as being Riley County 4-H Horse Leader.)

Wednesday, June 17, 6-8pm
 Class Fee: \$3, pay at registration
 Materials Fee: None
 Limit: Min. 4 / Max. None

HOW TO KEEP YOUR PET HEALTHY
 (8-13 years old)

KS-7

Gerald Bond, DMV

539-7922

Learn to examine your pet's teeth, nails, heart, ears and more. The goals of the class are to teach children how to care for a variety of pets and learn how their individual bodies function. We will try to use personal pets for demonstrations. Parents are encouraged to attend and participate. (Dr. Bond is a veterinarian in private practice in Manhattan.)

Date to be announced at registration
 Class Fee: \$3, pay at registration
 Materials Fee: None
 Limit: Min. 4 / Max. 10



532-5866
1221 Thurston

Get Fresh Air and Physically Fit

DIAL A PARTNER

R-14

UFM Staff

532-5866

Want some new partners for sports? This is an opportunity for you to get some challenging experience and to meet new faces. At registration, indicate the game, your skill level (beginner, intermediate or advanced), days and times available, and UFM will compile a list which will be mailed to you. (UFM has coordinated this class for several years.)

Class Fee: \$2, pay at registration
 Materials Fee: None
 Limit: Min. None / Max. None

ADULT SWIMMING

R-20

(FOR BEGINNERS AND INTERMEDIATE)

Patricia Villasi

This class is for the 'advanced' beginner and the intermediate swimmer. The 'advanced' beginner should be able to do the back and front float and have no fear of water. However, it is not necessary to know any strokes. The intermediate swimmer should be able to do the crawl, and back and front float in both deep and shallow water.

Sundays, Begin June 7, 9-11am. (10 x's)
 Class Fee: \$10, pay at registration
 Materials Fee: None
 Limit: Min. 5 / Max. 12

FRIENDLY KANSAS CANOEING

R-5

Bob and Barbara Poresky

539-2967

Basic canoeing techniques will be incorporated into trips to nearby lakes, streams and rivers. We will have a chance to learn/relearn canoeing techniques as we explore this spring. Participants will be responsible for providing canoes, paddles, life jackets, etc. The summer schedule will be set at the June meeting at which time partners and rental locations will be found. This class welcomes both individuals and families. (Bob has taught canoeing techniques many times for UFM).

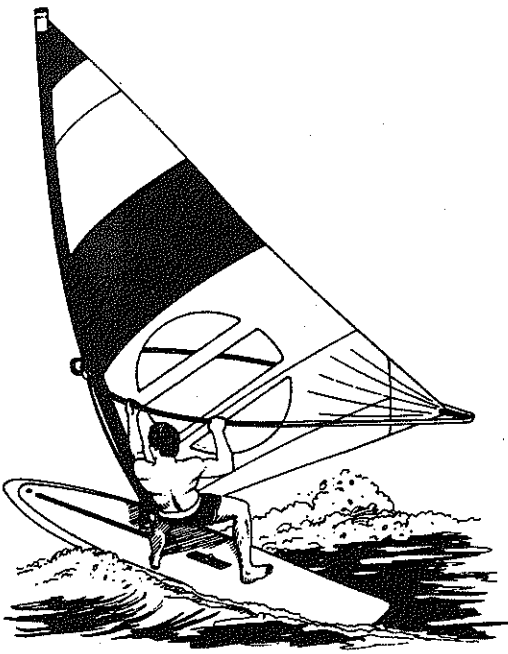
Organizational Meeting: Tues. June 9, 7:30 - 9pm
 Further Mtgs: Sundays, 1-5pm.
 Dates will be discussed at the first meeting.
 Class Fee: \$6, pay at registration
 Materials Fee: None
 Limit: Min. 4 / Max. 20

Continued....

Sharing...

Have you ever thought about sharing your talents, hobbies or job skills with others? Why not become a UFM teacher? If you want to know what is involved, with no obligation or pressure, drop by UFM on Thursday, June 18, and the UFM staff will be happy to talk with you.

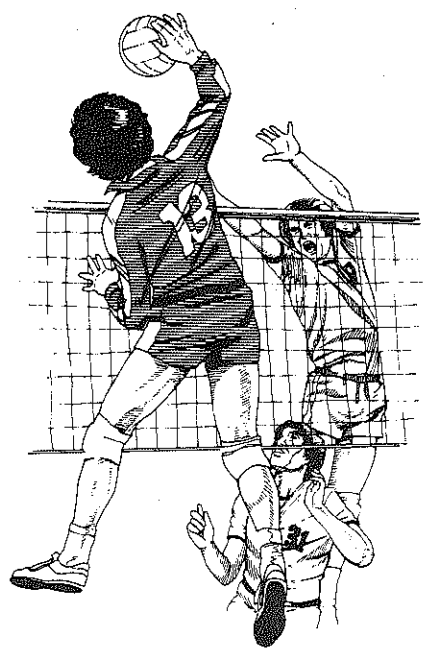
Get Fresh Air and Physically Fit (Continued)



INTRODUCTION TO WINDSURFING R-6
 Brenda & Bernard Buster 776-3530

Windsurf on a dry-land simulator to see if windsurfing is the sport for you! Brenda and Bernard will demonstrate techniques and then you'll get to try them. They'll also cover safety, cost, use and general information. All ages and sizes of people are welcome! (Brenda and Bernard are the owners of the Blue River Water Sports and are certified instructors through the Sailboard School System).

Thursday, June 4, 6pm
 Class Fee: \$5, pay at registration
 Materials Fee: None
 Limit: Min. 4 / Max. None



VOLLEYBALL FOR FUN (16 AND OVER) R-7
 Lois Morales 539-8867

Indoor volleyball can provide low-key competition, exercise and a great time for beginners to those advanced. Nets and balls will be furnished. (Lois has played UFM volleyball for years).

Tuesdays, 6:30-8:30pm Length: Ongoing
 First play date: June 2
 Class Fee: \$5, pay at registration
 Materials Fee: \$1, pay at class
 Limit: Min. 1 / Max. None

BEGINNING TENNIS R-1
 Karen Perry 776-1564

Learn the sport of Kings. In this class you will learn the forehand, backhand, serve, court tactics, equipment selection and game rules. Please bring a can of marked balls and a racquet.

Begins Sunday, June 7, 8-10am (6 times)
 Class Fee: \$10, pay at registration
 Materials Fee: None
 Limit: Min. 4 / Max. 20

SUMMER SOCCER R-3
 Charles Hedgcoth 532-6121
 539-4760

For the novice and the experienced player from 15--? No practices -- just matches for fun among ourselves and other area teams. Classes will run through Aug. 16. (Charles has been involved in soccer for more than 13 years and is a coach, player and referee).

Sundays, June 14-Aug.16, (10 times)
 5:30-8:30pm
 Class Fee: \$6, pay at registration
 Materials Fee: None
 Limit: Min. None / Max. None



GOLF FOR BEGINNERS R-2
 Jim Gregory 539-1041

For those who have little or no experience, Jim will cover fundamentals of the full swing, short game-pitching and chipping and putting. Bring a wood, 9 iron and putter. If you don't have any clubs, they will be provided free of charge. Here's a chance to find out if golf is the sport for you. (Jim is a PGA Golf Professional and is the golf professional at Stagg Hill Golf Course).

Thursdays, June 11,18,25 (3 times) 6-7pm.
 Class Fee: \$6, pay at registration.
 Materials Fee: \$1, pay at class.
 Limit: Min. 4 / Max. 12

TEACHERS NEEDED FOR RECREATION CLASSES—SWIMMING, OUTDOOR AND INDOOR SPORTS, OR ANY OTHER FUN THING YOU CAN THINK OF. PLEASE CALL EUNICE 532-5866 FOR MORE INFORMATION.



INTRODUCTION TO BICYCLE TOURING R-4
 Mark Hooper 539-5639

Can't afford to fly? Don't stay at home and pout. Join the hordes that find bicycle touring an inexpensive and enjoyable way to travel and see the countryside. Added benefits to this sport are a healthy heart and fit body. So pedal your way to UFM, sign up for Bicycle Touring class and find out what is involved. Mark will discuss proper equipment as well as repair and maintenance. An optional weekend tour is planned.

(Mark has experienced many bicycle tours from day trips to a 30 day continental trip and has encountered an array of different situations).

Tuesdays, June 30, July 7 & 14, 6:30-8pm
 Class Fee: \$5, pay at registration
 Materials Fee: None
 Limit: Min. 3 / Max. None

Skill and Strategy

LEARN TO PLAY DARTS R-11
 Jenny Boyce 539-3584
 Kevin Jones
 Tony Short

Members of the Mid-Kansas Darts Association will be instructing students on regulation play of the dart games Cricket 301, 501 and 801. The participant will be shown basic techniques, skill and strategy. At the end of the course, students be be accomplished at the rules and basic dart finesse. Darts will be provided for those who do not own their own. (Jenny, Kevin and Tony are members of the MKDA).

Tuesdays, June 9, 16 & 23, 7:30-10pm
 Class Fee: \$6, pay at registration
 Materials Fee: None
 Limit: Min. 3 / Max. 25

UFM TELEVISION SHOW
FOCUS ON THE COMMUNITY

Watch UFM's television show on Channel Six, Mondays at 6:00pm. Many of the programs cover social issues and topics which impact on Manhattan. For further information call Eunice, UFM, 532-5866

Class locations will be noted on your receipt.

Continued....

Martial Arts

INTRODUCTION TO KARATE

R-15

Joel Cederberg

537-7090

This course will cover the basics and is for those who don't know anything about karate but really want to learn. Karate is not easy and requires much hard work, practice, patience and perseverance. Please wear loose clothing that you don't mind getting sweaty.

Mon., Wed., Fri., June 1-26, 6:30-8pm
Class Fee: \$6, pay at registration
Materials Fee: \$2, pay at class.
Limit: Min. 4 / Max. None

ADVANCED KARATE

Joel Cederberg

537-7090

Classes are available for those wishing to further their knowledge of karate. For further information call Joel Cederberg, 537-7090.

BEGINNING KUNG FU (PAI TE LUNG STYLE)

R-16

Stan Wilson

539-7723

Pai Te Lung is a Kung Fu style combining hard, soft and internal methods. Beginners will learn basic techniques, some self-defense, drills, one-step sparring, and if we have time, the three short forms. Wear comfortable clothing. (Stan has studied martial arts for 17 years and is a member of the Pai family).

Tuesdays & Thursdays, 7-8 p.m.

Begins Tuesday, June 2

Length: Ongoing.

Class Fee: \$12, pay at registration

Materials Fee: \$2, pay at first class.

Limit: Min. 3 / Max. None

JUJITSU FOR BEGINNERS

R-17

Stan Wilson

539-7723

Japanese in origin, jujitsu stresses hands-on combat featuring throwing, low kicks and wrist and arm locking. This class will include the hakko ryu basic waza form and walking exercises. This class is self-defense oriented. Participants must be age 15 or over. (Stan has a black belt in jujitsu and has taught martial arts for 8 years).

Sundays, 7-8:30 p.m. Length: Ongoing.
Begins Sunday, June 7

Class Fee: \$12, pay at registration

Materials Fee: \$2, pay at first class.

Limit: Min. 3 / Max. None

ADVANCED JUJITSU

This class is a continuation of the beginning jujitsu class. Participants will further their knowledge of jujitsu including drills and self-defense techniques. For further information call Stan Wilson, 539-7723.

ADVANCED KUNG FU (PAI TE LUNG STYLE)

This class is available for those who wish to learn kata, application of kata, self-defense, awareness drills and sparring. Please contact Stan Wilson, 539-7723.

Kung Fu Workshop

Stan Wilson, who teaches Kung Fu and Jujitsu for UFM, is sponsoring a special workshop this summer. The workshop leader, Larry Collins, Kansas Representative for Pai Te Lung Kung Fu, will be offering 48 hours of intensive training. Some experience in at least one form of martial arts is required.

TIME: From 6:00 p.m.
Friday, June 12
To 4:00 p.m.
Sunday, June 14.

COST: \$65 for registration, post-marked on or before June 1.
\$70 for late registration.

(Cost includes all meals)

LOCATION: Lazy "T" Ranch
3 mi. SE of Manhattan

Staying throughout the weekend is highly encouraged. A camping area will be provided, please bring your own camping gear.

For further information call:
Stan Wilson at
539-7723

Skill and Strategy (Continued)

BEGINNING FENCING

R-8

Doug Varney

539-1510
776-5705

Learn basic fencing skills with foil, epee, or sabre. Footwork, conditioning and blade play will be emphasized with some practice bouts toward the end of the session. The materials fee pays for rental of all needed equipment. Men and women of all ages welcome! (Doug enjoys fencing!)

First Class, Wednesday, June 3, 7pm

Length: Ongoing

Class Fee: \$10, pay at registration

Materials Fee: \$10, pay at class

Limit: Min. 4 / Max. None

LEARN TO PLAY BRIDGE

R-12

Don Weiner

776-0471

What makes bridge the best card game? Charlie's here to let you in on the fun. In a few quick and entertaining lessons, you can be ready to cast off your training wheels and start enjoying a lifelong hobby.

(Don has played bridge for many years and thoroughly enjoys it.)

Thursdays, begin June 25, 6:30pm.

Class Fee: \$10, pay at registration

Materials Fee: None

Limit: Min. 4 / Max. None

INTERMEDIATE FENCING

R-9

Doug Varney

539-1510
776-5705

Does the play of the blades make you want to dig out your foil, epee, or sabre? We are looking for fencers with previous experience who want to become involved again. Practices will include a combination of drills and free fencing. Traveling to USFA meets and circuit events are planned. On Guard, Prets, Allez!

First Class, Wednesday, June 3, 8pm

Length: Ongoing

Class Fee: \$10, pay at registration

Materials Fee: None

Limit: Min. 3 / Max. None

POCKET BILLIARDS FOR BEGINNERS

R-10

Jerry Riggs

776-6338

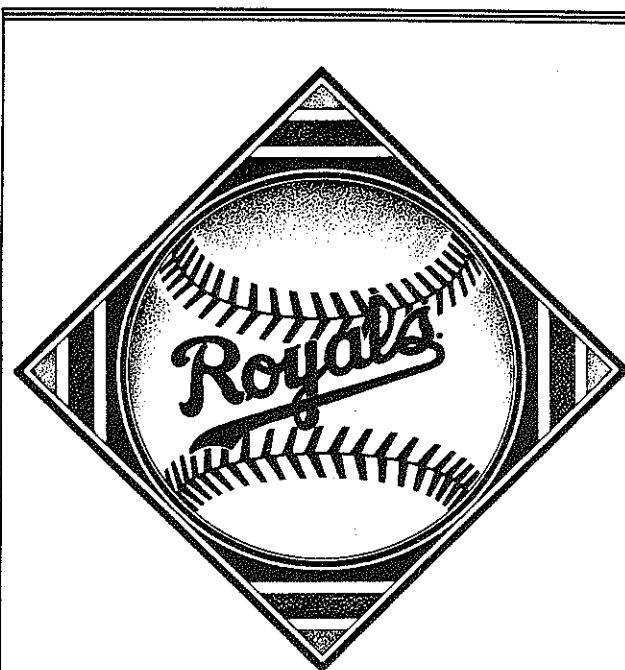
This class will start with a brief history of the game. Included will be an introduction to playing equipment, basic stance, aiming, English, and control. The different games -- 8-ball, 9-ball and snooker will be covered as well as the theory and mental game. (Jerry has played in several world Pocket Billiard Championships in New York City, finishing 16th in 1980 and 20th in 1981.)

Date and time to be announced

Class Fee: \$6, pay at registration

Materials Fee: None

Limit: Min. 4 / Max. ?



Let's Go See The Royals!

R-18

UFM Staff

532-5866

See the Kansas City Royals live in action when they play the Seattle Mariners. Forget those driving headaches and traffic hold-ups and travel in comfort in an air-conditioned bus. Refreshments will be provided. Stadium seats will be located in the View Box and Plaza Reserved sections.

ITS FUN TIME FOLKS!

Call ASAP to reserve your space.

Sunday, June 28, depart 9:00am

Cost: \$25 per person

CALL NOW, space is limited.

14

Class locations will be noted on your receipt.

Expand Your Horizons



Put On A Happy Face

BECOMING A CLOWN

R-19

Michele J. Jonas

537-8959

Come join Michele and create your own party clown character. We will create the character complete with make-up (white face), costume and personality. The art of clowning will include magic tricks, activities and personal interaction. We will also learn how to make balloon animals. All materials will be supplied. All ages welcome! (Michele is a self-taught, part-time clown who does parties, picnics and grand openings).

Saturday, August 8, 10am-noon
 Class Fee: \$4, pay at registration
 Materials Fee: \$5, pay at first class
 Limit: Min. 6 / Max. 12

Modern Energy

RADIATION--WHAT ARE THE EFFECTS?

Lyle Hornbaker

C-6
537-2195

This course will address such questions as: What is radiation; how does it damage our body; how can you protect yourself from potentially dangerous radiation? The knowledge about radiation will allow you to form your own opinions about the dangers and benefits of nuclear energy.

(Lyle is a certified radiation worker and has spent 6 years in the U.S. Navy serving on a nuclear powered submarine).

Tuesday & Wednesday, 7-9pm.
 Sect. I June 9 & 10
 Sect. II July 7 & 8
 Class Fee: \$3, pay at registration
 Materials Fee: None
 Limit: Min. 4 / Max. None

TEACHERS ARE NEEDED FOR THE COMMUNITY SECTION. IF YOU ARE INTERESTED PLEASE CALL EUNICE AT 532-5866 DURING JUNE OR JULY.

Class locations will be noted on your receipt.

15

LEARN TO FLY AT LOW RATES

R-13

MODEL ROCKETRY FOR KIDS
(Ages 9 and up)

KS-8

Hugh Irvin

532-6311

David White 537-8240 or 532-6786
 Tom Scarcy 532-5866

The class will be an informational session to overview what is involved in learning to fly in general and the advantages of the K-State Flying Club in particular. Options available for ground school and for flight training in the Manhattan area will be discussed. Introductory flight lessons and/or short sight-seeing flights at minimum cost will also be scheduled at this meeting. (Hugh is a FAA Certified Flight Instructor and a member of the K-State Flying Club).

David will assist you in all aspects of rocketry. From ordering kits, and designing a personalized rocket, to a professional looking finish. Then comes the exciting day, a chance to launch your own rockets. Participants are also encouraged to join NAR (National Association of Rocketry), a professional club that offers members many benefits, such as: liability insurance up to one million dollars, 30% discount off all rocket kits and accessories and a monthly magazine. The cost of NAR is \$13.00 a year. Participants will also have an opportunity to compete in local and state rocketry competitions. Girls, boys and adults are welcome to attend the first meeting, with an option to continue.

(David likes to build and fly large scale rockets, and Tom has been building rockets for several years.)

Tues. & Thurs. Begins June 2, 6-8:30pm
 Class Fee: \$4, pay at registration
 Materials Fee: Depends on rocket project
 Limit: Min. 4 / Max. 20

Saturday, June 13, 9 - 10:30am.
 Class Fee: \$5, pay at registration
 Materials Fee: None
 Limit: Min. 4 / Max. None

TEACHERS NEEDED FOR RECREATION CLASSES—SWIMMING, OUTDOOR AND INDOOR SPORTS, OR ANY OTHER FUN THING YOU CAN THINK OF. PLEASE CALL EUNICE 532-5866 FOR MORE INFORMATION.

Community

532-5866
1221 Thurston

Best Buys

SHOPPING FOR MEAT

F-5

SHOPPING FOR PRODUCE

F-6

Don Warner

776-8736

Chuck Marr

539-6825

Visit the meat department of one of Manhattan's food stores and let an experienced meat cutter answer all your questions about meat selection. Discover what goes on in a meat department as well as learn about the many different cuts of meat and the appropriate ways to prepare them. Summer is barbeque time, so join us and learn how to choose your next cook-out entree. Don has 25 years experience in meat cutting with 17 of those years in Manhattan).

Ever go to the store to buy fruits or vegetables, especially melons, and wondered if they were ripe? You glance around and see people thump, shake, and smell the melons. So you try it, although you're not sure what you're looking for. Chuck will explain how to determine the quality of the produce and the best way to store your fruits and vegetables for optimum flavor and nutrition.

(Chuck is an Extension Horticulturist at KSU specializing in vegetable crops).

Friday, August 11, 7:30pm
 Class Fee: \$4, pay at registration
 Materials Fee: None
 Limit: Min. 5 / Max. 20

Thursday, July 9, 7:30pm
 Class Fee: \$3, pay at registration
 Materials Fee: None
 Limit: Min. 3 / Max. None

Out and About in Manhattan

TOUR OF THE KSU NUCLEAR REACTOR C-1

Jeff Daniels 532-6657

Nuclear reactors have become increasingly important in this age of high technology. Visit the KSU reactor and learn about its role in teaching and research. Jeff will discuss the uses of the facility for grain science, geology, engineering and human ecology.

Tuesday, July 7, 6-7pm
Class Fee: \$3, pay at registration
Materials Fee: None
Limit: None

TOUR OF THE KSU VETERINARY COMPLEX C-2

Vet. Clinic Staff 532-5560

Ever wanted to see just exactly what goes on inside the KSU Vet Complex? Now is your chance. During a 25 - 30 minute tour you will see a videotape, as well as the teaching building and the animal hospital. A discussion will follow. (Children must be 8 years of age or above to be admitted).

To be announced at registration.
Class Fee: \$3, pay at registration
Materials Fee: None
Limit: None

TOUR OF THE MANHATTAN FIRE STATION C-4

Fire Station Staff 537-0054

Come for a tour through the new Manhattan Fire Station north of town. The station serves as a regional training center for firefighters, and is therefore unique. You will see the tools and equipment that are used and also learn about fire prevention and rules of thumb on fire-safety.

Wednesday, July 15, 4 - 4:45pm
Class Fee: \$3, pay at registration
Materials Fee: None
Limit: None

TOUR OF McCALL PATTERN COMPANY C-3

Opal Schober 776-4041

The McCall Pattern Company is one of Manhattan's largest businesses. You will see the different departments and how each each pattern is cut and folded. All participants will receive a free gift packet. (Opal works for the McCall Pattern Co.).

Friday, July 10, 10am
Class Fee: \$3, pay at registration
Materials Fee: None
Limit: Min. 6 / Max. None

TOUR OF AMERICAN INSTITUTE OF BAKING

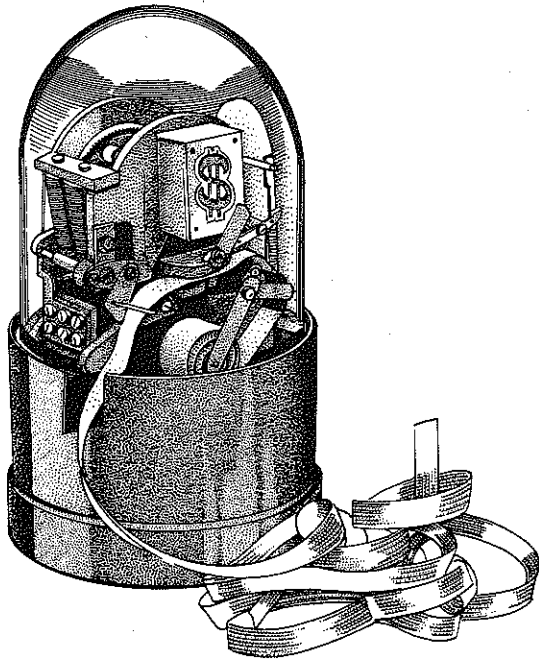
C-5
Carol Fiser 537-4750

The American Institute of Baking is a non-profit organization devoted to education, training, and research for the baking and food processing industries and the general public. A tour of the facility will give you a view of what the Institute is doing for the community and people in general.

Thursday, June 4, 3:30pm
Class Fee: \$4, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. 6

LOOK FOR FIELD TRIPS UNDER
EARTH SECTION

Financial Control



THE COMMON SENSE INVESTOR C-7

Greg Barron 776-1066
456-7336

We will wade through the confusion in the financial markets. Taking a common sense approach helps to clear up most questions (Greg has a masters degree in economics and is an investment planner for Stifel, Nicolaus & Co.).

Tuesdays, June 23 & June 30, 7-8:30pm
Class Fee: \$6, pay at registration
Materials Fee: None
Limit: Min. 3 / Max. None

PLANNING FOR YOUR FUTURE C-9

Fred Freeby 537-4505

Investing is not the prerogative of the rich, but of the wise. If you do not understand the various investment vehicles, you could be missing valuable opportunities. Through discussion and slides, we will learn about investments, insurance, wills, trusts, limited partnerships and retirement programs. A special feature of this class will be a Financial Plan for each participant equivalent to a plan costing several hundred dollars if purchased.

Monday, June 15, 7:30-9pm
Class Fee: \$6, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

STOCK AND OPTION TRADING C-8

Greg Barron 456-7336
776-1066

We will discuss short term trading techniques in the stock and option markets. Leverage and hedging tools that generate higher returns and safety will also be analyzed.

(Greg has a masters degree in economics and is an investment planner for Stifel, Nicolaus & Co.).

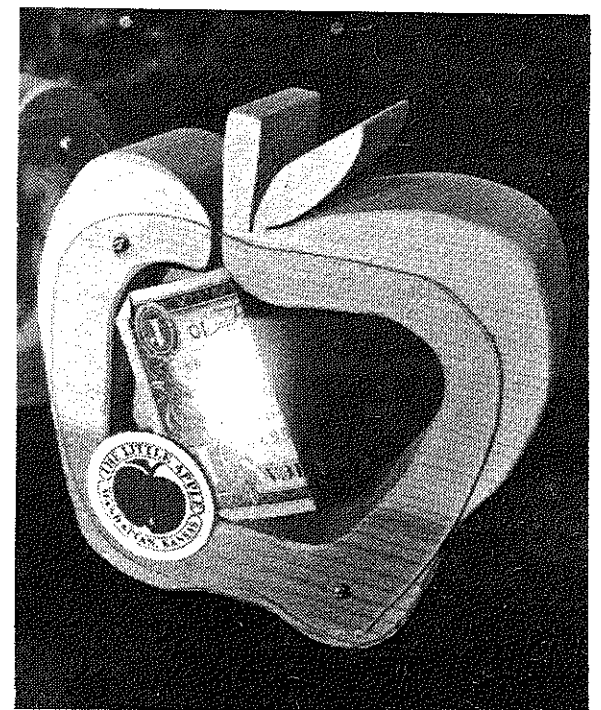
Tuesday, July 7, 7-8:30pm
Class Fee: \$6, pay at registration
Materials Fee: None
Limit: Min. 3 / Max. None

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Class locations will be
noted on your receipt.

ROOMS FOR RENT

If you are planning a meeting, pot luck or fun function, UFM has rooms available with kitchen facilities for a reasonable price. The fireplace room with patio is perfect for family events and for formal meetings, UFM now has a conference room. For more information call Eunice, 532-5866.



UFM Little Apple Banks

are perfect for going-away
gifts to remind your friends
or family of Manhattan.
Banks are made to order.

Don't miss out on yours!

Call UFM at 532-5866 now.

Something For Everyone

NETWORKING COMPUTER USING WOMEN C-10

Wally Hankley 539-1028

During an organizational meeting, we will discuss procedures and logistics of establishing a network using modems, electronic mail and bulletin board technology. Thereafter, most interaction is expected to occur on-line.

Objectives of this network are:

- Set up a bulletin board
- Share information among computer using women
- Help new users of technology become more sophisticated users
- Strengthen women in the occupational marketplace

(Wally is a Ph.D candidate in the Dept. of Curriculum and Instruction at KSU. She has worked with Apple and IBM computers for about five years. Networking computer using women will provide a basis for part of her dissertation).

Monday, June 8, 7:30-9pm.
Class Fee: \$4, pay at registration
Materials Fee: None
Limit: Min. None / Max. None

PUBLISHING YOUR OWN BROCHURE C-11

Rhonda Keith 532-6415

A brochure should make you want to pick it up and read it. How can you make sure your message has a chance of being noticed among the hundreds of messages the public is bombarded with daily in print and otherwise? This class will cover the basics -- design and layout (though it's not an art class), how to get by without an artist, and how to work with printers. Bring your own projects for individual attention. (Rhonda is a professional writer and editor with KSU publications).

Monday, June 1, 6:30-8:30pm
Class Fee: \$5, pay at registration
Materials Fee: \$1, pay at class
Limit: Min. 4 / Max. 8

BUILDING YOUR OWN HOUSE C-12

Dean Denner 776-5589
Betsy Edwards 456-7018

Dean and Betsy will share their experiences of designing and constructing their own homes. They will talk about planning, the construction process, framing, wiring, plumbing, selecting materials; give a tour of Dean's house, share their materials and labor cost/task, and have time for discussion. (Betsy Edwards and her husband have been living in their house for 6 years. Dean Denner and his wife have been in their passive solar/super-insulated house for six months. And they are all happy and proud enough to talk about it!)

Tuesday, June 9, 7-9:30pm
Class Fee: \$5, pay at registration
Materials Fee: None
Limit: Min. 1 / Max. 25

ROOMS FOR RENT

If you are planning a meeting, pot luck or fun function, UFM has rooms available with kitchen facilities for a reasonable price. The fireplace room with patio is perfect for family events and for formal meetings, UFM now has a conference room. For more information call Eunice, 532-5866.

ADVANCED GENEALOGY C-13

J. Harvey Littrell 539-2646

This class is designed for students who have had Beginning Genealogy or who have had practical experience. We will be concerned with sources for differing kinds of information, special techniques for making genealogical decisions, and organizing and publishing your genealogical data.

(Harvey is a retired KSU professor and an ex-president of the Riley County Genealogical Society).

Mon. & Tues, July 13 & 14, 7-9pm
Class Fee: \$5, pay at registration.
Materials Fee: \$1, pay at first class
Limit: Min. 4 / Max. 12

WEDNESDAY MORNING PLAY GROUP C-14

Barb Stork 539-1379
Diana Hatch 776-9921

This is an ongoing "Support Group" for at-home mothers and their pre-school age children, a "Mother's Morning In" with children playing and moms visiting with other adults. Mothers are responsible for their own children, no separation necessary. During nice weather we will be meeting outside and during colder months we will be meeting in homes of participants. This group has been in existence for about nine years.

Register and you will be contacted for first meeting date.
Class Fee: \$2, pay at registration
Materials Fee: None
Limit: Min. None / Max. None

SUPPORT NETWORK FOR SINGLE MOTHERS C-15

Peggy Bell

Single Mothers are some of the busiest people in the world, the real bearers of the burden of the "supermom" myth. The best way to ease this burden is to reach out and help each other. At the first meeting we will discuss the problems facing single mothers today and explore possible solutions. Child care and transportation will be provided. For further information call UFM, 532-5866. (Peggy has been a single mother for eight years).

Wednesday, June 3, 1-2pm
Class Fee: \$2, pay at registration
Materials Fee: \$1, pay at class.
Limit: Min. 8 / Max. None

VERBAL SELF-DEFENSE S-9

Eunice Dorst 532-5866

Verbal abuse is so common we don't always recognize it. How often have you felt defensive, angry, guilty, or hurt after a remark by a spouse, friend, or stranger? If so, the chances are you have been verbally abused. This class will be based on the book The Gentle Art of Verbal Self Defense by Suzette Haden Elgin and will include discussion, sharing of ideas and role playing. You will learn how to defend yourself from verbal abuse and how to know if you, too, are an abuser. (Eunice has studied this book and believes that by sharing these ideas and techniques, we will all become more adept at recognizing and handling verbal abuse)

Thursdays, June 25 & July 2, 7-9 pm
Class Fee: \$5, pay at registration
Materials Fee: \$1.50, pay at class
Limit: Min. 6 / Max. None

H.O.M.E.

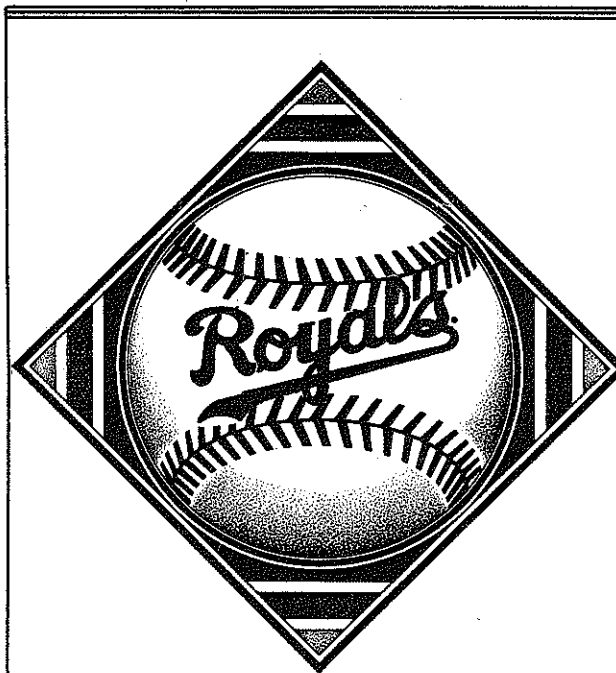
UFM sponsors the Home Owner's Maintenance and Energy (Home) Program. Home provides free labor for home repairs and maintenance for low-income elderly and handicapped homeowners in Manhattan Labor, provided by churches, campus organizations, court diversion programs the SRS Community Work Experience Program and others, has enabled HOME to complete jobs for 75 different clients in 1986.

Since many homeowners cannot afford to pay for the materials needed for repairs, HOME has established the Revolving Materials Fund, financed by contributions. This fund makes it possible for homeowners to pay for the materials over a number of months.

*** HOME CAN USE YOUR HELP ***
WE NEED:

- Contributions to the Revolving Materials Fund
- Donations of supplies or tools
- Work groups

For more information contact Richard at 532-5866



Let's Go See The Royals! R-18

UFM Staff 532-5866

See the Kansas City Royals live in action when they play the Seattle Mariners. Forget those driving headaches and traffic hold-ups and travel in comfort in an air-conditioned bus. Refreshments will be provided. Stadium seats will be located in the View Box and Plaza Reserved sections.

ITS FUN TIME FOLKS
Call ASAP to reserve your space.

Sunday, June 28, depart 9:00am
Cost: \$25 per person

CALL NOW, space is limited.

Class locations will be noted on your receipt.

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Food

532-5866
1221 Thurston

DO YOU HAVE SOME SPECIAL RECIPES YOU WOULD LIKE TO SHARE WITH OTHERS? IF YOU WOULD LIKE TO TEACH A COOKING CLASS, PLEASE CALL ANITA, 532-5866.

Bon Appetit

MEDITERRANEAN FOODS

F-2

Layla AlJawad

532-5508

Middle east food has become very famous in our western culture. The ways of preparation and the spices used, make a truly special flavor. In this course, you will make Dolma (stuffed vegetables like cucumber or eggplant) and Kubba (a stuffed rice or wheat dough). Layla will demonstrate the methods of preparation and serving and eating styles used in the Middle East.

(Layla has a Ph.D in Foods and Nutrition from KSU. She received her B.S. degree from Baghdad University in Iraq. She has also had experience in food processing courses).

Tues.Thurs.Mon. June 23, 25, 29, 7-9pm

Class Fee: \$8, pay at registration

Materials Fee: \$3, pay at first class

Limit: Min. 6 / Max. 15

FALSETTO'S ITALIAN PIZZA WORKSHOP

F-4

Falsetto's Pizza

537-3830

Come watch the experts spin-out a pizza crust. Learn to make a true Italian Pizza by hand from the crust, to the toppings. You will actually create your own master pizza and then ... devour it. (John is the owner of two Manhattan Restaurants: Falsetto's Pasta House and Falsetto's Pizza).

Tuesday, August 25, 8pm

Class Fee: \$5, pay at registration

Materials Fee: None

Limit: Min. 3 / Max. 6

ITALIAN COOKING

F-1

Rita Donatelli

Do you want to learn how to fix a REAL Italian meal? If you do, Rita will show you how to prepare at least twelve different Italian dishes, and you will realize how the CUCINA ITALIANA is much more than spaghetti and pizza. Flavors and colors from some Italian regions will show you the true food taste and cookery traditions.

(Rita is from Rome and she will be in Manhattan until the end of November, 1987).

Wednesday, June 3, 5:30pm

Class Fee: \$5, pay at registration

Materials Fee: The materials fee, to cover the cost of food for at least 12 different dishes, is dependent on the number of people who sign up. However, the maximum charge will not exceed \$15.

Limit: Min. 3 / Max. 10

VEGETARIAN INDIAN COOKING

F-3

Neelam Jain

776-8305

There are people who think vegetarian cooking is boring and tasteless, but this class, combining the exotic cuisine of India with the basic elements of a vegetarian diet, will prove them very wrong. You will be introduced to the versatility of cooking with readily available ingredients for balanced vegetarian meals like: Poori or Batura (fried balloon bread) or Kaufta, (vegetable balls made out of cauliflower, zucchini, or cabbage), or Biryani (fried rice with homemade cheese and vegetables), and Barfi of Halva (fudge made out of milk, nuts and other healthful foods). The class is designed for both beginners and experts with hands-on experience. Enjoy learning and eating traditional Indian foods and recipes! (Neelam has been sharing her native cooking for the last six years.)

Sec. I: Sat., June 6, 4-6pm

Sec. II: Tues., June 9, 6-8pm

Sec. III: Wed., June 17, 6-8pm

Sec. IV: Thurs., June 25, 6-8pm

Class Fee: \$5, pay at registration

Materials Fee: \$10, pay at first class

Limit: Min. 3 / Max. 5

To Market...To Market...

SHOPPING FOR MEAT

F-5

Ron Warner

776-8736

Visit the meat department of one of Manhattan's food stores and let an experienced meat cutter answer all your questions about meat selection. Discover what goes on in a meat department as well as learn about the many different cuts of meat and the appropriate ways to prepare them. Summer is barbeque time, so join Ron and learn how to choose your next cook-out entree. (Ron has 25 years experience in meat cutting with 17 of those years in Manhattan).

Tuesday, August 11, 7:30pm

Class Fee: \$4, pay at registration

Materials Fee: None

Limit: Min. 5 / Max. 20

SHOPPING FOR PRODUCE

F-6

Chuck Marr

539-6825

Ever go to the store to buy fruits or vegetables, especially melons, and wondered if they were ripe? You glance around and see people thump, shake, and smell the melons. So you try it, although you're not sure what you're looking for. Chuck will explain how to determine the quality of the produce and the best way to store your fruits and vegetables for optimum flavor and nutrition.

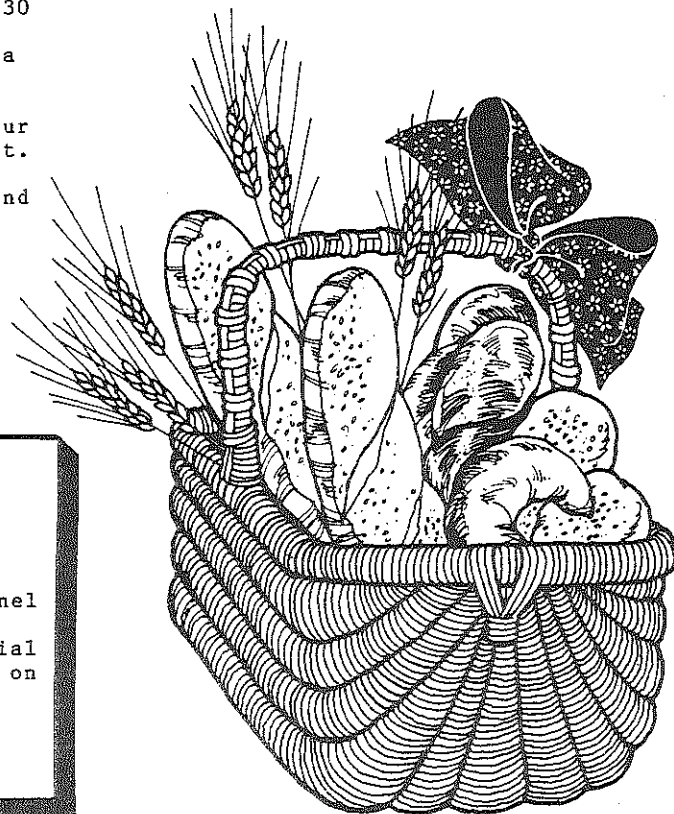
(Chuck is an Extension Horticulturist at KSU specializing in vegetable crops).

Thursday, July 9, 7:30pm

Class Fee: \$3, pay at registration

Materials Fee: None

Limit: Min. 3 / Max. None



UFM Television Show

FOCUS ON THE COMMUNITY

Watch UFM's television show on Channel Six, Mondays at 6:00pm.

Many of the programs cover social issues and topics which impact on Manhattan.

For further information call Eunice, UFM, 532-5866

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Class locations will be noted on your receipt.

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Class locations will be noted on your receipt.

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Registration Form

532-5866

1221 Thurston Manhattan, KS



REGISTRATION

532-5866
1221 Thurston

Three ways to register:

- A. WALK-IN:** Come to the UFM house, 1221 Thurston, during business hours or register at one of the locations listed below.
- B. MAIL-IN:** Fill in your registration form and mail it with check, money order, or Visa/MasterCard number to: UFM, 1221 Thurston, Manhattan, KS 66502 (stamped, self-addressed envelope is appreciated).
- C. PHONE-IN:** With Visa or MasterCard only, you may call 913-532-5866 during business hours to register (minimum: \$5.00).

**YOU MAY REGISTER AT ANY TIME,
BUT DON'T WAIT TOO LONG OR
YOUR CLASS MAY BE CANCELLED
DUE TO LOW ENROLLMENT.
YOU COULD MAKE THE DIFFERENCE!**

Late registrations accepted on space-available basis.

UFM CLASS FEES:

All UFM classes are offered by volunteers. All fee income will be used to help meet UFM operating costs.

RECEIPTS:

After your registration form is processed, you will receive a receipt. This is your proof of payment. UFM will retain a copy.

CLASS LOCATIONS:

When you receive your receipt, the locations of your classes will be included.

REGISTRATION FEE EXEMPTIONS:

- The following are exempt from the \$2.00 registration fee (but not class fees):
1. under 13 years of age
 2. over 60 years of age
 3. handicapped
 4. full-time KSU students (an annual SGA allocation supports student participation)

REFUND POLICY:

- UFM will only give a REFUND voucher (redeemable for cash) in these instances:
1. the limited class you paid for has been filled
 2. the class you paid for has been cancelled or significantly changed
 3. you have overpaid
- UFM will only give a CREDIT voucher (redeemable for UFM classes) in these instances:
1. you are unable to attend a class and you have notified UFM and the teacher a minimum of three days before the first meeting
 2. you earn credit by teaching or volunteering for UFM
- If you have problems with UFM, please call us at 913-532-5866.

PLEASE PRINT ★★ ONE FORM PER PERSON

Name _____
Street _____ Apt. # _____
City _____ Zip _____
Home Phone _____ Work Phone _____

SURVEY—Please check all that apply.
Have you taken a UFM class before? YES/NO
Students (___ credit hours this semester)

Freshman KSU Faculty/Staff
 Sophomore Under 13 years
 Junior 13-18 years
 Senior Senior Citizen
 Graduate Fort Riley Personnel
 Student Spouse Handicapped

Do you require class to meet in handicapped accessible place

I would like to volunteer my skills in exchange for registration discounts.

I am interested in teaching for UFM

Classes I would like to see offered next term _____

CLASS #	SEC. #	TITLE	CLASS FEE
1.			
2.			
3.			
4.			
5.			
6.			
PLUS \$2.00 REGISTRATION FEE (See Exemptions)			\$2.00
TOTAL DUE			

KSU Student ID No. _____
I hereby authorize the use of my Visa/Master Card Visa M/C
Card No. _____
Expiration Date _____

UFM—913-532-5866
1221 Thurston, Manhattan, KS 66502

PLEASE PRINT ONE FORM PER PERSON

Name _____
Street _____ Apt. # _____
City _____ Zip _____
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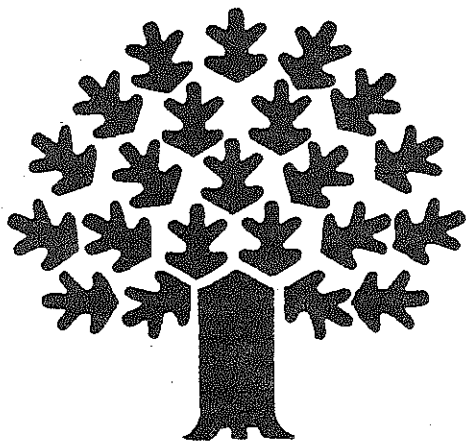
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CLASS #	SEC. #	TITLE	CLASS FEE
1.			
2.			
3.			
4.			
5.			
6.			
PLUS \$2.00 REGISTRATION FEE (See Exemptions)			\$2.00
TOTAL DUE			

KSU Student ID No. _____
I hereby authorize the use of my Visa/Master Card Visa M/C
Card No. _____
Expiration Date _____

UFM—913-532-5866
1221 Thurston, Manhattan, KS 66502



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Class locations will be noted on your receipt.



We Need YOU To Teach These Classes:

- | | |
|--------------------|------------------|
| Children's Classes | Swimming |
| Food Classes | Music |
| ESL | Self Development |
| Sports | Aerobics |
| Arts and Crafts | Foreign Language |
| Ballroom Dancing | Painting |

Call us to set up your very own class.