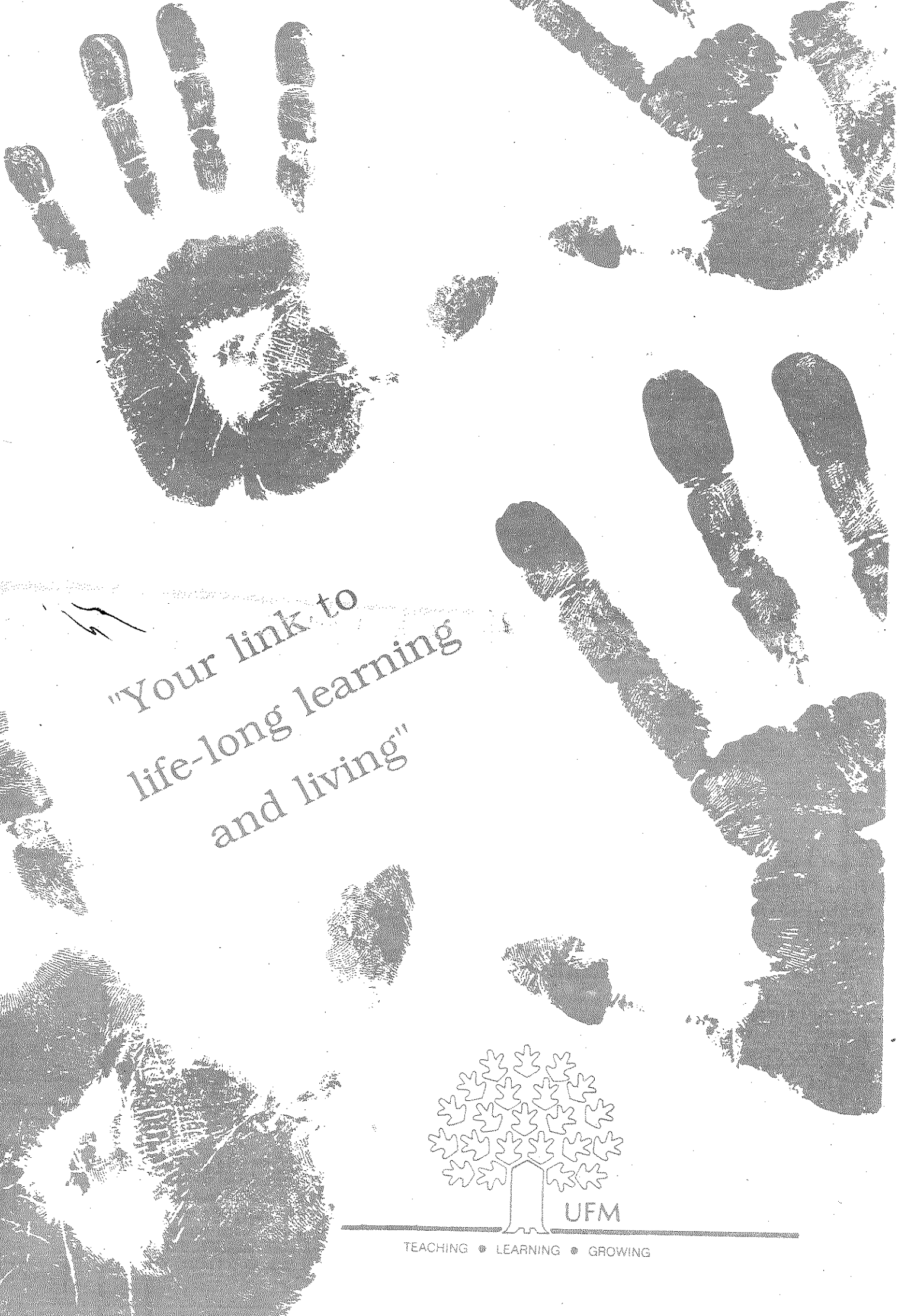


Summer  
1990  
Classes

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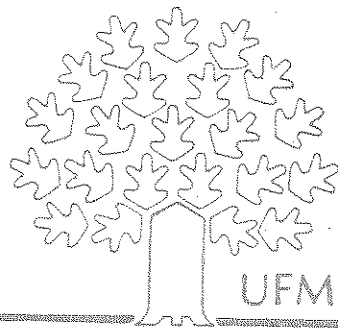
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# WHO WE ARE

*When Manhattanites and Riley Countians spread their plumage and begin to catalogue for out-of-towners the glories, opportunities and other miscellaneous advantages of living hereabouts, they usually don't get very far down the list before coming to University for Man, that unique, amorphous and constantly changing conglomeration of courses and programs and lectures that somehow offers something for everyone and contributes so much to enriching our educational and cultural life--in a larger sense, our quality of life.*

*UFM is a most unusual undertaking, coordinating and integrating the people and resources of the university in such a way as to expand their educational influence while providing broader service to the community.*

Editorial, April 4, 1990  
The Manhattan Mercury

Dear Friends:

UFM is an unusual undertaking. I knew that before our family chose to move to Manhattan--UFM was one of the things that said "home". And I know it even more now, six years later.

But it has been the last several months that has dramatically shown how UFM has affected thousands of people over the years. As is often the case, it took a crisis--a recommendation from the Finance Committee of the KSU Student Government Association not to fund UFM. Without SGA funding, UFM would have had to close its doors.

The student and community response was instantaneous and overwhelming. Letters were written. Petitions were circulated. Editorials appeared in the *Kansas State Collegian* and *The Manhattan Mercury*. People were talking with others, saying, "We can't let UFM close!"

And people began to tell their stories about UFM. I heard from people who found the informal classes of UFM--without credits and grades--to be just what they needed to overcome their fear of a large university. Others told how classes had changed their lives by giving them a new hobby or a new way of looking at the world. Others described UFM as the mother that had given birth to many community projects. Faculty recruiters told how UFM has been a useful tool in attracting faculty members to Manhattan because it symbolizes a high quality of life. Others wrote that they took their UFM experience with them after they left K-State and started similar programs in their own small, rural communities. KSU students told how good it felt to meet and work as equals with others from the community to plan an Earth Day celebration.

Student Senate heard the stories and responded by giving UFM a vote of support, approving full funding by an overwhelming vote, and keeping open the doors of the unique experiment they helped to start in the late 60's.

Thank you to all who told their stories. But the full story of UFM is not yet told. The SGA funding is helpful and essential, but UFM must continue to receive financial support from the community if it is to keep the doors open. It is up to you to take for granted that UFM will continue to exist--after all it has survived 22 years, against the odds, to become the oldest "free university" in the country.

But UFM will not survive without your support as well. If you have not already done so, please contribute to the UFM Annual Fund Drive, now in progress. Tax-deductible contributions can be mailed to UFM, 1221 Thurston, Manhattan, KS 66502 or you can make a donation when you register for classes.

After two and a half years as Executive Director, I will be leaving the community this summer to go to Elkhart, Indiana where my wife, Dorothy, has accepted a new position. It is hard to say good-bye to all the wonderful people in Manhattan and to all the people I have had the pleasure of working with at UFM. Keep up the good work! Keep on teaching, learning, and growing!

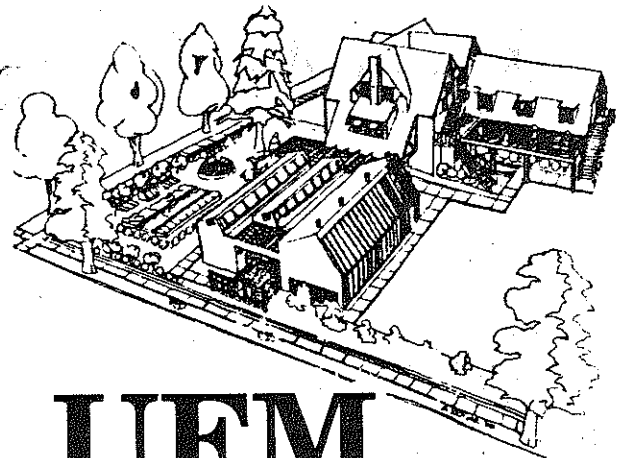
Sincerely

*Richard*  
Richard Friesen  
Executive Director

## BOARD OF DIRECTORS

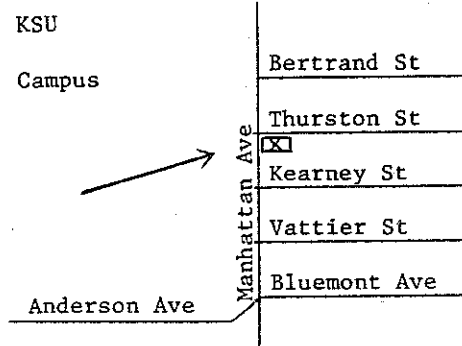
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- Oceana Warren Wright, Asst. Principal  
Manhattan Middle School

## WHERE WE'RE LOCATED



# UFM

1221 Thurston



## CLASS SECTIONS

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SELF & PERSONAL GROWTH .....	9
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RECREATION & FITNESS .....	11

2

### CAMPUS & COMMUNITY STAFF

Evelyn Campbell - Office Assistant  
Brandi Stevens - Office Assistant  
Linda Thompson - Educational Assistant

Volunteers, Interns and others:

Howard Campbell                      Maude Klein  
Diane Hensley                          Jodi McGatlin

Terri Peters

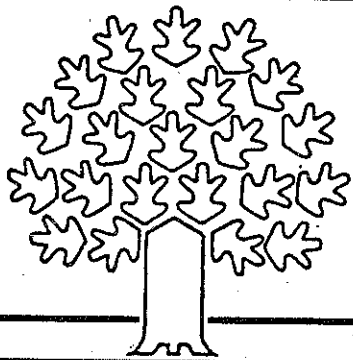
Cover Design by KSU art student Joel Johns

### NOW AVAILABLE AT UFM

Meeting Facilities for family life education classes and/or support groups. Newly renovated conference and child care area may be scheduled by appropriate groups by contacting Olivia Collins, UFM Family Life Education Coordinator, 539-8763.

### CLASS INFORMATION

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



# Health & Wellness

1221 THURSTON

539-8763

## Yoga *cancelled* HW-02

Learn the basic postures, stretching, breathing, and relaxation techniques of Yoga that can be beneficial at any age. When combined, these techniques will increase your mind/body connection and awareness. Please wear loose clothing and bring a small blanket or exercise mat and a small towel.

Enell Foerster (537-0977) has taught UFM Yoga classes for two years and trained under Albert Franklin. She has also taught First Aid, swimming, and aerobics classes.

Date: June 19 - July 13 (Tues & Fri)  
 Time: 6:30 - 7:30 a.m. (8 sessions)  
 Fee: \$10  
 Location: UFM Conference Room

## ABC's of First Aid HW-03

Emergency situations can be scary! Basic first aid techniques, when to activate the EMS (Emergency Medical System), and what to do until help arrives will be discussed.

Laura Burnett is a registered nurse and is the Emergency Room Supervisor at Memorial Hospital.

Date: July 18 (Wed)  
 Time: 7 - 9 p.m. (1 session)  
 Fee: \$4  
 Location: Memorial Hospital Conference Room

## You and Your Medication HW-01

Learn your responsibility as a consumer to understand proper use of medications. Emphasis will be placed on over the counter medications including analgesic and cough and cold preparations. A discussion on generic drugs will also be included.

Pam Spaulding (776-2324) is a registered pharmacist at Kellstrom Pharmacy.

Date: June 18 (Mon)  
 Time: 7:30 - 9 p.m. (1 session)  
 Fee: \$6  
 Location: UFM Conference Room

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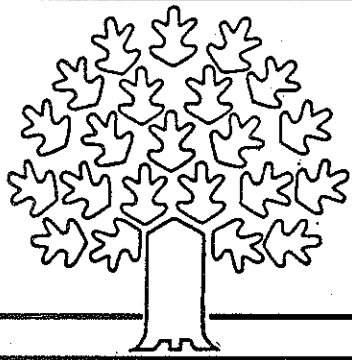
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# Family Living

1221 THURSTON

539-8763

## Children's Morning Play Group

FL-03

Join us for an ongoing support group for at-home parents. Pre-school age children will play while parents visit with other adults. Parents are responsible for their own children so no separation is necessary. During nice weather we will meet outside, and during inclement weather we will meet in homes of participants. Choose between Wednesday and Thursday mornings. These groups have been in existence for 13 years.

*Diana Hatch*, (776-9921) a mother of two, and *Barb Stork*, (539-1379) a mother of four, are interested in getting children together for play, as well as giving at-home parents an opportunity to share and interact.

Date: June 20 - July 25 (Wed)  
 Time: 10 a.m. - noon (5 sessions)  
 Fee: \$4  
 Location: Instructor will contact you for first meeting

## Children's Morning Play Group

FL-04

Date: June 21 - July 26 (Thurs)  
 Time: 10 a.m. - noon (6 sessions)  
 Fee: \$4  
 Location: Instructor will contact you for first meeting

## Becoming A Storyteller

FL-01

Learn the fundamentals of storytelling. Material selection, voice management, effective delivery, and the underlying structure of good stories will be explored.

*Chuck Smith* (776-6378), an educator/storyteller, has recently had his book *From Wonder to Wisdom: Using Stories to Help Children Grow* published by New American Library.

Date: June 4, 11, & 18 (Mon)  
 Time: 7:30 - 9 p.m. (3 sessions)  
 Fee: \$10  
 Location: UFM Fireplace Room

## Beat the Heat with Fun Summer Activities for Young Children

FL-02

Learn fun summertime activities for young children that reduce "summertime boredom." Learn ways to improve the quality and enjoyment of these activities, and overall family interaction.

*Carol Moody* (539-7769) is a registered nurse who is a K-State graduate student in family life education and consultation. *Rick Moody* is a KSU graduate student in marriage and family therapy.

Date: June 18 (Mon)  
 Time: 7 - 8:30 p.m. (1 session)  
 Fee: \$5  
 Location: UFM Banquet Room

## CHILD CARE CENTERS

(\* - Part day program only)

Manhattan Child Dev. Center* (serving children with special needs) Judith DeLong	1125 Waters	Office 776-9201 Center 539-3861	Manhattan Montessori School	1225 Bertrand	Home 539-5534 Office 539-8014
Blue Valley Nursery School* Rosalind Center	835 Church	539-6464	New Beginnings Pierre Storey	2615 Allison	539-2435
Early Child Development Lab. Susan Wanska	Justin Hall, KSU	532-5513	Regency Child Care Wilma Mills	1811 Browning	776-4444
First Baptist Preschool* Doris Swartz	2121 Blue Hills	539-8811	Seven Dolores Child Care Marsha Tannehill	220 S. Juliette	539-8592
First United Meth. Preschool* Karen Thurman	600 Humbolt	776-6625	Ship Ahoy Della Thomas	415 N. 10th	537-4565
Hoefflin Stone House Child Care Susan Wanska	North Manhattan, KSU	532-6095	St. Luke Preschool* Sunshine Nursery	330 N. Sunset 1328 Pierre	539-2604 539-4114
Kinder Care Learning Center Lisa Richards	1205 Hylton Heights Rd.	539-7540	Joan Mathiot		
Kansas State Child Dev. Center Nancy Bolsen	L-9 Jardine Terrace	539-1806	Trinity Community Nursery * Barbara Higham, Administrator	1110 College Ave.	539-3668
Manhattan Day Care Center Marti Krieger	6th & Humbolt	776-5071	Woodrow Wilson School School Aged Program Marti Krieger	Juliette & Leavenworth	776-4861
Manhattan Day Care-Douglas Br. Marti Krieger	901 Yuma	Office 776-5071 Home 539-3688	Wee Care Memorial Hospital (daytime care for children with minor illnesses) Julie Davenport	1105 Sunset	776-3300

4

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## FAMILY LIVING (Continued)

### The In-Between Years: FL-05 Understanding the Transition from Elementary to Middle School

The transition from elementary to middle school means children become teenagers, and this presents challenges for the entire family. Learn more about this important transition as this class focuses on understanding adolescent growth and change.

Susan O'Neill (539-8079) has been a school social worker for the past five years and is presently on staff full time at the Manhattan Middle School.

Date: June 25 (Mon)  
Time: 7 - 9 p.m. (1 session)  
Fee: \$5  
Location: UFM Fireplace Room

### You and Your Aging Parents FL-06

As our parents become older and experience health problems, adult children are faced with the task of helping them, while at the same time meeting the many demands in their own lives. This class will explore some of the special challenges of helping aging parents and offer suggestions in finding solutions to these complex issues.

Rick Miller (532-5510) is an assistant professor at KSU in the Department of Human Development and Family Studies. He is a marriage and family therapist with a specialty in aging families.

Date: July 10 (Tues)  
Time: 7 - 9 p.m. (1 session)  
Fee: \$6  
Location: UFM Banquet Room

### Family Camping Weekend FL-07

Enjoy a camping weekend with other families! Geared for all ages, this class will feature two planning sessions prior to the actual campout. Participants will help plan activities as well as menus and even select the location. Learn how to organize a successful outing from Boy Scouts and their leader. Participants must provide their own sleeping gear.

Ron Randall (539-2143), a life-long resident of Manhattan and Boy Scout leader for ten years, camps every month of the year. He has been on camping expeditions in the mountains.

Date: July 17 & 24 (Tues) (planning)  
July 28 & 29 (actual campout)  
Time: 7 - 8 p.m. (planning sessions)  
12 Noon, July 28 (campout begins)  
Fee: \$10 per family  
(does not include food expense)  
Location: UFM Banquet Room

### Do you have questions or concerns about...

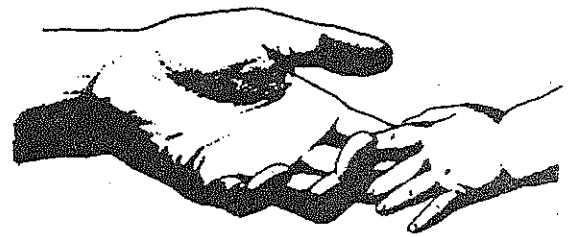
\*Your role as a parent?  
\*Activities for your family?

\*Your child's development?  
\*Where to go when you need help?

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Manhattan has an exciting new resource for parents of children of all ages. Designed to encourage and assist parents, the Parent Resource Center houses a centralized collection of materials that borrowers can check out for home use. Books, magazines, catalogs, audio and video cassettes are all currently available. Also available is a list of current information pertinent to parents and their families, including news about upcoming classes, lectures, and events throughout the Manhattan area.

The Parent Resource Center is open Tuesdays and Wednesdays, 11 a.m.-3 p.m., Saturdays 10 a.m.-12 p.m. Groups are welcome by appointment. For further information call 539-8763.

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- \* Midwest debut of the play Amber Waves, a newly commissioned play first performed in the spring of 1990 by the Kennedy Center Theatre for Young People. Written by Kansan James Still and produced by another Kansan, Carole Sullivan, the play is a sensitive treatment of a serious subject, a farm family in trouble.
- \* National Photo Competition for amateur photographers.

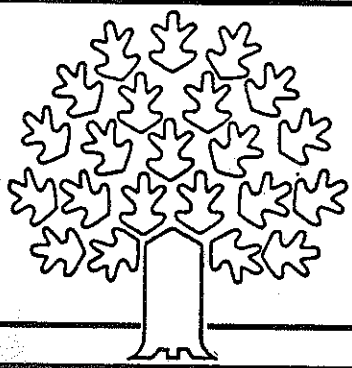
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# Youth

1221 THURSTON

539-8763

## Red Cross Babysitting Y-05

Become a certified babysitter. Young people age 11 or older learn the basics of child care, how to prevent accidents, what to do in an emergency, and how important they can be in the life of a child. Participants must attend both sessions for certification.

Date: June 20 & 21 (Wed & Thurs)  
Time: 1 - 4 p.m. (2 sessions)  
Fee: \$8  
Location: American Red Cross  
411 North 3rd Street  
537-2180

## Fishing for Children ~~Cancelled~~ Y-07

This class is designed for children ages 7 and over to learn fishing techniques such as casting, as well as safe fishing practices. Youngsters are asked to bring a light tackle fishing rod to the class.

Chuck Beaver (539-9479) is a fisheries biologist for the Kansas Department of Wildlife & Parks.

Date: June 23 (Sat)  
Time: 9 a.m. - noon (1 session)  
Fee: \$4  
Location: Pottawatomie Lake #2

## YOUTH DANCE WORKSHOPS

Designed for youth of all ages, these dance workshops will provide introduction to music and movements and basic dance steps. Kathy Plambeck (539-0326) has been teaching dance for 17 years. Her training is from the Sioux Land Movement Arts, in Sioux City, Iowa.

### Toddler Dance Y-01

Age 3 toddlers will become acquainted with music instruments, marching, and movements to music.

Date: June 21 - July 26 (Thurs)  
Time: 10 - 10:30 a.m. (6 sessions)  
Fee: \$12  
Location: Instructor will call with location

### Pre-Dance for 4 & 5 Year Olds Y-02

Enjoy skipping, movement to music, music games, an introduction to tap and ballet while preparing for classical dance.

Date: June 19 - July 26 (Tues & Thurs)  
Time: 1 - 2 p.m. (12 sessions)  
Fee: \$24  
Location: Instructor will call with location

### Dance for Children Y-03

Children ages 6 - 9 years of age will focus on ballet and tap dancing.

Date: June 19 - July 26 (Tues & Thurs)  
Time: 2 - 3:30 p.m. (12 sessions)  
Fee: \$24  
Location: Instructor will call with location

### Dance for Older Children Y-04

Tap and ballet dancing for children ages 10 - 13 years of age will be presented.

Date: June 19 - July 26 (Tues & Thurs)  
Time: 4 - 5:30 p.m. (12 sessions)  
Fee: \$24  
Location: Instructor will call with location

### Summer Reading ~~Cancelled~~ Suggestions for Teenagers Y-10

Lure your teenagers away from summer television reruns and the Nintendo! Books which will interest teenagers will be discussed. Materials are provided.

Sandy Bussing (532-6716), an English instructor at KSU, is very knowledgeable about what teens like to read.

Date: July 2 (Mon)  
Time: 7 - 9 p.m. (1 session)  
Fee: \$6  
Location: UFM Conference Room

6



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 **YOUTH (Continued)**

**Kung Fu for Children** Y-06

Students will learn the modified basics of Pai Te Lung Kung Fu and methods of self-defense for younger people aged 6-12 years.

Stan Wilson (539-7723), who holds a 2nd degree black belt in jujitsu and a first degree black belt in Kung Fu, has studied martial arts for 20 years and has taught for eight years. He is a member of the Pai Family, and is the author of 40 Intermediate Techniques of the Yama Bushi Kai, a Kung Fu manual and video set. Stan has been a member of the Shadows of Iga Ninja society for eight years and studied with Steve Hayes.

Date: June 23 - July 28 (Sat)  
Time: 2 - 3 p.m. (6 sessions)  
Fee: \$18  
Location: KSU, Ahearn Room 204

**Teenage Mutant Ninja Basics** Y-08

This class is designed for martial arts students ages 6 and over, this class will cover basics of Ninjitsu.

Stan Wilson (539-7723) has been involved in martial arts for 20 years and in Ninjitsu for 13 years. He is a member of Shadows of Iga and attended Warrior Quest level I last spring.

Date: June 23 - July 28 (Sat)  
Time: 10 - 11 a.m. (6 sessions)  
Fee: \$18  
Location: KSU, Ahearn 303

**Children's Gardening** Y-09

Learn the basics of flower and vegetable gardening through hands-on experience at Manhattan Community Gardens.

Gwendolyn Vinson, a senior in horticulture therapy at KSU, is a student intern at the Children's Garden.

Date: June 23 (Sat)  
Time: 10 a.m. - 12 Noon (1 session)  
Fee: \$3  
Location: Manhattan Community Gardens  
8th and Riley Lane

**OUR INSTRUCTORS**

- |                  |                  |
|------------------|------------------|
| Virginia Babcock | Rick Miller      |
| Chuck Beaver     | Carol Moody      |
| Michael Bennett  | Rick Moody       |
| Jean Bigbee      | Susan J. O'Neill |
| Sandra Bussing   | Kathy Plambeck   |
| Evelyn Campbell  | Al Potter        |
| Howard Campbell  | Jim Purvis       |
| Lorrie Cross     | Ron Randall      |
| Enell Foerster   | Leon Rappoport   |
| Jim Franz        | Norma Sanchez    |
| Ericka Geradeau  | John Skare       |
| Jim Gregory      | Chuck Smith      |
| Charlie Griffin  | Deyanira Slano   |
| Diana Hatch      | Pam Spaulding    |
| Judy Hedman      | Lee Staab        |
| Lee Killough     | Darcy Stephenson |
| Janet Klaver     | Dave Stewart     |
| F.C. Lanning     | Barb Stork       |
| Betty Llnaeta    | Gene Towne       |
| Steve Martini    | Gwendolyn Vinson |
| Karen McCulloh   | Stan Wilson      |

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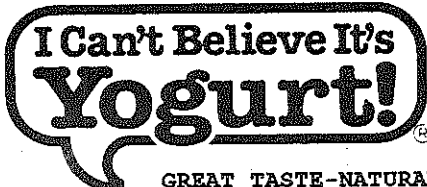
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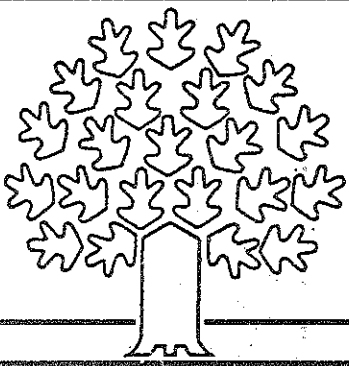
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# Earth & Nature

1221 THURSTON

539-8763

## Earth Day, What Next?

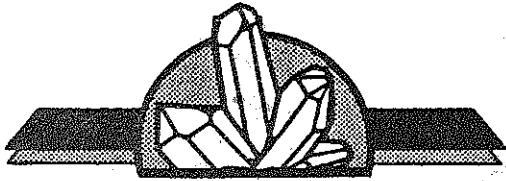
EN-01

After our successful Earth Day activities many people have asked what should we do next? Many of the Earth Day's 20 committees would like to start some definite project to protect the local environment. Suggestions include no more styrofoam in the K-State Union, better recycling on campus, a price break for two-sided copies, supporting existing Audubon activities, just to name a few.

Karen McCulloh (776-6854) helped coordinate Earth Day activities in April and would like to see the efforts continued.

Date: June 20 (Wed)  
Time: 7:30 - 9:30 p.m. (1 session)  
Fee: \$2  
Location: UFM Greenhouse

8



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## Solar Greenhouse and Edible Landscape Tour

EN-02

Have you ever seen fish living in a greenhouse or observed an edible landscape? Join us for an educational tour. Our solar greenhouse demonstrates effective, low-cost ways to use renewable energy sources. Our edible landscape is an example of how ecologically-derived design principles can be used to create an urban agricultural landscape that is aesthetically pleasing and productive. The tour is a great idea for student and community groups looking for ways to learn about promoting self-reliance in the areas of energy and food production. Special tours can be arranged.

Evelyn and Howard Campbell both have degrees in horticultural therapy and have managed the UFM Greenhouse for 2 years.

Date: June 21 (Thurs)  
Time: 6:30 - 7:30 p.m. (1 session)  
Fee: \$6 (book provided)  
Location: UFM Greenhouse

## Basic Survival Skills 101

EN-03

Learn basic survival skills - fire-making techniques, shelter building, and water procurement and purification. Find out what items are essential to include in a survival kit for use during an emergency.

John Skare (762-4766), an outdoorsman for 25 years, gained survival expertise through five years of Air Force training.

Date: June 23 (Sat)  
Time: 1 - 3 p.m. (1 session)  
Fee: \$8  
Location: UFM Banquet Room

## Basic Survival Skills 101

EN-04

Date: June 30 (Sat)  
Time: 1 - 3 p.m. (1 session)  
Fee: \$8  
Location: UFM Banquet Room

## Prairie Wildflowers

EN-05

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 plants in a short hike through the Kansas prairie.

Gene Towne (539-0353) has been teaching wildflower and grass identification classes for 13 years.

Date: June 23 (Sat) (Raindate: June 30)  
Time: 10 a.m. - noon (1 session)  
Fee: \$2  
Location: Large parking lot south of Umberger Hall, KSU Campus

## Growing Herbs

EN-06

Have fresh herbs to use all summer! Enjoy fresh mint for your iced tea. Learn to raise, dry, and store herbs for your own use or for gifts for family and friends. Take home some perennial herbs for your own garden. See the edible landscape of herbs at U.F.M.

Evelyn and Howard Campbell are coordinators of the Manhattan Community Gardens. Evelyn holds a degree in horticulture therapy from KSU. Howard has a degree in horticulture therapy from KSU and is currently working on a doctorate in Adult Education.

Date: June 25 (Mon)  
Time: 7 - 9 p.m. (1 session)  
Fee: \$12 (includes herb plants and handouts)  
Location: UFM Greenhouse

## Drying Flowers

EN-07

Have you ever purchased dried flowers? Learn how to preserve and dry your own. Learn which plants dry best and the method for drying. Summer is the perfect time to start.

Evelyn and Howard Campbell are coordinators for the Manhattan Community Gardens. Evelyn holds a degree in horticulture therapy from KSU. Howard has a degree in horticulture therapy and is currently working on his doctorate in Adult Education.

Date: June 28 (Thurs)  
Time: 7 - 9 p.m. (1 session)  
Fee: \$9  
Location: UFM Greenhouse

## Wabaunsee County Field Trip

EN-08

Travel to the glacial area and nearby areas in northwestern Wabaunsee County. Search for glacial materials such as agates, quartzite, and fossils. Bring a sack for your "treasures."

Dr. F.C. Lanning, (537-7595) a retired KSU chemistry professor, is a long-time member of the Manhattan Gem and Fossil Club.

Date: July 7 (Sat)  
Time: 9 a.m. - noon (1 session)  
Fee: \$4  
Location: meet at UFM parking lot

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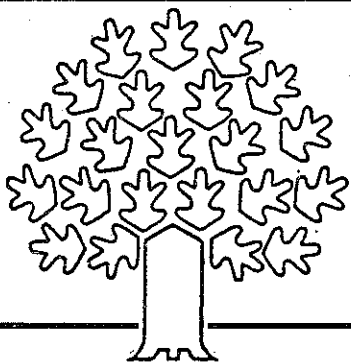
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# Self & Personal Growth

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539-8763

## A Whole New You

SP-01

Find a whole new image of yourself. This class includes a three part series on balance, design, and proportions according to your individual build and facial structures. The classes also entail colors, make-up, and an in-depth look at any products used to create the professional you.

Lee Staab (776-9100) has been a hair stylist and nail technician for four years.

Date: June 18, July 9 & 30 (Mon)  
Time: 7 - 8:30 p.m. (3 sessions)  
Fee: \$10  
Location: Shear Dynamics  
1125 Laramie

## Spanish for Beginners

SP-02

Learn to speak Spanish. Geared for beginning students, this six week course will cover pronunciation, grammar, and easy conversations.

Deyanira Solano (539-7630) is a Costa Rican native who has taught Spanish at Kansas State University.

Date: June 19 - July 31 (Tues)  
Time: 7 - 8 p.m. (7 sessions)  
Fee: \$15  
Location: UFM Conference Room

## Beginning German

SP-03

This six week course will introduce class participants to German pronunciation and conversation. A great introduction for those who are interested in further study or perhaps are planning a trip to Germany and would like to Sprechen ein bischen Deutsch.

Erika Geradeau (539-2866), a German native, is a K-State student studying business and German.

Date: June 20 - July 25 (Wed)  
Time: 7 - 8 p.m. (5 sessions)  
Fee: \$12  
Location: UFM Banquet Room

## Color Analysis

SP-04

Come and learn what the most unique computer assisted color analysis system is today. We'll have an "on the spot" color analysis and makeover. Discover your perfect palette of clothing colors, blush, lipstick, and eye shadow.

Betty Llaneta (539-6851) is a certified, independent color consultant with Beauty for All Seasons., Inc.

Date: June 30 (Sat)  
Time: 1 - 3 p.m. (1 session)  
Fee: \$8  
Location: UFM Conference Room

## Color Analysis

SP-05

Date: July 21 (Sat)  
Time: 1 - 3 p.m. (1 session)  
Fee: \$8  
Location: UFM Conference Room

## Introduction to Sign Language

SP-06

An opportunity for interested persons of all ages to learn and apply basic sign language in various settings.

Darcy Stephenson (539-4346) has worked with all ages of hearing impaired individuals for five years. An interpreter for K-State students as well as others in the Manhattan area, her interest in sign language has inspired her to pursue a career in audiology.

Date: July 2 - 26 (Mon-Thurs)  
Time: 8:30 - 9:30 a.m. (15 sessions)  
Fee: \$30 (book additional)  
Location: UFM Conference Room

## Zen Buddhist Philosophy and Practice

SP-07

Zen Buddhist philosophy aims for enlightenment by direct intuition through meditation. Join us for discussion and practice of Zen meditation (Zazen) with a major focus on the soto tradition or "school." Other traditions will also be discussed.

Leon Rappoport, a professor with the KSU Psychology department, and Al Potter, a medical technician in the Veterinary school, have studied Zen for several years and are affiliated with the Minneapolis Zen Center and the Manhattan Zen Group.

Date: July 11, 18, & 25 (Wed)  
Time: 7:30 - 9 p.m. (3 sessions)  
Fee: \$12  
Location: UFM Conference Room

## Successful Money Management

SP-08

Be a successful money manager! This program will cover savings structure, investment, and insurance programs for today's world. Discover how to save taxes today while providing future dollars for education or retirement. We will discuss the impact of inflation and how to make it work, for rather than against, one's financial plan. Affordable ways of investing and saving regardless of one's budget will also be addressed. A financial plan for each class participant will be provided.

Fred Freeby is a senior account executive for Waddell & Reed, Inc. and has 14 years experience as a financial planner.

Date: June 11 (Mon)  
Time: 7:30 - 9:30 p.m. (1 session)  
Fee: \$9  
Location: 445 East Poyntz

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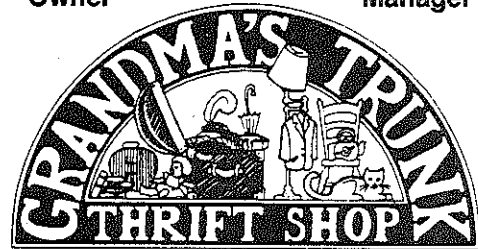
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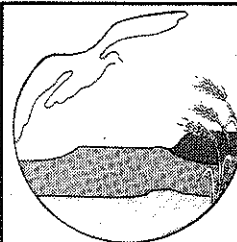
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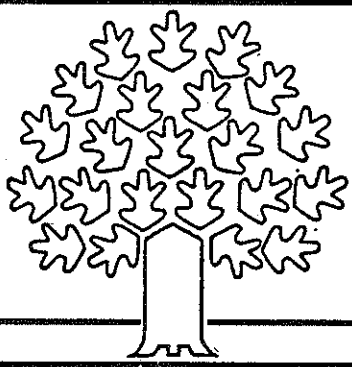


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# Arts & Hobbies

1221 THURSTON

539-8763

## Community Women's Chorus

AH-01

Love to sing? Come join this group of women who will meet weekly to share and enjoy all kinds of music from contemporary to show tunes.

Kathy Plambeck (539-0326) recently relocated to Manhattan from San Francisco, where she directed a church choir. She would like to start an ongoing women's chorus.

Date: June 19 - July 31 (Tues)  
Time: 10 - 11:30 a.m. (6 sessions)  
Fee: \$6  
Location: Instructor will contact with location

## The Essence of Poetry

AH-09

Focus upon poetry and it's relationship to still life art, nature, and culture, as well as the relationship of poetry to our lives and situations that occur in life.

J. Edgar Spencer (537-3981), a native of Macon, Georgia, is a published poet and playwright. He is a recipient of the National Poetry Award. The author of many short stories, he is currently trying to organize a poetry workshop.

Date: June 19 - July 31 (Tues)  
Time: 7 - 8:30 p.m.  
Fee: \$12  
Location: UFM Banquet Room

## Desserts with Chocolate Canach Paste

AH-08

A hands-on demonstration of two delectable desserts created with chocolate canach paste. Top off the evening by sampling these delicious creations.

Jim Purvis is a graduate of the Culinary Institute of America and has worked in New York, South Carolina, Pennsylvania, and Missouri.

Date: ~~June 30 (Wed)~~ June 20  
Time: 7 - 8:30 p.m. (1 session)  
Fee: \$5  
Location: UFM Kitchen

## Padded Photo Album

AH-07

Enjoy learning the techniques involved in making covered albums including a padded frame for the top! They make nice gifts for family and friends. In order to personalize your album and frame, class participants need to provide the following materials: a 3-ring type album of your choice, 1 yard fabric, 4 yards lace, glue, and scissors. Centerpiece frame, batting, and other materials needed for project completion will be provided.

Virginia Babcock has taught a variety of craft classes during the last six years.

Date: July 12 (Thurs)  
Time: 7 - 10 p.m. (1 session)  
Fee: \$8  
Location: UFM Banquet Room

## Getting Acquainted With Antiques

For antique lovers! This three class series will focus on a different subject each week. Attend one or all three sessions.

Jean Bigbee (537-4884), an antique and collectible lover, manages Tuttle's Antique Market in Manhattan. Jean and other antique dealers associated with Tuttle's are anxious to share their knowledge with others.

Date: June 19, 26, & July 10 (Tues)  
Time: 7 - 8:30 p.m.  
Fee: \$10 for the series or \$4 per session  
Location: Tuttle's Antique Market  
2010 Tuttle Creek Boulevard

## Antique Furniture

AH-02

Learn about styles and what to look for in antique furniture. This class will touch on restoration and stripping - when to strip and when not to strip.

Date: June 19 (Tues)

## Antique Glassware

AH-03

Focus on Victorian, Depression, and patterned glassware.

Date: June 26 (Tues)

## Antique Collectibles

AH-04

Designed for participants who enjoy other kinds of antiques, the main focus will be on antique toys and other collectible items.

Date: July 10 (Tues)

10

## Books By and About Women

AH-05

We will discuss thoughts, ideas, and issues expressed by women authors through fiction and non-fiction books. Through this informal class we will exchange different perceptions from our own experiences interpreting the themes seriously and lightly. Past book selections include: The Southern Family by Gail Godwin, Among Sisters-Short Stories by Women Writers edited by Susan Cahill, Growing Up Female in America Ten Lives edited by Eve Merriam, and Alicia by Alicia Appleman-Jurman.

Lorrie Cross (539-5337) enjoys reading and discussing books by and about women. She has been a member of this group since its beginning in 1978.

Date: June 20, July 11 & 25 (Wed)  
Time: 7:30 - 9 p.m. (3 sessions)  
Fee: \$6  
Location: call Lorrie for the weekly class location (539-5337)

## Fiction Writing Workshop

AH-06

During the workshop the instructor will critique participants' fiction manuscripts and discuss aspects of writing such as developing background and character biographies, and how to market fiction for publication. Participants without manuscripts who just want to attend the sessions are also welcome. Participants with manuscripts to be critiqued need to supply a copy to the instructor prior to the beginning of the class.

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

Date: June 21, 28 and July 5, 12 (Thurs)  
Time: 7 - 9:30 p.m. (4 sessions)  
Fee: \$8  
Location: UFM Conference Room

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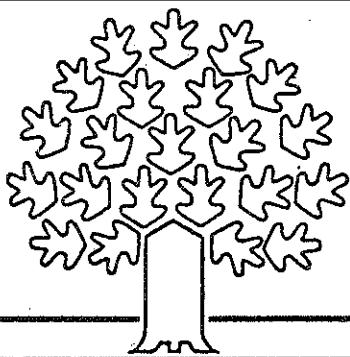
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# Recreation & Fitness

1221 THURSTON

539-8763

## Ballroom Dance I

RF-01

Learn to dance! It's never too late to learn the elements of the Foxtrot, Waltz, Jitterbug, and Latin dance. Practice the basic steps with simple variations so that you can be the dancer you've always wanted to be. Become smooth on your feet, get some exercise, and have fun in this six week introductory program geared for adults of all ages and teenagers. Partners are not necessary.

Michael Bennett (776-7557) has trained in Ballroom Dance at U.C. Berkeley; Mandola Ballroom, San Francisco; AliBaba Ballroom, Oakland, CA; Chicago Dance Studio, Chicago, IL; and Avenue Ballroom, San Francisco; and was the 1986 San Francisco Avenue Ballroom Jitterbug Champion.

Date: June 18 - July 23 (Mon)  
Time: 6:30 - 8 p.m. (6 sessions)  
Fee: \$18  
Location: KSU, Fairchild Hall 202

## Ballroom Dance I

RF-05

Latin Intermediate (Mambo, Cha Cha, Rumba) is an intermediate class that emphasizes proper technique and style. Combination, composed of 6-8 variations, will be taught at the rate of one combination per night.

Date: June 20 - July 25 (Wed)  
Time: 6:30 - 8 p.m. (6 sessions)  
Fee: \$18  
Location: KSU, Fairchild Hall 202

## Ballroom Dance II

RF-02

Latin Intermediate (Mambo, Cha Cha, & Rumba)

Date: June 18 - July 23 (Mon)  
Time: 8:30 - 10 p.m. (Mon)  
Fee: \$18  
Location: KSU, Fairchild Hall 202

## Ballroom Dance II

RF-06

This is an intermediate class that emphasizes proper technique and style. Combination, composed of 6-8 variations, will be taught at the rate of one combination per night. Included will be Jitterbug, Waltz, and Foxtrot.

Date: June 20 - July 25 (Wed)  
Time: 8:30 - 10 p.m. (6 sessions)  
Fee: \$18  
Location: KSU, Fairchild Hall 202

## Adult Dance

RF-04

A fun way to stay in shape while learning different kinds of dance. Classical ballet and theater dance will be explored.

Kathy Plambeck (539-0326) is new to Manhattan, but has been teaching dance for 17 years. Her training is from the Sioux Land Movement Arts, Sioux City, Iowa.

Date: June 19 - July 24 (Tues)  
Time: 7:30 - 8:30 p.m. (6 sessions)  
Fee: \$18  
Location: Instructor will call with location

## Tennis

RF-08

Learn to play tennis with an emphasis on body building. Geared for beginning and intermediate players, basic fundamentals, court strategy, and step-by-step instruction will be provided. Please bring a racket and tennis balls.

Janet Klaver has taught beginning tennis for six years and has played competitive tennis in the Manhattan and Topeka areas.

Date: June 24 - July 29 (Sun)  
Time: 8 - 10 a.m. (6 sessions)  
Fee: \$12  
Location: KSU Washburn Tennis Courts

## White Dragon Kung Fu

RF-03

This Kung Fu style combines hard, soft, and internal methods of martial arts. Beginners will learn basic techniques, self-defense, drills, and one-step sparring. Wear comfortable clothing.

Stan Wilson (539-7723) has studied martial arts for 20 years and taught for 12 years. He holds a black belt in Kung Fu and is a member of the Shadows of Iga Ninja society. He has studied judo, aikido, four styles of karate, six styles of kung fu, and various other martial arts. He has also written six manuals on martial arts.

Date: June 19 - July 17  
Time: 7 - 8 p.m. (Tues & Thurs)  
3 - 4 p.m. (Sun)  
(13 sessions)  
Fee: \$26  
Location: KSU, Ahearn 303

## Hakko Ryu Jujitsu

RF-07

Hakko Ryu is a form of self-defense oriented grappling type of martial art. Not an exercise form of martial arts, students will concentrate on 2 person waza, solo wazing exercises, and self-defense theory and techniques. Hakko Ryu is related to aikido, yet stresses a more subtle, less active style and gentle techniques acceptable for use in modern society.

Stan Wilson (539-7723) has studied martial arts for 20 years and taught for 12 years. He has a second degree black belt in Hakko Ryu Jujitsu, and is a member of Shadows of Iga. He has studied judo, aikido, hapkido, four styles of karate, six styles of kung fu, and various other martial arts, and has written six manuals on martial arts and self-defense.

Date: June 24 - July 29 (Sun)  
Time: 4 - 5 p.m. (6 sessions)  
Fee: \$18  
Location: KSU, Ahearn 303

## Golf

RF-11

Learn to play golf. Geared for beginning and intermediate players, the fundamentals of the full swing, short game-pitching, and chipping and putting will be covered. Get some fresh air and find out if golf is the sport for you.

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

Date: June 28, July 5 & 12 (Thurs)  
Time: 6:30 - 7:30 p.m. (3 sessions)  
Fee: \$18 (includes golf club rental)  
Location: Stagg Hill Golf Course  
4441 Fort Riley Boulevard

## Golf

RF-12

Date: July 19 & 26, Aug 2 (Thurs)  
Time: 6:30 - 7:30 p.m. (3 sessions)  
Fee: \$18 (includes golf club rental)  
Location: Stagg Hill Golf Course  
4441 Fort Riley Boulevard

## Tuttle Creek Adventure Hike

RF-15

Hike through oak-hickory wooded areas and then through a native prairie range. Look at wildflowers common in this particular time of year and discuss some of the edible and medicinal qualities of prairie plants. This hike will take place behind the Corps of Engineers office at Tuttle Creek.

Jim Franz (539-0502) works with the U.S. Corps of Engineers.

Date: July 14 (Sat)  
Time: 10 - 11 a.m. (1 session)  
Fee: \$3  
Location: Corps of Engineers office  
5020 Tuttle Creek Boulevard

## Winter Vacations in Warm Places

RF-09

Plan now for that fun and relaxing winter escape to somewhere warm and exciting! Now is the time to be thinking about vacations - the possibilities of where to go, what to do, and what not to do.

Norma Sanchez's home is in Chihuahua, Mexico, and she is anxious to share vacation ideas.

Date: June 25 (Mon)  
Time: 7 - 9 p.m. (1 session)  
Fee: \$3  
Location: UFM Conference Room

## Auto Tour of the Flint Hills

RF-10

Bored? Looking for something to do? Tour the Flint Hills at your own leisure! A self-guided auto tour of the Flint Hills will lead you to see and appreciate this beautiful treasure that is threatened by pollution and destruction. An orientation meeting will provide maps and discussion that will lead along county roads and highways to see and experience the Flint Hills.

Judy Hedman (537-1078) is a local Manhattanite who is actively concerned about land stewardship.

Date: June 26 (Tues)  
Time: 7 - 8 p.m. (1 session)  
Fee: \$3  
Location: UFM Fireplace Room

## Campout in the Flint Hills

RF-13

Enjoy a moonlight (we hope) night in the beautiful Flint Hills! We will backpack into an area of the Flint Hills in order to experience first hand the uniqueness and the value of this land. In general, we will reflect on humankind's relationship to and stewardship of all land. The specific concerns of a tri-county land fill and military expansion will also be part of our reflection.

Dave Stewart is a campus minister who is concerned with land stewardship. Charlie Griffin is on the FACTS staff and works with farm issues.

Date: June 28 (Thurs)  
Time: 7 p.m. (orientation session)  
Fee: \$10 per person  
Location: Baptist Campus Center  
1801 Anderson Avenue

Date: July 7 (Sat)  
Time: 3 p.m. (actual campout)  
Fee: Paid with orientation session  
Location: Leave from Baptist Campus Center

## Biking Through The Flint Hills

RF-14

Join us for a 25 mile bike hike out McDowell Creek Road, through the Flint Hills to see the kind of beautiful and valuable land that could be lost or destroyed either by Fort Riley expansion or by a new tri-county land fill. We will break at St. Joseph's Church and learn of the history and geology of the area. Interested persons should be in good condition. Drinks and refreshments will be provided at the break point.

Steve Martini, (532-6980) an experienced biker and author of a biking book, teaches biking for K-State.

Date: June 30 (Sat)  
Time: 8 a.m. - 1 p.m. (1 session)  
Fee: \$3  
Location: Meet at UFM, 1221 Thurston



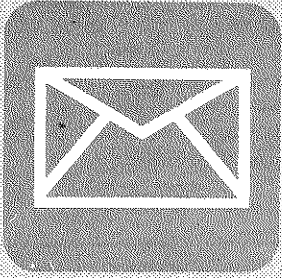
Patricia's  
**UNDERCOVER**  
Lingerie

1224 MORO

AGGIEVILLE

Monday, 12/22/2001

# REGISTRATION INFORMATION 3 WAYS TO REGISTER

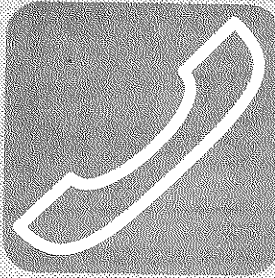


## Registration By Mail

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

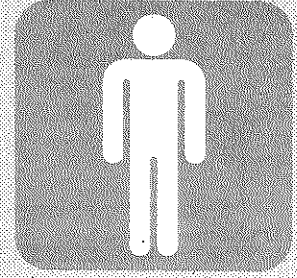
**Class Registrations**  
1221 Thurston  
Manhattan, Kansas 66502-5299

You will be notified if the class is full. All registration is on a first-come, first-served basis. No other class confirmations will be sent out unless requested.



## Registration By Phone

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



## Registration In Person

Stop by UFM, 1221 Thurston anytime between 8:00 a.m. and 5:00 p.m., Monday through Friday (closed 12:00 noon to 1:00 p.m.) or, for your convenience, the following dates and locations have been scheduled for on-site registrations.

June 2 9:30 am - 4 pm Fun Festival  
June 4 - 6 10 am - 2 pm K-State Union  
June 13 - 14 5 pm - 7 pm Public Library

For you . . .

**UFM 1221 THURSTON**  
 Manhattan, KS 66502 **539-8763**

Name \_\_\_\_\_ Day Phone \_\_\_\_\_

Address \_\_\_\_\_ Evening Phone \_\_\_\_\_

City \_\_\_\_\_ State Kansas Zip \_\_\_\_\_

CLASS #	TITLE	FEES	LOCATION	DATE	TIME
1.					
2.					
3.					
4.					

\*Add \$2.00 REGISTRATION FEE

Tax Deductible Donation \_\_\_\_\_

Total \_\_\_\_\_

\*Registration Fee Exemptions  
 1) KSU full-time student  
 2) Under 13 years  
 3) Over 60 years  
 4) Handicapped

I hereby authorize the use of my Visa  Master Card

Signature \_\_\_\_\_

Card # \_\_\_\_\_ Expiration Date: \_\_\_\_\_

(Please check all that apply)

KSU STUDENT	Fr	So	Jr	Sr	Gr	
AGE	Under 13	13-18	19-24	25-59	60+	
EMPLOYER	KSU Faculty/Staff		Fort Riley Personnel			

Where did you obtain your catalog? \_\_\_\_\_

I am interested in teaching for UFM. yes  no

A class I would like offered is \_\_\_\_\_

OFFICE USE ONLY		DATE	STAFF	Check	AMOUNT	TOTAL PAID
Date received		_____	_____	Cash	_____	
Entered		_____	_____	Visa	_____	
Computer		_____	_____	M/C	_____	
Fee		_____	_____	Voucher	_____	
					Date	_____

For a friend . . .

**UFM 1221 THURSTON**  
 Manhattan, KS 66502 **539-8763**

Name \_\_\_\_\_ Day Phone \_\_\_\_\_

Address \_\_\_\_\_ Evening Phone \_\_\_\_\_

City \_\_\_\_\_ State Kansas Zip \_\_\_\_\_

CLASS #	TITLE	FEES	LOCATION	DATE	TIME
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Entered		_____	_____	Visa	_____	
Computer		_____	_____	M/C	_____	
Fee		_____	_____	Voucher	_____	
					Date	_____

### REFUND POLICY:

A REFUND voucher check will be issued in these instances:

- (1) the limited class you have paid for has been filled
- (2) the class you have paid for has been cancelled or significantly changed
- (3) you have overpaid

A CREDIT voucher (redeemable for UFM classes) will be issued 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.

### DON'T GET SHUT OUT!

Register early:

So we can notify you of any course changes. So you can be assured of space in the course. So the instructor knows how many students to prepare for.