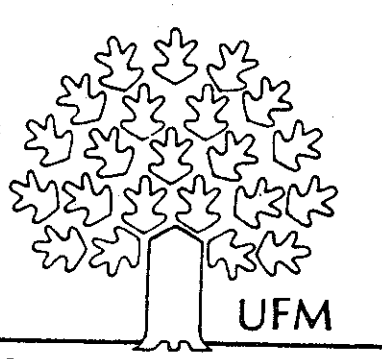


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June-August

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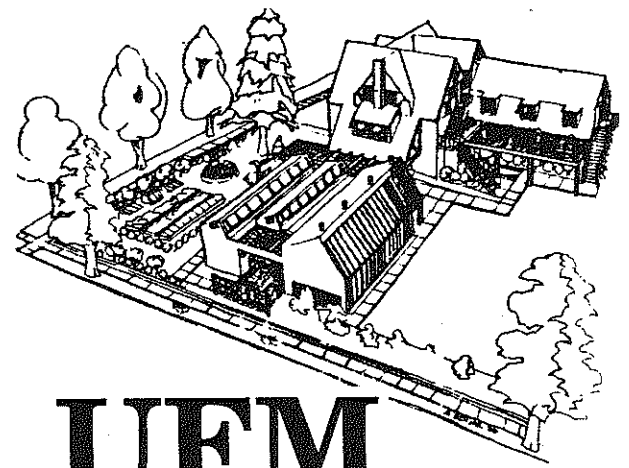
Summer is rapidly approaching. This is a great time to explore some new interests or rejuvenate past ones. This summer at UFM there are some old favorites mingled with new pursuits. Create a basket, collect baseball cards or coins, or make a living wreath of herbs. Enrich your summer with music, poetry, or storytelling. Get a head start on the holiday season with our "Christmas in July" series. Receive tips on training your dog, backpacking, and gardening. Learn how to use the plentiful produce of summer to create meals that blend with the warm casual days of the season. Families can enjoy hikes, field trips, and make-it, take-it projects together. Participate in a sports class. Assess your financial well-being. Learn to use your local library.

UFM has a class for everyone! Won't you join us in teaching, learning, and growing this summer?



Terry Carpenter
Educational Program Coordinator

WHERE WE'RE LOCATED



UFM

1221 Thurston

KSU

Campus

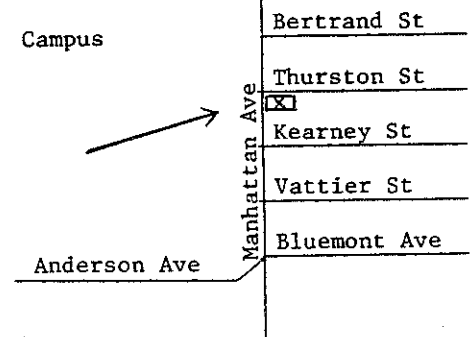


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WHO WE ARE

CAMPUS & COMMUNITY STAFF

Terry Carpenter.....Educational Coordinator
Linda Thomason.....Educational Assistant
Evelyn Campbell.....Office Assistant
Howard Campbell.....Advertising Manager
Jake Reisinger.....Business Manager

Volunteers, interns, and others:
Angela Lawson
Tammie Baxter

The cover was created by K-State student Angela Lawson, public relations intern at UFM.

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PROJECT MANHATTAN CARES

Presents
Homecoming in the Flint Hills

You won't want to miss this regional event welcoming home the First Infantry Division. The plan (at time of printing) includes the following:

- A red, white, and blue parade in which 96 communities have been invited to participate
- A "Taste of Manhattan" - its arts, its sports, its entertainment, its food, its people

These activities may occur all over our community - parks, Westloop, Aggieville, downtown, KSU, and more. It's possible there will be a concert from 6:00 to 10:30 p.m. followed by fireworks.

The date has yet to be selected, but the event should occur sometime in June or early July 1991.

Be there for the welcoming home of our heroes!

(Donations can be made at Union National Bank, Manhattan)

Manhattan Military Wives

MILITARY WIVES is a program for all military families living in the Manhattan community. Meetings are held every Wednesday afternoon from 1 - 3 p.m. at the First Presbyterian Church, 8th and Leavenworth. No reservations are needed. Topics include crafts, parenting, cooking, communication, home management, career and educational planning, Manhattan resources, military resources, and other community networking.

Aerobics classes, evening "Waiting Wives" meetings, babysitting co-op membership, activities and field trips for kids and moms, workshops and seminars, home visits, and transportation to medical, mental health, and social services are also offered.

For transportation or more information, please call Angie Fryer at 537-7146.

WAITING WIVES GROUP Friday Evenings

Join this support group for a fun evening out with other women whose husbands are TDY or PCS. Meetings are held every other Friday night, in homes and out. Leave your kids with a sitter, and come meet new friends. Call Angie at 537-7146 for details. New members are always welcome!

AEROBICS CLASS Monday & Thursday afternoons

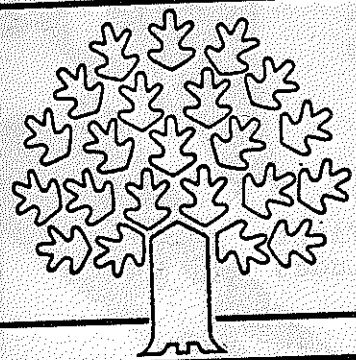
Bring a friend and come to Fisher Hall at First Presbyterian for an upbeat workout. Classes are held 2 - 3 p.m. Nursery care is available for \$1.00 per child. No charge for classes. For more information, call Angie at 537-7146.

BABYSITTING CO-OP

Women who attend Military Wives meetings on Wednesday afternoon, or weekend Waiting Wives meetings, are eligible for membership in the Manhattan Military Wives Babysitting Co-op. For more information, call Colletta at 776-9178.

Family Assistance at Fort Riley - 1-800-786-0017
Manhattan American Red Cross - 537-2180
Parent Helpline - 1-800-332-6378





Arts & Hobbies

1221 THURSTON

539-8763

Books By and About Women

AH-01

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: *Sweet Summer* by Bebe Moore Campbell, *A Time to Dance, No Time to Weep* by Rumer Godden, *The Ginger Tree* by Oswald Wynd, and *Among Friends* by MFK Fisher.

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. Call Lorrie for weekly class location.

Date: June 19 - July 10 (Wed)
Time: 7:30 - 9 p.m. (4 sessions)
Fee: \$6
Location: Call instructor for weekly location

Folk-Style Autoharp

AH-02

Discover the fun of playing your autoharp folk-style! This class will cover the autoharp basics including tuning, common chords, and strum patterns. Bring your autoharp, a thumbpick and at least two finger picks. If you have a favorite song, bring it and we'll try to accompany it!

Linda Teener (537-0508), UFM's Executive Director, has been playing the autoharp for many years and finds the autoharp to be as versatile as the guitar without the difficulty.

Date: July 9 (Tues)
Time: 7 - 9 p.m. (1 session)
Fee: \$5
Location: 1900 Judson

Beginning Mountain Dulcimer

AH-03

Come learn the art of playing the Mountain Dulcimer. You will learn the history of the instrument and basic skills including tuning, strumming, and caring for the instrument. We will work on several traditional tunes. Please bring your own instrument.

Linda Teener (537-0508) has been playing the mountain dulcimer for many years and enjoys sharing this tranquil instrument with others.

Date: June 11 - July 2 (Tues)
Time: 7 - 8:30 p.m. (4 sessions)
Fee: \$12
Location: 1900 Judson

Living Wreaths

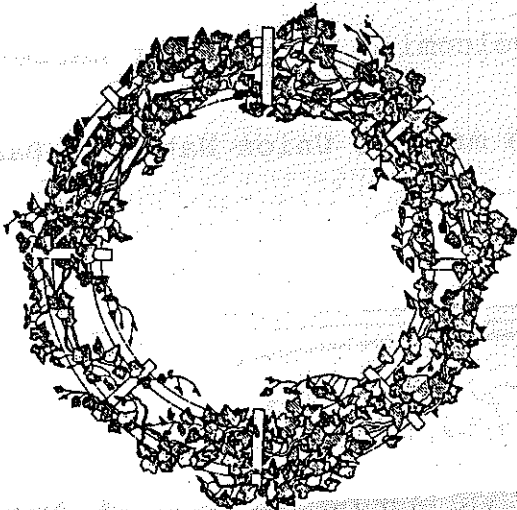


AH-04

Make a living wreath from herbs! Your creation can be used as a door decoration, a table centerpiece, or a frame for candles or a punchbowl. Bring a 12" wire wreath frame to class.

Evelyn and Howard Campbell (539-8763) both have degrees in horticulture therapy from KSU. They enjoy making wreaths from a variety of materials.

Date: June 24 (Mon)
Time: 7 - 8:30 p.m. (1 session)
Fee: \$10 (includes plants for wreath)
Location: UFM Greenhouse



A Percussion Session

AH-08

Come together with other amateurs and help create a percussive rhythm! Bring drums, rattles, tin cans, sticks, bells, or your own invention (the simpler, the better). The key to this activity is to get into a moving rhythm with other people and sometimes it will take on a life of its own!

David Verschelden has made several drums and has organized get-togethers of this nature before.

Date: July 24 (Wed)
Time: 7:30 - 9 p.m. (1 session)
Fee: \$4
Location: UFM Fireplace & Patio Area

A Tisket, A Tasket. . . Let's Weave A Basket



Learn to make baskets which are not only functional but also extremely attractive as home decorating accents in any style home! These classes, designed for beginners, will discuss types of baskets, materials needed, and how to put a basket together. You will weave a different style to take home each week so take one or all three classes!

Nancy Anderson just recently returned to the Manhattan area. She has been weaving baskets for eight years and has taught this skill for seven years. This spring she taught at the North Carolina Basketmakers Association Conference.

Appalachian Egg Basket

AH-10

Create an 8-inch spoke basket like those used in the Appalachian Mountains for gathering eggs.

Date: June 17 (Mon)
Time: 6 - 10 p.m. (1 session)
Fee: \$20 (includes materials)
Location: UFM Banquet Room

Round Basket

AH-11

Weave a round basket from colored reed that will hold fruit or make a great wall accent!

Date: July 2 (Tues)
Time: 6 - 10 p.m. (1 session)
Fee: \$20 (includes materials)
Location: UFM Banquet Room

Shaker Peg Basket

AH-12

Learn to make a shaker peg basket that can hang on a wall or peg. It can be filled with dried flowers or a towel for a wonderful home decorating accent!

Date: July 17 (Wed)
Time: 6 - 10 p.m. (1 session)
Fee: \$18 (includes materials)
Location: UFM Banquet Room

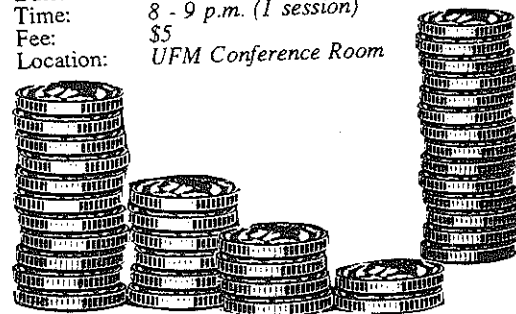
Small Change: An Introduction to Coin Collecting

AH-13

This class, designed for beginners or non-collectors, will cover the basics of coin collecting. Learn what to collect, how to store coins, and how to locate information about coins.

This class will be taught by a member of The Manhattan Coin Club which has been in existence for over 30 years.

Date: June 17 (Mon)
Time: 8 - 9 p.m. (1 session)
Fee: \$5
Location: UFM Conference Room



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ARTS & HOBBIES (Continued)

Concepts of Poetry

AH-14

This class will examine how life and poetry intermingle. We will explore poems that celebrated the Dwight D. Eisenhower Centennial as well as poems that evolved from Desert Storm. See how both personal and world happenings are reflected in poetic literature. We will read and write poetry.

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.

Date: June 24 - July 22 (Mon)
Time: 7 - 8:30 p.m. (5 sessions)
Fee: \$12
Location: UFM Banquet Room

The Art of Storytelling

AH-15

This class is for people who want to learn storytelling as well as the person experienced in this art. We will talk about techniques of storytelling and the methods of learning a story. These techniques and methods will be put into practice as we share with one another. **Bring approximately 10 copies of a story that you would like to learn to share with others to the first class session.** By the end of this course, you should have learned at least one story to tell.

Janet Goodenow learned storytelling (in spite of her initial doubts) by the same methods that will be employed in this class. She is a member of the Society for Creative Anachronism with a particular interest in bardic storytelling. She is also a member of the National Association for the Preservation and Perpetuation of Storytelling.

Date: June 17 - July 15 (Mon)
Time: 7 - 9 p.m. (5 sessions)
Fee: \$12
Location: UFM Fireplace Room (1st session)
UFM Conference Room (other sessions)

Batter Up! Collecting Baseball Cards and Other Sports Memorabilia



AH-16



Come explore the world of sports memorabilia. We will talk about the history of collecting memorabilia with an emphasis on baseball cards. We'll contrast the hobby versus investment aspect of collecting cards and discuss good versus bad buys. Examine how baseball has become entwined with American life!

Dev Nelson, the owner of Dev's Dugout, has been active in sports throughout his life. He started collecting sports memorabilia at an early age and his interest has flourished through the years.

Date: June 18 (Tues)
Time: 7 - 8 p.m. (1 session)
Fee: \$4
Location: UFM Conference Room

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Christmas in July

Creative Twist Angels

AH-09

These angels are quick, easy, and attractive additions to Christmas decorating. They can be used for wreaths, table settings, or tree ornaments. They would also be nice touches in a country decorating scheme. Bring a hot glue gun if you have one. Other materials furnished.

Linda Teener (539-8763) is the Executive Director of UFM and enjoys sharing this craft.

Date: July 11 (Thurs)
Time: 7 - 8:30 p.m. (1 session)
Fee: \$6 (includes materials)
Location: UFM Conference Room

Have a Prairie Christmas! Prairie Angel Ornaments

AH-17

Life on the American prairie often found time and talent more plentiful than money and materials. Prairie folk crafted their holiday gifts and decorations from the materials available. In this class we'll make a prairie angel from muslin and calico scraps that can be used on your tree or as part of other holiday decorations. **Bring 5" calico squares if you want your angel to be a specific color.**

Date: July 9 (Tues)
Time: 7 - 8:30 p.m. (1 session)
Fee: \$6 (includes materials)
Location: UFM Banquet Room

Let's Wrap It Up! Gift Wrap Ideas

AH-18

Join us and we'll create some gift wraps using brown paper, paints, and fabric scraps. We'll talk about different materials that can be used in place of ribbon. **Bring a roll of brown paper (kind used for wrapping packages) and fabric scraps if available.** Let's wrap it up!

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

Terry Carpenter enjoys crafts and decorating for the holiday season.

Tie One On: Bow Making

AH-05

Have you ever admired those attractive bows used on wreaths and other home decor items? Join us and learn the basics of bow making. Ribbon will be furnished for hands-on practice. This is a great way to get a head start on the holiday season!

Date: July 2 (Tues)
Time: 7 - 9 p.m. (1 session)
Fee: \$5
Location: UFM Greenhouse

Herb Vinegar & Butter

AH-06

Would you like to make attractive and tasty herbal vinegars and butters for Christmas gifts? Sample these creations and learn which herbs are best suited for these items. You'll receive recipes on how to make and use herbal vinegars and butters. Bring a small bottle of red or white wine vinegar with you to the first class. Take home some tasty butters and vinegar.

Date: July 15 & 17 (Mon & Wed)
Time: 6:30 - 8:30 p.m. (2 sessions)
Fee: \$10
Location: UFM Greenhouse

Corsage Making

AH-07

Wearing a corsage to holiday festivities makes an evening special. Learn to make a fresh flower and a dried flower corsage that you'll be proud of!

Date: July 22 (Mon)
Time: 6:30 - 8 p.m. (1 session)
Fee: \$12 (includes materials)
Location: UFM Greenhouse

Evelyn and Howard Campbell (539-8763) enjoy using their talents and expertise to create gift and home decorating ideas.



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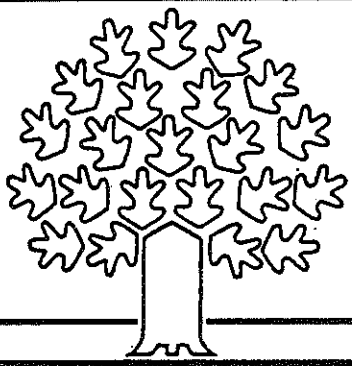
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Business & Professional

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Retirement and Financial Planning for Women

BP-01

Three-fourths of elderly Americans living below the poverty level are women. . . half of the widows who are poor were not poor before their husbands died. . . 85% of all married women will live part of their financial life alone. . . What are you doing now to be sure you won't be one of these statistics? This course is designed to address these issues and discuss ways to avoid being caught in these traps. We will examine various retirement plans and other financial options that are available to women and couples.

Sandra Emley and Bob Stamey (776-9118) are with Professional Planning Services of Manhattan. They have many years experience in the areas of financial planning, including retirement and estate planning, financial contingency planning, and asset accumulation.

Date: June 18 (Tues)
Time: 7 - 8:30 p.m. (1 session)
Fee: \$4
Location: K-State Union Room 209

Successful Money Management

BP-03

What is the secret of saving money? Are you tired of always being in the "wishing well" instead of in the crowd that's "spending well?" We will discuss affordable ways of investing and saving regardless of your financial condition. A financial plan will be provided for each class participant.

Fred Freeby (537-4505) is a senior account executive for Waddell & Reed, Inc., and has 15 years experience as a financial planner.

Date: July 9 (Tues)
Time: 7:30 - 9:30 p.m. (1 session)
Fee: \$4 per person/\$5 per couple
Location: 445 East Poyntz
(in the K-Mart Shopping Center)

What Is A Mutual Fund?



BP-02

This course will answer some very basic questions about mutual funds, how they work, what you should know before you invest in them, and how to get more information about the funds you have. We will learn how to evaluate the risk and learn how to determine if your funds are performing the way you expect. You need not have any previous knowledge or understanding of mutual funds in order to enroll and enjoy this class.

Bob Stamey (776-9118) is a financial planner with Professional Planning Services of Manhattan. He is licensed as a Registered Representative with MONY Securities, Corp. of New York, and has advised clients about securities, including mutual funds, for several years.

Date: June 25 (Tues)
Time: 7 - 8:30 p.m. (1 session)
Fee: \$4
Location: K-State Union Room 209

Workshop: Practical Concepts for Planning Your Financial Future

BP-05

Receive a foundation of basic financial concepts. Learn how to start or revise a financial plan, evaluate your budget, make the most of employee benefits, the basics of investing and saving, the power of compounding, the impact of taxes on your financial future, how to avoid the pitfalls of financial success, and the importance of retirement planning.

Darlene Jorgenson (537-4505) has been involved with areas of financial planning since 1981. She is a registered representative for Waddell & Reed, Inc.

Date: July 25 (Thurs)
Time: 7 - 9 p.m. (1 session)
Fee: \$4 per person/\$5 per couple
Location: 445 East Poyntz
(in the K-Mart Shopping Center)

Taming Your Computer

BP-04

Having trouble taming your computer? Need help translating those manuals? Don't let your computer intimidate you. Learn basic DOS commands and functions. Get some help understanding how to make your computer work for you. UFM may be able to help with some beginning, individualized instruction to answer YOUR questions. Private tutoring sessions scheduled. CALL to schedule a time. This service is directed toward beginning computer users.

Linda Teener (539-8763) is Executive Director of UFM and is extremely knowledgeable about computers.

Date: By appointment
Time: Call 539-8763 to set appointment
Fee: \$12 per one hour session
Location: UFM Office



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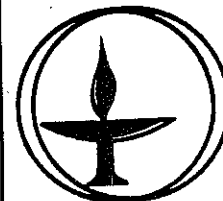
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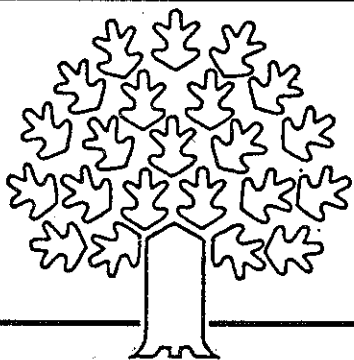
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Earth & Nature

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Edible Landscape and Solar Greenhouse Tour EN-01

When you think of a garden, do you think of it in terms of vegetables or flowers -- food or beauty? It need not be an either/or situation. An edible landscape can combine the beauty of flowers with the usefulness of vegetables. Ask questions and receive tips on how to add edible plants to your own landscape as you tour ours!

Date: July 13 (Sat)
 Time: 1 - 4 p.m. (1 session)
 Fee: \$7 (includes book)
 Location: UFM Greenhouse

Herb Growing EN-03

Have fresh herbs all summer! Enjoy the flavor of fresh mint iced tea. Learn how to raise, dry, and store herbs for your own use or to give as gifts to family and friends.

Date: June 19 (Wed)
 Time: 6:30 - 8 p.m. (1 session)
 Fee: \$5
 Location: UFM Greenhouse

Composting EN-04

Recycle some of your garbage! Find out what can be used in a compost pile. We will discuss the components of a compost pile, when to turn it, how to take care of it, and its utilization. See the results of composting in different layers. Make your vegetable garden and flower beds healthier and happier with compost.

Date: June 15 (Sat)
 Time: 1 - 3 p.m. (1 session)
 Fee: \$5
 Location: UFM Greenhouse

Were These Plants Framed? Gardening with Hot and Cold Frames EN-05

Would you like to start your own plants? Learn about the various types of hot and cold frames, their proper use, and what and when to plant utilizing this technique. Take home plans for building garden frames and get a head start on gardening.

Date: June 22 (Sat)
 Time: 1 - 3 p.m. (1 session)
 Fee: \$5
 Location: UFM Greenhouse

Evelyn and Howard Campbell both have degrees in Horticulture Therapy from KSU. Evelyn and Howard plant and maintain the edible landscape and greenhouse at UFM. They enjoy sharing the experiences they have gained from gardening for over 25 years.

Field Trip to Wabaunsee County EN-02

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

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 13 (Sat) (Raindate: July 20)
 Time: 8:30 - 11:30 a.m. (1 session)
 Fee: \$4
 Location: Meet at the UFM parking lot



Small Inhabitants of the Earth: Insect Ecology and Identification EN-06

Join us for an exploration of the insect life that thrives during the summer months. We will discuss basic insect ecology as we walk around the Tuttle Creek Lake area. See the vast array of insects that exist in the grasses as we do field sweeps with a net. We will do field identification of the various insects, so bring a net and field guide if available. If you want to collect any specimens, bring a jar. (Children must be accompanied by an adult.)

Vern Stiefel is a graduate student in the Entomology Department at KSU.

Date: June 29 (Sat)
 Time: 9 - 11 a.m. (1 session)
 Fee: \$5 (includes day parking fee at Tuttle)
 Location: Meet at the water outlet tubes at Tuttle Creek Lake

UFM SOLAR GREENHOUSE TOURS

Tours of the UFM Solar Greenhouse and edible landscape are available by reservation. Winter tours (November to April) view the Solar Greenhouse, some edible landscape, and raised garden beds used for the handicapped. Participants learn about the bead wall, the heat storage tanks, and the underground air conditioning tubes. Summer tours (May to October) view, touch, and smell the entire edible landscape and also see the Passion Vine and hear its history. Call 539-8763 for an appointment.

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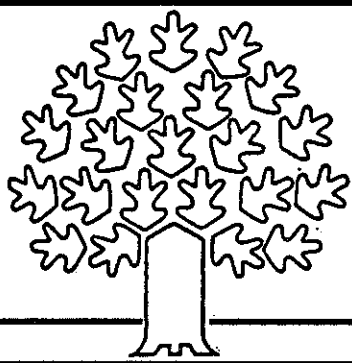
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Family Living & Youth

1221 THURSTON

539-8763

Children's Morning Play Group FL-01

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 Wednesday or Thursday mornings. These groups have been in existence for 14 years.

Date: June 19 - July 24 (Wed)
Time: 10 a.m. - 12 Noon (6 sessions)
Fee: \$4
Location: Instructor will contact you with location

Children's Morning Play Group FL-02

Date: June 20 - July 25 (Thurs)
(no meeting July 4)
Time: 10 a.m. - 12 Noon (5 sessions)
Fee: \$4
Location: Instructor will call you with location

Diana Hauch (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.



Celebrate Your Family!



FL-03

Join us for action-oriented activities done in a make-it, take-it format. Parents and children can build on family strengths while having fun.

Olivia Collins is a certified Family Life Educator. She is a faculty member of the Cooperative Extension Service, 4-H Youth Programs.

Date: July 20 (Sat)
Time: 10 a.m. - 12 Noon (1 session)
Fee: \$5 (includes materials and handouts)
Location: UFM Conference Room

Kung Fu for Children

Y-01

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

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 12 years. He is a member of the Pai Family. Stan has been a member of the Shadows of Iga Ninja Society for eight years and studied with Steve Hayes.

Date: June 22 - July 20 (Sat)
Time: 2 - 3 p.m. (5 sessions)
Fee: \$15
Location: KSU Ahearn Fieldhouse

Children's Gardening

Y-02

Children, do you love digging in the dirt? Put this interest to work and learn about planting a garden, soil preparation, weeding, harvesting, and garden maintenance throughout the growing season. Children (ages 5 - 12 years) will be assigned individual and group gardens. No registration necessary. Join us at the garden on Saturday mornings.

Date: Sat (May - October)
Time: 10 a.m. - 12 Noon
Fee: No Charge
Location: Manhattan Children's Garden
8th and Riley Lane

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

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

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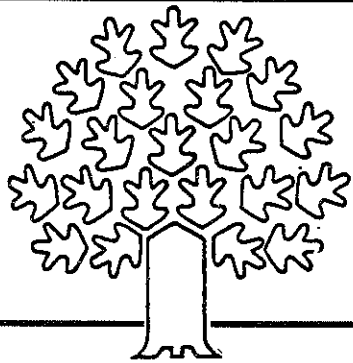
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Food & Nutrition

1221 THURSTON

539-8763

Healthful Cooking: Refreshing Summer Fare

FN-01

Summer produce adds a whole new dimension to healthful cooking. Participate in the preparation of many wholesome summer dishes with emphasis on the use of fresh fruits and vegetables, herbs, and whole grain products. Come with a hearty appetite and small containers to take home samples.

Elisa Stiefel (537-8150) has a degree in Foods and Nutrition from Colorado State University and enjoys sharing her knowledge and experience related to food preparation. She has cooked at a retreat center in Colorado, catered for families and organizations, and taught many classes related to healthful cooking.

Date: June 26 (Wed)
Time: 6 - 8 p.m. (1 session)
Fee: \$10
Location: 813 Colorado



Cool Cooking: Summertime Entertaining and Food Tips

FN-02

Do you dread cooking in summer? Join us for food ideas that complement both the climate and the casual nature of summer. Get some tips on making use of the fresh produce available during this season. We'll talk about sandwiches, hors d'oeuvres, and desserts that are light and refreshing for warm weather meals. Outdoor entertaining and picnic ideas will be discussed. **Bring a lawn chair and your appetite.** We'll conclude the class with a summer meal.

Beverly Brzuchalski and Sharolyn Flaming are Riley County Extension Agents. Both enjoying sharing their expertise on entertaining and food preparation with others.

Date: June 20 (Thurs)
Time: 7 - 8:30 p.m. (1 session)
Fee: \$10
Location: UFM Fireplace Room and Patio



Herb Vinegar & Butter



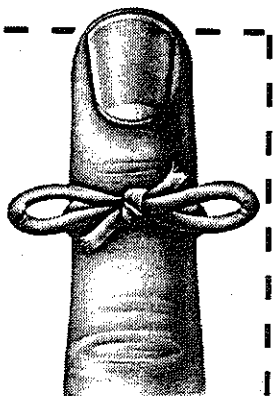
AH-06

Summer is a great time for creative salads! Learn how to make and use herbal vinegars for summertime cuisine. We will also talk about making and using herbal butters. **Bring a small bottle of red or white wine vinegar with you to the first class. Take home some tasty butters and vinegar.**

Evelyn and Howard Campbell (539-8763) have been cooking with and using herbs for many years.

Date: July 15 & 17 (Mon & Wed)
Time: 6:30 - 8:30 p.m. (2 sessions)
Fee: \$10
Location: UFM Greenhouse

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I am willing to lead a class on:

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

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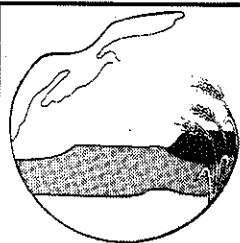
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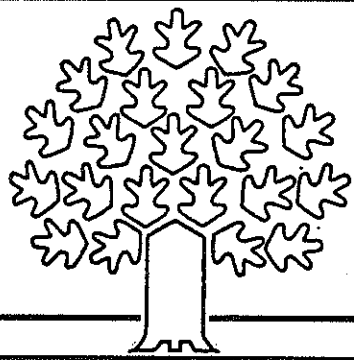
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Recreation & Fitness

1221 THURSTON

539-8763

White Dragon Kung Fu I

RF-01

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.

Date: June 18 - July 2 (7 sessions)
Time: 3 - 4 p.m. (Sun)
7 - 8 p.m. (Tues & Thurs)
Fee: \$21
Location: KSU Ahearn Fieldhouse

White Dragon Kung Fu II

RF-02

Date: July 7 - 23 (8 sessions)
Time: 3 - 4 p.m. (Sun)
7 - 8 p.m. (Tues & Thurs)
Fee: \$24
Location: KSU Ahearn Fieldhouse

Hakkro Ryu Jujitsu

RF-03

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

Date: June 23 - July 21 (Sun)
Time: 4 - 5 p.m. (5 sessions)
Fee: \$15
Location: KSU Ahearn Fieldhouse

Stan Wilson (539-7723) has studied martial arts for 20 years and taught for 12 years. He holds a black belt in Kung Fu, a second degree black belt in Hakkro Ryu Jujitsu, 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.

Tuttle Creek Adventure Hike

RF-04

Are you interested in learning about the Flint Hills prairie and timber ecosystem? Enjoy the outdoors as we hike in the Tuttle Creek area and discuss native foliage and fauna. Participants may want to bring a beverage.

Jim Franz (1+494-8282) has been a park ranger at Tuttle Creek for six years.

Date: June 29 (Sat)
Time: 10 - 11:30 a.m. (1 session)
Fee: \$4
Location: Corps of Engineers Office
5020 Tuttle Creek Boulevard



Ballroom Dance I

RF-05

Ballroom dancing is back! *Time, Newsweek,* and *Smithsonian* report that ballroom dancing is popular throughout the U.S. Manhattan is no exception. Join the hundreds of people who have learned to dance through UFM. You will learn to Foxtrot, Waltz, and Swing. By the end of six weeks you will be able to perform numerous variations. You will be dancing around the expansive floor. So, bring a friend, or two, and learn how to dance with someone in your arms. Classes fill rapidly - it is advisable to register early.

Date: June 17 - July 22 (Mon)
Time: 7 - 8:30 p.m. (6 sessions)
Fee: \$21 per person
Location: Senior Service Center
412 Leavenworth

Ballroom Dance I

RF-06

Date: June 17 - July 22 (Mon)
Time: 8:30 - 10:00 p.m. (6 sessions)
Fee: \$21
Location: Senior Service Center
412 Leavenworth

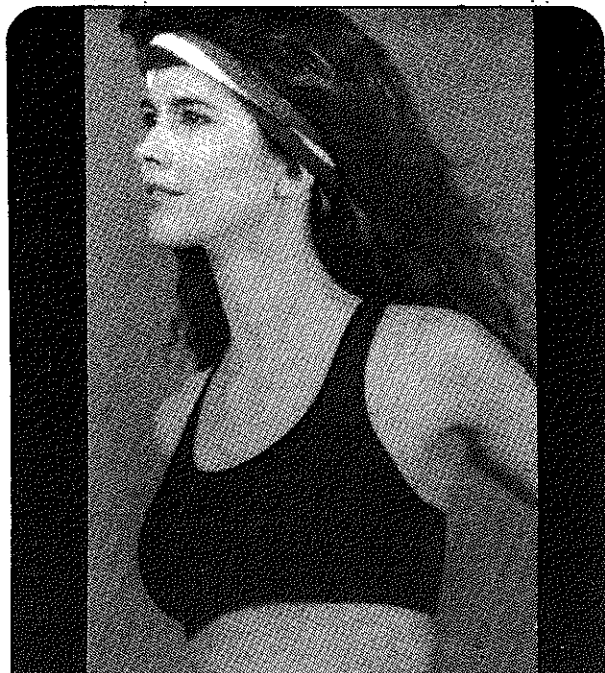
Ballroom Dance II

RF-07

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

Date: June 19 - July 24 (Wed)
Time: 7 - 8:30 p.m. (6 sessions)
Fee: \$21
Location: Senior Service Center
412 Leavenworth

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. He was the 1986 San Francisco Avenue Ballroom Jitterbug Champion.



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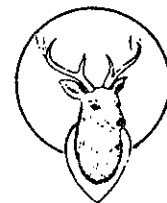
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Jim Gregory, PGA Professional



RECREATION & FITNESS (Continued)



Aikido

RF-10

Learning the mind-body coordination techniques of this Japanese martial art enables you to defend against physical attack, if necessary. Control your opponents power through the coordination of your own mind and body. Learn the physical aspects of Aikido including rolling, breakfalls, throws, locks and pins, strikes, and the use of a bokken (wooden sword) and the Jo staff.

Thorin Miley (539-1023) has been involved in martial arts for eight years. He is a baker and takes classes at the American Institute of Baking. *Greg Mathews* is a staff member at the Financial Aid Office at Kansas State University. He has been doing Aikido for five years.

Date: June 17 - July 5 (Mon, Wed, & Fri)
Time: 7 - 9 p.m. (9 sessions)
Fee: \$27
Location: KSU Ahearn Fieldhouse

The Great Outdoors! Introduction to Backpacking



RF-12

Designed for the beginner, this class will discuss the equipment, food, and skills needed to explore the great outdoors. During the first session, we will talk about tents, sleeping bags, backpacks, cookware, and food. The second class will cover maps, permits, safety, and orientation. If there is enough interest, we can plan a day hike or overnight campout in the local area.

Jeff Ireland works for Communication Services in Manhattan. He is an environmentalist and outdoorsman. He has been backpacking for a number of years.

Date: June 18 & 25 (Tues)
Time: 7 - 9 p.m. (2 sessions)
Fee: \$6
Location: UFM Banquet Room

Golf for Beginners

RF-08

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

Date: June 18 - July 2 (Tues)
Time: 6:30 - 7:30 p.m. (3 sessions)
Fee: \$20 (golf clubs provided, if needed)
Location: Stagg Hill Golf Course
4441 Fort Riley Boulevard

Golf for Beginners

RF-09

Date: July 9 - 23 (Tues)
Time: 6:30 - 7:30 p.m. (3 sessions)
Fee: \$20 (golf clubs provided, if needed)
Location: Stagg Hill Golf Course
4441 Fort Riley Boulevard

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

Aikido

RF-11

Date: July 8 - July 26 (Mon, Wed, & Fri)
Time: 7 - 9 p.m. (9 sessions)
Fee: \$27
Location: KSU Ahearn Fieldhouse



Questions We're Often Asked

1. When should I register?

Registration begins as soon as the current catalog is printed and continues until classes have filled or started. We encourage you to sign up early to assure getting a space in the class you want. Please do not go to the class unless you have registered with our office.

2. How do I sign up?

You may register in person, through the mail with the registration forms at the back of this catalog, or by phone, using your MasterCard or VISA.

3. When do I pay?

Payment is made at the time of registration. If you enroll over the telephone (with a MasterCard or VISA), you are added to the course roll immediately. If you register in person or by mail, we enroll you the day we receive your payment.

4. Are there fees to pay in addition to the course fee?

Recently UFM eliminated the course registration fee. In some courses, however, you will

be given a supply list and asked to bring your supplies to class. We will make every effort to designate these courses in our catalog.

5. When is the office open?

Our office hours are 8 a.m. - 5 p.m. Monday through Friday.

6. Will I receive a confirmation?

You will receive a confirmation only if you have registered by phone with MasterCard or VISA, or upon request.

7. What if a course is cancelled or rescheduled?

When we cancel or reschedule a class, we'll call you. For this reason, it's extremely important that we have both a daytime and an evening phone number where we may reach you or leave a message. You are welcome to call our office the day your class meets to find out if there are any changes. We reserve the right to cancel any class.

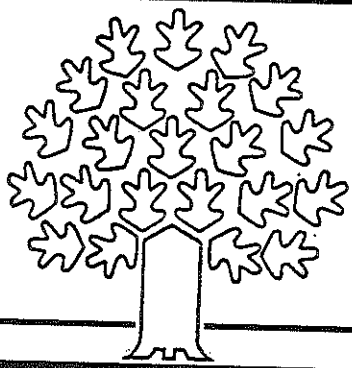
8. Can I get a refund?

We'll give you a full refund if we cancel your class. If you decide to withdraw before the class begins, and you tell us 48 hours before the starting date, we'll send you a refund. We do, however, keep a \$2 processing fee.

9. Must I register to take a class?

Yes. You should not attend a class unless you are registered. This allow course instructors to have adequate handouts related to the subject matter. In addition, insufficient registration leads to course cancellation.





Self & Personal Growth

1221 THURSTON

539-8763

Introduction to Zen Philosophy and Practice

SP-01

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. Please bring a cushion to sit on to class.

Leon Rappoport, (532-6850) 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: June 26 - July 10 (Wed)
July 18 (Thurs)
Time: 7:30 - 9 p.m. (4 sessions)
Fee: \$12
Location: UFM Conference Room

Worshipping God As A Woman

SP-09

For centuries we have been taught to worship a male God. But what would it be like to worship God as a woman? You are invited to come and explore with us the concept of God as a woman, with emphasis on the feminine aspects of Creator, Nurturer, and Life-giver. We will explore some history, some of the present day practices, and talk about how we can incorporate this into our own lives as peaceful, earth-honoring, ecologically conscientious beings.

Kathiellen Gilligan (537-8568) is an ordained minister of the Spiritualist Church, and first learned about worshipping God as a woman from her maternal grandmother. She has been actively incorporating the feminine aspect of God into her life for four years now, and believes that there is great strength to be found in the unity of women.

Date: June 20 (Thurs)
Time: 7 - 9 p.m. (1 session)
Fee: \$5
Location: UFM Conference Room

Stress Control and Relaxation Seminar

SP-07

Do you find yourself in stressful situations almost daily? Do you respond with anxiety, uncertainty, frustration, or anger? This relaxation seminar can help you learn mental and physical relaxation that will better enable you to deal with stress. Learning how to manage stress constructively will help you cope with pressures of everyday living and enhance your health and well-being.

Date: June 19 (Wed)
Time: 7 - 9:30 p.m. (1 session)
Fee: \$20 (includes booklet, tape, and book)
Location: UFM Conference Room

Stress Control and Relaxation Seminar

SP-08

Date: July 18 (Thurs)
Time: 7 - 9:30 p.m. (1 session)
Fee: \$20 (includes booklet, tape, and book)
Location: UFM Conference Room

David Harbaugh (1+632-6575) is the Director of The Silva Method of Kansas (NE).

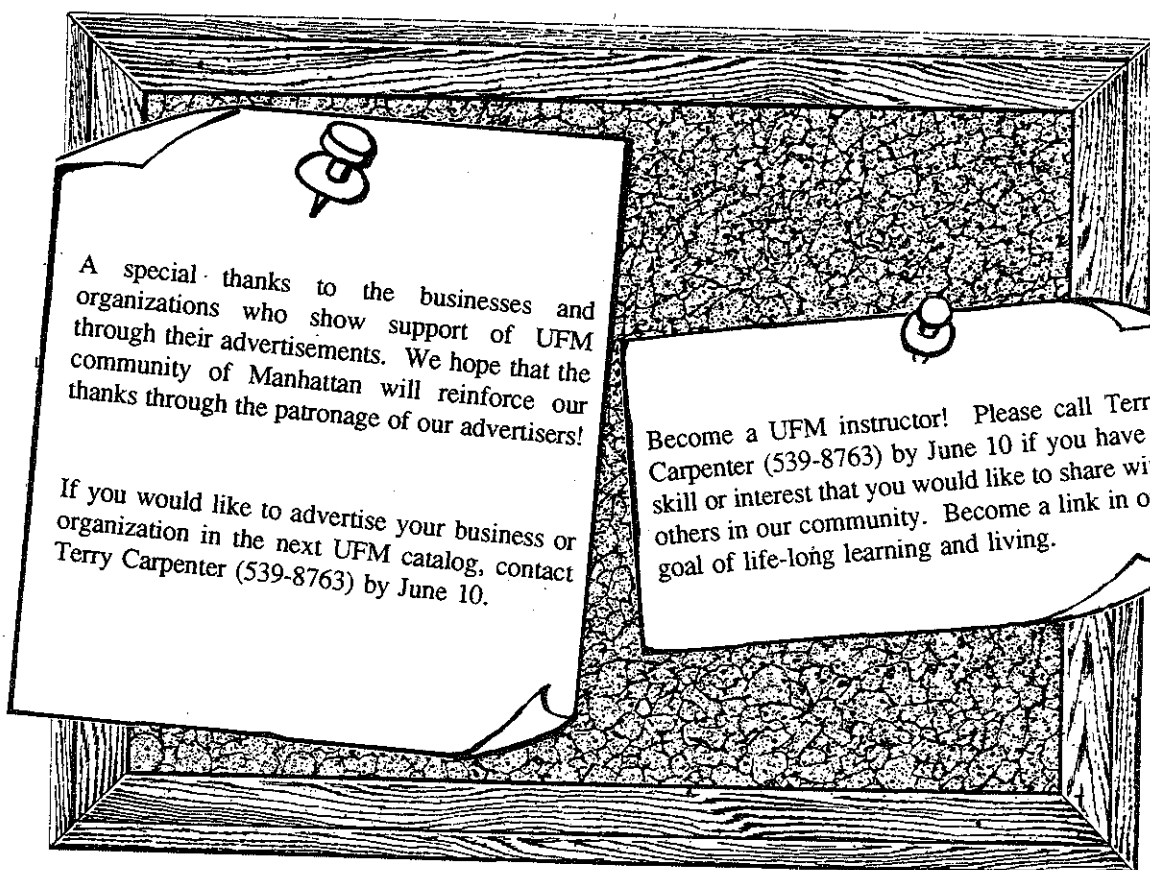
Check It Out: A New Age at the Library

SP-02

Do you eye the computer in the library with suspicion then head for the card catalog? Manhattan Public Library has converted to a computerized card catalog and you can no longer look through long drawers filled with paper cards. However, many people feel uncomfortable about using the computer to find what they want. Come and learn in this class how easy, fun, and fast the computer works. Learn about the new age at the public library!

All instructors are librarians at the Manhattan Public Library.

Date: June 17 (Mon)
Time: 7 - 8 p.m. (1 session)
Fee: \$3
Location: Manhattan Public Library
Juliette and Poyntz



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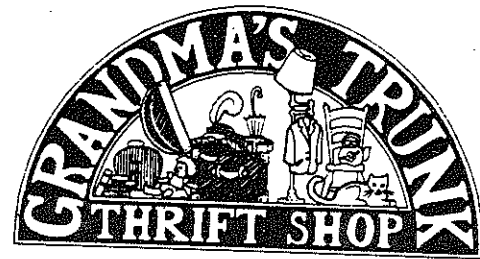


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SELF & PERSONAL GROWTH (Continued)

An Exciting Past Is Ahead of Us SP-06

Join us as we explore some history along the Oregon Trail. We will travel to the Barrett Picnic Park and enjoy our sack lunch. We will then relive some earlier times as we visit areas around Frankfort, and travel along the Pikes Peak Trail to the Waterville area. **Please bring a sack lunch and beverage.** We will car pool for our tour.

Owen Jones (537-7976) is the grandson of pioneers who arrived in Kansas in 1870. He is interested in the history of the Oregon Trail through Kansas. He enjoys sharing his interests and knowledge with others.

Date: July 20 (Sat)
Time: 8 a.m. - 4:30 p.m. (1 session)
Fee: \$4
Location: Meet at UFM Parking lot to form car pools

Mind Over Math: Remediating Adult Math Anxiety SP-10



Does the mere mention of the word "math" cause you to have an anxiety attack? This class will explore these questions. What is math anxiety? How did I get it? How can I rid myself of it? We will deal with everyday math in ways that make sense to us. We will tackle fractions, decimals, percents, and simple algebra. Gain confidence about using numbers!

Michael Cody (539-8657), the project coordinator for adult literacy at UFM, also teaches Life Skills classes at the Manhattan Emergency Shelter. She has worked with adults for about six years and has experienced and conquered math anxiety on a personal level.

Date: June 25 - July 9 (Tues)
Time: 7 - 8:30 p.m. (3 sessions)
Fee: \$10
Location: UFM Conference Room

Man's Best Friend: An Introduction to Dog Training SP-11



How much do you know about the animal that we call man's best friend? How do the habits of the domestic dog relate to the wild canine? Come and learn what to consider when selecting a puppy. View slides of what's involved in dog training including the development of attention, response, confidence, and adequate socialization in your dog. This is an introduction to dog training. **PEOPLE ONLY PLEASE!**

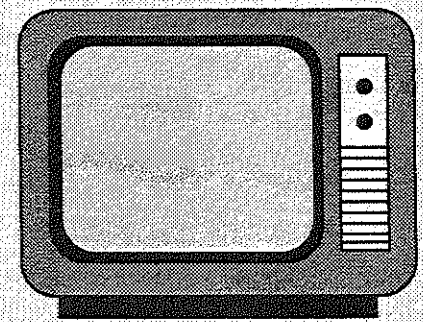
Charles Kramer is the Training Director of the Manhattan Kansas Kennel Club. He and his wife, Vel, (with the assistance of others) have taught dog training classes for over 17 years.

Date: June 27 (Thurs)
Time: 7 - 8:30 p.m. (1 session)
Fee: \$5
Location: UFM Conference Room

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May 21 & 22: *Handmaking Ice Cream* with Joe Johns

28 & 29: *"Wheat" an Expression!* with Artist Slanley Herd

June 4 & 5: *At an Art Gallery* with Gary Woodward

11 & 12: *Foods Viewed from the Gerontological Perspective*

18 & 19: *Something New at Farrell Library*

25 & 26: *Cooperative Instructional Duties, Part I*

July 2 & 3: *Cooperative Instructional Duties, Part II*

July 9 & 10: *Relationship between Food and Culture*

16 & 17: *Roasting Pork*

23 & 24: *Cinematic Arts* with Alex Rappoport

30 & 31: *Self-Perception, Part 1*

Aug. 6 & 7: *Self-Perception, Part 2*

13 & 14: *Self-Perception, Part 3*

20 & 21: *Self-Perception, Part 4*

27 & 28: *Self-Perception, Part 5*

DYER'S IGA

1003 Highway 24
Wamego, Ks. 66547

HOURS: 7 a.m. - 9 p.m.
7 days per week

"Service You Deserve"
456-7432

Featuring:
In-store Bakery
Deli Department
Large Video Tape Library
Fresh Meat and Produce

Anxiety

June 19
12:45 - 3:45

Continuing education workshop for helping professionals and volunteers. Three CEU's for nurses and social workers. Please pre-register. \$21.

539-5337

PAWNEE
Mental Health Services
2001 Claflin, Manhattan

Quality Natural Foods at Co-op Prices

ORGANIC FRUITS & VEGETABLES (locally grown when possible), wide variety of domestic & imported cheeses, whole grain breads, cookies & bakery, bulk herbs and spices, coffee, tea, ORGANIC grains, flours, pastas, nut butters, raw nuts, dried fruits, trail mix, snack foods, local honey, baking supplies, crackers & chips, yogurt, tempeh, tofu, frozen foods, vitamins, health & beauty aids, bio-degradable cleaning products, recycled paper greeting cards and paper products, Ecoware light bulbs...and more.

PEOPLE'S GROCERY CO-OP

811 Colorado

539-4811



MEMBER OWNED
Open to the Public

OPEN
Tuesday-Wednesday
Thursday & Friday 10-6:30
Saturday 9-5
Closed Sunday & Monday

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

UFM is...

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

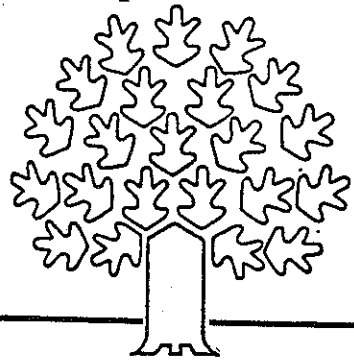
Each year UFM helps connect hundreds of volunteer teachers with thousands of learners. UFM helps connect the university and the community, young and old, poor and rich, old and new residents with each other.

The connections that have happened through classes have led UFM to become involved in other concerns and projects. If you would like to learn more about these projects, call UFM and ask for additional information.

Executive Director - Linda Inlow Teener
 Campus/Community Classes - Terry Carpenter
 Community Resource Act - Anita Madison
 Lou Douglas Lecture Series - Karen McCulloh
 Manhattan Community Gardens - Evelyn Campbell
 Edible Landscape - Evelyn Campbell
 Adult Education for the Homeless - Michael Cody
 KSU Student Literacy Corps - Karen McCulloh
 Pottery Studio - Sharon Jackson
 Meeting rooms - Linda Thomason

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

It's not too late...If you would like to help UFM meet its goals,
 please return the coupon below with your contribution. Your donation is tax deductible.



1221 Thurston, Manhattan, KS
 66502 (913) 539-8763

YES!
I WANT TO
SUPPORT
UFM!

I wish to donate: _____ \$25 _____ \$50 _____ \$100 _____ \$250 _____ Other
 My check for \$ _____ is enclosed. I prefer # _____ Installments of \$ _____
 Charge to my: MasterCard _____ VISA _____ Card # _____
 Name on card _____ Expiration date _____
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 Address _____
 City _____ State _____ Zip _____

UFM INSTRUCTORS

Nancy Anderson
 Michael Bennett
 Beverly Brzuchalski
 Evelyn Campbell
 Howard Campbell
 Terry Carpenter
 Michael Cody
 Olivia Collins
 Lorrie Cross
 Judith Edelstein
 Sandra Emley
 Sharolyn Flaming
 Jim Franz
 Fred Freeby
 Kathiellen Gilligan
 Janet Goodenow
 Jim Gregory
 David Harbaugh
 Diana Hatch
 Jeff Ireland
 Owen Jones

Darlene Jorgensen
 Charles Kramer
 Vel Kramer
 F.C. Lanning
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 Greg Mathews
 Thorin Miley
 Dev Nelson
 Sherrill Pattee
 Rosie Pettie
 Al Potter
 Leon Rappoport
 J. Edgar Spencer
 Bob Stamey
 Elisa Stiefel
 Vern Stiefel
 Barb Stork
 Linda Teener
 David Verschelden
 Gerry Walton
 Stan Wilson

What are volunteers?

Volunteers are like FORD
 They have better ideas
 Volunteers are like COKE
 They are the real thing
 Volunteers are like PAN AM
 They make the going great
 Volunteers are like PEPSI
 They've got a lot to give
 Volunteers are like DIAL SOAP
 They care more; don't you wish everyone did?
 Volunteers are like V05 HAIRSPRAY
 Their goodness holds in all kinds of weather
 Volunteers are like HALLMARK CARDS
 They care enough to give the very best
 Volunteers are like STANDARD OIL
 You expect more and you get it
 BUT most of all, VOLUNTEERS are like FROSTED FLAKES. . .
 They're GRREEAAATTT!!!

WE'RE STEPPING OUT. . .

Community Registrations

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

DATE	TIME	LOCATION
May 28	5 - 7 p.m.	Public Library
May 30	5 - 7 p.m.	Public Library
June 1	11:30 a.m.-1:30 p.m.	Town Center
June 3	11 a.m. - 1 p.m.	K-State Union

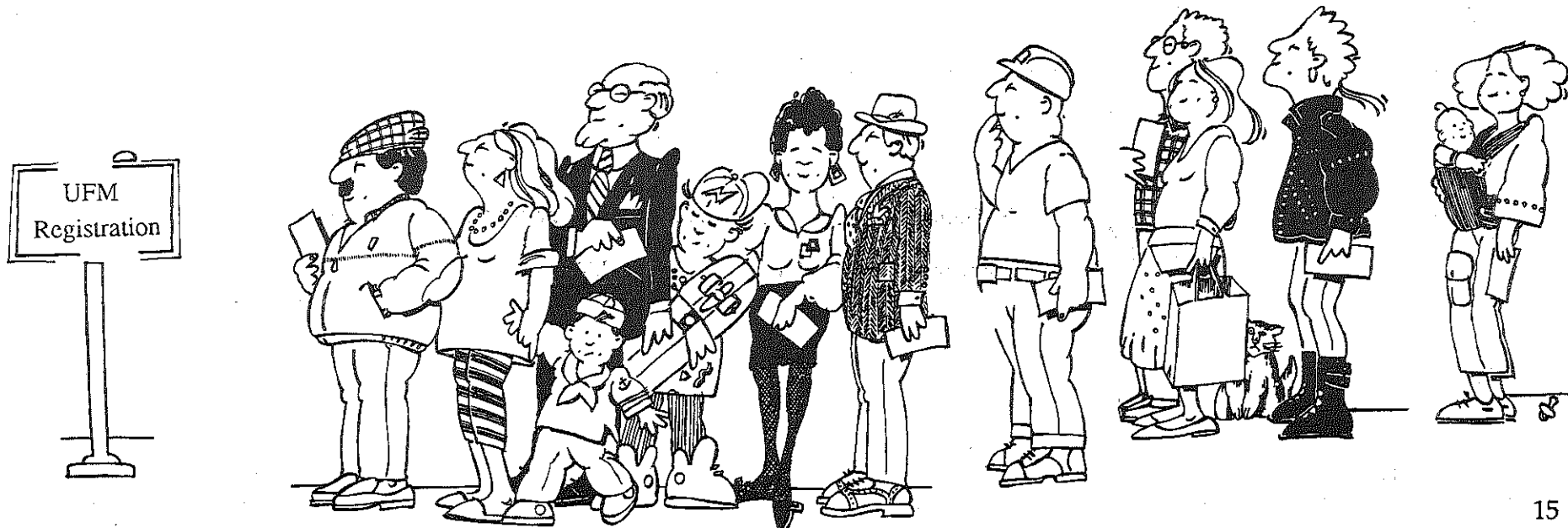
Registration continues throughout the semester at the UFM House from 8 a.m. - 5 p.m. (Closed Noon - 1 p.m.)

DON'T GET SHUT OUT!

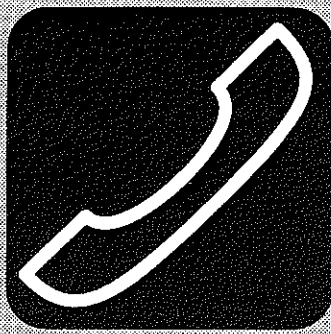
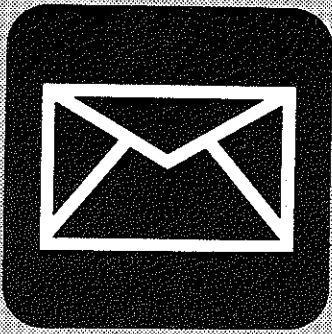
Register early:

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

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.



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.).

FOR YOU...

UFM 1221 THURSTON
Manhattan, KS 66502 539-8763

Name _____ Day Phone _____
Address _____ Evening Phone _____
City _____ State Kansas Zip _____

CLASS #	TITLE	FEES
1.		
2.		
3.		
4.		

Tax deductible donation _____
Total _____

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		AMOUNT		TOTAL PAID
DATE	STAFF	Check	_____	
Date received	_____	Cash	_____	<input style="width: 50px; height: 20px;" type="text"/> Date _____
Entered	_____	Visa	_____	
Computer	_____	M/C	_____	
Fee	_____	Voucher	_____	

FOR A FRIEND...

UFM 1221 THURSTON
Manhattan, KS 66502 539-8763

Name _____ Day Phone _____
Address _____ Evening Phone _____
City _____ State Kansas Zip _____

CLASS #	TITLE	FEES
1.		
2.		
3.		
4.		

Tax deductible donation _____
Total _____

I hereby authorize the use of my Visa Master Card

Signature _____
Card # _____ Expiration Date: _____

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Computer	_____	M/C	_____	
Fee	_____	Voucher	_____	