

TEACHING • LEARNING • GROWING

UFM

1992

Summer

Classes

(June-August)



Nonprofit Organization
U.S. POSTAGE
PAID
Permit No. 134
Manhattan, Kan. 66502

OR CURRENT RESIDENT

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.

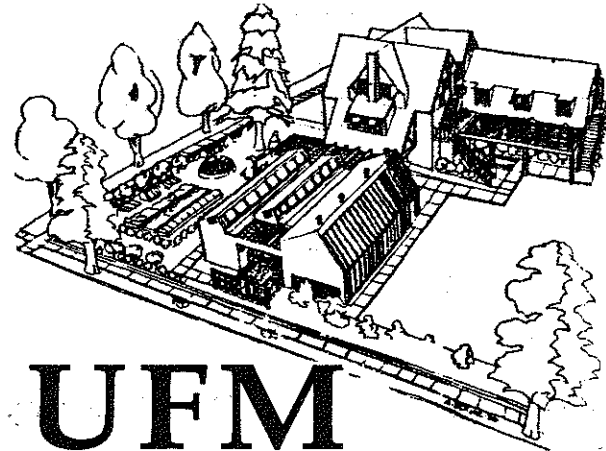
Each year UFM helps connect hundreds of volunteer teachers with thousands of learners. UFM helps connect the university and the community, young and old, poor and rich, old and new residents with each other.

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
- Educational Coordinator - Tresa Weaver
- State Outreach Coordinator - Anita Madison
- Lou Douglas Lecture Coordinator - Karen McCulloh
- Family Literacy Program - Michael Cody
- Swim Coordinator - Stephanie Nicholson

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.

WHERE WE'RE LOCATED...



UFM
1221 Thurston

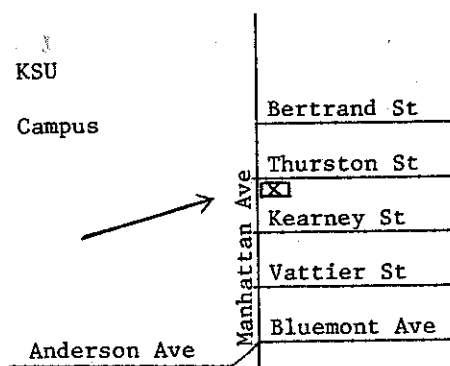


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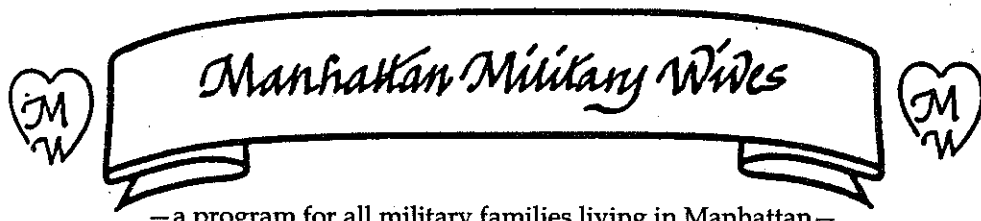
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BOARD OF DIRECTORS

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THANKS TO OUR UFM VOLUNTEER INSTRUCTORS

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Jeffrey Fellin	Dr. F.C. Lanning	Keith Mueller	Les Streit	Sadiyah Yusof



— a program for all military families living in Manhattan —

MILITARY WIVES programs facilitate new friendships and mutual support, emotional and intellectual growth, and lots of group fun. Weekly program topics include home management, cooking, parenting, self-improvement, communication, career planning, educational opportunities, field trips and tours, potluck luncheons, crafts, and information about Manhattan and Ft. Riley.

Meetings are held every Wednesday throughout the year. September - June meetings are afternoons from 1-3 p.m. at the First Presbyterian Church, 8th and Leavenworth, with free childcare provided. Weekly July and August meetings are planned to include children of all ages, and are held at various area parks and other sites, and at differing times. No reservations are needed. Transportation is available.

Monthly calendars of MILITARY WIVES activities are available at the Manhattan Public Library and First Presbyterian Church. Weekly activities are published in *The Manhattan Mercury*, *COPE calendar* and *Ft. Riley Post*.

Home visits and transportation to medical, mental health and social services are also offered.

BABYSITTING CO-OP

Women who attend MILITARY WIVES meetings on Wednesday afternoon are eligible for membership in the Manhattan Military Wives Babysitting Co-op.

SPECIAL SUPPORT GROUP, CLASSES & WORKSHOPS

A support group for moms-to-be and mothers of newborns welcomes new members. Special parenting and personal growth classes and workshops are available. Childcare for infants and preschool children is provided.

COMMUNITY NETWORKING

The MILITARY WIVES program brings together the needs of military families with resources available in the civilian and military communities, through group activities and for individuals.

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

COMMUNITY REGISTRATIONS

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

<u>DATE</u>	<u>TIME</u>	<u>LOCATION</u>
May 29	11 am - 1 pm	Wal - Mart
May 30	10 am - 2 pm	Wal - Mart
June 2	5 pm - 7 pm	Public Library
June 8	10 am - 2 pm	KSU Union

Registration continues throughout the semester at the UFM House, 1221 Thurston, from 8:30 am - 5 pm. (closed 12 Noon - 1 pm).

MAILED REGISTRATION

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. 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.

UFM POTTERY COOPERATIVE

The Pottery Studio is a facility available to anyone who feels confident working alone. No instruction is provided. The studio is a self-supported facility run by members for members.

Your membership entitles you to 12-1/2 lbs. of clay every four months,

all the recycled clay you can produce (to be used at this studio only), kiln space and glazes. In order to cover material and facility costs, the membership is based on a cash fee and in-kind contributions.

ANNUAL MEMBERSHIP

Cash fee.....\$60

(Shorter periods or one-time usage can be arranged.)

OTHER MEMBERSHIPS

4 months Cash fee.....\$28

8 months Cash fee.....\$48

IN-KIND CONTRIBUTIONS

*Co-teach classes or workshops

*Locate teachers for classes or workshops

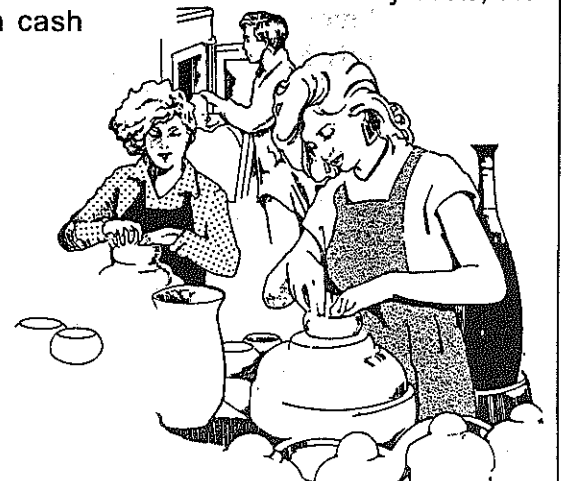
*Assist with other income producing projects

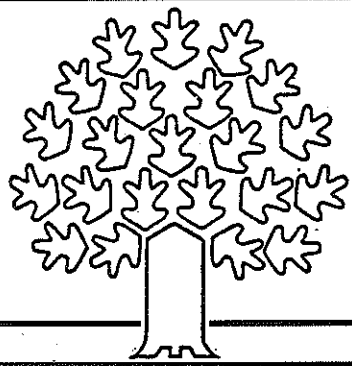
Any member signing up for a period of more than four months will be expected to participate in one or more of the above in-kind contributions.

Studio open during UFM building hours or by arrangement.

NEW COORDINATORS

For further information Call UFM 539-8763





Aquatics

1221 THURSTON

539-8763

Swim Classes

UFM, through the Division of Continuing Education at KSU, and in cooperation with the American Red Cross is pleased to present Red Cross certification to participants that successfully pass Beginners, Advanced Beginners, Intermediate, Swimmers, Basic Water Safety, Emergency Water Safety and Swim and Stay Fit programs. Classes are taught by certified American Red Cross Water Safety Instructors.

All swim classes are held in the KSU Natatorium. Lockers are available for use during class. Participants must supply towels and swimsuits. Showers are required before entering the water.

Note: Minimum enrollment for all classes is 5. If less than 5 enroll, classes of the same level may be combined or cancelled. You may be asked to show record of having passed prerequisite courses.

Stephanie Nicholson, Swim Coordinator, has extensive experience teaching all levels of American Red Cross classes and has instructed hydroaerobics and other swim classes for several years.

Session I: **June 8-19 (10 days)**
10:25-11:25 & 3:30-6:30

Session II: **June 22-July 2 (9 days)**
10:30-11:30 & 3:30-6:30
No class July 3

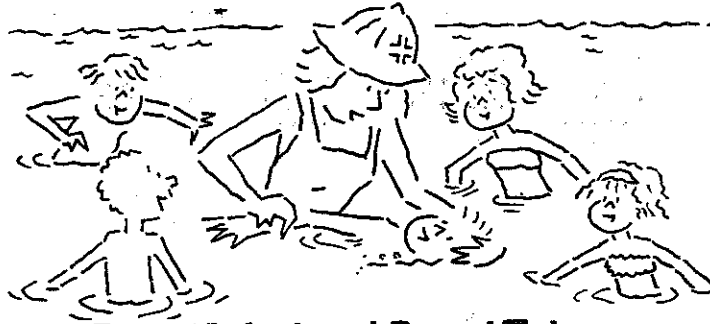
Session III: **July 6-17 (10 days)**
10:25-11:25 & 3:30-6:30

Session IV: **July 20-31 (10 days)**
10:25-11:25 & 3:30-6:30

Monday/Wednesday/Friday Classes:

Session M1: **June 8 - July 1**

Session M2: **July 6 - July 29**



Parent/Infant and Parent/Tot Ages 6 mo-3 yrs

This water orientation program is designed to teach you how to work safely and effectively with your child and to teach basic water safety and self-help skills. The program emphasizes water adjustment, preparatory activities for swimming and water enjoyment for you and your child. Parent-Infant and Parent-Tot class fees include the ARC Aquatic Program Parent's Guide. Small children should wear snug fitting lightweight pants covered by rubber pants. To participate, infants must have the ability to voluntarily raise their heads 90 degrees when lying flat on their stomachs. Parents must accompany child.

Session I: Date/Time	Session III
AQ-01 10:25-10:55	AQ-75 10:25-10:55
AQ-02 10:55-11:25	AQ-76 11:00-11:25
AQ-03 4:15- 4:45	AQ-77 4:15- 4:45
Session II	Session IV
AQ-38 10:25-10:55	AQ-112 10:25-10:55
AQ-39 10:55-11:25	AQ-113 10:55-11:25
AQ-40 4:15- 4:45	AQ-114 4:15- 4:45

Monday/Wednesday/Friday:

June 8 - July 1

AQ-MA 5:30-6:00

July 6 - July 29

AQ-MB 5:30-6:00

Fee: \$21.25

Tweens

This class allows for a gradual adjustment to the water and instruction in elementary swimming techniques. One adult may accompany the child if needed.

Session I: Date/Time	Session III
AQ-05 10:25-10:55	AQ-79 10:25-10:55
AQ-06 3:15- 3:45	AQ-80 3:15- 3:45
AQ-07 3:45- 4:15	AQ-81 3:45- 4:15
AQ-08 4:15- 4:45	AQ-82 4:15- 4:45
Session II	Session IV
AQ-42 10:25-10:55	AQ-115 10:25-10:55
AQ-43 3:15- 3:45	AQ-116 3:15- 3:45
AQ-44 3:45- 4:15	AQ-117 3:45- 4:15
AQ-45 4:15- 4:45	AQ-118 4:15- 4:45

Fee: \$20 per session

Advanced Tweens Ages 5-6 Years

Continued instruction in elementary swimming techniques and skill development necessary for Beginners Class. This class is appropriate for children relatively comfortable putting their faces in the water.

Session I: Date/Time	Session III:
AQ-09 10:55-11:25	AQ-83 10:55-11:25
AQ-10 3:15- 3:45	AQ-84 3:15- 3:45
AQ-11 3:45- 4:15	AQ-85 3:45- 4:15
AQ-12 4:15- 4:45	AQ-86 4:15- 4:45
Session II:	Session IV:
AQ-46 10:55-11:25	AQ-119 10:55-11:25
AQ-47 3:15- 3:45	AQ-120 3:15- 3:45
AQ-48 3:45- 4:15	AQ-121 3:45- 4:15
AQ-49 4:15- 4:45	AQ-122 4:15- 4:45

Fee: \$20 per session

Beginners Ages 6 plus

Basic water skills are emphasized during the Beginners classes. Swimming skills learned in this class include rhythmic breathing, front crawl, winging, and survival float.

Session I	Date/Time	Session III
AQ-13	10:40-11:25	AQ-87 10:40-11:25
AQ-14	3:15- 4:00	AQ-88 3:15- 4:00
AQ-15	4:10- 4:55	AQ-89 4:10- 4:55
Session II	Session IV	
AQ-50	10:40-11:25	AQ-123 10:40-11:25
AQ-51	3:15- 4:00	AQ-124 3:15- 4:00
AQ-52	4:10- 4:55	AQ-125 4:10- 4:55

Fee: \$35 per session

Advanced Beginners Ages 6 Plus

The requirement for this class is to show proficiency at or above the Beginner level. New skills include the survival stroke, treading water, diving, elementary backstroke and underwater swimming.

Session I:	Date/Time	Session III
AQ-17	10:40-11:25	AQ-91 10:40-11:25
AQ-18	3:15- 4:00	AQ-92 3:15- 4:00
AQ-19	4:10- 4:55	AQ-93 4:10- 4:55
Session II	Session IV	
AQ-54	10:40-11:25	AQ-127 10:40-11:25
AQ-55	3:15- 4:00	AQ-128 3:15- 4:00
AQ-56	4:10- 4:55	AQ-129 4:10- 4:55

Fee: \$35 per session

UNIVERSAL Insurance Services

AUTO • HOME
COMMERCIAL • BONDS

TELEPHONE 776-4825
108 NORTH 4TH ST.
MANHATTAN, KS.

Jim Rhine • Roberta Surs



KSU POOL RENTAL

Planning a swim meet or pool party?

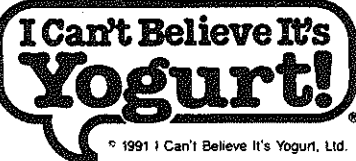
The KSU pools can be reserved for usage through the Continuing Education Program on Fridays, 6:00-7:30 p.m., and Saturday or Sunday evenings between 5:00-7:00 p.m. All pool reservations must be scheduled one month in advance of usage. The pools are located in the KSU Natatorium. Contact Anita Madison at 539-8763 for more information or to schedule the pools.

Family Vision Care

DR. DOUGLAS STIGGE
DR. NORBERT STIGGE
Optometrists

(913) 539-6051

1202 Moro Manhattan, Kansas 66502



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THANK YOU, ADVERTISERS for your support.



AQUATICS (Continued)

Intermediate

Participants in this class must show proficiency at or above the Advanced Beginner level. New skills include the breaststroke, sidestroke, sculling, five-minute swim, turns and back float. Certification requirements regarding stroke development almost always require two sessions of the Intermediate class for each participant.

Session I	Date/Time	Session III	Date/Time
AQ-21	10:40-11:25	AQ-95	10:40-11:25
AQ-22	3:15- 4:00	AQ-96	3:15- 4:00
AQ-23	4:10- 4:55	AQ-97	4:10- 4:55
Session II	Date/Time	Session IV	Date/Time
AQ-58	10:40-11:25	AQ-131	10:40-11:25
AQ-59	3:15- 4:00	AQ-132	3:15- 4:00
AQ-60	4:10- 4:55	AQ-133	4:10- 4:55

Fee: \$35 per session

Swim and Stay Fit for Parents

Are you tired of being just an observer at your child's swimming lessons? If so, then take advantage of our SPECIAL Parent's Swim and Stay Fit Class. This class is available to you at the reduced rate of \$15 and will meet every day your child is enrolled in swimming lessons. In this class you will set your own goals and the instructor will help monitor your program.

Session I	Date/Time	Session III	Date/Time
AQ-31	10:40-11:25	AQ-105	10:40-11:25
AQ-32	3:15- 4:00	AQ-106	3:15- 4:00
AQ-33	4:10- 4:55	AQ-107	4:10- 4:55
Session II	Date/Time	Session IV	Date/Time
AQ-68	10:40-11:25	AQ-141	10:40-11:25
AQ-69	3:15- 4:00	AQ-142	3:15- 4:00
AQ-70	4:10- 4:55	AQ-143	4:10- 4:55

Fee: \$15 per session

Swimmers

Participants in this class must show proficiency at or above the Intermediate level. New skills include back crawl, surface diving, entries, snail and canoe sculling and the 10 minute swim.

Session I	Date/Time	Session III	Date/Time
AQ-25	10:40-11:25	AQ-99	10:40-11:25
AQ-26	4:10- 4:55	AQ-100	4:10- 4:55
Session II	Date/Time	Session IV	Date/Time
AQ-62	10:40-11:25	AQ-135	10:40-11:25
AQ-63	4:10- 4:55	AQ-136	4:10- 4:55

Fee: \$35 per session

Private Lessons

AQ-151

Arrangements will be considered for private swimming lessons. The Swim Coordinator will contact individuals within 1 week of registration to arrange 6 classes of 30 minutes each. Private lesson scheduling does not have to correspond with 2 week session dates.

Date: By appointment
Time: Arranged
Fee: \$38 per 6 lessons
Location: KSU Natatorium

Swim and Stay Fit Ages 13 Plus

Swim and Stay Fit is a planned activity to encourage adults and advanced swimmers to swim regularly and frequently. Participants receive individual work-outs planned and supervised by instructor daily. Those wishing to swim more than twice a week, please make arrangements with the instructor.

Session I	Date/Time	Session III	Date/Time
AQ-27	10:40-11:25	AQ-101	10:40-11:25
AQ-28	3:15- 4:00	AQ-102	3:15- 4:00
AQ-29	4:10- 4:55	AQ-103	4:10- 4:55
Session II	Date/Time	Session IV	Date/Time
AQ-64	10:40-11:25	AQ-137	11:40-11:25
AQ-65	3:15- 4:00	AQ-138	3:15- 4:00
AQ-66	4:10- 4:55	AQ-139	4:10- 4:55

Fee: \$20 per session

Hydroaerobics Ages 16 Plus

This class is designed to use water exercises for the development of physical fitness, muscle tone, flexibility and cardiovascular endurance. Open to non-swimmers and swimmers alike. Monday, Wednesday and Friday.

AQ-35	Session I - 3 times/week 6/8 to 7/1
AQ-72	Session II - 3 times/week 7/6 to 7/29
Time:	5:30-6:30 (Mon, Wed, Fri)
Fee:	1 session - 3 times/week \$15 2 sessions - 3 times/week \$30
Location:	KSU Natatorium

Basic Water Safety

AQ-148

*No age requirement, water participation not required, but recommended.

Provides general water safety information. Great for families, clubs, groups, organizations and interested individuals. This class is a prerequisite for Emergency Water Safety.

Date:	June 8-July 1 Monday, Wednesday, Friday
Time:	5:15-6:45
Fee:	\$20 per person (ask about group and family rates)
Location:	KSU Natatorium

Emergency Water Safety

AQ-149

*Intermediate level skills and water participation required. Basic Water Safety is a prerequisite for this class. A skills test will be given.

This class prepares you to prevent accidents and to respond effectively if a water accident should occur.

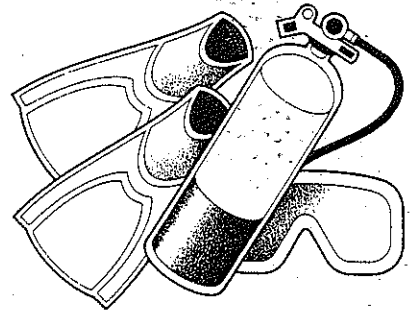
Date:	July 6-July 31 Monday, Wednesday, Friday
Time:	5:15-6:45
Fee:	\$25 per person (ask about group and family rates)
Location:	KSU Natatorium

Private Lessons for Special Populations

AQ-150

For people with special physical or mental needs. Arrangements will be considered for private swimming lessons. The Swim Coordinator will contact individuals within 1 week of registering to arrange 6 classes of 30 minutes each. The facility is equipped with a lift and a set of stairs leading into the pool. Private lesson scheduling does not have to correspond with 2 week session dates.

Date: By appointment
Time: Arranged
Fee: \$38 per 6 lessons
Location: KSU Natatorium



Scuba Diving

AQ-152

This class will prepare students for open water one certification. The certificate is included in the class fee, however, neither UFM nor KSU is responsible for this certification. Travel and lodging are at the student's expense. The certification dates will be explained at the first class meeting. Students must provide their own mask, fins, and snorkel. The class fee includes instruction, the dive manual and equipment rental during class. Students will practice with air tanks a minimum of five classes. (Estimated cost for mask, \$60-90; snorkel, \$30-35; fins, \$40-70). Limit: 10 students.

MINIMUM AGE: 12. Parents of 12-15 year olds must accompany children poolside. A complete physical is required for participants aged 45 and up.

FREE SCUBA DEMONSTRATION will be held in the KSU Natatorium on Monday, June 8 from 5:00 - 7:00 pm. This session will acquaint participants with the skills and techniques of safe underwater diving. Bring swimsuits and be prepared to enter the water.

Jeff Wilson has been diving for 22 years and instructing scuba for 12 years.

Date: June 8-July 15 (Mon & Wed)
Time: 5:00 - 7:00
Fee: \$195
Location: KSU Natatorium

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.

 We can help make any occasion a special one!!

Reception & Party Supplies


Balloons, balloons, balloons!!

BALLOON BOUTIQUE

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MC/VISA (913) 539-0106 We deliver

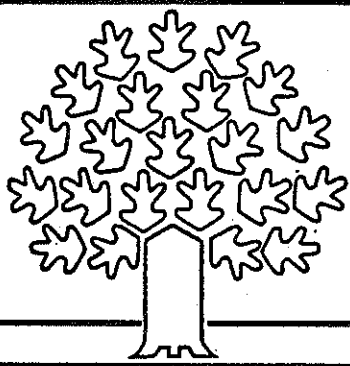
Help UFM collect a mile of quarters and celebrate its 25th Anniversary!!

Donate your quarter(s) at UFM class registration, special sites, or drop by UFM at 1221 Thurston. Call 539-8763 for details.



for UFM

Add your quarter to the mile!



Creative Free Time

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: *The Stations of Solitude* by Alice Koller, *Songs of Experience: An Anthology of Literature on Growing Old* edited by Margaret Fowler and Priscilla McCutcheon, and *Dust Tracks on a Road* by Zora Neale Hurston.

Lorrie Cross (587-4300) enjoys reading and discussing books by and about women. She has been a member of this group since its beginning in 1978.

Date: June 10-July 8 (4 sessions)
Time: 7:30-9:00 (Wednesdays)
Fee: \$6.00
Location: Call Lorrie for class location

Photographs - Storing, Displaying & Protecting

AH-03

Photographs offer a very personal and vivid way to recall our grandparent's lives and to remember important family events in our lives. Improper handling can ruin these photographs, denying this legacy to our children. Learn how to make use of these heritage photographs while still protecting them for the future.

Clark Peters (539-1377) has worked in the photographic industry for over a decade and owns Photographics, Inc.

Date: August 10
Time: 7:00-8:30 pm (Monday)
Fee: \$5
Location: Photographics, Inc.
1570 Hayes Drive

Making Covered Albums

AH-04

Covered albums are one of the easiest and most practical gifts to make for your family or friends. They can be used for wedding, birthday, baby or holiday gifts, and personalized to suit any style. Bring 3/4 yard of material and 3 yards of trim. The notebooks are provided. Bring a hot glue gun to class if you have one to expedite projects.

Deb Rosproy (239-3026) has been making padded baskets and covered albums since 1986. She has been teaching for several years and enjoys sharing and learning from others.

Date: June 20
Time: 1:00-3:00 pm (Saturday)
Fee: \$10 (includes padding, notebooks, and handouts)
Location: UFM Banquet Room

Creating Padded Baskets

AH-05

Have you seen padded baskets at craft fairs, but thought the price too high? Make a beautiful padded basket for a fraction of the cost! These unique baskets can be personalized and are ideal for gifts. Bring the basket of your choice and enough material and trim to loosely cover it--you can do just the inside, just the outside or both, as you prefer. If you have a hot glue gun, please bring it to class to expedite the project.

Deb Rosproy (239-3026) is a craft-oriented person and has been making padded baskets since 1986. She enjoys sharing what she has learned with all interested members of the community, and finds that many times her students "teach" her with their ideas as well.

Date: June 20
Time: 10:00-12:00 (Saturday)
Fee: \$10 (includes handouts & some materials)
Location: UFM Banquet Room

Making Tissue Flowers

AH-06

"Kleenex" are not only for blowing noses! Create beautiful but inexpensive roses and carnations from facial tissues. For beginners and accomplished crafters. Please bring a brush (any size and type) and a container for the flowers.

Sadiyah Yusof (539-7466) is a Kansas State graduate. She has crafted for some time.

Date: June 22 (1 session)
Time: 1:00-3:00 pm (Monday)
Fee: \$8.50
Location: UFM Banquet Room

String Dolls

AH-07

String Dolls - Have you seen string dolls at craft fairs and thought how cute they were but also thought they were too expensive? Actually they are very simple to make. Bring 23 yards of cotton string or yarn of your choice for the large or 10 yards for small, and I'll show you how simple they really are. They make great gifts for women of all ages, and the colors you can make them in are nearly limitless. (Bring hot glue gun if you have one to speed up projects).

Deb Rosproy (239-3026) is a craft-oriented person with extensive experience in a wide variety of crafts. She has been taking and teaching craft classes for a number of years. Deb enjoys sharing what she has learned with all interested members of the community, and finds that many times her students "teach" her with their ideas as well.

Date: June 29
Time: 7:00-9:00 pm (Monday)
Fee: \$7
Location: UFM Banquet Room

Pillow/Lap Quilt (Quillo)

AH-08

These pillows/lap quilts are a great project for using on your couch, taking in your car, or just any place you need something to keep off the chill, but would like something decorative to hide its purpose. They look just like a pillow until they are unfolded, and then they provide cuddly warmth! Although we won't be able to sew them all together in class, I'll show you the basics and we will baste most of the things so you can complete the project once you get home to your sewing machine.

Deb Rosproy (239-3026) is an experienced crafter. She has experience in teaching a wide range of craft classes, and is always taking new classes as well. Deb enjoys sharing what she has learned with all interested members of the community and finds that many times her students "teach" her with their ideas as well.

Date: July 18
Time: 9:00-12:00 noon (Saturday)
Fee: \$6.50
Location: UFM Banquet Room

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See the RECREATION AND HEALTH
section of the catalog.

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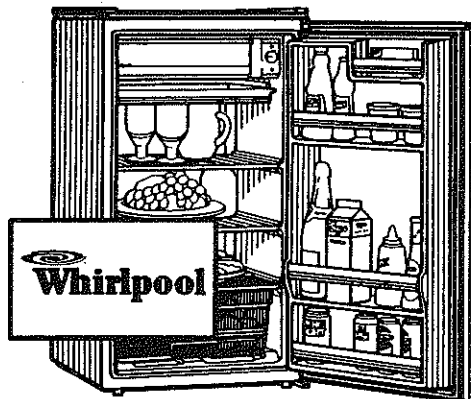
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REGISTRATION INFORMATION on back cover.



CREATIVE FREETIME (Continued)

Writing Poetry

AH-02

Most of the enjoyment and satisfaction of writing is in sharing it with others. We will write poetry and read each other's work. We will emphasize poetry as fun, as an exercise in creativity, and as a means to discover truth.

Margy Stewart (776-8852) teaches writing and literature at Washburn University.

Date: June 8, 15, 22 (3 sessions)
Time: 7:30-8:30 pm (Mondays)
Fee: \$10
Location: UFM Fireplace Room



Creative Fabric Painting

AH-09

You don't have to be an artist to design and create your own custom garments or home decor. Bring your t-shirt and shorts to this workshop along with paints for fabric. You may wish to apply other fabric, beads, or mirrors. You'll also be shown sample pillow covers, accessories, garments, or canvas shoes done in this medium. Let your creativity be your guide and have a great time.

Deb Rosproy (239-3026) is a craft expert. She is excited by the creative potential in this class.

Date: August 1
Time: 8:00-12:00 noon (Saturday)
Fee: \$5
Location: UFM Banquet Room

Bicycle Repair and Maintenance

AH-16

Most of us know how to ride a bike—but we don't know the first thing about repairing a flat tire! No problem. We'll soon have you comfortably dealing with basic bike repairs and maintenance. This class is designed for those who are not mechanical wizards but who nevertheless want to learn basic bike repair. Simple repairs such as tube patching and front or rear derailleur adjustment and repair will be covered in this informative seminar. Also learn how to adjust your brakes and clean the chain.

The staff at Aggie Bike Station (776-2372) are all cyclist and have 15 years of bike repair experience between them.

Date: July 14 (1 session)
Time: 7:00 (Tuesday)
Fee: \$5
Location: Aggie Bike Station
1217 Moro

NOTICE: the EARTH AND NATURE section of the catalog offers
*Star Gazing *Prairie Wildflowers
*Fossil and rock field trip
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Pattern Drafting for Anybody I

AH-10

Create your own skirt pattern. Learn how to convert a basic straight skirt pattern into a gored, pleated, or full circle skirt. Bring a straight skirt pattern that fits, a yardstick, pencils, tape measure, and an eraser (Note: Pattern sizing varies from ready made sizing). Paper will be provided by the instructor.

Georgia Mueller (537-0921) is a graduate student working on a masters degree at Kansas State University. She spent a year in the apparel industry before returning to school. Deb Ewing is a senior in Apparel Design at Kansas State University.

Date: June 13
Time: 10:00-12:00 noon (Saturday)
Fee: \$7.50 per single class
\$20 for series of 3 pattern drafting classes
Location: UFM Banquet Room

Pattern Drafting for Anybody I

AH-11

Session II
Date: July 11
Time: 10:00-12:00 noon (Saturday)
Fee: \$7.50 per single class
\$20 for series of 3 pattern drafting classes
Location: UFM Banquet Room



BreadMake Workshop

AH-15

Come discover a foolproof, 40-minute method for making yeast breads—whole wheat, rye, raisin, oatmeal and others—all without recipes. Beginners catch on easily. Men take pride in crusty loaves. Experienced bread makers delight in new shortcuts and creative shaping techniques. Children think they've found the original "playdough." You'll learn to make healthy, whole grain breads that aren't heavy. You'll make and take home for baking a one-pound loaf of Golden Grain Bread. All ingredients and utensils supplied.

Pat Palin (468-3505) has completed the course for BreadMake instructors. She loves to bake bread and has lots of fun teaching.

Date: June 9
Time: 7:00 - 8:30 pm (Tuesday)
Fee: \$13
Location: UFM Banquet Room

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Pattern Drafting for Anybody II

AH-12

Be your own dress designer. Learn how to convert your basic straight skirt and tank top patterns into a dress. Bring a straight skirt pattern, a tank top or shell blouse pattern that fits, a yard stick, pencils, eraser, and a tape measure. (Note: commercial pattern sizing varies from ready made). Paper will be provided by the instructor.

Georgia Mueller/Deb Ewing

Date: June 27 (1 session)
Time: 10:00-12:00 noon (Saturday)
Fee: \$10 per single class
\$20 for series of 3 pattern drafting classes
Location: UFM Banquet Room

Pattern Drafting for Anybody II

AH-13

Date: July 25 (1 session)
Time: 10:00-12:00 noon (Saturday)
Fee: \$10 per single class
\$20 for series of 3 pattern drafting classes
Location: UFM Banquet Room

Drafting the Custom Pants Pattern

AH-14

Frustrated because pants never fit right? Learn how to draft a pattern for a pair of perfectly fitting pants from your measurements. Bring a see through ruler 18"-24" long, an L square, pencils, tape measure, colored pencils, eraser, 4 feet of 36" wide white paper.

Georgia Mueller/Deb Ewing

Date: August 8 (1 session)
Time: 10:00-12:00 noon (Saturday)
Fee: \$6 per single class
\$20 for series of 3 pattern drafting classes
Location: UFM Banquet Room

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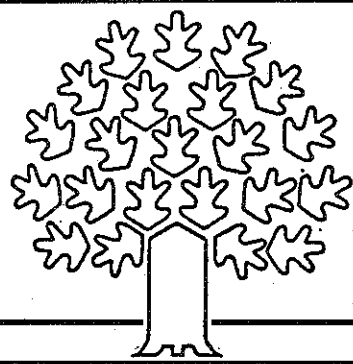
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Earth & Nature

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539-8763

Prairie Wildflowers

EN-01

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 and interesting tidbits of information 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 15 years.

Date: June 13 (Saturday)

Time: 10:00 a.m.

Fee: \$5.00

Location: Meet at the UFM parking lot and then we will drive to a nearby prairie site.

Alternative Landscaping Workshop

EN-02

If you'd like to transform your boring lawn into something special but don't know where to start, this informal session could be for you. Subjects discussed will include: plantings to attract birds and butterflies, xeriscaping, native plants, edible landscaping, organic pest management, water gardening, and much more! In addition, sources of information and plant materials will be given and evaluated. Following the "classroom experience", we'll go on a tour of the instructor's landscape-in-progress. This is worth your drive!

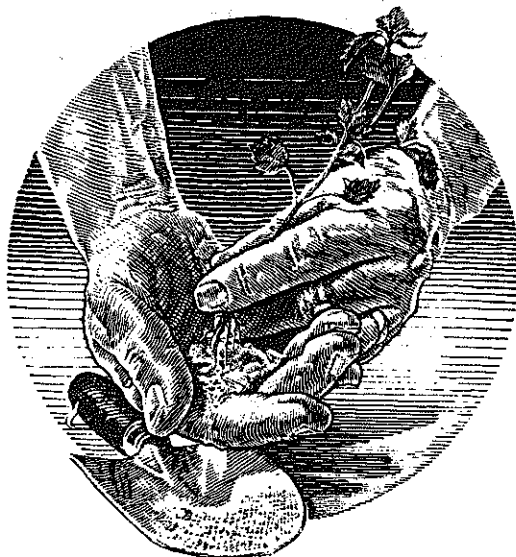
Duane Kerr. Duane says he has a long standing dislike for lawns.

Date: June 13 (1 session)

Time: 2:00 pm (Saturday)

Fee: \$5

Location: R.R. 3, Box 33
Wamego, KS
(A map and directions are available at UFM)



Field Trip to the Glacial Area of Pottawatomie County

EN-03

How do we know that glaciers visited Kansas? . . . by the rocks from Minnesota they left behind! We'll visit northern Pottawatomie County to collect glacial material including agate, jasper, quartz, quartzite, petrified wood as well as others, some of which may be of gem quality. Bring a beverage and a container for rocks. Become a rockhound for the day. **Rain date: July 18.**

Dr. F.C. Lanning, (537-7599), Professor Emeritus of chemistry at Kansas State University, is a long time member of the Manhattan Mineral, Gem and Fossil Club.

Date: July 11 (1 session)

Time: 8:30-11:30 am (Saturday)

Fee: \$5

Location: meet at UFM parking lot

Topiary

EN-04

The Romans were first to develop skills of Topiary, the art of shaping plants to create living sculpture. 2000 years of garden history have resulted in a rich variety of plant shaping possibilities. Now you can participate in the latest step of this long tradition. A wealth of designs are awaiting to be brought to life with a snip of your scissors. From indoor pleasures such as table top ivy-covered swans to outdoor masterpieces. The fantasy world of Topiary can become reality in one evening. No skills required.

Dale Anderson (539-4751) owner of Blooming Dale's, is a long time instructor for UFM.

Date: June 11

Time: 7:00 pm (Thursday)

Fee: \$12 (includes take home topiary)

Location: Blooming Dale's
1105 Waters

Fall Gardening

EN-05

Get more out of your garden space this year and plant a fall vegetable garden! Take advantage of the improved quality of vegetables that result from growing produce in the cooler fall temperatures. Learn about soil preparation and fertilizer needs, what to plant, and when to plant for best results. Helpful tips for obtaining maximum seed germination and crop yields will be discussed.

Colleen Hampton (539-5934) is an active gardener and member of the community garden.

Date: July 14

Time: 7:00-8:30 pm (Tuesday)

Fee: \$5

Location: UFM Greenhouse

Star Gazing

EN-06

We're lucky to live in an area where dark skies can still be found! Join us to look at the beautiful night sky. We'll learn to identify the constellations and observe whatever planets are up. We should be able to catch the Perseid Meteor Shower, too. Bring a jacket, binoculars if you have them, and a small flashlight. If you have star-finders or maps, bring them, although maps will be available at class.

Dean Stramel (539-1931) teaches astronomy at Manhattan High School.

Date: August 11 (Tuesday)

Time: 7:30 pm

Fee: \$5 per individual

 \$12 per family

Location: Meet in the UFM parking lot.

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UFM SOLAR GREENHOUSE TOURS

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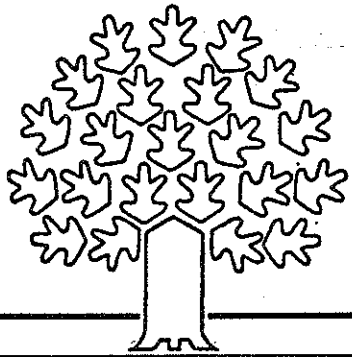
Monthly, 2nd Saturday, 7 a.m.
Meet in the parking lot of Ackert Hall, KSU Campus.

EDUCATIONAL PROGRAMS

Monthly, 3rd Wednesday, 7:30 p.m.
Room 221, Ackert Hall, KSU Campus

For more information, call 1-494-7053 or pick up the *Audubon Directory* at UFM or the public library.

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Business & Professional

1221 THURSTON

539-8763

Copiers 101

BP-01

Get the most from your copy machine or gain valuable tips for a future purchase. This class will cover how a copier works, the useful features of a copier and the replacement costs of parts that wear out. The cost per copy for different copiers will also be figured.

Mark Healy (776-0495) has over 5 years of experience in office equipment sales in the Manhattan area. He has also attended numerous office equipment seminars and schools.

Date: June 8
Time: 7:00 pm (Monday)
Fee: \$5
Location: Century Systems Office
415 Houston

Copiers 101

BP-02

Session II

Date: June 9
Time: 7:00 pm (Tuesday)
Fee: \$5
Location: Century Systems Office
415 Houston

Facsimile 101

BP-03

If your fax machine is intimidating, this class may be for you. We will discuss basic fundamentals of fax transmission. Gain tips on what and when different features are useful. We will also discuss costs per copy.

Mark Healy

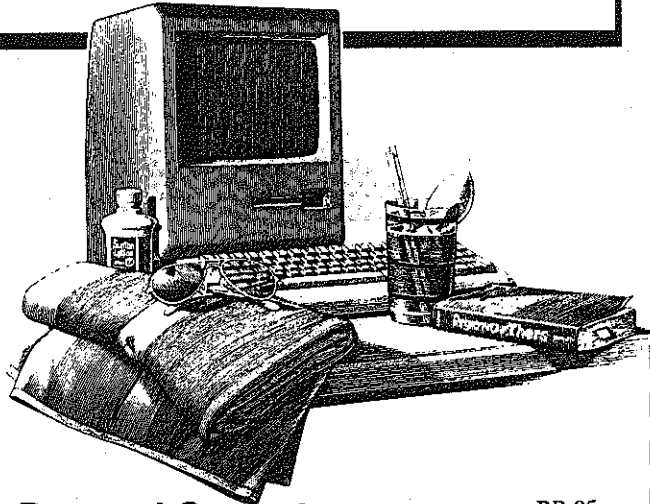
Date: June 10
Time: 7:00 pm (Wednesday)
Fee: \$5
Location: Century Systems Office
415 Houston

Facsimile 101

BP-04

Session II

Date: June 11
Time: 7:00 pm (Thursday)
Fee: \$5
Location: Century Systems Office
415 Houston



Personal Computer

BP-05

Having trouble figuring out how your computer works? Need help translating those manuals or interpreting the screens? Get some help understanding how to make your computer work for you. Schedule a private tutoring session to answer your personal questions. This service is directed toward beginning computer users with IBM compatible computers.

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

Date/Time: By appointment
Fee: \$15 per hour
Location: As arranged

Laser Printer Quick Fix

BP-07

Are you frustrated with trying to keep your laser printer in top working order? Learn tips on how to troubleshoot and maintain these printers. Save a service call or printer downtime by learning how to clean toner cartridges, eliminate streaking, fix paper jams, and gain full use of expensive toner. The class will provide hands on participation in the general care and maintenance of laser printers. An easy to use troubleshooting guide will be provided to all participants.

Les Streit (234-9141) owns StreitLine Recharging. He has been providing laser-printer service, care, and toner cartridges in Manhattan since 1988. He is an experienced desktop publisher and has written several textbooks and training manuals.

Date: June 30 (1 session)
Time: 3:30-4:30 (Tuesday)
Fee: \$6
Location: Bluemont Hall Rm 021

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

Successful Money Management

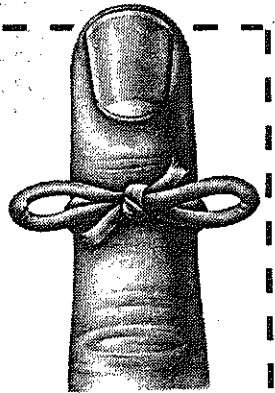
BP-06

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 (537-4505) is a senior account executive for Waddell & Reed, Inc. and has 16 years experience as a financial planner.

Date: June 16 (1 session)
Time: 7:30-9:30 pm (Tuesday)
Fee: \$5 per person
\$8 per couple
Location: Waddell & Reed Inc.
555 Poyntz, Colony Sq. Suite 280

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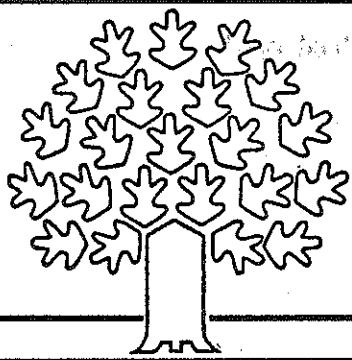
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Language

1221 THURSTON

539-8763

Beginning Sign Language

LA-01

This class is designed for individuals who are interested in learning the basic skills of American Sign Language. Students will be instructed in the Manual Alphabet and a vocabulary of about 200 functional signs. Fee includes book Gallaudet's Survival to Signing. Limit: 20.

Natalie Smith, Instructor

Date: June 10 - July 15 (6 sessions)
Time: 7:00 - 8:00 (Wednesdays)
Fee: \$40--includes book
Location: 149 Justin Hall, KSU

Survival Skills in Czech

LA-02

This class will begin with the basic structure, correct pronunciations, and simple phrases of the language. The focus will be on commonly used phrases helpful for travel in Czechoslovakia.

Radka Doehring (784-5201) is in Business Accounting. She is from Czechoslovakia and looks forward to sharing her knowledge of the language and her home country.

Date: June 10 - July 15 (6 sessions)
Time: 6:30 - 8:00 (Wednesdays)
Fee: \$22
Location: 121 Cardwell Hall

Survival Skills in Japanese

LA-03

Join us for an introduction to Japanese. This class will cover basic language skills for use in travel such as ordering from a menu and understanding directions. Participants will be asked for input regarding specific learning interests.

Pochi Watanabe (532-5580), a Japanese student in Agricultural Engineering, is anxious to share his knowledge with others.

Date: June 8-July 13
Time: 7:00-8:30 pm (Mondays)
Fee: \$22
Location: UFM Conference Room

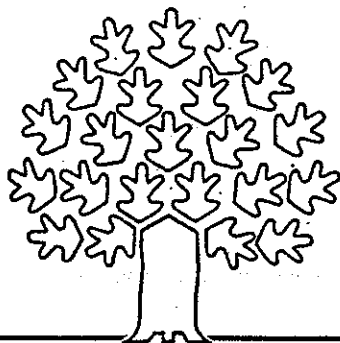
Beginning German

LA-04

This is an introductory course to the German language. We will discuss German culture and history. We will also cover grammar, proper sentence formation, reading, and numbers. After learning the basics, we will work on basic conversational German.

Karen McCulloh (539-8763) is a frequent UFM instructor who is familiar with several languages and has lived in Germany.

Date: June 23 - July 28
Time: 6:30 - 7:30 pm (Tuesdays)
Fee: \$18
Location: UFM Conference Room



Out & About

1221 THURSTON

539-8763

Flint Hills Job Corps Center

OC-01

Come visit the newly opened Flint Hills Job Corps Center. This center provides intensive training programs, in an orderly, growth conducive setting for disadvantaged youth ages 16-21.

Dave Maranville is the center director and has been involved with Job Corps Centers for many years.

Date: June 11
Time: 1:30 (Thursday)
Fee: \$3
Location: Flint Hills Job Corps Center
4620 Eureka Drive

McCall Pattern Company

OC-02

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

The McCall Pattern Staff

Date: June 25
Time: 1:30 (Thursday)
Fee: \$3
Location: McCall Pattern Company
615 McCall Rd.

Shopping For a Greener World

OC-03

Ever stop to think about the environmental impact of the products you normally purchase in the grocery store? This class will examine how the average shopper can change his/her buying habits to help make the Earth a better place to live. Topics to be discussed on this supermarket tour include waste reduction/minimization, recycling, packaging, hazardous household products, product labeling, and how our choices as consumers affect global environmental problems. Each participant will receive an informative packet, an "eco-product checklist" for easy reference a guide to recycling, and much more! Please join us for an exciting and informative eco-shopping adventure!!

Robert Wilson (238-7018) is a senior in Marketing at Kansas State University. Robert is active in campus environmental concerns and education efforts.

Date: August 4
Time: 7:00 pm (Tuesday)
Fee: \$7
Location: Dillons Store, Westloop

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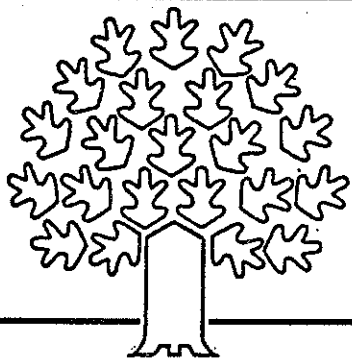
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Personal Development

1221 THURSTON

539-8763

The Art of Volunteering

SP-01

Learn how to turn your natural talents, skills or energy into useful tools and opportunities for yourself and others. Apply your communications skills to make friends. Become aware of the type of help needed in your community. What a rewarding experience!

Dawn George (776-0065) is the Activity Director at Stonybrook Retirement Community. She has volunteered through USD 383 for the past 6 years. She is past P.T.A., P.T.O. President, former den mother in scouts and a mother of two.

Date: June 24 (1 session)
Time: 7:30 - 9:00 p.m. (Wednesday)
Fee: \$5
Location: Stonybrook Retirement Community
2025 Little Kitten Ave.

The Art of Volunteering

SP-02

Session II
Date: June 25 (1 session)
Time: 3:00 - 4:00 p.m. (Thursday)
Fee: \$5
Location: UFM Fireplace Room

Activities For the Elderly

SP-03

Learn how to be effective in your relationships with those around you as their capabilities change with age. Your friendship and interaction can be valuable in the quality of their life. Gain tips on adapting games, one on one's and how they work.

Dawn George (776-0065) is the Activity Director at Stonybrook Retirement Community and is a licensed Certified Nurses Aide and Social Service Designee. Dawn has a handicapped child and has created several adaptive games to play.

Date: June 17 (1 session)
Time: 7:30 - 9:00 p.m. (Wednesday)
Fee: \$5
Location: Stonybrook Retirement Community
2025 Little Kitten Ave.

Activities For the Elderly

SP-04

Session II
Date: June 18 (1 session)
Time: 3:00 - 4:30 p.m. (Thursday)
Fee: \$5
Location: UFM Fireplace Room

Relaxation

SP-11

This workshop will focus for the first 45 minutes on relaxation. The second 45 minutes will be on meditation. We will explore ways to reduce stress and relax physically and mentally. Wear comfortable clothing.

Helen Bontrager, PhD, (537-3877) is a clinical psychologist in private practice in the Manhattan area.

Date: June 23
Time: 7:30 pm (Tuesday)
Fee: \$5
Location: UFM Conference Room

True Colors

SP-06

Families that communicate openly seem to be closer knit. This kind of positive bonding can help insulate kids from the pressures to use alcohol and other drugs. TRUE COLORS sponsored by THE LITTLE APPLE TASK FORCE offers families a fun opportunity to learn a new perspective on communication. By learning about individual personality styles, families can build on each others strengths even when they don't always agree.

Beth Hughes, M.A. (587-4372) is Program Coordinator of the Northeast Kansas Regional Prevention Center, a program of Pawnee Mental Health Services. A former junior high teacher and substance abuse therapist, Beth has been involved in alcohol and other drug abuse prevention in Kansas for 6 years.

Date: June 9 (1 session)
Time: 7:00 - 9:00 p.m. (Tuesday)
Fee: \$5
Location: UFM Conference Room

Our Hidden History: Women's Equality Day

SP-10

How much do you know about women's struggle to obtain the right to vote? Come to a discussion about this issue relevant to all women. You will probably be amazed at what many of these women did and the hardships they endured because of this issue. We'll have some handouts and hopefully exchange information among participants. Although we've obtained the right to vote, many issues have not progressed much since that time. Come and discuss.

Deb Rosproy (239-3026) has done volunteer work for the Federal Women's Programs in Washington, D.C., Denver, and Fort Riley over the past 20 years on Women's History Week and Women's Equality Day. She finds it an interesting subject, with new information constantly coming to light in her studies.

Date: August 26
Time: 6:30 - 9:00 p.m. (Wednesday)
Fee: \$6
Location: UFM Conference Room

Introduction to Zen Philosophy and Practice

SP-12

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: July 8, 15, 22, 30 (4 sessions)
Time: 7:30-9:00 pm
Fee: \$12
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, frustrations 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.

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

Date: June 17 (1 session)
Time: 7:00 - 9:30 p.m. (Wednesday)
Fee: \$20 (includes book, booklet and tape)
Location: UFM Multipurpose Room

Stress Control and Relaxation Seminar

SP-08

Date: July 16 (1 session)
Time: 7:00 - 9:30 p.m. (Thursday)
Fee: \$20 (includes book, booklet and tape)
Location: UFM Multipurpose Room

Contacting and Befriending Your Inner Child

SP-09

John Bradshaw and many other authors have written about the importance of treating the little girl and little boy inside us with more kindness. Through a relaxation exercise the facilitator will help you get in touch with your inner child and find out what she or he needs from the grownup person. Bring blankets, pillows, teddy bears and other comforting items.

Helen L. Bontrager, PhD, (537-3877) is a clinical psychologist in private practice in the Manhattan area.

Date: June 16 (1 session)
Time: 7:30 - 9:00 (Tuesday)
Fee: \$5
Location: UFM Conference Room

Toilet Training

SP-05

Is your child reaching the age of diaper freedom? We will discuss the signs of readiness and the importance of waiting for the signs. We will share ideas, frustrations and receive positive reinforcement.

LeAnn Mease (532-5510) is a 3rd year Masters Candidate in Marriage and Family Therapy through Human Development and Family Studies. She is a mother of two and works with toddlers on a daily basis.

Date: June 6 (1 session)
Time: 10:00 - 11:00 a.m. (Saturday)
Fee: \$5
Location: UFM Conference Room

Twelfth Annual National Rural Families Conference

Children, Youth, and Their Families

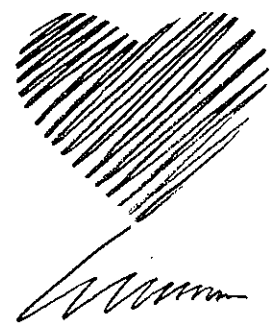
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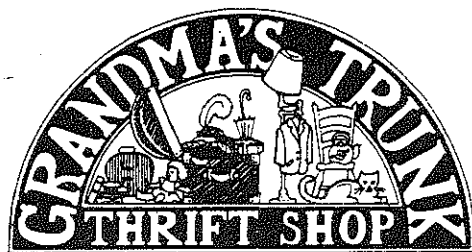


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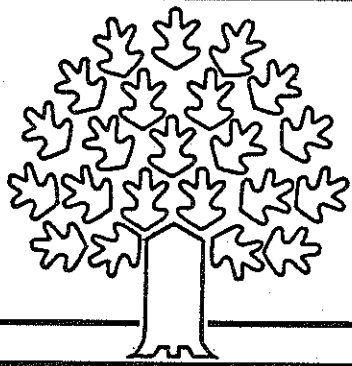
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Martial Arts

1221 THURSTON

539-8763

Tae Kwon Do Karate I

MA-01

This course will consist of basic hand and foot movements and the physical fitness patterns used in self-defense techniques. Teaching methods include class demonstration and practice. Each student will be given an opportunity to purchase a uniform and belt at the first class. The uniform is not a requirement for the class. After two months of class, an optional testing to advance in the Tae Kwon Do degree ranking is held in Topeka. The cost is not included in the class fee and a uniform is required for testing. Age: 7 plus.

** A public demonstration and formal introduction of instructors will be held Tuesday, June 9, 6:30-7:30 pm in Ahearn Gym.

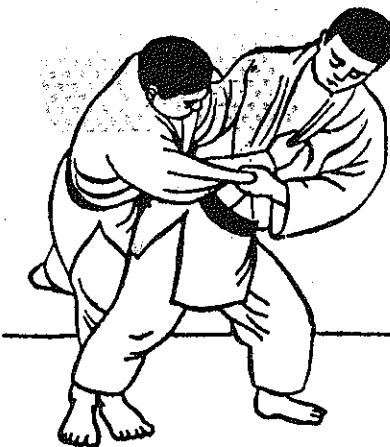
Chief Instructor Grand Master Chae Sun Yi has instructed these outreach classes at KSU since 1975. Known worldwide, he has several academies in Kansas and has been Chief Instructor to over 400 Black belts. Assistant instructors are Master Rick Chaffee, 5th Degree Black belt, Master James Craeton, 5th Degree Black belt, and Jr. Master Michael Parr, 4th Degree Black belt.

Date: June 9-August 21
Time: 6:30-7:30 (Tues. & Fri.)
Fee: \$60
Location: Ahearn Room 301

Tae Kwon Do Karate II-Advanced

MA-02

Date: June 9-August 21
Time: 7:30-8:30 (Tues. & Fri.)
Fee: \$60
Location: Ahearn Room 301



Judo I for Beginners

MA-03

This course is designed to teach the fundamentals of sport judo. Students will learn breakfalls, throwing and mat techniques as well as rules for contest judo. Each student will be given an opportunity to order a uniform the first night of class. The uniform is not required for the first three weeks of class, but will thereafter.

Tony Luginbill is a 2nd Degree black belt. He has been practicing judo for 16 years and has competed in the U.S. Open 3 times.

Date: June 8-August 19
Time: 6:00-7:00 (Mon. & Wed.)
Fee: \$60
Location: Ahearn Fieldhouse, KSU

Judo II-Advanced (Age 7 & up with one Beginner's Class)

MA-04

Date: June 8-August 19
Time: 7:00-8:00 (Mon & Wed)
Fee: \$60
Location: Ahearn Fieldhouse, KSU

Teaching a class at UFM can enhance your business, be an instructional opportunity for education students, an opportunity to network with those who share your interest or a nice way to make friends. Call the UFM office (539-8763) by June 19 to offer a class in the fall catalog.

Hakkro Ryu Jujitsu

MA-05

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.

Stan Wilson (539-7723) has studied martial arts for 20 years and taught for 13 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 13 manuals on martial arts.

Date: June 14-August 9 (8 sessions)
Time: 4:00-5:00 pm (Sundays)
Fee: \$20
Location: Ahearn Fieldhouse, KSU

White Dragon Kung Fu I

MA-06

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 13 years. He holds a black belt in Kung Fu, a 2nd 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 13 manuals on martial arts.

Date: June 9 - July 2
Time: 7:00 - 8:00 (Tu. & Thurs.)
3:00 - 4:00 (Sun)
Fee: \$28
Location: Ahearn Fieldhouse, KSU

White Dragon Kung Fu II

MA-07

Continuation of White Dragon Kung Fu I.

Date: July 7-August 2
Time: 7:00-8:00 (Tue. & Thur.)
3:00-4:00 (Sunday)
Fee: \$30
Location: Ahearn Fieldhouse, KSU

SCHOLARSHIPS

Limited scholarships are available for youth, sponsored by the LaSertoma Club of Manhattan. Contact UFM (539-8763) for information.

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ATTENTION YOUTH, AGES 6-12!
We also offer Kung Fu for Children in the YOUTH section of the catalog.

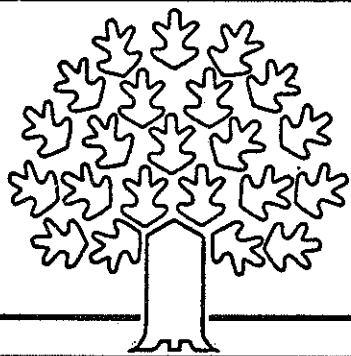
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Recreation & Health

1221 THURSTON

539-8763

Golf For Beginners Class I RH-01

A short course 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.

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

Date: June 11, 18, 25 (3 sessions)
Time: 6:30 (Thursdays)
Fee: \$20
Location: Stagg Hill Golf Course
4441 Ft. Riley Blvd.

Golf for Beginners-Class II RH-02

Date: July 2, 9, 16
Time: 6:30 (Thursdays)
Fee: \$20
Location: Stagg Hill Golf Course

Golf for Beginners-Class III RH-03

Date: July 23, 30, Aug. 6
Time: 6:30 (Thursdays)
Fee: \$20
Location: Stagg Hill Golf Course



Golf RH-04

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

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

Date: June 9-July 28
Time: 6:00-8:00 pm (Tuesdays)
Fee: \$78

\$98 for credit--PE 140A
Location: Stagg Hill Golf Course



Tennis: Beginners Age 7-16 RH-08

Join us for fun and skill development in this great sport! This class is designed for beginning players and will provide instruction in fundamentals of strokes, basic rules of play and beginning competition. We provide balls. Students provide their own rackets. If you don't have one, give us a call and we may be able to help you locate one. Class minimum: 6.

Rob Pettay (537-3238) has taught tennis for KSU Kinesiology for 2 years. He has played tennis for 15 years.

Date: June 8 - July 6
Time: 6:30- 7:30 pm (Monday)
Fee: \$30
Location: L.P. Washburn Recreation Complex

Tennis - Beginners/ Intermediate Ages 17 and Up RH-09

Date: June 8 - July 6
Time: 7:30-8:30 pm (Monday)
Fee: \$30
Location: L.P. Washburn Recreation Complex

Standard First Aid/ Community CPR RH-05

This course teaches fundamental principles and skills of first aid, correct CPR techniques for adult and infant victims of cardiac arrest and other respiratory emergencies. Red Cross Certification is given on successful completion of the course. Textbooks may be purchased at the Red Cross Office and are not included in the class fee. Limit: 8 per session.

Enell Foerster, Instructor
Date: June 24-July 8 (3 sessions)
Time: 6:00-10:00 pm (Wednesdays)
Fee: \$60
Location: Riley Co. American Red Cross
1014 Poyntz

Fencing RH-07

Fencing is the ancient art of sword play. Darianian, soldiers, and noblemen were all once required to know the way of the sword. Now a modern Olympic sport, fencing builds lightning fast reaction, speed and agility. Classes will include introduction to foil, epee, and saber for recreation and competition. Minimum age: 10.

Jeffrey Fellin (776-3365) has been competing for 12 years and coaching for 3 years. He is a C rated epeeist and a USFA certified coach. Mike Milleson is an E rated epeeist. He has been competing 3 years and coaching for 2 years. Together they took 1st and 2nd in epee at the Jayhawk Open this year.

Date: June 16-August 11 (Tuesdays)
No class July 28
Time: 7:00 - 9:00 pm
Fee: \$40
Location: Ahearn Room 304

Ballroom Dance I RH-10

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.

Michael Bennett (776-7557) has trained in Ballroom Dance at U.C. Berkley; 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. Nelli Weathers has been helping Michael teach dance for 3 years and dancing all of her life. She is from Ireland and learned dance in the British and Irish school systems.

Date: June 15 - July 27
Time: 6:30-8:00 (Monday)
Fee: \$25
Location: Senior Service Center
412 Leavenworth

Ballroom Dance II RH-11

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.

Michael Bennett (776-7557) has trained in Ballroom Dance at U.C. Berkley; 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. Nelli Weathers has been helping Michael teach dance for 3 years and dancing all of her life. She is from Ireland and learned dance in the British and Irish school systems.

Date: June 15 - July 27
Time: 8:00 - 9:30 pm (Monday)
Fee: \$25
Location: Senior Service Center
412 Leavenworth



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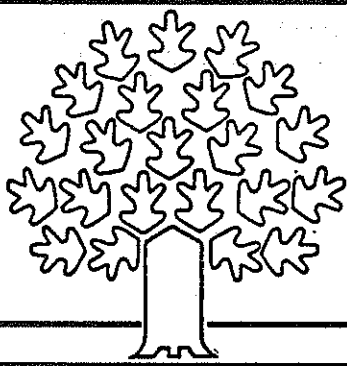
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Youth

1221 THURSTON

539-8763

Preschool Art Program

Looking for ways to enrich your preschooler? Join us for fun and interaction. Please wear appropriate clothing. Parents are welcome to stay. Classes described below.

Virginia Bennett (539-9362) mother of two preschool children herself, is a co-coordinator of art activities for the Mom's Club.

Date: June 9 and July 2
Time: 10:00-10:45 am
Fee: \$6 per class -- \$10 for both
Location: UFM Banquet Room

Potato Faces

YO-01

We will create lasting faces on potatoes. Then we'll plant seeds on top to grow the "character's" hair.

Date: June 9 (Tuesday)
Time: 10:00-10:45 am
Fee: \$6 per class -- \$10 for both
Location: UFM Banquet Room

Paint A Bear

YO-02

We will customize a small fabric bear with painted faces and clothing.

Date: July 2 (Thursday)
Time: 10:00-10:45 am
Fee: \$6 per class -- \$10 for both
Location: UFM Banquet Room

For Additional Martial Arts,
see MARTIAL ARTS SECTION
of the catalog.

Kung Fu for Children Class I

YO-05

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 13 years. He is a member of the Pai Family. Stan has been a member of the Shadows of Iga Ninja Society for 8 years and studied with Steve Hayes.

Date: June 13 - Aug. 8
No class July 4
Time: 1:00 - 2:00 pm (Saturdays)
Fee: \$23
Location: Ahearn Fieldhouse, KSU

Kung Fu For Children Class II

YO-06

Date: June 13 - Aug. 8
No class July 4
Time: 2:00 - 3:00 pm (Saturdays)
Fee: \$23
Location: Ahearn Fieldhouse, KSU

Jazz & Pom Pom Workshop

YO-09

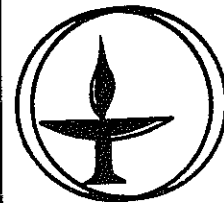
Here's your chance! Join the Classy Cats and learn jazz movement, poms, leaps, turns and kicks. We'll do a little funky movement, too. Wear comfortable clothing and look forward to a fun workout.

Margaret Turner (532-6497) and members of the squad will facilitate this workshop.

Date: June 13
Time: 9:00 - 12:00 noon (Saturday)
Fee: \$10
Location: KSU Fieldhouse

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*Fossil and rock field trip
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Childrens Gardening

YO-04

Children, do you love digging in the soil? 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.

Dr. Richard Mattson and Keith Mueller are coordinators.

Date: April - October
Time: 10 a.m. - 12 noon
Saturdays
Fee: No Charge
Location: Manhattan Childrens Garden
8th and Riley Lane

Beginning Ballet for 3-6 Year Olds

YO-07

Do you dream of becoming a dancer? This very basic introduction to ballet can be that very first step. We will learn basics of dance movement and practice some simple ballet-type steps. The discipline of ballet transcends to other forms of dance including jazz, tap, and modern dance.

Portia Sisco (537-7253) is 15 years old, has studied dancing for 12 years, and plans to pursue dancing as a career. Portia is currently a dance student at Kansas State University.

Date: June 8 - 24 (6 sessions)
Time: 7:00 pm (Mon & Wed)
Fee: \$12
Location: UFM Banquet Room

Beginning Ballet for 7-12 Year Olds

YO-08

Date: June 8 - 24 (6 sessions)
Time: 7:30 (Mon & Wed)
Fee: \$12
Location: UFM Banquet Room

SCHOLARSHIPS

Limited scholarships are available for youth.

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INCLEMENT WEATHER POLICY
 UFM courses held on campus follow the inclement weather policy of Kansas State University. Courses will be conducted unless all University courses are cancelled. If the instructor informs his/her students personally that he or she will not be present at a given class meeting, the instructor is then responsible for arranging a make-up lesson. Weather sensitive courses will use the scheduled rain date. If a rain date is not scheduled, instructor will be responsible for rescheduling.

SPECIAL POLICIES FOR CREDIT OPTIONAL CLASSES

Credit Registration Refunds: After the second credit optional class meeting, but before one-third of the scheduled class sessions have met, fifty percent of the fee may be refunded if requested in writing. No refund is issued if it is requested after one-third of the class meetings have ended.

Credit Enrollment Fees: Courses taken for credit carry additional fees required for University administration of the credit program. A \$15.00 late fee will be charged for enrollments taken after the second class meeting. A \$35.00 late fee will be charged for enrollments taken after one-third of the class meetings. Additional student activity and health fees may be assessed for students enrolled in 6 or fewer KSU credit hours.

Withdrawals: A student may withdraw from a credit option class by written request prior to the completion of one-third of the scheduled class meetings without a grade being recorded on the student's transcript. If a student withdraws after one-third, but before two-thirds of the scheduled class meetings, a grade of W (withdrawn) will be issued. No withdrawals will be accepted after two-thirds of the scheduled classes have been completed.

LIABILITY STATEMENT

Individual participants should be aware of the risks and hazards involved in recreational sports and fitness activities. They should voluntarily elect to utilize KSU and UFM facilities and participate in programs recognizing present conditions and further agree to voluntarily assume all risks of loss, damage, or injury that may be sustained while using KSU or UFM facilities or participating in programs. KSU Continuing Education/UFM assumes no responsibility for costs involved with individual injury or property loss incurred in connection with the use of University or UFM facilities. Individuals are reminded that they should review their own personal circumstances to determine if they have adequate insurance or protection in case of injury resulting from the use of University facilities or participation in programs. It is recommended that all participants have a complete physical before engaging in any physical recreation program.

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. **Early registration also helps avoid class cancellation.** 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. Enrollments will be accepted on a first-come, first-

served basis.

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

No. In some courses, however, you will be given a supply list and asked to bring your own supplies to class. COURSES TAKEN FOR UNIVERSITY CREDIT HAVE THEIR OWN FEE STRUCTURE. SEE SPECIAL POLICIES FOR CREDIT OPTIONAL CLASSES.

5. When is the office open?

8:30 a.m. - 5 p.m. Monday through Friday (closed Noon - 1 p.m.)

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, you will be notified. 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. **NO REFUND AFTER THE CLASS BEGINS.**

9. Must I register to take a class?

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

Teaching a class at UFM can enhance your business, be an instructional opportunity for education students, an opportunity to network with those who share your interest or a nice way to make friends. Call the UFM office by June 19 to offer a class in the fall catalog.

ATTENTION KSU STUDENTS !!!

Need a place to study during Finals Week?

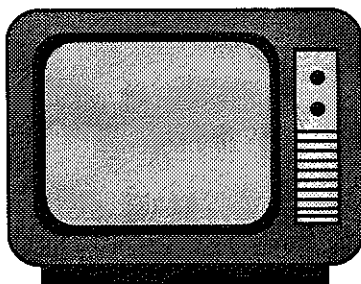
UFM will be open 8:30 am-10 pm
 Come by and find a quiet corner
 or call 539-8763 if you would like
 to reserve a particular location.

To advertise your business or organization in the next UFM catalog, contact the UFM Office 539-8763 by July 1.

A special thanks to the businesses and organizations who show support of UFM through their advertisements. We hope that the community of Manhattan will reinforce our thanks through the patronage of our advertisers!

Catherine Lee Fung, PH.D. Candidate hosts
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- June 2 & 3: Government Documentary (Farrell Library)
- June 9 & 10: What Wheat? White Wheat
- June 16 & 17: EF Institute for Cultural Exchange
- June 23 & 24: An Art Exhibition
- June 30 & July 1: Jessie on July 4th
- July 7 & 8: Outdoors swimming

- July 14 & 15: Farmer's Market
- July 21 & 22: Rock Climbing
- July 28 & 29: Firefighters
- Aug. 4 & 5: Horticulture Therapy
- Aug. 11 & 12: Edible Landscape
- Aug. 18 & 19: Smruti and dance
- Aug. 25 & 26: Francis and Hungarian cooking

Help UFM collect a mile of quarters and celebrate its 25th Anniversary!

A Quarter Mile



for UFM

Donate your quarter(s) at UFM class registration, special sites, or drop by UFM at 1221 Thurston. Call 539-8763 for details.

Add your quarter to the mile!

REGISTRATION INFORMATION

3 WAYS TO REGISTER

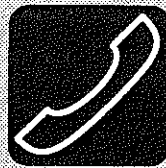


Registration by Mail

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

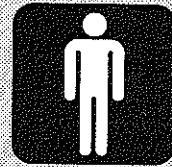
UFM Class Registrations
1221 Thurston
Manhattan, Kansas 66502-5299

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 8:30 a.m. and 5:00 p.m., Monday through Friday.

FOR YOU...

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

Name _____ Day Phone _____
Address _____ Evening Phone _____
City _____ State Kansas Zip _____
Social Security No. _____ Credit _____ Non Credit _____
CLASS # Session TITLE FEE LOCATION DATE TIME

1.						
2.						
3.						
4.						

Tax Deductible Donation _____
Total _____

I hereby authorize the use of my Visa Master Card

Signature _____
Card # _____ Expiration Date _____
Card Cardholder's Name (Please Print) _____

(Please check all that apply)
KSU STUDENT: Fr So Jr Sr Gr

AGE: Under 18 exact age _____, 19-24 25-59 60+

Parent's Name if Student is Under Age 18 _____
EMPLOYER: KSU Faculty/Staff Fort Riley Personnel Other

Where did you obtain your catalog? _____
A class I would like offered _____

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

Signature ** _____ Date _____

**Signature of parent or guardian required for minors.

OFFICE USE ONLY		amount	
date	staff	Check	TOTAL PAID
Date Received _____	_____	Cash _____	<input type="text"/>
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 _____
Social Security No. _____ Credit _____ Non Credit _____
CLASS # Session TITLE FEE LOCATION DATE TIME

1.						
2.						
3.						
4.						

Tax Deductible Donation _____
Total _____

I hereby authorize the use of my Visa Master Card

Signature _____
Card # _____ Expiration Date _____
Card Cardholder's Name (Please Print) _____

(Please check all that apply)
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Computer _____	_____	M/C _____	_____
Fee _____	_____	Voucher _____	Date _____