

UFM
1993
SUMMER CLASSES
(June-Aug.)

Nonprofit Organization
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Permit No. 134
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OR CURRENT RESIDENT

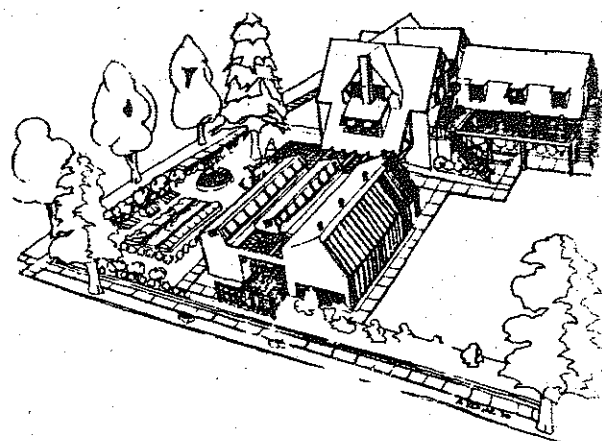
UFM is the oldest "free university" in the nation. Organized in 1968 as an experiment to provide an atmosphere for discovery with no grades or credits, UFM has evolved as a thriving, non-profit, community-based education program. A central premise of the UFM philosophy is that within any community there 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 brings together 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 - Gloria Rumsey
- Family Literacy Program - Michael Cody
- Office Coordinator - Bonnie Wellmeier

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.



UFM

1221 Thurston

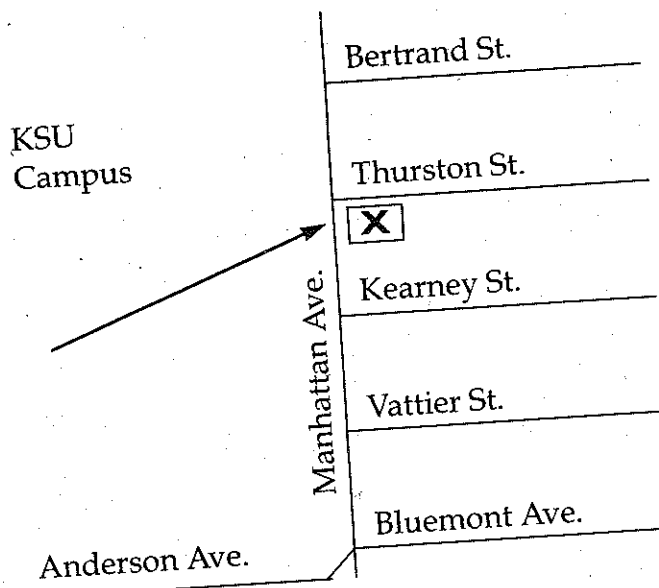


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UFM provides a neutral site to discuss community issues. The views expressed by course instructors or those groups utilizing our meeting space are not necessarily those held by UFM programs, Board members, or staff.

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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Manhattan Military Wives



—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 information about Manhattan and Ft. Riley, home management, cooking, parenting, self-improvement, communication, career planning, educational opportunities, potluck luncheons, crafts and picnics.

June meetings are held every Wednesday afternoon from 1-3 p.m. at the First Presbyterian Church, 8th and Leavenworth. Free childcare for infants, toddlers and kindergartners is provided. No reservations are needed.

July and August meetings are held every Wednesday morning at 10 a.m. at various area parks and other recreation sites. Children of all ages are included in the activities.

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.

BABYSITTING CO-OP

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

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.

TRANSPORTATION

Transportation to Wednesday meetings and to medical, mental health and social services on post and in Manhattan can be arranged.

SPECIAL SUPPORT GROUP

Women whose husbands are PCS or TDY get together for fun and mutual support.

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

COMMUNITY REGISTRATIONS

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

DATE	TIME	LOCATION
June 3	4 pm - 7 pm	Public Library
June 5	10 am - 2 pm	Wal-Mart
June 7	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).

MAILING YOUR 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.

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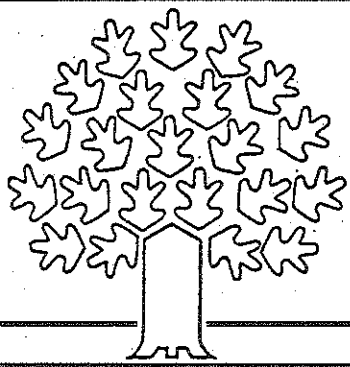
Kansas Farm Bureau

To advertise your business or organization in the next UFM catalog, contact the UFM Office (539-8763) by July 3.

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

REGISTRATION INFORMATION on the back page





Aquatics

1221 THURSTON

539-8763

UFM Swim Classes

UFM and the Division of Continuing Education are pleased to present the revised American Red Cross Learn to Swim program. This newly developed swimming program has been designed to better meet the needs of all participants. New techniques and strokes add challenges even for advanced swimmers. Use the chart below to place your student in the appropriate updated Red Cross Swimming classes.

Parents are allowed on deck only on Parents Day.

Location: 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 canceled.

No Classes: July 5

Session I: Mon-Fri June 7 - June 18
 Session II: Mon-Fri June 21 - July 2
 Session III: Mon-Fri July 6 - July 16
 Session IV: Mon-Fri July 19 - July 30

Monday/Wednesday/Friday Classes

Session I A: June 7 - July 2
 Session III B: July 7 - August 2

Learn to Swim Course Comparison

Existing Swim Courses	Revised Swim Courses
	Level I: Water Exploration Level II: Primary Skills
Beginner Swimmer →	Level III: Stroke Readiness
Advanced Beginner →	Level IV: Stroke Development
Intermediate Swimmer →	Level V: Stroke Refinement
Swimmer →	Level VI: Skill Proficiency
Advanced Swimmer →	Level VII: Advanced Skills

Parent/Infant and Parent/Tot

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. Parent must accompany child.

Session I: Monday - Friday
 AQ-01 10:55 - 11:25
 AQ-02 4:15 - 4:45
 Session II: Monday - Friday
 AQ-24 10:25 - 10:55
 AQ-25 4:15 - 4:45
 Session III: Monday - Friday
 AQ-47 10:25 - 10:55
 AQ-48 11:00 - 11:30
 Session IV: Monday - Friday
 AQ-70 10:55 - 11:25
 AQ-71 4:15 - 4:45
 Session IA: Mon/Wed/Fri
 AQ-01A 6:00 - 6:30
 Session IIB: Mon/Wed/Fri
 AQ-01B 6:00 - 6:30
 Fee: \$22 per session

Level I: Water Exploration

The objective of Level I is to help students feel comfortable in water and to enjoy the water safely. Students will be introduced to elementary aquatic skills which will be built on as they progress through the Learn to Swim program. There are no prerequisites for this course.

Session I: Monday - Friday
 AQ-03 10:40 - 11:20
 AQ-04 3:15 - 3:55
 AQ-05 4:10 - 4:50
 Session II: Monday - Friday
 AQ-26 10:40 - 11:20
 AQ-27 3:15 - 3:55
 AQ-28 4:10 - 4:50
 Session III: Monday - Friday
 AQ-49 10:40 - 11:20
 AQ-50 3:15 - 3:55
 AQ-51 4:10 - 4:50
 Session IV: Monday - Friday
 AQ-72 10:40 - 11:20
 AQ-73 3:15 - 3:55
 AQ-74 4:10 - 4:50
 Session IA: Mon/Wed/Fri
 AQ-02A 6:00 - 6:40
 Session IIB: Mon/Wed/Fri
 AQ-02B 6:00 - 6:40
 Fee: \$35 per session

COMMUNITY FIRST AID and SAFETY classes can be found in the RECREATION AND HEALTH section of the catalog.

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FALL CATALOG will be available August 10



Level II: Primary Skills

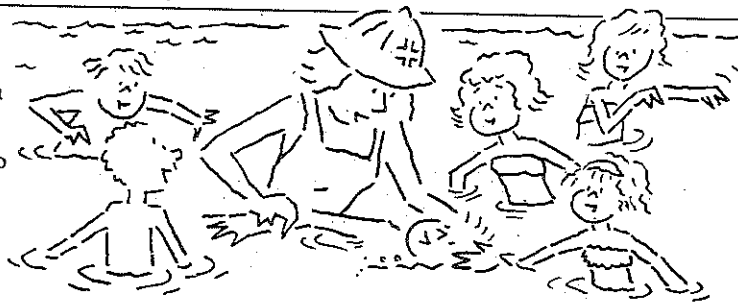
The objective of Level II is to give students success with fundamental skills. Students learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills and adds to the self-help and basic rescue skills begun in Level I. Students entering this course must have a Level I certificate or must be able to demonstrate all the completion requirements in Level I.

- Session I: Monday - Friday
- AQ-06 10:40 - 11:20
- AQ-07 3:15 - 3:55
- AQ-08 4:10 - 4:50
- Session II: Monday - Friday
- AQ-29 10:40 - 11:20
- AQ-30 3:15 - 3:55
- AQ-31 4:10 - 4:50
- Session III: Monday - Friday
- AQ-52 10:40 - 11:20
- AQ-53 3:15 - 3:55
- AQ-54 4:10 - 4:50
- Session IV: Monday - Friday
- AQ-75 10:40 - 11:20
- AQ-76 3:15 - 3:55
- AQ-77 4:10 - 4:50
- Session IA: Mon/Wed/Fri
- AQ-03A 6:00 - 6:40
- Session IIB: Mon/Wed/Fri
- AQ-03B 6:00 - 6:40
- Fee: \$35 per session

Level III: Stroke Readiness

The objective of Level III is to build on the skills in Level II by providing additional guided practice. Students will learn to coordinate the front and back crawl. They will be introduced to the elementary back stroke and to the fundamentals of treading water. Students will also learn rules for safe diving and begin to learn to dive from the side of the pool. Students entering this course must have a Level II certificate or must be able to demonstrate all the completion requirements in Level II.

- Session I: Monday - Friday
- AQ-09 10:40 - 11:20
- AQ-10 3:15 - 3:55
- AQ-11 4:10 - 4:50
- Session II: Monday - Friday
- AQ-32 10:40 - 11:20
- AQ-33 3:15 - 3:55
- AQ-34 4:10 - 4:50
- Session III: Monday - Friday
- AQ-55 10:40 - 11:20
- AQ-56 3:15 - 3:55
- AQ-57 4:10 - 4:50
- Session IV: Monday - Friday
- AQ-78 10:40 - 11:20
- AQ-79 3:15 - 3:55
- AQ-80 4:10 - 4:50
- Session IA: Mon/Wed/Fri
- AQ-04A 6:00 - 6:40
- Session IIB: Mon/Wed/Fri
- AQ-04B 6:00 - 6:40
- Fee: \$35 per session



Level IV: Stroke Development

The objective of Level IV is to develop confidence in the strokes learned thus far and to improve other aquatic skills. Students will increase their endurance by swimming familiar strokes (elementary backstroke, front crawl, and back crawl) for greater distances. Students will be introduced to the breaststroke and sidestroke and the basics of turning at a wall. Students entering this course must have a Level III certificate or must be able to demonstrate all the completion requirements in Level III.

- Session I: Monday - Friday
- AQ-12 10:40 - 11:20
- AQ-13 3:15 - 3:55
- AQ-14 4:10 - 4:50
- Session II: Monday - Friday
- AQ-35 10:40 - 11:20
- AQ-36 3:15 - 3:55
- AQ-37 4:10 - 4:50
- Session III: Monday - Friday
- AQ-58 10:40 - 11:20
- AQ-59 3:15 - 3:55
- AQ-60 4:10 - 4:50
- Session IV: Monday - Friday
- AQ-81 10:40 - 11:20
- AQ-82 3:15 - 3:55
- AQ-83 4:10 - 4:50
- Session IA: Mon/Wed/Fri
- AQ-05A 6:00 - 6:40
- Session IIB: Mon/Wed/Fri
- AQ-05B 6:00 - 6:40
- Fee: \$35 per session

Level V: Stroke Refinement

The objective of Level V is coordination and refinement of key strokes. Students will be introduced to the butterfly, open turns, the feet-first surface dive and springboard diving. Participants learn to perform the front crawl and back crawl for increased distances and to perform the sidestroke and breaststroke. Students entering this course must have a Level IV certificate or must be able to demonstrate all the course requirements in Level IV.

- Session I: Monday - Friday
- AQ-15 10:40 - 11:20
- AQ-16 4:10 - 4:50
- Session II: Monday - Friday
- AQ-38 10:40 - 11:20
- AQ-39 4:10 - 4:50
- Session III: Monday - Friday
- AQ-61 10:40 - 11:20
- AQ-62 4:10 - 4:50
- Session IV: Monday - Friday
- AQ-84 10:40 - 11:20
- AQ-85 4:10 - 4:50
- Fee: \$35 per session

Level VI: Skill Proficiency

The objective of Level VI is to polish strokes so students swim them with more ease, efficiency, power, and smoothness over greater distances. Students develop considerable endurance by the end of this course. Participants will be introduced to additional turns as well as the pike and tuck surface dives. Students entering this course must have a Level V certificate or must be able to demonstrate all the skills required to complete Level V.

- Session I: Monday - Friday
- AQ-17 10:40 - 11:20
- AQ-18 4:10 - 4:50
- Session II: Monday - Friday
- AQ-40 10:40 - 11:20
- AQ-41 4:10 - 4:50
- Session III: Monday - Friday
- AQ-63 10:40 - 11:20
- AQ-64 4:10 - 4:50
- Session IV: Monday - Friday
- AQ-86 10:40 - 11:20
- AQ-87 4:10 - 4:50
- Fee: \$35 per session

Level VII: Advanced Skills

The objective of Level VII is to perfect strokes and to develop good fitness habits. Participants are urged to use aquatic activities throughout life to maintain their physical condition. They will be taught springboard diving and advanced rescue skills. They will be introduced to other aquatic activities such as water polo, synchronized swimming, skin diving and competition. Participants entering this course must have a Level VI certificate or must be able to demonstrate all the completion requirements in Level VI.

- Session I: Monday - Friday
- AQ-19 10:40 - 11:20
- Session II: Monday - Friday
- AQ-42 4:10 - 4:50
- Session III: Monday - Friday
- AQ-65 10:40 - 11:20
- Session IV: Monday - Friday
- AQ-88 4:10 - 4:50
- Fee: \$35

**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. You may choose your 40 Minute block of time during the below scheduled times.

- Session I: Monday - Friday
- AQ-20 10:40 - 11:25
- AQ-21 3:15 - 5:00
- Session II: Monday - Friday
- AQ-43 10:40 - 11:25
- AQ-44 3:15 - 5:00
- Session III: Monday - Friday
- AQ-66 10:40 - 11:25
- AQ-67 3:15 - 5:00
- Session IV: Monday - Friday
- AQ-89 10:40 - 11:25
- AQ-90 3:15 - 5:00
- Session IA: Mon/Wed/Fri
- AQ-08A 6:00 - 6:55
- Session IIB: Mon/Wed/Fri
- AQ-08B 6:00 - 6:55
- Fee: \$20 per session

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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 the time you spend watching and enroll in our SPECIAL Parent's Swim and Stay Fit Class. This class is available to you at a reduced rate of \$15 and will meet everyday 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: Monday - Friday
- AQ-22 10:40 - 11:25
- AQ-23 3:15 - 5:00
- Session II: Monday - Friday
- AQ-45 10:40 - 11:25
- AQ-46 3:15 - 5:00
- Session III: Monday - Friday
- AQ-68 10:40 - 11:25
- AQ-69 3:15 - 5:00
- Session IV: Monday - Friday
- AQ-91 10:40 - 11:25
- AQ-92 3:15 - 5:00
- Session IA: Mon/Wed/Fri
- AQ-09A 6:00 - 6:55
- Session IIB: Mon/Wed/Fri
- AQ-09B 6:00 - 6:55
- Fee: \$15 per session

Private Lessons for Special Populations AQ-93

For people with special physical or mental needs. Arrangements will be considered for private swimming lessons. The Swim Coordinator will contact individuals during the second week of each session to arrange 6 classes of 30 minutes each, if conditions can be met. The facility is equipped with a lift and a set of stairs leading into the pool.

Date/Time: By appointment
Fee: \$38 per session of 6 lessons

Private Lessons AQ-94

These lessons are for one on one instruction and are for any level of swimmer. The Swim Coordinator will contact students within 10 days of registration, to schedule 6 classes of 30 minutes each, if conditions can be met.

Date/Time: By appointment
Fee: \$38.00 per session

Adult Swim Lessons

Are you tired of sitting on the sidelines watching everyone else swim? Well, you don't need to anymore. Now's your chance to learn how to swim. This class is for adults who want to become comfortable in the water, add to their knowledge of personal safety, and increase enjoyment of their leisure time. No prerequisites. If enrollment is low, this class will be moved to private or semi-private lessons.

- Session IA: Mon/Wed/Fri
- AQ-06A 6:00 - 6:40
- Session IIB: Mon/Wed/Fri
- AQ-06B 6:00 - 6:40
- Fee: \$35

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 evenings.

- Session IA: Mon/Wed/Fri
- AQ-07A 6:00 - 6:55
- Session IIB: Mon/Wed/Fri
- AQ-07B 6:00 - 6:55
- Fee: \$20

Basic Water Safety AQ-95

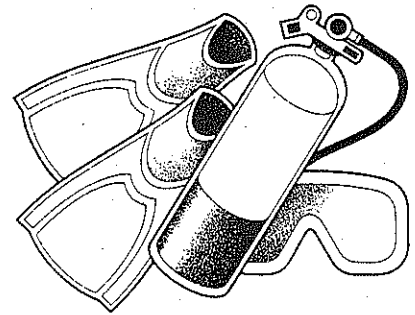
* No age requirement, water participation not required, but recommended. Provides general water safety information. Great for families, clubs, groups, organizations and interested individuals. This class is a prerequisite for Emergency Water Safety.

- Date: June 7 - 23 (8 sessions)
- Time: 5:15 - 6:45 pm (Mon/Wed/Fri)
- Fee: \$20 per person (ask about group and family rates)
- Location: KSU Natatorium

Emergency Water Safety AQ-96

Swim Level IV certificate or competency skills in level IV is required before taking this course. Water participation is 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 7 - July 16 (8 sessions)
- Time: 5:15 - 6:45 pm (Mon/Wed/Fri)
- Fee: \$25 (ask about group and family rates)
- Location: KSU Natatorium



Scuba Diving AQ-97

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 7 from 5 - 7 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 7 - July 21 (12 sessions)
- No class July 5
- Time: 5 - 7 pm (Mon. & Wed.)
- Fee: \$195
- Location: KSU Natatorium

COMMUNITY FIRST AID and SAFETY classes can be found in the RECREATION AND HEALTH section of the catalog.

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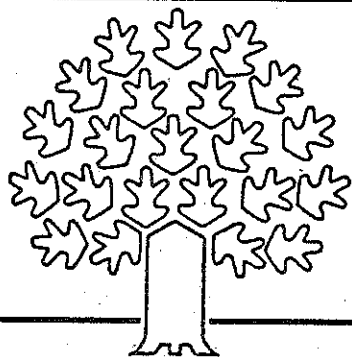
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Business & Money Management

1221 THURSTON

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Investment Workshop for the 90's

BP-01

Have you ever wondered what a bond, or stock, or mutual fund actually is? Where should you invest your money to live comfortably in retirement? If you share these same questions, then this class is for you. This three part series is designed to help both the beginning and more experienced investor better understand just what exactly an investment can do. Some of the topics covered will be common stocks, tax free bonds, certificates of deposit, corporate bonds and mutual funds. We will discuss how to set up and monitor your portfolio.

Jeff Werner (539-6777) is an investment representative with Edward D. Jones & Co.

Date: June 8, July 6, August 3 (3 sessions)
Time: 7 - 8:30 pm (Tuesday)
Fee: \$10
Location: Colony Square 555 Poyntz

Retirement Planning

BP-02

The class will address the concerns of both pre-retirees and retirees. It will guide you through the steps of planning during the pre-retirement phase, let you explore the options you'll have upon retiring and the tax alternatives you'll have for lump sum distributions. The class will also explain the criteria you should use in determining a post-retirement investment policy. Realistic case studies will be presented to help your understanding. Class includes workbook for future reference. No company products will be mentioned.

Rod Kalivoda (776-5382) has received the professional designations Chartered Life Underwriter (CLU) and Chartered Financial Consultant (ChFC) from the American College. A graduate of KSU, he has represented The Prudential since 1985.

Date: June 10 (1 session)
Time: 7 - 9 pm (Thursday)
Fee: \$10
Location: Colony Square, 555 Poyntz, 2nd floor Conference Room

Retirement Planning

BP-03

Rod Kalivoda

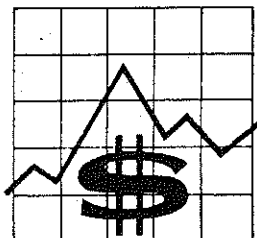
Date: July 1 (1 session)
Time: 7 - 9 pm (Thursday)
Fee: \$10
Location: Colony Square, 555 Poyntz, 2nd floor Conference Room

Retirement Planning

BP-04

Rod Kalivoda

Date: July 22 (1 session)
Time: 7 - 9 pm (Thursday)
Fee: \$10
Location: Colony Square, 555 Poyntz, 2nd floor Conference Room



Life Insurance and Annuities

BP-05

Participants will be given a clear explanation on how life insurance and annuities work. Learn about using life insurance in business, estate planning, maximizing your pension, income replacement, and even for college funding. Different types of annuities will be explained along with investment alternatives and risks associated with each, so you can decide whether an annuity contract would enhance your portfolio. Also, find out how to choose an appropriate policy and a solid insurance company. No company products will be mentioned.

Rod Kalivoda (776-5382) has received the professional designations Chartered Life Underwriter (CLU) and Chartered Financial Consultant (ChFC) from the American College. A graduate of KSU, he has represented The Prudential since 1985.

Date: June 17 (1 session)
Time: 7 - 9 pm (Thursday)
Fee: \$7
Location: Colony Square, 555 Poyntz, 2nd floor Conference Room

Life Insurance and Annuities

BP-06

Rod Kalivoda

Date: July 8 (1 session)
Time: 7 - 9 pm (Thursday)
Fee: \$7
Location: Colony Square, 555 Poyntz, 2nd floor Conference Room

Life Insurance and Annuities

BP-07

Rod Kalivoda

Date: July 29 (1 session)
Time: 7 - 9 pm (Thursday)
Fee: \$7
Location: Colony Square, 555 Poyntz, 2nd Floor Conference Room

Mutual Funds and Asset Allocation

BP-08

Participants will learn about the benefits mutual funds can provide, how mutual funds work, and general types of mutual funds. Learn the basic criteria for selection and how to implement long-term strategies like dollar cost averaging. In addition, you'll receive an explanation of the Nobel Prize-winning statistics behind asset allocation, how to determine investment objectives, set asset classes and rebalance your asset mix to reflect current economic conditions. No company products will be mentioned.

Rod Kalivoda (776-5382) has received the professional designations Chartered Life Underwriter (CLU) and Chartered Financial Consultant (ChFC) from the American College. A graduate of KSU, he has represented The Prudential since 1985.

Date: June 24 (1 session)
Time: 7 pm (Thursday)
Fee: \$7
Location: Colony Square, 555 Poyntz, 2nd floor Conference Room

Mutual Funds and Asset Allocation

BP-09

Rod Kalivoda

Date: July 15 (1 session)
Time: 7 pm (Thursday)
Fee: \$7
Location: Colony Square, 555 Poyntz, 2nd floor Conference Room

Mutual Funds and Asset Allocation

BP-10

Rod Kalivoda

Date: August 5 (1 session)
Time: 7 pm (Thursday)
Fee: \$7
Location: Colony Square, 555 Poyntz, 2nd floor Conference Room

How to Finance Anything from New Businesses to New Products

BP-11

This class is designed to give a brief overview of how a business can creatively finance start-ups, expansions or other credit needs. We will discuss how to obtain financing for your business through your local lender, SBA guaranteed loans, community revolving loan funds, venture capital, and many other sources.

Betty Nelson (776-0417), is the director of Big Lakes Certified Development Company (BLCDC), which is certified by the Small Business Administration to do loan packaging. She has worked for federally funded programs teaching business planning and helping small business owners obtain financing.

Date: June 22 (1 session)
Time: 7 - 10 pm (Tuesday)
Fee: \$15
Location: UFM Conference Room


Boost your confidence for a job interview or speaking in front of a group. A beginning PUBLIC SPEAKING class is available in the PERSONAL DEVELOPMENT section of the catalog.

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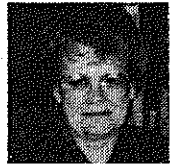
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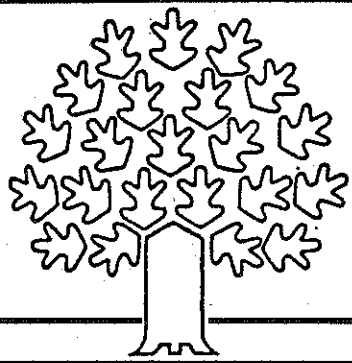
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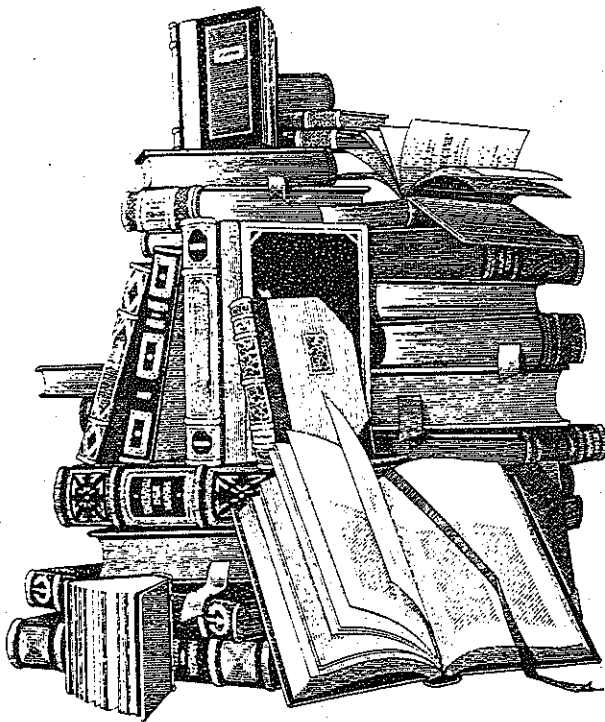
539-8763

Books by and About Women CF-01

We will discuss thoughts, ideas and issues expressed by women authors through fiction and nonfiction books. Through this informal class we will exchange different perceptions from our own experiences interpreting the themes both seriously and lightly. Past book selections include: A Child of the Praire by Anna Olsson; Copper Crown by Lane Von Herzon; Family Portraits edited by Carolyn Anthony and An American Childhood by Annie Dillard.

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 9 (approximately 5 sessions)*
Time: *7:30 - 9 pm (Wednesday)*
Fee: *\$6*
Location: *Call instructor for location*



NOTICE NOTICE NOTICE

The YOUTH section of the catalog has activities fun for all ages, especially

- Martial Arts
- Crafts
- German Language

Beginning Pottery CF-02

Learn the ancient art of pottery. Beginners will have individual instruction on hand building techniques, glazing techniques, and general fundamentals. With experience, students may work with the wheel. Registration fee includes clay, glazes, and use of studio tools. The studio is available to the pottery students one hour before or one hour after each class. Additional studio time may be secured by joining the Pottery Cooperative.

Tim Spidel (537-1821), has been doing pottery for 15 years, and worked at Silver Dollar City as a potter. He specializes in functional forms, however he encourages creativity.

Date: *June 9 - July 28 (8 sessions)*
Time: *7 - 9 pm (Wednesday)*
Fee: *\$36*
Location: *UFM Pottery Studio*

Schrenschnitte: German Paper Cutting CF-03

If you can trace, you can learn German Paper Cutting. The hardest part of Schrenschnitte is learning to say the word! Make beautiful paper cut-outs suitable for framing. **Supplies needed:** pencil, cutting board, No.11 x-acto knife or similar brand and carbon paper.

Rosemary Davidson has done schrenschnitte since 1988 and has taught for two years to various groups.

Date: *June 10 (1 session)*
Time: *7 - 9 pm (Thursday)*
Fee: *\$11 includes pattern book and paper*
Location: *UFM Fireplace Room*

Schrenschnitte: German Paper Cutting CF-04

Rosemary Davidson

Date: *June 12 (1 session)*
Time: *1 - 3 pm (Saturday)*
Fee: *\$11 includes pattern book and paper*
Location: *UFM Conference Room*

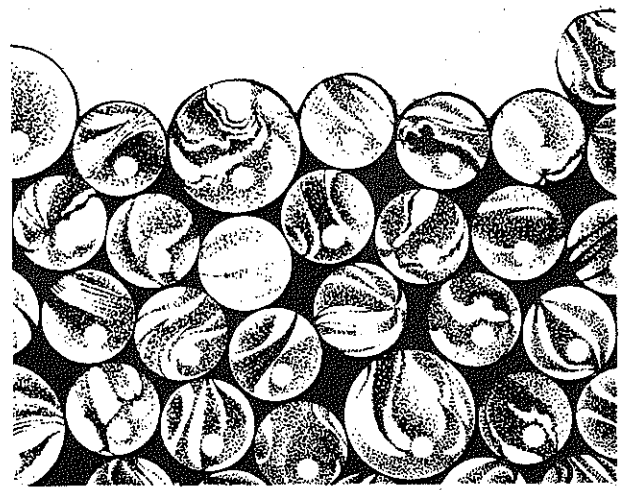
Schrenschnitte: German Paper Cutting CF-05

Rosemary Davidson

Date: *June 15 (1 session)*
Time: *9 - 11 am (Tuesday)*
Fee: *\$11 includes pattern book and paper*
Location: *UFM Fireplace Room*

**** FIELDS TRIPS ****

Check the EARTH AND NATURE section of the catalog.



Marble Collecting CF-06

Marbles - Marbles - Marbles. Learn how to grade marbles, identify whether they are hand or machine made. We will discuss how to display and how to care for your marble collection.

Robert Redman (539-6929) has been collecting, buying, selling and trading marbles for eight years. He has attended numerous auctions, flea markets and marble shows across the US to add to his collection.

Date: *June 9 & 16 (2 sessions)*
Time: *7 pm (Wednesday)*
Fee: *\$10*
Location: *UFM Conference Room*

Have a Prairie Christmas! Prairie Angel Ornament CF-07

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 will make a prairie angel from muslin and calico scraps that can be used for your tree or as part of other holiday decorations. **Bring scissors and a needle. If you have a portable sewing machine you may want to bring it also. If you want your angel to be a specific color, bring 5" calico squares of fabric.**

Terry Carpenter teaches home economics at the Middle School. She enjoys all kinds of crafts.

Date: *June 15 (1 session)*
Time: *7 - 9 pm (Tuesday)*
Fee: *\$6*
Location: *UFM Fireplace Room*

Don't miss the FOOD FOR FUN section--

- * Wine Tasting
- * Cake Decorating
- * Cooking Classes

FLORALIA

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Come to our Floral Design Studio and learn the art of Floral Arrangements.

Christina van Swaay and Anneke van der Hoeven offer classes in creative designs to incorporate fresh and dried plant material in your daily life.

Floralia is located on the second floor of the Bernina House, 330 N. 4th Street, Manhattan, Kansas 66502.

For information on monthly class schedules, please call 913-537-8919 (Bernina Sewing Center) or 913-539-5439 (Christina van Swaay).



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Look for UFM 25th Anniversary edition of the catalog Fall '93.



Basic Black and White Photography for Amateurs

CF-08

Black and White photography is back. In this class we will give basic tips on taking great pictures with a 35mm camera. We will look at F-stops, shutter speeds, focusing, depth of field, compositions, and the use of different types of film. Bring a 35mm camera and a roll of Tri-X 400 ISO Black and White film.

Harold Wellmeier (539-8763) has a degree in Commercial and Industrial Photography. He enjoys all aspects of photography. He especially enjoys working in black and white photography.

Date: June 13 (1 session)
Time: 6 pm (Sunday)
Fee: \$6
Location: UFM Conference Room

Basic Black and White Photography for Amateurs

CF-09

Harold Wellmeier

Date: July 18 (1 session)
Time: 6 pm (Sunday)
Fee: \$6
Location: UFM Conference Room

Basic Black and White Photography for Amateurs

CF-10

Harold Wellmeier

Date: August 8 (1 session)
Time: 6 pm (Sunday)
Fee: \$6
Location: UFM Conference Room

Black and White Printing

CF-14

Feel the satisfaction of turning your own Black and White negatives into prints. Each student will gain hands-on darkroom experience in your choice. Bring 2 Black & White negatives of your choice to process and print in class. Processing and printing materials included in class fee.

Harold Wellmeier

Date: June 27 (1 session)
Time: 6 pm (Sunday)
Fee: \$10
Location: UFM Darkroom Lab

Black and White Printing

CF-15

Harold Wellmeier

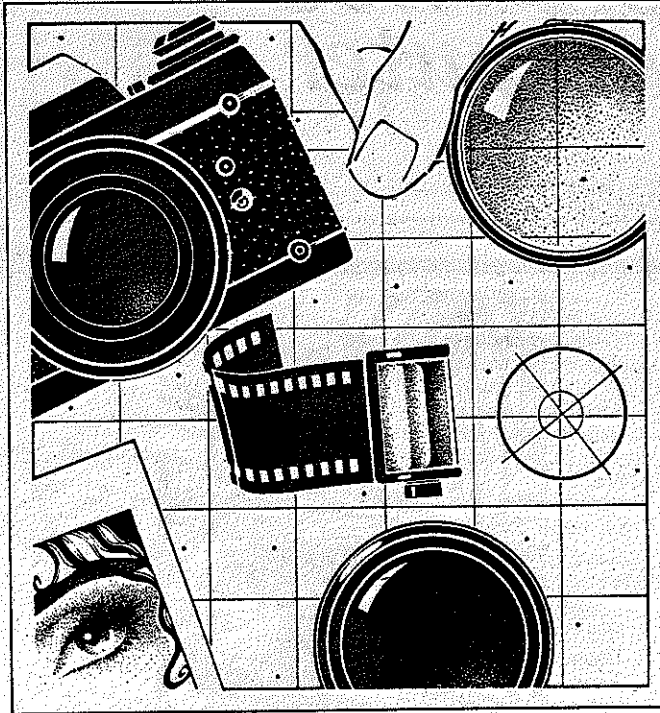
Date: July 25 (1 session)
Time: 6 pm (Sunday)
Fee: \$10
Location: UFM Darkroom Lab

Black and White Printing

CF-16

Harold Wellmeier

Date: August 18 (1 session)
Time: 6 pm (Sunday)
Fee: \$10
Location: UFM Darkroom Lab



Black and White Film Developing for Beginners

CF-11

This class will cover the basics of Black and White film processing and darkroom procedures. We will limit the class size to provide hands-on experience. Each student will develop their own roll of Black and White film. Note: Student needs to bring an exposed roll of Tri-X 400 ISO film to class. All other materials are included in the fee.

Harold Wellmeier (539-8763) has a degree in Commercial and Industrial Photography. He enjoys black and white photography, and enjoys processing his own film.

Date: June 23 (1 session)
Time: 7 pm (Wednesday)
Fee: \$9
Location: UFM Darkroom Lab

Black and White Film Developing for Beginners

CF-12

Harold Wellmeier

Date: July 21 (1 session)
Time: 7 pm (Wednesday)
Fee: \$9
Location: UFM Darkroom Lab

Black and White Film Developing for Beginners

CF-13

Harold Wellmeier

Date: August 11 (1 session)
Time: 7 pm (Wednesday)
Fee: \$9
Location: UFM Darkroom Lab

Frantz Fanon's The Wretched of the Earth

CF-17

Frantz Fanon's *The Wretched of the Earth*, the classic study of the psychology of colonialism, provides one way of understanding the cultures of the "Third World." Born in Martinique, Fanon practiced psychiatry in French Algeria. We will highlight some of the main points of the book and discuss the controversies that still surround it.

Margaret E Stewart teaches writing and literature at Washburn University.

Date: July 1 (1 session)
Time: 7 - 9 pm (Thursday)
Fee: \$5
Location: UFM Fireplace Room

Lined Paper Twist Basket

CF-18

We will create a basket to celebrate the Independence Holiday. Come with nothing and leave with a basket complete with lining and full of patriotism. Learn the technique as you weave this 12"x7"x8" basket out of paper twist. All materials provided. Bring a glue gun if you have one to expedite the project.

Tresa Weaver & Bonnie Wellmeier enjoy doing all types of crafts, and enjoy sharing them with others.

Date: June 12 (1 session)
Time: 1 - 3:30 pm (Saturday)
Fee: \$12
Location: UFM Fireplace Room

Don't Get Ripped Off! What's Under The Hood?

CF-19

What are the mechanical workings of your car's engine? Find out what is under the hood of your car. Learn how to check for problems, choose a garage and mechanic, and how to get a repair estimate. Get some hands-on "under the hood" experience. Learn how to save money without getting ripped-off!

Michelle Erntzen is ASE certified with 4 years experience at a dealership. She will be graduating in May from KSU with a degree in Physics.

Date: June 5 (1 session)
Time: 1 - 3 pm (Saturday)
Fee: \$5
Location: UFM Parking Lot

***GOLF *GOLF *GOLF *GOLF**

See RECREATION AND HEALTH section of the catalog.

This catalog printed on recycled paper

TENNIS TENNIS TENNIS
RECREATION AND HEALTH
section of the catalog.

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 25 to offer a class in the fall catalog.

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

*Help Clean the studio

*Participate in Cooperative meetings

*Co-teach classes or workshops

*Locate teachers for classes or workshops

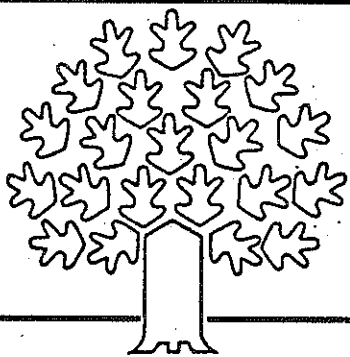
*Assist with income-producing projects

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

For further information, Call UFM 539-8763





Computer

1221 THURSTON

539-8763

Computer Basics for IBM & Compatibles

CP-01

Learn the basics needed for effective use of the IBM or compatible personal computer. This course is designed for those who have very little or no knowledge of computers. Topics to be covered include: types of computers and terminology, hardware, software and working with DOS. Hands-on computer time is available during the class.

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

Date: June 9 (1 session)
Time: 7 - 8:30 pm (Wednesday)
Fee: \$15
Location: UFM Computer Lab



Database Management Using dBase IV

CP-02

This class will show you how to store, retrieve and manage data in the computer using dBase IV. dBase is a common database software program used by businesses. You will learn the basics of how to create a database and how to use it to create queries, reports, and labels. Some tips on programming your own functions will also be included. Hands-on computer time is provided during the class.

Kevin Almeida (539-5745), has worked as a software executive and has been involved in developing computer software. He has taught computer programming to students and employees working to obtain the United Kingdom National Computer Center Diploma in Computer Studies. He presently works at the International Trade Institute in Manhattan.

Date: June 8 - 24 (6 sessions)
Time: 5:30 - 7:30 pm (Tues. & Thurs.)
Fee: \$75
Location: UFM Computer Lab

Basic WordPerfect

CP-03

This class is designed to introduce the basic elements of word processing using Word Perfect 5.1. Learn how to create a document, set up margins and other page formatting, print and save documents. The use of Reveal Codes, Spellcheck and Thesaurus features will be included. Hands-on computer time is provided during the course.

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

Date: June 15 & 22 (2 sessions)
Time: 3 - 5 pm (Tuesday)
Fee: \$25
Location: UFM Computer Lab

WordPerfect Razzle Dazzle

CP-04

Learn how to improve the appearance of your documents and improve your productivity. Try your hand at designing a newsletter with graphics and scalable fonts. Learn how to create an attractive table. Program macros to make repetitive text entry easier. This course will use WordPerfect 5.1, although most applications can be used with WordPerfect 5.0 and 5.2. Hands-on computer time is provided during the course.

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

Date: July 6, 13, & 20
Time: 3 - 5 pm (Tuesday)
Fee: \$42
Location: UFM Computer Lab

Introduction to Spreadsheets

CP-05

Take advantage of this powerful software tool. Learn how to set up a spreadsheet with data formulas. Explore sorting, naming, linking fields and other useful skills. This course will cover the basics of how to set up and use a spreadsheet with Lotus 1-2-3. Application to other software programs will be covered. Hands-on computer time is provided during the course.

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

Date: June 17 & 24
Time: 3 - 5 pm (Thursday)
Fee: \$25
Location: UFM Computer Lab

Managing your Computer

CP-06

Learn the basics needed for effective use of your IBM compatible personal computer. Learn about hardware and software options. Practice basic DOS commands. Half the workshop will be spent learning how to manage your hard drive including how to store files, creating batch files and modifying the path statement. Hands-on computer time is provided during the class.

Kevin Almeida (539-5745), has worked as a software executive and has been involved in developing computer software. He has taught computer programming to students and employees working to obtain the United Kingdom National Computer Center Diploma in Computer Studies. He presently works at the International Trade Institute in Manhattan.

Date: July 6, 8, 13, 15 (4 sessions)
Time: 5:30 - 7:30 pm (Tues. & Thurs.)
Fee: \$50
Location: UFM Computer Lab

Keyboarding Basics

CP-07

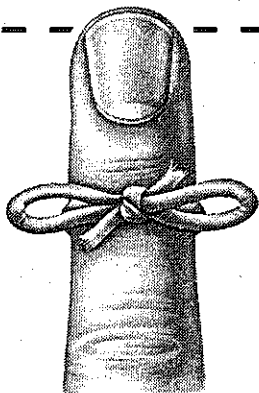
Everything goes faster when you know how to type! This course is designed for the individual who has little or no typing experience. You will learn the basis of keyboard touch typing on a computer using WordPerfect 5.1 software. The instructor will guide you through this learning experience. You will have plenty of "hands-on" practice using the computers in our classroom.

Paula Walawender has had years of experience with a keyboard and understands how important it is to polish this skill.

Date: June 16, 23, 30 & July 7 (4 sessions)
Time: 7 - 8 pm (Wednesday)
Fee: \$20
Location: UFM Computer Lab

UFM is looking for anecdotes, photos, and memories of UFM over the past 24 years. If you have something you can share, call UFM at 539-8763 or send to 1221 Thurston, Manhattan, KS 66502 by June 1.

WHAT DID WE FORGET?



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A good addition to the brochure would be:

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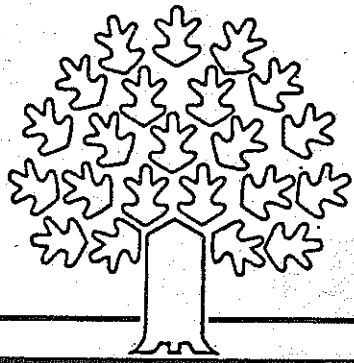
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Earth & Nature

1221 THURSTON

539-8763

Snakes of Northeast Kansas

EN-01

This class will cover everything you want to know about snakes common to this area. You will be able to see and handle native snakes. Both venomous and non-venomous snakes will be identified. We will talk about how snakes catch and eat their prey. We encourage adults to accompany the children and share this knowledge. Recommended for children and adults alike ages 8 - 80.

Ray Matlack (539-7941), is a naturalist at Tuttle Creek State Park. He started collecting reptiles at age 8 and has been doing it ever since.

Date: June 12 (1 session)
Time: 9:30 am (Saturday)
Fee: \$5 individual
\$8 child and adult
Location: UFM Fireplace Room

Herbs

EN-02

Everything you want to know about herb gardening. We will cover growing, harvesting, drying, storing, and your favorite recipes. Slides will be used to show different varieties. The lore and legend of herbs will be included.

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

Date: May 18 (1 session)
Time: 7 pm (Tuesday)
Fee: \$5
Location: Blooming Dale's
1105 Waters

Shopping for a Greener World

EN-05

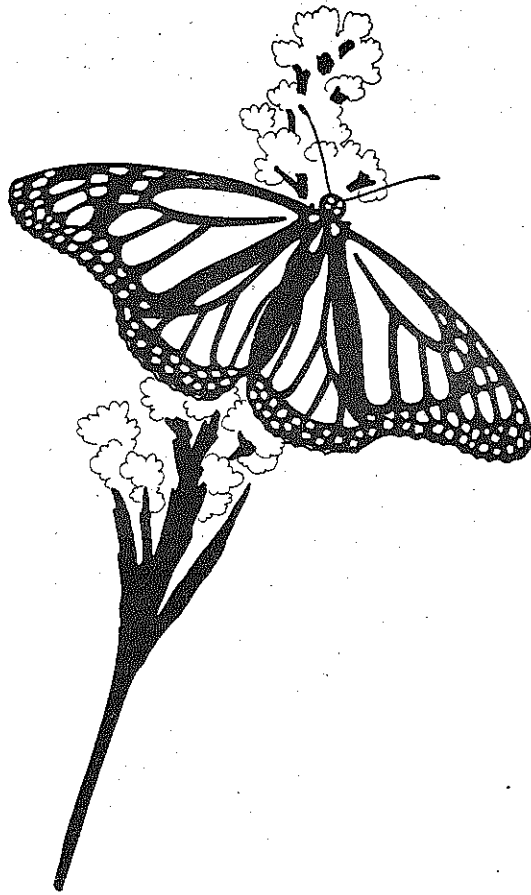
Ever stop to think about the environmental impact of the products you normally purchase in the grocery store? Many ordinary products on the market today have the potential to harm our environment. This class will examine how the average shopper can change his/her buying habits to help make the Earth a better place to live. Topics to be discussed include food choices, overconsumption, recycling, overpackaging, hazardous household products, product labeling, and how our choices as consumers affect global environmental problems. Each participant will receive an information packet containing summaries of all topics discussed, an "eco-product checklist," a Manhattan-area recycling guide, and much more! Join us to learn more about shopping with the environment in mind.

Robert Wilson (238-7018) is a Senior in Marketing at K-State. Robert has been involved in campus environmental organizations for over four years, and has devoted much of his time to studying "green consumerism."

Date: July 26 (1 session)
Time: 7 pm (Monday)
Fee: \$7
Location: UFM Conference Room

Become a UFM instructor!
Please call the UFM Office (539-8763) by June 25 if you have a skill or interest that you would like to share with others in our community. Become a link in our goal of life-long learning and living.

To advertise your business or organization in the next UFM catalog, contact the UFM Office (539-8763) by July 3.



Butterfly Gardening

EN-03

Join us for an in-depth program covering all aspects of Butterfly Gardening. Host plants, nectar plants, location of garden, puddling, warming rock and butterfly identification. A slide program from the Smithsonian is planned.

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

Date: May 25
Time: 7 pm (Tuesday)
Fee: \$5
Location: Blooming Dale's
1105 Waters

CHILDREN'S GARDENING help is available for FREE at the Manhattan Community Gardens - see the YOUTH section of the catalog.



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Fall Gardening

EN-04

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 6 (1 session)
Time: 7 - 9 pm (Tuesday)
Fee: \$5
Location: UFM Greenhouse

Field Trip: Wabaunsee County Glacial Area

EN-06

Come venture to the glacial area of northwestern Wabaunsee County. We'll search for materials such as agates, quartzite, and other stones left behind by the glaciers. Fossils can be found. Bring a beverage and a container for your "treasures." Raindate: July 17

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

Date: July 10 (1 session)
Time: 9 am - noon (Saturday)
Fee: \$5 individual
\$8 couple
Location: Meet at UFM Fireplace Room

Solar Battery Charging for your Vacation

EN-07

Energize a camp from a tent to an RV or boat without noxious fumes, messy fuels or moving parts! Solar electric panels will slow charge to prolong your battery life and free your camp sites from extension cords, hookup charges and generator noise. The fuel is free - sunlight! Recharge your RV or boat batteries. In the first class we will talk about solar electric (photovoltaic or PV) modules and batteries. In the second class, wiring, controls and putting your system together.

Bill Dorsett has been teaching and working with photovoltaics since the early 1980's. Last summer he took a course in advanced PV's in Colorado and is going into the field full time.

Date: June 21 & 28 (2 sessions)
Time: 7 pm (Monday)
Fee: \$8
Location: UFM Conference Room

THE AUDUBON SOCIETY

(Northern Flint Hills Chapter, P.O. Box 1932, Manhattan, KS 66502-0022)

invites you to join us in the following activities:

BEGINNING BIRD WALKS

Monthly, 2nd Saturday, 8 a.m. Meet in the parking lot of Ackert Hall, KSU campus. For novices and experts; children especially welcome.

Summer Dates: June 12 and July 10
For more information, call Dave Rintoul, 537-0781.

EDUCATIONAL PROGRAMS:

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

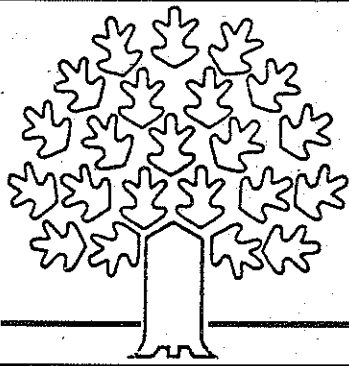
June 16: "Bison Grazing Ecology, Management, and Preservation of the Tall Grass Prairie"

July 20: "Grasses and Wildflowers of the Flint Hills"

For more information, pick up the Audubon Calendar at UFM or the public library or call 539-3004.

Listen to KQLA for UFM calendar update Monday through Thursday

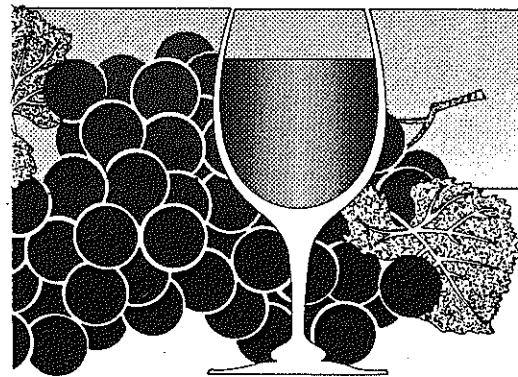




Food for Fun

1221 THURSTON

539-8763



Beginning Cake Decorating FF-01

Even a pretty border will enhance a cake. Learn to add an icing decoration and impress all of your family and friends. Icing will be provided for practice in class. You will bring your own cake to a later class and take home a masterpiece. Supply list available at registration.

Tammy Sinn began decorating cakes several years ago as a hobby. Her first lessons were a UFM cake decorating class. Currently she decorates cakes for Dillons.

Date: June 8,15,22,29 (4 sessions)
Time: 7 - 8:30 pm (Tuesday)
Fee: \$16
Location: UFM Banquet Room

Beginning Cake Decorating FF-02

Tammy Sinn

Date: June 10,17,24, July 1 (4 sessions)
Time: 7 - 8:30 pm (Thursday)
Fee: \$16
Location: UFM Banquet Room

Thai Cooking FF-03

Learn how to prepare an authentic Thai Meal. You will get hands-on experience preparing beef sirloin, citrus salad and a Thai dessert. We will eat what we prepare.

Lek Leeling (776-9667), is a native of Bangkok, Thailand and has been in Kansas since 1987.

Date: July 24 (1 session)
Time: 10 am - noon (Saturday)
Fee: \$10
Location: UFM Kitchen

Cheesecake's FF-04

Learn to make a cheesecake that will lend excitement to your dinner parties, easy enough for the family yet with plenty of class for entertaining. We will prepare sour cream apple, and keylime cheesecakes, best of all we will sample the product.

Leonard Leeling (532-5687), collects cheesecake recipes and enjoys baking them as much as eating them.

Date: July 10 (1 session)
Time: 10 am - 1 pm (Saturday)
Fee: \$10
Location: UFM Kitchen

Wine Tasting for the Beginner FF-05

If you find choosing wine confusing or difficult this class is for you. It is very important to find the type of wine that suits your taste buds. In the 1st class we will learn the basics of California White Wine and taste several varieties. During the 2nd class we will focus on California Red Wine. Taste testing is the best way to learn about the wines! Finally, in the 3rd class we will discuss the taste and effect of red and white wines. This class will teach people how different foods can affect the taste of wines. Example: a taste of lemon with chardonnay will bring out the citrus flavor. **You must be 21 to attend.**

Teresa Rickel-McMillin (537-3843), is owner/manager of Rickel-McMillin liquor store. She stays familiar with the California wine industry with frequent visits to Napa and Sonoma Valley (wine country). Her main objective is to teach customers how much fun wine can be.

Date: June 9,16 & 23 (3 sessions)
Time: 7 pm (Wednesday)
Fee: \$29
Location: Giorgio's
100 Bluemont Ave.

GIFT CERTIFICATES for UFM CLASSES are always available.

Give a gift of learning!

Call or stop by UFM, 1221 Thurston, 539-8763

• Birthdays • Anniversaries • Thank You Gifts

For Great Family activities don't forget to check the EARTH & NATURE and YOUTH sections of the 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.

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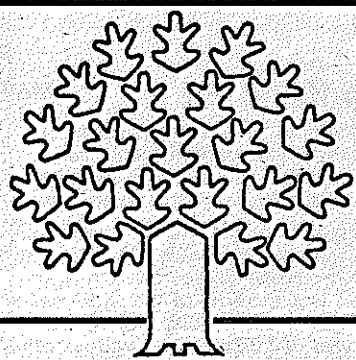
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MON.-SAT. 9:30 TO 6

537-4571

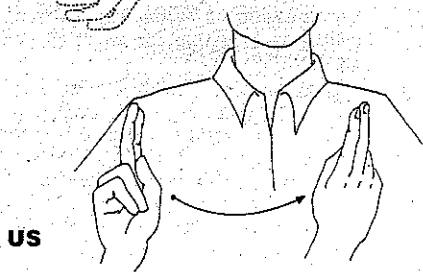
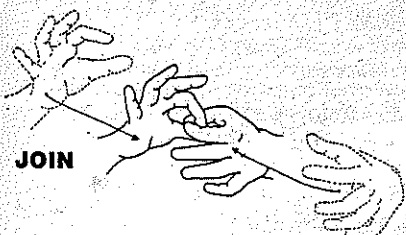
3112 ANDERSON AVE. (ACROSS FROM VILLAGE PLAZA)



Languages

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 Guide to Signing.

Natalie Smith, has taught sign language for 6 years and has been a professional interpreter for 7 1/2 years. She grew up with two deaf parents.

Date: June 9 - July 14 (6 sessions)
Time: 7 - 8 pm (Wednesday)
Fee: \$40 includes book Gallaudet's Survival Guide to Signing
Location: 149 Justin Hall, KSU

Survival English English as a 2nd Language LA-03

Survival English is designed for those whose native language is not English. It will help the student survive in an English speaking world. The student will learn "survival skills." Conversational skills, pronunciation, spelling, and grammar will be used to help the student speak with confidence. Textbooks and handouts will be used. Class participation is recommended. Certificates of completion will be awarded.

James F. Hill, completed his Bachelor of Science degree in American History at the College of the Ozarks, Point Lookout, Mo. in 1977. He holds a Missouri State Teaching Certificate. In addition to teaching high school social studies in the Missouri Public system he has taught English at English Language Institutions in Seoul, Korea. Jim is a graduate student at KSU.

Date: June 8 - July 22 (14 sessions)
Time: 7 - 8:30 pm (Tues. & Thurs.)
Fee: \$70
Location: 107 Bluemont Hall, KSU

Introduction to Korean Language and Culture LA-04

This class will introduce you to the basics of the language, oriental culture and martial arts terminology. We will start with the very basics.

Robert Kim is a graduate student in Mathematics at K-State.

Date: June 7 - 30 (8 sessions)
Time: 7 - 8 pm
Fee: \$20
Location: 107 Bluemont Hall, KSU

Intensive Korean LA-05

This course will enable you to gain a working knowledge of Korean through intensive practice in speaking and understanding the language. We will build on what you learned in the introduction class or help you become more proficient if you already have a little experience in the Korean language.

Robert Kim
Date: July 12 - Aug 4 (8 sessions)
Time: 7 - 8 pm (Mon & Wed)
Fee: \$20
Location: 107 Bluemont Hall, KSU

Beginning German LA-06

This class is an introduction to the German language, and basic language skills. We will focus on learning the basics (alphabet, numbers, colors, names of objects, etc). There will be an emphasis on German conversation regarding a variety of topics. Students will also learn about culture. Participants will be asked about their particular learning interests. No previous German knowledge is required.

Michele Thun (537-5011), is a graduate of Washburn University with a degree in German. She received the Fulbright Fellowship to study in Austria where she lived for 2 years. She is currently a graduate student of German and is also a Graduate Teaching Assistant, having taught since the Fall of 92.

Date: June 24 - August 19 (9 sessions)
Time: 7:30 - 8:30 pm (Thursday)
Fee: \$20
Location: 123 Eisenhower Hall, KSU

Beginning German for CHILDREN is available in the YOUTH section of the catalog.



Oak Grove School is a secular, nonprofit school providing children between the ages of 3-10 years with an innovative option to traditional education. Oak Grove School values diversity, and we welcome children of any race, color, religion and ethnic or national origin. We will offer a summer morning program as well as a flexible morning, afternoon and full-day program for fall. For information, call the school at 537-2349. Virginia Bennett at 539-9362 or Shawn Bunch at 494-2830.

Japanese LA-02

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. This class will cover the basic structure of Japanese, with emphasis on conversation. No prior knowledge of Japanese is required. Participants will be asked for input regarding specific learning interests.

Naomi Sato is a K-State Economics student. She has had experience teaching to other University students.

Date: June 7 - July 19 (6 sessions)
No Class July 5
Time: 7 - 8:30 pm (Monday)
Fee: \$22
Location: UFM Multipurpose Room

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. See the back page of this catalog.

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 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 12 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.**



Love to Drink It?

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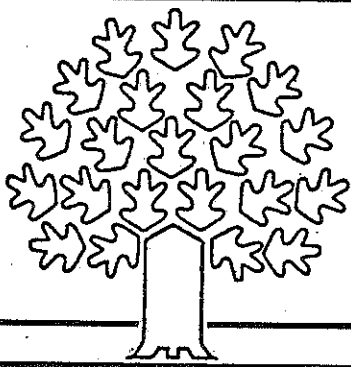
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Martial Arts

1221 THURSTON

539-8763

Tae Kwon Do Karate I

MA-01

Tae Kwon Do is a traditional martial art designed to provide the ultimate in unarmed self-defense. Blocking, punching, and kicking develop balance, flexibility, and agility while improving cardiovascular fitness and self-confidence. Teaching methods include class demonstration and practice without physical contact. Each student will be given an opportunity to purchase a uniform and belt at the first 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+

**** June 8, 6:30 - 7:30 pm -- Public demonstration and formal introduction of instructors in Ahearn Fieldhouse. All other classes will be in KSU Ahearn gymnasium or fieldhouse.**

Grandmaster Chae Sun Yi (266-8662), is an 8th degree Black belt with over 38 years experience in Tae Kwon Do. Former Captain and Chief instructor of Tae Kwon Do for the ROK Army during Vietnam, he has held classes at KSU since 1975. *Master James Craeton* (537-4986), holds a 5th degree Black belt with 18 years experience in Tae Kwon Do. Winner of several National Titles in Tae Kwon Do competition, he has assisted at KSU since 1979.

Date: June 8 - July 29 (16 sessions)
Time: 6:30 pm (Tues. & Thurs.)
Fee: \$35
Location: Gym 301, KSU

Tae Kwon Do Karate II Advanced

MA-02

Date: June 8 - July 29 (16 sessions)
Time: 7:30 pm (Tues. & Thurs.)
Fee: \$35
Location: Gym 301, KSU

SHARP -
Self defense for PreTeens
is featured in the YOUTH
section of the catalog.

Self Defense for Women
- SHARP -
is offered in the PERSONAL DEVELOPMENT
section of the catalog.

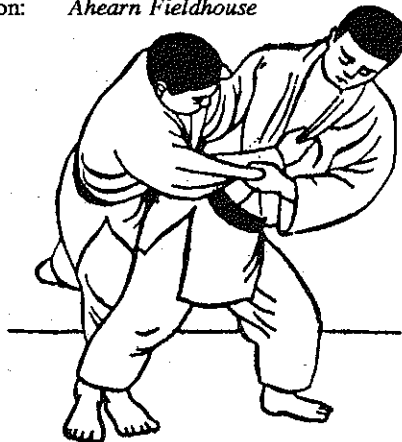
Hakko Ryu Jujitsu

MA-03

Hakko 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. Hakko Ryu is related to aikido, yet stresses a less active style, and more subtle, gentle techniques acceptable for use in modern society. 16 years of age and older.

Stan Wilson (539-7723), has studied martial arts for 23 years and has taught for 15 years. He holds a 2nd degree black belt in Kung Fu, a 2nd degree belt in Hakko Ryu Jujitsu, and is a member of the Shadows of Iga Ninga Society. He has studied judo, aikido, four styles of karate, six styles of kung fu and various other martial arts. He has also written 19 manuals on martial arts.

Date: June 13 - Aug 1 (8 sessions)
No Class July 4
Time: 4 - 5 pm (Sunday)
Fee: \$20
Location: Ahearn Fieldhouse



White Dragon Kung Fu I

MA-04

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. 16 years of age and older.

Stan Wilson (539-7723), has studied martial arts for 23 years and taught for 15 years. He holds a 2nd degree black belt in Kung Fu, a second degree black belt in Hakko 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 19 manuals on martial arts.

Date: June 8 - July 1 (11 sessions)
Time: 7 - 8 pm (Tues. & Thurs.)
3 - 4 pm (Sunday)
Fee: \$28
Location: Ahearn Fieldhouse, KSU

White Dragon Kung Fu II

MA-05

Continuation of White Dragon Kung Fu I. Optional testing is available for an extra charge. 16 years of age and older.

Stan Wilson

Date: July 6 - Aug 1 (12 sessions)
Time: 7 - 8 pm (Tues. & Thurs.)
3 - 4 pm (Sunday)
Fee: \$30
Location: Ahearn Fieldhouse, KSU

Wing Chun Kung-Fu for Children

YO-07

Wing Chun Kung-Fu is a unique martial arts system developed by a woman in China almost 300 years ago. It is one of the worlds most popular martial art of today. Because it was developed by a woman, it does not emphasize the use of brute force and strength, but rather concentrates on developing an effective training system to improve balance, reflexes and coordination. Wear comfortable clothing. Ages 5 & up.

Sifu Randy Stainback (776-5629), has studied martial arts for over 16 years and has taught for 12 years. He holds a 2nd degree black belt in Wing Chun Kung-Fu, a 2nd degree black belt in Arnis De Mano, and has a black belt in the White Eyebrow system.

Date: June 8 - August 3 (9 sessions)
Time: 7 - 8 pm (Tuesday)
Fee: \$28
Location: Lucky High School Gymnasium
220 S Juliette

**** Demonstration will be held on Tuesday, June 8 at 7 pm at the Lucky High Gymnasium ****

Wing Chun Kung-Fu for Children

YO-08

Sifu Randy Stainback

Date: June 11 - Aug 6 (9 sessions)
Time: 7 - 8 pm (Friday)
Fee: \$28
Location: Lucky High School Gymnasium
220 S Juliette

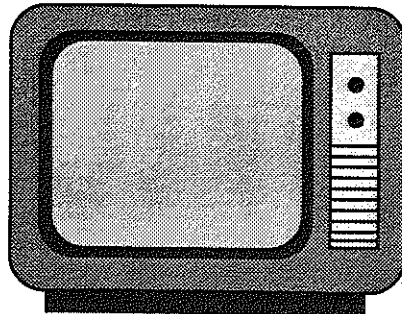
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Catherine Lee Fung, Ph. D. Candidate
hosts

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SIXTH SEASON

On Channel 6, ME/U
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Tuesday at 5:00 p. m. & Wednesday at 4:30 p. m.

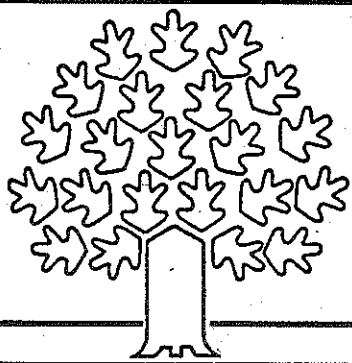
June 1 & 2: Marble Collecting
June 8 & 9: Prelude: Swimming the English Channel
June 15 & 16: Remembering Ruddig
June 22 & 23: Arts Activity-Center
June 29 & 30: Introduction to Korean
July 6 & 7: Food
July 13 & 14: MFA Pottery
July 20 & 21: Spiral Biotech Instrument

July 27 & 28: Decision Making (FDA)
Aug. 3 & 4: Postlude: Swimming the English Channel
Aug. 10 & 11: Talking With and Listening With
Aug. 17 & 18: Asset Planning
Aug. 24 & 25: How to Finance
Aug. 31 &
Sept. 1: Water

Supporting Parents
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monthly calendar
Nancy Anderson M & I 776-4779
Michael Cody UFM 539-8763



Youth

1221 THURSTON

539-8763

Sharp For Pre-Teens

YO-01

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

Diana Tarver, has been teaching Womens self defense classes for 6 years. She has adapted the program for teens and young girls. She is a 2nd degree Black Belt in Tae Kwon Do and has taught a Police defense tactics, but for this class she takes a very practical and feminine approach.

Date: June 26 (1 session)
Time: 1 - 3 pm (Saturday)
Fee: \$10
Location: 1st Lutheran Church
930 Poyntz

Childrens Gardening

YO-02

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. Parent assistance with younger children is encouraged. We received a \$500 grant in seeds and gardening supplies this year from the National Gardening Association. No registration necessary. Join us at the garden on Saturday mornings.

Dr. Richard Mattson and Keith Mueller are coordinators.

Date: April - October
Time: 10 am - noon (Saturday)
Fee: No Charge
Location: Manhattan Childrens Garden
8th and Riley Lane



Beginning German for Children

YO-03

This class is for children who want an introduction to the German Language. Students will learn basic language skills, such as alphabet, numbers, etc., and will also learn songs. Students will begin learning how to converse about various topics. No previous German knowledge is required.

Michele Thun (537-5011), is a graduate of Washburn University with a degree in German. She received the Fulbright Fellowship to study in Austria where she lived for 2 years. She is currently a graduate student of German and is also a Graduate Teaching Assistant, having taught since the Fall of 92. She is currently teaching German to 1st graders at a local elementary school.

Date: June 22 - Aug 19 (18 sessions)
Time: 7 - 7:30 pm (Tues. & Thurs.)
Fee: \$20
Location: UFM Multipurpose Room

Adventure and Education Camp

YO-04

Join us for a full day of fun, family and outdoor education including hiking, games, fishing, swimming and responsibility. This is geared for families with children 3rd - 6th grade. **Bring your own food, drink, fishing gear & license, and swimming trunks.** Note: Each family is responsible for their own State Park Permit. **Raindate: July 24.**

John Kneisler has been involved with two camps: one in Colorado and the other in Missouri, leading and educating groups of 20 in children.

Date: July 17 (1 session)
Time: 9 am - 6 pm (Saturday)
Fee: \$10
Location: Meet at UFM and carpool to River pond

4th of July Napkin Holder

YO-06

Young and old alike will enjoy making this fun napkin holder. Not only useful, but it will be a clever touch to your home, camper, and summer picnics.

Tresa Weaver & Bonnie Wellmeier both enjoy doing crafts and enjoy sharing them with young and old alike.

Date: June 12 (1 session)
Time: 11:30 am - 12:30 pm (Saturday)
Fee: \$7
Location: UFM Fireplace Room

Beginning Ballet

YO-09

Do you dream of becoming a dancer? This very basic introduction to ballet can be that first step. Children ages 3-12 years 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 16 years old, and currently she is attending Manhattan High School. She has been dancing for 13 years and she is considering a career in dance.

Date: July 13 - July 29 (6 sessions)
Time: 6 - 6:30 pm (Tues & Thurs)
Fee: \$12
Location: UFM Banquet Room

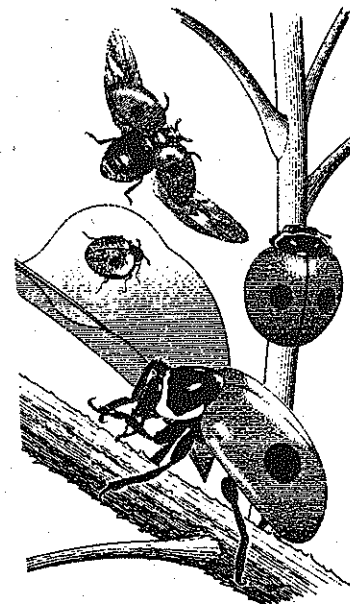
Bug Houses

YO-05

Summer is the time of year for creepy crawlers, and what better way to house your cricket or June bug than in a bug house. These simple-to-use bug houses are fun to make and fun to use.

Tresa Weaver & Bonnie Wellmeier both enjoy doing crafts and enjoy sharing them with young and old alike.

Date: July 17 (1 session)
Time: 1 - 1:30 pm (Saturday)
Fee: \$6.50
Location: UFM Fireplace Room



Wing Chun Kung-Fu for Children

YO-07

Wing Chun Kung-Fu is a unique martial arts system developed by a woman in China almost 300 years ago. It is one of the worlds most popular martial art of today. Because it was developed by a woman, it does not emphasize the use of brute force and strength, but rather concentrates on developing an effective training system to improve balance, reflexes and coordination. **Wear comfortable clothing.** Ages 5 & up.

Sifu Randy Stainback (776-5629), has studied martial arts for over 16 years and has taught for 12 years. He holds a 2nd degree black belt in Wing Chun Kung-Fu, a 2nd degree black belt in Arnis De Mano, and has a black belt in the White Eyebrow system.

Date: June 8 - August 3 (9 sessions)
Time: 7 - 8 pm (Tuesday)
Fee: \$28
Location: Lucky High School Gymnasium
220 S Juliette

**** Demonstration will be held on Tuesday, June 8 at 7 pm at the Lucky High Gymnasium ****

Wing Chun Kung-Fu for Children

YO-08

Sifu Randy Stainback

Date: June 11 - Aug 6 (9 sessions)
Time: 7 - 8 pm (Friday)
Fee: \$28
Location: Lucky High School Gymnasium
220 S Juliette

Do you like SNAKES or want to learn where or how to find them? See the EARTH & NATURE section of the catalog.

*GOLF *GOLF *GOLF *GOLF
See RECREATION AND HEALTH section of the catalog.

For FAMILY COMMUNICATION courses see PERSONAL DEVELOPMENT section.

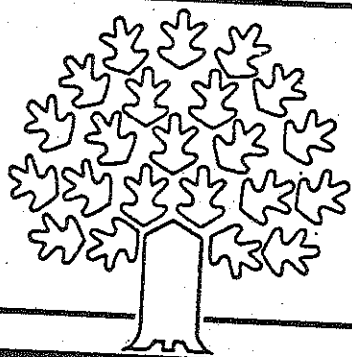
RED CROSS LEARN TO SWIM PROGRAM in the AQUATICS section of the catalog.

For additional Martial Arts, see MARTIAL ARTS Section of the catalog.

TENNIS TENNIS TENNIS
RECREATION AND HEALTH section of the catalog.

Thank you to our talented and willing volunteer instructors

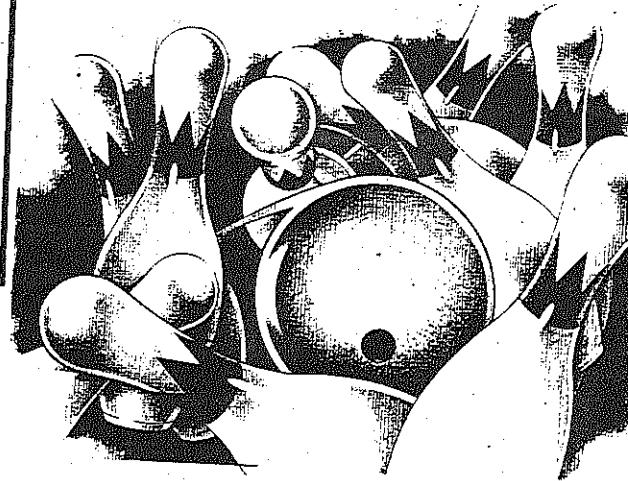




Recreation & Health

1221 THURSTON

539-8763



Introduction to Golf

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. Some class time will be devoted to equipment used to play golf, rules, etiquette, courtesy, conduct on the course, registering to play, use of scorecard and handicaps.

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

Date: May 27 & June 3 (2 sessions)
Time: 6:30 - 8:30 pm (Thursday)
Fee: \$25
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

Introduction to Golf

RH-02

Jim Gregory

Date: June 17, 24, July 1, 8 (4 sessions)
Time: 6:30 - 7:30 pm (Thursday)
Fee: \$25
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

Introduction to Golf

RH-03

Jim Gregory

Date: July 15, 22, 29, Aug 5 (4 sessions)
Time: 6:30 - 7:30 pm (Thursday)
Fee: \$25
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

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 8 - July 27 (8 sessions)
Time: 6 - 8 pm (Tuesday)
Fee: \$80 Noncredit
\$100 for credit-Kin 140A
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

* One (1) hour credit classes require additional charges to cover KSU administrative costs. Students enrolled in less than 6 hours, may also be assessed for student activity and health fees.



Beginning Bowling

RH-10

Experience what bowling is really about! Instruction will include classroom, video, and on-lane experience. Learn the game so you can enjoy it or sharpen up those rusty skills. This class is for you! All equipment is provided.

Bill Stewart (539-0371), is the new owner of Wildcat Lanes and is a qualified professional.

Date: June 13 & 20 (2 sessions)
Time: 1 - 3 pm (Sunday)
Fee: \$18
Location: New Wildcat Lanes
515 Richards (across from Holidome)

Community First Aid & Safety

RH-09

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.

Enell Foerster (537-2180).

Date: June 9, 16, & 23, (3 sessions)
Time: 6 - 10 pm (Wednesday)
Fee: \$60 plus books
Location: Riley County American Red Cross
1014 Poyntz

UFM is looking for anecdotes, photos, and memories of UFM over the past 24 years. If you have something you can share, call UFM at 539-8763 or send to 1221 Thurston, Manhattan, KS 66502 by June 1.

This catalog printed on recycled paper

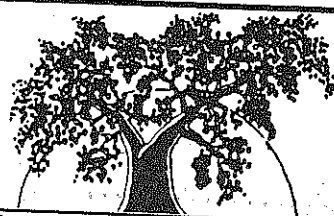
GRE Preparation Course

Early Fall Class

Be confident and prepared to take the GRE!

- Review and practice the three GRE subject areas of Math, Logic and Verbal Skills
- Learn strategies for successful test taking
- Analyze the reasons for correct responses

For more information, call
UFM 539-8763



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Manhattan, Ks. 66502
CALL 24 HOURS
539-2785 or
1-800-727-2785

CHIROPRACTIC FAMILY HEALTH CENTER

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First Day Services

Call Today
537-8305



DR. MARK J. HATESOHL
3252 Kimball Ave.

New Patients Only



Tennis: Junior Beginners RH-07
Ages 7 - 16

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.

Mark Tessendorf, a KSU graduate student in Kinesiology, has played tennis for 20 years and is a ranked district player. He spent last summer as a tennis instructor at Manitou-Wabing Sports and Arts Center in Ontario, Canada.

Date: June 8 - July 6 (5 sessions)
Time: 6:30 - 7:30 pm (Tuesday)
Fee: \$35
Location: L.P. Washburn Complex, KSU

Tennis: Beginners Age 17 and Up RH-08

This class will focus on fundamentals of strokes, basic rules of play and beginning competition.

Mark Tessendorf

Date: June 8 - July 6 (5 session)
Time: 7:30 - 8:30 pm (Tuesday)
Fee: \$35
Location: L.P. Washburn Complex, KSU



Ballroom Dance I RH-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, Swing and more. You will be dancing around the expansive floor. So, sign up with 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 helped Michael teach dance for 4 years and has been dancing all of her life. She is from Ireland and learned dance in the British and Irish school systems.

Date: June 21 - Aug 9 (7 sessions)
No Class July 5
Time: 7 - 8:30 pm (Monday)
Fee: \$25
Location: St. Isidore's Chapel, Kramer Center
711 Denison

Ballroom Dance II RH-06

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
Date: June 21 - Aug 9 (7 sessions)
No Class July 5
Time: 6 - 7 pm (Monday)
Fee: \$25
Location: St. Isidore's Chapel, Kramer Center
711 Denison

Cruises - Not just for the Rich and Famous RH-11

Everything you wanted to know about Cruises but were afraid to ask! Bring your questions and we'll find an answer. We will compare cruises to land packages and view cruise videos. Coupons and brochures available to all who attend.

Terry Marker (776-2217), is a native of Manhattan. She is the owner of Cruises and Travel. Cruises are her favorite vacation.

Date: June 10 (1 session)
Time: 7:30 pm (Thursday)
Fee: \$5 individual
\$8 couple
Location: UFM Conference Room

Cruises - Not just for the Rich and Famous RH-12

Terry Marker

Date: July 15 (1 session)
Time: 7:30 pm (Thursday)
Fee: \$5 individual
\$8 couple
Location: UFM Conference Room

Cruises - Not just for the Rich and Famous RH-13

Terry Marker

Date: August 26 (1 session)
Time: 7:30 pm (Thursday)
Fee: \$5 individual
\$8 couple
Location: UFM Conference Room



the PATHFINDER Headquarters for Bicycle Repair
OUTDOOR EQUIPMENT SPECIALISTS

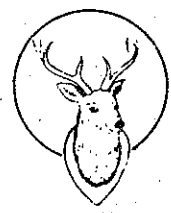
Bicycles * Backpacks
*Sunglasses *Boots *Tents *Knives
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* Climbing Equipment
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304 Poyntz 539-5639
Downtown - Manhattan
Hours: Mon. - Fri. 9-6;
Thurs. 9-8; Sat. 9-5



STAGG HILL GOLF CLUB
K-18 West



For all your golfing needs
Fully equipped pro shop
Professional golf instruction available
(individual & group)
Club regripping & repair



539-1041
Jim Gregory, PGA Professional

The New Wildcat Lanes
(next to Holidome in Manhattan)

- 32 lanes — Brunswick
- Pro shop — fully equipped
- Full service lounge with Karaoke singing machine nightly
- Snack bar
- Video games
- Qualified instructions by appointment

539-0371
Bill Stewart, new owner



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Ages 7 - 16

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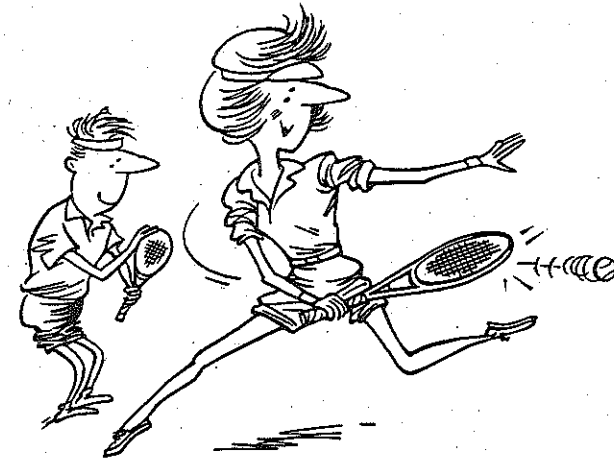
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Time: 6:30 - 7:30 pm (Tuesday)
Fee: \$35
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Fee: \$35
Location: L.P. Washburn Complex, KSU



Ballroom Dance I RH-05

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Date: June 21 - Aug 9 (7 sessions)
No Class July 5
Time: 7 - 8:30 pm (Monday)
Fee: \$25
Location: St. Isidore's Chapel, Kramer Center
711 Denison

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Michael Bennett

Date: June 21 - Aug 9 (7 sessions)
No Class July 5
Time: 6 - 7 pm (Monday)
Fee: \$25
Location: St. Isidore's Chapel, Kramer Center
711 Denison

Cruises - Not just for the Rich and Famous RH-11

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Date: June 10 (1 session)
Time: 7:30 pm (Thursday)
Fee: \$5 individual
\$8 couple
Location: UFM Conference Room

Cruises - Not just for the Rich and Famous RH-12

Terry Marker

Date: July 15 (1 session)
Time: 7:30 pm (Thursday)
Fee: \$5 individual
\$8 couple
Location: UFM Conference Room

Cruises - Not just for the Rich and Famous RH-13

Terry Marker

Date: August 26 (1 session)
Time: 7:30 pm (Thursday)
Fee: \$5 individual
\$8 couple
Location: UFM Conference Room




The PATHFINDER Headquarters for Bicycle Repair
OUTDOOR EQUIPMENT SPECIALISTS

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*Sunglasses *Boots * Tents * Knives
* Sleeping Bags * Canoes
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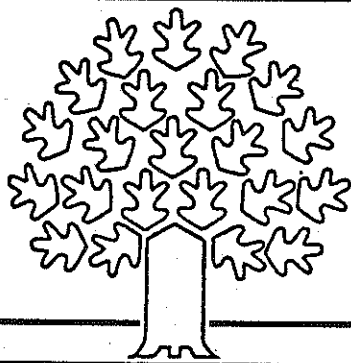


539-1041
Jim Gregory, PGA Professional

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- 32 lanes — Brunswick
- Pro shop — fully equipped
- Full service lounge with Karaoke singing machine nightly
- Snack bar
- Video games
- Qualified instructions by appointment

539-0371
Bill Stewart, new owner



Personal Development

1221 THURSTON

539-8763

"Four out of Five Recommend..."

SP-04

Does this advertising technique sound all too familiar? This workshop will explore media persuasion techniques and advertising - particularly those used to promote alcohol and tobacco products. Parents are encouraged to bring children and participate in a variety of advertising awareness activities. Kids will also create a "no-use message" T-shirt. **Bring an old white t-shirt - we will supply the paint.** Information is intended for children ages 6-12 years and their parents.

Phyllis Grover is a Community Prevention Consultant for NE Kansas Regional Prevention Center, a program of Pawnee Mental Health Services. She is a former home economics teacher.

Date: August 3
Time: 7 - 8:30 pm (Tuesday)
Fee: \$5
Location: UFM Conference Room



Introduction to Basic Public Speaking

SP-05

This course is designed as an overview to Public Speaking. As such, one will learn the basic components of message building. We will first learn the theoretical components of a speech and then how to put that theory into practice. Public Speaking ability is an important life skill. Thus, it is the goal of this course to improve one's written and oral communication skills. One should leave with enough information to be comfortable in front of a group or in an interview situation.

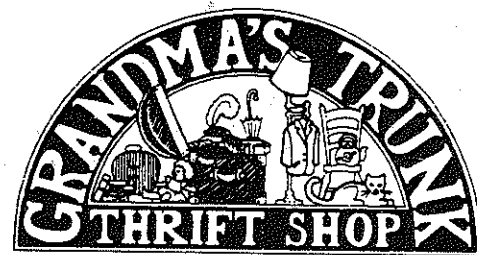
Rachel Santine (532-6875), has eight years of experience as a National Speech Competitor. She is a graduate student in Rhetorical Communication at K-State and is teaching Public Speaking and coaches Forensics.

Date: June 8 - 29 (7 sessions)
Time: 11:00 am - noon (Tues. & Thurs.)
Fee: \$20
Location: 311 Nichols, KSU

Introduction to Basic Public Speaking

SP-06

Rachel Santine
Date: July 13 - 29 (6 sessions)
Time: 11:00 am - noon (Tues. & Thurs.)
Fee: \$20
Location: 311 Nichols, KSU



1304 Pillsbury Dr. Manhattan, KS 66502
(913) 537-2273
HOURS: 10 a.m. to 6 p.m. Mon. - Sat.
1/4 mile south of viaduct on 177

Sharp - Self Defense for Women

SP-01

This is a nationally designed self-defense program to specifically meet the needs of women. By empowering women to better protect themselves they gain confidence in social and professional environments. There will be discussion dealing with situations from sexual harassment, date rape through actual attack. This class provides self defense techniques without the use of weapons or extensive Martial Arts. Ages 13 - adult.

Diana Tarver, has been teaching Women's Self Defense classes for 6 years throughout Colorado and Kansas. She is a 2nd degree Black Belt in Tae Kwon Do and has taught Police tactics, but for this class she takes a very practical and feminine approach.

Date: June 26 (1 session)
Time: 8 am - noon (Saturday)
Fee: \$15
Location: 1st Lutheran Church
930 Poyntz

Self-Esteem for Adults

SP-03

We will use a set of 4 video tapes by Marilyn Grosball as a core curriculum to learn the ways we sabotage ourselves and what tools can be used to reverse this trend. During each session we will view a video, have clarifying discussion and receive related hand-outs.
Class 1. Self Acceptance: The Key to Self-Esteem
Class 2. You're in Charge of your Life: Believe it or Not
Class 3. The Choice is Yours: Accept or Resist
Class 4. Your Present Thinking Creates Future Events.

Michael Cody (539-8763), is the Family Literacy Instructor at UFM. She works and has worked with adult groups teaching literacy and life skills classes. She has seen, over the years of working with adults in many situations, that the state of their self-esteem is the one factor which most consistently affects their lives. Happily, it is one factor that we each are in control of and can change.

Date: June 17, 24, July 1, 8 (4 sessions)
Time: 6:55 pm (Thursday)
Fee: \$12
Location: UFM Conference Room

Introduction to Zen Buddhist Philosophy and Practice

SP-02

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 30, July 7, 14 (3 sessions)
Time: 7:30 - 9 pm (Wednesday)
Fee: \$10
Location: UFM Conference Room

UFM is looking for anecdotes, photos, and memories of UFM over the past 24 years. If you have something you can share, call UFM at 539-8763 or send to 1221 Thurston, Manhattan, KS 66502 by June 1.

Thirteenth Annual National Rural Families Conference

Growing Our Future: Initiatives to Strengthen Children and Families

September 22-24, 1993

K-State Union
Kansas State University
Manhattan, Kansas

A conference for professionals working with and helping families

University Credit and Continuing Education Units are available.
For more information call the KSU Division of Continuing Education at 1-800-432-8222.





Women's Support Group

SP-07

As a group we will explore, from a female perspective, issues that effect the quality of our lives. We will use guided discussion on topics focusing on communication and the emotion that occurs in our daily relationships.

Jerie Colletti-Wetzel (537-3113), has facilitated groups for 3 years. She enjoys sharing life experiences with other women.

Date: June 9 - July 28 (8 sessions)
Time: 7 - 9 pm (Wednesday)
Fee: \$8
Location: UFM Greenhouse

Talk So Children Will Listen & Listen So Children Will Talk

SP-08

Using communication as an effective tool to build family relationships, this class will explain effective ways for parents to talk with and listen to their children. Group discussion, personal experiences and hand out materials will be used to help foster parental communication without resorting to anger, threats, nagging or power struggles.

John Kneisler, Eric Killian, and L.Jesse Peterson are graduate students studying in the field of family life education and consultation at Kansas State University.

Date: June 22 (1 session)
Time: 7 - 9 pm (Tuesday)
Fee: \$10 individual
\$13 couple
Location: UFM Greenhouse

Chinese Tai Chi

SP-09

Tai Chi known as Joy through Movement is a popular Chinese tradition. The purpose of Tai Chi is to circulate the vital force and balance the Yin-Yang of this Intrinsic Energy. It is so relaxing and energizing in a gentle manner. This class is designed for beginners. Students will learn basic movements through demonstration and practice. You'll like Tai Chi and enjoy practicing.

Ping Wei (776-2069), is a graduate student in the Department of Chemistry at KSU. When he was in China he taught many foreign students Tai Chi in Nanjing University. (The foreign students were from USA, Japan, Germany, Russia, the Netherlands, and other countries). Ping is very interested in introducing Tai Chi to this area.

Date: June 8 - July 30 (16 sessions)
Time: 8 - 9 pm (Tues. & Fri.)
Fee: \$25
Location: Lucky High School Gymnasium
220 S Juliette

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.

COMMUNITY REGISTRATIONS

For your convenience the following dates and locations have been scheduled for onsite registrations.

DATE	TIME	LOCATION
June 3	4 pm - 7 pm	Public Library
June 5	10 am - 2 pm	Wal-Mart
June 7	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).



Lost & Found is located in the lobby of the UFM House.

The Liquor Store That Gives You A Greater Selection



776-5003

2223 Tuttle Creek Blvd.
(next to Hop-n-Skip #2)

- Largest Cooler in Area
- Discount On Cases

- Cold Kegs in Stock
- Call us for Wedding & Business Receptions

- Large Selection of Imported and Domestic Wines

537-8219
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To Give You Low Prices



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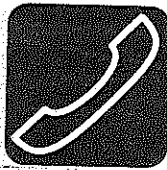
609 Pecan Circle, Manhattan • 776-5012

Look for UFM 25th Anniversary edition of the catalog Fall '93.



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.

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FOR YOU...

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

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 MasterCard

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	_____
Entered	_____	Visa	_____
Computer	_____	M/C	_____
Fee	_____	Voucher	_____
			Date _____

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 MasterCard

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Card # _____ Expiration Date _____

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(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 _____

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Fee	_____	Voucher	_____
			Date _____