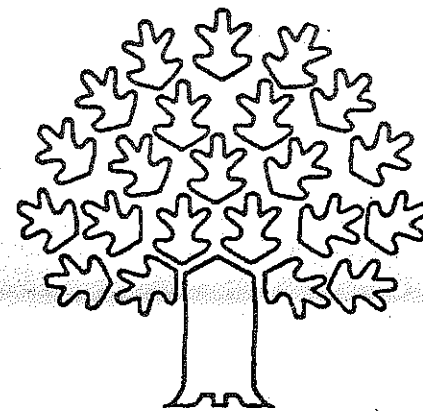
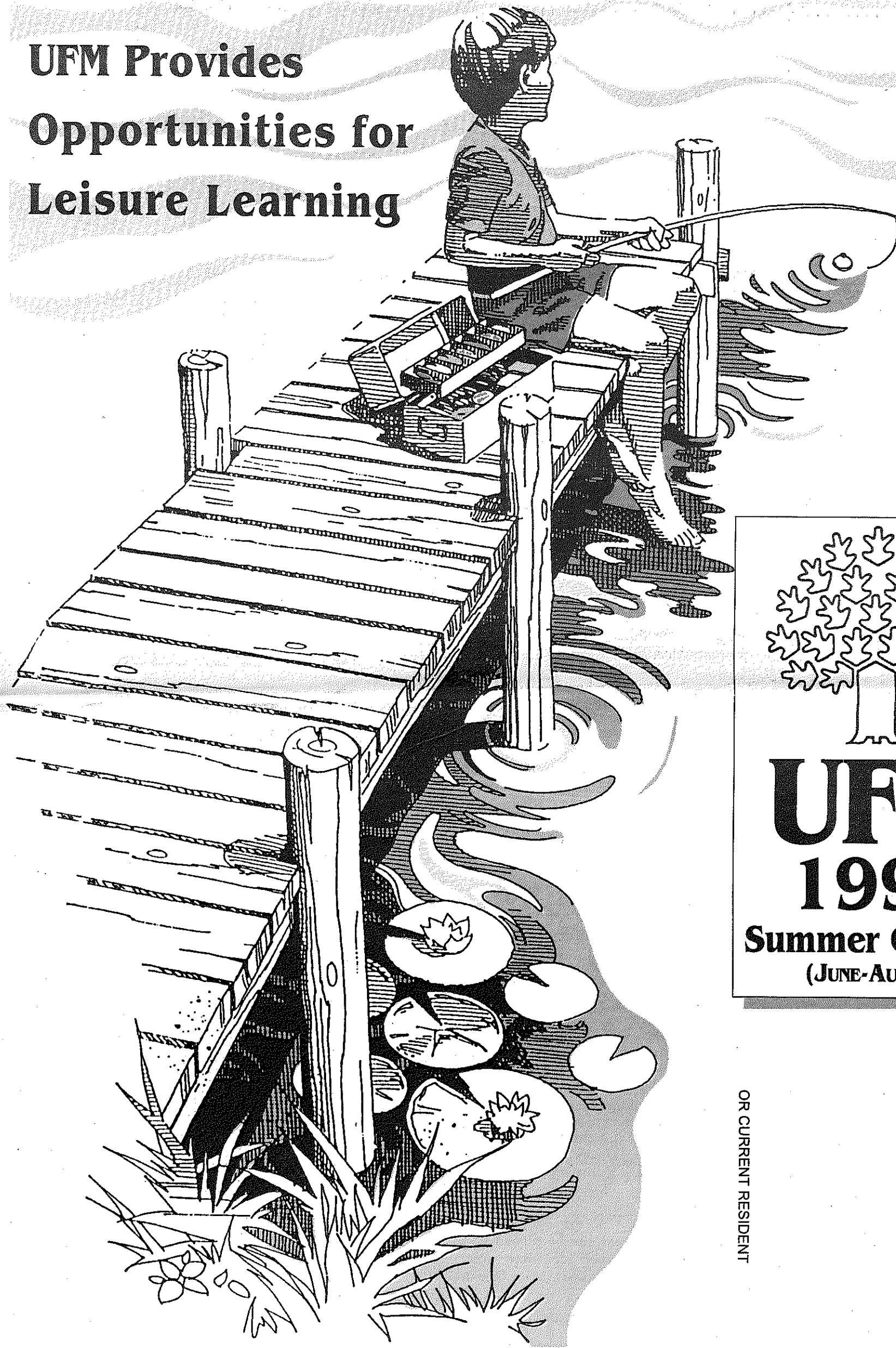


UFM Provides Opportunities for Leisure Learning



UFM
1995
Summer Classes
(JUNE-AUGUST)

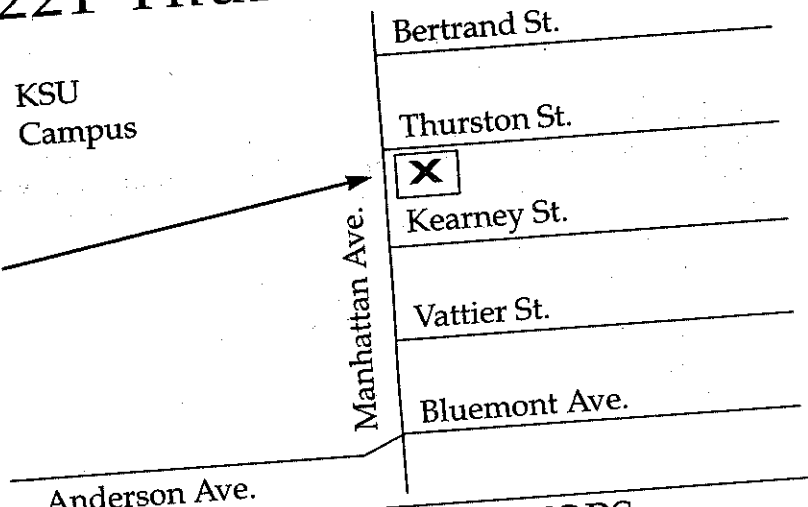
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WHERE WE'RE LOCATED



UFM
1221 Thurston



Dear Friends,

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

Each year UFM brings together hundreds of volunteer teachers with thousands of learners. UFM helps connect the university and the people of the community as they share interests.

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 Coordinator - Michael Cody
- Office Coordinator - Bonnie Wellmeier

In all these areas 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. We hope you enjoy this catalog of Leisure Learning opportunities!

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Classes

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*Scuba		*Starting a Business	
Computer	7	Recreation and Dance	16
*Beginning & Advanced - "User Friendly"		*Sports Lessons	
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UFM provides a neutral site to discuss community needs. 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.

ANSWERING MACHINE

You can now leave a message or receive current UFM information by calling 539-8763, between 5:00 pm and 8:30 am.



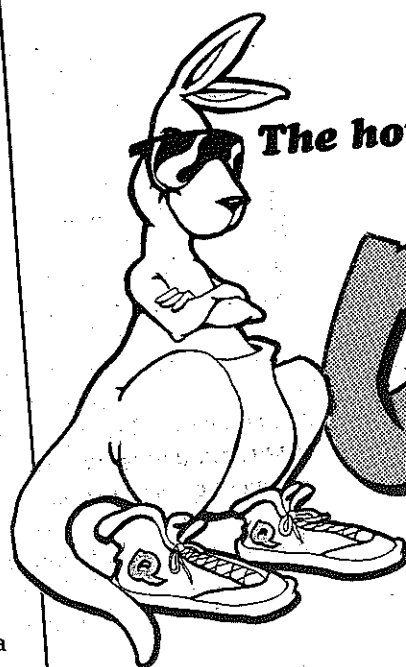
HANDICAPPED ACCESSIBLE

Any class can be placed in a handicapped accessible room. Please let us know at the time of registration.

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Manhattan Military Wives



— a program for all military families in the Manhattan area —

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 more.

Meetings are held every Wednesday afternoon from 1-3 p.m. at the First Presbyterian Church, 8th and Leavenworth, Manhattan. Free childcare for infants, toddlers and kindergarteners is provided. No reservations are needed. Dress is casual and newcomers are always welcome!

Monthly calendars of MILITARY WIVES activities are available at ACS, 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 Wednesdays are eligible for membership in the Manhattan Military Wives Babysitting Co-op.

SPECIAL PARENTING CLASS

Our Parent Discussion Group is a six-week class held on Friday mornings in the fall and spring. Childcare for infants and kindergarteners is provided. There is no charge for the classes, but pre-registration is required.

TRANSPORTATION

Transportation to Wednesday meetings, special workshops, and to medical, mental health and social services on post and in Manhattan can be arranged for Manhattan military families.

COMMUNITY NETWORKING

The MILITARY WIVES program brings together the needs of military families with resources available in the civilian and military communities.

For more information, please call Carol Dodderidge - 539-1077

COMMUNITY REGISTRATIONS

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

DATE	TIME	LOCATION
May 23, T	4pm - 6pm	Public Library
June 5, M	10am - 2pm	KSU Union

Registration continues throughout the semester:

UFM House — 1221 Thurston
8:30 am - 5 pm closed 12 Noon - 1 pm

MAILING YOUR 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.

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!

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

E mail address:
ufm@ksu.ksu.edu

Youth Scholarships
are available.

Did you get more than one copy of this catalog?
Please let the UFM office, 539-8763, know
and pass the extra copy to a friend. Thanks.

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 canceled. 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.

UFM CANCELLATION POLICY

When we cancel or reschedule a class, you will be notified, therefore, it is extremely important that we have a daytime and an evening phone number where we may reach you or leave a message. We reserve the right to cancel any class.

REFUND POLICY

We will give a full refund if a class is canceled by UFM. If a student decides to withdraw before the class begins, and gives 48 hours notice before the starting date, we will refund all but a \$3 processing fee. NO REFUND AFTER THE CLASS BEGINS.

REGISTRATION IS REQUIRED

All participants must be registered before attending a UFM class. This allows for adequate handouts and materials. A class may be canceled due to insufficient pre-registration.

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.

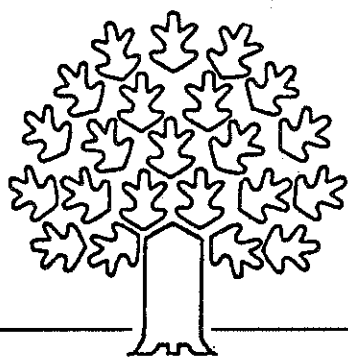
LIABILITY STATEMENT

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.

USE REGISTRATION FORM on the back cover.

©1035



Aquatics

1221 THURSTON

539-8763

Learn to Swim Classes

UFM and the Division of Continuing Education are pleased to present the American Red Cross Learn to Swim Level I - VII plus adult swim classes. Small classes allow for carefully guided instruction in stroke technique and water safety. Water Safety is reinforced with tips and practice each day. The first day of class each student is evaluated to assure they are in the proper class. They advance through the levels at their own rate and are moved to different class levels as space permits and skill advancement demands.

PARENTS DAY is scheduled to allow Parents on deck to observe their child's progress. Each child will receive a written report at this time as well as the end of class.

Parents Day Dates: Monday, June 12, 26, July 10 & 24
Check to see which date applies to your session.

LOCATION: KSU Natatorium - Ahearn Complex
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.

BEGINNING & ENDING DATES:

Session I:	Mon-Fri	June 5 - June 16
Session II:	Mon-Fri	June 19 - June 30
Session III:	Mon-Fri	July 3 - July 14
Session IV:	Mon-Fri	July 17 - July 28
No Classes:	Tuesday,	July 4

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:	Mon/Wed/Fri (see dates above)
AQ-08	10:00 - 10:30
AQ-09	10:45 - 11:15
AQ-10	4:15 - 4:45
AQ-11	5:25 - 5:55
Session II:	Mon/Wed/Fri (see dates above)
AQ-49	10:00 - 10:30
AQ-50	10:45 - 11:15
AQ-51	4:15 - 4:45
AQ-52	5:25 - 5:55
Session III:	Mon/Wed/Fri (see dates above)
AQ-89	10:00 - 10:30
AQ-90	10:45 - 11:15
AQ-91	4:15 - 4:45
AQ-92	5:25 - 5:55
Session IV:	Mon/Wed/Fri (see dates above)
AQ-128	10:00 - 10:30
AQ-129	10:45 - 11:15
AQ-130	4:15 - 4:45
AQ-131	5:25 - 5:55
Fee:	\$15 per session

Tot Transition

If your 3 - 4 year old toddler is ready to try the water without a parent, but not ready for Level I, this short class is for them. Emphasis will be on basic water safety and preparation activities for swimming. Some parent participation may be allowed.

Session II:	Mon/Wed/Fri (see dates above)
AQ-50T	10:45 - 11:15
AQ-52T	5:25 - 5:55
Session IV:	Mon/Wed/Fri (see dates above)
AQ-129T	10:45 - 11:15
AQ-131T	5:25 - 5:55
Fee:	\$15 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 (see dates above)
AQ-12	10:00 - 10:40
AQ-13	10:45 - 11:25
AQ-14	4:15 - 4:55
AQ-15	6:00 - 6:40
Session II:	Monday - Friday (see dates above)
AQ-53	10:00 - 10:40
AQ-54	10:45 - 11:25
AQ-55	4:15 - 4:55
AQ-56	6:00 - 6:40
Session III:	Monday - Friday (see dates above)
AQ-93	10:00 - 10:40
AQ-94	10:45 - 11:25
AQ-95	4:15 - 4:55
AQ-96	6:00 - 6:40
Session IV:	Monday - Friday (see dates above)
AQ-132	10:00 - 10:40
AQ-133	10:45 - 11:25
AQ-134	4:15 - 4:55
AQ-135	6:00 - 6:40
Fee:	\$35 per session

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 (see dates above)
AQ-16	10:00 - 10:40
AQ-17	10:45 - 11:25
AQ-18	4:15 - 4:55
AQ-19	6:00 - 6:40
Session II:	Monday - Friday (see dates above)
AQ-57	10:00 - 10:40
AQ-58	10:45 - 11:25
AQ-59	4:15 - 4:55
AQ-60	6:00 - 6:40
Session III:	Monday - Friday (see dates above)
AQ-97	10:00 - 10:40
AQ-98	10:45 - 11:25
AQ-99	4:15 - 4:55
AQ-100	6:00 - 6:40
Session IV:	Monday - Friday (see dates above)
AQ-136	10:00 - 10:40
AQ-137	10:45 - 11:25
AQ-138	4:15 - 4:55
AQ-139	6:00 - 6:40
Fee:	\$35 per session

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The WELLNESS section of the catalog features **COMMUNITY FIRST AID AND SAFETY** classes that teach CPR.

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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 (see dates above)**
AQ-20 10:00 - 10:40
AQ-21 10:45 - 11:25
AQ-22 4:15 - 4:55
AQ-23 6:00 - 6:40
- Session II: Monday - Friday (see dates above)**
AQ-61 10:00 - 10:40
AQ-62 10:45 - 11:25
AQ-63 4:15 - 4:55
AQ-64 6:00 - 6:40
- Session III: Monday - Friday (see dates above)**
AQ-101 10:00 - 10:40
AQ-102 10:45 - 11:25
AQ-103 4:15 - 4:55
AQ-104 6:00 - 6:40
- Session IV: Monday - Friday (see dates above)**
AQ-140 10:00 - 10:40
AQ-141 10:45 - 11:25
AQ-142 4:15 - 4:55
AQ-143 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 (see dates above)**
AQ-24 10:00 - 10:40
AQ-25 10:45 - 11:25
AQ-26 4:15 - 4:55
AQ-27 6:00 - 6:40
- Session II: Monday - Friday (see dates above)**
AQ-65 10:00 - 10:40
AQ-66 10:45 - 11:25
AQ-67 4:15 - 4:55
AQ-68 6:00 - 6:40
- Session III: Monday - Friday (see dates above)**
AQ-105 10:00 - 10:40
AQ-106 10:45 - 11:25
AQ-107 4:15 - 4:55
AQ-108 6:00 - 6:40
- Session IV: Monday - Friday (see dates above)**
AQ-144 10:00 - 10:40
AQ-145 10:45 - 11:25
AQ-146 4:15 - 4:55
AQ-147 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 (see dates above)**
AQ-28 10:00 - 10:40
AQ-29 10:45 - 11:25
AQ-30 4:15 - 4:55
AQ-31 6:00 - 6:40
- Session II: Monday - Friday (see dates above)**
AQ-69 10:00 - 10:40
AQ-70 10:45 - 11:25
AQ-71 4:15 - 4:55
AQ-72 6:00 - 6:40
- Session III: Monday - Friday (see dates above)**
AQ-109 10:00 - 10:40
AQ-110 10:45 - 11:25
AQ-111 4:15 - 4:55
AQ-112 6:00 - 6:40
- Session IV: Monday - Friday (see dates above)**
AQ-148 10:00 - 10:40
AQ-149 10:45 - 11:25
AQ-150 4:15 - 4:55
AQ-151 6:00 - 6:40
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 (see dates above)**
AQ-32 10:00 - 10:40
AQ-33 10:45 - 11:25
AQ-34 4:15 - 4:55
AQ-35 6:00 - 6:40
- Session II: Monday - Friday (see dates above)**
AQ-73 10:00 - 10:40
AQ-74 10:45 - 11:25
AQ-75 4:15 - 4:55
AQ-76 6:00 - 6:40
- Session III: Monday - Friday (see dates above)**
AQ-113 10:00 - 10:40
AQ-114 10:45 - 11:25
AQ-115 4:15 - 4:55
AQ-116 6:00 - 6:40
- Session IV: Monday - Friday (see dates above)**
AQ-152 10:00 - 10:40
AQ-153 10:45 - 11:25
AQ-154 4:15 - 4:55
AQ-155 6:00 - 6:40
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 (see dates above)**
AQ-36 10:00 - 10:40
AQ-37 10:45 - 11:25
AQ-38 4:15 - 4:55
AQ-39 6:00 - 6:40
- Session II: Monday - Friday (see dates above)**
AQ-77 10:00 - 10:40
AQ-78 10:45 - 11:25
AQ-79 4:15 - 4:55
AQ-80 6:00 - 6:40
- Session III: Monday - Friday (see dates above)**
AQ-117 10:00 - 10:40
AQ-118 10:45 - 11:25
AQ-119 4:15 - 4:55
AQ-120 6:00 - 6:40
- Session IV: Monday - Friday (see dates above)**
AQ-156 10:00 - 10:40
AQ-157 10:45 - 11:25
AQ-158 4:15 - 4:55
AQ-159 6:00 - 6:40
Fee: \$35 per session

**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 (see dates above)**
AQ-40 10:00 - 11:25
AQ-41 4:15 - 4:55
AQ-42 6:00 - 6:40
- Session II: Monday - Friday (see dates above)**
AQ-81 10:00 - 11:25
AQ-82 4:15 - 4:55
AQ-83 6:00 - 6:40
- Session III: Monday - Friday (see dates above)**
AQ-121 10:00 - 11:25
AQ-122 4:15 - 4:55
AQ-123 6:00 - 6:40
- Session IV: Monday - Friday (see dates above)**
AQ-160 10:00 - 11:25
AQ-161 4:15 - 4:55
AQ-162 6:00 - 6:40
Fee: \$20 per session

Youth Scholarships are available.

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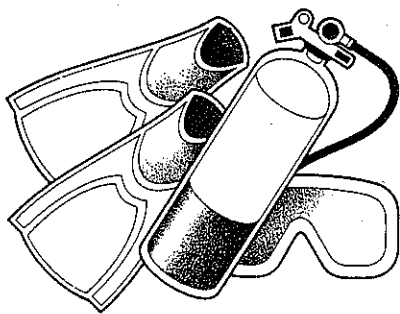
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Swim and Stay Fit for Parents

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 Parent's Swim and Stay Fit Class for a special parent's rate of \$15. You 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 (see dates above)
 - AQ-43 10:00 - 11:25
 - AQ-44 4:15 - 4:55
 - AQ-45 6:00 - 6:40
 - Session II: Monday - Friday (see dates above)
 - AQ-84 10:00 - 11:25
 - AQ-85 4:15 - 4:55
 - AQ-86 6:00 - 6:40
 - Session III: Monday - Friday (see dates above)
 - AQ-124 10:00 - 11:25
 - AQ-125 4:15 - 4:55
 - AQ-126 6:00 - 6:40
 - Session IV: Monday - Friday (see dates above)
 - AQ-163 10:00 - 11:25
 - AQ-164 4:15 - 4:55
 - AQ-165 6:00 - 6:40
- Fee: \$15 per session



Scuba Diving

AQ-03

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 at 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 12, 5 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 24 years and instructing scuba for 14 years.

Date: June 12, 14, 19, 21, 26 & 28
Time: 5 - 9 pm (Mon & Wed)
Fee: \$195
Location: KSU Natatorium

Scuba Refresher

AQ-04

The dive refresher program is designed to provide a controlled training environment for those certified divers who have not had recent diving experience. This program is recommended for:

1. Those with less than 4 open water dives in the past year.
2. Those with no water dives in the past 6 months.
3. Those planning dives in an environment which is new to them.

Prerequisite: Open Water I certification. **Students must provide their own mask, fins, and snorkels for the class.** They may use their own equipment if they have it. Ages 12 +.

Jeff Wilson, has been diving for 24 years and has been instructing scuba for 14 years.

Date: June 10
Time: 9 am - 1 pm (Saturday)
Fee: \$52 includes equipment rental
Location: KSU Natatorium

SCHOLARSHIPS for YOUTH

Apply at:
UFM

1221 Thurston, 539-8763

The classes in this catalog are made available because the instructors are willing to share their time and talents. I appreciate their cooperation and would like to say Thank You.

Jresa Weaver

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.

- Session I: Mon/Wed June 5 - June 28
 - AQ-47 6:00 - 6:55
 - Tues/Thurs June 6 - June 29
 - AQ-48 6:00 - 6:55
 - Session II: Mon/Wed July 3 - July 26
 - AQ-87 6:00 - 6:55
 - Tues/Thurs July 6 - July 27
 - AQ-88 6:00 - 6:55
- Fee: \$15 per session.

Private Lessons for Special Populations

AQ-01

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-02

These lessons provide one on one instruction for any level or age of swimmer. Participants will be contacted to schedule 6 classes of 30 minutes each.

Date/Time: By appointment
Fee: \$38.00 per session of 6 lessons

FUN!
DANCE CLASSES
Recreation & Dance section.

776-5577



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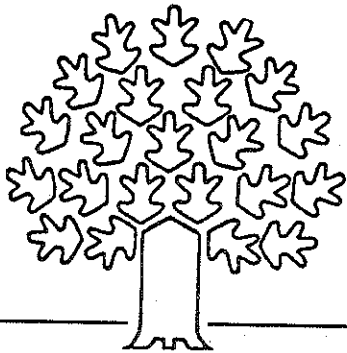
UFM

on Channel 19

5:00 p.m. Tuesdays &
4:30 p.m. Wednesdays

- June 6, 7 Tai Chi
- June 13, 14 Tae Kwon Do
- June 20, 21 Speed Sewing
- June 27, 28 Am I Guilty?
- July 4, 5 Peace Meditation
- July 11, 12 House Buying
- July 18, 19 Visitor
- July 25, 26 My Friend Cindy
- Aug 1, 2 Fish Tank
- Aug 8, 9 Interior Architecture
- Aug 15, 16 Hair Braiding
- Aug 22, 23 French for Fun





Computer

1221 THURSTON

539-8763

WordPerfect I

CP-01

Learn how to use this popular word processing program. Create documents, set up margins and other page formatting, print and save documents. Learn features such as copy, move and how to use two documents at once. Reveal Codes, Spell Check, Repeat and other special features will be included. Available for 5.1, DOS 6.0 and Windows 6.0 versions. Hands-on computer time is provided. **Please indicate which version of WP you are interested in learning when you enroll.**

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

Date: June 13 & 20
Time: 3 - 5 pm (Tuesday)
Fee: \$26
Location: UFM Computer Lab



WordPerfect II

CP-02

Use WordPerfect to become more productive and improve the appearance of your documents. Try your hand at designing a newsletter. Learn how to create tables, program macros and run mail merge. Create an attractive table of contents. Available for 5.1, DOS 6.0 and Windows 6.0 versions. Hands-on computer time is provided. **Please indicate the version of WP you are interested in learning when you enroll.**

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

Date: July 5, 12 & 19
Time: 3 - 5 pm (Wednesday)
Fee: \$44
Location: UFM Computer Lab

Survival Windows

CP-04

Microsoft Windows has become a fundamental part of many software applications. Come learn the basics for using this new environment. You will learn how to operate the windows, work with program groups, customize your work area, manage files and other helpful features to let you feel more comfortable with this common software tool.

Linda Teener

Date: June 15 & 22
Time: 7 - 8:30 pm (Thursday)
Fee: \$22
Location: 202 Fairchild, KSU

Managing your Computer

CP-03

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

Linda Teener

Date: July 5 & 12
Time: 6 - 7:30 pm (Wednesday)
Fee: \$25
Location: UFM Computer Lab



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BOOKS BOUGHT, SOLD & EXCHANGED
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539-2839



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MILTON ANDERSON - Associate Broker
& Certified Auctioneer

*Residential *Rentals
*Appraising *Farms
*Commercial *Member MLS &
*Auctioneering Board of Realtors
121-A S. 4th
Suite 201

776-4834

Individual Computer Help

CP-05

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

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

Date/Time: By appointment
Fee: \$20 per hour
Location: as arranged

Introduction to Internet

CP-06

Are you standing at the on ramp to Cyberspace and have no idea how to get on or where to go? An introduction to the Internet will help you understand the terms, and introduce you to the tools used to access information on the Internet.

Leonard Leeling (532-5988) and Anne Byers

Date: June 10
Time: 10 - 12 noon
Fee: \$14
Location: UFM Computer Lab

Catalog is on the KSU UNICORN system

ATTENTION!

The following is a list of frequently requested classes that UFM would like to include in the next catalog.

Spanish
Stained glass
Calligraphy
Cartooning

Please help us find instructors -
Call Tresa at UFM, 539-8763.

On-site, small group computer instruction for your employees. Call UFM 539-8763 to schedule. Corporate rates.

Oops! Did you get more than one copy of this catalog? Please let the UFM office, 539-8763, know and pass the extra copy to a friend. Thanks.

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

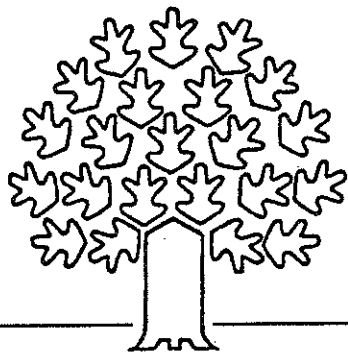
For more information, call
UFM 539-8763

\$\$\$\$\$\$\$
Buying empty
inkjet cartridges
\$2⁰⁰ each

STREETLINE
RECHARGING SERVICE
3129 SW Huntoon Topeka, KS
1-800-801-9141

All participants must register in advance.

1035



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+

**** Tuesday, June 6, 6:30 - 7:30 pm -- Public Demonstration and formal introduction of instructors in Ahearn Fieldhouse Gym, Dance 301, KSU**

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*, 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 6 - July 27
No class July 4
Time: 6:30 - 7:30 pm (Tues & Thurs)
Fee: \$35
Location: Ahearn Fieldhouse Gym, Dance 301, KSU



Tae Kwon Do Karate II Advanced

MA-02

Grandmaster Chae Sun Yi & Master James Craeton

Date: June 6 - July 27
No class July 4
Time: 7:30 - 8:30 pm (Tues & Thurs)
Fee: \$35
Location: Ahearn Fieldhouse Gym, Dance 301, KSU

Introduction to Jujitsu

MA-03

Hakko Ryu is a self-defense-oriented grappling type of martial art. It is 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 (537-0732), has studied martial arts for 23 years and has taught for 15 years. He holds a 3rd degree black belt in Kung Fu, a 2nd degree 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 7 - 28
Time: 7 - 8 pm (Wednesday)
Fee: \$14
Location: Ahearn Fieldhouse, KSU

How to Watch a Good Program Die

Nothing kills a UFM class faster than participants who wait until the last minute to enroll. Classes will be canceled if there is a low enrollment.

PLEASE REGISTER EARLY!

Basic Kung Fu, Techniques & Applications

MA-04

This class will be a general introduction to the techniques used in Pai te Lung (White Dragon) Kung Fu. Emphasis will be given to learning basic hand, foot and body movements to generate offensive power, balance while moving and control over an attacker. These movements will be translated into practical applications for dealing with an attacker. Practicality will be the watch word as we study the roots of the ancient Chinese Martial Arts.

Sifu Howard R. Levy (539-7433), has studied a variety of martial arts with the Pai te Lung system in particular for seven years and has reached the rank of Second degree Black. He has been teaching for three years, two of which have been teaching young students at Flint Hills Job Corps Center. He has spent considerable amounts of time developing and teaching applications for what many consider the esoteric side of martial arts, Forms or Kata. His personal philosophy includes: "If you don't know what it means, it is useless"; "a punch is not always a punch...it can be much more or much less."

Date: June 5 - August 14
No class July 3
Time: 7 - 8 (Monday)
Fee: \$28
Location: Ahearn Fieldhouse, KSU

Ninjutsu Training Group

MA-05

Ninjutsu has been called the Japanese art of espionage. This training group will work on the 9th KYU requirements for the American Bujinkan system: falling, rolling, opening ceremony, basic striking, the earth form, and stretching exercises.

Stan Wilson (537-0732), has been playing with Ninjutsu for 28 years. He has been associated with Steve Hayes Sensei since 1976, and is a member of the American Bajinkan Dojos and Shadows of Iga.

Date: June 6, 13, 20 & 27
Time: 6:30 - 7:30 pm (Tuesday)
Fee: \$24
Location: Ahearn Fieldhouse, KSU

Beginning Aikido

MA-09

Aikido is a martial art in which one trains to be calm and lead a conflict to a peaceful resolution. This is a beginning class intended to introduce Aikido. We will learn Aikido techniques of defense, and develop the movement qualities to perform them. The techniques can also be easily combined into a short performance program called "Taigi" which we will learn. Instruction will also consider the spontaneous interests and needs of the participants. This class is for men and women, young and old.

Paul Gleue (539-3868), began practicing Aikido in 1988 at Cloud County Community College. He assisted the instructor and worked with beginners before leaving the area in 1992. His training is Ki Society Aikido. He has passed testing for three levels of Aikido and Ki development with Kashiwaya Sensei, chief instructor in the United States for Ki Society Aikido.

Date: June 6 - July 27
Time: 7 - 8:30 pm (Tues & Thurs)
Fee: \$33
Location: Ahearn Fieldhouse, KSU

UFM MESSAGE NUMBER

For information after business hours
call 539-8763

Beginning Tae Kwon Do for Adults

MA-06

Have you always wanted to try martial arts but aren't sure that it's for you? Do you need to work on your flexibility and coordination? This class is designed for people who 1) want to learn Tae Kwon Do in a non-threatening environment, 2) are not sure they're physically capable of being a martial artist, 3) want to work on flexibility and basic self-defense, or 4) just want a great way to get in shape. Are you up to the challenge?

DC Lehman (532-6340), is a first degree black belt in the American Tae Kwon Do Association and is an instructor with the K-State/Manhattan Tae Kwon Do Club. She also has extensive experience in weight training, stretching, and adaptive stretching (for those with physical limitations).

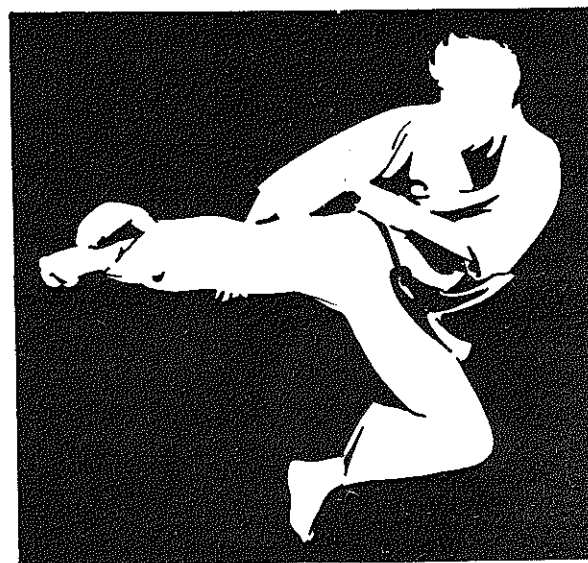
Date: June 13, 16, 20, 23, 27, 30
Time: 8 - 8:45 pm (Tues & Fri)
Fee: \$32
Location: ECM Student Center
1021 Denison

Beginning Tae Kwon Do for Adults

MA-07

DC Lehman

Date: July 7, 11, 14, 18, 21 & 25
Time: 8 - 8:45 pm (Tues & Fri)
Fee: \$32
Location: ECM Student Center
1021 Denison



Shotokan Karate

MA-08

Shotokan Karate, a forerunner of modern Japanese karate was introduced in Japan from Okinawa in the early 1900's. Learn this self-defense art form through the correct study of body dynamics. Emphasis is on proper balance, posture, and correct breathing. You will learn a combination of kicks and punches.

Chris Wanner (537-4306), has a BA degree in Fine Arts. He is a 1st degree black belt in Shotokan Karate., and has been practicing Shotokan for 6 years in Greeley, Colorado.

Date: June 5 - July 31
No class July 3
Time: 5:30 - 6:30 (Mon, Wed & Fri)
Fee: \$32
Location: Ahearn Fieldhouse, KSU

SELF DEFENSE FOR WOMEN — SHARP—is offered in the PERSONAL DEVELOPMENT section of this catalog.

Tae Kwon Do classes designed specifically for children ages 4-5, 6-8, 9-14 are found on page 19.

Manhattan Clay Coalition 1995 Summer Classes

sponsored by the Manhattan Arts Council

June 4th - July 29th

at the

Arts Center Annex Pottery Studio

1508 Poyntz Ave., Manhattan, Ks

Manhattan Clay Coalition Classes are developed by coalition members in collaboration with staff from: Manhattan Arts Council, University For Mankind (a MCC member), Manhattan Civic Theater, Big Lakes Developmental Center, and USD 383.

Scholarships are available.

Fee reduction or deferment for children & youth is provided by the

YES! Fund,

a fund of the Robert R. McCormick Tribune Foundation.

The Manhattan Arts Center, Inc.

is a joint project of

**Manhattan Arts Council and
Manhattan Civic Theatre,**

with funding provided in part by:

**The City of Manhattan,
Manhattan Town Center,
and the Kansas Arts Commission,**

a state agency;

and the National Endowment for the Arts,
a federal agency.

YES! Fund,
a fund of the Robert
R. McCormick
Tribune Foundation.



MANHATTAN CLAY COALITION MOTTO

*"United, to Accomplish Excellence Through Discovery,
in the Arts and Crafts"*

MANHATTAN CLAY COALITION MISSION STATEMENT

The Manhattan Clay Coalition (MCC) is committed to promoting a quality clay experience for all citizens of Manhattan and surrounding communities, and to supporting the Manhattan Arts Center, Inc. The goals of the coalition will be achieved through studio and outreach efforts including:

- classes for all skill levels
- open studio
- "clay in action" projects
- workshops and professional development seminars
- exhibitions, shows, and sales

Summer 1995:

MAKE IT IN CLAY!

Dragons, Myths, and Fairy Tales
Learn and Share
Mask Making
Theatre, Make it in Clay
Rhythm & Music, Make it in Clay
Introduction to Clay: Wheel & Handbuilt
Clay Discovery
Family Clay Adventure
Clay for Special Needs Populations
Tile Making
Blackware: Present Primitive
Clay in Public View

REGISTRATION INFORMATION:

- UFM will handle registration for all classes.
- Advance registration to reserve your spot is recommended.
- See the back of the UFM catalog for registration information and instructions.

Summer 1995:

Manhattan Clay Coalition Classes for all ages

CLASSES FOR CHILDREN & YOUTH

Scholarships are available.

Fee reduction or deferment for children & youth is provided by the **YES! Fund,**

a fund of the **Robert R. McCormick Tribune Foundation.**

All children and youth through the 12th grade will receive a **67% reduction in class fee.** Those students who qualify for the "free or reduced school lunch program" will receive a **100% fee deferment.**

DRAGONS, MYTHS, AND FAIRY TALES: for ages 3-8 years old

Instructor: Laura Fatemi

FEE: \$15.00 a YES! Fund children's class (you pay \$5.00, or \$0)

In this class, students will listen to a Manhattan Public Library book read by a special volunteer friend. Each child will be guided in the making of clay objects inspired by the stories they heard.

Class meets for 2 weeks. **W, & Th., June 7, 8, 14, & 15**

CC 301 For children ages 3 to 5 9:00 - 10:00 am

CC 302 For children K - 3rd gd. 10:15 - 11:30 am

LEARN AND SHARE: For ages 6 -10yr & over 55yr.

Instructor: Staff

FEE: \$30.00 a YES! Fund children's class (you pay \$10.00, or \$0)

Here is an opportunity for children to learn a new skill and share that skill with a senior citizen. On Wednesday, the children will learn how to create their own special clay project. Then on Thursday the class will then be joined by a group of senior citizens. Each child will share the skills they learned with a "new friend" and help them create their own special clay project, too.

Class CC 303 (for children grades 1-3rd.) meets 2hrs- 2 days / 2 wks.

Class CC 304 (with seniors) meets 2 hrs-one day / 2 wks.

CC 303 W., & Th. June 21, 22, 28, & 29 9 to 11:00 am.

CC 304 Fee: \$12.00 Th. June 22 & June 29 9 to 11:00 am

MASK MAKING For ages 10 and up

Instructor: Laura Fatemi

FEE: \$72.00 a YES! Fund class (you pay \$24.00, or \$0)

This class will explore the many ranges of facial expressions created in clay from a mold that was taken directly from your own face. Plaster impressions of the face will be made and each student can make several clay masks from the one mold. The real fun begins when the cast clay faces are distorted and formed into dramatic and exaggerated facial expressions. A group wall piece will be made from the kiln fired clay faces and exhibited. Enrollment minimum 6, maximum 10 students. Adults may enroll, if space is available.

Class meets 2hrs-3 days / 4 wks.

CC 305 M., T., & Th., June 5 - June 29 1 to 3:00 pm.

THEATRE, MAKE IT IN CLAY for grades 1 to 8

MCT Instructor: Gretchen Morgan

MCC Instructor: Jane Wegschieder

FEE: \$90.00 a YES! Fund children's class (you pay \$30.00, or \$0)

The first class will meet together at the main stage in the Arts Center, where all students will be introduced to the class and its' structure. The class will then be divided into 2 smaller groups. Each group will combine their creative talents to "build a play" using drama and clay techniques. Theatre time will be spent in creating an original performance piece, (story line, stage movement and character development will be stressed). Clay time will be spent in the design and making of clay props, etc. that will be used on their "play".

Enrollment minimum 10, maximum 20 students. The "plays" will be performed on Friday, July 28, at 5:00 pm. on the main stage of MCT in the Arts Center.

Classes meets: **Mon., Tue., & Th. July 3 - July 28 12:30 - 3:00**

CC 306

For students grades 1 to 4

CC 307

For students grades 5 to 8

RHYTHM & MUSIC, MAKE IT IN CLAY: for grades 7 - 12.

Guest Instructor: Scott Freeby, MMS Music teacher

MCC Instructor: David Randall

FEE: \$90.00 a YES! Fund youth class (you pay \$30.00, or \$0)

The first hour of this collaborative class will be spent exploring the primitive origins of rhythm and music with Scott Freeby. The next two hours will be spent making your own drums, whistles, flutes or other creative musical instruments with David Randall.

Minimum of 8, maximum of 12 students. (Adults may enroll, if space allows.)

Class meets 3hrs-4 days / 3 wk.

Original music compositions will be performed with these handmade instruments in recital on Friday, July 28, at 5:00 pm. on the main stage of MCT in the Arts Center.

CC 308 M., T., W., & Th., July 10 - July 28 9 to Noon

INTRODUCTION TO CLAY: WHEEL AND HANDBUILT

FEE: \$39.00 a YES! Fund youth class (you pay \$13.00, or \$0)

This class will focus on teaching the beginner the basic skills and techniques of wheel throwing and hand building in clay. All skill levels welcome. (Adults may enroll if space is available.)

Instructor: Joyce Furney

Classes meets on Saturday, for 4 weeks, June 10 - July 1,

CC 309 for students grade 7 -12 9:00 - 11:30 am.

CC 310 for students grades 9 - Adult 12:30 - 3:00 pm.

Instructor: Staff

Classes meets on Saturday, for 4 weeks, July 8 - July 29,

CC 311 for students grade 7 -12 9:00 - 11:30 am.

CC 312 for students grades 9 - Adult 12:30 - 3:00 pm.

MAKE IT IN CLAY

all skill levels starts June 4 through July 29

CLAY DISCOVERY For students grades 1-8

Instructor: Trish Kaweck

Fee: \$39.00 a YES! Fund youth class (you pay \$13.00, or \$0)

Discover the fun and the joy of your hands making clay pots. Slab construction techniques will be used to build projects from boxes to pressed design vases. Demonstration of wheel thrown pottery will be given, with each student trying it once. All materials included, additional tools needed. Class meets for 1 1/2 hrs. 2 days/ 4 wks.

CC 313 grades 1-4 M. & T. June 5 - 27 3:30 - 5

CC 314 grades 4-8 W. & Th. June 7 - 29 3:30 - 5

CC 315 grades 1-4 M. & T. July 3 - 27 3:30 - 5

CC 316 grades 4-8 W. & Th. July 5 - 27 3:30 - 5

CLASSES FOR YOUTH & ADULTS

"Work Scholarships" are available.

HEEL & HANDBUILT for students 16 yrs. & up

Instructor: Gene Seivers

Fee: \$48.00 a YES! Fund youth class (you pay \$16.00, or \$0)

Learn and introduce your hands and your mind to the joy of discovery in clay. No experience necessary. Those wanting to refine their skills are also welcome. Enroll in one or both sessions. Fee includes 25 lbs. clay. Class meets 3hr-1days/ 4 weeks.

CC 317 Monday, June 5 - 26 9:00 - Noon

CC 318 Tuesday, June 6 - 27 9:00 - Noon

FAMILY CLAY ADVENTURE for all ages

Instructor: Ronna Tyson

Fee: \$40.00 for 1st family member, \$10 for each thereafter

YES! Fund child & youth class (you pay \$3.00, or \$0)

Discover clay creation with a special family member or mentor. Wheel and/or hand building. All ages welcome.

Class meets 2hr-2days/ 3wks.

CC 319 M. & T. July 10 - July 25 6:30 - 8:30 pm

CLAY FOR SPECIAL NEEDS POPULATIONS

Instructor: Joyce Furney

Fee: \$40.00

Class designed to meet the needs of persons with developmental or physical challenges. Scholarships are available.

CC 320 Wed. June 7 - July 27 1:00 - 2:30 pm.

TILE MAKING for students 18 yrs. & older

Instructor: Joyce Furney

Fee: \$60.00

This class will cover making and decorating your own ceramic tiles. Slab, press mold, and extrusion methods of construction will be taught. Grouts, adhesives and tile installation methods will also be discussed. Fee included 25 lbs. of clay, decorating and glaze materials. Meets 2hrs-2days/3 wks.

CC 321 W & Th June 7 - 23 7:00 - 9:00 pm.

BLACKWARE: PRESENT PRIMITIVE for 16 yrs. & older

Instructor: Ronna Tyson

Class will meet at Gary & Ronna Tyson's studio, 539-9331

Wild Cat Village Pottery, 3693 Reservation Dr., Keats. Ks

Fee: \$48.00 a YES! Fund youth class (you pay \$16.00, or \$0)

This class will present a Kansas version of the southwest Native American ceramic tradition. Students will learn to make and apply terra sigillata (a refined slip) to burnished pots, which will be fired outdoors using dried cow manure as the fuel. Handbuilding and decorating techniques will be emphasized.

CC 322 Sat., July 8 - 29 8 - 11:00 am (to beat the heat)

CLAY IN PUBLIC VIEW for adult students

Guest Instructor: Bernd Foerster, KSU Dept. of Architecture

MCC Instructors: Gary Tyson

Fee: \$80.00

Explore the role of public art and identify locations where clay could play an important role in the aesthetic life of the community. Define the contributions that clay can make in a specific location and explore the color and form that could enhance an area that is in public view. Develop production techniques and test appropriate "sketches" in real situations.

Original films, made by Prof. Foerster, and other media will be viewed. Minimum of 6 students, maximum of 10.

Class meets for 2 hrs. - 2 days/ 4 wks.

CC 323 W. & Th., June 25 - July 20 7:00 - 9:00 pm

OPEN STUDIO (Facility use only, no instruction)

Open Studio enrollment is available for people who need no instruction but wish to have use of a well equipped studio, access to glazes and knowledge that their work will be fired with professional care and attention. Individuals enrolling in Open Studio may sign up for specified times and/ or work whenever the pottery studio is not being used by classes. (use is not permitted after 10 pm.)

Times reserved for Open Studio are: Sat. 3-9 pm. & Sun. 12-9 pm.

CC 330 Registration Fee: \$10.00, paid at time of enrollment

Studio Use Fee: \$2.75 / use hour, billed monthly

Clay Fee: \$6.25 / 25 lbs. clay used, billed monthly

To be eligible for Open Studio Use one must:

1. be a current member of the Clay Coalition,
(Annual membership:
\$15 for an individual; \$25 for a family; \$5 for students)
2. agree to adhere to all studio policies & procedures,
3. enroll in Open Studio and agrees to pay relevant fees
4. arrange to meet with the Studio Manager, (see below)
5. keep "Open Studio Monthly Use Card"
and turn it in on time to designated location

Hourly fee includes: use of the wheels, slab roller, tools, shelf area, glazes and kiln space. Each person who enrolls in Open Studio is responsible to call the studio manager, Ronna Tyson at 539-0187, to arrange an initial meeting time. This required meeting is designed to go over appropriate use and safety policies and procedures and to answer any questions you may have.

ALL ABOUT MCC CLASSES AT THE ARTS CENTER ANNEX POTTERY STUDIO:

All classes and labs will be conducted at The Arts Center Annex Pottery Studio, 1508 Poyntz, Manhattan, KS 66502, unless otherwise specified. The pottery studio is equipped with electric and kick wheels, a slab roller, clay extruder, and electric kilns. Class fees includes the basics: tools, clay (up to 25 lbs. of clay for adults, 13 lbs. for children), glazes materials, firing, and open lab time. Stoneware clay body is primary clay used, fired to cone 6 oxidation. Please wear old clothes and count on getting dirty. Tool kits and additional clay may be purchased.

The eight week summer session begins **June 4** and ends **July 29**.

Please note that there **will be no MCC classes July 4th**.

Classes have an enrollment limit of 5 minimum and 10 maximum, unless noted otherwise.

SCHOLARSHIPS:

Fee reduction or deferment for children & youth is provided by the **YES! Fund, a fund of the Robert R. McCormick Tribune Foundation**. All children and youth through the 12th grade will receive a **67% reduction in class fee**. Those students who qualify for the "free or reduced school lunch program" will receive a **100% fee deferment**.

"**Work scholarships**" are available for adults. If you have time to give in exchange for instruction the art of pottery making, request a "work scholarship" at the time of enrolling. Scholarship contract will negotiated with MCC Studio Manager.

REGISTRATION INFORMATION:

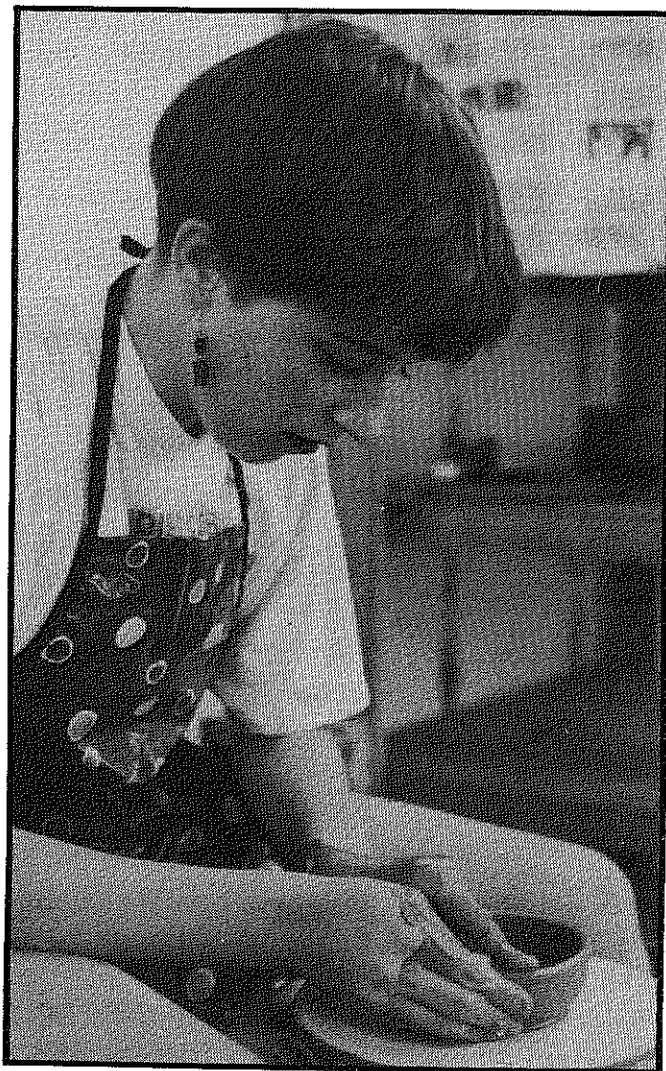
- UFM will handle registration for all classes.
- Advance registration to reserve your spot is recommended.
- See the back of the UFM catalog for registration information and

Many volunteers, both corporate and personal, with donations of in-kind goods and services built the **Art Center Annex Pottery Studio** for the community of Manhattan.

A hardy "THANK YOU", to all the people, organizations, and businesses who have: "**United, To Accomplish Excellence Through Discovery, In The Arts And Crafts**". The fruits of your combined talents have built the Arts Center Annex Pottery Studio. A vital educational program thrives within its walls, and reaches out to all who care to explore.

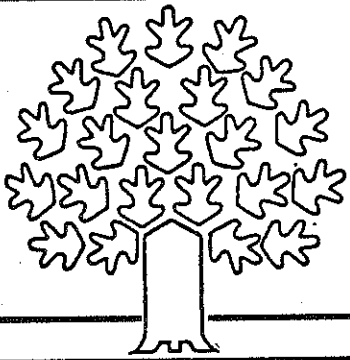


Dean Zollman demonstrates the potter's wheel



Sally Oviatt, age 12, works with clay in the Arts Center Annex. (photo by Ronna Tyson)

All MCC class registrations are handled through University for Mankind. The Clay Coalition and its members greatly appreciate the staff and board support of the Manhattan Arts Council, our sponsor and University for Mankind, our member partner.



Creative FreeTime

1221 THURSTON

539-8763

Safe and Creative Care of Family Photos

CF-01

Are your photos stuffed in shoeboxes, or worse, in albums that are chemically destroying them? The workshop covers organizing your photos, photo safe materials, ideas for creative cropping and photo-journaling. You will receive assistance in helping to create a unique and lasting photo album. **Bring a packet of pictures (12) and memorabilia plus a pair of scissors.** This is an informative and educational hands-on workshop where you will create your own album page. *The fee includes 1 acid free album page and the use of photo safe materials and supplies. Additional pages are available for purchase from the instructor.*

Pam Schmid (316-767-5363), has been a consultant with Creative Memories since 1989.

Date: June 20
Time: 7 - 9:30 pm (Tuesday)
Fee: \$14 includes some supplies
Location: UFM Fireplace Room

Safe and Creative Care of Family Photos

CF-02

Pam Schmid

Date: July 18
Time: 7 - 9:30 pm (Tuesday)
Fee: \$14 includes some supplies
Location: UFM Fireplace Room

Let's Play Cards

CF-10

If you have avoided joining the fun or dreaded learning a new card game because everyone at the table knew how to play but you, this class is for you. Card games are a great leisure activity. Don't miss this opportunity to learn to play pitch, spades, and hearts. **Bring a deck of cards.**

Natalie Smith, learned to play cards when she was in college and living in the dorms. She has received a lot of enjoyment from this activity.

Date: June 9 - 30
Time: 7 pm (Fridays)
Fee: \$12
Location: UFM Conference Room

Writing Poetry for Fifteen Seconds of Fame, Slight Recognition, and No Money

CF-11

We will write, read and learn to critique each others poetry. Emphasis on imagery and poetry as metaphor. If you are a serious (or funny) free verse poet, join us.

Paul Goldman (587-9006), is a poet and co-founder of The 5th Street Irregulars, a writing critique group.

Date: June 7, 14, 21, 28
Time: 7 - 8:30 pm (Wednesday)
Fee: \$16
Location: UFM Fireplace Room

Personal Discovery Using Contour Drawing

CF-03

We will use the contour drawing process as a fun and creative tool for self expression and personal discovery. If you think you can't draw, don't worry! Just come with a desire to discover more about yourself and your natural creativity. Bring a set of colored pencils to class.

Casie Clawson (539-8409), is an artist and art therapist who enjoys helping others discover how to use art for relaxation and self expression. She participated in contour drawing classes as part of her art therapy education.

Date: June 5, 12, 19, 26, July 3, 10 & 17
Time: 7 - 8:30 pm (Monday)
Fee: \$32
Location: UFM Fireplace Room

Professional Novel and Story Writing

CF-04

This class covers all phases of writing (nonfiction and fiction). Learn how to develop character, dialogue, long scenes, short scenes, documentation, foreshadowing, time transition, flashbacks, recollections, introspection, action and other topics. The book **Dare To Be A Great Writer**, written by the instructor, will be used in class.

Leonard Bishop has taught writing courses for over 25 years, has published nine novels, and has written two professional books on writing entitled **How to Get Published and Write Best Sellers (and lose weight)**, and **Dare To Be A Great Writer**.

Date: July 12, 19 & 26
Time: 7 - 9:30 pm (Wednesday)
Fee: \$20
Location: UFM Conference Room

Learn to Fly

CF-09

Explore the idea of becoming a private airplane pilot! Learn about the requirements to obtain a private pilot certificate including eligibility requirements, aeronautical knowledge, flight proficiency, aeronautical experience, private pilot privileges and limitations. Time will be allowed for your questions and to provide miscellaneous information. We will also discuss the options for ground school and flight training available in Manhattan.

Hugh Irvin (539-3128), has been a pilot and K-State Flying Club member since 1976. He has been a flight instructor since 1983 and teaches single-engine, multi-engine, instrument, commercial, ATP, and private pilot students. He has 5,300 hours and an Airline Transport Pilot (ATP) certificate.

Date: June 24
Time: 10 - 11:30 am (Saturday)
Fee: \$8
Location: UFM Conference Room

Field Trip: Wabaunsee County Glacial Area

EN-01

Come venture to the glacial area of northwestern Wabaunsee County. We'll search for materials such as agates and quartzite left behind by the glaciers, and for fossils. Become a rockhound for a day. **Bring a beverage and a container for your treasures.**
Raindate: July 15

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 8
Time: 8:30 am - noon (Saturday)
Fee: \$8 individual/\$12 couple
Location: Meet at UFM Fireplace Room

Star Gazing/Meteor Shower

EN-04

Join us to look at the beautiful night sky. We'll learn to identify the constellations and observe whatever planets are up. We should be able to catch the Perseid Meteor Shower, too. Bring a jacket, binoculars if you have them, and a small flashlight. If you have star-finders or maps, bring them, although maps will be available at class. We'll stay out as long as there is interest. **Rain/Cloudy Skies date: August 12**

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

Date: August 11
Time: 8 pm (Friday)
Fee: \$8 individual/\$12 Family
Location: Meet at UFM to car pool to location.

Gardening

Composting: The Fine Art of Making "Black Gold"

EN-02

Is that pile of Fall leaves still there? Compost them! Have some houseplants that didn't make it through the winter? Compost them! Almost all plant material is compostable! This class will cover everything you need to know to have a successful compost pile. You just choose how long you want the process to take. We'll also discuss how to use this "black gold" to enhance your yard or garden.

Colleen Hampton (539-5934), is a 1994 Master Gardener and a member of the Manhattan Community Gardens. She enjoys sharing what she has learned with all interested members of the community and looks forward to class interaction.

Date: June 21
Time: 7 - 9 pm (Wednesday)
Fee: \$8
Location: UFM Greenhouse

Fall Gardening

EN-03

Get more mileage out of your garden space by planting a fall garden this year. Many vegetables actually produce and taste better when grown in the cool days of Fall. Find out **what, when, and how** to plant for a successful Fall garden that you'll enjoy come September, October and beyond.

Colleen Hampton

Date: July 12
Time: 7 - 9 pm (Wednesday)
Fee: \$8
Location: UFM Greenhouse

Gardening for Kids is described in the YOUTH section of the catalog.

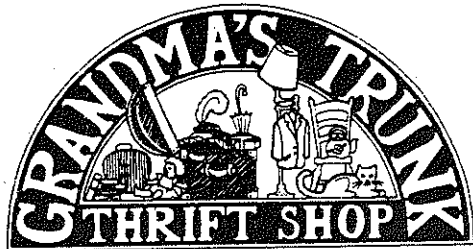
Reduce, Reuse, Recycle & Join...

Northern Flint Hills Audubon

Your local Audubon chapter invites members and the public to join us in learning about and helping protect the environment. Here are some highlights:

- Bird Seed Sales (To order, call Mike Rhodes at 539-4863)
 - Field Trips to local natural areas
 - Programs on topics ranging from natural landscaping to bird banding (programs are always on the 3rd Weds. of each month, 7:30 p.m. in Ackert 221)
 - Member actions on environmental issues
- Watch for information on all these activities in *The Prairie Falcon*, the chapter's newsletter. 1994-1995 program guides are still available from Chris Cokinis (537-4143).

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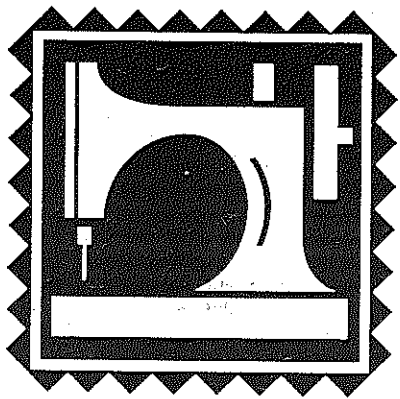
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UFM CLASSES make great gifts.





Individual Sewing or Crafts Instruction CF-05

Karen can assist you with individual lesson in sewing and fitting, as well as a variety of beginner needlearts or crafts like: knitting, crochet, cross-stich, embroidery, yo-yo quilting, and clothing decoration.

Karen Garra (776-0359), studied Home Economics Education at Bluffton College, in Bluffton, Ohio. She has free-lanced from her home. While living in Louisiana Karen served as the In-house Designer for a Fine Fabrics, Bridal and Formalwear Boutique. While in Arizona she taught at the local Community College and at both the local and civilian and military recreation centers. Karen is a sewing enthusiast who enjoys designing and teaching others that sewing can be Fast, Easy and Fun!

Date/Time *by appointment*
Instructor will contact you after you register
Fee: \$15 per hour
Location: Student's home

Caring for your Sewing Machine CF-06

Is your sewing machine driving you crazy? Does your thread jam or come out of the needle every time you start a seam? Does setting the tension give you a headache? Does your machine spend more time in the repair shop than at home? If so, then this class is for you. Learn how to solve problems before they start. Learn how to trouble shoot your own machine. See how easy it is to do your own cleaning, maintenance and adjustments at home. We will also have a short discussion on how to buy a new or used machine.

Karen Garra
Date: June 6
Time: 7 - 9 pm (Tuesday)
Fee: \$13
Location: UFM Fireplace Room

Speed Sewing Marathon for Beginners: Level I CF-07

This intensive seminar is for anyone who would like to Learn to Sew or for anyone who may have become bored with the more traditional sewing techniques. You will learn: Wardrobe coordination, basic and speed sewing techniques, simple pattern design and garment decoration. The garments you will COMPLETE in class are: cap sleeved blouse; straight skirt; wedge shaped jacket; unlined vest; hour-glass bathing suit and bath towel cover-up. On the first day of class please bring the following supplies: calculator, pen, notebook, cardboard cutting board, yardstick, ruler, tape measure, straight pins with plastic heads, fine line magic marker, Scotch brand Magic tape. On the 2nd or 3rd day of class, we will travel to Topeka for a "Fabric Feeding Frenzy" to purchase fabric for our projects. A sewing machine will be needed, after class three.

Karen Garra
Date: June 19 - 24
Time: 9 am - 12:15 pm (break) 1:30 - 5 pm (Monday - Saturday)
Fee: \$75
Location: UFM

Speed Sewing Marathon: Level 2 CF-08

This intensive seminar is for anyone who has completed the Level I Sewing Marathon, or for those who may be bored with the more traditional sewing techniques. You will learn: wardrobe co-ordination, speed sewing techniques, simple pattern design and garment decoration. The garments you will COMPLETE in class are: short sleeve blouse; cap sleeve dress; soft, unlined jacket; elastic waist pants and caccoon cover-up. On the first day of class please bring the following supplies; calculator, pen, notebook, cardboard cutting board, yardstick, ruler, tape measure, straight pins with plastic heads, fine line magic marker, Scotch brand Magic tape. On the 2nd or 3rd day of class, we will travel to Topeka for a "Fabric Feeding Frenzy" to purchase fabric for our projects. A sewing machine will be needed after the 3rd class.

Karen Garra
Date: July 10 - 15
Time: 9 am - 12:15 pm (break) 1:30 - 5 pm (Monday - Saturday)
Fee: \$75
Location: UFM

HANDICAPPED ACCESSIBLE



Any class can be placed in a handicapped accessible room. Please let us know at the time of registration.

A fun Hairbraiding class is on page 19.

The YOUTH section, page 19, has a variety of activities fun for all ages.

*GOLF *GOLF *GOLF *GOLF
Listed in the RECREATION AND DANCE section of the catalog

A Children's Morning Playgroup is available in the YOUTH section of the catalog.

Don't miss Nutritional Healing, an Herb class in the WELLNESS section of the catalog.

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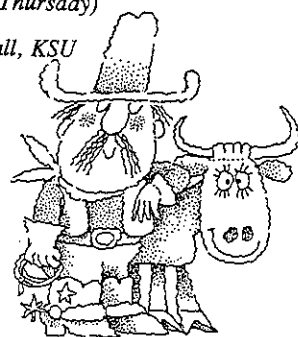
Food for Fun!

Beginning Cake Decorating FF-01

Learn to add an icing decoration and a pretty border to impress your family and friends. Icing will be provided for practice in class. Bring your own cake to a later class and take home a masterpiece. Supply list 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: August 3, 10, 17 & 24
Time: 7 - 8:30 pm (Thursday)
Fee: \$20
Location: 144 Justin Hall, KSU



Skinny Beef Bonanza FF-02

Take advantage of this opportunity to learn about beef and how it can be an important part of your family meal planning. We'll explore all the way from the hoof to the table. Including selection, nutrition, food safety, good consumer choices and low-fat cooking options. Come join us and make beef a healthful part of your family's summer diet. Included in class fees is the "30 Meals in 30 Minutes" cookbook from the Kansas Beef Council.

Lisa Long (776-0098), is a Program Coordinator for Riley County Extension-KHaSEC. Lisa is a KSU graduate in Human Ecology with an emphasis in nutrition. She is a native Kansas with a background in beef production and a volunteer for the Kansas Beef Council.

Date: June 28
Time: 1 - 5 pm (Wednesday)
Fee: \$13
Location: 110 Courthouse Plaza - 2nd Floor
Riley Co Extension

Skinny Beef Bonanza FF-03

Lisa Long
Date: July 19
Time: 6 - 10 pm (Wednesday)
Fee: \$13
Location: 144 Justin Hall, KSU

Skinny Beef Bonanza FF-04

Lisa Long
Date: July 21
Time: 9 am - 1 pm (Friday)
Fee: \$13
Location: 144 Justin Hall, KSU

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Language

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 7 1/2 years for UFM and Continuing Education, and has been a professional interpreter for 8 years. She grew up with two deaf parents.

Date: June 7,14,21,28, July 5,12 & 19
Time: 7 - 8 pm (Wednesday)
Fee: \$45 includes book
Location: 149 Justin Hall, KSU

French for Fun LA-02

French for Fun is for anyone who would like to become familiar enough with the language to impress their friends, order from a restaurant menu, or survive while traveling. The emphasis will be on speaking and understanding, and the students should be willing to actually speak in class (it is not as painful as it sounds). The class will be partially directed by what the students are most interested in learning about French. Each week, we will focus on a different aspect of French, such as words for traveling, shopping and cooking.

Emilie Patterson, is a French and History major at K-State. She has been studying French for almost seven years and has visited France. She is very excited to be teaching her first class at UFM.

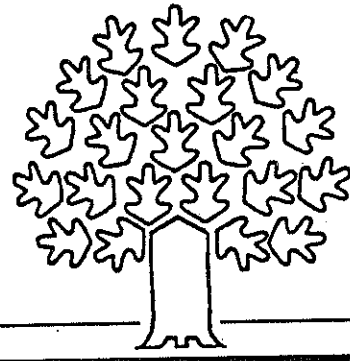
Date: June 12,19,26, July 3,10,17,24,31, & Aug 7
Time: 7 - 9 pm (Monday)
Fee: \$52 (includes text and materials)
Location: UFM Conference Room

Raising Children Bilingually? LA-03

Are you living in a culture different than your child's first language? What impact does your bilingual marriage have on your children? Are you wondering whether to encourage your child to acquire two languages at once? If you wonder about any of these questions, this class is for you. Join us as we discuss children and bilingualism in the family and community.

Richard Harris (532-6850), is a cognitive psychologist at KSU with a specialty in language. He has studied bilingualism extensively and has lived in South America twice, most recently in 1994 with his wife and three preschool children.

Date: June 13
Time: 7 pm (Tuesday)
Fee: \$8 individual/\$12 couple
Location: UFM Conference Room



Money Matters

1221 THURSTON 539-8763

Financial Strategies for a Successful Retirement BP-01

Are you comfortable with your financial future? Attend this four session seminar designed to help you prepare financially for your retirement. You will learn how to generate a steady income, protect your assets from erosion, minimize taxes, and provide a secure retirement. Each participant will receive a 155 page workbook. In addition you are entitled to one private counseling session to ask questions about your personal situation. This seminar can confirm that you're on the right track with retirement planning or identify other strategies you should consider.

Guy Almeling (266-8333), is in a private financial planning practice and conducts individual consultation and seminars, throughout the region.

Date: July 11,13,18 & 20
Time: 2:30 - 5 pm (Tues & Thurs)
Fee: \$39 individual
\$49 Couples
Location: 107 Bluemont Hall, KSU

Homeownership Affordable For You? BP-02

Buying a home can be rewarding, but it is not always simple. We will review advantages and challenges to include: 1) how much you can afford 2) source of down payment and loan cost 3) past credit 4) shopping considerations 5) application 6) budgeting. The formal class meeting can be supplemented with individual planning sessions.

Jerry Lowenstein (587-4000), has been involved in mortgage and consumer lending in the Manhattan area for 28 years.

Date: June 7
Time: 7 pm (Wednesday)
Fee: \$8 individual
\$12 couple
Location: Kansas State Bank Westloop

Home Buyers Seminar BP-03

Valuable information for the 1st time buyer! This seminar will cover the following topics: What does "Buyer Beware" mean in today's rapidly changing housing market? How can you protect yourself? What is the importance of Buyer Representation? Understanding home protection policies, title insurance, today's financing, and home inspections. Just for fun we will cover some very interesting information about investing in Nevada and other western states.

Shari Thomas is currently a licensed real estate broker in Kansas, and is also licensed in California and Nevada. She has had 11 years experience and more than \$30 million in sales during her real estate career.

Date: June 8
Time: 7:30 pm (Thursday)
Fee: \$8
Location: UFM Multipurpose Room

How to Start a Home Based Business BP-04

Explore the idea of financial freedom through self-employment. Low cost home-based business opportunities will be reviewed along with information on start-up costs, finding a location, what type of business fits your needs and why having your own business could protect you in the 1990's. Shari's daughter is only 21 and has an income from her own business of over \$3,500 a month. She'll accompany Shari and be happy to share her experience with you. Young people are encouraged to attend, too.

Shari Thomas

Date: June 26
Time: 7:30 pm (Monday)
Fee: \$8
Location: UFM Multipurpose Room

Don't miss the **COMPUTER** section of the catalog.

Women's Financial Information Program
coming Fall 1995
Call for information 539-8763

How to Watch a Good Program Die
Nothing kills a UFM class faster than participants who wait until the last minute to enroll. Classes will be canceled if there is a low enrollment.
PLEASE REGISTER EARLY!

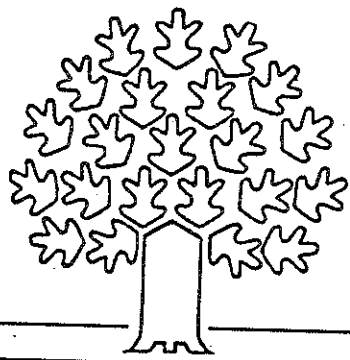
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Recreation & Dance

1221 THURSTON

539-8763

Ballroom Dance I

RH-08

Join the fun and be a part of the trend. Ballroom dancing is back! *Time*, *Newsweek* and *Smithsonian* report that ballroom dancing is popular, among all ages, throughout the U.S. Manhattan is no exception. You will learn to Foxtrot, Waltz, Swing and more. Enjoy the evening in the comfort of air conditioning. 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. No Street Shoes**

Michael Bennett (776-7557), has trained in Ballroom Dance at U.C. Berkeley; Mandala Ballroom, San Francisco; AliBaba Ballroom, Oakland CA; Chicago Dance Studio, Chicago, IL; and Avenue Ballroom, San Francisco. He was the 1986 San Francisco Avenue Ballroom Jitterbug Champion. **Nelli Weathers** has been helping Michael teach dance for 6 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 9 - July 21
Time: 7:30 - 8:30 pm (Friday)
Fee: \$27 individual / \$50 couple
Location: Senior Center
421 Leavenworth

Philippine Folk Dance

RH-09

The Philippines is a country known for its 7,007 beautiful islands and its various folk dances. Philippine folk dances develop graceful movements of the hands and body and also develop good posture. Join us for a fun relaxing exercise.

Marie Odejar (776-6749), is a KSU graduate student. She started dancing Philippine folk dance when she was 4 years old. She danced with the Filipino Dance Troupe during the time she was in high school until college.

Date: June 10, 17, 24, July 1, 8 & 15
Time: 1 - 2 pm (Saturday)
Fee: \$18
Location: Ahearn Fieldhouse Gym, Dance 301, KSU

Hawaiian Dance

RH-10

The mix in Hawaiian culture is reflected in their dance. Learn the Hawaiian way of dancing from the mellow Hula dance to the vibrant Tahitian dance. This is an excellent form of exercise for children, teenagers and adults.

Marie Odejar

Date: June 10, 11, 17, 18, 24, 25, July 1, 8 & 15
Time: 9:30 - 10:30 am (Saturday) and
12 - 1 pm (Sunday)
Fee: \$27
Location: Ahearn Fieldhouse Gym, Dance 301, KSU

Introduction to Golf

RH-01

A short course geared for beginning and intermediate players. The fundamentals of the full swing, and the 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: June 1, 8, 15 & 22
Time: 6:30 pm (Thursday)
Fee: \$31
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

Introduction to Golf

RH-02

Jim Gregory

Date: June 29, July 6, 13 & 20
Time: 6:30 pm (Thursday)
Fee: \$31
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

Introduction to Golf

RH-03

Jim Gregory

Date: July 27, August 3, 10 & 17
Time: 6:30 pm (Thursday)
Fee: \$31
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 6 - August 1
No class July 4
Time: 6 - 8 pm (Tuesday)
Fee: \$89 non-credit
\$109 credit
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

Tennis: Junior Beginners Ages 7 - 16

RH-05

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, M.S. Kinesiology, has played tennis for over twenty years including varsity at Coe College, Cedar Rapids, Iowa. He recently served as an instructor at Manitou-Wabing Sports and Arts Center in Ontario, Canada.

Date: June 22, 29, July 6, 13 & 20
Time: 6:30 - 7:30 pm (Thursday)
Fee: \$35
Location: LP Washburn Rec Complex, KSU



Tennis: Beginners Ages 17 and Up

RH-06

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

Mark Tessendorf

Date: June 22, 29, July 6, 13 & 20
Time: 7:30 - 8:30 pm (Thursday)
Fee: \$35
Location: LP Washburn Rec Complex, KSU

Tennis: Intermediate Ages 17 and Up

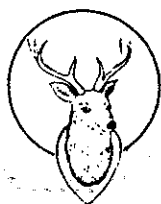
RH-07

This class is designed to develop your stroke and strengthen your game. We will work on singles and doubles strategy drills and competition.

Mark Tessendorf

Date: June 22, 29, July 6, 13 & 20
Time: 8:30 - 9:30 pm (Thursday)
Fee: \$40
Location: LP Washburn Rec Complex, KSU

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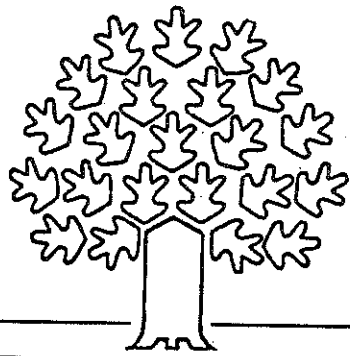
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UFM

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Personal Development

1221 THURSTON

539-8763

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 (823-5315), has been teaching Women's Self Defense classes for 9 years throughout Colorado and Kansas. She is a 3rd degree Black Belt in Tae Kwon Do and has taught police defensive tactics, but for this class she takes a very practical and feminine approach.

Date: June 24
Time: 8 am - 12 (Saturday)
Fee: \$17
Location: First Lutheran Church
930 Poyntz Ave

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 in class.

Leon Rappoport (532-6850), is Professor of Psychology at KSU and has been a student of Zen Buddhism for approximately 20 years, practicing under the direction of Soto masters Daimin Katagiri and Shohaku Okumura. He is affiliated with the Minneapolis Zen Meditation Center.

Date: June 6, 7 & 8
Time: 7:30 - 9 pm (Tues, Wed and Thurs)
Fee: \$13
Location: UFM Conference Room

Basic Astrology

SP-06

What is astrology and on what is it based? Learn the basics of astrology, including in-depth descriptions of signs, planets, houses of the astrology chart and their interrelationships.

Marilyn Thomas (537-8335), moved to Manhattan from California where she studied astrology extensively with some of the country's best astrologers. She is an astrological educator and consultant and student of mythology and Jungian psychology.

Date: June 14 & 21
Time: 7:30 - 9 pm (Wednesday)
Fee: \$12
Location: UFM Multipurpose Room

Basic Astrology

SP-07

Marilyn Thomas

Date: July 18 & 25
Time: 7:30 - 9 pm (Tuesday)
Fee: \$12
Location: UFM Conference Room

Personal Discovery
Using Contour Drawing
page 13

The Chinese Tai Chi class is
in the WELLNESS section
of the catalog page 18.



"A Job Description for Parents"

SP-03

The purpose of this program is to provide parents with a working framework for understanding their job as a parent. Most of the content focuses on setting limits and consequences. In addition to discussing parental responsibilities, we will also explore a job description for children. ...Just where does one end, and the other begin? A free booklet will be given each participant.

Phyllis Grover (587-4372), is a former classroom teacher and is employed by the Northeast Kansas Regional Prevention Center, a program of Pawnee Mental Health Services. She serves as a Community Prevention Consultant, Regional Coordinator of Kansas Family Initiative, and Co-Coordinator of Youth as Resources.

Date: June 15
Time: 6:30 - 8 pm (Thursday)
Fee: \$7 individual/\$10 couple
Location: N.E. KS Regional Prevention Center
421 Houston

Studying the Mystical Qabala

SP-09

This class will involve discussion of concepts basic to the path of spiritual evolution and realization described in the tradition of Qabala, an ancient mystical system. Class will also include guided meditation on the Tree of Life.

Dan Berkow is a counselor at KSU. He has found Qabala to be a useful guide to understanding human psychology and development, dreams and "inner" experience, as well as meditation in daily life.

Date: June 8 - August 3
Time: 7:30 - 9:30 pm (Thursday)
Fee: \$18
Location: UFM Greenhouse



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Am I Guilty?

SP-04

Don't be plagued by unnecessary guilt. The video tape entitled "The Guilt Factor" by Frank B. Minirth, M.D. and Paul D. Meier, M.D. will help us identify, from a Christian perspective, the various forms of guilt and provide alternative ways of handling the guilt in our lives, while we network and find a means of fellowship. Drs. Minirth and Meier successfully combine practical Biblical principles for living with sound clinical and medical treatment. During the session we will view the video, have discussion and receive related hand-outs.

Karen Tryphonas (539-3168), and *Cynthia Harris* will serve as facilitators for this session so that participants can start their own inner healing.

Date: June 8
Time: 7 - 9 pm (Thursday)
Fee: \$8
Location: UFM Greenhouse

Am I Guilty?

SP-05

Karen Tryphonas and *Cynthia Harris*

Date: July 13
Time: 7 - 9 pm (Thursday)
Fee: \$8
Location: UFM Conference Room

Topics in Metaphysics

SP-08

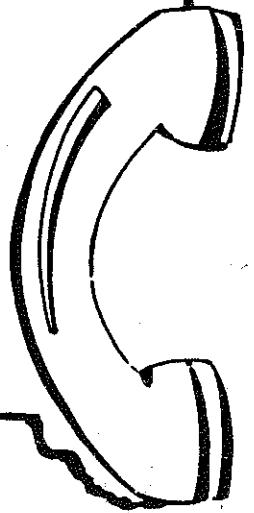
Metaphysics is the study of the realm beyond the physical. Encompassing science and spirituality. The purpose of the group is to encourage understanding of metaphysics and to provide opportunities for personal enlightenment. New members may join at any time. Members under the age of 18 must enroll with an adult mentor. Topics to be included will be Gardening with Nature Spirits, Raising you Individual Vibration, Angels, Past Life Regression and Healers.

Tracy Mahoney, facilitator

Date: June 6 - August 8
No class July 4
Time: 8 pm (Tuesday)
Fee: \$34
Location: UFM Greenhouse

f o n e

Crisis
Center

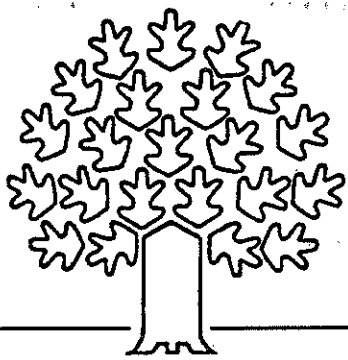


537-0999

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a phone call away.

Special THANKS TO THE UFM INSTRUCTORS who volunteer their time.

Q103.5



Wellness

1221 THURSTON

539-8763

Chinese Tai Chi

WE-01

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 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 it.

Ping Wei (539-4147), is a graduate student in the Department of Biochemistry 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. Ping has been teaching Tai Chi for UFM since Fall 1992.

Date: June 6 - July 27
No class July 4
Time: 7 - 8 pm (Tues & Thurs)
Fee: \$42
Location: Lucky High Gymnasium
220 S Juliette

Nutritional Healing

WE-02

This seminar will be an overview of James F. Balch M.D.'s book Prescription for Nutritional Healing. Discover exciting new information on herbs, natural food supplements, antioxidants, amino acids and vitamins for helping you achieve and maintain the greatest level of health and fitness.

Shari Thomas, started the first health food store in Manhattan in 1970. She has used these products since she was 18 and after 25 years of experience with them has formed her own opinions of what she believes to be very important.

Date: June 12
Time: 7:30 pm (Monday)
Fee: \$8
Location: UFM Multipurpose Room

**WOMEN'S FINANCIAL
INFORMATION PROGRAM**
coming Fall 1995
Call for information 539-8763

ATTENTION!

The following is a list of frequently requested classes that UFM would like to include in the next catalog.

Spanish
Stained glass
Calligraphy
Cartooning

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Early Fall Class

*Be confident and prepared
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- 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

Community First Aid and Safety

WE-03

Be prepared! Know the fundamental principles and skills of first aid, correct CPR techniques for adult and infant victims of cardiac arrest and other respiratory emergencies. This course will provide participants with information to reduce deaths from adult cardiovascular disease and childhood injury by recognizing a life threatening emergency when it does occur, giving the right care and by preventing the situation that leads to the emergency. Red Cross Certification is given on successful completion of the course. Textbooks will be available at the first class and are included in the fee.

Enell Foerster (537-2180).

Date: June 21 & 28
Time: 6:30 - 10:30 pm (Wednesday)
Fee: \$60 includes books and materials
Location: American Red Cross
1014 Poyntz

Massage for the Individual

WE-04

Learn the basic principles of therapeutic massage that will enable you to relieve muscular aches and pains, tension, and stiffness, as well as create relaxation for you. Participants will learn a self-massage routine that they can adapt to their personal needs. **Participants should bring a blanket and/or pillow and wear loose clothes or shorts and t-shirt.**

Bernice Martin (587-9382), is a graduate of the Downeast School of Massage and a registered massage therapist in the state of Maine. Her work is primarily Swedish Massage but incorporates aspects of deep tissue work and energy healing.

Date: June 13
Time: 7 - 9 pm (Tuesday)
Fee: \$15
Location: UFM Multipurpose Room

Introduction to Massage

WE-05

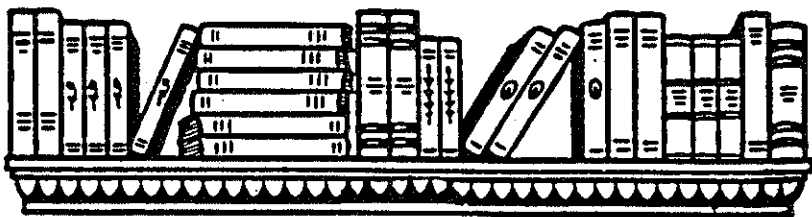
Learn the basic principles of therapeutic massage and the role of massage in maintaining health. Swedish style massage uses long, flowing strokes and is the most common style of massage. Emphasis will be on the neck and back. Participants should wear bathing suits under loose fitting clothes. We will be working in pairs. **Each pair will need a sleeping bag/thick blanket or comforter and 2 flat sheets.**

Bernice Martin

Date: July 11 & 18
Time: 7 - 9 pm (Tuesday)
Fee: \$26 a couple
Location: UFM Banquet Room

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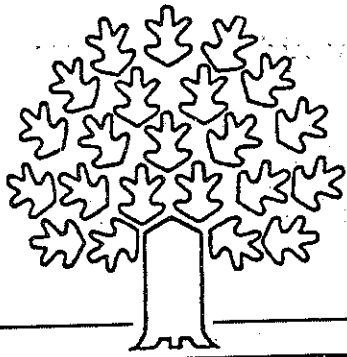
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Youth

1221 THURSTON

539-8763

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. No registration necessary. Join us at the garden on Saturday mornings.

Dr. Richard Mattson coordinator

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

Fashion Hair Braiding

YO-06

Learn the secrets to unique braided hair styles. In this demonstration and do-it-yourself class, we will practice basic styles that can be worn by all ages as well as more complicated braids and twists. Dress them up or down and learn how to add bows, ribbons and pins for your own personal occasion. Great hair ideas for weddings, proms and special days. **Bring covered elastic hair tie, hair brush and accessories to class with you.**

Linda Mason (776-5801), has been working with hair for 18 years. She has taught braiding classes for a number of years to a wide variety of participants.

Date: June 7
Time: 7 pm (Wednesday)
Fee: \$8 individual/ \$12 mother /child couple
Location: UFM Multipurpose Room

Beginning Tae Kwon Do for Youth Ages 4-5

YO-07

Tae Kwon Do is a Korean martial art form which teaches discipline and self confidence at the same time participants are learning new athletic skill and self defense techniques. These classes are designed to introduce young children to the fun and excitement of martial arts while they begin learning the basics of hand-eye coordination, balance and self discipline. Beginning Tae Kwon Do self defense techniques will be taught in a safe, fun, and age appropriate atmosphere by experienced instructors.

DC Lehman (532-6340) is a first degree black belt in the American Tae Kwon Do Association and is an instructor with the K-State/Manhattan Tae Kwon Do Club. She also has extensive experience in weight training, stretching, and adaptive stretching (for those with physical limitations).

Date: June 6,9,13,16,20 & 23
Time: 7 - 7:30 pm (Tues & Fri)
Fee: \$28
Location: ECM Student Center
1021 Denison

Beginning Tae Kwon Do for Youth Ages 6-8

YO-08

This class is designed for 6-8 year olds or 5 year olds who have taken Tae Kwon Do before.

DC Lehman

Date: June 27,30,July 7,11,14,18,21 & 25
No class July 4
Time: 7 - 7:45 pm (Tues & Fri)
Fee: \$38
Location: ECM Student Center
1021 Denison

A complete MARTIAL ARTS section is on page 8.



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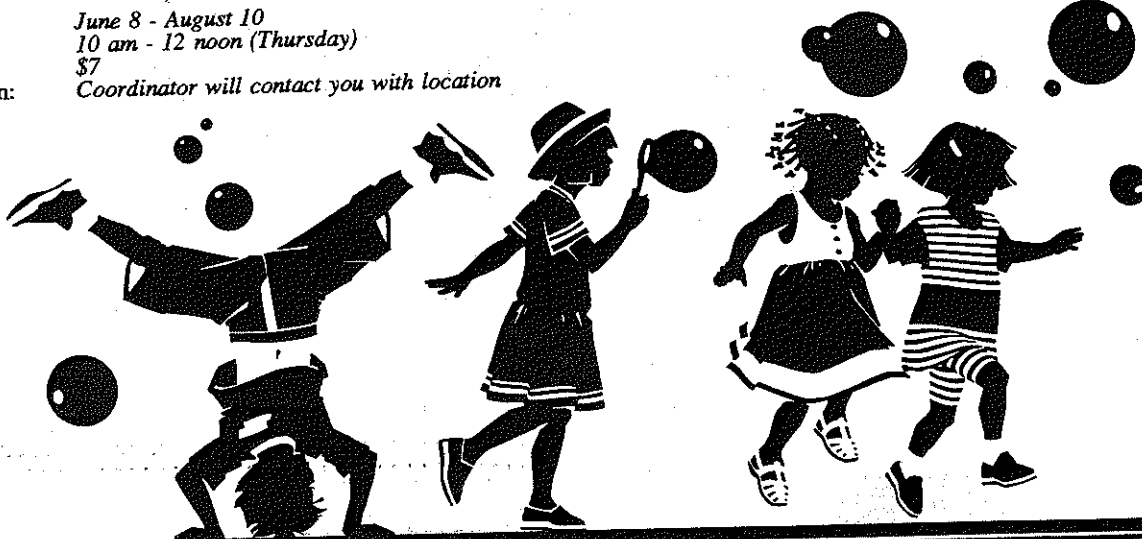
Preschool Dance

YO-05

This is a fun pre-ballet class for children aged 3 to 5. The class meets once a week for 45 minutes.

LaShawna Harrison (539-3613), has been involved in dance for 14 years. She has two years experience as a teaching assistant and two years as a dance instructor.

Date: June 5,12,19,26,July 3 & 10
Time: 5:30 - 6:15 pm (Monday)
Fee: \$32
Location: Manhattan Gymnastics Center
2305 SkyVue Lane



Children's Morning Playgroup

YO-01

Join us for an ongoing support group for at-home parents. Pre-school age children will play while parents visit with other adults. Parents are responsible for their own children, so no separation is necessary. During nice weather we will meet outside, and during inclement weather we will meet in the homes of participants. These groups have been in existence for 16 years. This is an ongoing group which can be joined at any time.

Florence Odom, is interested in getting children together for play as well as giving at-home parents an opportunity to share and interact.

Date: June 8 - August 10
Time: 10 am - 12 noon (Thursday)
Fee: \$7
Location: Coordinator will contact you with location

Tumbling Tots

YO-03

Children ages 3 to 5 are in a very active growing stage. In this tumbling class participants will develop strength, flexibility, and coordination in a fun atmosphere. The class meets 45 minutes once a week.

Dan Brown (539-3613), has had 9 years of gymnastics coaching experience, is Safety certified by USA Gymnastics, and is a certified instructor of USA Gymnastics Professional Development Program.

Date: June 7,14,21,28,July 5 & 12
Time: 10 - 10:45 am (Wednesday)
Fee: \$32
Location: Manhattan Gymnastics Center
2305 SkyVue Lane

Tumbling Tots

YO-04

Dan Brown
Date: June 7,14,21,28,July 5 & 12
Time: 5 - 5:45 pm (Wednesday)
Fee: \$32
Location: Manhattan Gymnastics Center
2305 SkyVue Ln

Beginning Dance

YO-11

Beginning dancers will learn a combination of ballet and jazz dance while they improve their coordination and balance. The class will meet for 45 minutes once a week.

LaShawna Harrison

Date: June 5,12,19,26,July 3 & 10
Time: 6:30 - 7:15 pm (Monday)
Fee: \$32
Location: Manhattan Gymnastics Center
2305 SkyVue Lane

American Red Cross Learn to Swim classes are on pages 4-6.

Monster Bubbles

YO-09

Experience the art of making soap bubbles on a grand scale. You have to see it to believe it. Participants in this class will make a monster bubble wand and learn how to make gigantic bubbles. We will talk about making bubble solution and other tools for making bubbles.

Linda Teener is Executive Director of UFM and a newly won bubble convert.

Date: June 19
Time: 1 - 2:30 pm (Monday)
Fee: \$11
Location: UFM Fireplace Room

Monster Bubbles

YO-10

Linda Teener

Date: July 10
Time: 9:30 - 11 am (Monday)
Fee: \$11
Location: UFM Fireplace Room

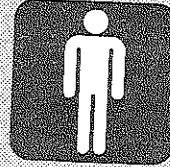
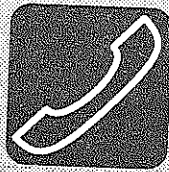
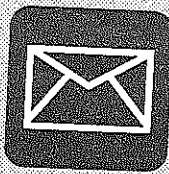


Oak Grove School is a secular, nonprofit school providing children between the ages of 3-10 years with an innovative option to traditional education. Oak Grove School values diversity, and we welcome children of any race, color, religion and ethnic or national origin. We offer a flexible morning, afternoon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

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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, Discover 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 the UFM House, 1221 Thurston
HOURS: 8:30 am - 12 Noon
 1:00 pm - 5:00 pm
 Monday through Friday

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UFM Class Registration
 1221 Thurston Manhattan, KS 66502 539-8763

Student Name _____ Evening Phone _____
 Address _____ Day Phone _____
 City _____ State Kansas Zip _____
 Social Security No. _____ Credit _____ Non Credit _____
 Age: Under 18 exact age _____ 19-24 25-59 60+
 Parent's Name if Student is Under Age 18 _____

CLASS #	Session	TITLE	FEE	LOCATION	DATE	TIME

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 **Signature of Parent or Guardian required for minors.

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Student Name _____ Evening Phone _____
 Address _____ Day Phone _____
 City _____ State Kansas Zip _____
 Social Security No. _____ Credit _____ Non Credit _____
 Age: Under 18 exact age _____ 19-24 25-59 60+
 Parent's Name if Student is Under Age 18 _____

CLASS #	Session	TITLE	FEE	LOCATION	DATE	TIME

Tax Deductible Donation
 Total _____

I hereby authorize the use of my Visa MasterCard Discover

Signature _____

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

Participant Statistics: KSU Student KSU Faculty/Staff Ft Riley Other

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Signature** _____ Date _____
 **Signature of Parent or Guardian required for minors.

Office Use Only			Amount	Total Paid
Date Received	Date	Staff	Check _____	Date _____
Entered	_____	_____	Cash _____	
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			Discover _____	