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Why We Need Your Support
Sixty percent of our support (Grants and Contracted) comes from sources external to the Manhattan community. These sources of funds have been declining and will continue to decline through this decade. Nearly 90 percent of our expenditures support programs in Manhattan. As external sources of funds decline, many of these programs will be in jeopardy.

Why We Charge Fees
UFM charges a class fee to help offset the ever-increasing operating costs. These fees partially help to pay the cost of bringing UFM classes and programs to our community.

REGISTRATION SCHEDULE
* Registration Forms are on the back page

MAY
Wed. May 13 Manhattan Public Library 5pm - 7pm
Thurs. May 14 K-State Union 10am - 2pm
Sat. May 16 UFM House 2pm - 4pm
Sun. May 17 Dorothy Bramlage Public Library, Junction City 2pm - 4pm
Mon. May 18 UFM House 5pm - 8pm
Wed. May 20 Manhattan Public Library 11am - 2pm
Sat. May 23 K-State Union 10am - 2pm
Sun. May 24 UFM House 2pm - 4pm
Wed. May 27 Manhattan Public Library 11am - 2pm
Sat. May 30 K-State Union 10am - 2pm
Thurs. May 28 K-State Union 10am - 2pm

JUNE
Tues. June 9 K-State Union 10am - 2pm
Thurs. June 11 K-State Union 10am - 2pm
Tues. June 30 K-State Union 10am - 2pm
Wed. July 1 Manhattan Public Library 11am - 2pm
5pm - 7pm
Thurs. July 2 K-State Union 10am - 2pm

Class locations will be noted on your receipt.
Play It Again, Sam

CELTIK MUSIC WORKSHOP

PA-13
Charlie Griffin
Paul Weichans
532-6953

We will spend an evening playing, singing and dancing to traditional Irish music played on the fiddle, concertina, penny whistle, hammered dulcimer, bodhran, boddban, boxes and guitar. Bring your musical instruments, voices and feet. We will talk about the origins of the music of the British Isles, discuss the different instruments, jigs a little, and hope everyone will join in.

The life of Eiley members have been playing celtiic music around the area for several years. Charlie and Paul are members.

Sunday, June 23, 7:30-9:30pm
Class Fee: $5, pay at registration
Materials Fee: None
Limit: Min. 3 / Max. None

SYLOG DANCE

PA-16
Art Clack & Kathy Colvig
539-4121

Don't hold yourself back when you hear that hotiddle playing. Round up your friends to learn the sharp moves, dips, spins, turns and slides done in country western swing and "get down" to some hot tunes. Heavy emphasis on swing dancing, less on twostep and cotton-eyed Joe.

Art and Kathy have taught swing dancing for many years.

Wednesdays, June 15, 17 & 22, 6:30pm
Class Fee: $5, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. 20

FLINT HILLS FOLK DANCE

PA-17
Neil Cocker & Paul Weichans
539-4600

Learn to dance the polka, waltz, schottische and hask. (Learn what a hask tell.) In its sixth year, the Flint Hills Folk Dance Fellowship does a wide variety of traditional dances from America, Europe, and Israel. Beginners are welcome and partners will be provided.

(Neil and Paul danced before they could walk.)

First and third Fridays, 7:30-9:30pm
Begin Fri., June 6
Class Fee: $6, pay at registration
Materials Fee: None
Limit: Min. 2 / Max. None

MANHATTAN BAREFOOT BISTEYLAND

PA-14
Jim Kourk
776-3202

Some people watch other people play on TV, in stadiums, or at the park. Some people bowl, some fish, some people play softball, some people play monopoly, some radio, and then there are people who like to play Dixieland. This is the formation of a recreational Dixieland band.

(Mr. Kourk has been playing Dixieland for 30 years and is still looking for the first win in the series.)

Register and you will be contacted for the first meeting date.
Class Fee: $3, pay at registration
Materials Fee: None
Limit: None

ITALY AND THE ITALIAN LANGUAGE

PA-20
Rita Donatelli
Would you like to fly to Italy for two hours a week? If you enroll in this class you will learn the basics of the Italian language. Also you will "travel around Italy" discovering places to visit. Plan your visit to Rita's country and discover what Italy is really like.

(Rita is from Italy. She is majoring in modern languages at the University of Rome.)

Tuesdays & Thursdays, June 2 thru Aug. 27
Class Fee: $10, pay at registration
Materials Fee: $5, pay at class
Limit: Min. 2 / Max. 15

ENGLISH AS A SECOND LANGUAGE

PA-21
Florence Schwab
539-0976

This class is designed for those whose native language is not English. This class offers practical instruction and practice in English as it is spoken in the United States. Other areas of study will depend upon the level and needs of the students in the class. Students will need to bring pen and paper to class.

(Florence lived in Taiwan for a year where she taught ESL. She is also a language teacher at the Adult Learning Center in Manhattan.)

Begin Wednesdays, Aug. 5-Sept. 2, 4-5:30pm
Class Fee: $10, pay at registration
Materials Fee: $2, pay at First class
Limit: Min. 5 / Max. 20

Class locations will be noted on your receipt.
INTRODUCTION TO MACRAME  
Gloria Nonte
Learn to macrame and use your skill to decorate your home or make gifts for friends and family. You will practice making the various knots including the square knot, half square knot, clove hitch, etc., and you will also receive a printout explaining how to make the knots so you may continue to practice at home. Supplies will be available at class to practice with. (Georgia has been teaching folkarts for over 18 years.)
Saturday, July 18, 9-11am.  
Class Fee: $5, pay at registration.  
Materials Fee: $5.00, pay at class.  
Limit: Min. 5 / Max. 10

BEGINNING WEAVING  
Susan Lala  
537-9610
Become comfortable with the basics of weaving. Learn to prepare your yarn and loom for weaving. You will take a small loom home with you for the first three weeks, each time weaving a set of samples. The fourth class will include a video review. (Susan has been weaving for 20 years and is active in the local, state and national weaving organization.)
Wednesday, August 5 - 26, 1:30pm  
Class Fee: $10, pay at registration.  
Materials Fee: $18.00 (includes rental, $6 yarn/booklet)  
Limit: Min. 3 / Max. 5

OLD BE YOOS (GOOD'S EYES)  
Leigh Roberts  
539-8478
The basics and variations of a God's Eye wall hanging will be explored in this class. This simple craft, using yarn and dowels, is lot's of fun for teenagers and pre-teens and will make an attractive decoration for their rooms. All materials will be provided.  
(Leigh, a full member for 9 years, has made many beautiful God's Eyes which she has entered in numerous competitions.)
Section I: Tues., June 24 & 16, 7-8:30pm  
Section II: Thurs., July 7 & 21, 7-8:30pm  
Class Fee: $24.00, pay at class.  
Materials Fee: $1.75, pay at class.  
Limit: Min. 1 / Max. 8

WOODWORKING  
Fred Smith  
539-8478
For the beginner or intermediate do-it-yourself woodworker. You choose your project and each student will receive individual assistance and instruction. This is a great opportunity to finally make that coffee table or bookshelf. Power and handtools will be provided - you supply the materials. (Fred has taken an experience in cabinet and furniture making and is currently the coordinator for the FPM Woodshop Cooperative.)
Begin Wednesday, June 17, 7-9pm  
Class Fee: $5, pay at registration, Materials Fee: $18.00 (includes rental, $6 yarn/booklet)  
Limit: Min. 1 / Max. 5

SWEATSHIRT STENCILING  
Dean Reed  
532-5866
Design and decorate your own stenciled sweatshirt! Participants will learn basic stenciling techniques and then try their hand at the real thing in this one session class. (Dean has taught several stenciling classes for FPM and has stenciled many rooms in FPM and her home.)
Wednesday, July 15, 7pm  
Class Fee: $4, pay at registration.  
Materials Fee: None  
Limit: Min. 5 / Max. None

GLASS ETCHING  
Steve Baldrige  
539-4597
Glass etching is a simple way of enhancing glass and especially mirrors. It makes nice inexpensive gifts and can be used to accompany furniture projects. Anyone with the slightest amount of artistic ability can do it. (Steve is a KU student and has been etching glass for 6 years.)
Thursday, June 25, 7pm  
Class Fee: $6, pay at registration.  
Materials Fee: $2, pay at class.  
Limit: Min. 3 / Max. 7

HAND CRAFTED JEWELRY  
Wendy Matthews  
539-8809
Hand crafted jewelry adds flair and originality to your wardrobe. Once you have learned how to make the latest head jewelry — earrings, necklaces, bracelets and rings — only your imagination will limit the design of your personalized jewelry for every occasion. At the first meeting we will discuss the types of beads and stones available and various beading techniques will be taught. At this time you may also decide upon a project and order the supplies you will need. This class will meet at least twice and further classes will be arranged to complete your project. (Wendy is the owner of Silver Side Creations).
Wednesdays, July 15 & 29, 7pm  
Class Fee: $5, pay at registration.  
Materials Fee: $5.00, plus the cost of any additional beads for future projects.  
Limit: Min. 5 / Max. 10

 издание на русском языке
Perfect Images

CREATIVE PHOTOGRAPHY

Bon Hoffman

This class will explore photography as an aesthetic art form. Basic skills in photography will be stressed. The course is designed to those who have a serious interest in photography as an artistic medium and who are willing to have their own work critiqued as well as participate in critiquing the work of other photographers. Participants must supply own film and camera.

(Ron is Director of the Media Center for the College of Education, and has been interested in serious photography for many years.)

Tuesdays, Begin June 16, Length Ongoing.
Class Fee: $10, pay at registration.
Materials Fee: None.
Limit: Min. 5 / Max. 12.

Self

Families & Modern Challenges

PARENTS AND FRIENDS OF LESBIANS AND GAYS

Susan Scott, Ann Barley, Cherri Harper

Although we may not be aware of it, research indicates that most of us have a close friend or relative who is gay. The public and mental health professionals are beginning to give attention to this important issue. Please join us for an open dialogue and support meetings.

Location: UPM Solar Addition.
Class Fee: Optional.
Materials Fee: None.
Limit: None.

SUPPORT NETWORK FOR SINGLE MOTHERS

Peggy Bell

Single Mothers are some of the busiest people in the world, the real heroes of the burden of the "supermom" myth. The best way to ease this burden is to reach out and help each other. At the first meeting we will discuss the problems facing single mothers today and explore possible solutions. Child care and transportation will be provided. For further information call UPM, 532-5866. (Peggy has been a single mother for eight years.)

WEDNESDAY MORNING PLAY GROUP

C-14

Barb Storn

This is an ongoing "Support Group" for at-home mothers and their pre-school age children, a "Mother's Morning In" with children playing and moms visiting with other adults. Mothers are responsible for their own children, so separation necessary. During nice weather we will be meeting outside and during colder months we will be meeting in home of participants. This group has been in existence for about six years.

Register and you will be contacted for first meeting date.
Class Fee: $2, pay at registration.
Materials Fee: None.
Limit: Min. 8 / Max. 8.

TEACHERS ARE NEEDED FOR SELF-DEVELOPMENT CLASSES. IF YOU ARE INTERESTED IN LEADING A CLASS IN THIS AREA, PLEASE CALL UINCUE, 532-5866.

Class locations will be noted on your receipt.
PERSONAL & INTERPERSONAL DEVELOPMENT

YOU CAN HANDLE STRESS
Kimberly Williams, M.S.

Does your life resemble a TV soap opera? How do you cope with life's stressful ups and downs? Sign up for this class and learn what stress is, how it affects you and how you can handle it. (Kimberly is a Marriage & Family Therapist with the Kansas Facts Program).

Wednesday, June 3, 7pm
Class Fee: $5, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

SELF-ESTEEM
Cindy Eckert-McCoy

Issues of self-esteem will be examined in the context of the nuclear and extended family. Many factors influence self-esteem and one of the most important is the impact of family on our self perception. Contact with parents, grandparents and siblings will all play an important role in shaping our self-esteem. (Cindy is a mental health professional with Parnese Mental Health Services).

Wednesday, June 17, 7-9pm
Class Fee: $5, pay at registration
Materials Fee: None
Limit: Min. 6 / Max. None

EFFECTIVE COMMUNICATION
Michael Weisberg, Ph.D.

Effective means of communicating our thoughts and feelings will be covered in this class. Dr. Weisberg will emphasize the expression of anger and sadness and its origins. The class discussions will present specific steps that will enable you to articulate these feelings constructively. These techniques can be used at home, school, or at work. Be assertive and take the first step—join our class.

(Dr. Weisberg is a National Certified Counselor in private practice. He is also a management consultant for several large corporations in the Manhattan and Junction City area).

Tuesday, July 7, 7pm
Class Fee: $5, pay at registration
Materials Fee: None
Limit: Min. 5 / Max. 15

CRISIS INTERVENTION FOR THE NON-PROFESSIONAL
Kimberly Williams, M.S.

Ever had a friend turn to you and you don't know what to say? Do personal problems and relationship difficulties leave you stumped? This class is designed to teach basic helping skills to non-professionals. Participants will learn communication techniques and problem-solving skills that are useful to us all, as well as everyday interaction. Complex situations are welcome.

(Kimberly is a Crisis Intervention Specialist with the Kansas State Board of Education).

Wednesday, June 10, 7pm
Class Fee: $4, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

MARRIAGE ENRICHMENT
Dr. Larry Foss, Ph.D.

There will be a general description of the most frequent marital problems and suggestions for enhancing the marital relationship. Time will be allowed for group discussion and individual marital problems will be discussed. (Larry has a private mental health practice and is a specialist in marriage therapy).

Wednesday, June 24, 7-9pm
Class Fee: $5, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. 10

OVERCOMING FEAR OF REJECTION
Rita Shaubine

Reactions to feelings of rejection create many problems for people. Rita will help you examine these feelings and teach you to cope with life more effectively. (Rita has been a mental health professional for 34 years. She has a practice in Manhattan and Junction City).

Monday, June 5, 7-9pm
Class Fee: $5, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. 20

VISUALIZATION - A TOOL TO ACCUMULATE YOUR STRENGTH
Eunice Dorst

Whatever your goals are—losing weight, quit smoking, stopping procrastination, or working on personal change—visualization is a very powerful tool. We will practice the techniques and look at various ways you can apply this to your life to produce positive change. (Eunice uses visualization techniques in her own life and wishes to share the benefits with you).

Thursday, July 9, 7-9pm
Class Fee: $5, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. 10

USING HYPNOSIS FOR PERSONAL CHANGE
Greg Potter, Ph.D.

At times we all experience some part of ourselves that we would like to change. Hypnosis is a way to overcome smoking, overeating, nail biting, phobias, and many other applications. The discussion will explore clinical hypnosis and how it works to produce personal change. (Dr. Potter has used hypnosis in private practice in Manhattan since 1981).

Tuesday, June 9, 7-9pm
Class Fee: $5, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. 15

TEACHERS ARE NEEDED FOR SELF-DEVELOPMENT CLASSES. IF YOU ARE INTERESTED IN LEADING A CLASS IN THIS AREA, PLEASE CALL EUNICE 532-8866.

VERBAL SELF-DEFENSE
Eunice Dorst

Verbal abuse is so common we don't always recognize it. How often have you felt defensive, angry, guilty, or hurt after a remark by a spouse, friend, or stranger? If so, the chances are you have been verbally abused. This class will be based on the book by the People's Arc of Verbal Self Defense by Suzanne Haden Sigal and will include discussion, sharing of ideas and role playing. You will learn how to defend yourself from verbal abuse and how to know if you, too, are an abuser.

(Eunice has studied this book and believes that by sharing these ideas and techniques, we will all become more adept at recognizing and handling verbal abuse).

Thursday, June 25 & July 2, 7-9pm
Class Fee: $5, pay at registration
Materials Fee: $1.50, pay at class
Limit: Min. 6 / Max. None

SEXUAL HARASSMENT
Eunice Dorst

Do you know how to deal effectively with someone who pesters you at work, parties, or other places? Are you often the butt of a sex or a joke? When someone makes sexually suggestive remarks? We will discuss sexual harassment, as well as practice techniques for dealing with these difficult situations.

(Mary believes that no woman should have to deal with sexual harassment).

Monday, June 8, 7pm
Class Fee: $5, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

SELF-DEFENSE FOR WOMEN
Mary Holm

Regardless of age, race, social class or lifestyle, all women are potential targets of violence. Women rarely receive any training for their own defense. This class will introduce simple but effective self-defense skills taught by women for women. Be sure to wear loose comfortable clothing.

(Mary has been practicing self-defense for several years and has taught this class for BPM many times).

Tues., 8 & Thurs., June 9 & 11, 7-9pm
Class Fee: $5, pay at registration
Materials Fee: $2, pay at class
Limit: Min. 6 / Max. 20

SPOUSE ABUSE DISCUSSION
Dianne Ferrote

Dianne, a former battered wife, will lead this discussion on spouse abuse. She will identify the myths and respond to questions such as why do women stay in abusive situations, what help is there for the abused spouse, and how can friends help?

(Dianne was in a battering situation for many years and with the assistance of a local center has now made the transition to living on her own and is working on her Masters degree in Family Life Education).

Tuesday, June 16, 7-9pm
Class Fee: $4, pay at registration
Materials Fee: None
Limit: Min. 2 / Max. None
Mechanics of Soul Travel

Keith Larson

Keith Larson is from the University of Nebraska and has been in ECKANKAR for more than three years. ECKANKAR, the science of soul travel, consists of contemplative, meditative ideas. It is the goal of soul to become a co-worker with God and soul travel to reach Self Realization and God Realization. The mechanics of soul travel will cover the techniques and discuss the experiences of soul travel.

(Jay questions about this class should be directed to Jaiem Skidmore at 532-7215 or Kathy Skidmore at 776-7216.)

Saturday, June 27, 1-4pm
Class Fee: $4, pay at registration
Materials Fee: $6, pay at registration
Limit: Min. 4 / Max. 20

PACIFISM

S-17
First
What is Pacifism? We will look at historical and contemporary attitudes and functions of the Peace religion. Did you know Goddes' worship is the oldest religion on the earth? Come and explore an alternative religion that has grown up with mankind.

(Non-violent peoples have a group in the Manhattan area).

Saturday, July 11, 1-10pm
Class Fee: $4, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

Observation of the New Age

S-23
Coordinator: Rerla Burnham 776-4746

The New Age foundation of ECKANKAR (pronounced VANK-erk) is a new age teaching blending philosophy, religion, science and the creative arts. Enlightened teachers provide instruction in the Chiter Shamsa relaxation, the soul's record of grace and karma, the chalice, the energized umbilical cord, spiritual practices, astral healing and much more. On June 19-21, members from different parts of the U.S. will come to Manhattan for a heartland mini-conclave. We will have talks and workshops, personal practice and deployment to the spiritual life, original creation of music and dance by members, and dedicated prayer, fasting and worship.

Last year's interest in learning about this was outstanding and we welcome you to attend or any of the events. We will include a conference call for all events of the conclave, which will include:

Friday, June 20, 8pm
Talks by members, slide presentation about ECKANKAR, also Saturday, June 20, 8pm
Filming to the geographic center of the United States, June 20, 8pm.
Talks by members and video presentation of Plesancock, "America the Spiritual". Sunday June 21, 10am Worship Service
Rerla Burnham is the Moderator of the local ECKANKAR Unit. She has a special gift for people and serves as an ambassador for the past three years. In her opinion, ECKANKAR is "the Ph.D. program of the spiritual life."

Workshop Fee: $8, pay at registration
Materials Fee: None

Evidence that Demands a Verdict

S-22
Brian Phifer 776-7462

For those who find it hard to believe in the person of Christ, this is a scientific approach to some of the common misconceptions. Class material will be derived from the book Evidence That Demands a Verdict by W. W. McNeill. All you need is a questioning mind and an open heart. Questions and discussion is encouraged.

(Prevalent among persons, has many doubts until recently and wishes to share with you his voyage of discovery. Part of this voyage included a trip to Turkey in search of Noah's Ark.)

Regime Topic, June 2, 7-8pm (6-8 classes)
Class Fee: $4, pay at registration
Materials Fee: $5.00, pay at registration
Limit: Min. 4 / Max. None

continued...

Native American Medicine Woman: ARLENE MORNINGSTAR

Arlene Morningstar, Apache Medicine Woman and Arleene, will be in the Manhattan area July 2-5 for a lecture and weekend workshop. She states, "I believe in the old ways," and in that tradition shares with participants her knowledge and experiences.

Her knowledge and experiences. She will tell through talks and ceremonies will be the Medicine Wheel, drumming, dancing, healing, earth blessing ceremony, sunrise greasing, sun set circle, noon meal, and medicine. The workshop, medicine bags, prayer items, and the pipe will be provided. Although the workshop is geared to adults, Arlene does welcome children, free of charge, who can respect the beliefs and ceremonies. Intermittent child care will be arranged in advance upon registering, on a co-operative basis.

The lecture in Manhattan, before the workshop, is open to the public free of charge. Indian crafts, brought and mostly made by Arlene, will be available for purchase.

The workshop will be held at a buffalo far west of Manhattan where camping space is available. A tipi and a sweat lodge are on the grounds. To keep costs as low as possible, food will be BYO and potluck.

Arlene is also available for private healing work at a separate fee before and after the workshop.

LECTURE: Thursday, July 2, 7:30pm
UFM House, 1211 Thorsson, Manhattan Free of Charge

WORKSHOP: 10am Saturday to 5pm Sunday
July 4 and 5
Buffalo far west of Manhattan

COST: $56 for the weekend

INFORMATION: Pre-registration and special requests, contact: Pat Ember, 532-2819

BE DIFFERENT THIS YEAR CELEBRATE "INDEPENDENCE" THE NATIVE WAY

UFM Little Apple Banks are perfect for going-away gifts to remind your friends or family of Manhattan. Banks are made to order.

Don't miss out on yours! Call UFM now.

532-5866

Class locations will be noted on your receipt.
Spiritual Quest (Continued)

THE EXPERIENCE

S-18

DONNA ALLEN
Shirley Marshall

DONNA and Shirley recently attended a workshop in Denver led by Shirley MacLaine who shared the spiritual ex-
periences discussed in her books Out

on a limb and Facing in the Light.

Donna and Shirley would like to share their experience of the workshop and discuss hot topics and topics raised by Ms. MacLaine.

Date to be announced at registration.

Materials Fee: None

Limit: None

CHANNELING

S-19

Steve & Ericka Morgan

S-19

Two channels will explain and demonstrate the increasingly popular phenomenon of channeling non-physical entities or guides. Bring your questions about channeling and also receive answers from a higher perspective.

Wednesday, June 17, 7-9p

Class Fee: $4, pay at registration

Materials Fee: None

Limit: Min. 4 / Max. none

WOMEN'S CONNECTION

BOOKS BY AND ABOUT WOMEN

S-24

 Lorrie Cross

S-24

WOMEN writers say special things. Women reach the concept them. This class provides time for women to talk with each other about novels, non-fiction works, humor and satire. Dimensions of self-image shaped by literary novels are exam-
ined as we discuss books selected by group members. Books we have recently read are: Meet with the Right by Berli Marshan; The Life of an Ordinary Woman by Anna Ellis; Black Princess by Kate Simon; Private Eyes by Pamela Franklin; Memories of a Catholic Girlhood by Mary McCarthy; and Graphic by Patricia Prater Lamb and Esther Joyce Sokolowska. (Lorrie has been a member of this informal reading group for 16 years.)

1st. Meeting: Wed, June 17, 7:30-9pm

Class Fee: $3, pay at registration

Materials Fee: None

Limit: Min. 1 / Max. None

HEALTHY ALTERNATIVES

BASIC MASSAGE

S-14

Bob Parr

1-238-5567

This class will introduce you to traditional Swedish massage for the purpose of increased/kept circulation and total relaxation. Please sign up with a partner.

Loosen, oiled and handwoven will be provided. Participants should wear shorts and T-shirts or other loose clothing.

Bring towels and a pad of some type to lie on.

Be prepared- you may be a professional massage for eight years. After working in a health club for about two years, he is now a freelance outcall massage by appoint-
ment only giving sessions (or lessons).

Tuesday, July 1, 3:30-8:30pm

Class Fee: $10 per person, pay at registration

Materials Fee: $1/person, pay at class

Limit: Min. 4 couples / Max. 7 couples

REFLEXYLOLOGY

S-15

Russel Dillieski

S-15

Learn to relax, relieve tensions (stress) and improve your general health. Easy to learn and to put into practice the very first time. Bring close shoes and hands.

Good health to you.

(Reflex has been called for fifteen years and has taught many people how to benefit from this practice).

Monday, June 16, 1pm

Class Fee: $5, pay at registration

Materials Fee: None

Limit: Min. 8 / Max. 16

Discover Thyself

FUR-OF-COLOR WORKSHOP

S-27

Dusty Godsee

776-3488

Color is very important to the way you look and feel! Our system of color analysis is FUR, not complicated. One person will be chosen to receive a color analysis and a fresh update make-up with Lesley Favelle products.

Dusty has been a licensed colorologist for over five years, is a professional certified color consultant and owns Hair Affair.

Monday, August 10, 7pm

Class Fee: $6, pay at registration

Materials Fee: None

Limit: Min. 4 / Max. 8

IMAGE IMPACT

S-25

Bonnie Hassen

776-3438

People look at us and in an instant, even without knowing it, make judgments about our visageability, frizziness, personality, mood, competence, intelligence, age and health. Research has proven that our color, our clothing, even our accessory, communicates strong persuasive messages. We will discuss the impact we make on other people and how we can change the image we project.

Bonnies lectures and seminars throughout the Midwest on health and image awareness. She has 20 years experience in the color field and is the owner of The Image Studio.

Tuesday, August 11, 10:30-11:30am

Class Fee: $6, pay at registration

Materials Fee: None

Limit: Min. 3 / 10

LET'S MAKE-UP

S-28

Rick & Alicia McClanahan

537-9826

Take advantage of Rick & Alicia's know-how in the art of the illusions of pro-

fessionally done make-up! The two com-

bined have excellent training and ex-

perience working as consultants for a year in major department stores in L.A. and attending advanced training workshops with top make-up artists. Rick has just returned from L.A. after completing courses in all aspects of make-up cosmet-

istry (i.e. theatrical, high fashion, photography, T.V., and motion picture). Have fun learning to bring out and make the most of your good features. Feel free to bring in the cosmetics you currently use.

Monday, June 9, 7-9pm

Class Fee: $6, pay at registration

Materials Fee: None

Limit: Min. 15 / Max. 17

FAT'S AND CHOLESTEROL IS WEIGHT CONTROL

Bonnie Hassen

776-3430

How do the fats we eat affect our health and weight? Food preparation for weight control will be discussed and samples of food will be shared.

(Bonnie has studied nutrition and weight management extensively. She has been a private diet counselor for 14 years and is owner of the Manhattan Diet Center and president of the Kansas Diet Center Association.)

Tuesday, June 30, 10:30-11:30am

Class Fee: $6, pay at registration

Materials Fee: None

Limit: Min. 3 / Max. 5

THE RIGHT LOOK FOR YOUR FACIAL SHAPE

S-19

Hair Experts

776-4455

Round, heart-shaped, square or oval—what is your facial shape? By discovering your facial shape, the Hair Experts can discuss the best hair styles and accessories to accent your best features and conceal the less-than-ideal features. Startling changes sometimes occur through a simple change.

(The Hair Experts are expert at designing their hair cuts to fit the individual.)

One Time: Wednesday, June 11, 7-8pm

Class Fee: $6, pay at registration

Materials Fee: None

Limit: Min. 6 / Max. 20

Sharing...

Have you ever thought about sharing your talents, hobbies or job skills with others? Why not become a UPM teacher? If you want to know what is involved, with no obligation or pressure, drop by UPM on Thursday, June 18, and the UPM staff will be happy to talk with you.
Creative Beginnings

**BASIC "PLAY WITH CLAY" FOR CHILDREN**

**AGES 6-10**

Julie Cook 776-2171

Basic Play with clay for children will focus on basic clay techniques. The first class will begin discussion on various ways to use clay, its proper handling and class projects. The second class will deal with finishing and painting the projects. During the last class refreshments will be served, and each child will be able to share and talk about what he/she has made. Children should dress in old clothes. (Julie is very interested in teaching children as well as learning from them. She has been involved in ceramics and "playing" with clay for 10 years.)

Saturday, June 6, 13, 20, 27, 1-2pm.
Class Fee: $6, pay at registration.
Materials Fee: $3, pay at class.
Limit: Min. 5 / Max. 12

**BEGINNING MUGGERS (3-1/2--5yrs)**

Renée Balcomb 776-3567

Paying in use is a child's delight and an expression of his/her creativity. This class will take children one step further as they learn to create and have fun with clay. Please dress your child in old clothes. (Renée is a Pre-School teacher, who likes to work with clay.)

Thursdays, June 4-June 25, 2-3pm.
Class Fee: $6, pay at registration.
Materials Fee: $3, pay at class.
Limit: Min. 3 / Max. 4

**OLD DE BLOG (GOD'S EYES)**

Leigh Roberts 539-8478

The basics and variations of a God's Eye wall hanging will be explored in this class. This simple craft, using yarn and dowels, is lots of fun for teenagers and pre-teens and will make an attractive decoration for their rooms. All materials will be provided. (Leigh, a 4-H worker for 9 years, has made many beautiful God's Eyes which she has entered in numerous competitions.)

Section 1: Tues., June 2 & 9, 6-7:30pm.
Class Fee: $4, pay at registration.
Limit: Min. 1 / Max. 8

Section 2: Tues., June 16 & 23, 6-7:30pm.
Class Fee: $4, pay at registration.
Limit: Min. 1 / Max. 8

**BEGINNING CERAMICS FOR CHILDREN**

**AGES 6-10**

Diana Hatch 776-9921

Each child will complete 3 projects: a kitchen trivet, a mug, and another project chosen by the child. Basic techniques will be emphasized, and original artwork on each project will encourage each child's creativity. No previous experience required. Children should dress in old clothes. (Diana, who is a mother, believes that everyone has creative talents that can be developed for his or her own enjoyment.)

Saturdays, June 6, 13, 20, 27, 1-2pm.
Class Fee: $6, pay at registration.
Materials Fee: Some materials will be provided at a cost of $7.12 which will be paid at class time. Other materials will be supplied by the participants, and a list of the materials needed will be available at registration.
Limit: Min. 1 / Max. 12

**BEGINNING CERAMICS FOR CHILDREN**

**AGES 11 and UP**

Diana Hatch 776-9921

Each child will complete 3 projects: a kitchen trivet, a mug, and another project chosen by the child. Basic techniques will be emphasized, and original artwork on each project will encourage each child's creativity. No previous experience required. Please wear old clothes. (Diana, who is a mother, believes that everyone has creative talents that can be developed for his or her own enjoyment.)

Saturdays, June 6, 13, 20, 27, 1:30-3:30pm.
Class Fee: $6, pay at registration.
Materials Fee: Some materials will be provided at a cost of $7.12, which will be paid at class time. Other materials will be supplied by the participants, and a list of supplies needed will be available at registration.
Limit: Min. 1 / Max. 12

DO YOU LIKE TO PLAY WITH CHILDREN? UMT NEEDS TEACHERS FOR KIDS' CLASSES. IF YOU ARE INTERESTED PLEASE CALL ELINOR OR AMITA 532-9800. DURING JUNE OR JULY.

**CAGES, CLOWNS AND CLASSES**

**HORSES FOR KIDS OF ALL AGES**

Bernard Walls 339-1253

You will get to feed, groom, and ride a horse. Learn to enjoy and have fun with a horse. What docs a horse need to become your best friend? What is horse safety? How much does a horse eat? All these questions and more will be answered and you will also get some hands-on experience. Parents are encouraged to attend. Don't miss this great opportunity. (Bernard has enjoyed raising horses for many years as well as being Elkton County 4-H Horse Leader.)

Wednesday, June 17, 6-8pm.
Class Fee: $3, pay at registration.
Materials Fee: None
Limit: Min. 4 / Max. None

**BEHIND BARS - A VISIT TO THE ZOO**

Sunset Zoo Staff

Do your children ask questions you cannot answer when you take them to the zoo? Sign your children up for this guided tour of the Sunset Zoo and let the experts answer their questions. You might learn some interesting things too. Parents please accompany your children -- there is no charge for adults.

Sunday, July 12, 10am.
Class Fee: $2/child or $4 per family.
Pay at registration.
Materials Fee: None
Limit: Min. 10 / Max. 20

**BECOMING A CLOWN**

Michele J. Janns 537-8959

Come join Michele and create your own party clown character. We will create the character complete with make-up (white face), costume and personality. The art activities and personal interaction. We will also learn how to make balloon animals. All materials will be supplied. All ages welcome. (Michele is a self-taught, part-time clown who does parties, picnics and grand openings.)

Saturday, August 8, 10am-noon.
Class Fee: $4, pay at registration.
Materials Fee: None, pay at first class.
Limit: Min. 6 / Max. 12

Continued...

Class locations will be noted on your receipt.
Cages, Clowns and Classes (Continued)

MODEL ROCKETRY FOR KIDS
(Grades 3 and Up)
David White 537-8240 or 332-6766
Tom Scorse 532-5866

David will assist you in all aspects of rocketry. From ordering kits, to designing and building a personalized rocket, to a professional looking finish. Then comes the exciting day - a chance to launch your own rocket. Participants are also encouraged to join the NAS (National Association of Rocketry), a professional club that offers members many benefits, such as liability insurance up to one million dollars, a discount on all rocket kits and accessories, and a monthly magazine. The fee is one year. All proceeds go to support local and state rocketry competitions. Girls, boys and adults are welcome to attend the first meeting, with an option to continue.

(David likes to build and fly large scale rockets, and Tom has been building rockets for several years.)

Tues. & Thurs. Begin June 2, 6-8:30pm
Class Fee: $4; pay at registration
Materials Fee: Depends on rocket project
Limit: Min. 4 / Max. 20

CHILDREN'S NATIVE AMERICAN WORKSHOP
(Pre-schoolers, 2-7/2 thru 5)
ES-9
Pat Ember 339-2919
Jaye Link 539-7605
A series of ongoing workshops is held each semester for children of various ages to learn about Native culture and traditions. These workshops particularly are open to the wonders and wisdom of our ancestors. Pat Ember, who is an accomplished Native American musician and artist, will share with us these discoveries in this class through music, dance, storytelling, and art projects including: food, pottery, basketry, Native American games and much more. We will find out where the food comes from, and how the plants are grown. We will learn the names of the plants and animals that Native Americans used for food and medicine. We will also learn how to keep our environment clean and healthy.

Saturday, July 11, 10-11:30am
Class Fee: $5; pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

NOW TO KEEP YOUR PET HEALTHY
(8-13 years old)
ES-7
Gerald Bond, DVM 539-7922

Learn to examine your pet's teeth, nails, heart, ears and more. The goal of the class is to teach children how to care for a variety of pets and learn how their individual bodies work. The class will try to use personal pets for demonstrations. Parents are encouraged to attend and participate. (Dr. Bond is a veterinarian in private practice in Manhattan.)

Date to be announced at registration
Class Fee: $15; pay at registration Materials Fee: None
Limit: Min. 4 / Max. 10

10 Class locations will be noted on your receipt.

Places Near and Far

TUTTLE CREEK TOWER TOUR
ES-2
Paul Weidhase 339-8511

Discover how much Tuttle Creek Lake has to offer. A Corps park ranger will present a slide show giving an overview of the history of Tuttle Creek Lake and answer your questions. Then you will be taken on a tour of the intake tower, spillway and the tubes. This tour is not recommended for small children or those afraid of heights.

(Paul has been a park ranger at Tuttle Creek Lake for over eight years.)

Sunday, July 26, 9-11am
Class Fee: $2, pay at registration
Materials Fee: None
Limit: Min. 7 / Max. None

PRARIE GRASSES
E-7
Gene Towne 532-7233

All grasses are not alike! Learn identifying characteristics of the common grasses that make up the Flint Hills "sea of grass" with a short tour through the prairie. The ecological effects of burning and grazing upon the prairie will also be discussed.

(Gene has been teaching plant and grass identification for ten years.)

Saturday, June 13, 10am-noon
Rain Date: Saturday, June 20, 10am-noon
Class Fee: $1, pay at registration
Materials Fee: None
Limit: Min. 9 / Max. None

NATURE TRAIL WALK
E-5
Tim Reus 1-784-5535

Do you enjoy exploring native Kansas woodlands but hate fighting dense undergrowth? If you do, then come and enjoy a guided tour along the newly established Kaw Valley River Nature and History Trail over 20 native plants are identified on this mile-long cleared trail located in the Kaw Valley bottoms behind the old historic First Territorial Capital building. After the walk a guided tour of the museum will be given.

(Tim has been the curator of the First Territorial Capital for the past two years. He has an interest in Kansas history as well as native plants.)

Saturday, June 6, 10am-2pm
Class Fee: $3, pay at registration
Materials Fee: None
Limit: Min. 2 / Max. 10

Continued...

A VISIT TO CHEYENNE BOTTOMS
B-8
Duane Kerr 1-656-2771

Cheyenne Bottoms is vitally important to hundreds of thousands of shorebirds and waterfowl during migration. The special importance, but great interest in Cheyenne Bottoms 'role' in providing summer homes for a variety of birds. If we are lucky we will see like egrets, avocets, yellow-headed blackbirds and many waterfowl, including cinnamon teal. We will also discuss the threats to the existence of Cheyenne Bottoms.

(Duane has made birding trips to Cheyenne Bottoms for 25 years.)

Saturday, June 13, 7am-8pm
Class Fee: $5, pay at registration
Materials Fee: Share transportation costs
Bring a sack lunch.
Limit: Min. 1 / Max. 10
**PRAIRIE WILDFLOWERS**

E-6

Gene Tomas
537-7233

Identify first-hand the late spring and early summer wild flowers dotting the Flint Hills rather than flipping through pages of obscure flower books. Learn identifying characteristics of both flowering and vegetative prairie plants and obtain lots of information in a short walk through the prairie. (Gene has been teaching plant identification for ten years).

Saturday, June 6, 10am-noon
Rain Date: Monday, June 8, 8-8pm
Class Fee: $1, pay at registration
Materials Fee: None
Limit: Min. 8 / Max. None

**GET TO KNOW MILFORD LAKE**

E-3

Gregory Venture

Let an experienced ranger show you Milford’s popular fishing holes, camp sites and attractions, including the new fish hatchery. The tour will be adapted to meet the interests of the participants.

(Greg has been a ranger at Milford for seven years and knows the lake inside and out).

Sunday, June 7, 8-11:30am
Class Fee: $1, pay at registration
Materials Fee: $1, pay at class
Limit: Min. 3 / Max. 5

**Reach For Your Star**

E-12

Larry Paris
537-3921

Ever wonder about the universe? What is a galaxy? Where are we at? How can I learn the constellations? Come spend an evening learning about the universe and the summer constellations. Please bring a small flashlight.

(larry has taught this class several times and always enjoys it!)

Friday, June 26, 8-10pm
Rain Date: Saturday, June 27
Class Fee: $5, pay at registration
Materials Fee: $5.50, pay at class
Limit: Min. 4 / Max. None

**CHONDS: THE BOOK**

E-13

Larry Paris
537-3921

One of the books of books of popular science! Written by Carl Sagas and based on the E.T. series, it gives a beautifully written view of the universe. Eight chapters will be covered. We will also do some star-gazing!

Note: Participants must obtain a copy of the book.

(larry is a K-State graduate who likes dark skies with bright stars).

Thursday, June 4, 11,18,25, 7-9pm
Class Fee: $5, pay at registration
Materials Fee: $1, pay at class
Limit: Min. 4 / Max. 10

**From Scent to Savory**

E-14

Jaye Link
539-7605

Taste samples, learn growing techniques, the use of a soil block maker and hear a little folklore about the different herbs you use for cooking and making teas. A variety of ways will be discussed on how you can "put up" summer herbs for winter use and make your own personal seasoning blends for yourself or gift giving. Jaye will discuss comfrey, mint, basil, oregano, tarragon, chives, lemon balm and many others. (Jaye uses herbs to season foods instead of relying on salt and pepper).

Monday, July 13, 6:30 - 8pm
Class Fee: $5, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. 8

**Our Four Footed and Feathered Friends**

E-4

Dr. F. C. Lanning
537-7599

This trip will be to the glacial area and nearby areas in the north western part of Wabaunsee County. We will go to areas where glacial materials (agates, quartz, etc.) and fossils will be found. You should bring your "frohmic" for the trip.

(Dr. Lanning is a long-time member of the Manhattan Gem and Fossil Club which is sponsoring this class).

Saturday, July 11, 8:30-11am
Class Fee: $3, pay at registration
Materials Fee: None
Limit: None

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**Prairie Festival at the Land Institute**

In recognition of the bicentennial of the U.S. Constitution, the centennial of the birth of Aldo Leopold and the twenty-fifth anniversary of Rachel Carson's Silent Spring, the Land Institute's sixth annual Prairie Festival will here is its theme: CITIZENSHIP AND THE LAND ETHIC. On May 30-31, come to the formal Institute in Salina for a festival of fellowship, learning, discussion and inspiration in celebration of the Prairie Ecosystem and Prairie Folk. Speakers at the Festival will include Nina Leopold Bradley, Charles Bradley, Kent Wobly, Sage Wright and Donald Worster. Featured topics will include the land ethic and civic responsibility, prairie restoration, chemical pesticides in the third world, and ideas about the landscape in American history. There will also be plant and wildlife walks, as well as explanations of the Land Institute's agricultural research. For more information, call or write the Land Institute at 7440 S. Water Well Rd., Salina, KS, 67401, 823-5376.

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**KONZA PRAIRIE TRAIL SITE**

E-1

Dave Sampson

Come visit Konza is the summer! We will have a slide show and tour the house and barn. Then we will hike our way through the research unit. We will walk through the area that has not been burned for at least 15 years and an area that was burned this spring where the grasses have groved b' tall. Hopefully, we will see some of the harder prairie critters like deer, marmochrome, and prairie chicken. The hike is about 1.3 miles. Dress appropriately and lightly-hearted.

(Dave is foreman of Konza).

Saturday, June 20, 9am-7
Class Fee: $3, pay at registration
Materials Fee: None
Limit: None

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If you want to lead a nature trip or have some knowledge of animals or birds you would like to share, please call Eunice 532-5666.
Our Four Footed and Feathered Friends (Continued)

HORSES FOR KIDS OF ALL AGES E5-5
Bernard Wells 539-1263
You will get to feed, groom, and RIDE a horse. Learn to enjoy and have fun with a horse. What does a horse need to become your best friend? What is horse safety? How much does a horse eat? All these questions and more will be answered and you will also get some hands-on experience. Parents are encouraged to attend. Don't miss this great opportunity. (Bernard has enjoyed raising horses for many years as well as being Riley County 4-H Horse Leader.)
Wednesday, June 17, 6-8pm
Class Fee: $3, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

HOW TO KEEP YOUR PET HEALTHY E5-7
Gerald Bond, DVM 539-7921
Learn to examine your pet's teeth, nails, heart, ears and more. The goals of the class are to teach children how to care for a variety of pets and learn how their individual body functions. We will try to use personal pets for demonstrations. Parents are encouraged to attend and participate. (Dr. Bond is a veterinarian in private practice in Manhattan.)
Date to be announced at registration
Class Fee: $3, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. 10

Recreation

Get Fresh Air and Physically Fit

DIAL A PARTNER B-14
UPM Staff 532-5866
Want some new partners for sports? This is an opportunity for you to get some challenging experience and to meet new faces. At registration, indicate the game, your skill level (beginner, intermediate or advanced), days and times available, and UPM will compile a list which will be mailed to you. (UPM has coordinated this class for several years.)
Class Fee: $1, pay at registration
Materials Fee: None
Limit: Min. None / Max. None

ADULT SWIMMING R-20
(PURPOSE FOR BEGINNERS AND INTERMEDIATE)
Patricia Villari
This class is for the 'advanced' beginner and the intermediate swimmer. The 'advanced' beginner should be able to do the back and front float and have no fear of water. However, it is not necessary to know any strokes. The intermediate swimmer should be able to do the crawl, sidestroke and front float in both deep and shallow water.
Sunday, Begin June 7, 9-1am. (10 a.m.)
Class Fee: $10, pay at registration
Materials Fee: None
Limit: Min. 3 / Max. 12

Sharing

Have you ever thought about sharing your talents, hobbies or job skills with others? Why not become a UPM teacher? If you want to know what is involved, with no obligation or pressure, drop by UPM on Thursday, June 16, and the UPM staff will be happy to talk with you.
**INTRODUCTION TO WINDSURFING**

Brenda & Bernard Buxtorf

Windsurf on a dry-land simulator to see if windsurfing is the sport for you! Brenda and Bernard will demonstrate techniques and then you'll get to try them. They'll also cover safety, cost, new and general information. All ages and sizes of people are welcome!

(Blends and Bernard are the owners of the Blue River Water Sports and are certified instructors through the Sailboard System).

Thursday, June 4, 6pm
Class Fee: $5, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

**GOLF FOR BEGINNERS**

Jim Gregory

For those who have little or no experience. Jim will cover fundamentals of the full swing, short game-pitching and chipping and putting. Bring a wood, 9 iron and putter. If you don't have any clubs, they will be provided free of charge. Here's a chance to find out if golf is the sport for you.

(Jim is a PGA Golf Professional and is the golf professional at Stegg Hill Golf Course).

Thursdays, June 11, 18, 25 (3 times) 6-7pm
Class Fee: $6, pay at registration
Materials Fee: $1, pay at class
Limit: Min. 4 / Max. 12

**VOLEYBALL FOR FUN (16 AND OVER)**

Lori Moraeso

539-0867

Indoor volleyball can provide low-key competition, exercise and a great time for beginners to those advanced. Nets and balls will be furnished. (Lori has played UPN volleyball for years).

Tuesdays, 6:30-8:30pm Length: Ongoing First play date: June 2
Class Fee: $3, pay at registration
Materials Fee: $1, pay at class
Limit: Min. 1 / Max. None

**BEGGING TENNIS**

Karen Perry

776-1664

Learn the sport of tennis. In this class you will learn the forehand, backhand, serve, court tactics, equipment selection and game rules. Please bring a can of marked balls and a racquet.

Beginns Sunday, June 7, 8-10am (6 times)
Class Fee: $10, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. 20

**SUMMER SOCCER**

Charles Hedgforth

539-4760

For the novice and the experienced player from 3-7. No practices -- just matches for fun among ourselves and other area teams. Classes will run through Aug. 16.

Charles has been involved in soccer for more than 15 years and is a coach, player and referee.

Sundays, June 14-Aug 16, (10 times) 5:30-6:30pm
Class Fee: $6, pay at registration
Materials Fee: None
Limit: Min. None / Max. None

**TEACHERS NEEDED FOR RECREATION CLASSES**

Swimming, outdoor and indoor sports, or any other fun thing you can think of. Please call EUNICE 532-5866 for more information.

**INTRODUCTION TO BICYCLE TOURING**

Mark Hooper

539-5039

Can't afford to fly? Don't stay at home and pout. Join the hundreds that find bicycle touring an inexpensive and enjoyable way to travel and see the countryside. Added benefits to this sport are a healthy heart and fit body. So pedal your way to UPN, sign up for Bicycle Touring class and find out what is involved. Mark will discuss proper equipment as well as repair and maintenance. An optional weekend tour is planned.

(Mark has experienced many bicycle tours from day trips to a 30 day continental trip and has encountered an array of different situations).

Tuesdays, June 30, July 7 & 14, 6:30-8pm
Class Fee: $5, pay at registration
Materials Fee: None
Limit: Min. 3 / Max. None

**SKILL AND STRATEGY**

LEARN TO PLAY DARTS

Janey Boyce

Evvin Jones

Tony Short

Members of the Mid-Kansas Darts Association will be instructing students on regulation play of the dart games Cricket 301, 501 and 901. The participant will be shown basic techniques, skill and strategy. At the end of the course the students will be able to accomplish the rules and basic dart techniques. Darts will be provided for those who do not own their own.

(Janey, Evvin and Tony are members of the MDA).

Tuesdays, June 9, 16 & 23, 7:30-10pm
Class Fee: $6, pay at registration
Materials Fee: None
Limit: Min. 3 / Max. 25

**CONTINUED**

Class locations will be noted on your receipt.
Martial Arts

INTRODUCTION TO KARATE
Joel Cederberg
537-7090

This course will cover the basics and is for those who don't know anything about karate but really want to learn. Karate is not easy and requires much hard work, practice, patience and perseverance. Please wear loose clothing that you don't mind getting sweaty.

Mon., Wed., Fri., June 1-26, 6:30-8pm
Class Fee: $6, pay at registration
Materials Fee: $2, pay at class.
Limit: Min. 4 / Max. None

ADVANCED KARATE
Joel Cederberg
537-7090

Classes are available for those wishing to further their knowledge of karate. For further information call Joel Cederberg, 537-7090.

BEGINNING KUNG FU (PAI TE LONG STYLE)
Stan Wilson
539-7723

Pai Te Long is a Kung Fu style combining hard, soft and internal methods. Beginners will learn basic techniques, some self-defense drills, one-step sparring, and if we have time, the three short forms. Wear comfortable clothing. Stan has studied martial arts for 17 years and is a master of the Pai Family.

Tuesday & Thursday, 7-8 p.m.
Begin Tuesday, June 2
Length: Ongoing
Class Fee: $11, pay at registration
Materials Fee: $2, pay at first class.
Limit: Min. 3 / Max. None

ADVANCED KUNG FU (PAI TE LONG STYLE)
This class is for those who wish to learn kung fu, self-defense, awareness drills and sparring. Please contact Stan Wilson, 559-7723.

Skill and Strategy (Continued)

BEGINNING FENCING
Doug Varney
539-1510
776-5703

Learn basic fencing skills with fall, épée, or sabre. Footwork, conditioning and blade play will be emphasized with some practice bouts toward the end of the session. The materials fee pays for rental of all needed equipment. Men and women of all ages welcome!

First Class, Wednesday, June 3, 7 p.m.
Length: Ongoing
Class Fee: $10, pay at registration
Materials Fee: $10, pay at class
Limit: Min. 4 / Max. None

LEARN TO PLAY BRIDGE
Don Weiss
776-0471

What makes bridge the hot card game? Charlie's here to let you in on the fun. In a few quick and entertaining lessons, you can be ready to cast off your training wheels and start enjoying a lifelong hobby.

(Don has played bridge for many years and thoroughly enjoys it.)

Thursdays, begin June 6, 6:30 p.m.
Class Fee: $10, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

The Royal

Kung Fu Workshop
Stan Wilson, who teaches Kung Fu and Jujitsu for UPM, is sponsoring a special workshop this summer. The workshop leader, Larry Collins, Kansas representative for Pai Te Lung Kung Fu, will be offering 48 hours of intensive training. Some experience is at least one form of martial arts is required.

TIME: From 6:00 p.m. Friday, June 12 To 4:00 p.m. Sunday, June 14.
COST: $65 for registration, post-marked on or before June 1, $70 for late registration.
LOCATION: Lazy "T" Ranch
3 mi. NE of Manhattan
Staying throughout the weekend is highly encouraged. A camping area will be provided, please bring your own camping gear.

For further information call Stan Wilson at 539-7723.

Let's Go See The Royals!

R-18

UPM Staff
532-5556
See the Kansas City Royals live in action when they play the Seattle Mariners. Forget those driving headaches and traffic hold-ups and travel in comfort in an air-conditioned bus. Refreshments will be provided. Station stops will be located in the View Box and Plaza Reserved sections.

ITS FUN TIME POOL!
Call ASAP to reserve your space.

Sunday, June 28, depart 9:00am
Cost: $25 per person

CALL NOW, space is limited.
LEARN TO FLY AT LOW RATES
Hugh Irvin
532-6311
The class will be an informational session to overview what is involved in
learning to fly in general and the advantages of the K-state Flying Club in
particular. Options available for ground school and for flight training in the
Manhattan area will be discussed. Intro-
ductory flight lessons and/or short
sight-seeing flights at minimum cost will
also be scheduled at this meeting.
(Hugh is a FAA Certified Flight
Instructor and a member of the K-State
Flying Club).
Saturday, June 17, 9 - 10:30am.
Class Fee: $5, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

TEACHERS NEEDED FOR RECREATION CLASSES—SWIMMING, OUTDOOR AND
INDOOR SPORTS, OR ANY OTHER FUN
THING YOU CAN THINK OF. PLEASE CALL
EUNICE 532-5866 FOR MORE IN-
FORMATION.

MODEL ROCKETS FOR KIDS
(Ages 9 and up)
ES-8
David White
537-8240 or 532-6786
Tom Searcy
532-5866
David will assist you in all aspects of
rocketry. From ordering kits, and de-
signing a personalized rocket, to a pro-
fessional looking finish. Then comes the
exciting day, a chance to launch your own
rockets. Participants are also encour-
ged to join NAR (National Association of
Rocketry), a professional club that
offers members many benefits, such as:
liability insurance up to one million
dollars, 25% discount off all rocket kits
and accessories and a monthly magazine.
The cost of NAR is $15.00 a year. partici-
pants will also have an opportunity to
compete in local and state rocketry
competitions. Girls, boys and adults are
welcome to attend the first meeting, with
an option to continue.
Tuesday & Thurs. Begins June 2, 6-8:30pm
Class Fee: $6, pay at registration
Materials Fee: Depends on rocket project
Limit: Min. 4 / Max. 20

Put On A Happy Face
RECOGNIZE A CLOWN
Michele J. Jones
537-8959
Come join Michele and create your own
party clown character. We will create
the character complete with make-up (white
face), costume and personality. The art
of clowning will include magic tricks,
activities and personal interaction. We
will also learn how to make balloon
animals. All materials will be supplied.
All ages welcome!
(Michele is a self-taught, part-time clown
who does parties, picnics and grand open-
ings).
Saturday, August 6, 10am-noon
Class Fee: $6, pay at registration
Materials Fee: $3, pay at first class
Limit: Min. 4 / Max. 12

Modern Energy
RADIATION—WHAT ARE THE EFFECTS?
Lyle Horshaver
537-2105
This course will address such questions
as: What is radiation; how does it
damage our body; how can you protect
yourself from potential radiation? The knowledge about radiation
will allow you to form your own judgment about the dangers and benefits of nuclear
energy.
(Lyle is a certified radiation worker and has spent 6 years in the Navy, serving on a nuclear powered submarine).
Tuesday & Wednesday, 7-9pm.
Sect. 1 June 9 & 10
Sect. 2 July 7 & 8
Class Fee: $3, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

Best Buys
UPPING FOR MEAT
N. Warren
776-8736
All the meat department of one of K-State’s food stores and let an
experienced meat cutter answer all your
questions about meat selection. Discover
what goes on in the meat department as well
as learn about the many different cuts of
meat. Summer is barbecue time, so join
him later on.
Sunday, August 1, 7-9pm
Class Fee: $4, pay at registration
Limit: Min. 5 / Max. 20

SHOPPING FOR PRODUCE
Chuck Marr
539-6025
Ever go to the store to buy fruits or
vegetables, especially melons, and
wondered if they were ripe? You glance
around and see people lop, shake, and
smell the melons. So you try it, al-
though you’re not sure what you’re
looking for. Chuck will explain how to
determine the quality of the produce and
the best way to store your fruits and
vegetables for optimum flavor and
nutrition.
(Chuck is an Extension Horticulturist at
ESU specializing in vegetable crops).
Thursday, July 7, 7-9pm
Class Fee: None, pay at registration
Materials Fee: None
Limit: Min. 5 / Max. None

TEACHERS ARE NEEDED FOR THE COMMUNITY SECTION. IF YOU ARE INTERESTED
PLEASE CALL EUNICE AT 532-5866 DURING JUNE OR JULY.

Class locations will be noted on your receipt.
OUT AND ABOUT IN MANHATTAN

TOUR OF THE KSU NUCLEAR REACTOR C-1
Jeff Daniels 352-4657

Nuclear reactors have become increasingly important in this age of high technology. Visit the KSU reactor and learn about its role in teaching and research. Jeff will discuss the uses of the facility for nuclear science, geology, engineering and human ecology.

Tuesday, July 7, 6-7pm
Class Fee: $3, pay at registration
Materials Fee: None
Limit: None

TOUR OF THE KSU VETERINARY COMPLEX C-2
Vet. Clinic Staff 532-5560

Ever wanted to see just exactly what goes on inside the KSU Vet Complex? Now is your chance. During a 25-30 minute tour you will see a veterinary, as well as the teaching building and the animal hospital. A discussion will follow. (Children must be 8 years of age or above to be admitted).

To be announced at registration.
Class Fee: $3, pay at registration
Materials Fee: None
Limit: None

TOUR OF THE MANHATTAN FIRE STATION C-4
Fire Station Staff 537-0054

Come for a tour through the new Manhattan Fire Station north of town. The station serves as a regional training center for firefighters, and is therefore unique. You will see the tools and equipment that are used and also learn about fire prevention and rules of thumb on fire-safety

Wednesday, July 15, 6-7:30pm
Class Fee: $3, pay at registration
Materials Fee: None
Limit: None

TOUR OF MCCALL PATTERNS COMPANY C-3
Opal Schober 776-4041

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

(Open works for the McCall Patterns Co.)
Friday, July 10, 10am
Class Fee: $3, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

LOOK FOR FIELD TRIPS UNDER EARTH SECTION

STOCK AND OPTION TRADING C-8
Greg Barron 456-7336

We will discuss short term trading techniques in the stock and option markets. Leverage and hedging tools that generate higher returns and safety will also be analyzed.

(Greg has a masters degree in economics and is an investment planner for Stifel, Nicolaus & Co.).

Tuesday, July 7, 8:30-10am
Class Fee: $6, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

THE COMMON SENSE INVESTOR C-7
Greg Barron 776-1066
456-7336

We will wade through the confusion in the financial markets. Taking a common sense approach helps to clear up most questions. (Greg has a masters degree in economics and is an investment planner for Stifel, Nicolaus & Co.).

Tuesdays, June 23 & June 30, 7-8:30pm
Class Fee: $6, pay at registration
Materials Fee: None
Limit: Min. 3 / Max. None

PLANNING FOR YOUR FUTURE C-9
Fred Fredly 537-4505

Investing is not the prerogative of the rich, but of the wise. If you do not understand the various investment vehicles, you could be missing valuable opportunities. Through discussion and slides, we will learn about investments, insurance, wills, trusts, limited partnerships and retirement programs. A special feature of this class will be a Financial Plan for each participant equivalent to a plan costing several hundred dollars if purchased.

Monday, June 15, 7:30-9pm
Class Fee: $6, pay at registration
Materials Fee: None
Limit: Min. 4 / Max. None

ROOMS FOR RENT

If you are planning a meeting, pot luck or fun function, UFM has rooms available with kitchen facilities for a reasonable price. The fireplace room with patio is perfect for family events and for formal meetings. UFM now has a conference room. For more information call Bonnie, 532-5666.

UFM Little Apple Banks

are perfect for going away gifts to remind your friends or family of Manhattan. Banks are made to order.

Don’t miss out on yours!
Call UFM at 532-5666 now.

16 Class locations will be noted on your receipt.
NETWORKING COMPUTER USING WOMEN
Wally Hankley 539-1028
During an organizational meeting, we will discuss procedures and logistics of estab-
lishing a network using modems, elec-
tronic mail and bulletin board technol-
y. Thereafter, most instruction is ex-
pected to occur on-line.

Objectives of this meeting are:
— Set up a bulletin board
— Share information among computer using
— Help new users of technology become
— More sophisticated users
— Strengthens women in the occupational

(Wally is a Ph.D candidate in the Dept.
of Curriculum and Instruction at ESU. She
has worked with Apple and IBM com-
puters for about five years. Networking
computer using women will provide a basic
for part of her dissertation.)

Class Fees: $4, pay at registration.
Materials Fee: None.
Limit: Min. 6 / Max. 12

ADVANCED GENETICS
J. Harvey Littrell 539-2846
This class is designed for students who
have had Beginning Genetology or who
have had practical experience. We will be
concerned with those for differing
kinds of information, special techniques
and organizations relating your gene-
alogical data.

(Harvey is a retired ESU professor and an
ex-president of the Elks County Gene-
alogical Society.)

Mon. & Tues., July 15 & 16, 7-9pm
Class Fees: $1, pay at registration.
Materials Fee: $1, pay at first class.
Limit: Min. 4 / Max. 12

WEDNESDAY MORNING PLAY GROUP
Barb Stock 776-1979
Diana Heath 776-9291
This is an ongoing "Support Group" for
at-home mothers and their pre-school age
children. The "Mother's Morning In" with
children playing in front of other adults. Mothers are responsible
for their own children, no supervision
necessary. During nice weather we will be
outside and during colder months we will be meeting in homes of
participants. The group has been in
existence for about nine months.

Register and you will be contacted for
first meeting.
Class Fees: $2, pay at registration.
Materials Fee: None.
Limit: Min. 6 / Max. 12

SUPPORT NETWORK FOR SINGLE MOTHERS
Peggy Bell
Single Mothers are some of the busiest
people in the world, the real bearers of
the burden of the "supermom" myth. The
best way to ease this burden is to reach
out and help each other. At the first
meeting we will discuss the problems
facing single mothers today and explore
possible solutions. Child care and
transportation will be provided.
For further information call UPM, 532-5866.

Wednesday, June 3, 1-2pm
Class Fees: $1, pay at registration.
Materials Fee: $1, pay at class.
Limit: Min. 6 / Max. 12

VERBAL SELF-DEFENSE
S-9
Etienne Dorset 532-2866
Verbal abuse is so common we don't always
recognize it. How often have you felt
defensive, angry, guilty, or hurt after a
remark by a spouse, friend, or stranger? If
so, the chances are you have been ver-

dally abused. This class will be based
on the book The Gentle Art of Verbal Self
Defense by Susette Hales Elgin and will
include discussion, sharing of ideas and
tactics. You will learn how to de-

and voice your feelings and how to
know if you too, are an abuser.
(Elaince has studied this book and be-
lieves that by sharing these ideas and
movements, we will all become more


Let's Go See The Royals!
UPM Staff 532-5866
See the Kansas City Royals in action when
they play the Seattle Mariners. For
got those driving headaches and traffic
haul-ups and "travel in comfort in an air-
conditioned bus. Refreshments will be
provided. Stadium seats will be located in
the View Box and Plaza Reserved sec-
tions.
ITS FIVE TUNE POLK Call ASAP to reserve your space.
Sunday, June 28, depart 9:00am Cost: $25 per person
CALL NOW, space is limited.

ROOMS FOR RENT
If you are planning a meeting, pot luck
or fun function, UPM has rooms avail-

able with kitchen facilities for a
reasonable price. The fireplace rooms
with patio is perfect for family events
and for formal meetings. UPM now has
a conference room. For more information

Class locations will be noted on your receipt.
Vegetarian Indian Cooking

Neelman Jain
776-8303

There are people who think vegetarian cooking is boring and tasteless, but this class, combining the exotic cuisine of India with the basics elements of a vegetarian diet, will prove them very wrong. You will be introduced to the versatility of cooking with readily available ingredients for balanced vegetarian meals like: Puri or Batata (fried balloons) or Kadai, (vegetable) balls made out of cauliflower, zucchini, or cabbage), or Biryani (fried rice with hommade sauce and vegetables), and Kheer of Halva (fudge made out of milk, nuts and other delicious foods). The class is designed for both beginners and experts with hands-on experience. Enjoy learning and eating traditional Indian foods and recipes!

(Neelman has been sharing her native cooking for the last six years.)

Sec. 1: Sat., June 6, 4-6pm
Sec. 2: Tues., June 9, 5-7pm
Sec. 3: Wed., June 17, 6-8pm
Sec. 4: Thurs., June 25, 6-8pm
Class Fee: $8, pay at registration
Materials Fee: $10, pay at first class
Limit: Min. 3 / Max. 10

Shopping for Meat

Bob Warner
776-8736

Visit the meat department of one of Manhattan's food stores and let an experienced meat cutter answer all your questions about meat selection. Discover what goes on in a meat department as well as learn about the many different cuts of meat and the appropriate ways to prepare them. Summer is barbecue time, so let Bob and learn how to choose your next cook-out meat.

(Ken has 15 years experience in meat cutting with 17 of those years in Manhattan.)

Tuesday, August 11, 7:30pm
Class Fee: $8, pay at registration
Materials Fee: None
Limit: Min. 3 / Max. 20

Shopping for Produce

Chuck Marr
539-6825

Ever go to the store to buy fruits or vegetables, especially melons, and wondered if they were ripe? You glance around and see people thumb, shake, and smell the melons. So you try it, although you're not sure what you're looking for. Chuck will explain how to determine the quality of the produce and the best way to store your fruits and vegetables for optimum flavor and nutrition.

(Chuck is an Extension Horticulturist at EIU specializing in vegetable crops.)

Thursday, July 9, 7:30pm
Class Fee: $5, pay at registration
Materials Fee: None
Limit: Min. 3 / Max. 30

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Class locations will be noted on your receipt.
**REGISTRATION**

532-5866
1221 Thurston
Manhattan, KS

Three ways to register:

A. WALK-IN: Come to the UFM house, 1221 Thurston, during business hours or register at one of the locations listed below.

B. MAIL-IN: Fill in your registration form and mail it with check, money order, or Visa/MasterCard number to: UFM, 1221 Thurston, Manhattan, KS 66502 (stamped, self-addressed envelope is appreciated).

C. PHONE-IN: With Visa or MasterCard only, you may call 913-332-5866 during business hours to register (minimum: $5.00).

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**YOU MAY REGISTER AT ANY TIME, BUT DON’T WAIT TOO LONG OR YOUR CLASS MAY BE CANCELLED DUE TO LOW ENROLLMENT. YOU COULD MAKE THE DIFFERENCE!**

Late registrations accepted on space-available basis.

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**UFM CLASS FEES:**

All UFM classes are offered by volunteers. All fee income will be used to help meet UFM operating costs.

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**RECEIPTS:**

After your registration form is processed, you will receive a receipt. This is your proof of payment. UFM will retain a copy.

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**CLASS LOCATIONS:**

When you receive your receipt, the locations of your classes will be included.

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**REGISTRATION FEE EXEMPTIONS:**

The following are exempt from the $2.00 registration fee (but not class fees):

1. Under 13 years of age
2. Over 60 years of age
3. Handicapped
4. Full-time KSU students (an annual SGA allocation supports student participation)

**REFUND POLICY:**

UFM will only give a REFUND voucher (refundable for cash) in these instances:

1. The limited class you paid for has been filled
2. The class you paid for has been cancelled or significantly changed
3. You have overpaid
4. If you have problems with UFM, please call us at 913-332-5866.

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**We Need YOU To Teach These Classes:**

- Children’s Classes
- Food Classes
- ESL
- Sports
- Arts and Crafts
- Ballroom Dancing
- Swimming
- Music
- Self Development
- Aerobics
- Foreign Language
- Painting

Call us to set up your very own class.