Looking for something special this summer? Check out these classes & activities...

- Parliamentary Procedures
- Auto Repair
- Kansas Buffalo
- Ballroom Dancing
- Electronic Keyboard
- Photography Workshop
- Scuba Diving
- Darts
- Right/Left Brain
- Celtic Music
- Edible Landscape
- Radon Gas
- Investing
- Karate
- Therapeutic Touch

FREE CATALOG

Classes begin
June 6, 1988
Dear Friends:

UFM is the oldest "free university" in the country. While others have closed their doors, UFM has managed to continue because of its broad base of support and its diverse programs.

All of us realize that the heart of UFM has been people—the tens of thousands who have taken classes, the thousands who have volunteered their time to teach, and the hundreds who have come together to organize projects to meet human needs in the community.

In the Spring Catalog we asked for your thoughts. Your responses identified two strengths of UFM. One strength is the unique model of community-based education and the link to life-long learning. The other strength is the network building that has resulted in projects such as the Lou Douglas Lectures, Community Gardens, the M.O.U.S. Program, and the darkroom and pottery studios.

Thank you for your responses and suggestions. If you would like to be considered for an advisory group that will help identify new class ideas and teachers, please let us know.

Thanks also to those of you who keep UFM going by your support of the UFM Annual Fund Drive. Tax-deductible contributions can be sent to UFM, 1221 Thurston, Manhattan, Kansas 66502. Contributors will be listed in the Spring Catalog.

We hope you will enjoy looking through the catalog and will participate in at least one of the summer classes.

Richard Friessen
Executive Director

Denise Dorsett
Campus/Community Coordinator

REGISTRATION SCHEDULE

* Registration forms are on the back page.

Wed. May 25 Manhattan Public Library 5pm - 7pm
Thurs. May 26 K-State Union 11am - 2pm
Sat. May 28 Dorothy Bramlage Library
Junction City 2pm - 4pm
Sun. May 29 UFM House 2pm - 4pm
Tues. May 31 Manhattan Public Library
Junction City 11am - 2pm
Wed. June 1 K-State Union 11am - 2pm
Thurs. June 2 UFM House 5pm - 8pm
Sat. June 4 UFM House 2pm - 4pm
Sun. June 5 Dorothy Bramlage Library
Junction City 2pm - 4pm

Class locations will be noted on your receipt.
INTERMEDIATE PHOTOGRAPHY  
Barbara Rutherford

Photography beyond the snapshot will be the emphasis of this class: composition above the basics, as well as more contemporary artistic approaches to producing photographs. This more advanced class will help the creative person find new ways to express him/herself through photography. Also, for those wishing to create several pieces of work, we can explore ways of creating an exhibit and putting on our own show. Participants are responsible for providing their own camera and film. (Barbara is a professional photographer with a wide variety of experience.)

Tuesdays, June 7-July 12, 7-9:30pm  
Class Fee: $12, pay at registration  
Materials Fee: None  
Limit: Min. 3 / Max. 10

UPM PHOTOGRAPHY DARKROOM CO-OP  
BLACK & WHITE AND COLOR  
Tony Ridder  456-9132

Located just one block east of campus in UPM House, the UPM darkroom is available to anyone who needs access to a well equipped facility. The equipment is capable of handling up to 11x14 prints and 6cm x 6cm negatives as well as 35mm. The black and white fee includes everything but paper. The color fee includes everything except paper and chemicals. The color equipment enables you to develop film or slides and to make prints from negatives or from slides. For those who wish to use the darkroom, do not wish to purchase a membership, space is available at the rate of $5 per hour.

Co-op Fees: pay at registration  
Black & White Only:  
8 weeks $20 new member, $15 renewal  
1 semester 30 new member, 25 renewal  
2 semesters 40 new member, 35 renewal  
3 semesters 50 new member, 45 renewal  

B & W and Color:  
8 weeks $25 new member, $20 renewal  
1 semester 35 new member, 30 renewal  
2 semesters 45 new member, 40 renewal  
3 semesters 55 new member, 50 renewal  

Limit: None

BARDROH  
Barbara Rutherford

Learn to develop your own black and white photographs, understand composition, and improve your camera skills. You will need a 35mm camera and black and white film. On completion of this course you will be qualified to use the UPM darkroom with the purchase of a membership. (Barbara is a professional photographer with a wide variety of experience.)

Wednesdays, June 8-July 13, 7-9pm  
Class Fee: $10 (includes chemicals, and supplies.)  
Pay at registration  
Materials Fee: $1 for handouts, pay at first class  
Limit: Min. 1 / Max. 4

PHOTOGRAPHY WORKSHOP  
FA-3
Saturday, July 9, 10am-5pm  
Workshop Presenters:  
Don Hoffman  
Tony Ridder

This one-day photography workshop will be divided into two categories: available light and studio photography. Actual shooting of subjects in available light will be explored on location. Studio photography will cover lighting in an actual studio through the use of a video camera and television screen. Bring your camera, tripod, flash units, whatever film you wish to use, and your lunch.

Don Hoffman has been an instructor of photography at KSU, is an artistic and professional photographer, and is Director of the Media Center in the College of Education at K-State. Tony Ridder has done artistic and professional photography for three years.

Sign up for this workshop early!  
Cost: $24

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* Construction  
* Trucks & Trailers  
* Home Owner  
* Automotive

Class locations will be noted on your receipt.
This is an instructional course designed to explain the basics of synthesis and how sounds are made. This class will appeal to synthesizer owners who want to learn more about theory and their particular synthesizer to create new sounds using parameters available to them. Have fun being creative and get the most out of your keyboard. Performance aspects will be discussed and how the computer can help performance. This course is designed for the beginner or intermediate level. (Rick, originally from Kansas City, MO, has been playing piano for 13 years, and has been involved with synthesizers for the last five years. He has performed with bands locally and in Kansas City. Rick has received one year of formal training at the Conservatory of Music, UMKG.)

Monday, June 6—July 18, 6:30—7:30pm (class meets 7 times)
Class Fee: $10, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. None

INTRODUCTION TO HARP

Florence Schwab

This class will offer the opportunity to see various kinds of harps, from the small Gothic harp to the beautiful concert harp, and to experience playing them. Proper technique, method of tuning, and a brief history will be presented. Pop, jazz, and the classics are all effective on the harp. (Florence has taught harp students both here and abroad, and currently is a freelance harpist at Halls, weddings, and receptions.)

Thursday, July 14, 7:30—9:30pm
Class Fee: $4, pay at registration
Materials Fee: None
Limits: Min. None / Max. None

BOOK SHOP

Books Magazines
Pipes & Tobacco
WestLoop Shopping Center 537-8025
Full Special Order Department
If you need it, we’ll try to get it for you.

4 Class locations will be noted on your receipt.

FA-7

ICK PONTAIL

FA-7

FA-9

FA-8

FA-10

FA-11

FA-12

FA-9

RA-8

RA-9

ROK A BOLLY

D E L I

We carry a combination of subs, sandwiches, chili, salads and a variety of side orders.

Eat in or Carry-Out
418 N. Manhattan 539-9033

418 N. Manhattan 539-5512

THE WORKS

HAYNES

Style Shop & Beauty Supply
Full Service Salon
We carry the largest selection of hair, skin & nail items.

418 N. Manhattan 539-5512

FA-7

FA-9

FA-8

FA-10

Tony Ridder

539-8763

There are many of us down-homemusicians that go to the Walnut Valley Bluegrass Festival in Winfield every year without even knowing another in our own home town. Now is the time to get acquainted. So instructors here—only the chance to learn from each other. All instruments are welcome. Come join the group for an afternoon of sharing music.

(Dony is a guitar player and folk singer who enjoys getting together with other musicians to sing and strum.)

Saturday, June 11, 2:30pm
Class Fee: $3, pay at registration
Materials Fee: None
Limits: Min. None / Max. None

Paul Weidhaas

539-4805

Charlie Griffin

We will spend an evening playing, singing, and dancing to traditional Irish music played on the fiddle, concertina, penny whistle, hammered dulcimer, bodhran, mandolin, bones, 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, jig a little, and hope everyone will join in.

(Paul is a member of the Life of Riley and has been playing celtic music around the area for several years.)

Friday, June 10, 7:30—9:30pm
Class Fee: $3, pay at registration
Materials Fee: None
Limits: Min. 5 / Max. None
All levels of craft in fiction writing will be covered: dialogue, foreshadowing, characterization, major and minor relationships, story, plot-line, situations, dramatic events, 1st person, 3rd person, opening chapters, general devices, narration, introspection, continuity, motivation, sex situations, proper prose, cameo characters, complex characters, complicated scenes, details, etc. (Leonard has taught writing for over 25 years, has published nine novels, and has written a book on professional writing to be published by Writers Digest.)

Mondays, June 13, 20, 27, 7-9:30pm
Class Fee: $10, pay at registration
Materials Fee: $2, pay at class
Limits: Min. 8 / Max. None

COLLECTING ART
FA-4
Julie Strecker 529-2139
Do you know how to make an intelligent decision when buying art—whether it be for decoration or an investment? In this class you will learn how to select works of art which are personally pleasing to you. We will identify specific techniques, evaluate artists, discuss appropriate prices, and learn about framing and care of art once you own it.
(Julie is the owner of Strecker Gallery and has been a collector of fine art for many years.)

Tuesday, June 14, 7:30-8:30pm
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 5 / Max. 12

BOOKMAKING
FA-21
Evelyn Campbell
Save those beautiful flowers in your garden! Make a bookmark or a greeting card from dried and pressed flowers. We will also show you how to dry and press your own flowers and how to use them to make small gifts for your friends.
(Evelyn is a 1983 Co-ordinator of the Manhattan Community Gardens and a senior in horticultural therapy at K-State.)

Tuesday, June 28, 7pm
Class Fee: $4, pay at registration
Materials Fee: $3, pay at class
Limits: Min. 5 / Max. 15

PERFUMES AND POTIONS
FA-20
Carol Ebert 1-656-2841
Now you can concoct your own special body perfumes. Learn how to mix body oils, hair rinses, colognes, bath oils, and signature perfumes. Be creative and discover the uniqueness of your own signature products.
(Carol owns an herb shop and makes many of the herbal products.)

Tuesday, July 12, 7-8:30pm
Class Fee: $4, pay at registration
Materials Fee: $1.50, pay at class
Limits: Min. 4 / Max. 10

KINKO'S
SEE THE LATE, LATE SHOW.
It's a 3 a.m. The movie's over.
You suddenly remember that you still need those reports copied for that 7 a.m. meeting.
Don't panic—just go to Kinko's.
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1110 Laramie, Aigleville 537-7340

Class locations will be noted on your receipt.
**UM POTTERY COOPERATIVE**

The Pottery Studio is a facility available to anyone who feels confident working alone. No instruction is provided. The studio is a self-supported facility run by members for members with two coordinators to provide structure and to fire the kiln. Your membership entitles you to 12-1/2 lbs of clay every four months, all the recycled clay you can produce (to be used at this studio only), kiln space and glazes. In order to cover material and facility costs, the membership is based on a cash fee and in-kind contributions.

**ANNUAL MEMBERSHIP**

Cash Fee: $45/annum (May be paid at the rate of $15 every 4 months.)

**OTHER MEMBERSHIPS**

- **4 MONTHS:** Cash Fee: $25
- **8 MONTHS:** Cash Fee: $35

(SHORTER PERIODS OR ONE TIME USAGE CAN BE ARRANGED)

**IN-KIND CONTRIBUTIONS**

- UPM Coffee mugs for resale
- Co-teach classes or workshops
- Locate teachers for classes or workshops
- Assist with other income producing projects

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

**ADVANTAGES**

**You will have the opportunity to meeting and work with other area ceramists**

**You can explore several areas of ceramics other than functional pottery**

**You can become involved in a studio operation**

**You may sell your pottery through pottery sales at the UPM House**

**FOR FURTHER INFORMATION CALL UPM 539-8763**

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**BASIC WEAVING**

**FA-16**

Susan Laos

You will learn how to prepare the loom for weaving and learn a variety of weaving patterns in this concentrated course. It is important that you plan to attend all 4 classes. There will be "out of class" weaving. (Susan has been weaving for 21 years and finds it more fun each year.)

**Wednesdays, July 13-Aug 3, 1-3pm**

(Note: July 13 class will meet 1-4pm)

Class Fee: $8, pay at registration

Materials Fee: $20, pay at class

Limits: Min. 3 / Max. 4

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**MACHINE KNITTING ON BROTHER**

**FA-17**

Darlene Crabb

776-6801

Machine knitting is fast and easy. You will begin by making samples, and by the end of the course, you will know how to work with a double-bed and a color changer. Machine knitting will be covered in the final session.

(Darlene has been machine knitting for a period of 3-1/2 years and finds it a wonderful and totally awesome experience. Darlene says, "I enjoy teaching classes where the work becomes fun.")

**Thurs/Wed/Thurs/Thurs, June 9, 15, 23, 30, 7-9:30pm, (class meets 4 times)**

Class Fee: $6, pay at registration

Materials Fee: $4, pay at class

Limits: Min. 6 / Max. 10

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**WINDO MAGICARY**

**FA-18**

Kathy Burke

539-2921

Windows are important architectural decorative elements in a room. Their enhancement has been practiced by people for centuries. The window treatment options available today are practically limitless. They vary from nothing to too much! Although most people think of beauty first, a successful treatment plays many roles. We will discuss the pros and cons of the many different styles of treatments in fashion today, their function, energy and conservation. Information will be given for do-it-yourself construction.

(Kathy is an Extension Interior Design Specialist and a "do-it-yourselfer.")

**Monday, June 20, 6:30-8:30pm**

Class Fee: $5, pay at registration

Materials Fee: None

Limits: Min. 8 / Max. None

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**BALLOON DANCE**

**FA-13**

Donna Larson & Wendell Kleiner

You no longer have to sit on the sidelines tapping your foot when the music begins to play. Join this class and learn the basics of the footwork, jitterbug, two-step, polka, waltz, rumba, and cha-cha. Couples and singles welcome.

(Wendall and Donna enjoy dancing and would like to help you learn to enjoy dancing too.)

**Thursdays, June 9-July 7, 7:30-9pm**

(meets 5 times)

Class Fee: $5, pay at registration

Materials Fee: None

Limits: Min. 6 / Max. 20

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**SIT-UP DANCE**

**FA-14**

Art Clack

539-4312

Are you looking for a foot-stompin' good time! Take a spin with Art and do the sharp moves, dips, turns and slides of country western swing dance. Come join the fun and learn a life-long way to keep in shape and relax. (Art has been teaching swing dance for eight years.)

**Wednesday, June 8-22, 6:30-8pm**

(class meets 3 times)

Class Fee: $6, pay at registration

Materials Fee: None

Limits: Min. 6 / Max. 18

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**PERSONAL COLOR AT HOME**

**FA-19**

Kathy Burke

539-2821

Since the early 1980's the rage of "personal" colors best suited to fit a skin tone has affected the way many persons dress and use cosmetics. The use of one's best seasonal colors in home decorating is fast becoming a topic of conversation. It takes a combination of courage and expertise to design and furnish a room or a home. Color can often be one of the most difficult choices when decorating.

(Kathy is an Extension Interior Design Specialist and a "do-it-yourselfer.")

**Monday, June 13, 6:30-8:30pm**

Class Fee: $5, pay at registration

Materials Fee: None

Limits: Min. 10 / Max. None

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6. Class locations will be noted on your receipt.
Dianne Perrote

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; with the assistance of crisis centers she has now made the transition to living on her own and is working on her Master's degree in Family Life Education.)

Monday, June 20, 7-9pm
Class Fee: $3, pay at registration
Materials Fee: None
Limits: Min. 2 / Max. None

FOR PARENTS OF CHILDREN WHO HAVE WITNESSED ABUSE

Dianne Perrote

Children who have witnessed abuse can have many problems. In this class we will share our experiences of how our children coped with their problems, and discuss what strategies helped us to help them. (Dianne has children who witnessed abuse and has had to deal with the resulting problems.)

Monday, June 27, 7pm
Class Fee: $4, pay at registration
Materials Fee: None
Limits: Min. 3 / Max. None

QUALITY PLAY WITH YOUR CHILD

Sue Boxer

With so many demands on parents working outside the home, or meeting the demands inside the home, spending quality time with your child is an essential part of a parent's day. Learn how to turn simple play activities into loving, learning moments. A practical hands-on course packed with tangible ideas for toys, songs, games, and more for parents of children 6 months to 5 years.

(Sue has directed preschools and daycamps in San Diego and Denver before moving to Manhattan with her husband and four children.)

Mondays, July 18 & 25, 7:30-9pm (meets 2 times)
Class Fee: $5, pay at registration
Materials Fee: $2, pay at class
Limits: Min. 6 / Max. 20

Class locations will be noted on your receipt.
How do our personality traits influence our relationships? Does "history repeat itself" in relationships? How do you attempt to change maladaptive patterns of behavior in relationships? The format will be group discussion led by the instructor.

Dr. Larry M. Peak 537-4014

Tuesday, June 7, 5:30-7pm
Class Fee: $5, pay at registration
Mental Health Fees: None
Limits: Min. 1 / Max. 10

THERAPEUTIC TOUCH - THE BASICS

Lonnie Catlin

Therapeutic Touch is a new look at an old technique that helps to lessen pain and anxiety, promote health, accelerate the natural healing process, and maintain a higher level of wellness. Therapeutic Touch is a meditative process, motivated by compassion, and focused by clear intent to help the self and others. This is a natural potential in all human beings. It is a hands-on experiential experience and each will gain enough experience to begin using Therapeutic Touch in their daily lives. Wear loose clothes and be comfortable.

(Lonnie has studied Therapeutic Touch as a method of wellness since 1980 and received his Practitioner in 1986. He is also a Certified Hypnotherapist and will use this in the class.)

Thursdays, June 9-July 7, 7-9:30pm
Class Fee: $10, pay at registration
Materials Fee: $5, pay at class
Limits: Min. 2 / Max. 10

INTRODUCTION TO CREATIVE VISUALIZATION

Ennie Dorat

This is an introductory course for those who wish to find out what visualization is, how it works, and how you can make changes in your life through using visualization techniques.

Wednesday, July 6, 7-9pm
Class Fee: $5, pay at registration
Materials Fee: $1, pay at class
Limits: Min. 4 / Max. None

S10 RIGHT/LEFT BRAIN EXPLORATION

Winkie Turner 539-6494

Cell blocked?
That our left and right brains both have functions,
By science is clearly seen;
But its long seemed some ideas of nine
Have come from the space in between.
—Edward F. Dempsey

If your "inner self" responded to the above poem for an "unexplained reason," you might want to join in this gathering and explore the "O.K.ness" of being predominately right-brained in a society that stresses otherwise, may be freeing to you!
Come, let's talk, share ideas and materials.
(Vickie has been interested in the right/left brain functions for a long time and has gathered much material and information.)

Mon./Wed. June 13 & 15, 7-9pm
Class Fee: $4, pay at registration
Materials Fee: $3, pay at class
Limits: Min. None / Max. 10

PAGANISM

S13

Flynt

What is Paganism? We will look at historical and contemporary attitudes and functions of the Pagan religion. Did you know Goddess worship is the oldest religion on earth? Come and explore an alternative religion that has grown up with mankind.

(After exploring a number of religions, Flynt became a Pagan in 1980 and now leads a group in the Manhattan area.)

Monday, July 25, 5-10pm
Class Fee: $4, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. None

NATIVE AMERICAN TEACHER

Arlene Horningshow, of Mohawk heritage, will return to Manhattan for her second year of teaching and healing in the Native American tradition. Presently living in Arizona, she has studied with Native medicine people both in western and eastern parts of the country. Besides the traditions, she offers modern alternatives in healing for groups and on an individual basis.
Ms. Horningshow will be in Manhattan from July 7-14. She will do one or two classes, a public lecture, and a week-end workshop, plus healings on a private basis.

The schedule is as follows:

Thursday, July 7, 7:30pm $$$20.
(pro-bono consultation desired)
Crystal class: Techniques of Healing and Chakra Balancing
with Crystal.
Meeting place: Crystalline, 1124 More, Manhattan.

Friday, July 8, 7:30pm --Free
Public Lecture: Native American Medicine Ways and Alternatives
in Healing.
Meeting Place: UPI Fireplace Room 1221 Thurston, Manhattan

Saturday & Sunday, July 9 & 10, 10-5pm (pro-registration desired.)
Weekend Workshop:
Native American Healers
-Lavender Wheel Healings
-Drumming & Dancing
-Medicine Bundles
-Sacred Ceremonies
-Prayer ties
-Healing Rocks
-Petishes
-Sun Catcher
-2-Bob Feathers
Cost for both days, $55.
Meeting Place: Location to be announced -- much of it will be held outdoors.

Private Healings by Request

INFORMATION: For pre-registration, requests for private healings, or general information, contact Ms. Pat Embra 539-2819 or Lin Martin 539-0360

call 537-6332

CORE (Committee On Recycling)

Flint Hills Recycling Directory & Cash or Trash Brochure—
additional copies available for organizations

RECYCLE NOW
GUARDIANS AND CONSERVATORS C-3
Jean Trehn 775-1541

Were you aware that Kansas law differentiates between being a guardian and a conservator? We will look at what a guardian can and cannot do, and the responsibilities of a conservator. We will also discuss accountability to the Kansas courts who appoint the guardian and/or conservator. The class format will be informal discussion with time allowed for questions and answers. (Jean has been working with guardianship and conservator issues for four years and is a conservator for an individual. She is also the Project Coordinator of the Kansas Guardianship Program with Kansas Advocacy and Protective Services in Manhattan.)

Wednesday, June 22, 7-8:30pm
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. None

BASICS OF INVESTING C-2
Rene J. Endil 537-4305

This is a three-part workshop to help individuals learn how to become financially independent. We will start with the basic concepts of when and how to start an accumulation program, and cover risk management, cash reserves, and income and growth investments. We will also study how personal preferences and attitudes, as well as inflation and taxes, have an impact on investments. At the conclusion of this workshop each participant will have his/her own completed, personalized financial plan. (Rene is a Registered Representative of Waddell & Reed, one of the largest financial and planning organizations in the United States with over $7 billion under management.)

Tuesday, June 14, 21, 28, 7-8:30pm
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 6 / Max. None

TRANSPORTATION AND THE QUALITY OF LIFE C-7
Peggy Doll, Earl Robinson, Sharon Reed

Transportation is a major quality of life issue the Manhattan community has failed to address. Lack of transportation significantly lowers the quality of life: women and children are having difficulty getting off welfare because they are unable to get to classes and daycare centers, employment prospects are lowered for those who cannot get to job interviews, and those needing medical services outside the Manhattan area are subject to unnecessary stress and possible lack of essential treatment. If you are willing to educate yourself and others on moving on this issue, please join us.

Thursday, June 9, 7-8pm
Class Fee: $3, pay at registration
Materials Fee: None
Limits: Min. 3 / Max. None

HOW TO BUY A RECYLE—NEW OR USED C-14
Dave Colburn 539-5039

We will discuss how to choose the correct style, size, and price range for your needs — new or used.

Wednesday, June 22, 7pm
Class Fee: $4, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. None

VICTIM OFFENDER/MEDIATION C-4
Caprice Becker 537-1333

This class will explore the use of mediators to bring victims of non-violent crimes together with the offender to determine appropriate restitution. Major goals of such mediation are to: a) give the victim an opportunity to confront the offender and have a sense of involvement in the sentencing procedure, and, b) allow the offender to see how his/her actions have affected others, thus encouraging him/her to take responsibility. (Caprice has been a volunteer mediator for Victim Offender Mediation Services in Wichita for seven years, as well as being a member of the Executive Committee and recently the Board of Directors.)

Thursday, June 16, 7-8pm
Class Fee: $4, pay at registration
Materials Fee: None
Limits: Min. 5 / Max. 25

HAIR EXPERTS DESIGN TEAM
DISCOVER THE DIFFERENCE
1123 Anderson
Aggieville 776-4455

Class locations will be noted on your receipt.

RECYCLE NOW
call 537-6332
CORE (Committee On Recycling)
---for your FREE---
Flint Hills Recycling Directory & Cash or Trash Brochure
---additional copies available for organizations---
ANIMAL RIGHTS

An informational meeting for those interested in becoming part of an awareness group. Educate yourself and others about the fraudulent waste of billions of taxpayer dollars and the use of millions of animals each year in the United States research laboratories. Animal research is big business and will continue to use our resources until we demand they stop. It is no longer an issue of your child or your dog. Get the facts! All ages welcome. Please note this is not a debate meeting.

Monday, June 13, 7:30pm
Class Fee: $3, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. None

BUILDING YOUR OWN HOUSE

Dean Donner
Betsy Edwards
Katie Bromley

Dean will share his experiences of designing and constructing his own home. He will talk about planning, the construction process, framing, wiring, plumbing, selecting materials, and the labor and materials cost per task. You will also be given a tour of his house. Betsy and Katie will also share their home building experiences.

(Dean has designed and built his own passive solar house.)

Wednesday, June 15, 7-9:30pm
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 1 / Max. 25

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Manhattan's Wine Store
Imported & Domestic Wines & Champagnes

WINES OR LIQUOR BY THE SINGLE BOTTLE OR BY THE CASE
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BIG SELECTIONS

• Cold Beer
• Cold Wines
• Cold Kegs
• Cold Wine Coolers
• Light Alcohol Beverages

537-8219
1129 Bluemont

We Will Sell No Beer Before You Pay For It
NON-VIOLENT, DIRECT ACTION: A WORKSHOP FOR THOSE WHO WANT TO MAKE CHANGES  C-5

Ron Warman Jr.  537-6816

This will be a basic course in the current methods of active protest. We will discuss the dynamics of forming affinity groups and consensus decision making, with emphasis on personal attitudes and involvement in the world we live in. (Ron is a Salina, Kansas native, 1960 U.S. Army Soldier of the Year, and currently an anti-nuclear activist. He has walked on The Great Peace March for Global Life, The Florida Peace Pilgrimage, and The New England Walk for Nuclear Disarmament.)

Wednesday, June 15, 7pm
Class Fee: $3, pay at registration
Materials Fee: $5.20, pay at class
Limits: Min. None / Max. None

TRAVEL STORY SNAP  C-16

Felis and Uteva Fowers  339-9416

Have you noticed that it's hard to share your travel stories with people who don't travel? We want to hear where you have been and what you saw and did. Let's get together and swap our travel stories and experiences. (Felis and Uteva love to travel and hear about other people's experiences.)

Thursday, July 14, 6-10pm
Class Fee: $3, pay at registration
Materials Fee: None
Limits: Min. 6 / Max. None

RADIOACTIVE RADON GAS  C-8

Dr. Gale C. Simon  776-3321

Radioactivity emitted by radon gas and its daughters will be considered as it pertains to homeowners. Topics to be covered include: radiation emissions, monitoring methods, and Environmental Protection Agency guidelines. Current information on radon levels in Kansas will also be presented.

(Dr. Simon is a professor of nuclear engineering and director of the College of Engineering Radiation Protection Research and Information Office.)

Thursday, July 14, 7-9pm
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 6 / Max. None

THURSDAY MORNING PLAY GROUP  C-17

Diana Hatch  776-9921

This is an ongoing "Support Group" for at-home mothers. Pre-school age children play while moms visit with other adults. Mothers are responsible for their own children, so no separation is necessary. During nice weather we will meet outside, and during the colder months we will meet in homes of participants. This group has been in existence for about ten years.

Register and you will be contacted for your meeting.
Class Fee: $2, pay at registration
Materials Fee: None
Limits: Min. None / Max. None

APPROPRIATE TECHNOLOGY LIBRARY  C-12

Bill Dorsett

With the AT microfiche library compiled by the volunteers in Asia, you can reference any of the 1150 most useful appropriate technology books from around the world. If you want to build a bridge, design a stove to save fuel, survey a field for irrigation, overhaul a gasoline engine, replant a forest, manage a small business, install a water system, or pursue any other small scale technology project, this could be a most valuable resource. Most of the best books are available from Parcell Library, Kansas State University. We will browse this unique reference source and discuss the broad range of AT areas available.

Monday, June 13, 7pm
Class Fee: $3, pay at registration
Materials Fee: None
Limits: Min. 1 / Max. None

LONE STAR CAFE

AUTHENTIC TEX-MEX SMOKED ON THE PREMISES
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UNITY Church of Manhattan
announces summer hours
10 a.m. Workshop and Children's Sunday School
7 p.m. Discussion led by Sharon Powers
Meeting at UFM
1221 Thurston Street
Manhattan, KS.
UNITY helps individuals find their own way to spiritual awareness. Everyone is welcome.

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1221 Thurston Street
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Donated materials help UFM hold down its overhead costs. Can you help us with any of the following needs?
- IBM-compatible computers
- Folding tables and chairs for classrooms
- Tools and building materials for HOME Program
- Garden tools for Manhattan Community Gardens
- Floor covering suitable for pottery studio

UNITY Church of Manhattan
announces summer hours
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Class locations will be noted on your receipt.
For Kids Only

CHILDREN'S NATIVE AMERICAN WORKSHOP — PART II

Pat Embers 539-2819
Jayne Link 539-7605

This class is for kids ages 5-12, who have taken the first workshop in this series and/or for those who would like to learn about nature in a meaningful way. We will do activities that will honor the beauty and life of the earth mother in the way of the Native American tradition. The children will make feather plumes, prayer (tobacco) ties, go on an edible plant walk, and construct their own take-home medicine wheel. We will use found objects from the earth, which will be purified through smudging with sage. We will also learn new songs as we drum and dance around the yard and medicine wheel. We could use more drums, rattles, and bells if anyone has them available. We are open to ideas for future classes. Some of our ideas include learning about tipi life, going on a camp-out, and inviting a Native American to help lead the class. (Jayne and Pat appreciate the response and continue to enjoy teaching this series for the children.)

Saturday, July 16, 10am-noon
Class Fee $3, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. 20

INTRODUCTION TO PHOTOGRAPHY FOR CHILDREN

(3 - 12 years old)
Barbara Rutherford

This workshop is an introductory class for children who would like to explore the uses of a camera to capture their viewings as well as moments in their childhood. This can be a valuable tool in learning to relate to others as well as the self. We will cover basic camera operation, film choices, composition, and ways of presenting photographs to others. A camera will be provided and the cost of one roll of film and processing is included in the class fee. This workshop will be four days long and it is important that children attend all four sessions.

(Barbara, a professional photographer, is looking forward to working with children in this field.)

Thurs/Fri/Mon/Tues. June 23-28
2-4pm (meets 4 times)
Class Fee: $10, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. 8

DAIRY GOAT FARM FIELD TRIP

Ron Pauli

Do you believe that goats really eat tin cans? Have you heard that goat milk tastes bad? Unfortunately goats have suffered an image problem for years. Goats are tame, domestic, friendly, clean, smart, can be trained, don't smell and give lots of good tasting milk. Come meet these animals and find out what they are really like. You can even sample some of their dairy products including milk and cottage cheese.

(Ron has been raising goats for the past ten years.)

Wednesday, June 15, 7:30pm
Class Fee: $3, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. None

MAKE AND PLAY WITH DOUGH

(Ages 5 - 8 years)
Sherri Swanson

Modeling and shaping are activities in which children in all stages of development can enjoy and participate. We will make play dough from a simple recipe and create unique and interesting shapes while increasing your child's sensorimotor skills. Please dress your child in old clothes.

(Sherri is a senior in Elementary Education, has two young children of her own, and enjoys helping children play with dough.)

Saturday, June 11, 10-11am
Class Fee: $3, pay at registration
Materials Fee: $2, pay at class
Limits: Min. 3 / Max. 8

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BEGINNING CERAMICS FOR CHILDREN
(AGE 6 AND UP)  KS-3
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 every child’s creativity. No previous experience required. Children should dress in old clothes.
(Diana, who is a mother, believes that everyone has creative talent that can be developed for his or her own enjoyment.)

Tues/Thurs/Sat/Tues/Thurs
July 19-23, 10-11:30am
(meets 3 times)
Note: Registration deadline July 5
Class Fee: $3, pay at registration
Materials Fee: $2, pay at class
Limits: Min. 1 / Max. 8

KUNG FU FOR CHILDREN  KS-9
Stan Wilson  539-7723

Students will learn the modified basics of Pai Te Lung Kung Fu and some methods of self-defense for younger people aged 5-12. (Children over 12 should join the adult class.)
(Stan taught a children’s class for two years at Fort Riley.)

Begins Saturday, June 11, 2-3pm,
(class meets for 2 months)
Class Fee: $3, pay at registration
Materials Fee: $2, pay at class
Limits: Min. 6 / Max. 12

BASIC “PLAY WITH CLAY”  KS-5
Sheri Swanson  
(Ages 6 - 10 years)

Playing with clay can be an expression of a child’s creativity. Basic clay techniques, including various ways to use clay and its proper handling, will be the focus of this class. Each child will complete two personal creations. Children should dress in old clothes.
(Sheri is a senior in Elementary Education and enjoys working with clay and teaching children.)

Saturday, June 25, 9:30-11am
Class Fee: $3, pay at registration
Materials Fee: $1, pay at class
Limits: Min. 5 / Max. 10

ORIGAMI FOR KIDS  KS-6
Qiaoping Jia

Enjoy the fun of making animals, birds, flowers and objects from a simple piece of paper, just as children in China have done for centuries. This is an opportunity for children to practice skills using both minds and hands while developing creativity and imagination.
(Qiaoping, now a graduate student at KSU, is originally from China. She enjoys teaching origami.)

Mondays and Thursdays, July 7-18
(meets 4 times), 7-9pm
Class Fee: $4, pay at registration
Materials Fee: $2, pay at class
Limits: Min. 1 / Max. 10

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Class locations will be noted on your receipt.
BEGINNING ASTRONOMY
Larry Paris
537-3221
Ever wonder about the universe? What is a galaxy? Where are we? How can I learn the constellations? Come spend an evening learning about the universe and the constellations. Please bring a small flashlight. (Larry has taught this class several times and always enjoys it!)
Friday, June 17, 8:30pm
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. None

GEOLGY OF FLINT HILLS LECTURE
Dr. Charles P. Walters
Kansas has been under water 50% of the time for the past 1/2 billion years. The ancient oceans left us on top of 1/2 mile of ocean sediment. This deposit of mud and fossils leaves Manhattan 1000 ft. above sea level. This lecture will focus on how the Flint Hills developed and some of the latest geological information for this area. (Charles is retired from the KSU Department of Geology where he is still remembered for his fascinating lectures and slide presentations.)
Tuesday, July 12, 7-9pm
Class Fee: $3, pay at registration
Materials Fee: None
Limits: Min. 10 / Max. None

MANHATTAN COMMUNITY GARDENS
You don’t have space for a garden, or not enough space for all you want to grow. Come to the Manhattan Community Gardens— we still have some spaces available. If you have never gardened before and would like to learn, we’ll help you. A small fee is charged for the plots, but all tools, tiller and water are provided for you. We also have some seeds and plants for your use. On Saturday mornings, May 28 and June 4, we will be at the gardens located at Riley Lane and 8th Street (south 700 block), to help you start your garden. Just come and join the fun of gardening! You may call UFM at 539-8763 any time and leave your name and phone number to reserve a garden plot.
Evelyn Campbell and Penny Stover are the 1988 Co-coordinators for the Manhattan Community Gardens. Both are seniors in horticultural therapy at K-State.

NATURE TRAIL WALK
Tim Russ
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 50 native plants are identified on this mile-long cleared trail located in the Kansas River bottoms behind the old historic First Territorial Capitol building. After the walk a guided tour of the museum will be given. (Tim has been the curator of the First Territorial Capitol for the past three years. He has an interest in Kansas history and its native plants.)
Sunday, July 31, 1-3pm
Class Fee: $3, pay at registration
Materials Fee: None
Limits: Min. 1 / Max. 15

NATURE HIKES AT TUTTLE CREEK
Paul Veldhass
Melissa Brown
While Tuttle Creek Reservoir is not a natural lake, there are many natural areas along its shoreline that support a diversity of native plants and animals. We will have a short slide program and then go outside for some hiking around the lake. Dress for the weather!
Sunday, June 19, 8:30am-noon
Class Fee: $3, pay at registration
Materials Fee: None
Limits: Min. 5 / Max. None

GET TO KNOW MILFORD LAKE
Gregory Hurst
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 ten years and knows the lake inside and out.)
Sunday, June 12, 12:30-4:30pm
Class Fee: $3, pay at registration
Materials Fee: $1, pay at class
Limits: Min. 3 / Max. 5

A VISIT TO CHEYENNE BOTTOMS
Members of the Northern Flint Hills Audubon Society
Cheyenne Bottoms is vitally important to hundreds of thousands of shorebirds and waterfowl during migration. Of lesser importance, but still of great interest is Cheyenne Bottoms role in providing summer homes for a variety of birds. If we are lucky we will see ibis, egrets, avocets, yellow-headed blackbirds and many waterfowl, including cinnamon teal. Bring binoculars, a sack lunch, and gas money, and be prepared for a great day of birdwatching with a great group of people.
Saturday, June 4, 7:30am-6pm
Class Fee: $4, pay at registration
Materials Fee: Share Transportation Cost
Limits: Min. None / Max. None
FIELD TRIP TO H. U. WABAUNSEE COUNTY
Dr. F.C. Lanning 537-7599
This trip will be to the glacial area and nearby areas in the northwestern part of Wabaunsee County. We will go to areas where glacial materials (agates, quartzite, etc.) and fossils will be found. Bring a sack for your treasures.
(Dr. Lanning is a long-time member of the Manhattan Geo and Fossil Club which is sponsoring this class).
Saturday, July 9, 8:30-11am Rain date: July 16, 8:30-11am Class Fee: $3, pay at registration Materials Fee: None Limits: Min. None / Max. None

GROWING HERBS
Howard & Evelyn Campbell
Would you like to pick fresh herbs for your cooking? Learn how to raise, dry and store herbs for your own use or for gifts for your family and friends. We will explore new ways to use your dried herbs and you will also take a few plants home.
(Howard & Evelyn have been raising herbs for five years. They are both seniors in horticultural therapy at K-State.)
Tuesday, June 7, 7pm Class Fee: $3, pay at registration Materials Fee: $2, pay at class Limits: Min. 5 / Max. 10

FLOWER ARRANGING DEMONSTRATION
Evelyn & Howard Campbell
Let your creative abilities flow. Learn how to turn the natural beauty of flowers into works of art. An attractive flower arrangement enhances your decor and will be the envy of your friends.
(Evelyn & Howard are seniors in horticultural therapy at K-State.)
Monday, July 25, 7pm Class Fee: $3, pay at registration Materials Fee: $4, pay at class Limits: Min. None / Max. None

CORSAGE MAKING
Evelyn Campbell
Wearing a corsage can turn an ordinary event into something special. Learn how to create a corsage to wear yourself or give to a friend. Each person will take home their own corsage. So, plan a special event now.
(Evelyn is a senior in horticultural therapy at ISU and the coordinator for the Community Gardens.)
Monday, July 18, 7pm Class Fee: $4, pay at registration Materials Fee: $3, pay at class Limits: Min. 4 / Max. 12

PRAIRIE WILDFLOWERS
Gene Towne 539-0353
This area of Kansas has many wildflowers. We will take a short hike through the prairie and learn the identifying characteristics and some interesting tidbits about our local wildflowers.
Saturday, June 11, 10am-moon Rain date: June 18, 10am-moon Class Fee: $2, pay at registration Materials Fee: None Limits: Min. 10 / Max. None

HOSESHEOING
Greg Barron
This will be a beginning cold-hoseshoeing class aimed at people who have had no experience in horseshoeing. Use of horseshoeing tools and care of the hooves will be covered. Each participant will also get hands-on experience if desired.
(Greg has shod his own and other people's horses for over 10 years.)
Saturday, June 11, 8:30-10am Class Fee: $4, pay at registration Materials Fee: None Limits: Min. None / Max. 10

KANSAS BUFFALO
Kenneth Wisser 461-5744
The buffalo, proclaimed the Kansas state animal, is a fascinating creature. Learn about these gentle beasts so important in Kansas history — what they eat, what their habits are, and how they act on the prairie. You will see slides of a 2500 pound herd bull as well as a baby calf.
A field trip will be planned after this introductory class so you can see actual buffalo in their natural environment.
(Kenneth was an animal caretaker for the buffalo at Fort Riley, Kansas, during 1966 & 1967.)
Friday, June 24, 7-9pm Class Fee: $3, pay at registration Materials Fee: None Limits: Min. 4 / Max. None

EDIBLE LANDSCAPE
Penny Stever, Evelyn Campbell
When you think of a garden, there is a tendency to think in terms of vegetables or flowers—food or beauty, but it need not be an either/or situation. An edible landscape can combine the beauty of flowers with the usefulness of vegetables. You will see how this is done at the UPN gardens, have an opportunity to ask questions, and receive tips on how to plan your own edible landscape.
Day/date/time to be announced Class Fee: $3, pay at registration Materials Fee: $3, cost of book (optional) Limits: Min. 3 / Max. None

KANSAS LANDSCAPE ARBORETUM
FIELD TRIP
Gregory Hurst
The Kansas Landscape Arboretum near Wakefield is a wonderful place to hike, picnic, fish, enjoy nature, study trees and shrubs, see antique farm equipment, and much more. Sign up early; this trip will fill up quickly.
(Greg is a lifetime member of the arboretum and a ranger for the Nilfor Lake Corps of Engineers).
Sunday, June 12, 8-noon Class Fee: $3, pay at registration Materials Fee: $1, pay at class Limits: Min. 3 / Max. 5

Class locations will be noted on your receipt.
BEGINNING KUNG FU
(PAI TE LUNG STYLE)  R-3

Stan Wilson  539-7723

Pai Te Lung 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, is a black belt, and is a member of the Pai family. He is the author of 40 Intermediate Techniques of the Tana Rohto Kapi, a Kung Fu manual and video set.)

Tues & Thurs. Begins June 14, 7-8 pm
Class Fee: $14, pay at registration
Materials Fee: $2, pay at class.
Limits: Min. 3 / Max. None

ADVANCED KUNG FU
(PAI TE LUNG STYLE)  R-2

This class is available for those who wish to learn kata, application of kata, self-defense awareness drills, and sparring. Please contact Stan Wilson, 539-7723.

JUJITSU FOR BEGINNERS  R-4

Stan Wilson  539-7723

Japanese in origin, jujitsu stresses hands-on combat featuring throwing, low kicks, and wrist and arm locking. This class will include the hakko ryu basic kama form and walking exercises. This class is self-defense oriented. Participants must be age 15 or over.

(Stan has a black belt in jujitsu and has taught martial arts for 6 years.)

Sundays, Begins June 12, 7-8:30 pm
Class Fee: $14, pay at registration
Materials Fee: $2, pay at class.
Limits: Min. 3 / Max. None

WHITE DRAGON TAI CHI  R-5

Stan Wilson  539-7723

This class will introduce the students to the White Dragon Kung Fu method of Tai Chi. We will study and practice the 136 move outer tiger form. This is not the usual version of Tai Chi. White Dragon Tai Chi is good for mental relaxation, meditation, and energy balancing. Other methods will be taught if students wish to continue this class.

Wednesdays, Begins June 15, 8-9 pm
Class Fee: $12, pay at registration
Materials Fee: $2, pay at first class.
Limits: Min. 5 / Max. 15

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Windsurf on a dry-land simulator to see if windsurfing is the sport for you! Brenda and Bernard will demonstrate techniques and then you will get to try them. They will also cover safety, cost, use, and general information. All ages and sizes of people are welcome! (Brenda and Bernard are the owners of the Blue River Water Sports and are certified instructors through the Sailboard School System.)

Thursday, June 9, 6:30pm
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. None

DISCOVER SCUBA
R-10
Roger & Shyrill Haffman 539-DIVE
This is an introduction to Scuba Diving for those 12 years and older. We will have a slide presentation, a discussion period about safety, and then a chance to experience scuba diving in a pool. All you will need is your swimsuit and bath towel. We do all the work, you have all the fun! (Those interested in certification should call Roger or Shyrill for information.)

(Bogor and Shyrill are the owners of Divers Down in Manhattan.)

Sunday, June 5, 9:30am
Date: a new class will start every three weeks.
Class Fee: $6, pay at registration
Materials Fee: $5, pay at class
Limits: Min. 2 / Max. 12

VOLLEYBALL FOR Fun (15 and Over)
R-5
Lois Morales 539-8867

INDOOR VOLLEYBALL can provide low-key competition, exercise and a great time. It doesn’t matter if you are an advanced player or a beginner. Nets and balls will be furnished.
(Lois has played USM volleyball for many years.)

Tues. & Thurs. Begins June 7, 6:30-8:30pm (Ongoing)
Class Fee: $3, pay at registration
Materials Fee: $1, pay at class
Limits: Min. 1 / Max. None

BEGINNING FENCING
R-6
James Etcher

En Garde! Learn basic fencing skills with foil, epee, or sabre. Fencing is one of the oldest sports known to man. It began with the ancient Romans in preparing for battle. Now, it has come to Manhattan, Kansas. Modern fencing is an exhilarating and fast-paced olympic sport. The materials fee pays for the rent of all needed equipment. Men and women of all ages are welcome. Come cross blades with us.
(James began fencing in the Philadelphia area with one of the top clubs in the nation, SALLE CSISZAR. He fenced last summer in the National Championships in Phoenix, Arizona, and is currently a ranked Foillist.)

Wednesday, June 8, 7:15-9:15pm (class ongoing)
Class Fee: $12, pay at registration
Materials Fee: $10, pay at class
Limits: Min. None / Max. 30

LEARN TO PLAY DARTS
R-9
Glenn Shaffer 537-4100

Members of the Mid-Kansas Darts Association will be instructing students on regulation play of the dart game, Cricket 301, 501 and 801. The participant will be shown basic techniques, skill, and strategy. By the end of the course, students should be accomplished at the rules and basic darts finesse. Darts will be provided for those who do not own their own.
(Glenn has been playing darts for many years and is currently an officer in the Manhattan Darts League.)

Tuesdays, June 14-July 12, 7:30-10pm
(meets 5 times)
Class Fee: $6, pay at registration
Materials Fee: None
Limits: Min. 1 / Max. None

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GOLF FOR BEGINNERS
R-7
Jim Gregory 539-1041

For those who have little or no experience, Jim will cover fundamentals of the fall 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, a PGA Golf Professional, is the golf pro at Stagg Hill Golf Course.)

Thursdays, June 9 - 23, 6-7pm (meets 3 times)
Class Fee: $5, pay at registration
Materials Fee: $1, pay at class
Limits: Min. 4 / Max. 12

BICYCLING THE FLINT HILLS
R-8
Dave Colburn 539-5639

If you want to ride your bike through the countryside around Manhattan but do not know which roads to take, this class is for you. We will use maps and a book written by a local writer. Information on organized rides will also be presented.
(Dave has been riding around this area for 12 years.)

Wednesday, June 8, 7pm
Class Fee: $4, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. None

Class locations will be noted on your receipt.
FOODS FOR HEALTH AND FITNESS 1-4
Bonnie Hansen 776-3438

Foods can build health, increase our energy and help us prevent illness, or they can literally destroy us. We are, in fact, what we eat. Learn the new ideas in nutrition for fitness, weight loss, and a healthy body.
(Bonnie has been a private diet counselor, teacher and lecturer for the past fourteen years. She and her husband own the Diet Center and the Hansen Nutrition Center.)

Sect I: Tues, Aug 2, 10:30-11:30am
Sect II: Wed, Aug 3, 7:30-8:30pm
Class Fee: $4/Sec. Pay at registration
Materials Fee: None
Limits: Min. 3 / Max. 20

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Class TITLE locations will be noted on your receipt.
UFM Registration Form

539-8763
1221 Thurston
Manhattan, KS

PLEASE PRINT

ONE FORM PER PERSON

Name _____________________________
Street ___________________________
City _____________________________
Home Phone _______________________
SURVEY—Please check all that apply.

Have you taken a UFM class before? YES/NO
Students (credit hours this semester)

Freshman □ KSU Faculty/Staff □
Sophomore □ Under 13 years □
Junior □ 13-18 years □
Senior □ Senior Citizen □
Graduate □ Fort Riley Personnel □
Student Spouse □ Handicapped □
Do you require class to meet in handicapped accessible place □

I would like to volunteer my skills in exchange for registration discounts □
I am interested in teaching for UFM □
Classes I would like to see offered next term □

URGENT—Please check all that apply.

A. WALK-IN: Come to the UFM house, 1221 Thurston, during business hours 6 a.m. - 5 p.m. (closed noon - 1 p.m.)
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 913-639 9763 during business hours to register minimum $45.00
D. SITES: See below.

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

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

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

REGISTRATION FEE EXEMPTIONS:
The following are exempt from the $2.00 registration fee (but not class fees):
1. Under 13 years of age
2. 65 and over
3. Handicapped
4. Full-time KSU students (an annual, $20.00 allocation supports student participation)

REFUND POLICY:
UFM will only give a REFUND voucher redeemable for cash in these instances:
1. The class you paid for has been filled
2. The class you paid for has been cancelled or significantly changed
3. You have overpaid
4. Full time KSU students (an annual, $20.00 allocation supports student participation)

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Partnership Program:
Offered to employees of the following organizations:

1. Training Resources, Inc.
2. The Kansas State University Foundation
3. The Manhattan Chamber of Commerce

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Take Two—Get One Free
Register for two classes and select another class FREE OF CHARGE.
This free class is restricted to classes without a maximum limit, or on a space available basis. (Call two days prior to the class date.)