"Your link to life-long learning and living"
WHo We Are

When Manhattanites and Riley Countians spread their plowage and begin to catalogue for out-of-towners the glories, opportunities and other miscellaneous advantages of living hereabouts, they usually don't get very far down the list before coming to University for Man, that unique, amorphous and constantly changing conglomeration of courses and programs and lectures that somehow offers something for everyone and contributes so much to enriching our educational and cultural life—in a larger sense, our quality of life.

University of Man (UM) is a most unusual undertaking, coordinating and integrating the people and resources of the university in such a way as to expand their educational influence while providing broader service to the community.

Dear Friends:

UMF is an unusual undertaking. I knew that before our family chose to move to Manhattan—UMF was one of the things that said "home". And I know it even more now, six years later.

But it has been the last several months that has dramatically shown how UMF has affected thousands of people over the years. As is often the case, it took a crisis—a recommendation from the Finance Committee of the KSU Student Government Association not to fund UMF. Without SGA funding, UMF would have had to close its doors.

The student and community response was instantaneous and overwhelming. Letters were written. Petitions were circulated. Editorials appeared in the Kansas State Collegian and The Manhattan Mercury.

People were talking with others, saying, "We can't let UMF close!"

And people began to tell their stories about UMF. I heard from people who found the informal classes of UFM—without credits and grades—to be just what they needed to overcome their fear of a large university. Others told how classes had changed their lives by giving them a new hobby or a new way of looking at the world. Others described UFM as the mother that had given birth to many community projects. Faculty recruiters told how UFM has been a useful tool in attracting faculty members to Manhattan because its symbolizes a high quality of life. Others said that they took their UFM experience with them after they left K-State and started similar programs in their own small, rural communities. KSU students told how good it felt to meet and work as equals with others from the community to plan an Earth Day celebration.

Student Senate heard the stories and responded by giving UFM a voice of support, approving full funding by an overwhelming vote, and keeping open the doors of the unique experiment they helped to start in the late 60's.

Thank you to all who told their stories. But the full story of UFM is not yet told. The SGA funding is helpful and essential, but UFM must continue to receive financial support from the community if it is to keep the doors open. It is easy to take for granted that UFM will continue to exist—after all it has survived 22 years, against the odds, to become the oldest "free university" in the country.

But UFM will not survive without your support as well. If you have not already done so, please contribute to the UFM Annual Fund Drive, now in progress. Tax-deductible contributions can be mailed to UFM, 1221 Thurston, Manhattan, KS 66502 or you can make a donation when you register for classes.

After two and a half years as Executive Director, I will be leaving the community this summer to go to Ellkhart, Indiana where my wife, Dorothy, has accepted a new position. It is hard to say goodbye to all the wonderful people in Manhattan and to all the people I have had the pleasure of working with at UFM. Keep up the good work! Keep on teaching, learning, and growing!

Sincerely,

Richard Friesen
Executive Director

WHERE WE'RE LOCATED

U FM
1221 Thurston
KSU

CLASS INFORMATION

Meeting Facilities for family life education classes and/or support groups. Newly renovated conference and child care area may be scheduled by appropriate groups by contacting Olivia Collins, UFM Family Life Education Coordinator, 539-8763.

NOW AVAILABLE AT UFM

Mailing your class registration? Class confirmations will not be sent unless otherwise requested. Consider yourself registered unless you hear from us that the class is full. Free free to call us to inquire about our receipt of your registration.
Health & Wellness
1221 THURSTON 539-8763

ABC’s of First Aid
Emergency situations can be scary! Basic first aid techniques, when to activate the EMS (Emergency Medical System), and what to do until help arrives will be discussed.

Laura Barnett is a registered nurse and is the Emergency Room Supervisor at Memorial Hospital.

Date: July 18 (Wed)
Time: 7 - 9 p.m. (1 session)
Fee: $4
Location: Memorial Hospital Conference Room

You and Your Medication
Learn your responsibility as a consumer to understand proper use of medications. Emphasis will be placed on over the counter medications including analgesic and cough and cold preparations. A discussion on generic drugs will also be included.

Pam Spaulding is a registered pharmacist at Kellenroth Pharmacy.

Date: June 16 (Mon)
Time: 7:30 - 9 p.m. (1 session)
Fee: $5
Location: UFM Conference Room

Yoga
Learn the basic postures, stretching, breathing, and relaxation techniques of Yoga that can be beneficial at any age. When combined, these techniques will increase your mind/body connection and awareness.

Please wear loose clothing and bring a small blanket or exercise mat and a small towel.

Em diet Foustman (537-6977) has taught UFM Yoga classes for two years and taught under Albert Franklin. She has also taught First Aid, swimming, and aerobics classes.

Date: June 19 - July 17 (Tues & Fri)
Time: 6:30 - 7:30 a.m. (18 sessions)
Fee: $10
Location: UFM Conference Room

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"We File It Out"
**FL-01**

**Becoming A Storyteller**

Learn the fundamentals of storytelling. Material selection, voice management, effective delivery, and the underlying structure of good stories will be explored.

**Children’s Morning Play Group**

Join us for an engaging support group for at-home parents. Pre-school age children will play while parents visit with other adults. Parents are responsible for their own children so no separation is necessary. During nice weather we will meet outside, and during inclement weather we will meet in homes of participants. Choose between Wednesday and Thursday mornings. These groups have been in existence for 13 years.

**Beat the Heat with Fun Summer Activities for Young Children**

Learn fun summertime activities for young children that reduce "summer slide teachers." Learn ways to improve the quality and enjoyment of these activities, and overall family interaction.

**Children’s Morning Play Group**

**Date:** June 21 - July 26 (Thurs)
**Time:** 10 a.m. - noon (6 sessions)
**Fee:** $4
**Location:** Instructor will contact you for first meeting

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**CHILD CARE CENTERS**

(*) - Part day program only

<table>
<thead>
<tr>
<th>Centre Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Manhattan Child Dev. Center*</td>
<td>1125 Waters Center 539-3861</td>
<td>776-9201</td>
</tr>
<tr>
<td>Judith Delong</td>
<td>835 Church</td>
<td>539-6644</td>
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<tr>
<td>Blue Valley Nursery School*</td>
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<tr>
<td>Rosalind Center</td>
<td>Justin Hall, KSU</td>
<td>532-5513</td>
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<td>Early Child Development Lab.</td>
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<tr>
<td>Susan Wanasu</td>
<td>2121 Blue Hills</td>
<td>539-8811</td>
</tr>
<tr>
<td>First Baptist Preschool*</td>
<td>600 Humbolt</td>
<td>776-6625</td>
</tr>
<tr>
<td>Karen Thurman</td>
<td>North Manhattan, KSU</td>
<td>532-6095</td>
</tr>
<tr>
<td>Hoeflin Stone House Child Care</td>
<td>1208 Hylton Heights Rd.</td>
<td>539-7540</td>
</tr>
<tr>
<td>Lis Richards</td>
<td></td>
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<tr>
<td>Kansas State Child Dev. Center</td>
<td>1-9 Jardine Terrace</td>
<td>539-1806</td>
</tr>
<tr>
<td>Nancy Rothen</td>
<td>Manhattan Day Care Center</td>
<td>6th &amp; Humbolt</td>
</tr>
<tr>
<td>Jan Krieger</td>
<td>Manhattan Day Care-Douglas Br.</td>
<td>901 Yuma</td>
</tr>
<tr>
<td>Jan Krieger</td>
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- Activities for your family?
- Your child's development?
- Where to go when you need help?

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Introducing...
The UFM Parent Resource Center, 1221 Thurston Street, Manhattan

Manhattan has an exciting new resource for parents of children of all ages. Designed to encourage and assist parents, the Parent Resource Center houses a centralized collection of materials that borrowers can check out for home use. Books, magazines, catalogs, audio and video cassettes are all currently available. Also available is a list of current information pertinent to parents and their families, including news about upcoming classes, lectures, and events throughout the Manhattan area.

The Parent Resource Center is open Tuesdays and Wednesdays, 11 a.m.-3 p.m., Saturdays 10 a.m.-12 p.m. Groups are welcome by appointment. For further information call 539-8763.

Family Camping Weekend

Enjoy a camping weekend with other families! Guest for all ages, this class will feature two planning sessions prior to the actual camping. Participants will help plan activities as well as menus and even select the location. Learn how to organize a successful outing from Boy Scouts and their leader. Participants must provide their own sleeping gear.

Ron Randell (539-2143), a life-long resident of Manhattan and Boy Scout leader for ten years, camp every month of the year. He has been on camping expeditions in the mountains.

Date: July 17 & 18 (2 nights) planning
Time: July 17 & 18 (2 nights) camping
Fee: $10 per family
Location: UFM Banquet Room

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10th Annual Working with Families Conference
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We're celebrating our 10th anniversary! Over two thousand professionals who are working with American families have attended the past nine conferences. These have included individuals from over 25 states and three foreign countries. We believe our tenth annual conference will be our biggest and best. We hope you can attend.

* University Credit, CEU's, and PDU's will be offered in conjunction with the conference.
* Midwest debut of the play Amber Waves, a newly commissioned play first performed in the spring of 1990 by the Kennedy Center Theatre for Young People. Written by Kansan James Still and produced by another Kansan, Carol Anne Sullivan, the play is a sensitive treatment of a serious subject, a farm family in trouble.
* National Photo Competition for amateur photographers.

For more information about the conference or any of the related activities, please call 1-800-432-6222.

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Red Cross Babysitting  Y-05
Become a certified babysitter. Young people age 13 or older learn the basics of child care, how to prevent accidents, what to do in an emergency, and how important they can be in the life of a child. Participants must attend both sessions for certification.

Date: June 20 & 21 (Wed & Thurs)
Time: 1 - 4 p.m. (10 sessions)
Fee: $8
Location: American Red Cross
411 North 3rd Street
537-2180

Fishing for Children  Y-07
This class is designed for children ages 7 and over to learn fishing techniques such as casting, as well as safe fishing practices. Youngsters are asked to bring a light tackle fishing rod to the class.

Check Roger (539-9479) is a fisheries biologist for the Kansas Department of Wildlife & Parks.

Date: June 23 (Sat)
Time: 9 a.m. - noon (1 session)
Fee: $4
Location: Pottawatomie Lake #2

YOUTH DANCE WORKSHOPS  Y-04
Designed for youth of all ages, these dance workshops will provide introduction to music and movement and basic dance steps.

Kathy Plaase (539-6256) has been teaching dance for 17 years. Her training is from the Iowa Lead Movement Arts, in Silver City, Iowa.

Toddler Dance  Y-01
Age 3 toddlers will become acquainted with music instruments, marching, and movements in music.

Date: June 21 - July 26 (Thurs)
Time: 9 - 10:30 a.m. (6 sessions)
Fee: $14
Location: Instructor will call with location

Pre-Dance for 4 & 5 Year Olds  Y-02

Enjoy skipping, movement to music, music games, an introduction to tap and ballet while preparing for classical dance.

Date: June 19 - July 26 (Tues & Thurs)
Time: 1 - 2 p.m. (12 sessions)
Fee: $24
Location: Instructor will call with location

Dance for Children  Y-03
Children ages 6 - 9 years of age will focus on ballet and tap dancing.

Date: June 19 - July 26 (Tues & Thurs)
Time: 2 - 3:30 p.m. (12 sessions)
Fee: $24
Location: Instructor will call with location

Dance for Older Children  Y-04
Tap and ballet dancing for children ages 10 - 13 years of age will be presented.

Date: June 19 - July 26 (Tues & Thurs)
Time: 4 - 5:30 p.m. (12 sessions)
Fee: $24
Location: Instructor will call with location

Summer Reading  Y-10
Suggestions for Teenagers

Lure your teenagers away from summer television reruns and the Nintendo® Games which will interest teenagers will be discussed. Materials are provided.

Sandy Bassing (532-6716), an English instructor at KSU, is very knowledgeable about what teens like to read.

Date: July 2 (Mon)
Time: 7 - 9 p.m. (1 session)
Fee: $5
Location: UFU Conference Room

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YOUTH (Continued)

Kung Fu for Children

Students will learn the modified basics of Pai Te Lung Kung Fu and methods of self-defense for younger people aged 6-12 years.

Steve Wilson (639-7723), who holds a 2nd degree black belt in jujitsu and a 1st degree black belt in Kung Fu, has taught martial arts for 20 years and has taught the eight-year-old son of the Pai Family, who is the author of "Advanced Techniques of the Tenon Boond Kee Kung Fu Manual." Steve has been a member of the Shadows of Lhasa, a Kung Fu martial and video society, and studied with Steve Hayes.

Date: June 21 - July 28 (Sat)
Time: 2 - 3 p.m. (6 sessions)
Fee: $15
Location: KU, Aerospace Room 204

Teenage Mutant Ninja Basics

This class is for martial arts students ages 6 and over, the class will cover basics of Ninjutsu.

Steve Wilson (639-7723) has been involved in martial arts for 20 years and is a member of Shadows of Lhasa. Steve is a member of the Shadows of Lhasa and attended Warrior Quest level 1 last spring.

Date: June 21 - July 28 (Sat)
Time: 10 - 11 a.m. (6 sessions)
Fee: $15
Location: KU, Aerospace 303

Children's Gardening

Learn the basics of flower and vegetable gardening through hands-on experience at Manhattan Community Gardens.

Gwendolyn Vinson, a senior in horticulture therapy at KU, is a student intern at the Children's Garden.

Date: June 21 (Sat)
Time: 10 a.m. - 12 Noon (1 session)
Fee: $3
Location: Manhattan Community Gardens

OUR INSTRUCTORS

Virginia Babcock - Rick Miller
Chuck Beaver - Carol Moody
Michael Bennett - Rick Moody
Jean Bigbee - Susan J. O'Neill
Sandra Bussing - Kathy Plambeck
Evelyn Campbell - Al Potter
Howard Campbell - Jim Purvis
Lorrie Cross - Ron Randall
Enell Foerster - Leon Rapport
Jim Franz - Norma Sanchez
Erica Gerard - John Skare
Jane Gregory - Chuck Smith
Charlie Griffin - Deyanira Slano
Diana Hatch - Pam Spaulding
Judy Hedman - Lee Staub
Lee Killough - Darcy Stephenson
Janet Klaver - Dave Stewart
PC. Lanning - Barb Stork
Betty Linaeta - Gene Towne
Steve Martini - Gwenndolyn Vinson
Karen McCullough - Stan Wilson

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Jim Rhine • Roberta Surs
Earth Day, What Next? EN-01
Earth Day activities in April and would like to see the efforts continued.
Date: June 20 (Wed)
Time: 7:30 - 9:30 p.m. (1 session)
Fee: $6 (book provided)
Location: UFM Greenhouse

Solar Greenhouse and Edible Landscape Tour EN-02
Have you ever seen fish living in a greenhouse or observed an edible landscape? Join us for an educational tour. Our solar greenhouse demonstrates effective, low-cost ways to use renewable energy sources. Our edible landscape is an example of how ecologically-derived design principles can be used to create an urban agricultural landscape that is aesthetically pleasing and productive. The tour is a great idea for students and community groups looking for ways to learn about promoting self-reliance in the areas of energy and food production. Special tours can be arranged.
Evelyn and Howard Campbell both have degrees in horticultural therapy and have managed the UFM Greenhouse for 5 years.
Date: June 21 (Thurs)
Time: 6:00 - 7:30 p.m. (1 session)
Fee: $6 (book provided)
Location: UFM Greenhouse

Basic Survival Skills 101 EN-03
Learn basic survival skills - fire-making techniques, shelter building, and water procurement and purification.
Find out what items are essential to include in a survival kit for use during an emergency.
John Skare (762-4766), an outdoorsman for 25 years, gained survival expertise through five years of Air Force training.
Date: June 23 (Sat)
Time: 1 - 3 p.m. (1 session)
Fee: $6
Location: UFM Banquet Room

Basic Survival Skills 101 EN-04
Date: June 30 (Sat)
Time: 3 - 5 p.m. (1 session)
Fee: $6
Location: UFM Banquet Room

Prairie Wildflowers EN-05
Identify first-hand this late spring and early summer wildflowers dotting the Flint Hills. Rather than flipping through pages of obscure flower books, learn identifying characteristics of both flowering and vegetative plants in a short hike through the Kansas prairie.
Grace Towne (539-0553) has been teaching wildflower and grass identification classes for 33 years.
Date: June 23 (Sat) (Raindate: June 30)
Time: 10 a.m. - noon (1 session)
Fee: $2
Location: Large parking lot south of Umbarger Hall, KSU Campus

Growing Herbs EN-06
Have fresh herbs to use all summer! Enjoy fresh greens for your salads. Learn to raise, dry, and store herbs for your own use or for gifts for family and friends. Take home some perennial herbs for your own garden. See the edible landscape of herbs at UFM.
Evelyn and Howard Campbell are coordinators of the Manhattan Community Gardens. Evelyn holds a degree in horticulture therapy from KSU, Howard has a degree in horticulture therapy from KSU and is currently working on a doctorate in Adult Education.
Date: June 23 (Mon)
Time: 7 - 9 p.m. (1 session)
Fee: $12 (includes herb plants and handouts)
Location: UFM Greenhouse

Drying Flowers EN-07
Have you ever purchased dried flowers? Learn how to preserve and dry your own. Learn which plants dry best and the method for drying. Summer is the perfect time to start.
Evelyn and Howard Campbell are coordinators for the Manhattan Community Gardens. Evelyn holds a degree in horticulture therapy from KSU, Howard has a degree in horticulture therapy and is currently working on his doctorate in Adult Education.
Date: June 26 (Thurs)
Time: 7 - 9 p.m. (1 session)
Fee: $6
Location: UFM Greenhouse

Wabaunsee County Field Trip EN-08
Venue to the glacial area and nearby areas in northwestern Wabaunsee County. Search for glacial materials such as agates, quartzite, and fossils. Bring a sack for your treasures.
Dr. F.C. Langer, (537-7995) a retired KSU chemistry professor, is a long-time member of the Manhattan Gem and Fossil Club.
Date: July 7 (Sat)
Time: 9 a.m. - noon (1 session)
Fee: $5
Location: meet at UFM parking lot
A Whole New You

Find a whole new image of yourself. This class includes a three-part series on balance, design, and proportions according to your individual build and facial structure. The classes will mix colors, makeup, and an in-depth look at any products used to create the professional you.

Lee Stanb (776-8100) has been a hair stylist and nail technician for four years.

Date: June 10, July 9 & 30 (Mon)
Time: 7 - 8:30 p.m. (3 sessions)
Fee: $10
Location: 1225 Laramie

Spanish for Beginners

Learn to speak Spanish. geared for beginning students, this six-week course will cover pronunciation, grammar, and easy conversations.

Dorina Solano (539-7600) is a Costa Rican native who has taught Spanish at Kansas State University.

Date: June 10 - July 31 (Tues)
Time: 7 - 8 p.m. (5 sessions)
Fee: $15
Location: UFM Conference Room

Beginning German

This six-week course will introduce class participants to German pronunciation and conversation. A great introduction for those who are interested in further study or perhaps are planning a trip to Germany and would like to speak a little German.

Ekina Gerhardt (539-2866), a German native, is a K-State student studying business and German.

Date: June 20 - July 25 (Wed)
Time: 7 - 8 p.m. (5 sessions)
Fee: $12
Location: UFM Banquet Room

Color Analysis

Come and learn what the most unique colorist assisted color analysis system is today. We'll have an "on the spot" color analysis and makeover. Discover your perfect palettes of clothing colors, blushed, lipstick, and eye shadow.

Betty Llanes (539-6851) is a certified, independent color consultant with Beauty for All Seasons, Inc.

Date: June 30 (Sat)
Time: 1 - 3 p.m. (1 session)
Fee: $10
Location: UFM Conference Room

Color Analysis

Date: July 21 (Sat)
Time: 1 - 3 p.m. (1 session)
Fee: $10
Location: UFM Conference Room

Introduction to Sign Language

An opportunity for interested persons of all ages to learn and apply basic sign language in various settings.

Darcy Stephano (539-4346) has worked with all ages of hearing impaired individuals for five years. An interpreter for K-State students as well as others in the Manhattan area, her interest in sign language has improved her to perform a career in audiology.

Date: July 2 - 26 (Mon-Thurs)
Time: 8:30 - 9:30 a.m. (15 sessions)
Fee: $100 (book additional)
Location: UFM Conference Room

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Zen Buddhist Philosophy and Practice

Zen Buddhist philosophy aims for enlightenment by direct intuition through meditation. Join us for discussion and practice of Zen meditation (Zazen) with a major focus on the zazen tradition or "school." Other traditions will also be discussed.

Leon Rapport, a professor with the KSU Psychology department, and Al Porter, a medical technician in the Veterinary school, have studied Zen for several years and are affiliated with the Minneapolis Zen Center and the Manhattan Zen Group.

Date: July 11, 18, & 25 (Wed)
Time: 7:30 - 9 p.m. (3 sessions)
Fee: $15
Location: UFM Conference Room

Successful Money Management

Be a successful money manager! This program will cover savings structure, investment, and insurance programs for today's world. Discover how to save taxes today while providing future dollars for education or retirement. We will discuss the impact of inflation and how to make it work, for rather than against, one's financial plan. Affordable ways of investing and saving regardless of one's budget will also be addressed. A financial plan for each class participant will be provided.

Fred Freedy is a senior account executive for Waddell & Reed, Inc., and has 15 years experience as a financial planner.

Date: June 11 (Mon)
Time: 7:30 - 9:30 p.m. (1 session)
Fee: $15
Location: 445 East Poyser

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Everyone is Welcome
Getting Acquainted With Antiques

For antique lovers! This three class series will focus on a different subject each week. Attend one or all three sessions.

Jena Blythe (537-4884), a antique and collectible lover, manages Tuttle’s Antique Market in Manhattan. Jena and other antique dealers associated with Tuttle’s are anxious to share their knowledge with others.

Date: June 19, 26, & July 10 (Tues)
Time: 7 - 9:30 p.m.
Fee: $10 for the series or $4 per session
Location: Tuttle’s Antique Market

2010 Tuttle Creek Boulevard

Antique Furniture

Learn about styles and what to look for in antique furniture. This class will touch on restoration and stripping - when to strip and when not to strip.

Date: June 19 (Tues)

Antique Glassware

Focus on Victorian, Depression, and patterned glassware.

Date: June 26 (Tues)

Antique Collectibles

Designed for participants who enjoy other kinds of antiques, the main focus will be on antique toys and other collectible items.

Date: July 10 (Tues)

Books By and About Women

We will discuss thoughts, ideas, and issues expressed by women authors through fiction and non-fiction books. Through this informal class we will exchange different perceptions from our own experiences interpreting the feminine sensibly and rightly. Past book selections include: The Southern Family by Gerald Dodson, Along Jimmie-Short Stakes by Women Writers edited by Susan Cook, Capturing Up Woman in America Ten Lives edited by Eve Merriam, and Alicia by Alicia Appleman-Ferrera.

Lorrie Cross (539-5337) enjoys reading and discussing books by and about women. She has been a member of this group since its beginning in 1978.

Date: June 11, July 11 & 20 (Wed)
Time: 7:30 - 9 p.m. (3 sessions)
Fee: $6
Location: call Lorrie for the weekly class location (539-5337)

Fiction Writing Workshop

During the workshop the instructor will critique participants’ fiction manuscripts and discuss aspects of writing such as developing background and characters, setting, and conflict. How to market fiction is for publication. Participants without manuscripts who just want to attend the sessions are also welcome. Participants with manuscripts so be critiqued need to supply a copy to the instructor prior to the beginning of the class.

Lori Kilgore (774-6554), member of the Science Fiction Writers of America, Mystery Writers of America, and Sisters in Crime, has published eleven novels and twenty short stories.

Date: June 21, 28 and July 5, 12 (Thurs)
Time: 7:30-9 p.m. (4 sessions)
Fee: $8
Location: UFM Conference Room

Community Women’s Chorus

Love to sing? Come join this group of women who will meet weekly to share and enjoy all kinds of music from contemporary to show tunes.

Kathy Planchek (539-0236) recently relocated to Manhattan from San Francisco, where she directed a church choir. She would like to start an ongoing women’s chorus.

Date: June 10 - July 31 (Tues)
Time: 10 - 11:30 a.m. (6 sessions)
Fee: $5
Location: Instructor will contact with location

The Essence of Poetry

Focus upon poetry and its role in still life, nature, and culture, as well as the relationship of poetry to our lives and situations that occur in life.

J. Edgar Spooner (537-3981), a native of Macon, Georgia, is a published poet and playwright. He is a recipient of the National Poetry Award. The author of many short stories, he is currently trying to organize a poetry workshop.

Date: June 10 - July 31 (Tues)
Time: 7:30 p.m.
Fee: $5
Location: UFM Banquet Room

Desserts with Chocolate

A hands-on demonstration of two delectable desserts created with chocolate candy paste. Top off the evening by sampling three delicious creations.

Jim Parvez a graduate of the Culinary Institute of America and has worked in New York, South Carolina, Pennsylvania and Missouri.

June 29 (Sat)

Time: 8 - 9:30 p.m. (1 session)
Fee: $5
Location: UFM Kitchen

Paddled Photo Album

Enjoy learning the techniques involved in making covered albums including a paddled frame for the top! They make nice gifts for family and friends. In order to personalize your album and frame, class participants need to provide the following materials: A 3-ring type album of your choice, 1 yard fabric, 4 yards lace, gimp, and supports. Computer frame, bailing, and other materials needed for project completion will be provided.

Virginia Babcock has taught a variety of craft classes during the last six years.

Date: July 12 (Thurs)
Time: 7 - 10 p.m. (1 session)
Fee: $8
Location: UFM Banquet Room

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MON, SAT. 9:30 TO 6

CRAMER RENTALL
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537-7755

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U-HAUL TRUCKS & TRAILER RENTAL MOVING & PACKING MATERIALS
Recreation & Fitness
1221 THURSTON 539-8763

Ballroom Dance I
Learn to dance! It's never too late to learn the elements of the Foxtrot, Waltz, Jitterbug, and Latin dance. Practice the basic steps with ample variations so that you can be the dancer you've always wanted to be. Ballroom smooth on your feet, get some exercise, and have fun in this six-week introductory program geared for adults of all ages and teenagers. Partners are not necessary.

Michael Bennett (776-7557) has trained in Ballroom Dance at U.C. Berkeley, Mandala Ballroom, San Francisco, AllAbout Ballroom, Oakland, CA. Chicago Dance Studio, Chicago, IL; and Avenue Ballrooms, San Francisco; and was the 1986 San Francisco Avenue Ballroom Jitterbug Champion.

Date: June 18 - July 23 (Mon)
Time: 6:30 - 8 p.m. (6 sessions)
Fee: $18
Location: KSI, Fairlaid Hall 202

Ballroom Dance II
Latin Intermediate (Masabo, Cha Cha, Rumba) is an intermediate class that emphasizes proper technique and style. Combination, composed of 6-8 variations, will be taught at the rate of one combination per night. Ingredients will be Rumba, Waltz, and Foxtrot.

Date: June 20 - July 25 (Wed)
Time: 6:30 - 8 p.m. (6 sessions)
Fee: $18
Location: KSI, Fairlaid Hall 202

Ballroom Dance III
This is an intermediate class that emphasizes proper technique and style. Combination, composed of 6-8 variations, will be taught at the rate of one combination per night. Ingredients will be Rumba, Waltz, and Foxtrot.

Date: June 18 - July 23 (Mon)
Time: 8:30 - 10 p.m. (Mon)
Fee: $18
Location: KSI, Fairlaid Hall 202

White Dragon Kung Fu
This Kung Fu style combines hard, soft, and internal methods of martial arts. Beginners will learn basic techniques, self-defense, drills, and one-step sparring. Wear comfortable clothing.

Stan Wilson (539-7723) has studied martial arts for 20 years and taught for 12 years. He holds a black belt in Kung Fu and is a member of the Shadows of Iga Ninja society. He has studied judo, aikido, four styles of karate, and various other martial arts. He has also written six manuals on martial arts.

Date: June 10 - July 17
Time: 7 - 9 p.m. (Thurs.)
3 - 4 p.m. (Sun.)
Fee: $36
Location: KSI, Ahwahn 303

Hakko Ryu Jujitsu
Hakko Ryu is a form of self-defense oriented grappling type of martial art. The training form of martial arts, students will concentrate on 4 person waza, solo waza exercises, and self-defense theory and techniques. Hakko Ryu is related to aikido; yet assumes a more subtle, less active style and gentle techniques acceptable for use in modern society.

Stan Wilson (539-7723) has studied martial arts for 20 years and taught for 12 years. He has a second degree black belt in Hakko Ryu Juujitsu, and is a member of Shadows of Iga. He has studied judo, aikido, hapkido, four styles of karate, etc. style of kung fu, and various other martial arts, and has written six manuals on martial arts and self-defense.

Date: June 17 - July 29 (Sun)
Time: 4 - 5 p.m. (6 sessions)
Fee: $18
Location: KSI, Ahwahn 303

Golf
Learn to play golf. Groomed for beginning and intermediate players, the exercises of the full swing, short game, putting, and chips will be covered. Get some fresh air and feel out if golf is the sport for you.

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

Date: June 24, July 12, 26 (Sun.)
Time: 6:30 - 7:30 p.m. (Sess.
Fee: $20 (includes golf club rental)
Location: Stagg Hill Golf Course

Tuttle Creek Adventure Hike
Hike through the low-key woodsy area and then through a native prairie range. Look at wildflowers common in this prairie for ten of years and discuss some of the edible and medicinal qualities of prairie plants. This hike will take place behind the Corps of Engineers office at Tuttle Creek.

Jim Franz (539-0902) works with the U.S. Corps of Engineers.

Date: July 14 (Sat)
Time: 11 - 11 a.m. (1 session)
Fee: $5
Location: Corps of Engineers office

Auto Tour of the Flint Hills
Tour the Flint Hills at your own leisure. A self-guided auto tour of the Flint Hills will lead you to see and appreciate that beautiful treasure that is threatened by pollution and destruction. An orientation meeting will provide maps and discussion that will lead along county roads and highways to see and experience the Flint Hills.

Judy Hedeman (537-1078) is a local Manhattanite who is actively concerned about land stewardship.

Date: June 26 (Sat)
Time: 7 - 8 p.m. (1 session)
Fee: $5
Location: UFM Fireplace Room

Winter Vacations in Warm Places
Plan now for fun and relaxing winter escape to somewhere warm and exciting! Now is the time to be thinking about vacations - the possibilities of where to go, what to do, and what not to do.

Nona Sanchez's home is in Chihuahua, Mexico, and she is anxious to share vacation ideas.

Date: June 25 (Mon)
Time: 7 - 9 p.m. (1 session)
Fee: $5
Location: UFM Conference Room

Auto Tour of the Flint Hills
This is a self-guided auto tour of the Flint Hills, which will lead you to see and appreciate that beautiful treasure that is threatened by pollution and destruction. An orientation meeting will provide maps and discussion that will lead along county roads and highways to see and experience the Flint Hills.

Judy Hedeman (537-1078) is a local Manhattanite who is actively concerned about land stewardship.

Date: June 26 (Sat)
Time: 7 - 8 p.m. (1 session)
Fee: $5
Location: UFM Fireplace Room

Campout in the Flint Hills
Enjoy a moonlight (we hope) night in the beautiful Flint Hills! We will backpack into an area of the Flint Hills in order to experience first-hand the uniqueness and the value of this land. In general, we will reflect on the environmental condition and stewardship of all land. The specific concerns of a tri-county land fill and military expansion will also be points of discussion.

Dave Stewart is a campus minister who is concerned about the environment. He will bring a copy of the FACTS staff and works with farm issues.

Date: June 28 (Thurs)
Time: 7 p.m. (orientation session)
Fee: $5 per person
Location: Baptist Campus Center
1801 Anderson Avenue

Date: July 7 (Sat)
Time: 3 p.m. (actual campout)
Fee: Paid with orientation session.
Location: Leave from Baptist Campus Center

Biking Through The Flint Hills
Join us for a 25 miles bike hike out McDowell Creek Road, through the Flint Hills to see the kind of beautiful and valuable land that could be lost or destroyed either by Fort Riley expansion or by a new tri-county land fill. We will break at St. Joseph's Church and learn of the history and geology of the area. Interested persons should be in good physical shape.

Date: June 30 (Sat)
Time: 8 a.m. - 1 p.m. (1 session)
Fee: $5
Location: Meet at UFM, 1221 Thurston

Tuttle Creek Adventure Hike
Take a hike through the low-key woodsy area and then through a native prairie range. Look at wildflowers common in this prairie for ten of years and discuss some of the edible and medicinal qualities of prairie plants. This hike will take place behind the Corps of Engineers office at Tuttle Creek.

Jim Franz (539-0902) works with the U.S. Corps of Engineers.

Date: July 14 (Sat)
Time: 11 - 11 a.m. (1 session)
Fee: $5
Location: Corps of Engineers office
5210 Tuttle Creek Boulevard
**REGISTRATION INFORMATION**

**3 WAYS TO REGISTER**

### Registration By Mail

Complete the registration form and mail it with your check, money order, or credit card number to:
UFM
Class Registrations
1221 Thurston
Manhattan, Kansas 66502-5299

You will be notified if the class is full. All registration is on a first-come, first-served basis. No other class confirmations will be sent unless requested.

**For you...**

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

| Name | __________ |
| Address | __________ |
| City | __________ |
| State | Kansas |
| Zip | __________ |

**CLASS # | TITLE | FEES | LOCATION | DATE | TIME**

| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |

*Add $2.00 REGISTRATION FEE

**Registration Fee Exemptions**

1) KSU full-time student
2) Under 13 years
3) Over 60 years
4) Handicapped

I hereby authorize the use of my Visa / Master Card

Signature

Card # __________ Expiration Date: __________

(See check all that apply)

| KSU STUDENT | Fr | So | Jr | Sr | Gr |
| Under 13 | 13-18 | 19-24 | 25-59 | 60+ |

**EMPLOYER**

| KSU Faculty/Staff | Fort Riley Personnel |

Where did you obtain your catalog?

I am interested in teaching at UFM. yes __________ no __________

A class I would like offered is

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### Registration By Phone

With your Visa or MasterCard number and expiration date ready, call (913) 539-8763 during regular business hours. A minimum of $5 can be accepted.

**For a friend...**

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

| Name | __________ |
| Address | __________ |
| City | __________ |
| State | Kansas |
| Zip | __________ |

**CLASS # | TITLE | FEES | LOCATION | DATE | TIME**

| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |

*Add $2.00 REGISTRATION FEE

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**EMPLOYER**

| KSU Faculty/Staff | Fort Riley Personnel |

Where did you obtain your catalog?

I am interested in teaching at UFM. yes __________ no __________

A class I would like offered is

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### Registration In Person

Stop by UFM, 1221 Thurston anytime between 8:00 a.m. and 5:00 p.m., Monday through Friday (closed 12:00 noon to 1:00 p.m.) or, for your convenience, the following dates and locations have been scheduled for on-site registrations:

- June 2: 9:30 a.m. - 4 p.m. Fun Festival
- June 4 - 6: 10 a.m. - 2 p.m. K-State Union
- June 13 - 14: 5 p.m. - 7 p.m. Public Library

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**REFUND POLICY:**

A REFUND voucher will be issued in these instances:

1. If the limited class you have paid for has been filled
2. If the class you have paid for has been cancelled or significantly changed
3. If you have overpaid

A CREDIT voucher (redeemable for UFM classes) will be issued in these instances:

1. If you are unable to attend a class and you have notified UFM and the teacher a minimum of three days before the first meeting
2. If you earn credit by teaching or volunteering for UFM

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**DON'T GET SHUT OUT!**

Register early:

So we can notify you of any course changes.

So you can be assured of space in the course.

So the instructor knows how many students to prepare for.

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**OFFICE USE ONLY**

Date received __________ Date entered __________ Check __________ Amount __________ Total paid __________

Date received __________ Date entered __________ Check __________ Amount __________ Total paid __________

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**Computer Fee**

Date received __________ Date entered __________ Check __________ Amount __________ Total paid __________

Date received __________ Date entered __________ Check __________ Amount __________ Total paid __________