UFM

Burst
Into
Summer!

1991 Summer Classes
June-August
Dear Friends:

Summer is rapidly approaching. This is a great time to explore some new interests or rejuvenate past ones. This summer at UFM there are some old favorites mingled with new pursuits. Create a basket, collect baseball cards or coins, or make a living wreath of herbs. Enrich your summer with music, poetry, or storytelling. Get a head start on the holiday season with our "Christmas in July" series. Receive tips on training your dog, backpacking, and gardening. Learn how to use the plentiful produce of summer to create meals that blend with the warm casual days of the season. Families can enjoy hikes, field trips, and make-it-take-it projects together. Participate in a sports class. Assess your financial well-being. Learn to use your local library.

UFM has a class for everyone! Won't you join us in teaching, learning, and growing this summer?

Terry Carpenter
Educational Program Coordinator

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**TABLE OF CONTENTS**

**Classes**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>4 - 5</td>
<td>Arts &amp; Hobbies. Coin Collecting, Christmas in July, Storytelling, Basketry, Living Wreaths, Baseball Card Collecting, and more</td>
</tr>
<tr>
<td>6</td>
<td>Business &amp; Professional. Financial Planning, Mutual Funds, Computer Training, and more</td>
</tr>
<tr>
<td>7</td>
<td>Earth &amp; Nature. Composting, Insect Ecology, Gardening with Frames, and more</td>
</tr>
<tr>
<td>8</td>
<td>Family Living/Youth. Celebrate Your Family, Children's Gardening, and more</td>
</tr>
<tr>
<td>9</td>
<td>Foods &amp; Nutrition. Refreshing Summer Fare, Cool Cooking, and Herb Vinegars</td>
</tr>
<tr>
<td>10 - 11</td>
<td>Recreation &amp; Fitness. Golf, Backpacking, Ballroom Dance, Tuttle Creek Hike, and more</td>
</tr>
<tr>
<td>12 - 13</td>
<td>Self &amp; Personal Growth. Computerized Card Catalog at the Library, Mind Over Math, Man's Best Friend, and more</td>
</tr>
</tbody>
</table>

**Highlights**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Christmas in July............</td>
<td>Registration Information ............</td>
</tr>
<tr>
<td>Project Manhattan Cares</td>
<td>Map</td>
</tr>
<tr>
<td>Homecoming Celebration</td>
<td>Questions Often Asked</td>
</tr>
<tr>
<td>Military Wives</td>
<td></td>
</tr>
</tbody>
</table>

---

**WHO WE ARE**

**CAMPUS & COMMUNITY STAFF**

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>Terry Carpenter</td>
<td>Educational Coordinator</td>
</tr>
<tr>
<td>Linda Thomason</td>
<td>Educational Assistant</td>
</tr>
<tr>
<td>Evelyn Campbell</td>
<td>Office Assistant</td>
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<tr>
<td>Howard Campbell</td>
<td>Advertising Manager</td>
</tr>
<tr>
<td>Jake Reisinger</td>
<td>Business Manager</td>
</tr>
</tbody>
</table>

Volunteers, interns, and others:

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>Angela Lawson</td>
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<td>Tammie Baxter</td>
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</tr>
</tbody>
</table>

The cover was created by K-State student Angela Lawson, public relations intern at UFM.

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**WHERE WE'RE LOCATED**

**UFM**

1231 Thurston

K-State

Campus

Thurston St

Kearney St

Vatter St

Anderson Ave

Bennett Ave

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**BOARD OF DIRECTORS**

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nancy Denning</td>
<td>Denning &amp; Associates</td>
</tr>
<tr>
<td>Ellsworth Gerritz</td>
<td>Dean Emeritus, K-State</td>
</tr>
<tr>
<td>Atina Hanna</td>
<td>Director Flinchills Breadbasket</td>
</tr>
<tr>
<td>Buzz Harris</td>
<td>Manager 1st National Bank and Trust</td>
</tr>
<tr>
<td>Mark Hatosol</td>
<td>Chiropractic Family Health Center</td>
</tr>
<tr>
<td>Karen Heeter</td>
<td>K-State Student</td>
</tr>
<tr>
<td>Joleen Hill</td>
<td>USD #383 School Board Member</td>
</tr>
<tr>
<td>Richard Johnson</td>
<td>Riley County High School</td>
</tr>
<tr>
<td>LeVerne Lindsey</td>
<td>Assistant Provost, K-State</td>
</tr>
<tr>
<td>Pete Marsh</td>
<td>K-State Student Senate</td>
</tr>
<tr>
<td>Virginia Mosley</td>
<td>Associate Dean College of Human Ecology, K-State</td>
</tr>
<tr>
<td>Susan M. Scott</td>
<td>Associate, Dean of Student Life, K-State</td>
</tr>
<tr>
<td>A. David Stewart</td>
<td>Minister Christian Higher Education &amp; Christian Social Concerns</td>
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<tr>
<td>Linda Inlow Teener</td>
<td>Director UFM</td>
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<tr>
<td>Oceana Warren Wright</td>
<td>Principal Woodrow Wilson School</td>
</tr>
</tbody>
</table>
PROJECT MANHATTAN CARES

Presents
Homecoming in the Flint Hills

You won't want to miss this regional event welcoming home the First Infantry Division. The plan (at time of printing) includes the following:

- A red, white, and blue parade in which 96 communities have been invited to participate
- A "Taste of Manhattan" - its arts, its sports, its entertainment, its food, its people

These activities may occur all over our community - parks, Westloop, Aggieville, downtown, KSU, and more. It's possible there will be a concert from 6:00 to 10:30 p.m. followed by fireworks.

The date has yet to be selected, but the event should occur sometime in June or early July 1991.

Be there for the welcoming home of our heroes!

(Donations can be made at Union National Bank, Manhattan)

----------------------------------------

Manhattan Military Wives

MILITARY WIVES is a program for all military families living in the Manhattan community. Meetings are held every Wednesday afternoon from 1 - 3 p.m. at the First Presbyterian Church, 9th and Leavenworth. No reservations are needed. Topics include crafts, parenting, cooking, communication, home management, career and educational planning, Manhattan resources, military resources, and other community networking. Aerobics classes, evening "Waiting Wives" meetings, babysitting co-op membership, activities and field trips for kids and moms, workshops and seminars, home visits, and transportation to medical, mental health, and social services are also offered.

For transportation or more information, please call Angie Fryer at 537-7146.

******************************

WAITING WIVES GROUP . . . . . . . . . . . . . . . . . . . . . . . . Friday Evenings

Join this support group for a fun evening out with other women whose husbands are TDY or PCS. Meetings are held every other Friday night, in homes and out. Leave your kids with a sitter, and come meet new friends. Call Angie at 537-7146 for details. New members are always welcome!

******************************

AEROBICS CLASS . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . Monday & Thursday afternoons

Bring a friend and come to Fisher Hall at First Presbyterian for an upbeat workout. Classes are held 2 - 3 p.m. Nursery care is available for $1.00 per child. No charge for classes. For more information, call Angie at 537-7146.

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BABYSITTING CO-OP

Women who attend Military Wives meetings on Wednesday afternoon, or weekend Waiting Wives meetings, are eligible for membership in the Manhattan Military Wives Babysitting Co-op. For more information, call Colletta at 776-8178.

Family Assistance at Fort Riley - 1-800-786-0017
Manhattan American Red Cross - 537-2180
Parent Helpline - 1-800-332-6378
Books By and About Women

We will discuss themes, ideas, and issues expressed by women authors through fiction and non-fiction books. Although we will not discuss Patti Smith's "Horses," we will exchange different perspectives on the theme of "breaking down barriers."

Monday, May 24, 8 p.m.

Folk-Style Autoharp

Discover the fun of playing the autoharp folk-style.

Beginning Dulcimer

Learn the art of playing the Dulcimer Dulcimer. You will learn about the instrument and basic skills including tuning, strumming, and caring for the instrument. We will cover string and other traditional tunes.

A Percussion Session

Join together with other members and help create a percussion rhythm! Bring drumsticks, maracas, tin cans, sticks, bells, or your own invention! The session is about an hour.

Appalachian Egg Basket

Make an 8-inch split-rail basket like those used in the Appalachian Mountains for gathering eggs.

Round Basket

Weave a round basket from colored reed that will hold fruit or make a great wall accent.

Shaker Peg Basket

Learn to make a Shaker peg basket that can hang on a wall or be used as a centerpiece. It can be filled with dried flowers or a teapot for a wonderful home decorating accent.

Small Change: An Introduction to Coin Collecting

This class, designed for beginners or non-collectors, will cover the basics of coin collecting. Learn what to collect, how to store coins, and how to locate information about coins.

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**Concepts of Poetry**

**AH-14**

This class will examine how life and poetry intersect. We will explore poems that celebrated the Dwight D. Eisenhower Centennial as well as poems that evolved from Desert Storm. See how both personal and world happenings are reflected in poetic literature. We will read and write poetry.

*J Edgar Spencer (537-3981), a native of Macon, Georgia, is a published poet and playwright. He is a recipient of the National Poetry Award.*

**Date:** June 24 - July 23 (Mon)
**Time:** 7 - 9:30 p.m. (2 sessions)
**Fee:** $15
**Location:** UFM Banquet Room

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**The Art of Storytelling**

**AH-15**

This class is for people who want to learn storytelling as well as the person interested in the art. We will talk about techniques of storytelling and the methods of learning a story. These techniques and methods will be put into practice as we share with one another. Bring approximately 10 copies of a story that you would like to learn and share with others in the first class session. By the end of this course, you should have learned at least one story to tell.

*Jane Goodnow learned storytelling (in spite of her initial doubts) by the same methods that will be employed in this class. She is a member of the Society for Creative Anachronism with a particular interest in bardic storytelling. She is also a member of the National Association for the Preservation and Perpetuation of Storytelling.*

**Date:** June 17 - July 15 (Mon)
**Time:** 7 - 9 p.m. (5 sessions)
**Fee:** $30
**Location:** UFM Fireplae Room (1st session)
**Location:** UFM Conference Room (other sessions)

---

**Batter Up! Collecting Baseball Cards and Other Sports Memorabilia**

**AH-16**

Come explore the world of sports memorabilia. We will talk about the history of collecting memorabilia with an emphasis on baseball cards. We will construct the hobby versus investment aspect of collecting cards and discuss good versus bad buys. Examine how baseball has become enshrined with American life.

*Dev Nelson, the owner of Dev’s Dagout, has been active in sports throughout his life. He started collecting sports memorabilia at an early age and his interest has flourished through the years.*

**Date:** June 18 (Tues)
**Time:** 7 - 8 p.m. (1 session)
**Fee:** $4
**Location:** UFM Conference Room

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**Christmas in July**

**Creative Twist Angels**

**AH-09**

These angels are quick, easy, and attractive additions to Christmas decorating. They can be used for wreaths, table settings, or tree ornaments. They would also be nice touches in a country decorating scheme. Bring a hot glue gun if you have one. Other materials furnished.

*Linda Turner (539-8763) is the Executive Director of the UFM and enjoys sharing this craft.*

**Date:** July 11 (Thurs)
**Time:** 7 - 8:30 p.m. (1 session)
**Fee:** $5 (includes materials)
**Location:** UFM Conference Room

**Have a Prairie Christmas! Prairie Angel Ornaments**

Life on the American prairie often found time and talent more plentiful than money and materials. Prairie folk crafted their holiday gifts and decorations from the materials available. In this class we’ll make a prairie angel from muslin and calico scraps that can be used on your tree or as part of other holiday decorations. Bring 3" by 12" squares if you want your angel to be a specific color.

**Date:** July 8 (Tues)
**Time:** 7 - 8:30 p.m. (1 session)
**Fee:** $5 (includes materials)
**Location:** UFM Banquet Room

**Let’s Wrap It Up! Gift Wrap Ideas**

**AH-18**

Join us and we’ll create some gift wraps using brown paper, paint, and fabric scraps. We’ll talk about different materials that can be used in place of ribbon. Bring a roll of brown paper (and used for wrapping packages) and fabric scraps if available. Let’s wrap it up!

**Date:** July 1 (Mon)
**Time:** 7 - 8:30 p.m. (1 session)
**Fee:** $5
**Location:** UFM Conference Room

**Terry Carpenter enjoys crafts and decorating for the holiday season.**

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5
Edible Landscape and Solar Greenhouse Tour

When you think of a garden, do you think of it in terms of vegetables or flowers — food or beauty? It need not be either/or situation. An edible landscape can combine the beauty of flowers with the usefulness of vegetables. Ask questions and receive tips on how to add edible plants to your own landscape as you tour ours.

Date: July 13 (Sat)
Time: 1 - 4 p.m. (1 session)
Fee: $3 (includes book)
Location: UFM Greenhouse

Herb Growing

Have fresh herbs all summer! Enjoy the flavor of fresh mint ice tea. Learn how to raise, dry, and store herbs for your own use or to give as gifts to family and friends.

Date: June 15 (Wed)
Time: 6:30 - 8 p.m. (1 session)
Fee: $5
Location: UFM Greenhouse

Composting

Recycle some of your garbage! Find out what can be used in a compost pile. We will discuss the components of a compost pile, when to turn it, how to take care of it, and its utilization. See the results of composting in different layers. Make your vegetable garden and flower bed healthier and happier with compost.

Date: June 15 (Sat)
Time: 1 - 3 p.m. (1 session)
Fee: $5
Location: UFM Greenhouse

Small Inhabitants of the Earth: Insect Ecology and Identification

Join us for an exploration of the insect life that drives the summer months. We will discuss basic insect ecology as we walk around the Tuttle Creek Lake area. See the vast array of insects that exist in the grasses as we do field swaps with a net. We will do field identification of the various insects, so bring a net and field guide if available. (If you want to collect any specimens, bring a jar. Children must be accompanied by an adult.)

Verna Brigitte is a graduate student in the Entomology Department at KSU.

Date: June 30 (Sat)
Time: 9 - 11 a.m. (1 session)
Fee: $5 (includes day parking fee at Tuttle Creek Lake)
Location: Meet at the water outlet tubes at Tuttle Creek Lake

Field Trip to Wabaunsee County

Venture to the glacial area and nearby areas in northwestern Wabaunsee County. Search for materials such as agates, quartzite, and fossils. Bring a sack for your "treasures" and a beverage to drink.

Dr. F.C. Lamming, (537-7595) a retired KSU chemistry professor, is a longtime member of the Manhattan Gem and Fossil Club.

Date: July 15 (Sat) (Raindate: July 20)
Time: 8:30 - 11:30 a.m. (1 session)
Fee: $4
Location: Meet at the UFM parking lot

UFM Solar Greenhouse Tours

Tours of the UFM Solar Greenhouse and edible landscape are available by reservation. Winter tours (November to April) view the Solar Greenhouse, some edible landscape, and raised garden beds used for the handicapped. Participants learn about the beed wall, the heat storage tanks, and the underground air conditioning tube. Summer tours (May to October) view, touch, and smell the entire edible landscape and also see the Passion Vine and hear its history. Call 539-8763 for an appointment.

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Children’s Morning Play Group FL-01
Join us for an ongoing support group for at-home parents. Pre-school age children will play while parents visit with other adults. Parents are responsible for their own children, so no preparation is necessary. During inclement weather we will meet in homes of participants. Choose Wednesday or Thursday mornings. These groups have been in existence for 14 years.

Date: June 19 - July 24 (Wed)
Time: 10 a.m. - 12 Noon (6 sessions)
Fee: $4
Location: Instructor will contact you with location

Children’s Morning Play Group FL-02
Date: June 20 - July 25 (Thurs)
Time: 10 a.m. - 12 Noon (5 sessions)
Fee: $4
Location: Instructor will call you with location

Celebrate Your Family! FL-03
Join us for action-oriented activities done in a make-it, take-it format. Parents and children can build on family strengths while having fun.

Olivia Collins is a certified Family Life Educator. She is a faculty member of the Cooperative Extension Service, A-H Youth Programs.

Date: July 20 (Sat)
Time: 10 a.m. - 12 Noon (1 session)
Fee: $5 (includes materials and handouts)
Location: UFM Conference Room

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Healthful Cooking: Refreshing Summer Fare
Summer produce adds a whole new dimension to healthful cooking. Participate in the preparation of many wholesome summertime dishes with emphasis on the use of fresh fruits and vegetables, herbs, and whole grain products. Come with a hearty appetite and small containers to take home samples.

Elisa Stigel (537-8150) has a degree in Foods and Nutrition from Colorado State University and enjoys sharing her knowledge and experience related to food preparation. She has cooked as a retreat center in Colorado, catered for families and organizations, and taught many classes related to healthful cooking.

Date: June 26 (Wed)
Time: 6 - 8 p.m. (1 session)
Fee: $10
Location: UFM Colorado

Cool Cooking: Summertime Entertaining and Food Tips
Do you dread cooking in summer? Join us for food ideas that complement both the climate and the casual nature of summer. Get some tips on making use of the fresh produce available during this season. We'll talk about salads, hors d'oeuvres, and desserts that are light and refreshing for warm weather meals. Outdoor entertaining and picnic ideas will be discussed. Bring a lawn chair and your appetite. We'll conclude the class with a summer meal.

Beverly Drachschak and Shirley Fleming are Riley County Extension Agents. Both enjoy sharing their expertise on entertaining and food preparation with others.

Date: June 20 (Thurs)
Time: 7 - 9:30 p.m. (1 session)
Fee: $10
Location: UFM Fireplace Room and Patio

Herb Vinegar & Butter
Summer is a great time for creative salads! Learn how to make and use herbal vinegars for summertime cuisines. We will also talk about making and using herbal butters.

Evelyn and Howard Campbell (539-8763) have been cooking with and using herbs for many years.

Date: July 15 & 17 (Mon & Wed)
Time: 6:30 - 8:30 p.m. (2 sessions)
Location: UFM Grandhouse

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I want to be on the mailing list for class
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White Dragon Kung Fu I
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.
Date: June 18 - July 2 (7 sessions)
Time: 3 - 4 p.m. (Sun)
4 - 5 p.m. (Tues & Thurs)
Fee: $21
Location: KSU Ahearn Fieldhouse

White Dragon Kung Fu II
Date: July 7 - 21 (8 sessions)
Time: 3 - 4 p.m. (Sun)
4 - 5 p.m. (Tues & Thurs)
Fee: $24
Location: KSU Ahearn Fieldhouse

Hakuro Ryu Jujiitsu
Hakuro Ryu is a self-defense oriented grappling type of martial art. Not an exercise form of martial arts; students will concentrate on 2-person waza, solo walking exercises, and self-defense theory and techniques. Hakuro Ryu is related to aikido, yet stresses a less active style, and more subtle, gentle techniques acceptable for use in modern society.
Date: June 23 - July 21 (5 sessions)
Time: 9 - 10 a.m. (Sat)
Fee: $15
Location: KSU Ahearn Fieldhouse

Tuttle Creek Adventure Hike
Are you interested in learning about the Flint Hills prairie and timber ecosystems? Enjoy the outdoors as we like to in the Tuttle Creek area and discuss native foliage and fauna. Participants may want to bring a beverage.
Date: June 29 (Sat)
Time: 10 - 11:30 a.m. (1 session)
Fee: $4
Location: Corps of Engineers Office 5095 Tuttle Creek Boulevard

Ballroom Dance I
Ballroom dancing is back! Time, Newsweek, and Smithsonian report that ballroom dancing is popular throughout the U.S. - Michigan is no exception. Join the hundreds of people who have learned to dance through UFM. You will learn to Foxtrot, Waltz, and Swing. By the end of six weeks you will be able to perform numerous variations. You will be dancing around the expansive floor. So, bring a friend, or two, and learn how to dance with someone in your arms. Classes fill rapidly - it is advisable to register early.
Date: June 17 - July 22 (Mon)
Time: 7 - 8:30 p.m. (6 sessions)
Fee: $21 per person
Location: Senior Service Center 412 Leavenworth

Ballroom Dance II
This course is for those who would like to attempt more challenging ballroom dance variations. Couples are encouraged to attend so that they may learn to dance as one. Waltz, Foxtrot, and Swing, will be taught.
Routine will be given. Prerequisite: Must have completed Ballroom Dance I with Michael Bennett.
Date: June 19 - July 24 (Wed)
Time: 7 - 8:30 p.m. (6 sessions)
Fee: $21
Location: Senior Service Center 412 Leavenworth

Ballroom Dance III
Michael Bennett (776-7557) has trained in Ballroom Dance at U.C. Berkeley, Mandolf Ballroom, San Francisco, Alhambra Ballroom, Oakland, CA; Chicago Dance Studio, Chicago, IL, and Avenue Ballroom, San Francisco. He was the 1986 San Francisco Avenue Ballroom Jimmie Champion.

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Aikido

Learning the mind-body coordination techniques of this Japanese martial art enables you to defend against physical attack, if necessary. Control your opponent's power through the coordination of your own mind and body. Learn the physical aspects of Aikido including rolling, breakfalls, throws, kicks and pins, strikes, and the use of a bo (wooden sword) and the jo staff.

Thorin Hole (550-1025) has been involved in martial arts for eight years. He is a black belt; he takes classes at the American Institute of Boxing. Greg Matthews is a staff member at the Financial Aid Office at Kansas State University. He has been doing Aikido for five years.

Date: June 17 - July 5 (Mon, Wed, & Fri)
Time: 7 - 9 p.m. (9 sessions)
Fee: $27
Location: KSU Alumni Fieldhouse

Golf for Beginners

Learn to play golf. Gated for beginning and intermediate players, the fundamentals of the full swing, short game, pitching, chipping, and putting will be covered. Get some fresh air and find out if golf is the sport for you.

Date: June 15 - July 3 (Tues)
Time: 6:30 - 7:30 p.m. (3 sessions)
Fee: $30 (guns only provided, if needed)
Location: Stagg Hill Golf Course
4441 Fort Riley Boulevard

Golf for Beginners

Jon Gregory (550-0641), PGA professional, is the golf pro at Stagg Hill Golf Course.

Questions We're Often Asked

1. When should I register?
   Registration begins as soon as the current catalog is printed and continues until classes have filled or started. We encourage you to sign up early to ensure getting a space in the class you want. Please do not go to the class unless you have registered with our office.

2. How do I sign up?
   You may register in person, through the mail with the registration forms at the back of this catalog, or by phone, using your MasterCard or VISA.

3. When do I pay?
   Payment is made at the time of registration. If you enroll over the telephone (with a MasterCard or VISA), you are added to the course roll immediately. If you register in person or by mail, we enroll you the day we receive your payment.

4. Are there fees to pay in addition to the course fee?
   Recently UFM eliminated the course registration fee. In some courses, however, you will be given a supply list and asked to bring your supplies to class. We will make every effort to designate these courses in our catalog.

5. When is the office open?
   Our office hours are 8 a.m. - 5 p.m. Monday through Friday.

6. Will I receive a confirmation?
   You will receive a confirmation only if you have registered by phone with MasterCard or VISA, or upon request.

7. What if a course is cancelled or rescheduled?
   When we cancel or reschedule a class, we'll call you. For this reason, it's extremely important that we have both a daytime and an evening phone number where we may reach you or leave a message. You are welcome to call our office the day your class meets to find out if there are any changes. We reserve the right to cancel any class.

8. Can I get a refund?
   We'll give you a full refund if we cancel your class. If you decide to withdraw before the class begins, and you tell us 48 hours before the starting date, we'll send you a refund. We do, however, keep a 52 processing fee.

9. Must I register to take a class?
   Yes. You should not attend a class unless you are registered. This allow course instructors to have adequate handouts related to the subject matter. In addition, insufficient registration leads to course cancellation.
Introduction to Zen Philosophy and Practice

Zen Buddhist philosophy aims for enlightenment by direct realization 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. Please bring a cushion to sit on to class.

Lene Rappaport, (532) 6850, a professor with the KSU Psychology Department, and Al Potter, a medical technician in the veterinary school, have studied Zen for several years and are affiliated with the Minneapolis Zen Center and the Manhattan Zen Group.

Date: June 26 - July 10 (Wed)
Time: 7:30 - 9 p.m. (4 sessions)
Fee: $12
Location: UFM Conference Room

Worshipping God As A Woman

For centuries we have been taught to worship God a male God. But what would it be like to worship God as a woman? You are invited to come and explore with us the concept of God as a woman, with emphasis on the feminine aspect of Greatness, Humility, and Life-giver. We will explore some history, some of the present day practices, and talk about how we can incorporate this into our own lives as peaceful, earth-toning, ecologically conscious beings.

Kathleen Gilligan (237-6568) is an ordained minister of the Spiritualist Church, and first learned about worshipping God as a woman from her maternal grandmother. She has been actively incorporating the feminine aspect of God into her life for four years now, and believes that there is great strength to be found in the unity of women.

Date: June 20 (Thurs)
Time: 7 - 9 p.m. (1 session)
Fee: $5
Location: UFM Conference Room

Stress Control and Relaxation Seminar

Do you find yourself in stressful situations almost daily? Do you respond with anxiety, uncertainty, frustration, or anger? This relaxation seminar can help you learn mental and physical relaxation that will better enable you to deal with stress. Learning how to manage stress constructively will help you cope with pressures of everyday living and enhance your health and well-being.

Date: June 19 (Wed)
Time: 7 - 9:30 p.m. (1 session)
Fee: $20 (includes handout, tape, and book)
Location: UFM Conference Room

Stress Control and Relaxation Seminar

Date: July 18 (Thurs)
Time: 7 - 9:30 p.m. (1 session)
Fee: $20 (includes handout, tape, and book)
Location: UFM Conference Room

David Harbaugh (143-6525) is the Director of The Silva Method of Kansas (NE).

Check It Out: A New Age at the Library

Do you ever go to the library and wonder what’s new? Manhattan Public Library has converted a computerized card catalog and you can no longer look through long drawers filled with paper cards. However, many people feel uncomfortable about using the computer to find what they want. Come and learn in this class how easy, fun, and fast the computer works. Learn about the new age at the public library.

All instructors are librarians at the Manhattan Public Library.

Date: June 17 (Mon)
Time: 7 - 8 p.m. (1 session)
Fee: $3
Location: Manhattan Public Library

Eleventh Annual National Rural Families Conference

Children, Youth, and Their Families

September 25-27, 1991
K State University
Manhattan, Kansas

A conference for professionals working with and helping families

Continuing Education Units are available for a variety of professionals.

For more information call the KSU Division of Continuing Education at (913) 532-5573.

Thank you Advertisers for your faithful support.
An Exciting Past is Ahead of Us

Join us as we explore some history along the Oregon Trail. We will stroll by the Basset Picnic Park and enjoy our sack lunch. We will then relive some earlier times as we visit areas around Frankfort, and travel along the Pikes Peak Trail to the Waterville area. Please bring a sack lunch and beverage. We will car pool for our tour.

Owen Jones (537-7976) is the grandson of pioneers who arrived in Kansas in 1870. He is interested in the history of the Oregon Trail through Kansas. He enjoys sharing his interests and knowledge with others.

Date: July 20 (Sat)
Time: 8 a.m. - 4:30 p.m. (1 session)
Fee: $4
Location: Meet at UFM Parking lot or form car pools

Mind Over Math:
Remediating Adult Math Anxiety

Does the mere mention of the word 'math' cause you to have an anxiety attack? This class will explore these questions. What is math anxiety? How did I get it? How can I rid myself of it? We will deal with everyday math in ways that make sense to us. We will tackle fractions, decimals, percents, and simple algebra. Gain confidence about using numbers!

Michael Cody (539-8657), the project coordinator for adult literacy at UFM, also teaches Life Skills classes at the Manhattan Emergency Shelter. She has worked with adults for about six years and has experienced and conquered math anxiety on a personal level.

Date: June 25 - July 9 (3 sessions)
Time: 7 - 8:30 p.m. (1 session)
Fee: $10
Location: UFM Conference Room

Man's Best Friend: An Introduction to Dog Training

How much do you know about the animal that we call man's best friend? How do the habits of the domestic dog relate to the wild canine? Come and learn what to consider when selecting a puppy. View slides of what's involved in dog training, including the development of: attention, response, confidence, and adequate socialization in your dog. This is an introduction to dog training.

PEOPLE ONLY PLEASE!

Charles Kramier is the Training Director of the Manhattan Kansas Kennel Club. He and his wife, Val, (with the assistance of others) have taught dog training classes for over 17 years.

Date: June 27 (Thurs)
Time: 7 - 8:30 p.m. (1 session)
Fee: $5
Location: UFM Conference Room

Catherine L. Fung, M. Ed., hosts
UNIVERSITY FOR MAN
THIRD SEASON
on 27, The Learning Channel
where local cable originates

Tuesdays at 5:00 p.m. and Wednesdays at 4:30 p.m.

May 21 & 22: Handmaking Ice Cream with Joe Johns
28 & 29: "Wheat" an Expresion! with Artist Stanley Herd
June 4 & 5: At an Art Gallery with Gary Woodward
11 & 12: Foods Viewed from the Gerontological Perspective
18 & 19: Something New at Farrell Library
25 & 26: Cooperative Instructional Duties, Part I
July 2 & 3: Cooperative Instructional Duties, Part II

Anxiety

June 19
12:45 - 3:45

Continuing education workshop for helping professionals and volunteers.
Three CEUs for nurses and social workers. Please pre-register, $21.

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PATRONIZE OUR ADVERTISERS! Let advertisers know that you saw their ad in the UFM Catalog.
UFM is...

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

Each year UFM helps connect hundreds of volunteer teachers with thousands of learners. UFM helps connect the university and the community, young and old, poor and rich, old and new residents with each other. The connections that have happened through classes have led UFM to become involved in other concerns and projects. If you would like to learn more about these projects, call UFM and ask for additional information.

Executive Director - Linda Inlow Tooten
Campus/Community Classes - Terry Carpenter
Community Resource Act - Anita Madison
Lou Dobbs Lecture Series - Karen McCullough
Manhattan Community Gardens - Evelyn Campbell
Edible Landscape - Evelyn Campbell
Adult Education for the Homeless - Michael Cody
KSU Senior Literacy Corps - Karen McCullough
Pottery Studio - Sharon Jackson
Meeting rooms - Linda Thomason

In all these ways UFM helps make connections, bringing university and community resources together. It is the goal of UFM to continue to bring together people to identify other needs in the community and work to meet these needs. With the help of volunteers and student interns, UFM has often become an umbrella organization for new projects. Let us hear your ideas.

It's not too late... If you would like to help UFM meet its goals, please return the coupon below with your contribution. Your donation is tax deductible.

I wish to donate: $25 $50 $100 $250 Other
My check for $ is enclosed. I prefer # Installments of $
Yes
Charge to my: MasterCard VISA Card #
Name on card: 
Expiration date: 
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City: State: Zip:
UFM INSTRUCTORS

Nancy Anderson
Michael Bennett
Beverly Brzuchalski
Evelyn Campbell
Howard Campbell
Terry Carpenter
Michael Cody
Olivia Collins
Lorrie Cross
Judith Edelstein
Sandra Emley
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J. Edgar Spencer
Bob Stamey
Eliza Stiefel
Vern Stiefel
Barb Stork
Linda Teener
David Verschelden
Gerry Walton
Stan Wilson

What are volunteers?

Volunteers are like FORD
They have better ideas
Volunteers are like COKE
They are the real thing
Volunteers are like PAN AM
They make the going great
Volunteers are like PEPSI
They've got a lot to give
Volunteers are like DIAL SOAP
They care more; don't you wish everyone did?
Volunteers are like VO5 HAIRSPRAY
Their goodness holds in all kinds of weather
Volunteers are like HALLMARK CARDS
They care enough to give the very best
Volunteers are like STANDARD OIL
You expect more and you get it
BUT most of all, VOLUNTEERS are like FROSTED FLAKES...
They're GRRREAAAAAATT!!!
Registration By Mail
Complete the registration form and mail the form with your check, money order, or credit card number to:
UFM
1221 Thurston
Manhattan, KS 66502-6299
You will be notified if the class is full. All registration is on a first-come, first-served basis. No other class confirmations will be sent out unless requested.

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

Registration In Person
Stop by UFM, 1221 Thurston anytime between 8:00 a.m. and 5:00 p.m., Monday through Friday (closed 12:00 noon to 1:00 p.m.).

FOR YOU...

UFM 1221 THURSTON Manhattan, KS 66502 539-8763

Name ___________________________ Day Phone ___________________________
Address _________________________ Evening Phone _______________________
City ___________________________ State Kansas Zip _______________________

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(Please check all that apply)
KFU STUDENT Fr So Jr Sr Or
AGE Under 13 13-18 19-24 25-59 60+
EMPLOYER KSF Faculty/Staff Fort Riley Personnel

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I am interested in teaching for UFM. yes [ ] no [ ]

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Fee ____________________________

For A Friend...

UFM 1221 THURSTON Manhattan, KS 66502 539-8763

Name ___________________________ Day Phone ___________________________
Address _________________________ Evening Phone _______________________
City ___________________________ State Kansas Zip _______________________

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