UFM Provides Opportunities for Leisure Learning

UFM 1995 Summer Classes (June-August)
Dear Friends,

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

Each year UFM brings together hundreds of volunteer teachers with thousands of learners. UFM helps connect the university and the people of the community as they share interests. The connections that have happened through classes have led UFM to become involved in other concerns and projects. If you would like to learn more about these projects, call UFM and ask for additional information.

Executive Director - Linda Inlow Teener
Educational Coordinator - Tresa Weaver
Outreach Coordinator - Anita Madison
Lou Douglas Lecture Coordinator - Gloria Runsey
Family Literacy Coordinator - Michael Cody
Office Coordinator - Bonnie Wellmier

In all these areas UFM helps make connections, bringing university and community resources together. It is the goal of UFM to continue to bring together people to identify other needs in the community and to work to meet those needs. With the help of volunteers and student interns, UFM has often become an umbrella organization for new projects. Let us hear your ideas. We hope you enjoy this catalog of Leisure Learning opportunities!

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UFM provides a neutral site to discuss community needs. The views expressed by course instructors or these groups utilizing our meeting space are not necessarily those held by UFM, progressive, Board members, or staff.

UFM is committed to a policy of nondiscrimination on the basis of race, sex, national origin, handicap, religion, age, sexual preference, or other non-merit reasons, in relation to admissions, educational programs or activities, and employment, all as required by applicable laws and regulations.

ANSWERING MACHINE
You can now leave a message or receive current UFM information by calling 339-8763, between 5:00 pm and 8:30 am.

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

THANK YOU ADVERTISERS for your loyal support
INCLEMENT WEATHER POLICY

UFM courses held on campus follow the inclement weather policy of Kansas State University. Courses will be conducted unless all University courses are canceled. If the instructor informs his/her students personally that he or she will not be present at a given class meeting, the instructor is then responsible for arranging a make-up lesson. Weather sensitive courses use the scheduled rain date. If a rain date is not scheduled, instructor will be responsible for rescheduling.

UFM CANCELLATION POLICY

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

REFUND POLICY

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

REGISTRATION IS REQUIRED

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

SPECIAL POLICIES FOR CREDIT

Credit Registration Refunds: After the second credit optional class meeting, but before one-third of the scheduled classes have met, fifty percent of the fee may be refunded if requested in writing. No refund is issued if it is requested after one-third of the class meetings have ended.

Credit Enrollment Fees: Courses taken for credit carry additional fees required by University administration of the credit program. A $15.00 late fee will be charged for enrollments taken after the second class meeting. A $35.00 late fee will be charged for enrollments taken after one-third of the class meetings have ended. Additional student activity and health fees may be assessed for state and optional classes.

Withdrawals: A student may withdraw from a credit option class by written request prior to the completion of one-third of the scheduled class meetings without a grade being recorded on the student's transcript. If a student withdraws after one-third, but before two-thirds of the scheduled class meetings, a grade of W (withdrawn) will be issued. No withdrawals will be accepted after two-thirds of the scheduled classes have been completed.

LIABILITY STATEMENT

Individual participants should be aware of the risks and hazards involved in recreational sports and fitness activities. They should voluntarily elect to utilize USU and UFM facilities and participate in programs recognizing present conditions and further agree to voluntarily assume all risks of damage, loss, or injury that may be sustained while using USU or UFM facilities or participating in programs. USU Continuing Education/UFM assumes no responsibility for costs incurred with individual injury or property loss incurred in connection with the use of University or UFM facilities. Individuals are reminded that they should review their own personal circumstances to determine if they have adequate insurance or protection in case of injury resulting from the use of University facilities or participation in programs. It is recommended that all participants have a complete physical prior to engaging in any physical recreation program.
Learn to Swim Classes

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

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

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

LOCATION: KSU Natatorium - Ahearn Complex
Lockers are available for use during class. Participants must supply towels and swimsuits. Showers are required before entering the water.

Note: Minimum enrollment for all classes is 5. If less than 5 enroll, classes of the same level may be combined or canceled.

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

Parent/Infant and Parent/Tot
This water orientation program is designed to teach you how to work safely and effectively with your child and to teach basic water safety and self-help skills. The program emphasizes water adjustment, preparatory activities for swimming and water enjoyment for you and your child. Parent/Infant and Parent/Tot class fees include the ABC Aquatic Program Parent's Guide. Small children should wear non-slip lightweight pants-covered by rubber pants. To participate, infants must have the ability to voluntarily raise their heads 90 degrees when lying face on their stomachs. Parent must accompany child.

Session I: Mon/Wed/Fri (see dates above)
AQ-08 10:00 - 10:30
AQ-09 10:45 - 11:15
AQ-10 4:15 - 4:45
AQ-11 5:30 - 5:55
Session II: Mon/Wed/Fri (see dates above)
AQ-09 10:00 - 10:30
AQ-30 10:45 - 11:15
AQ-31 4:15 - 4:45
AQ-32 5:30 - 5:55
Session III: Mon/Wed/Fri (see dates above)
AQ-91 10:00 - 10:30
AQ-92 10:45 - 11:15
AQ-93 4:15 - 4:45
AQ-94 5:30 - 5:55
Session IV: Mon/Wed/Fri (see dates above)
AQ-128 10:00 - 10:30
AQ-129 10:45 - 11:15
AQ-130 4:15 - 4:45
AQ-131 5:30 - 5:55
Fees: $15 per session

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

Session I: Mon/Wed/Fri (see dates above)
AQ-50 10:45 - 11:15
AQ-51 4:15 - 4:45
AQ-52 5:30 - 5:55
Session II: Mon/Wed/Fri (see dates above)
AQ-129I 10:45 - 11:15
AQ-131FT 5:30 - 5:55
Fees: $15 per session

Level I: Water Exploration
The objective of Level I is to help students feel comfortable in water and enjoy the water safely. Students will be introduced to elementary aquatic skills which will be built on as they progress through the Learn to Swim program. There are no prerequisites for this course.

Session I: Monday - Friday (see dates above)
AQ-12 10:00 - 10:40
AQ-13 10:45 - 11:25
AQ-14 4:15 - 4:55
AQ-15 5:00 - 5:40
Session II: Monday - Friday (see dates above)
AQ-33 10:00 - 10:40
AQ-34 10:45 - 11:25
AQ-35 4:15 - 4:55
AQ-36 5:00 - 5:40
Session III: Monday - Friday (see dates above)
AQ-90 10:00 - 10:40
AQ-91 10:45 - 11:25
AQ-92 4:15 - 4:55
AQ-93 5:00 - 5:40
Session IV: Monday - Friday (see dates above)
AQ-132 10:45 - 11:25
AQ-133 4:15 - 4:55
AQ-134 5:00 - 5:40
Fees: $25 per session.

Level II: Primary Skills
The objective of Level II is to give students success with fundamental skills. Students learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills and adds to the self-help and basic rescue skills begun in Level I. Students entering this course must have a Level I certificate or must be able to demonstrate all the completion requirements in Level I.

Session I: Monday - Friday (see dates above)
AQ-06 10:00 - 10:40
AQ-10 10:45 - 11:25
AQ-18 4:15 - 4:55
AQ-19 5:00 - 5:40
Session II: Monday - Friday (see dates above)
AQ-57 10:00 - 10:40
AQ-58 10:45 - 11:25
AQ-59 4:15 - 4:55
AQ-60 5:00 - 5:40
Session III: Monday - Friday (see dates above)
AQ-97 10:00 - 10:40
AQ-98 10:45 - 11:25
AQ-99 4:15 - 4:55
AQ-100 5:00 - 5:40
Session IV: Monday - Friday (see dates above)
AQ-135 10:00 - 10:40
AQ-136 10:45 - 11:25
AQ-137 4:15 - 4:55
AQ-138 5:00 - 5:40
Fees: $35 per session.

Parking Permits
Learn to Swim Participants
$2 per 2 week swim session
Call UFM for details 539-8763

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

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The WELLNESS section of the catalog features COMMUNITY FIRST AID AND SAFETY classes that teach CPR.
Level III: Stroke Readiness
The objective of Level III is to build on the skills in Level II by providing additional guided practice. Students will learn to coordinate the front and back stroke, as well as the fundamentals of racing. Students will also be introduced to the elementary back stroke and to the fundamentals of treading water. Students will advance their skills for safe diving and begin to learn to dive from the side of the pool. Students entering this course must have a Level II certificate or must be able to demonstrate all the completion requirements in Level II.

Session I: Monday - Friday (see dates above)
AQ-20 10:00 - 10:40
AQ-25 10:45 - 11:25
AQ-30 11:30 - 12:10
AQ-35 12:15 - 12:55
AQ-40 2:30 - 3:10

Session II: Monday - Friday (see dates above)
AQ-45 10:00 - 10:40
AQ-50 10:45 - 11:25
AQ-55 12:15 - 12:55

Session III: Monday - Friday (see dates above)
AQ-60 10:00 - 10:40
AQ-65 10:45 - 11:25

Session IV: Monday - Friday (see dates above)
AQ-70 10:00 - 10:40
AQ-75 10:45 - 11:25

Fee: $35 per session

Level IV: Stroke Development
The objective of Level IV is to develop confidence in the strokes learned thus far and to improve other stroke stylings. Students will be introduced to the elementary breaststroke, front crawl, and back crawl. Students will also be introduced to the breaststroke and the breaststroke and the backstroke. Students entering this course must have a Level III certificate or must be able to demonstrate all the completion requirements in Level III.

Session I: Monday - Friday (see dates above)
AQ-20 10:00 - 10:40
AQ-25 10:45 - 11:25
AQ-30 11:30 - 12:10
AQ-35 12:15 - 12:55
AQ-40 2:30 - 3:10

Session II: Monday - Friday (see dates above)
AQ-45 10:00 - 10:40
AQ-50 10:45 - 11:25
AQ-55 12:15 - 12:55

Session III: Monday - Friday (see dates above)
AQ-60 10:00 - 10:40
AQ-65 10:45 - 11:25

Session IV: Monday - Friday (see dates above)
AQ-70 10:00 - 10:40
AQ-75 10:45 - 11:25

Fee: $35 per session

Level V: Stroke Refinement
The objective of Level V is to control and refinement of key strokes of the butterfly, open turns, the breaststroke and backstroke. Students entering this course must have a Level IV certificate or must be able to demonstrate all the completion requirements in Level IV.

Session I: Monday - Friday (see dates above)
AQ-28 10:00 - 10:40
AQ-29 11:30 - 12:10
AQ-30 12:15 - 12:55

Session II: Monday - Friday (see dates above)
AQ-38 10:00 - 10:40
AQ-39 11:30 - 12:10
AQ-40 12:15 - 12:55

Session III: Monday - Friday (see dates above)
AQ-48 10:00 - 10:40
AQ-49 11:30 - 12:10
AQ-50 12:15 - 12:55

Session IV: Monday - Friday (see dates above)
AQ-58 10:00 - 10:40
AQ-59 11:30 - 12:10
AQ-60 12:15 - 12:55

Fee: $35 per session

Level VI: Skill Proficiency
The objective of Level VI is to polish strokes so students swim with more ease, efficiency, speed, and smoothness over greater distances. Students develop considerable endurance by the end of this course. Students will be introduced to additional items as well as the pike and fish surface dives. Students entering this course must have a Level V certificate or must be able to demonstrate all the skills required to complete Level V.

Session I: Monday - Friday (see dates above)
AQ-22 10:00 - 10:40
AQ-27 10:45 - 11:25
AQ-32 11:30 - 12:10
AQ-37 12:15 - 12:55

Session II: Monday - Friday (see dates above)
AQ-32 10:00 - 10:40
AQ-37 10:45 - 11:25
AQ-42 11:30 - 12:10
AQ-47 12:15 - 12:55

Session III: Monday - Friday (see dates above)
AQ-42 10:00 - 10:40
AQ-47 10:45 - 11:25
AQ-52 11:30 - 12:10
AQ-57 12:15 - 12:55

Session IV: Monday - Friday (see dates above)
AQ-52 10:00 - 10:40
AQ-57 10:45 - 11:25
AQ-62 11:30 - 12:10
AQ-67 12:15 - 12:55

Fee: $35 per session

Swim and Stay Fit
Ages 11 plus
Swim and Stay Fit is a planned activity to encourage adult and advanced swimmers to swim regularly and frequently. Participants receive individual work-outs planned and supervised by instructor daily. You may choose your own Minute Stretch of time during the below listed times.

Session I: Monday - Friday (see dates above)
AQ-11 10:00 - 10:40
AQ-16 10:45 - 11:25
AQ-21 11:30 - 12:10
AQ-26 12:15 - 12:55

Session II: Monday - Friday (see dates above)
AQ-11 10:00 - 10:40
AQ-16 10:45 - 11:25
AQ-21 11:30 - 12:10
AQ-26 12:15 - 12:55

Session III: Monday - Friday (see dates above)
AQ-11 10:00 - 10:40
AQ-16 10:45 - 11:25
AQ-21 11:30 - 12:10
AQ-26 12:15 - 12:55

Session IV: Monday - Friday (see dates above)
AQ-11 10:00 - 10:40
AQ-16 10:45 - 11:25
AQ-21 11:30 - 12:10
AQ-26 12:15 - 12:55

Fees: $20 per session

Youth Scholarships are available.

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

JOIN US Sundays at 10:45
• Stimulating programs
  • Liberal religious education classes for children
  • Childcare for those too young for classes
  • Refreshments after programs
  • Social events

Unitarian Universalist Fellowship
481 Zeandale Rd.
537-2349
Just 1/2 mile east of UFM on R-18

Look for the UFM Catalog on UNICORN.
Swim and Stay Fit for Parents

Are you tired of being just an observer at your child’s swimming lessons? If so, then take advantage of the time you spend watching and enroll in our Parent’s Swim and Stay Fit Class for a special parent’s rate of $15. You will meet everybody your child is enrolled in swimming lessons. In this class you will set your own goals and the instructor will help monitor your program.

Session I: Monday - Friday (see dates above)
AQ-43 10:00 - 11:25
AQ-44 11:35 - 12:55
AQ-45 6:00 - 6:40

Session II: Monday - Friday (see dates above)
AQ-84 10:00 - 11:25
AQ-85 11:35 - 12:55
AQ-86 6:00 - 6:40

Session III: Monday - Friday (see dates above)
AQ-123 10:00 - 11:25
AQ-124 11:35 - 12:55
AQ-125 6:00 - 6:40

Session IV: Monday - Friday (see dates above)
AQ-163 10:00 - 11:25
AQ-164 11:35 - 12:55
AQ-165 6:00 - 6:40
Fee: $15 per session

Adult Swim Lessons

Are you tired of sitting on the sidelines watching everyone else swim? Well, you don’t need to anymore. Now’s your chance to learn how to swim. This class is for adults who want to become comfortable in the water, add to their knowledge of personal safety, and increase enjoyment of their leisure time. No prerequisites. If enrollment is low, this class will be moved to private or semi-private lessons.

Session I: Monday - Friday (see dates above)
AQ-46 6:00 - 6:40
Session II: Monday - Friday (see dates above)
AQ-127 6:00 - 6:40
Fee: $35 per session

Hydroaerobics

Ages 16 plus

This class is designed to use water exercises for the development of physical fitness, muscle tone, flexibility, and cardiovascular endurance. Open to non-swimmers and swimmers alike.

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

Private Lessons for Special Populations

For people with special physical or mental needs. Arrangements will be considered for private swimming lessons. The Swim Coordinator will contact individuals during the second week of each session to arrange 6 class of 30 minutes each, if conditions can be met. The facility is equipped with a lift and a set of stairs leading into the pool.

Date/Time: By appointment
Fee: $58 per session of 6 lessons

Private Lessons

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

Date/Time: By appointment
Fee: $58.00 per session of 6 lessons

Scuba Diving

This class will prepare students for Open Water One certification. The class is included in the class fee, however neither UFM nor KSU is responsible for this certification. Travel and lodging are at the student’s expense. The class will be conducted at the first class meeting. Students must provide their own mask, fins, and snorkel. The class fee includes instruction, the dive manual and equipment rental during class. Students will practice with air tanks a minimum of five class. (Estimated cost for mask, $20-30; snorkel, $30-50; fins, $40-50). Limit: 10 students. Minimum age 12. Parents of 12-15 year olds must accompany students at poolside. A complete physical is required for participants aged 45 and up.

Fee: $35 per session

Free Scuba Demonstration will be held in the KSU Natatorium on Monday, June 12, 5 pm. This session will acquaint participants with the skills and techniques of safe underwater diving. Bring swimsuits and be prepared to enter the water.

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

Date: June 12, 14, 21, 26, & 28
Time: 3:45 pm (Mon & Wed)
Fee: $195
Location: KSU Natatorium

Scuba Refresher

AQ-04

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

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

Prerequisites: Open Water I certification.

Students must provide their own mask, fins, and snorkel for the class. They may use their own equipment if they have it. Age 12+

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

Date: June 10
Time: 9 am - 1 pm (Saturday)
Fee: $125 includes equipment rental
Location: KSU Natatorium

SCHOLARSHIPS for YOUTH

Apply at:

UFM
1221 Thurston, 539-8763

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

Special THANKS TO THE UFM INSTRUCTORS who volunteer their time. 4/10}
Individual Computer Help

CP-05
Having trouble figuring out how your computer works? Need help translating those manuals or interpreting the screen? Can someone help understanding how to make your computer work for you? Schedule a private session to answer your personal questions. This service is directed toward users with IBM compatible computers.

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

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

Introduction to Internet

CP-06
Are you standing at the on ramp to Cyberspace and have no idea how to get on or where to go? An introduction to the Internet will help you understand the terms, and introduce you to the tools used to access information on the Internet.

Leonard Leudig (539-9888) and Anne Byers
Date: June 10
Time: 10 - 12 noon
Fee: $14
Location: UFM Computer Lab

Catalog is on the KSU UNICORN system

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

Spanish
Stained glass
Calligraphy
Cartooning
Please help us find instructors - Call Tresa at UFM, 539-8763.

GRE Preparation Course

Early Fall Class

Be confident and prepared to take the GRE!

• Review and practice the three GRE subject areas of Math, Logic and Verbal skills
• Learn strategies for successful test taking
• Analyze the reasons for correct responses

For more information, call UFM 539-8763

$5000
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$2 each

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All participants must register in advance.
Tae Kwon Do Do Karate

Tae Kwon Do is a traditional martial art designed to
develop the ultimate in unimpaired self-defense. Blocking,
parrying, and kicking develop balance, flexibility, and
physical proficiency while improving cardiovascular fitness and self-
discipline. Teaching methods include class
demonstration and practice without physical contact. Each
student will be given an opportunity to purchase a
uniform and belt at the first class. After two months of
the class an option testing for advancement in the Tae Kwon
Do degree rank is held in Topeka. The cost is not
included in the class fee and a uniform is required for testing.
Age 7+

** Tuesday, June 6, 6:00 - 7:30 pm - Public
Demonstration and formal introduction of instructors
in Abearn Fieldhouse Gym, Dance 301, KSU

Grandmaster Chae Sun Yi (366-8862), is an 8th degree
black belt with over 38 years experience in Tae Kwon
Do. Former Captain and Chief Instructor of Tae Kwon
Do for the Republic of South Vietnam, he has held
classes at KSU since 1975. Master James Creaton, holds
a 5th degree black belt with 18 years experience in Tae
Kwon Do. Winner of several National titles in Tae Kwon
Do Competition, he has assisted at KSU since 1979.
Date: June 6 - July 27
No class July 4
Time: 6:00 - 7:30 pm (Tues & Thurs)
Fee: $15
Location: Abearn Fieldhouse Gym, Dance 301, KSU

Tae Kwon Do Karate II

Advanced

Grandmaster Chae Sun Yi & Master James Creaton
Date: June 6 - July 27
No class July 4
Time: 7:20 - 8:50 pm (Tues & Thurs)
Fee: $20
Location: Abearn Fieldhouse Gym, Dance 301, KSU

Introduction to Ju-Jitsu

Hakko Rya is a self-defense-oriented grappling type of
martial art. It is not an exercise form of martial arts.
Students will concentrate on 2 person pairs, solo walking
exercises, and self-defense theory and techniques. Hakko
Rya is related to aikido, yet presents a less active style,
and more subtle gentle techniques acceptable for use in
modern society. 16 years of age and older.
State Wilson (537-0732), has studied martial arts for 23
years and has taught for 15 years. He holds a 3rd degree
black belt in Rung Fu, a 3rd degree black belt in Hakko Rya
Ju-Jitsu, and is a member of the Shadows of Iga Ninja
Society. Hakko Rya, known styles of Rung Fu, are known
styles of Kung Fu and various other martial arts. He
has also written several books on martial arts.
Date: June 7 - 28
Time: 7 - 8 pm (Wednesday)
Fee: $14
Location: Abearn Fieldhouse, KSU

Basic Kung Fu

Techniques & Applications

This class will be an extension of the techniques
used in Pai san Lung (White Dragon) Kung Fu. Emphasis
will be given to learning basic hand, foot and body
movements in generation offensive power, balance while
moving and control over an attacker. These movements
will be translated into practical applications for dealing
with an attacker. Practically will be the watch word as we
study the roots of the ancient Chinese Martial Arts.
Sifa Howard R. Levy (539-7433), has studied a variety of
martial arts with the Pai san Lung systems in particular for
seven years and has reached the rank of Second degree
Black. He has been teaching for three years, two of
which have been teaching young students at Pilot Hills
Job Corps Center. He has spent considerable amount of
time developing and teaching applications for what many
consider the aesthetic side of martial arts. Forms of Kung Fu.
His personal philosophy includes: "If you don't know
what it means, it is useless," "a punch is not always a
punch, it can be much more or much less.

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

Ninjutsu Training Group

Ninjutsu has been called the Japanese art of puppetry. This
training group will work on the 9th KYU
requirement for the American Budokan system: falling,
rolling, opening ceremony, basic striking, the earth form,
and stretching exercises.
State Wilson (537-0732), has been playing with Ninjutsu
for 28 years. He has been associated with Steve Hayes
Sensei since 1974, and is a member of the American
Budokan Dojo and Shadows of Iga.
Date: June 6,13,20 & 27
Time: 6:20 - 7:30 pm (Tuesday)
Fee: $24
Location: Abearn Fieldhouse, KSU

Beginning Aikido

Aikido is a martial art in which one trains to be calm and
less a conflict to a peaceful resolution. This is a
beginning class designed to introduce Aikido. We will
learn Aikido techniques of defense, and develop the
movement qualities to perform them. The techniques can
be also easily combined into a short performance program
called "Taiga". As well as their martial function, Aikido
also consider the spontaneous interests and needs of the
performer. This class is for men and women, young and
adult.
Paul Girne (539-3868), began practicing Aikido in 1968
at Cloud County Community College. He assisted the
instructor and worked with beginners before leaving the
area in 1992. His training is in Ki Society Aikido. He has
passed testing for three levels of Aikido and Ki
Development with Kathryn Sessoli, chief instructor in the
United States for Ki Society Aikido.
Date: June 6 - July 27
Time: 7 - 8:30 pm (Tues & Thurs)
Fee: $32
Location: Abearn Fieldhouse, KSU

Beginning Tae Kwon Do for Adults

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

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

Beginning Tae Kwon Do for Adults

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

Shotokan Karate

Shotokan Karate, a forerunner of modern Japanese
karate was introduced in Japan from Okinawa in the early
1900's. Learn this self-defense set form through the
correct study of body dynamics. Emphasis is on proper
balance, posture, and correct breathing. You will learn a
combination of kicks and punches.
Chris Warner (537-4000), has a BA degree in Fine Arts.
He is a 1st degree black belt in Shotokan Karate, and has
been practicing Shotokan for 5 years in Greeley, Colorado.
Date: June 5 - July 31
Time: 5:30 - 6:30 (Mon, Wed & Fri)
Fee: $32
Location: Abearn Fieldhouse, KSU

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

How to Watch a Good Program Die

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

PLEASE REGISTER EARLY!

7/1995

8

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

UFM MESSAGE NUMBER
For information after business hours
call 539-8763

Fall GRE Preparation Course in time for October 1995 GRE exam!

MA-01
MA-03
MA-04
MA-05
MA-06
MA-07
MA-08
Manhattan Clay Coalition 1995 Summer Classes
sponsored by the Manhattan Arts Council
June 4th - July 29th
at the
Arts Center Annex Pottery Studio
1508 Poyntz Ave., Manhattan, KS

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

Scholarships are available.
Fee reduction or deferment for children & youth is provided by
the
YES! Fund,
a fund of the Robert R. McCormick Tribune Foundation.

The Manhattan Arts Center, Inc.
is a joint project of
Manhattan Arts Council and
Manhattan Civic Theatre,

with funding provided in part by:
The City of Manhattan,
Manhattan Town Center,
and the Kansas Arts Commission,
a state agency;
and the National Endowment for the Arts,
a federal agency.

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

MANHATTAN CLAY COALITION MOTTO
"United, to Accomplish Excellence Through Discovery, in the Arts and Crafts"

MANHATTAN CLAY COALITION
MISSION STATEMENT
The Manhattan Clay Coalition (MCC) is committed to promoting a
quality clay experience for all citizens of Manhattan and surrounding
communities, and to supporting the Manhattan Arts Center, Inc. The
goals of the coalition will be achieved through studio and outreach
efforts including:
- classes for all skill levels
- open studio
- "clay in action" projects
- workshops and professional development seminars
- exhibitions, shows, and sales

Summer 1995:
MAKE IT IN CLAY!

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

REGISTRATION INFORMATION:
- UFMC will handle registration for all classes.
- Advance registration to reserve your spot is recommended.
- See the back of the UFMC catalog for registration information and
  instructions.
CLASSES FOR CHILDREN & YOUTH

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

DRAGONS, MYTHS, AND FAIRY TALES: for ages 3-8 years old
Instructor: Laura Fatemi
FEE: $15.00 a YES! Fund Children’s class (you pay $5.00, or $0)
In this class, students will listen to a Manhattan Public Library book read by a special volunteer friend. Each child will be guided in the making of clay objects inspired by the stories they heard.
Class meets 2 weeks, W, & Th., June 7, 8, 14, & 15
CC 301 For children ages 3 to 5
9:00 - 10:00 am
CC 302 For children K - 3rd grade
10:15 - 11:30 am

LEARN AND SHARE: For ages 6-10yr & over 55yr.
Instructor: Staff
FEE: $30.00 a YES! Fund children’s class (you pay $10.00, or $0)
Here is an opportunity for children to learn a new skill and share that skill with a senior citizen. On Wednesday, the children will learn how to create their own special clay project. Then on Thursday the class will then be joined by a group of senior citizens. Each child will share the skill they learned with a “new friend” and help them create their own special clay project, too.
Class CC 303 (for children grades 1-3rd) meets 2hrs-2 days / 2 wks.
Class CC 304 (with seniors) meets 2 hrs-one day / 2 wks.
CC 303 W, & Th. June 21, 22, 28, & 29
9 to 11:00 am.
CC 304 Fee: $12.00 Th. June 22 & June 29
9 to 11:00 am

MASK MAKING: For ages 10 and up
Instructor: Laura Fatemi
FEE: $72.00 a YES! Fund class (you pay $24.00, or $0)
This class will explore the many ranges of facial expressions created in clay from a mold that was taken directly from your own face. Plaster impressions of the face will be made and each student can make several clay masks from the one mold. The real fun begins when the cast clay faces are distorted and formed into dramatic and exaggerated facial expressions. A group wall piece will be made from the kiln fired clay faces and exhibited. Enrollment minimum 6, maximum 10 students. Adults may enroll, if space is available.
Class meets 2hrs-3 days / 4 wks.
CC 305 M., T., & Th., June 5 - June 29
1 to 3:00 pm.

THEATRE, MAKE IT IN CLAY: for grades 1 to 8
Instructor: Gretchen Morgan
FEE: $90.00 a YES! Fund children’s class (you pay $30.00, or $0)
The first class will meet together at the main stage in the Arts Center, where all students will be introduced to the class and its structure. The class will then be divided into 2 smaller groups. Each group will combine their creative talents to “build a play” using drama and clay techniques. Theatre time will be spent in creating an original performance piece, (story line, stage movement and character development will be stressed). Clay time will be spent in the design and making of clay props, etc. that will be used on their “play”.
Enrollment minimum 10, maximum 20 students. The “plays” will be performed on Friday, July 28, at 5:00 pm, on the main stage of MCC in the Arts Center.
Classes meet: Mon., Tue., & Th. July 3 - July 28 12:30 - 3:00
CC 306 For students grades 1 to 4
CC 307 For students grades 5 to 8

RHYTHM & MUSIC, MAKE IT IN CLAY: for grades 7 - 12.
Guest Instructor: Scott Freeby, MMS Music teacher
MCC Instructor: David Randall
FEE: $80.00 a YES! Fund youth class (you pay $30.00, or $0)
The first hour of this collaborative class will be spent exploring the primitive origins of rhythm and music with Scott Freeby. The next two hours will be spent making your own drums, whistles, flutes or other creative musical instruments with David Randall.
Minimum of 6, maximum of 12 students. (Adults may enroll, if space allows.)
Class meets 3hrs-4 days / 3 wk.
Original music compositions will be performed with these handmade instruments in recital on Friday, July 28, at 5:00 pm. on the main stage of MCC in the Arts Center.
CC 308 M., T., W., & Th., July 10 - July 28 9 to Noon

INTRODUCTION TO CLAY: WHEEL AND HANDBUILT
FEE: $39.00 a YES! Fund youth class (you pay $13.00, or $0)
This class will focus on teaching the beginner the basic skills and techniques of wheel throwing and hand building in clay. All skill levels welcome. (Adults may enroll if space is available.)
Instructor: Joyce Furney
Classes meet on Saturday, for 4 weeks, June 10 - July 1.
CC 309 for students grade 7 -12
CC 310 for students grades 8 - Adult
9:00 - 11:30 am.
12:30 - 3:00 pm.

Instructor: Staff
Classes meet on Saturday, for 4 weeks, July 8 - July 29.
CC 311 for students grade 7 - 12
9:00 - 11:30 am.
CC 312 for students grades 9 - Adult
12:30 - 3:00 pm.
MAKE IT IN CLAY
all skill levels starts June 4 through July 29

LAY DISCOVERY For students grades 1-8
Instructor: Trish Kaweck
E: $39.00 a YESI Fund youth class (you pay $13.00, or $0)
cover the fun and the joy of your hands making clay pots. Slab construction techniques will be used to build projects from boxes to pressed design vases. Demonstration of wheel thrown pottery be given, with each student trying it once. All materials included, additional tools needed. Class meets for 1 1/2 hrs. 2 days/4 wks.
313 grades 1-4 M. & T. June 5 - 27 3:30 - 5
314 grades 4-8 W. & Th. June 7 - 29 3:30 - 5
315 grades 1-4 M. & T. July 3 - 27 3:30 - 5
316 grades 4-8 W. & Th. July 5 - 27 3:30 - 5

CLASSES FOR YOUTH & ADULTS
“Work Scholarships” are available.

HEEL & HANDBUILT for students 16 yrs. & up
Instructor: Gene Seivers
E: $48.00 a YESI Fund youth class (you pay $16.00, or $0)
time and introduce your hands and your mind to the joy of covet in clay. No experience necessary. Those wanting to use their skills are also welcome. Enroll in one or both sessions. Includes 25 lbs. clay. Class meets 3hr-1days/4 weeks.
C 317 Monday, June 5 - 26 9:00 - Noon
C 318 Tuesday, June 6 - 27 9:00 - Noon

FAMILY CLAY ADVENTURE for all ages
Instructor: Ronna Tyson
E: $40.00 for 1st family member, $10 for each thereafter
YESI Fund child & youth class (you pay $3.00, or $0)
cover clay creation with a special family member or mentor, heel and/or hand building. All ages welcome.
class meets 2hr-2days/3 wks.
C 319 M. & T. July 10 - July 28 6:30 - 8:30 pm

LAY FOR SPECIAL NEEDS POPULATIONS
Instructor: Joyce Furney
E: $40.00
class designed to meet the needs of persons with developmental physical challenges. Scholarships are available.
C 320 Wed. June 7 - July 27 1:00 - 2:30 pm.

LEAD MAKING for students 18 yrs. & older
Instructor: Joyce Furney
E: $60.00
his class will cover making and decorating your own ceramic tiles. Lab, press mold, and extrusion methods of construction will be taught. Glazes, adhesives and tile installation methods will also be covered. Fee included 25 lbs. of clay, decorating and glaze materials. Meets 2hrs-2days/3 wks.
C 321 W & Th June 7 - 23 7:00 - 9:00 pm.

BLACKWARE: PRESENT PRIMITIVE for 16 yrs. & older
Instructor: Ronna Tyson
Class will meet at Gary & Ronna Tyson's studio, 359-9331
Wild Cat Village Pottery, 3593 Reservation Dr., Keats. KS
FEE: $48.00 a YESI Fund youth class (you pay $16.00, or $0)
This class will present a Kansas version of the southwest Native American ceramic tradition. Students will learn to make and apply terra sigillata (a refined slip) to burnished pots, which will be fired outdoors using dried cow manure as the fuel. Handbuilding and decorating techniques will be emphasized.
CC 322 Sat., July 8 - 29 8 - 11:00 am (to beat the heat)

CLAY IN PUBLIC VIEW for adult students
Guest Instructor: Bernd Foerster, KSU Dept. of Architecture
MCC Instructors: Gary Tyson
Fee: $80.00
Explore the role of public art and identify locations where clay could play an important role in the aesthetic life of the community. Define the contributions that clay can make in a specific location and explore the color and form that could enhance an area that is in public view. Develop production techniques and test appropriate “sketches” in real situations.
Original films, made by Prof. Foerster, and other media will be viewed. Minimum of 6 students, maximum of 10.
Class meets for 2 hrs. - 2 days/4 wks.
CC 323 W. & Th., June 25 - July 20 7:00 - 9:00 pm

OPEN STUDIO (Facility use only, no instruction)
Open Studio enrollment is available for people who need no instruction but wish to have use of a well equipped studio, access to glazes and knowledge that their work will be fired with professional care and attention. Individuals enrolling in Open Studio may sign up for specified times and/ or work whenever the pottery studio is not being used by classes. (use is not permitted after 10 pm.)
Times reserved for Open Studio are: Sat. 3-9 pm & Sun. 12-9 pm.
CC 330 Registration Fee: $10.00, paid at time of enrollment
Studio Use Fee: $2.75 / use hour, billed monthly
Clay Fee: $6.25 / 25 lbs. clay used, billed monthly

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

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

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

The eight week summer session begins June 4 and ends July 29.
Please note that there will be no MCC classes July 4th.
Classes have an enrollment limit of 5 minimum and 10 maximum, unless noted otherwise.

SCHOLARSHIPS:

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

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

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

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

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

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

Are your photos stuffed in shoeboxes, or worse, in albums that are chemically destroying them? The workshop covers organizing your photos, photo safe materials, ideas for creative cropping and photo-journaling. You will receive assistance in helping to create a unique and lasting photo album. Bring a packet of pictures (13) and memorabilia plus a pair of scissors. This is an informative and educational hands-on workshop where you will create your own album page. The fee includes 1 acid free album page and the use of photo safe materials and supplies. Additional pages are available for purchase from the instructor.

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

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

Personal Discovery Using Contour Drawing

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

Carle Clemence (339-6490), is an artist and art therapist who enjoys helping others discover human nature and self realization. She participated in contour drawing classes as part of her therapy education.

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

Professional Novel and Story Writing

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

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

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

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

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

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

Date: June 2,9 - 10
Time: 7 - 9 pm (Saturday)
Fee: $15
Location: UFM Conference Room

Gardening

Composting: The Fine Art of Making "Black Gold"

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

Colleen Hampton (339-4534), is a 1994 Master Gardener and a member of the Green Thumb Community Garden, and enjoys sharing what she has learned with all interested members of the community and looks forward to class interaction.

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

Fall Gardening

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

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

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

**Beginning Cake Decorating**

Learn to add an icing decoration and a pretty border to impress your family and best friends. Icing will be provided for practice in class. Bring your own take or a later class and take home a masterpiece. Supply list at registration.

- Tommy Siew began decorating cakes several years ago as a hobby. His first lessons were a UFM cake decorating class. Currently he decorates cakes for Dellen.
- **Date:** August 10, 17 & 24
- **Time:** 2:30 pm (Thursday)
- **Fee:** $20
- **Location:** 144 Justin Hall, KSU

**Skinny Beef Bonanza**

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

- Lisa Long (776-0059), is a Program Coordinator for Riley County Extension-KSHE-13. Lisa is a KSU graduate in Human Ecology with an emphasis in nutrition. She is a native Kansas with a background in beef production and a volunteer for the Kansas Beef Council.
- **Date:** June 28
- **Time:** 1 - 5 pm (Wednesday)
- **Fee:** $13
- **Location:** 110 Courthouse Plaza - 2nd Floor

**Skinny Beef Bonanza**

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

**Skinny Beef Bonanza**

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

**Don’t Miss Nutritional Healing**, an Herb class in the WELLNESS section of the catalog.
Language

Beginning Sign Language

This class is designed for individuals who are interested in learning the basic skills of American Sign Language. Students will be instructed in the Manual Alphabet and a vocabulary of about 200 functional signs. Fee includes book Gallaudet’s Survival Guide to Signage.

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

Date: June 7, 14, 21, 28; July 5, 12 & 19
Time: 7 - 8 pm (Wednesday)
Fee: $45 (includes book)
Location: 140 Justin Hall, KSU

French for Fun

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

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

Date: June 12, 19, 26, July 3, 10, 17, 24, 31, & Aug 7
Time: 7 - 8 pm (Monday)
Fee: $53 (includes text and materials)
Location: UFM Conference Room

Raising Children Bilingually?

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

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

Date: June 13
Time: 7:15 pm (Tuesday)
Fee: $8 individual/$12 couple
Location: UFM Conference Room

Money Matters

1221 THURSTON 539-8763

Financial Strategies for a Successful Retirement

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

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

Date: July 11, 18, 25, & Aug 1
Time: 2:30 - 3 pm (Tues & Thurs)
Fee: $59 individual
$99 Couple
Location: 107 Brampton Hall, KSU

Homeownership Affordable For You?

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

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

Date: June 7
Time: 7 pm (Wednesday)
Fee: $4 individual
$12 couple
Location: K-State State Bank Weslaco

How to Start a Home Based Business

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

Shari Thomas

Date: June 26
Time: 7 pm (Monday)
Fee: $5
Location: UFM Multipurpose Room

Women’s Financial Information Program

coming Fall 1995
Call for information 539-8763

How to Watch a Good Program Die

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

PLEASE REGISTER EARLY!
Tennis: Junior Beginners
Ages 7 - 16
Join us for fun and skill development in this great sport! This class is designed for beginning players and will provide instruction in fundamentals of strokes, basic rules of play and beginning competition. We provide balls. Students provide their own rackets. If you don’t have one, give us a call and we may be able to help you locate one.
Mark Tresendorf, M.S. Kinesiology, has played tennis for over twenty years including varsity at Coe College, Cedar Rapids, Iowa. He recently served as an instructor at Manhattan-Walking Sports and Arts Center in Ontario, Canada.
Date: June 22-29
Time: 6:30 - 7:30 pm (Tuesday)
Fee: $35
Location: LP Washburn Rec Complex, KSU

Tennis: Beginners
Ages 17 and Up
This class will focus on fundamentals of strokes, basic rules of play and beginning competition.
Mark Tresendorf
Date: June 22-29
Time: 7:30 - 8:30 pm (Thursday)
Fee: $95
Location: LP Washburn Rec Complex, KSU

Tennis: Intermediate
Ages 17 and Up
This class is designed to develop your stroke and strengthen your game. We will work on singles and doubles strategy drills and competition.
Mark Tresendorf
Date: June 22-29
Time: 6:30 - 7:30 pm (Thursday)
Fee: $90
Location: LP Washburn Rec Complex, KSU

STAGG HILL GOLF CLUB
K-15 West
For all your golfing needs
Fully equipped pro shop
Professional golf instruction available (individual & group)
Club regripping & repair
539-1041
Jim Gregory, PGA Professional

Hawaiian Dance
The mix in Hawaiian culture is reflected in their dance. A group of Polynesians dance from the darkness to the vibrant Tahitian dance. This is a wonderful form of exercise for children, teenagers and adults.
Marie Odejar
Date: June 10, 17, 24 & 31 7:00 - 8:00 pm
Time: 9:00 - 10:30 am (Saturday) and 1:00 - 3:00 pm (Sunday)
Fee: $20
Location: Acera Fieldhouse Gym, Dance 301, KSU

Tennis: Beginners
Ages 17 and Up
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Date: June 22-29
Time: 7:30 - 8:30 pm (Thursday)
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Location: Acera Fieldhouse Gym, Dance 301, KSU

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SCHOLARSHIPS for YOUTH
Apply at:
UFM
1221 Thurston, 539-8763

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PATRONIZE OUR ADVERTISERS! Let advertisers know you saw their ad in the UFM Catalog.
SHARP-Self Defense for Women
This is a nationally designed self defense program as specifically suited to the needs of women. By empowering women to better protect themselves they gain confidence in social and professional environments. There will be discussion dealing with situations from sexual harassment, date rape through assault attacks. This class provides self defense techniques without the use of weapons or extensive Martial Arts. Ages 13 - adult (Diana Turner (823-5515), has been teaching Women's Self Defense classes for 9 years throughout Colorado and Kansas. She is a 3rd degree Black Belt in The Korean Do and has taught police defensive tactics, but for this class she takes a very practical and feminine approach.

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

Introduction to Zen Buddhist Philosophy and Practice
Zen Buddhist philosophy strives for enlightenment by direct intuition through meditation. Join us for discussion and practice of Zen meditation (Zazen) with a major focus on the state tradition "school." Other traditions will also be discussed. Please be a civilian to sit in on class.
Leen Rapepeter (532-6850), is Professor of Psychology at KSU and has been a studnet of Zen Buddhists for approximately 20 years, practicing under the direction of Zen masters David Katzke and Shoshke Okamura. He is affiliated with the Minneapolis Zen Meditation Center.
Date: June 6, 7 & 8
Time: 7:30 - 9 pm (Tues, Wed and Thurs)
Fee: $12
Location: UFM Conference Room

Basic Astrology
What is astrology and on what is based? Learn the basics of astrology, including in depth descriptions of the signs, planets, houses of the astrological chart and their interrelationships.
Marilyn Thomas (577-8335), moved to Manhattan from California where she studied astrology extensively with some of the country's best astrologers. She is an astrological educator and consultant and student of mythology and Jungian psychology.
Date: June 14 & 21
Time: 7:30 - 9 pm (Wednesday)
Fee: $12
Location: UFM Multipurpose Room

“A Job Description for Parents”
The purpose of this program is to provide parents with a working framework for understanding their job as a parent. Most of the content focuses on setting limits and consequences. In addition to discussing parental responsibilities, we will also explore a job description for children. Just where does one end, and the other begin?
A free booklet will be given to each participant.
Phyllis Grover (587-4372), is a former classroom teacher and is employed by the Newt East Kansas Regional Prevention Center, a program of Preventive Mental Health Services. She serves as a Community Prevention Consultant, Regional Coordinator of Kansas Family Initiative, and Co-Coordinator of Youth as Resources.
Date: June 15
Time: 6:30 - 8 pm (Thursday)
Fee: $7ival individual/30 couple
Location: N.E. KS Regional Prevention Center
421 Houston

Studying the Mystical Qabala
This class will involve discussion of concepts basic to the path of spiritual evolution and realization described in the traditions of Qabala, an ancient mystical system. Class will also include guided meditation on the Tree of Life.
Dan Berkow is a counselor at KSU. He has found Qabala to be a useful guide to understanding human psychology and development, dreams and "inner" experience, as well as meditation in daily life.
Date: June 8 - August 5
Time: 7:30 - 9:30 pm (Thursday)
Fee: $18
Location: UFM Greenhouse

Personal Discovery
Using Contour Drawing
page 13

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

Special THANKS TO THE UFM INSTRUCTORS who volunteer their time.
Chinese Tai Chi

WE-01
Tai Chi known as "Move through Movement" is a popular Chinese tradition. The purpose of Tai Chi is to circulate the vital force and balance the Yin and Yang of this internal energy. It is relaxing and energizing in a gentle manner.
This class is designed for beginners. Students will learn basic movements through demonstration and practice.
You'll like Tai Chi and enjoy practicing it.
Ping Wei (539-4147), is a graduate student in the Department of Biochemistry at KSU. When he was in China he taught many foreign students Tai Chi in Nanjing University. (The foreign students were from USA, Japan, Germany, Russia, the Netherlands, and other countries). Ping is very interested in introducing Tai Chi to this area. Ping has been teaching Tai Chi at UFM since Fall 1992.

Nutritional Healing

WE-02
This seminar will be an overview of James F. Balch, M.D.'s book Prescription for Nutritional Healing.
Discover exciting new information on herbs, natural food supplements, antioxidants, amino acids and vitamins for helping you achieve and maintain the greatest level of health and fitness.
Shari Thomas, started the first health food store in Manhattan in 1970. She has used these products since she was 18 and after 25 years of experience with them has formed her own opinions of what she believes to be very important.

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

Spanish
Stained glass
Calligraphy
Cartooning

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

Wellness

1221 THURSTON 539-8763

GRE Preparation Course

Early Fall Class
Be confident and prepared to take the GRE!
* Review and practice the three GRE subject areas of Math, Logic and Verbal skills.
* Learn strategies for successful test taking.
* Analyze the reasons for correct responses.

For more information, call UFM 539-8763

Massage for the Individual

WE-04
Learn the basic principles of therapeutic massage that will enable you to relieve muscular aches and pains, tension, and stiffness, as well as create relaxation for you.
Participants will learn a self-massage routine that they can adapt to their personal needs. Participants should bring a blanket and/or pillow and wear loose clothes or shorts and t-shirts.

Bernice Martin (587-3382), is a graduate of the Downeast School of Massage and a registered massage therapist in the state of Maine. Her work is primarily Swedish Massage but incorporates aspects of deep tissue work and energy healing.

Introduction to Massage

WE-05
Learn the basic principles of therapeutic massage and the role of massage in maintaining health. Swedish style massage uses long, flowing strokes and is the most common style of massage. Emphasis will be on the neck and back. Participants should wear loose suits under loose fitting clothes. We will be working in pairs. Each pair will need a sleeping bag/thick blanket or comforter and 2 flat sheets.

Bernice Martin

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

Fifteenth Annual National Rural Families Conference
The Health and Well-Being of Our Families

September 27-29, 1995
K-State Union
Kansas State University
Manhattan, Kansas

A conference for professionals working with and helping families

University Credit and Continuing Education Units are available.
For more information call the KSU Division of Continuing Education at 1-800-432-8222.
Children's Morning Playgroup
Join us for an ongoing support group for at-home parents. Pre-school age children will play while parents visit with other adults. Parents are responsible for their own children, so no separation is necessary. During nice weather we will congregate outside, and during inclement weather we will meet in the homes of participants. These groups have been in existence for 16 years. This is an ongoing group which can be joined at any time.
Florence Olmstrom is interested in getting children together for play as well as giving at-home parents an opportunity to share and interact.
Date: June 8 - August 10
Time: 10 am - 12 noon (Thursday)
Fee: $7
Location: Coordinator will contact you with location

Preschool Dance
This is a fun pre-ballet class for children aged 3 to 5. The class meets once a week for 45 minutes.
Lathauwer Harrison (539-3633), has been involved in dance for 16 years. She has two years experience as a teaching assistant and two years as a dance instructor.
Date: June 5, 12, 19, 26, July 3 & 10
Time: 9:30 - 10:15 am (Monday)
Fee: $22
Location: Manhattan Gymnastics Center
2305 S SkyVee Lane

Monster Bubbles
Experience the art of making soap bubbles on a grand scale. You have to see it to believe it! Participants in this class will make a monster bubble wand and learn how to make gigantic bubbles. We will talk about making bubble solution and other tools for making bubbles.
Linda Teener is Executive Director of UFM and a newly won bubbleconverted.
Date: June 19
Time: 9 - 10:30 am (Monday)
Fee: $22
Location: UFM Fireplace Room

Fashion Braiding
Learn the secrets to unique braided hair styles. In this demonstration and do-it-yourself class, we will practice basic techniques that can be worn with all ages as well as more complicated braids and twists. Dress them up or down and learn how to add beads, ribbons and pins for your own personal occasion. Great hair ideas for weddings, proms and special days. Bring covered elastic hair ties, hair brush and accessories to class with you.
Linda Mason (776-5803), has been working with hair for 18 years. She has taught braiding classes for a number of years to a wide variety of participants.
Date: June 7
Time: 7 pm (Wednesday)
Fee: $18 individual $32 mother/child couple
Location: UFM Multipurpose Room

Tumbling Tots
Children ages 3 to 5 in a very active growing stage.
This tumbling class participants will develop strength, flexibility and coordination in a fun atmosphere. The class meets 45 minutes once a week.
Dan Brown (539-3635), has had years of gymnastics coaching experience. He is certified by USA Gymnastics, and is a certified instructor of USA Gymnastics Professional Development Program.
Date: June 7, 14, 21, 28, July 5, & 12
Time: 10 - 10:45 am (Wednesday)
Fee: $22
Location: Manhattan Gymnastics Center
2305 S SkyVee Lane

Beginning Dance
Beginning dancers will learn a combination of ballet and jazz dance while they improve their coordination and balance. The class will meet for 45 minutes once a week.
Lathauwer Harrison
Date: June 5, 12, 19, 26, July 3, & 10.
Time: 5 - 5:45 pm (Monday)
Fee: $22
Location: Manhattan Gymnastics Center
2305 S SkyVee Lane

Monsters Bubbles
Linda Teener
Date: July 10
Time: 9 - 10:15 am (Monday)
Fee: $22
Location: UFM Fireplace Room

OAK GROVE SCHOOL
Oak Grove School is a secular, non-profit school providing children between the ages of 3-10 years with an innovative program that includes music, drama, art, science, and literature. The school is located at 925 S. First St., Manhattan, KS 66502. For more information, call (785) 537-2649. For Further Information, call (913) 537-0989.

THANK YOU ADVERTISERS for your loyal support.

American Red Cross Learn to Swim classes are on pages 4-6.
### Registration by Mail

Complete the registration form and mail the form with your check, money order, or credit card number to:

**UFM Class Registrations**
**1221 Thurston**
**Manhattan, Kansas 66502**

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.

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I am participating upon my own initiative and upon my own assumption of risk in a University For Minned program, hereby agree, for myself and all who may hereafter claim through or for me, to assume all risk of personal injury or property damage or any resulting from my participation in any or all classes for which I have registered and to hold University For Minned harmless as to liability for such injury.

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