

**university for man**

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**summer  
1975**



# INDEX

## crafts

Pages 3-4

Leather Garments  
Leather Braiding  
Weaver's Fancy  
Off-the-Loom Weaving  
Back Strap Weaving  
Macrame  
Tatting  
Batik  
Sewing  
Sewing for Bachelors  
Quilting  
Tin Can Craft  
Soapmaking  
Embroidery  
Burlap Design  
Knitting & Crocheting  
Needlepoint Etc.  
Hand Built Pottery

for children:  
God's Eyes  
Potpourri  
Bean Mosaics

## fine arts

Pages 4-5

Back Massage  
Barbed Wire  
Antiques  
Calligraphy  
Charcoal Sketching  
Watercolor Painting  
Sand Painting  
Photography  
Box Camera Photography  
Darkroom  
Archaeology--Yucatan  
Squaredancing  
Modern Dance  
Film Criticism  
Indra's Net  
Plains Indians Lit.  
Poetry Writing  
Reader's Theatre  
Reading Music  
19th Century Stereo  
Player Piano  
Harmonica  
Guitar (Beginning)  
Guitar (Intermediate)

## foods

Page 6

People's Grocery  
Root Beer  
Zucchini  
Arab Cooking  
Stouts, Ales & Lagers  
Picnics in the Park  
Chinese Cooking  
Daring Cookery  
Breadmaking  
Sourdough Cookery  
Pastelillos  
People's Beer  
Breadmaking  
Czech Cooking  
Canning & Preserving

for children:  
Children's Cooking

## community

Page 7

K-State Community  
Alternative Communities  
Single's Share  
Day Care Center  
Children's Play Group  
Evening Child Care  
Landlord Tenant Law  
Corner Cop  
Issues Studies  
Mini Health Series

Meals for Elderly  
Day Care

## spiritual

Page 8

Kundalini Yoga  
Meditation  
Bhagavad-Gita  
Windows to the Soul  
Sufi Dancing  
Religion of Islam  
Healing Light  
Women Theologians  
Astrology (Beginners)  
Astrology  
Science and Religion  
Religion and Indian Folklore  
Meet the Mormons  
Martin Buber  
Psalms  
Dynamics of Faith  
Daily Word Meditation

## self

Page 9-10

Cosmic Consciousness  
Castenada  
Freedom and Lifestyle  
Biofeedback  
Biofeedback and Meditation  
Anger-Fear-Loneliness  
Children of Sappho  
Gay Counseling  
Sex and Sexuality  
Gestalt for Couples  
Couples Communication  
Parent Discussion  
Best Friend  
Affective Imagery  
The Simple Life  
Breakthrough  
Assertive Training  
Assertive Training for Pros  
Life Planning

## earth

Pages 10-11

Wilderness Survival  
Impressions of a Primitive  
Prairie Natural History  
Moon Signs  
Astronomy  
Weather Forecasting  
Sun and Wind Energy  
Flower Gardening  
Houseplants  
Plant Exchange  
Green Thumb Series  
Organic Gardening  
Herbs  
Edible Plants  
Community Gardens  
Ornamental Plant Insects  
Bee Keeping  
Bird Watching  
Dog Obedience  
Humane Society  
People and Pets  
Environmental Action

for children:  
Birdwatching  
Bird Feeder Building  
Jelly Jar Farming  
Gardening for Kids

## play

Pages 12

Women's Softball  
Fishing  
Skin and SCUBA Diving  
Hang Gliding  
Family Conoeing  
Pocket Billiards  
Basic Water Safety  
Defecation Removal  
Bike Touring  
Bike Hike  
Leisure Bicycling  
Europe this Summer

for children  
Lazy Peddle Party

## women

Page 13

Body and Mind  
Single Women  
Women's Sexuality  
Mothering  
How Much Can One Woman Do  
Women's Rap  
Woman Plus Woman  
Auto Communications  
Rape Prevention  
International Women's Year  
Resource Center  
Women and Poverty

## skills

Pages 14

Hitchhiking  
Help for Troubled Waters  
You and Your Auto  
Bicycle Repairs  
House Painting  
Stone Houses  
Buying and Selling Houses  
Garage Sales  
Garage Saling  
Intermediate Typing  
Study Skills  
Beginning German  
Arabic Language  
1st Aid Multimedia  
Protect Yourself  
Defensive Driving  
Smoking Cessation  
Collecting Stamps

## about ufm

Page 15

UFM funding, etc.  
Learning Exchange  
Community Grocery  
Community Gardens  
UFM Staff  
Who can take a UFM course  
Who can lead a UFM course

## calendar

Page 16

## registration

Back cover

COVER:  
Original woodcut  
by John A. Krider

PHOTOGRAPHS:  
Jim Miley pg. 12  
Shella Russell pgs. 3,15  
Dick Haines pg. 14

LAYOUT:  
Sandy Ernst  
Shella Russell  
Sue Sandmeyer

# CRAFTS

## THE "I CAN'T BELIEVE I CAN SEW A LEATHER GARMENT" COURSE FOR BEGINNERS AND ALL OTHER ASSORTED INTERESTED PERSONS

Jane Hull 537-8591  
Mondays, 7-9 pm  
Length: 5 weeks  
First meeting: June 16  
Location: UMHE, 1021 Denison Ave.  
Limit: 18

The focus of this experience will be on leather garment sewing techniques for the home sewing machine. We will also explore hand sewing and lacing of leather and making accessories such as purses, hats, belts, moccasins, mittens, pouches, jewelry, etc. I will demonstrate fur sewing or hard leather tooling if interest demands. Supplies are few: sewing machines, sewing machine needles, scissors, persistence. Cost is the price of the leather and/or other minor materials such as rings, snaps, rivets, etc. (the cost of the leather in a shirt style jacket would be \$30-60 depending on the leather you choose). (Jane has been working with leather and furs for 14 years, is from Alaska where she gained her experience in furs and presently operates her own custom leather garment business.)

## ADVANCED LEATHER BRAIDING

Peter Kazan 537-8787  
Mondays, 7-9 pm  
Length: 4 weeks  
First meeting: June 23  
Location: Redbud Estates #93  
Limit: 8

The class will learn the variations of braiding leather and we'll go from there. We can make leather wristbands, bracelets, etc. Cost for the leather I will have available will be 13¢ per yard (the average bracelet takes about 4 yards). Bring yourselves, money for supplies and your creative thoughts. Tools necessary will be provided. (Peter has done some really fantastic things with leather and has taught UFM classes in the past.)

## SOAPMAKING

Nina Miley 776-5420  
Wednesday, 7:30 pm  
Length: one time, July 16  
Location: 615 Fairchild Terr.

The class will learn to make soap using new and recycled fats. We will also talk about colors and scents. By recycling fats, we can make 9 lbs. of soap for about 40¢. (Nina and her husband Jim taught Doing for Yourself last semester, a class that explored various ways to make it just a little cheaper to maintain some of the much finer things in life.)

## WEAVER'S FANCY

Karen Huff/Betty Wilcox 539-5185  
537-0529  
Saturdays, 10 am - 4 pm  
Length: 3 meetings: June 14, July 12  
August 9  
Location: 1504 Campus Rd.  
Limit: 25

Bring your weaving and a brown bag lunch and join us for these weaving workdays. All types of weavers--off-loom, finger, inkle, card, table and floor loom--are welcome. We will be sharing ideas and even helping with weaving problems while we work. (Last semester several weavers met through a UFM class taught by Karen and Betty. They have a variety of interests and experience and find that by sharing their work with each other they are all-inspired to do and try more weaving.)

## OFF-THE-LOOM WEAVING

Carolyn Griffith 537-8951

Sign up at registration and you will be contacted as to the time, date, place and first meeting of the class.

Create your own exciting wall hangings without expensive looms or equipment. After mastering basic needleweaving techniques, we will explore some of the possibilities of working with fibers. (Carolyn has been working with off loom weaving for two years, having taken lessons in San Antonio. She won several honors with her work in San Antonio shows.)

## BACK STRAP WEAVING

Zoe Slinkman 539-8832  
Tuesday and Thursday, 7-9 pm  
Length: two meetings, July 22 & 24  
Location: UMHE, 1021 Denison Ave.  
Limit: 10

The first night we will meet to construct a backstrap loom. The second night, we will string our looms and begin weaving. A \$1 fee is needed to cover materials for the looms. (Zoe is an instructor with Extension and has taught UFM classes in the past.)

## BATIK

Mary Ann Fleming 53.-2647

Sign up at registration and you will be contacted as to the time, date, place and first meeting of the class.

This will be a one time demonstration of batik techniques. You will learn how to make your own batik and how to mix and overlap colors for a good effect. The proportions of paraffin and beeswax will be shown and how to vary the ratio to obtain different color contrast and rhythm. Batiks make really nice gifts as wall hangings or done on T-shirts. (Mary Ann's interest in batik began in Jr. High School Art and has been doing it for other people and to satisfy her own curiosity since.)

## BEGINNING MACRAME

Steve Hawks 776-4373  
Wednesdays, 8 pm  
Length: 4 weeks  
First meeting: June 25  
Location: 619 Moro  
Limit: 10

The class will learn the basic knots used in macrame and will apply these to pot hangers, pendants and perhaps small wall hangings. (Steve has been interested in macrame for about 2 years and previously taught a UFM macrame class.)

## BASIC TATTING

Eva Beckom 539-0323  
Thursdays, 7:30 pm  
Length: indefinite  
First meeting: June 19  
Location: UFM Living Room  
615 Fairchild Terr.

The class will learn the basics of tatting and work together sharing ideas and making projects. (Eva has been teaching UFM classes for us for the past year and seems to surprize us every time with her talent.)

## NEEDLEPOINT, CREWEL EMBROIDERY, & CROCHETING

Amy & Ella Meyer 539-2612  
Thursdays, 7 pm  
Length: indefinite  
First meeting: June 19  
Location: 1818 Fairchild

Bring your project with you to the first meeting and we'll share our experience and knowledge with you. If you are just beginning, we can help you select your materials. (Amy and Ella have made some beautiful rugs, pictures, pillows, etc. and have them displayed in their home.)

## HAND BUILT POTTERY

Doug Hoseney 539-6610  
Tuesdays, 7-9 pm  
Length: 6-8 weeks  
First meeting: June 24  
Location: Douglass Center Annex  
901 Yuma  
Limit: 6

This is a class for anyone who is sincerely interested in learning how clay works and how to work it into a pot or sculpture. We will be working with various firing and building methods. (Doug has been working with clay for 3 years.)

## TIN CAN CRAFT

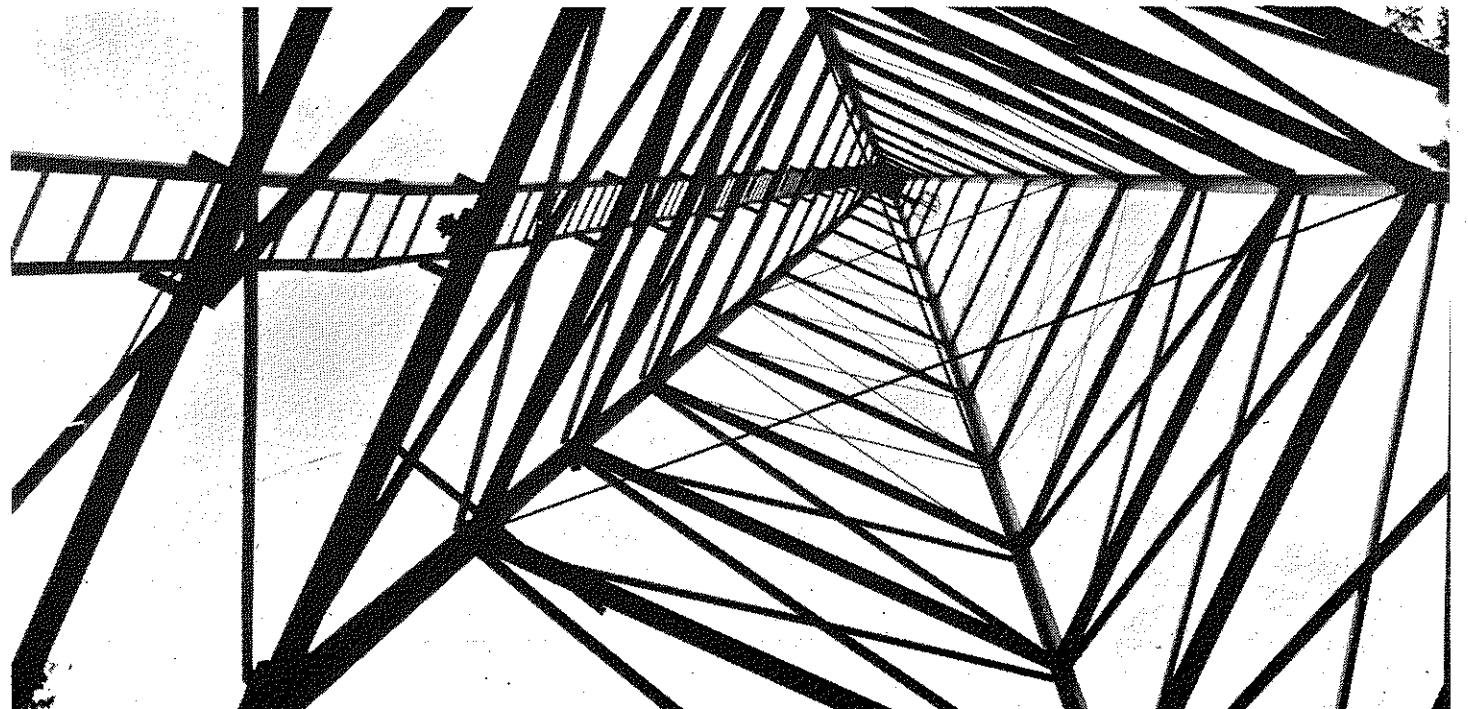
Fred Ernst 539-2788  
Thursdays, 7:30 pm  
Length: indefinite  
First meeting: July 17  
Location: UFM Basement  
615 Fairchild Terr.

The class will make candle holders, child's play furniture: chairs, tables, etc. Please bring tin snips and tin can remains to the class. (Fred does tin can craft things as a past-time hobby.)

Criticism comes easier than craftsmanship.

Zeuxis

A true friend is somebody who can make us do what we can.



### BEGINNING SEWING

Ruth Wells 532-5780/539-0264  
 Tuesdays, 7-9 pm  
 Length: 4 weeks  
 First meeting: July 1  
 Location: UMHE, 1021 Denison Ave.  
 Limit: 6

This is a class for beginners. The first session we will discuss selection of pattern and fabric. The remaining three sessions will entail cutting and construction of the garment. Cost will vary with your project. If you have a portable sewing machine, please note on registration card. (Ruth is a talented person and associate professor in Extension.)

### SURVIVAL SEWING FOR BACHELORS

Marcia L. Howe

Tuesday and Thursday, 7 pm  
 Length: 6 weeks  
 First meeting: June 24  
 Location: 336A N. 15th  
 Limit: 6

This class will cover anything you want it to. Learn what you want. You will have the opportunity to learn how to use a sewing machine and how to sew clothes for yourself. Learn how to patch things up and reuse clothes and if there's anything specific you want to make, we'll make it! Not only bachelors have to take this class. (Marcia has 3 years of sewing experience and 3 months of professional tailoring.)

### QUILTING

Sarah Oblinger 539-8050  
 Tuesdays, 8 pm  
 Length: will vary with interest  
 First meeting: June 17  
 Location: 340 N. 16 Bsmt.  
 Limit: 12

The class will learn the basics of quilting and talk about combining new techniques (i.e. batik, tie-dye, applique, crayon and paint) with the craft of quilting. The class will decide what interests them the most and will be able to follow their interests. This includes making anything from a patchwork napkin to a bed-size quilt. The class will need to supply some materials such as thread, needles and fabric scraps (maybe to be exchanged). (Sarah has been quilting for 3 years with a combination of techniques. She has done large size quilts and pillows.)

**especially  
for  
children**

### GOD'S EYES FOR CHILDREN

Nancy Toman 537-7405  
 Sundays, 1:30 pm  
 Length: 2 weeks  
 First meeting: July 6  
 Location: 615 Fairchild Terr.  
 UFM Library  
 Limit: 6

We will meet and go to buy supplies that will be needed for our project. The second meeting, we will work on making god's eyes. A third class will happen if there is a need to finish up projects started. Because of the limit on the class and what we will be doing, children ages 6 and up are encouraged to enroll. They should bring money for supplies to the first meeting. (This is the first time Nancy has offered a class for UFM. She has been making god's eyes for a number of years.)

### EMBROIDERY

Dorothy Koepsel 539-5589  
 Mondays, 7:30 pm  
 Length: indefinite  
 First meeting: June 23  
 Location: 2815 Illinois  
 Limit: 8

The class emphasis is on embroidery as an art. We will discuss where to find designs and how to adapt them for personal use. We will learn the best stitches to use for the desired effect. (Dorothy has been offering classes through UFM for several years and has many diverse talents. She has exhibited wildlife embroidered shirts at the Ft. Worth Fat Stock Show.)

### BURLAP DESIGN

Shella Russell 539-6406  
 Mondays, 7:30 pm  
 Length: 3 weeks  
 First meeting: June 23  
 Location: 1218 Bertrand

The class will experiment with wall hanging designs and go from there. Participants should bring the amount of burlap they will be using, a pair of scissors and a yardstick. (Shella wanted this class for the summer, so she decided to learn it herself and offer it.)

### KNITTING AND CROCHETING

Eva Beckom 539-0323  
 Thursdays, 7:30 pm  
 Length: indefinite  
 First meeting: June 19  
 Location: UFM Living Room  
 615 Fairchild Terr.

The class will learn the basic skills of knitting and crocheting and will learn how to read patterns. Choose a simple project and we'll go from there. We will include 4-needle knitting for those interested. Materials are not required for the first meeting. (Eva is a creative resource person for UFM and has experience in many handicrafts.)

### POTPOURRI FOR CHILDREN

Shella & Shorey Russell 539-6406  
 Saturday, 10:30-12 noon  
 Length: one time  
 Meeting: June 28  
 Location: 1218 Bertrand  
 Limit: 8

We will make drawer and closet sachets and other things that smell good. Supplies will cost 50¢.

(Shella and Shorey are active in UFM classes and have offered several.)

### BEAN MOSIACS FOR CHILDREN

Shella Russell 539-6406  
 Saturday, 9:30-11 am  
 Length: one time  
 Meeting: July 12  
 Location: 1218 Bertrand  
 Limit: 6

We will gather in my backyard and make mosiacs using dried beans, peas, etc. Children ages 4-7 are encouraged to sign up. Supplies will be minimal for the variety of beans furnished.

(Shella has offered a number of children's classes and has had a very good time with the kids. She is the mother of a 5 year old.)

# FINE ARTS

### BACK MASSAGE FOR THE MILDLY INHIBITED

Owen Wrigley 532-5866  
 Sundays, 7 pm  
 Length: 5 weeks  
 First meeting: June 22  
 Location: First Presbyterian Church Basement  
 Limit: 10

Come to be comfortable. Light cotton clothing or whatever, is fine. We will be sitting on the floor. A beginning class, we will work on basic tactile skills. Discussion might include relations between movement and restriction, and the storage and release of stress and of tension. (Owen does wonderful things with his nimble little fingers on the backs of tense UFM staff people.)

### BARBED WIRE COLLECTING

Clenton Owensby 532-6101  
 Mondays, 7:30 pm  
 Length: indefinite  
 First meeting: June 16  
 Location: UFM Living room  
 615 Fairchild Terr.  
 Limit: 20

The first meeting will describe the history of barbed wire and the reasons for the diversity of types. Samples of different types will be available to view. Books and journals that can be purchased will be displayed. Three follow-up meetings will be held to identify and trade wires found by class members. A collection of diverse types will be the goal of this class. (Clenton has been collecting for about six years and has a fairly large collection of different wires.)

### WHAT'S WHAT IN ANTIQUES AND COLLECTABLES

Lois Morales 539-8867  
 Tuesdays, 7 pm  
 Length: indefinite  
 First meeting: June 17  
 Location: 1010 Bluemont

We will learn about the types of things being collected in the Manhattan area and the prices being paid for them. We will visit shops of the area, go to auctions; view private collections and have discussions on areas of special interest.

(Lois has been interested in antiques for 6 years and has led this class before.)

### CALLIGRAPHY

Jane Van Milligen 539-3822  
 Mondays & Thursdays, 5:30 pm  
 Length: 5 weeks  
 First meeting: June 16  
 Location: Justin Hall 254, K.S.U.  
 Limit: 15

Calligraphy is free-hand lettering using specialized tools. Students will learn of materials & techniques, and will organize a notebook for future reference. Emphasis will be on basic knowledge of a skill that can be expanded upon.

(Jane is a junior in graphic art and commercial art. She has taught this class before with considerable success.)

### CHARCOAL SKETCHING

Terri Woodbury 537-7118  
 Tuesdays, 7 pm  
 Length: indefinite  
 First meeting: June 17  
 Location: Justin Hall 326, K.S.U.  
 Limit: 12

Bring charcoal pencil, paper, and whatever tools you want to work with on your drawings (pen and ink). I can provide my portraits and still lifes as examples of things that can be done. There will also be demonstrations of some basic techniques: shading, washes, etc. We could also plan a field trip of some kind. (Terri has been drawing for many years and has some fine drawings. She has also had several displays.)

A man was hammering a nail and hit his thumb by mistake. The pain was so excruciating that he shouted and leaped about. The people nearby were full of admiration: "How beautifully he sings and dances," they said.

BEGINNING AND INTERMEDIATE WATER-COLOR PAINTING

Gene Ernst 539-4224

Tuesdays, 6:30 pm  
Length: 6 weeks  
First meeting: June 17  
Location: 357 N. 14th St.  
Limit: 16

For those who have dabbled previously or old water painters who are rusty, we will do some still lifes, field trips to paint, and trade tricks. Improved water color techniques come from practice and critique--we will do a lot of both. We are not too choosy about equipment, however good paintings usually result from good quality paper, paint, and brushes; if you are starting from scratch, you might count on about \$15-\$20 for a starter's set. (Gene is a professor of architecture at KSU and a rusty painter who needs an excuse to get out more.)

SAND PAINTING

The KSU and Manhattan community will have a chance to witness to witness the unique art of East Indian sand painting. Yogesh Parikh, a graduate student at KSU will create the paintings on the floor in the traditional manner. Yogesh will do a series of three very colorful life like and abstract scenes at the Sears store 4th and Houston downtown Sunday June 8 noon to 5pm and June 9, 10 9 - 5:30. He will do a series of 6 or 7 paintings in the KSU Art Gallery June 29 thru July 19. The pictures which are formed entirely from ground marble will literally be swept up after the display. Also featured in the Union will be original batiks made by Mrs. Parikh (no need to sign up for this)

PHOTOGRAPHY AS COMMUNICATION

Fred Wrightman 776-8805  
John McPherson

Mondays, 4 pm  
Length: 6 weeks  
First meeting: June 23  
Location: Manhattan Mercury  
5th & Osage  
Limit: 12

We will let the class members tell us what they need to know. We hope to stress content, composition and impact rather than darkroom techniques. We will assume that people have a basic knowledge of the darkroom. We will do some assignments and have group discussions on the results. (Fred and John are self-taught photographers, who work with the Mercury and have won many professional awards for their work.)

BASIC BOX CAMERA PHOTOGRAPHY

Gail Baumgardner 776-5390

Tuesdays, 7:30 pm  
Length: indefinite  
First meeting: June 17  
Location: UFM Living room  
615 Fairchild Terr.  
Limit: 20

Basic lesson information on how to get the most out of those camera's most people have but don't really know how to use. How to recognize photographic composition and how to use it without knowing all the shutter bug terms. Bring ideas and questions.

(Gail has done professional free-lance photography work.)

BASIC DARKROOM

Lee Levenson 539-4330

Meeting time and date to be announced.  
Length: indefinite  
Location: UFM Darkroom  
615 Fairchild Terr.  
Limit: 12

The UFM darkroom is nearly complete. As it is we need a 35 mm negative carrier, 50 mm enlarger lens and a developing tank. Jim Miley said he is willing to lend us his developing tank for this class in developing film but we need the other stuff to make prints. Please let us know at UFM if you have any material or time to donate.

BEYOND THE "WONDERFUL WORLD OF DISNEY" (FILM IN CRITICAL PERSPECTIVE)

Mike Barfield 539-5470

Sundays, 7:30 pm  
Length: indefinite  
First meeting: June 22  
Location: 615 Fairchild Terr.  
UFM living room  
Limit: 10

The intent is to evaluate films (any currently available, for instance), the writing and discussion of film criticism, and the general exchange of ideas/ideals on the state of the art. (Mike is an occasional graduate student and journeyman film/drama critic for the Manhattan Mercury.)

INDRA'S NET

Anna and Joel Climenhaga 537-7937

Indra's Net, in mystical terms, refers to the invisible threads which keep the universe together. Anyone interested in helping us publish a local poetry magazine, please contact us or sign up at registration. Submissions are more than welcome. (Joel has published many such magazines before and he and Anna are both poets.)

POETRY WRITING

M.A. Scharton 532-6721

Thursdays, 7:30 pm  
Length: 6 weeks  
First meeting: June 19  
Location: Eisenhower Hall, Rm. 12  
K.S.U.  
Limit: 10

This is a discussion group for amateurs interested in understanding and writing free and formal verse. We will meet as often as we like to read poems and counsel and argue over them. After I've seen writing of class members, I'll suggest readings in poets who might serve as useful examples. It's not necessary for you to have many highly finished poems; I think we'll be more interested in problems than in past achievements. (Mr. Scharton is doing Ph.D research on the modern poet Robinson Jeffers. He writes verse and has taught prose composition for six years.)

THE PLAINS INDIANS ORAL LITERATURE

Bill Koch 539-7138  
532-6716

Wednesdays, 7 pm  
Length: 2 weeks  
First meeting: July 2  
Location: Denison Hall 215, K.S.U.

Sessions will include basic cultural characteristics of the Plains Indians, tape recordings of Indians telling trickster tales, and the function of myth - especially that of Sioux "White Buffalo Woman". (Bill is a professor of English and folklore at KSU and has field recorded on the South Dakota Sioux reservation.)

ARCHAEOLOGICAL PHOTO TOUR OF THE YUCATAN

Martye Groble 537-2338

Thursdays, 7 pm  
Length: one time, June 19  
Location: Manhattan Public Library Auditorium  
Limit: 25

A slide tour of important and lesser known archaeological sites in the Yucatan including Chichen Ityu, Labna, Sayil, and Uxmal. I encourage discussion, and others to bring their slides. (Martye is an anthropologist who studied language in Mexico and visited a lot of sites with a camera.)

MODERN DANCE

Janelle Davidson 539-3927

Mondays, 7 pm  
Length: 8 weeks  
First meeting: June 16  
Location: K.S.U. Union, 206 ABC  
Limit: 20

Half of each hour-long class period will be spent on basic exercises and half on creative movement and expression to music. Dancers will learn one complete jazz routine and will help create others. (Janelle has two years experience in modern dance.)

SQUAREDANCING

LaVina Cutright 532-6200

Wednesdays, 7:30 pm  
Length: 5 weeks  
First meeting: June 18  
Location: City Park Pavilion  
Limit: 25

Class aimed at learning the basic moves, commands, simple rounds and two steps involved in square dance. Opportunity to get out and really stretch those knees and elbows. If you can listen to music and the words and move your feet at the same time you can square dance. (LaVina has taught about 75 basic square dance steps for several years to grade school and adult classes. She is not a caller but uses records.)

LEARNING TO READ MUSIC

Marcia Higginson 539-0420

Sundays, 7:30 pm  
Length: 4-5 weeks  
First meeting: June 22  
Location: 1215 Vattier  
Limit: 10

I will probably teach from a keyboard/sightseeing angle and hopefully apply the material to any instruments the people already play. Depending on the musical background of the people, I'll cover staves, note values, general terms, maybe some chords. Mostly I will depend on what the class wants to learn about music reading, so they can use it for their own instruments. (A long time resident of Manhattan, Marcia is a junior studying music at K-State.)

READER'S THEATER

Gail Hopkins 539-3200

Tuesdays & Thursdays, 8 pm  
Length: 4 weeks  
First meeting: June 17  
Location: 1222 Bertrand basement

Experience the vibrance of poetry through oral interpretation. We will discuss contemporary poetry as well as explore its possibilities vocally. Hopefully we can share our experience by performing a reader's theater in the park. Bring one of your favorite poems to the first meeting. (Gail is a senior in theater at KSU and has taken several courses in oral interpretation.)

19th CENTURY STEREO (for your eyes)

Eric Swegle 539-6774

Thursdays, 7 pm  
Length: one time, June 26  
Location: 1620 Leavenworth

We will learn about the early stereoviews, stereoscopes and photographers. I will bring an assortment of views and viewers and collectors are invited to share theirs too. Repair techniques will be demonstrated and values and current prices will be discussed. (Eric has been collecting views for over three years and has displayed his collection at an antique photographic show in Omaha. He is a member of the National Stereoscopic Association and the Great Plains Photographic Historical Assoc.)

PLAYER PIANO FUN

Frank Keller 539-8844

Wednesdays, 7 pm  
Length: 4 weeks  
First meeting: July 2  
Location: 2105 Blue Hills Road  
Limit: 10

For the appreciation of the classic player piano, we will focus on do-it-yourself repair and renovation for the amateur. We will also tune in on some of the new and old tunes to be found on some local players. Perhaps exchange of experiences and player rolls will result. (Frank has been doing UFM acts for a long time and is very good.)

HARMONICA

George Spurlock

Sundays, 3 pm  
Length: indefinite  
First meeting: June 22  
Location: 1630 Humboldt "A"  
Limit: 10

To introduce and learn basic techniques in playing the diatonic harmonica. Bring a "C" mouth harp, ability to have a good time and we can learn by following recordings and jamming around. (George has been playing harp for seven years, with four years of professional experience.)

BEGINNING GUITAR CLASSES

Sign up for one only

Dennis Blair 539-3919

Wednesdays, 7 pm  
First meeting: June 18

Scott Wilbur 539-5129

Thursdays, 7 pm  
First meeting: June 19

Length: 6 weeks  
Location: UFM House  
615 Fairchild Terr.  
Limit: 10 each

A first course in guitar playing for those who have a guitar and don't know how to play - - but really want to. Chords, progressions, notes and strums will be the main content. Will play light rock, folk rock sort of music. If you have the patience and want to learn, both Dennis and Scott are eager to teach. (Scott has taught UFM guitar classes before. Dennis has taught guitar on his own for some time and has been playing 6 string for 10 years and 12 string for 5 years.)

GUITAR WORKSHOP (Intermediate)

Paul Hart

Tuesdays, 7 pm  
Length: indefinite  
First meeting: June 17  
Location: UFM Library  
615 Fairchild Terr.  
Limit: 10

I'd like to conduct a "sharing" workshop in which all participants should have a fairly in depth understanding of the guitar (knowing basic chords and progressions). Through organized procedures we can all learn various techniques and methods of composing and playing. I play a 12 string but all guitarists are invited. (Paul has been playing a 6 string over 6 years and a 12 string for 1 year.)

**especially  
for kids**

KIDS BEGINNING GUITAR

Tom Ernst 539-4224

Time of class to be announced at registration  
Length: indefinite  
Location: 357 Nth 14 St.

# FOODS

## THE PEOPLE'S GROCERY INC.

A food co-operative, The People's Grocery, Inc., is going to open at 811 Colorado Street in mid June. There will be a \$10 refundable fee for each household plus a small work requirement. Please join; we need everyone's support. For more information call Nina Miley at UFM, 532-5866 or Meg Mathewson at 776-6162.

## HOMEMADE ROOT BEER

Rex Slack 539-7194

Sign up at registration and you will be contacted as to date, time and place of class.

An opportunity to sample the authentic (natural carbonation) variety of root beer and observe the mixing and bottling of a "batch" at the Slack house in the country, west of Manhattan. A potluck meal will precede the demonstration. Please phone if interested in attending the potluck.

(The Slacks have been offering classes through UFM for the last 7 years and have a very talented family.)

## MAN AND HIS ZUCCHINI

Barbara Moore 776-7683

Tuesdays, 7 pm  
Length: 3 weeks  
First meeting: June 17  
Location: Kitchen, Baptist Campus Ministry, 1801 Anderson  
Limit: 12

Have you ever thought about buying zucchini in a grocery, but didn't because you didn't know what to do with it? This class shows many of the best ways to prepare, grow, and chose zucchini for use. It can be boiled, baked, stewed, sauteed, steamed, and eaten raw. Use it in bread, salads, and stuffed for an entire meal in one. (Since Barbara moved to Manhattan she has cooked in two of the towns restaurants and opened a private catering service.)

## ARAB COOKING

Mrs. Munira Saban  
Mrs. Jalila El-Tamzini 539-6405

Thursdays, 7 pm  
Length: 5 weeks  
First meeting: June 19  
Location: UMHE Center  
1021 Denison Ave.  
Limit: 15

Women from different Arab countries will demonstrate entrees, desserts and salads such as cus-kusi (main dish), bakalawa (dessert), and barbecued salad. There will be a \$2 fee for materials. (Munira and Jalila are Arab housewives who are familiar with many kinds of Arab meals.)

## STOUTS, ALES, AND LAGERS

Paul Psilos 539-7342

Monday, 7 pm  
Length: one time, June 16  
Location: Union, room 204  
Limit: 15

The course is intended to be an overview of home-brewing. We will discuss varieties of syrup, dry and grain malts, hops, sugar, yeast, water and additives for brewing stouts, ales and lager. The necessary equipment and procedures for preparation of yeast cultures, brewing, fermenting, and bottling will be detailed. Remedies for common problems will also be discussed. (Paul is a Manhattan resident interested in home brewing.)

## PICNICS IN THE PARK

Sue Maes 539-8304  
Lois Morales 539-8867

Fridays, 6 pm  
Length: indefinite  
First meeting: June 20  
Location: City Park Pavillion

cont.

Meet friends for food and fun in the park. Bring a covered dish, plates, cups, silverware and drinks for yourself and your family - also any play equipment such as balls, bats, etc. A volley ball and net will be provided. At the second meeting we would like homemade ice cream lovers to bring their freezers and let's all make our favorite recipes. (Sue and Lois are both interested in getting people together in a relaxed and fun atmosphere.)

## CHINESE COOKING

Robert Daly 539-1011  
Meg Mathewson

Tuesdays, 8 pm  
Length: 3-4 weeks  
First meeting: June 17  
Location: 1510 College Avenue  
Limit: 10

Meg eagerly awaits the return of Rob Daly from San Francisco's Chinatown when they will present some of the finer elements of oriental cuisine to those who can never get enough. Recipes for the basics include the most incredible sweet and sour pork you've ever tasted, and the techniques of wrapping wontons, seasoning a wok and stir frying will be demonstrated. We can get into any or all of the kinds of Chinese cookery - let us know!

## DARING COOKERY

Brenda J. Laakso 537-1171

Sign up at registration and you will be contacted as to the time, date, place, and first meeting of the class.

Pissaladiere, herbed bread sticks, quiche lorraine, sauerbraten, kartofelklosse, chicken male, creole, savarin chantilly, home-made ice cream, and an endless list of daring, enticing foods that are prepared with imagination. If you relax when cooking, and enjoy company with a few friends while eating, then come and let us create. (Last summer Brenda met new friends from many different countries and they began to explore new foods.)

## BREADMAKING

Naomi Ossar 539-2802

Tuesdays, 1:30 pm  
Length: 3 weeks  
First meeting: June 17  
Location: 417 Wickham Road  
Limit: 6

Once you get the basic idea, you can make any kind of bread. We will make French sourdough bread, pocket bread, sandwich bread. I will share recipes. (Naomi has been baking bread for about 8 years and really enjoys it.)

## SOURDOUGH COOKERY

Martha Hagen 539-7171

Wednesday, 7:30 pm  
Length: one time, June 18  
Location: 1319 Laramie  
Limit: 12

Sourdough was once a basis of breadmaking. Let's revive it and discover sourdough in everything from cakes to rye bread. Learn how to make your own sourdough starter or bring recipes and share them. If there is interest, we can continue with the course. (Cooking with sourdough is a hobby of Martha's.)

## PASTELILLOS

Miriam Esterrich 539-7729

Thursday, 8 pm  
Length: one time, June 26  
Location: UFM Kitchen  
615 Fairchild Terrace

We will be making Spanish hor d'oeuvres called pastelillos. Come and enjoy. (Ms. Esterrich is a native Puerto Rican and has been making and savoring Spanish food most of her life.)

## THE PEOPLE'S BEER

Jim Miley 776-5420

Thursday, 7:30 pm  
Length: one time, July 10  
Location: UFM Kitchen  
615 Fairchild Terrace

A cheap, simple method of beer making that takes a minimum of materials and time but results in a brew that is head and shoulders above commercial beer in taste and potency. I'll bring a few bottles to sample the night of the class. Those who don't like it can fold their tents and steal silently away. For those who stay I'll give a demonstration and pass out a mimeographed sheet of instructions. (Jim has been making and drinking his own beer for years.)

## SIMPLE BREADMAKING

Mrs. Charles Swingle 776-5487

Wednesday, 10-12 noon  
Length: one time, July 2  
Location: UFM Kitchen  
615 Fairchild Terrace

This class will hopefully take the fear out of breadmaking. There are just 3 or 4 basic rules, after that it's pretty free form. (Mrs. Swingle has been making bread for almost 60 years and usually makes a different kind each time she bakes.) Limit: 15

## COOKING WITH A CZECH FLAVOR

Elizabeth Barton-Dobenin 539-4246

Wednesdays, 1-4 pm  
Length: 4 weeks  
First meeting: June 18  
Location: UFM Kitchen  
615 Fairchild Terrace  
Limit: 12

The class will learn how to make Czech dishes. These are some things we can do or whatever participants would like: Kalacis (sweet rolls), Venec (coffee cake), Jezek (cake with coffee flavor and rich frosting) and nut cookies, Fagout and bread dumplings, Red cabbage to serve with quail and pheasant (sweet and sour), and apple strudel. (Elizabeth has been collecting recipes and cooks as a hobby. She learned Czech cooking from her husband's family. She was taught to cook as a child by her mother, thus creating her interest in foods.)

## PRESERVING FOOD, CANNING & FREEZING

Pat Tubach/ Kayann Heinly 537-4781

Wednesday & Thursday, 7:30 pm  
Length: 2 sessions  
First meeting: June 25  
Location: Douglass Center  
Second meeting: June 26  
Location: Pottorf Hall

Canning and freezing are easy and economical means of preserving food. Safe, recommended methods must be used to protect your family. Equipment needed and basic procedures will be covered. (Pat and Kayann are both employed by the Riley County extension office and have taught this class for UFM in previous years.)

# especially for children

## CHILDREN'S COOKING

Shella and Shorey Russell 539-6406

Saturday, 10:30 am - 1 pm  
Length: one time, June 21  
Location: 1218 Bertrand  
Limit: 10

We will gather and make some neat food for us to eat. You've heard of noon luncheons - ours will be one of down-to-earth good conversation and good food. Cost for food will be \$1.

(Shella and Shorey offered this last spring and felt really positive about the results. The children enjoyed it too.)

Foods from the family of man are for all of us.

# COMMUNITY

## K-STATE COMMUNITY

Amy Button 539-9588  
Paul Hart 539-7124

Mondays, 7 pm  
Length: indefinite  
First meeting: June 16  
Location: 1540 Harry Road  
Limit: 10

There are a lot of things that happen on campus and many things that maybe should happen. Depending on the group desires we could cover many campus financial, political, and structural issues. Possibly invite knowledgeable people to discuss Manhattan/KSU relations.

(Amy is head of student senate finance committee. Paul is an editor for Touchstone. Both Amy and Paul are involved on and off campus.)

## ALTERNATIVE COMMUNITIES

Ron Koehler 539-5551

Wednesdays, 7 pm  
Length: indefinite  
First meeting: June 18  
Location: Union, room 203

If you could put together an alternative community, what kind would it be? Let's get together and find out. Who knows...maybe we could even put our ideas into practice!

(Ron has recently become interested in the theoretical and practical aspects of alternative communities.)

## SINGLE'S SHARE

Betsy Cauthorn 537-0518  
Linda Shapiro 537-2355

Sundays, 4 pm  
Length: indefinite  
First meeting: June 22  
Location: 1st Presbyterian Church  
8 & Leavenworth

The purpose of Singles Share is to provide a group where singles (22 and over) can meet, participate in social activities, and just talk to each other. We have parties and picnics for the whole group and special interest groups for bridge, golf, tennis, music, etc. Come and meet us and help with our summer plans.

(Betsy and Linda are members of the planning committee of Singles Share.)

## DAY CARE CENTER RESOURCE GROUP

Sheila Russell 539-6406

I am interested in recycling useable and non-useable items for day care facilities in and around Manhattan. If you have throw-aways (i.e. computer sheets, styrofoam packing materials, old store displays, etc.) which could be used in projects for children, please sign up at registration and you will be contacted, or telephone Sheila at the above number. If day care facilities are needing specific items, please let me know. Those who wish to help in this effort and who have transportation, your help is welcome.

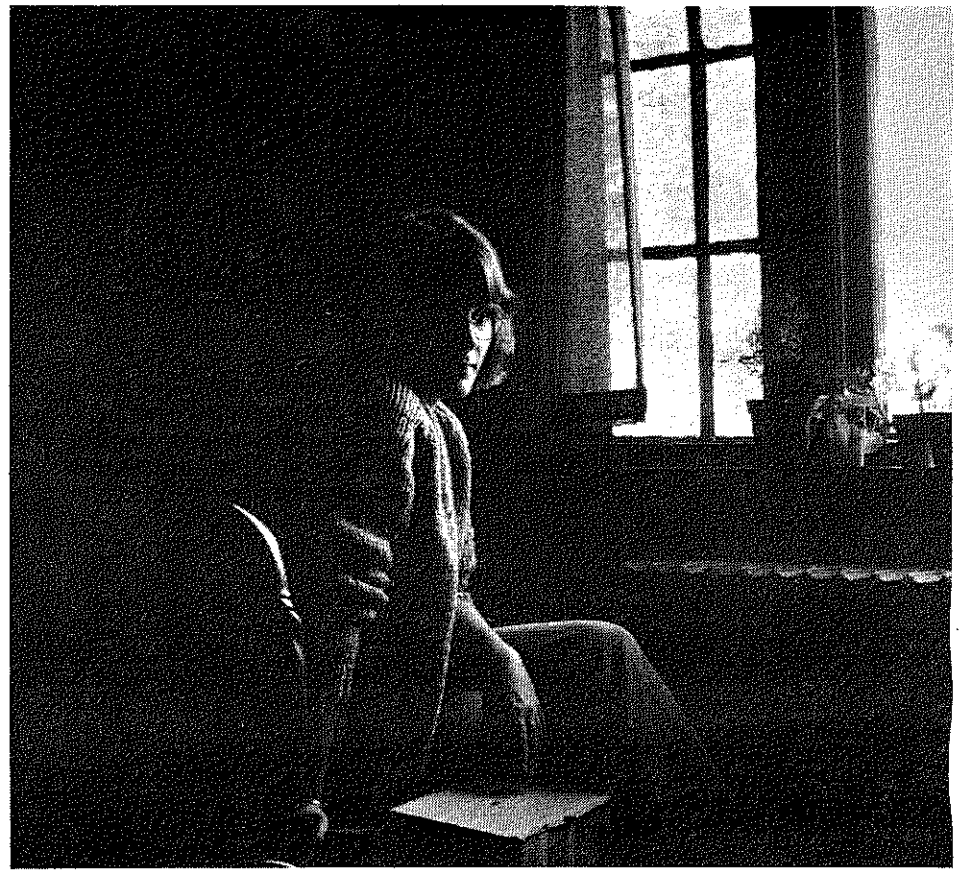
## volunteer needs

### MEALS FOR THE ELDERLY

This project needs two people to help on a regular basis from 11:30 - 1:30 pm each day in the week Mon-Fri at the Douglass Center. Call 537-9146

### MANHATTAN DAY CARE

This organization needs some volunteers for half days, one day a week, 7:30 am - 5:30 pm Monday thru' Friday. call Ms. Hooper at 776-5071.



## CHILDREN'S PLAY GROUP

Liz Silberman 537-0372

Tuesdays and Fridays, 10-11:30 am  
Length: indefinite  
First meeting: June 17  
Location: 1520 Harry Road

Parent participation play group for children from 2 to 3 years of age which provides companionship for both child and parent once or twice a week.

(Liz organized and has been leading this group for the past several months. She has a sincere interest in children and is a mother.)

## EVENING CHILD CARE

Sheila Russell 539-6406

There seems to be a need in the Manhattan/K-State community for evening child care. If you are experiencing this need in order to attend and/or teach UFM classes or just need to get out of the house for a couple of hours in the evening, please sign up at registration and you will be contacted. We plan to gather for discussion of needs, costs, etc. for immediate quality evening care for children.

## LANDLORD - TENANT LEGISLATION OR AN INTERPRETATION OF HOUSE BILL 2253

Paul McKenna 532-6453  
Don Low 532-6541

Tuesday, 7 pm  
Length: one time, June 24  
Location: Public Library auditorium

The last session of the Kansas Legislature passed the first comprehensive landlord-tenant act in over 100 years for the state of Kansas. This act establishes the rights, duties, obligation and remedies for landlords and tenants. Paul McKenna, K-State Dept. of Housing, and Don Low, Student's Attorney will discuss this act and the responsibilities defined for both landlords and tenants in this act.

## CORNER COP

Al Myers 537-2990

Police officers are willing to arrange group or individual sessions to discuss community concerns. Please give Inspector Myers a call if interested.

## issues studies

United Ministries in Higher Education Center 539-4281  
1021 Denison Avenue

Thursdays, 12 noon (Bring a sack lunch)  
First Meeting: June 19

- June 19 - "Guilt and Redemption - American Style" Rev. Ben Duerfeldt, First Christian Church
- June 26 - "What Americans Need to Know About Near East Politics" Dr. Michael Suleiman, Head, Dept. of Political Science
- July 3 - "The Public versus the Private in American Ideas" Dr. Joe Hawes, Head, Dept. of History, KSU
- July 10 - "The Gallop Poll Study of Religion in America 1974" Dr. Merlin Gustafson, Assoc. Prof., Dept. of Pol. Science
- July 17 - "Some Obstacles to Development for Developing Countries" Dr. Jan Flora & Dr. Neil Flora, Dept. of Sociology
- July 24 - "Review of 'The Divine Principle' Statement of the Unification Church" Rev. Jim Lackey, UMHE

Please indicate at UFM registration which sessions you plan to attend

## mini health series

- June 16 - CANCER OF THE BREAST  
An explanation of self-examination and diagnosis and treatment of breast cancer.
- June 23 - PREVENTATIVE MEDICINE  
A discussion of what a person can do to forestall medical problems and increase life span, i.e. life style, diet, exercise, physical examinations, etc.
- July 1 - CAREERS IN HEALTH  
Members of Lafene staff will be present to answer questions about careers in medicine, x-ray technology, mental health, etc.

All sessions will be conducted by staff members or staff physicians of Lafene Student Health Center. For more information, contact Dr. Robert Sinclair at 532-6544. Please indicate at UFM registration which sessions you plan to attend.

I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived.

Thoreau

# SPIRITUAL

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Dissentation re-ferred to implied in extreme acceleration. By leaving linear time, rebels leave linear progress. Depth stops movement. Everyone knows that.

He died on a day with six letters, far away from home, in a city, surrounded by treachery and incompetence. He was born the same way. Within an hour of his birth, 20 people were killed in Calcutta. Within an hour of his death, 20 others were disenchanted in Houston. His maternal grandparents were on the verge of divorce during both events.

## KUNDALINI YOGA

Gurubachan Singh 1-234-3544  
 Sundays, 4 pm  
 Length: summer  
 First meeting: June 15  
 Location: 1st Presbyterian Church  
 Basement 801 Leavenworth

Through Kundalini Yoga, we will attempt to expand our awareness of the physical, mental, and spiritual aspects of the personality. Increased awareness of one's "situation" enables one to better integrate the different areas of one's life into a cohesive whole. (Gurubachan Singh was a personal student of Yogi Bhajan-ji for over three years and has studied in Tuscon, Phoenix, California, Florida, and Washington, D.C. Coming from the newly-formed Ram Das Ashram in Topeka, a transportation cover fee of only 25¢ will be requested.)

## EXPLORATIONS IN MEDITATION

Jim Daubert 537-0407  
 Mondays, 7:30 pm  
 Length: summer  
 First meeting: June 16  
 Location: 1214 Laramie  
 Limit: 12

In search of a free form group exploration of the different ways of reaching unity in mind, body, and spirit? In the sharing of possibilities, we will want to try such techniques as relaxation, meditation, and sensory awareness. Such experiences will hopefully be initiated by all members of the group. (Although this is Jim's first class for UFM, he has been in and out of such groups over the past several years and we're really glad to have him.)

## SELECTED READINGS FROM THE UPANISHADS AND THE BHAGAVAD-GITA

Dr. Albert Franklin  
 Wednesday, 7 pm  
 Length: one time, July 2  
 Location: 1st Presbyterian Church  
 Basement lounge  
 801 Leavenworth

From the most loved of the Indian Classics, the Bhagavad-Gita, known in translation as the "Song of the Blessed One," and the Upanishads, comprising the pantheistic statement that in all things, but primarily in each human soul, there may be seen manifested the supreme, impersonal Brahma or Atman, Dr. Franklin will make selections for one evening of direct readings. (Dr. Franklin has spent well over 20 years in South India and has long been a friend and resource of UFM.)

## WINDOWS TO THE SOUL

Diane Barker 537-9735  
 Wednesdays, 7 pm  
 Length: 3 weeks  
 First meeting: July 16  
 Location: UFM Library  
 615 Fairchild Terrace  
 Limit: 12

An introduction to the uses of Tarot decks. Topics will include meditation, occult meanings, and divination. Our approach to the topic will be primarily through psychological archetypes. (Diane is a long-standing friend and resource person of UFM.)

## SUFI DANCING

David Weyerts 539-5087  
 Tuesday, 8 pm  
 Length: one time, June 17  
 Location: UMHE Center  
 1021 Denison Avenue

Sufi Dancing is active group meditation. We sing chants from various religious traditions and dance in a circle to celebrate the unity of life. It's magical to lose yourself in a group, praising the Lord. (David has been to a 4 day Sufi workshop and danced with the Lawrence group.)

## RELIGION OF ISLAM

Hossein Ganjidoost 539-5994  
 Mondays, 7 pm  
 Length: indefinite  
 First meeting: June 16  
 Location: UMHE "pit"  
 1021 Denison Avenue

This group will discuss the essential beliefs of Islam, life of Prophet Mohamed, the Holy Koran, Islamic Cultural life, and the Islamic world view. (Hossein is from Tehran and is active in the local Islamic Association.)

## HEALING LIGHT

Dorothy Leonard 539-1971  
 Thursdays, noon - 1 pm  
 Length: 6 weeks  
 First meeting: June 19  
 Location: KSU Student Union  
 State room #1  
 Limit: 16

An open group - some of the topics we would discuss are the Law of Love, the turning on the Light of God's creative energy, and we will experiment in prayer. (Dorothy has studied metaphysics and has a great interest in healing.)

## CONTEMPORARY WOMEN THEOLOGIANs

Jim Lackey 539-4281  
 Mondays, 12 noon sack lunch  
 Length: 5 weeks  
 First meeting: June 16  
 Location: UMHE, 1021 Denison Ave.

We will become acquainted with some of the writings of 4 current women theologians--two Catholic and two Protestant writers: Ruether, Houghton, Russell and Tribble. (Jim Lackey is a campus pastor at UMHE.)

## ASTROLOGY FOR BEGINNERS

Jillison Henshel 539-1898  
 Thursdays, 10 am  
 Length: 6 weeks  
 First meeting: June 19  
 Location: 1010 Kearney  
 Limit: 8

We will be concentrating primarily on the development of the natal chart with possible discussions of the effects of astrology on man. (Jillison has been charting natal horoscopes for about three years and has taken classes at U.P.I.)

## ASTROLOGY GROUP

Denise Low 539-7268  
 Sundays, 7 pm  
 Length: indefinite  
 First meeting: June 22  
 Location: University Terrace Apts.  
 1518 College E4

The first lecture will be the psychological interpretation of a horoscope. If others are interested the group can continue. (Denise has practiced and taught astrology professionally the last 5 years and is a member of the American Federation of Astrologers.)

## WAYS OF VIEWING: SCIENTIFIC PHILOSOPHICAL RELIGIONS

Dr. T.M. Barkley  
 Jim Lackey 539-4281  
 Sundays, 9:15 am  
 Length: 6 weeks  
 First meeting: June 15  
 Location: UMHE, 1021 Denison Ave.

Discussion is about scientific-philosophical-religious ways of perceiving ourselves and the world. Do they essentially differ? How? Can they be integrated? (T.M. Barkley is a professor of biology at KSU with broad interests and is a member of UMHE Council. Jim Lackey is the campus pastor at UMHE.)

## RELIGIOUS MOTIFS IN AMERICAN INDIAN FOLKLORE

Bill Koch/Jim Lackey 539-4281  
 Tuesdays, 12 noon (sack lunch)  
 Length: 6 weeks  
 First meeting: June 17  
 Location: UMHE Center  
 1021 Denison Ave.

We will look at some religious themes in Indian folklore and note their relatedness to major themes in Jewish/Christian tradition. (Bill Koch, well known student of Indian folklore is a professor in KSU's English Dept. Jim Lackey is a UMHE campus pastor.)

## MEET THE MORMONS

Bill Jefferies 537-8839  
 Wednesdays, 7:30 pm  
 Length: 8 weeks  
 First meeting: June 11  
 Location: L.D.S. Student Center  
 1820 Claflin

An informal course designed to provide information to interested persons about the Church of Jesus Christ Latter Day Saints. A variety of topics will be presented by way of film and discussions such as: Family Home Evenings, Where Did You Come From, Why Are You Here, Where Are You Going, Christ in Ancient America, Does Death Really Part Families. (Bill is the LDS Institute Director in Manhattan.)

## MARTIN BUBER'S--"I-THOU"

Jim Lackey 539-4281  
 Mondays, 8:15 am  
 Length: 5 weeks  
 First meeting: June 16  
 Location: UMHE Center  
 1021 Denison Ave.

Buber proposes that we live with two primary words: "I-Thou" and "I-It". We will read his work and ponder. (Jim Lackey is a campus pastor at UMHE.)

## THE GOD AND THE PEOPLE OF THE PSALMS

Jim Lackey 539-4281  
 Wednesdays, 12 noon (sack lunch)  
 Length: 6 weeks  
 First meeting: June 25  
 Location: UMHE Center  
 1021 Denison Ave.

Another course in Lackey's painful and terrifying Bible study program! We will read and take careful note of the subject in the Psalms. (Jim Lackey is a UMHE campus pastor.)

## DYNAMICS OF FAITH

Dr. Bill Parker 539-4281  
 Tuesdays, 8:15 am  
 Length: 6 weeks  
 First meeting: June 17  
 Location: UMHE Center  
 1021 Denison Ave.

A book study. Paul Tillich's famous little book: The Dynamics of Faith. Tillich defines faith as "ultimate concern with that which is ultimate." Chapters: What Faith Is, What Faith Is Not, Symbols of Faith, Types of Faith, The Truth of Faith, The Life of Faith. (Dr. Parker is an assistant professor of math at KSU and holds a theological degree.)

## DAILY WORD STUDY MEDITATION

Dorothy Leonard 539-1971  
 Sundays, 11 am  
 Length: indefinite  
 First meeting: June 15  
 Location: 2504 Rodgers

A continuing meditation group working towards satisfactory relationships between man and God and between men and women in the process of overcoming some of the difficulties which beset daily life. (Dorothy has attended the Unity Institute for Continuing Education and has been a long-standing friend of UFM.)



# SELF

## A BIRD'S EYE VIEW OF THE WORLD OF COSMIC CONSCIOUSNESS

Chuck Guilliford 537-1309  
Doris Grosh 539-7864  
Barb Rockwell 532-6432

Wednesdays, 7:30-9:30 pm  
Length: 4 weeks  
First meeting: June 25  
Location: 1017 Laramie, Apt. 1

Each of us as leaders have an interest in the thought and literature labeled as "cosmic consciousness." June 25 Chuck will have a discussion on Castenada (et. al.). On July 2, Doris will look at Theosophists, Rosicrucianism and Esoteric Christianity. July 9, Barb will provide information and a chance to discuss a variety of techniques such as Rolfing, Feldenkrais method, Meditation, etc. The last meeting will be July 16 and is slated for open topic discussion. Please contact one of us if you have a particular area of interest which you feel should be covered. (Each of the leaders has done or is doing a group in this area currently.)

### COSMIC CONSCIOUSNESS

Judy Cook 776-5390

Mondays, 8 pm  
Length: continuous  
First meeting: June 16  
Location: 608 Houston

This is a continuing group. They are currently studying Roy Eugene Davis' Studies in Truth. The next topic will probably be one of the books by Jane Roberts of possibly something by Alan Watts. For further information call Judy.

### CASTENADA: INITIATE INTO KNOWLEDGE

Willie Perry 776-8715  
Jim Lear

Mondays, 8 pm  
First meeting: June 23  
Location: UFM Basement  
615 Fairchild Terr.  
Limit: 10

The purpose of the group will be to discuss the phenomena of personal growth as was experienced by Carlos Castenada. We will also discuss the tactics of Don Juan as they were used in changing Castenada's view of reality from his Western fixation into the sorcerer's view. The framework used will be anthropological with parallels drawn to the North American Shamanistic tradition as it applies to Don Juan. An attempt will also be made to draw parallels to other systems of knowledge including Tai Chi, Zen and other compatible systems. (Willie and Jim are avid readers of Castenada and are actively seeking the truth -- relatively speaking.)

### FREEDOM, RELATIONSHIP AND LIFESTYLE

Lara Gundel 539-3312

Tuesdays, 7:30-10 pm  
Length: 8 weeks  
First meeting: June 17  
Location: UFM Basement  
615 Fairchild Terr.  
Limit: 15

This will be an experiential group to explore the possibilities for expanding awareness of ourselves, our relationships to other people and our environment, using encounter, bioenergetics, meditation and co-counseling techniques. (Participants can bring pillows to sit on.) (Lara can contribute group leading experience in humanities, psychology and libertarian politics.)

### "THE SIMPLE LIFE"

Jim Lackey 539-4281

Tuesdays, 3:30 pm  
Length: 6 weeks  
First meeting: June 17  
Location: UMHE Center  
1021 Denison Ave.

Some people are saying that we must learn to live more simply-- or simply, period. This, if we do it, may be an evolutionary "Leap". (Jim is a UMHE campus pastor.)

## BIOFEEDBACK: THE REALMS OF CONSCIOUSNESS

Tim Lowenstein 532-6432

Monday, 7:30 pm  
Length: one time, June 16  
Location: KSU Union, room 212

Biofeedback is a means for discovering the realms of human potential, gaining awareness, and developing voluntary self-control. This session will explain the process, making individuals aware of the opportunities for exploration of the various realms of consciousness.

(Tim is a graduate student in the biofeedback program at KSU.)

### EXTENDED MIND-BODY CONTROL: BIOFEEDBACK AND MEDITATION

Marc Snell 539-1898

Mondays, 7:30 pm  
Length: indefinite  
First meeting: June 16  
Location: UFM Library  
615 Fairchild Terr.  
Limit: 10

This group will explore methods of expanding the mind/body relationships. Biofeedback and free form meditation will be explored, along with other related areas, according to group members' interests. (Marc has been involved in the biofeedback program at KSU and is interested in exploring other mind-body experiences.)

### POSITIVE ASPECTS OF ANGER- FEAR- LONLINESS

Jim Lackey 539-4281

Mondays, 3:30  
Length: 5 sessions  
June 16, 23, & 30  
July 14 & 21

First meeting: June 16  
Location: UMHE, 1021 Denison Ave.

A leisurely afternoon's conversation about some beneficial dimensions of our anger, fear, and loneliness - or - Things So Universal Can't Be All Bad! (Jim is a Campus Pastor, UMHE.)

### CHILDREN OF SAPPHO

Al 539-7052

Tuesdays, 7:30 pm  
Length: continuous  
Location: 709 Bluemont

We are a group of students and community people gathering together to share our feelings and problems as well as community. We are for the most part concerned with the broad issue of supporting each other to express and understand our gayness as openly and freely as we individually choose.

### GAY COUNSELING

A group of men and women are providing a counseling service for gay people. Counselors will be participating in a training program together to develop paraprofessional abilities. If you are interested in learning about what we are doing, or would like to work with us, or for counseling, call the Fone: 539-2311.

### MORE TALK ABOUT SEX AND SEXUALITY

Jim Lackey 539-4281

Wednesdays, 3:30 pm  
Length: 6 weeks  
First meeting: June 18  
Location: UMHE Center  
1021 Denison Ave.

Since Sex does not go away for the summer, we thought we just as well talk about it during June and July. There's no predicting what 1976 will do to this traditionally American subject. (Jim is a UMHE campus pastor.)

### GESTALT COUPLES WEEKEND

Shel and Char Edelman 539-2624

Time, date, and location of the first meeting to be announced at registration.

For couples (married or in significant relationship six months or more) wanting to learn about interpersonal communication in marriage. Based on Gestalt Ther-

apy and methods, but NOT a substitute for therapy. During the first meeting, we will establish specific goals for the experience, also time, place and duration. Next comes the experience; in the third meeting, a week or two later, we process what was learned. This may involve small expense for the weekend room and board (\$25-\$30). (Shel and Char have both led many such groups before.)

### COUPLES COMMUNICATION

Candy Russell 532-5510  
776-6566

Wednesdays, 7:30 pm  
Length: 4 weeks  
First meeting: June 25  
Location: Family Resource Center  
611 Poyntz  
Limit: 5 couples

A training group (not counseling) for couples who wish to increase awareness of their communication patterns and expand their repertoire of communication styles. Dress informally-bring pillows if you like (we sit on the floor). Please call Candy before the group starts for more information and to pick up the manual for the course. (Candy is an assistant professor in Family and Child Development.)

### PARENT DISCUSSION GROUP

Suzy Linebarger 537-7908

Day & time to be decided by class  
Length: 7 weeks  
First meeting: Tuesday, June 17  
1:30 pm  
Location: Family Resource Center  
611 Poyntz  
Limit: 6

A parent group to discuss and observe communication skills that can be used to help overcome some of the difficulties encountered in child rearing. A major topic will be how to increase the child's and parent's ability to express their emotions to each other. (Suzy is an assistant teacher in the Infant and Child Care Center at KSU and is a graduate student in Family and Child Development.)

### HOW TO BE YOUR OWN BEST FRIEND

Bernard Franklin 532-3518  
537-2394

Mondays, 7:30 pm  
Length: indefinite  
First meeting: June 23  
Location: Glenwood Apartments, #3  
915 Denison Avenue  
Limit: 12

The format of the class will be based on the novel, How To Be Your Own Best Friend, sold at most "progressive" bookstores. It will be open and free to the group's choosing and will allow much discussion. Resource persons will be invited to attend. People looking to know themselves, their limits, and dependencies are encouraged to enroll. (Bernard has been active as a group leader in programs connected with the Center for Student Development.)

### GUIDED AFFECTIVE IMAGERY - A JOURNEY INTO YOURSELF

Fred Petersen 537-8675

Thursday, 7:30 pm  
Length: one time, July 24  
Location: KSU Union, room 212  
Limit: 15

Guided Affective Imagery is a method of altering one's state of consciousness through the means of a semi-music controlled environment. The class will explain and touch on some of the uses of Guided Affective Imagery as well as take the individuals through a G.A.I. experience themselves. (Fred has gone through and given many such G.A.I. groups before.)

The final place that the game leads to is: WHERE YOU LIVE CONSCIOUSLY IN ALL OF IT Which is nothing You are eternal You have finished perishing There is no fear of death because There is no death It's just a Transformation an illusion And yet, seeing all that, you still carry water. You still do your thing. You flow in harmony with the universe. You are beyond morality and yet your actions are totally moral because that's the harmony of the universe. You see that to do anything with attachment... with desire...with anger..greed..lust ...fear..is only creating more karma which is keeping you in the game... on the wheel of birth and death Once you see through that... desires can't help but fall away

Baba Ram Dass

The universe is change; our life is what our thoughts make it.

Marcus Antonius

# EARTH

## BREAKTHROUGH

C. Hagmauer 537-1553  
M. Sedlacket 776-9392

Thursdays, 7:30 pm  
Length: continuing  
Location: 709 Bluemont

Riley County Mental Health Association is sponsoring a group open to all interested individuals who have had a brush with mental illness in any form. Future plans include 1) social interaction with others who have had similar experiences 2) educational and creative programs 3) professional speakers 4) referral to helping agencies when needed and requested.

## LIFE PLANNING WORKSHOPS

Barbara Rockwell 532-6432

Three workshops are scheduled for summer -- two in June, one in July. When signing up, please state a preference for the following: late afternoon through early evening (3-9:30 pm) OR all day Saturday (9-3:30 pm). Individuals will be contacted regarding location.

Life planning workshops are coordinated through the Counseling Center at Kansas State. Individuals participating in workshops have an opportunity to become involved in planning their future. This planning may include education, career opportunities, leisure activities, and lifestyle. The goal is increased self-awareness and blue prints for a flexible plan of action. Workshops involve structured exercises over a 6-7 hour period (not sensitivity). They are open to all and free. (Special Note: Workshops can be designed for a special focus on couples, high school students, women, older persons, and Fort Riley personnel.)

## GENERAL ASSERTIVE TRAINING SKILLS

John Hung 539-8752  
Caroline Peine 532-6432  
Margaret Nordin 532-6432

Do you hear yourself say "yes" when you really mean "no"? Do you think you have a right to say "no" to an unreasonable request but you don't know how to do it? Do you want to learn to become a more effective person by using assertive skills? Try Assertive Training.

Two sections will be offered. A maximum of 10 persons is desired for each of the two sections. Persons selected will be notified by June 18.

Section I - Mondays (June 23, 30 & July 7 & 14) 3-5 pm. Place to be announced. Limited to freshman students enrolled in summer session or those who plan to enroll fall semester.

Section II - Thursdays (June 26 & July 3, 10, 17) 7-9pm. Place to be announced.

## ASSERTIVE TRAINING WORKSHOP FOR PROFESSIONALS

Barbara Rockwell 532-6432  
Caroline Peine 532-6432  
Belle Edson

Friday, June 20, 7:30-10 pm  
Saturday, June 21, 9-3 pm  
Length: one time  
Location: to be announced  
Limit: 20

The Assertive Training Group at Kansas State will provide a workshop for professionals interested in the concept of Assertive Training, its use in professional situations, and personal use. Friday evening's focus will be on concepts and an introduction to the use of AT. Saturday we will concentrate on belief system, skill building, and application. Participation is limited to those persons working in a managerial/supervisory capacity, counseling or therapy, or any related professional field.

Those signing up will be contacted individually for specific information.

They had what the world has lost. They have it now. What the world has lost, the world must have again, lest it die...it is the ancient, lost reverence and passion for human personality, joined with the ancient, lost reverence for the earth and its web of life.

## WILDERNESS SURVIVAL--- "IN WILDERNESS IS THE PRESERVATION OF THE WORLD"

George Halazon 532-5784

Thursdays, 7:30 pm  
Length: indefinite  
First meeting: June 26  
Location: Ackert Hall, Rm 121, KSU

It seems to be important at this point in time to learn what it means to live "with" nature and not "against" it. We will get into the recognition of wildlife and edible plant life/ camping/ hiking/ wilderness first aid/ selection and care of equipment/ possibly touching on art and tropical survival. This is basically a course on how to subsist in a natural environment utilizing the materials common to the area.

(Dr. Halazon has an impressive background in just about every aspect of the outdoors--from scuba diving to fire fighting.)

## IMPRESSIONS OF A PRIMITIVE, THE WAY THE WORLD IS AND WAS: view from the inside

Dr. Charles Walters 532-6724

Wednesdays, 7 pm  
Length: 2 weeks  
First meeting: June 18  
Location: UFM Living Room  
615 Fairchild Terr.  
Limit: 10

Through philosophy of natural science, we can explore humankind, our place here and there, where we've been and how we got where we are. Using our senses and examining our experiences, feelings and knowledge, we can put ourselves and our world in better perspective. By understanding the earth and ourselves we may come closer to some harmony between the earth and humankind. (In addition to being a Professor of Geology, Dr. Walters has a profound interest in philosophy, and has been a popular UFM leader in the past.)

## THE PRAIRIE/FLINT HILLS NATURAL HISTORY

David Witt 539-3029

Saturday, 1 pm  
Length: one or two sessions  
First meeting: June 21  
Location: Baptist Campus Center  
1801 Anderson Ave.

Naturalists--combine the observation of nature and of natural philosophy to come to an understanding of the prairie. In class, an overview of plants, animals, geology and weather; possibility of a prairie hike the following week. (David offered UFM courses on natural history in the past and has studied and lived in the Flint Hills for several years.)

## WEATHER FORECASTING: FACT AND FOLKLORE

Sue Sandmeyer 539-9376

Tuesday, 7 pm  
Length: one time, June 17  
Location: KSU Union, room 204  
Limit: 10

True or false? "Sound travelling far and wide / A stormy day this does betide." True. This verse from an old English farm book is a saying with merit, for you actually can "hear bad weather approaching", according to country people. Far away sounds such as train whistles, droning airplanes or distant birdcalls sound hollow or as if heard down a long corridor, and they predict a long siege of rain, such as a warm front storm: We will discuss the scientific as well as folklore aspects of weather forecasting - come with your tales! (Sue is the resident forecaster of storms and calms in and around UFM, and does magnificent-ly!!)

## MOON SIGNS

Doris Hoerman 532-5866  
Doug Weyerts 539-5087

Wednesday, 7 pm  
Length: one time  
First meeting: July 9 (New Moon)  
Location: UFM Living room  
615 Fairchild Terrace

Just about everyone we talk to seems to have a grandmother who swore by planting by the moon... which makes us wonder if there might be something to it. We would like to get together with others and share books, moon lore, and any experimenting people have done on planting by the moon. No previous knowledge of moon lore is required, just an interest in this ancient tradition. (Watch out for Doug and Doris on a night with a full moon.)

## ASTRONOMY

Mike Boss 539-7002

Wednesdays, 8 pm  
Length: indefinite  
First meeting: June 18  
Location: Planetarium, Cardwell Hall, KSU (upstairs)

Using the planetarium, the large telescope at KSU and smaller telescopes for the hillsides, we will study constellations and do lunar and planetary observing. (Mike is a musician with a side interest in astronomy.)

## THE SUN AND THE WIND

Ron Burt 537-9735  
Cecil Miller 539-8838

Mondays, 7 pm  
Length: indefinite  
First meeting: June 16  
Location: Baptist Campus Center,  
1801 Anderson Avenue

At the spring UFM talk on solar energy by Wes Jackson a lot of verbal energy and ideas were exchanged concerning solar collectors. We'd like to move beyond the one-evening gathering of ideas to continue this discussion of solar heating and also build a solar collector and solar oven. In addition we will pursue the use of wind as a source of power. (Cecil, is recently back from Nepal where he was the consultant for UNICEF's developing nations' windmill construction project. Ron is building a solar oven for use with his orchard crops.)

## FLOWER GARDENING

Ken Benedick 537-2473

Tuesdays, 7:30 pm  
Length: determined at first meeting  
First meeting: July 1  
Location: 1030 Thurston  
Limit: 12

The theories and practices of flower gardening and ornamental landscaping will be discussed. Examples of topics will include propagation, multiplying plants, bulbs, seed germination and those topics desired by the group. Projects and excursions will be planned. (Ken is studying Horticulture and Landscape Architecture and has been gardening for several years.)

## ORGANIC GARDENING METHODS

Dr. Bargyla Rateaver

Wednesday, 7:30 pm  
Length: one time, July 30  
Location: K.P.&L. Bldg, 501 Poyntz

The basics of organic gardening will be covered, including organic fertilizers, insect control, composting, and companion planting. (Ms. Rateaver holds classes on organic gardening all around the country, especially California, and has written "The Organic Method Primer" and various magazine articles.)

**DEALING WITH HOUSEPLANTS**

Meg Mathewson 776-6162

Wednesday, 7:30 pm  
 Length: indefinite  
 First meeting: June 17  
 Location: 1960 Lincoln Drive

From my trial and error experience as well as my small library, I'd like to relate and demonstrate the techniques and pleasure of working with houseplants. We'll cover plant needs (soil, light, etc.,) propagation, transplanting and insect and disease problems. Also provided: low-down on what's available and how much it costs in Manhattan. Who knows what's happening with particular favorites (from cacti to ferns) and any special subject the class selects. We can use a local plant shop for meetings to discuss a large variety of plants. (Meg grows and sells many plants of her own.)

**CUTTING AND PLANT EXCHANGE**

Doris Hoerman 532-5866

Tuesday, 7:30 pm  
 Length: one time, June 24  
 Location: 1707 Laramie

Have you ever wished you could trade in some of your over-abundant Swedish Ivy for a few African violets? Well, I have, and would like to meet with those who have a surplus of plants they would like to trade for others. Bring your healthy plants and cuttings in containers you don't mind not seeing again and we can talk about how best to care for them. This can include both indoor and outdoor plants----irises, ground covers, trees, etc.

**HERBS**

Betsy Baldwin

Saturday, 1 pm  
 Length: one time, June 28  
 Location: Meet at UFM House, 615 Fairchild Terr. for a ride at 12:30 pm or Go over Kansas River Viaduct, turn east (left) on Hwy 18. Go 5 miles and turn south (right) at blue mailbox.

Let's meet at my farm where you can see some herbs growing and others drying. We will spend the afternoon discussing the growing, gathering and using of herbs for health and cooking. Bring a teapot if you have one and we'll sample. (Betsy has gathered and grown herbs for 5 seasons.)

**EDIBLE PLANTS**

Max Miller 539-3488  
 Sue Maes 539-8304

Thursday  
 Length: two times  
 First meeting: June 19, 7 pm, 3117 Bermuda Lane  
 Second meeting: June 26, 6:30 pm UFM House, front yard, 615 Fairchild Terrace

In recent times of world crises it is recorded that people often fall back on this natural supply system for their survival. The class will spend the first evening in Max's backyard learning to identify edible plants and the how's of preparation for consumption. The second week Lloyd Hulbert will lead a field trip to a bog area and to the Kanza Research Area to observe plants in their natural surroundings. (Max and Sue have been collecting and consuming edibles for many years.)

**COMMUNITY GARDENS**

People with some experience in gardening, especially retired persons, are needed to serve as Garden Advisors at Manhattan's Community Gardens. You don't have to be an expert, just someone who can answer basic questions about gardening or who knows where to go to find the answer. There are many other ways you can contribute to the gardens--such as donating flowers or grass seed, creating a flower garden for the Mini-Park, or any special skills you have that you think we could use. Please call Doris Hoerman, Gardens Co-ordinator, (776-7500) if you can help in any of these ways.

**ENVIRONMENTAL AWARENESS & ACTION**

Kent Foerster 537-0977

Evenings once a week  
 Length: June and July  
 First meeting: you will be notified  
 Location: Ackert Hall

Resource Recycling and Action at E.A.C.---Special projects this summer include the Community Bikeways System; KSU Energy and Environment report: starting community and university-wide newspaper recycling; investigation into alternative sources of energy, organic gardening, solid waste disposal, political action with legislators, and anything else that one is interested in doing (Kent is coordinator of E.A.C. and a student lobbyist in Topeka and Washington, D.C.)

**ORNAMENTAL PLANT INSECTS**

Hugh E. Thompson 532-6154

Monday, 8:30-11:20 am  
 Length: 5 weeks  
 First meeting: June 16  
 Location: Waters Hall, 124-B, KSU  
 Limit: 8

An introduction to insects which attack turf, flowers, shrubs, and trees. Course will consist of illustrated lectures and field trips.

(Hugh has 27 years experience in research and teaching on this subject.)

**BEE KEEPING**

Dell Gates 532-6154

Mondays, 7-9 pm  
 Length: 2 weeks  
 First meeting: June 23  
 Location: Waters Hall, rm.132, KSU  
 Limit: 20

The fundamentals of what is needed to start an apiary will be demonstrated by showing equipment and a slide show on local hives. Outings might be possible.

(Dell is an Entomology Extension agent.)

**BIRD WATCHING**

Roxy Becker 537-1987

Saturdays, 7 am  
 Length: indefinite  
 First meeting: Thurs., June 19, 7pm  
 Location: 1331 Pierre  
 Limit: 10

If you enjoy birds and early morning walks come and share what you know Saturday mornings. We will look at as many kinds of birds as we can find and possibly take some weekend camping trips.

(Roxy has been watching birds for years and is a member of Audubon and Bird Populations Institute.)

**THE RILEY COUNTY HUMANE SOCIETY**

Glenda Heldenbrand 776-4851  
 539-8123

2nd Thursday of the month  
 Location: various  
 Length: indefinite

The Humane Society has jobs available for anyone who loves and cares for animals. The Shelter Committee provides volunteer power to the Manhattan City Animal Shelter. Work involves cleaning pens, grooming and walking animals. The Welfare Committee receives and investigates charges of cruelty to animals and will follow through to criminal court prosecution if necessary. The Education Committee is making a special series of programs which will include films, talks, and demonstrations with animals. The Neutering Clinic committee is establishing a Spaying & Neutering Clinic, through which people will be able to have animals neutered at a lower charge. We hope to be able to establish a program of cooperation with the zoo and with the city to encourage licensing of pets. Interested people please sign at UFM registration and you will be contacted.

**PEOPLE AND PETS**

Marvin Samuelson/Meg Mathewson/  
 and the Riley County Humane  
 Society 776-6162

Thursdays, 7:30 pm  
 Length: indefinite  
 First meeting: July 24  
 Location: UFM Basement, 615 Fairchild Terrace

The first meeting of this very broad class will concern spaying and neutering of domestic animals. We encourage all interested people to attend, especially those who take advantage of the Society's low-cost spaying and neutering program. We will explain what a spay actually involves, how much it costs and why, pre- and post-operative care, and the benefits to you and the community when your animal is spayed/neutered. Future classes will be determined by the interests of the group.

**DOG OBEDIENCE**

Susan Bryant 537-7008

Saturdays, 2 pm  
 Length: 6 weeks  
 First meeting: June 21  
 Location: Pottorf Hall, Cico Park  
 Limit: 20

In this class we would like to teach dogs to come when called, heeling, the automatic sit and many other exercises that would help your dog to be more obedient and happier. You will need to bring your dog, a 6 foot leather leash and hike chain. (Susan has been training dogs for five years and has taught for 4-H.)

# especially for children

**BIRD WATCHING** 537-1987

Roxy Becker

Mondays, 7 pm  
 Length: 4 weeks  
 First meeting: June 16  
 Location: 1331 Pierre  
 Limit: 8

We just want to spend some time outside learning a little bit about nature and some of the more common birds in and around Manhattan. Bird habitats, feeding habits, nesting habits, their calls and songs and general role in nature will be discussed. Must be at least 8 years old.

(Roxy has been watching birds for several years, and is a member of Audubon and Bird Populations Institute.)

**BIRD FEEDER BUILDING**

Roxy Becker 537-1987

Saturday, 9 am  
 Length: one time, June 28  
 Location: UFM House 615 Fairchild Terr.  
 Limit: 10

We will talk about how to attract birds to our backyards and make a couple of simple feeders. Participants will need to bring a coconut, a milk carton and some string. Must be at least 8 years old.

(Roxy has been watching birds for several years and has feeder stations in her backyard.)

**JELLY JAR FARMING**

Pae Oblinger 539-8050

Mondays, 1 pm  
 Length: 4 weeks  
 First meeting: July 7  
 Location: 340 N. 16 Street, Bsmt.  
 Limit: 12

Jelly Jar Farm is designed to help children learn about the simple processes that seeds, cuttings, etc., go through when they are sprouting. I have planned 4 class meetings which will include watching lentils sprout, a potluck paper cup, watching carrot tops grow, a magical sponge, an egg shell that grows grass, and even making your own little pots. These projects will help children become aware of plant life.

(Pae is a Horticulture major and has had experience working with children.)

**GARDENING FOR KIDS**

Dick Mattson 532-6170

Saturdays, 10-11:30 am  
 Length: indefinite  
 First meeting: June 21  
 Location: Community Gardens 800 Riley Lane

This will be a class designed to help children raise their own vegetables. Basic instruction and guidance will be offered for the planting and care of a midsummer garden.

(Dr. Mattson is a professor of Horticulture at Kansas State.)

## green thumb series

Please sign up for each specific session you wish to attend. Location: Manhattan Public Library, (unless otherwise specified\*) Time: 7:30 pm

This summer's series is a combination of efforts by the Kansas State University Department of Horticulture and local "green thumbs." Please specify at UFM registration which talks you plan to attend.

**HOW DOES YOUR GARDEN GROW?**

Frank Keller

June 16  
 Steps to a successful home vegetable garden -- now that the seeds are in the ground.

**TUNING A POWER MOWER AND CULTIVATOR**

Earl Baugher

June 23  
 How to do your own! A few simple maintenance tips. (\*Seaton Hall, Lower Shops Room 37, KSU.)

**GRASS GROWING AND LAWN CARE**

Ray Keen

June 25  
 How to water, cut, fertilize and plant your lawns. (\*Meet at UFM House, 615 Fairchild Terr. at 7 pm for a drive to the Turf Plots, on Hiway 24 or call 532-5866 for directions.)

**FALL GARDENING**

Jim Greig

June 30  
 Types of vegetables you can plant now and harvest this fall.

**VEGETABLE STORAGE AND DRYING**

Chuck Marr

July 7  
 Methods of storing vegetables or preserving vegetables for later use. Will include discussion of storage methods and procedures, drying, and vegetables that can be stored in the ground.

# PLAY

## WOMEN'S SOFTBALL

Sue Sandmeyer/Ann Swegle

Mondays,  
Length: indefinite  
First meeting: June 16  
Location: 1620 Leavenworth

Here's a chance for you to not only get in shape, but also have some fun with other women. We'll form teams and play ball! First meeting we will decide when and where we'll play.

(Sue and Ann co-ordinated this class for UFM last summer and had a great time.)

## SOME BASIC ANGLES OF FISHING

Steve Ernst 539-7069

Thursdays, 5:30 pm  
Length: 3 weeks  
First meeting: June 19  
Location: UFM front lawn  
615 Fairchild Terr.

I am not exactly an expert fisherman but I have baited a lot of hooks and cleaned a lot of fish. Mainly for those who would like to fish but just have never had the opportunity. You will learn to use whatever equipment you have, general fishing tips, cleaning and cooking. (Steve has been a casual fisherman for many years.)

## SKIN AND SCUBA DIVING

George Halazon 532-5784

Mondays, 7:30 pm  
Length: indefinite  
First meeting: June 16  
Location: Ackert Hall, Rm. 121, KSU

The interests of the people in this class will decide its directions - whether it's learning only skin diving or advancing to scuba diving. We'll be following the course as outlined by the Professional Association of Diving Instructors. Those interested can work on the 40 hours needed for basic certification. Field trips will be included. Equipment needed will be discussed at first meeting. (Dr. Halazon is a certified instructor with PADI.)

## FAMILY CANOEING

Bob Poresky 539-2967

Thursdays, 7:30 pm  
Length: indefinite  
First meeting: June 19  
Location: 3016 Claflin

We will try to get out on alternate weekends this summer. Schedules for our canoe trips will be discussed at the first meeting. Participants will have to provide their own canoes, paddles, and lifejackets. Information on whereabouts of rentals will be available. (Bob has led this class for many UFM sessions and he's very interested in canoeing especially with his family.)

## HANG GLIDING

Monty Neidenthal 776-9763

Thursdays, 7:30 pm  
Length: indefinite  
First meeting: June 19  
Location: KSU Union, Rm 203  
Limit: 25

Hang gliding is the most rapidly growing sport in the nation. And yes, there is hang gliding in Kansas. This course has been designed as a ground school for hang gliding, and if we reach the time to fly we will do so at local sites. The ground school covers the history of hang gliding, the law of hang gliding, and construction and maintenance of your kite. There is a recommended text available at Varney's Book Store, Hang Gliding, the Basic Handbook of Sky Surfing. The overall cost of the course will depend on independent kite rental and will be discussed in class. (Monty has been hang gliding for 1½ years, and is currently an instructor at Sky High Sky School in Manhattan.)



## BASIC WATER SAFETY

Ron Gaches 539-2665

Sign up at registration and you will be contacted as to the time, date, place and first meeting of the class.

Introduction to water safety techniques. All class members should be capable of swimming 100 yds. non-stop. Age group 12-18. (Ron is a Red Cross certified Water Safety Instructor and KSU graduate.)

## THE RESULTS OF DEFECACTION REMOVAL or SHITKICKING

Stella and Spac 539-6406

Sunday, 2 pm  
Length: one time, June 22  
Location: UFM Front yard  
615 Fairchild Terr.

Come to meet with us and we will caravan to a chosen field where we can show you how to pick a pasture, select a pile, determine wind direction and release energy that is wanting out of your system. Please wear boots and other appropriate apparel. (Stella and Spac have found that living in Kansas provides one with never-ending resources for this pastime. They love it!)

## POCKET BILLIARDS

Joe Rippetoe 539-6208

Wednesday, 6 pm  
Length: one time, June 18  
Location: KSU Union Recreation Area  
Limit: 10

This course is concerned with the basics of shooting pool and will begin with how to first select and then hold a cue properly. The class will then focus on making the cue ball go where they want at the same time they're making shots: back it up or roll it forward a specific distance, spin it to either side or stop it on the spot. Most people can make a shot on a pool table but have trouble planning for the second one and beyond. That's what this class will attempt to master. There will be three sections, 10 persons each, so sign up for the waiting list. (Joe's experience with this pastime is now about 18 years long.)

## BIKE TOURING

Douglas Weyerts 539-5087

Sundays, 6 pm  
Length: indefinite  
First meeting: June 22  
Location: UFM  
615 Fairchild Terr.

For people who are interested in taking some good bicycle trips. We will be riding maybe 15-20 miles to places in the Manhattan area. Where we go will be decided by the class. (Doug has been riding for 2-3 years and has experienced some nice trips.)

## BIKE HIKE

Lee Holmes  
Bob Sweet

Sundays, 9 am  
Length: indefinite  
First meeting: June 22  
Location: 725 Laramie

We will have two riding groups, a beginners and an intermediate. No racing. We will ride about 30 miles each trip, so please be aware of your personal physical condition and the condition of your bicycle. You are responsible for the maintenance of your own bicycle. (Lee and Bob have been cyclists for a number of years.)

## LEISURE BICYCLING

Helen Gross 539-5142  
Enid Stover

Tuesdays, 6:30 pm  
Length: indefinite  
First meeting: June 17  
Location: 341 N. 15th

This class is for anyone interested in leisurely cycling - morning or evening and would like to enjoy Manhattan's alleys, parks and bikeways. (Helen and Enid have been bike riders for many years and say they have more energy than expertise.)

## EUROPE THIS SUMMER?

Jim Killacky 532-5866  
Lona Hughes 776-4756

Thursday, 7:30 pm  
Length: one time, June 19  
Location: UMHE, 1021 Denison Ave.

If you are planning a jaunt across the Atlantic, or if you're dreaming about it, you might like to find out a little more than the glossy ads tell you. We will have a number of people who have lived, studied, or vacationed in various parts of Europe - and who might be able to make the planning or dreaming for your trip a little easier. (Jim has lived and worked there, and Lona knows more important details than most anyone else.)

# especially for children

## LAZY PEOPLE'S PEDDLE PARTY

Tom Ernst 539-4224

Wednesdays, 2 pm  
Length: decide at first meeting  
First meeting: July 2  
Location: City Park Pavilion  
Limit: 20

This class is mainly a get together for bikers who, like me, ride purely for fun. We will take some small trips and possibly a long trip. The only thing you will need is a bike. (Tom is an amateur bike rider, with a small amount of experience.)

He who loves his body more than dominion over the empire can be given the custody of the empire.

Lao Tzu

# WOMEN



The myth of the strong black woman is the other side of the coin of the myth of the beautiful dumb blonde. The white man turned the white woman into a weakminded, weak bodied, delicate freak, a sex pot, and placed her on a pedestal; he turned the black woman into a strong self-reliant Amazon and deposited her in his kitchen . . . The white man turned himself into the Omnipotent Administrator and established himself in the Front Office.

Eldridge Cleaver

## BODY AND MIND

Charlene Wheeler 776-4779  
Judy Schrock

Thursdays, 7:30-9 pm  
Length: 6 weeks  
Location: To be announced at registration

This course will provide an opportunity for women over the age of 25 years to be involved in growth of self awareness and communicating with other women. Sessions will include awareness exercises followed by sharing of feelings pertaining to the exercises. (Charlene and Judy are nurses at the Riley County Health Department and have led "Our Bodies/Ourselves" for UFM before.)

## SURVIVAL FOR SUDDENLY SINGLE WOMEN

Ardis Gugler  
Shella Russell 539-6406  
Sara Barnett

Wednesdays, 7:30 pm  
Length: indefinite  
First meeting: June 26  
Location: 1218 Bertrand

We have experienced and somehow continue to experience social stigmas typical of those labeled "divorcee." We would like to gather with others and discuss uncomfortable confrontations that inevitably happen and share how we have responded to them. It's often comforting to be able to talk to others in comparable situations and get some empathetic feedback. Some things we will talk about are children, family pressure, friends, married couples, awkwardness, and staying above water in relationships. We don't stress re-marriage and don't wish to rehash through the past. (Ardis has been divorced for two years and has a 3-year old; Shella has been divorced for 11 months and has a 5-year old; Sara has been divorced 7 months.)

## WOMEN'S SEXUALITY

Teresa Hayden 539-5630

Mondays, 7:30 pm  
Length: indefinite  
First meeting: June 16  
Location: Route #4, Harbour Hills (call for directions)

Primarily for women who wish to increase knowledge of their own sexuality. We will discuss Masters and Johnson and will also read about and discuss the determinates of the female orgasm, fantasy during sex, and communication with one's partner about sex. (Teresa has access to psychological studies in this area, training in how to interpret psychological research, and is a woman!)

## ATTITUDES TOWARD MOTHERING

Denise Low 539-7268

Tuesdays, 7 pm  
Length: indefinite  
First meeting: June 17  
Location: University Terrace Apts. 1518 College #E4  
Limit: 12

This class is a consciousness raising group for women who are mothers or who may become mothers in the future. This is a place for examining your attitudes and feelings toward children and sharing these experiences. All ages welcome. (Denise derived great support and benefit from a woman's group after her second child was born.)

## WORK-SCHOOL-FAMILY-HOW MUCH CAN ONE WOMAN DO?

Cherry Granrose 537-7331

Tuesdays, 8:30 pm  
Length: 6 weeks  
First meeting: June 17  
Location: 322 N. 17th

A discussion of roles women have and how to get into new ones. We will focus on sharing problems and solutions for going back to school or work after starting a family. Participants can expect to give and receive help in defining personal goals and locating resources for meeting these goals.

(Cherry is a mother of three with a full time job and academic interests in pregnancy, sociology of women and continuing education.)

## WOMEN'S RAP GROUP

Callie Russell 539-7052

Wednesdays, 7:30 pm  
Length: indefinite  
First meeting: June 18  
Location: 1016 Moro, #5  
Limit: 10

Having participated in a consciousness raising group before. I've come to realize once again the need for more personal contact with women. I'd like to get a group of 6-10 women together to share our thoughts on who we are and are becoming. We'll rely on various media forms (literature, films, etc.) to give us direction. Call me for details. (Callie has been in one CR group and grew from her experience, wanting to pass it on to others.)

## WOMAN PLUS WOMAN

Gay Counseling Service 539-2311

Tuesdays, 7 pm  
Length: indefinite  
Location: UFM, 615 Fairchild Terr. upstairs cont.

hassles of being a lesbian in a "straight" society. Readings such as Rubyfruit Jungle and Sappho Was a Right-On Woman will provide a foundation for our discussions. Directions of the meeting will be decided on by the group. The group is primarily designed for lesbians, bisexuals and other interested women.

## AUTO COMMUNICATIONS FOR WOMEN

Norman Peck 537-9883

Tuesdays, 7:30 pm  
Length: 4 weeks  
First meeting: June 17  
Location: Ackert Hall, Rm 105, KSU  
Limit: 25

Do you know how to come to terms with your car? You should, since almost everyone either finds or may find it necessary to own one. We are here to try to help you avoid really big repair bills with preventive maintenance and a little understanding of and talking to your car. How to avoid getting ripped off with big bills; how to talk to mechanics about your car; how to buy a car. We will have some field trips planned. (Norm has taught this popular course for us several times before.)

## RAPE PREVENTION

Caroline Peine 532-6432

Rape is the fastest growing crime of violence in the U.S. Come see a film that might help you: Nobody's Victim. (Caroline is K-State's current rape expert.)

## INTERNATIONAL WOMEN'S YEAR

Nancy Sheetz-Freymiller 776-8653

Sponsored by the United Nations, International Women's Year (IWY) focuses on celebrating women's contributions in the United States and throughout the world. IWY also emphasizes the national and international situation of women and the means to improve it. Mutual understanding is stressed to include everyone -- women, men and children from all community groups. Women's and men's associations, labor unions, minority groups, the elderly and the handicapped all work to achieve IWY's three goals: equality, development and peace throughout the world. For information on IWY activities in the Manhattan-Riley County area, call 776-8653 or 776-6963.

## WOMEN'S RESOURCE CENTER

Margaret Nordin 532-6432  
Caroline Peine

The KSU Women's Resource Center is concerned primarily with raising the level of awareness of students regarding the changing roles of men and women and the implications of these changes. It serves both as a center of information and as a referral agency concerning opportunities and programs about and for women students. Men as well as women are welcome and invited to use the center, located in Holtz Hall at KSU.

## WOMEN AND OUR PROBLEMS OF POVERTY

Ardis Gugler 539-7804

Wednesdays, 7 pm  
Length: indefinite  
First meeting: June 18  
Location: 815 Fremont

Let's meet each other and discuss how to survive with what's available to us. Possible topics offered by community resource people include low-cost nutritious meal planning, budgets and how to find out what services the community offers. Mostly we'll follow the direction of the group's interest. Children are welcome.

(Ardis has shown an interest in meeting more of the needs of the community and people who share common interests.)

# SKILLS

## JUST ANOTHER ROADSIDE ATTRACTION or HITCHHIKING 701

Owen Wrigley 532-5866  
 Wednesday, 10 am  
 Length: Once, possibly twice  
 First meeting: July 9  
 Location: Meet in UFM living room to go the the 177-170 interchange

Methods in Transience. Style and form are, of course, what really distinguish the accomplished hitch-hiker. We shall give only fleeting interests as to what to carry or where to go and shall devote most of our attention to the process and movements in Highway Dance.

(A perpetual transient, Owen has been a hitch-hiker since age 16 having hitched well over 50,000 miles, including 38 states, 5 provinces of Canada and 18 foreign countries.)

## HELP FOR TROUBLED WATERS --PLUMBING

Ken Spare  
 Monday, 7:30 pm  
 Length: one time, June 23  
 Location: Manhattan Public Library  
 This is a one time class (or more if needed) to show you how you can save lots of money by getting to know your plumbing better, your home's plumbing, that is. We'll cover common household problems with faucets and toilets that can easily be repaired with a channel pliers and a screw driver. Also we'll cover the do's and don'ts of how to deal with a plumber for major repairs.  
 (Ken is a plumber in Kansas City.)

## YOU AND YOUR AUTO

Rick McGuire 537-8559  
 776-4253  
 Sundays, 1 pm  
 Length: indefinite  
 First meeting: June 22  
 Location: UFM Living Room  
 615 Fairchild Terr.  
 Limit: 15

This class is designed for everyone, mechanic and non-mechanic. Basic fundamentals and how to do simple repairs and tests. There will be class lecturing, demonstrations (show and tell). Subjects to be covered: How to change oil, how to change tires, what to buy for replacement parts, how to repair alternators, starters, batteries, carburetors, and tune-ups. (Rick is a qualified working mechanic here in town and has had enthusiastic response to this UFM course in the past.)

## HOUSE PAINTING

Jim Roper 537-7715  
 Rod Manges  
 Wednesdays 7pm  
 Length: indefinite  
 First meeting: June 25  
 Location: UFM Library  
 615 Fairchild Terr.

We have indoor and outdoor painting experience and can answer questions you have about attacking your painting project this summer. (Rod and Jim have done a lot of painting, and are painting this summer and are ready to share what they know.)

## BICYCLE REPAIR

Bill Jacoby 537-1510  
 Tuesdays, 7:30 pm  
 Length: indefinite  
 First meeting: June 24  
 Location: Bill's Bike Shop  
 1207 Moro St.

We will be teaching the fundamentals of bicycle care and repair. Class will decide its own direction and how to make the most effective use of time.  
 (Bill has led this course for a couple of years, owns his own store and is enthusiastic about this class.)

## BEGINNING GERMAN

Herbert von Haas 539-2514  
 Fridays, 7 pm  
 Length: all summer  
 First meeting: June 20  
 Location: 1st Lutheran Church  
 10th and Poyntz  
 Limit: 30

We'll start with beginning German and go to basic conversation skills, basic reading skills and basic skills for tourists. We will also spend some time on the culture and cuisine of Germany and Austria. (Herbert was born and raised in Austria and has been in the U.S. since 1964.)

## ARABIC LANGUAGE

Mr. Basil Al-Rawi 537-7371  
 Mondays, 7:30 pm  
 Length: 5 weeks  
 First meeting: June 16th  
 Location: KSU Union, Rm. 203

Two levels will be offered. One is a continuation of a previous program and is recommended for those who have some knowledge of Arabic. The other is designed for those who know little or no Arabic. Reading, writing, and basic grammar will be stressed. (Mr. Al-Rawi is a KSU graduate student who is a native Arab speaker. He has one semester of teaching experience in Arabic.)

## INTERMEDIATE TYPING

Nancy Warren 537-2875  
 Mary Sue Davis 776-6817  
 Mondays and Thursdays 7-9 pm  
 Length: 7 weeks  
 First meeting: June 16  
 Location: Calvin Hall, Rm. 217  
 KSU  
 Limit: 30

This class is a continuation of UFM's Spring Session of Beginning Typing. People enrolling should know the keyboard. Basics will be taught on Mondays and drills will be conducted on Thursdays. (Nancy and Mary Sue are both Senior Students in Business Education.)

## STUDY SKILLS LABORATORY

Mark Reaves 532-6432  
 Linda Anderson  
 Monday through Thursday, 11 am  
 Length: 6 weeks  
 Location: 502B Farrell Library  
 KSU

Study Skills Laboratory offers methods of developing effective study habits which have proven amazingly sound. It gives us an opportunity to share our means of dealing with concerns you may have relative to your study skill and habits. For more information, call Mark or Linda.

## EVERYTHING YOU ALWAYS WANTED TO KNOW ABOUT GARAGE SALES, BUT WERE AFRAID TO ASK

Rosemary Deininger 539-8019  
 Wednesdays, 7:30 pm  
 Length: 2 weeks  
 First meeting: June 25  
 Location: 1315 N. 10th  
 Limit: 6

Strictly for the beginner garage sale seekers. Learn the how to's on: giving your own garage sale, techniques on bickering, personal appearance, mapping out garage sale route. This will be a two meeting course. We'll meet first on Wednesday, June 25, and go over the techniques. Then hit the garage sales that following Saturday - it's a deal!  
 (Rosemary is a weekend professional garage sale goer.)

## GARAGE SALING: ANTIQUE OR JUNK?

Rod Taylor 776-6232  
 Saturdays, 7 am  
 Length: indefinite  
 First meeting: June 21  
 Location: UFM Living room  
 615 Fairchild Terr.

This class is for all people interested in collecting junk and antiques and just going to garage sales. I will try to disseminate information on what to look for when trying to tell the difference between antiques and junk. (Rod is an avid garage saler and junk collector.)

## FIRST AID MULTIMEDIA

Mary Klingler 537-2180

Section A:  
 Thursdays, 1-5 pm  
 Length: two weeks  
 First meeting: June 19  
 Location: KSU Union, Rm. 212  
 Limit: 25

Dedi Lodi 537-2180

Section B:  
 Wednesdays, 1-5 pm  
 Length: two weeks  
 First meeting: July 16  
 Location: KSU Union, Rm. 212  
 Limit: 20

This is the American National Red Cross instructional system that features filmed demonstrations, guided practice sessions, and programmed work books. The student is certified as a standard first aider upon successful completion of the course. There is an advance fee of \$6 which covers materials, workbooks, and texts. Please pay fee and register at the Red Cross office at 1617 Poyntz Avenue. (Mary and Dedi are both certified to teach Multimedia First Aid.)

## PROTECT YOURSELF

Annette L. Thurlow 532-6541  
 494-2641

Tuesdays, 7 pm  
 Length: 6 weeks  
 First meeting: June 17  
 Location: KSU Union, Rm. 203  
 Limit: 20

This class will include discussions on agencies that handle consumer complaints, resolving a complaint, frauds and the ways people get taken, how to protect yourself as a renter (landlord-tenant relations), how to protect yourself as a borrower (credit, budgeting, etc.), door-to-door sales, and what you should know about mail order firms. (Annette is director of KSU Consumer Relations Board, & financial counselor at Ft. Riley. She has a B.S. in family economics.)

I trust a good deal to common fame, as we all must. If a man has good corn, or wood, or boards, or pigs to sell, or can make better chairs or knives, crucibles or church organs than anybody else, you will find a broad, hard-beaten road to his house, though it be in the woods.

R.W. Emerson

The winds and waves are always on the side of the ablest navigators.

Edward Gibbon



### RESTORATION OF A STONE HOUSE: BLUEPRINT TO FINISH

Steve, Jack & Gene Ernst 539-7069  
539-4224

Saturdays, 9:30 am  
Length: 3 weeks  
First meeting: June 21  
Location: UFM, 615 Fairchild Terr then out to the house.

We are restoring a beautiful old stone house near Manhattan. Those who might be interested in viewing first hand the process from design to actual sheet rock-ing, tearing down, rebuilding portions, redoing a stairway, etc. are invited to sign up. We might also visit a couple of other similar local projects. (Gene Ernst is a KSU Architecture professor. Jack is majoring in building construction and Steve has several years of construction experience.)

### DO'S AND DON'TS OF BUYING AND SELLING A HOUSE

Fran Van Meter 539-4528

Wednesdays, 7:30 pm  
Length: 2 weeks  
First meeting: July 9  
Location: available at registration  
Limit: 20

We will get together and discuss the do's and don'ts of buying and selling a house. We will probably visit one and consider how to judge it. Starting at the foundation and working up to the rood, the group will discuss such things as electrical capacity, heating systems, plumbing, etc, with respect to purchase or sale. (Fran has been active in real estate for over two years.)

### DEFENSIVE DRIVING

Delbert Ekart 537-2261

Sign up and you'll be contacted. This is an 8-hour course, designed to combat the mounting traffic death toll. It is developed by the National Safety Council, and qualified instructors from the Kansas Farm Bureau will teach techniques of defensive driving. This course is in-class rather than in-car instruction. Materials will cost \$1.00.

### SMOKING CESSATION

Mike Bradshaw 776-8393

Tues., Wed., Thurs. 7:30 pm  
Length: 6 times  
First meeting: June 17  
Locatopm" Lafene Health Center KSU  
Limit: 40

This smoking cessation class prepares the smoker physically and psychologically for his new "no smoking habit." Films and group discussion will be used to help the smoker over the difficult first week. Enter Lafene through the emergency entrance. (Mike has been working with people who want to stop smoking for the past three years.)

### HOW TO COLLECT STAMPS CORRECTLY

Mrs. Tom Hagan 537-9645

Mondays, 7 pm  
Length: indefinite  
First meeting: June 16  
Location: 831 Humboldt

Come learn the basics of stamp collecting; how to start collecting, how to select, and methods of trading stamps without using money. Foreign students are encouraged to come, to find out about American stamps and to share knowledge of their native stamps. (Mrs. Hagan started the Manhattan Stamp Club and has had exhibitions at the library and post office; she also does stamp appraising.)

UNIVERSITY FOR MAN is the educational exchange for the KSU/Manhattan community. The wide variety of courses in our brochure are merely a reflection of the diverse skills, interests, knowledge and needs of this community. The fact that a course is offered through our brochure does not necessarily mean that we condon it. Rather, we believe that there is room for diversity and that new or different ideas should stimulate and be stimulated rather than threaten or be threatened.

UFM is financially supported by the Student Governing Association of Kansas State University, the Division of Continuing Education, the local chapter of the United Way, the Kansas Committee for the Humanities, and your donations. Because of this support we are able to continue the presentation of high quality programs which are free and open to everyone.

The UFM staff is willing to meet with classes, churches, clubs, civic groups etc. to lead discussions about education, including free schools, non-traditional education and other alternatives.

## who can lead a ufm course

You can. We believe that each person comes equipped with a special set of personal resources, and just as unique a set of needs and desires. These resources, needs and desires are translated into course offerings which make up the UFM brochure.



## who can take a ufm course

Anyone can. You'll find kids from high school, doctors, farmers, the elderly, radicals and conservatives side by side -- both taking and leading UFM courses. Through UFM you can experiment without the pressure of grades, tuition, credit or failure. You can't flunk a UFM course!!

## community grocery

The goal of making the world a better place in which to live is near and dear to all of us. The People's Grocery Inc. (formerly The Manhattan Food Co-Op), to be located at 811 Colorado, epitomizes this goal. People from all walks of life and of all ages are working together to develop this project. There is still a long road ahead but with the support of you the people, all owners of your store, a wide variety of healthy foods can be provided at the lowest possible cost. We at UFM applaud this venture, and pledge to offer our strongest support in any way that we can. Please turn to the FOODS Section for specifics.

Thanks to the help of many fine people, the Community Gardens have become a reality. Already the people who have rented plots are reaping the fruits (and vegetables) of their labor. But the Community Gardens are more than just plots for rent. Many people who don't have a plot have helped in the design and construction of the gardens and the accompanying playground. A real sense of community exists and this is refreshing.

People are still needed to help in a variety of ways:

- \*\*Experienced gardeners to stop by once a week and give advice when needed.
- \*\*Teachers for short informal outdoor craft classes for kids (birds, weather, insects, kite building etc.)
- \*\*Anyone who would like to help with construction of the playground.

## community gardens

## people's resource directory lives!

You just may not recognize it in its new form, but the People's Resource Directory has been renamed the LEARNING EXCHANGE, and has a new home at the University Learning Network, open 9 am - 3 pm Monday-Friday ---532-6442. Rather than a booklet it is now in file form easily accessible by telephone. This will allow for continual updating and improvement of the information files. And, instead of one People's Resource Directory each year, there will be periodical listings of topics and resources distributed to the community.

If you have skills or talents that you have wanted to share, but have not felt it possible to give a class, perhaps you can be available on an individual basis. If your interests range from Astronomy to Dance, Beadwork to Gestalt, Music to Rugby or Quilting to Yoga, then this is your opportunity to share as a resource person or to find a resource person. CALL ULN for further information.

We are in some ways a phenomenon. Free U's around the country have come and gone, but since 1966 UFM has remained a viable community organization. But by the very nature of being a Free University we are also a very volatile crew. Cheering the return of Sue Sandmeyer from student teaching at a Free School in Omaha, we will be missing our friend of the past year Robbin Lawrence. Our new arrivals are Steve Ernst who is a real pleasure to work with and Owen Wrigley who, after a year in India and Nepal, is calling UFM home, and both of these chaps are very welcome.

Pictured are Steve and Owen along with Doug Hoseney, Spot, Doris Hoerman, Nina Miley, Ann Swegle, Jim Killacky, Sue Maes and Jani Sherrard. Absent faces are Shella Russell, Sue Sandmeyer and Robbin Lawrence.

We hope you enjoy the summer and your activity within UFM.

Namaste,

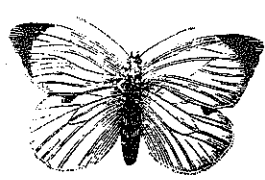

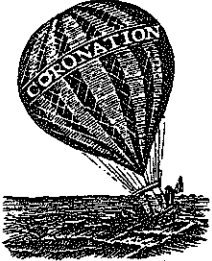
From All of Us

## who we are



# UFM CALENDAR\*

S M T W T F S

JUNE		3	4	5	6	7
		* <u>University For Man</u> Brochure Available	□ Big Band Sounds			
8	9 KSU Summer Registration	10 KSU Classes Begin	11 UFM Registration: 615 Fairchild Terr. KSU Union	12 UFM Registration: Public Library	13 ★	14
Sand Painter - Sears		★	□ Dixieland Ragtime	□ Stan Kenton	□ Caroling Ringers	
15 UFM Celebration in the Park UFM Leader Workshop	16 ★ UFM Classes Begin Stout & Ale Biofeedback Breast Cancer Garden Growing	17 Weather Forecasting Landlord & Tenants Sufi Dancing	18 Pocket Billiards Sourdough Cookery	19 Archaeological Tour of the Yucatan	20 Assertive Training	21 Assertive Training Children's Cooking Visit a Stone House Prairie Flint Hills
			□ Manhattan High Pops Choir			
22 Shitkicking	23 Preventative Medicine Lawn Mower Repair	24 Plant Exchange	25 Grass Growing	26 19 Cent. Stereo Near East Politics Pastelillos	27	28 Herbs Bird Feeders Potpourri
29 Sand Painter - KSU Union Art Gallery thru July 19	30 Fall Gardening					
JULY		1	2	3	4	5
		Careers in Health	Bhagavad-Gita Breadmaking	Public versus Private		
6	7 Vegetable Storage	8	9 Moon Signs Hitch-hiking	10 Gallop Poll of Religion Beer Making	11	12 Bean Mosaics
			□ Bluegrass Show	□ Christian College Concerts		★
13	14	15	16 Soapmaking □ Youth Symphony & KSU String Quartet	17 Developing Countries	18	19
					□ Ed Shaughnessy	
20	21	22	23	24 Affective Imagery The Divine Principle	25	26
			□ "Cinderella" Children's Theater			★
27	28	29	30	31		
			□ "Peter Pan" Children's Theater			

\* AND NOW ---A UFM CALENDER ---TO HELP WITH DATES, MEETINGS, VACATIONS, GARDENING SCHEDULE, ONETIME UFM THINGS and YOUR OWN UFM DATES ↗

□ ARTS IN THE PARK, Manhattan Recreation Commission  
All Concerts begin 8:00 pm.



# registration

So many things these days are becoming more and more complicated. UFM registration isn't. To register, show up at the places and times listed below and fill out a registration card for each class you would like to take. If you cannot make it to any of the locations below, you can call us at 532-5866 from 9:00 am to 6:00 pm. The line may be very busy though, so please be patient.

Your only other obligation is to show up at the classes you register for at the times and places listed in the UFM catalog. If you can't make it to a meeting or decide not to attend a class, please let the leader know. When only 2 people show up for Sandcasting after they've mixed up the plaster of paris for the 50 people who signed up.... again please let the leader know if you can't make it to the class.



June 11, 12, 13	K-State Union	9:00am-4:00pm
June 11, 12, 13	UFM, 615 Fairchild Terrace	9:00am-4:00pm
June 12	Public Library	9:00am-9:00pm

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