

SALES PROMOTION



FREE - 6 - WEEKS

Spring '76

REGISTRATION

For those of you who wish to take one or more of UFM's courses, please consider the following:

There are many reasons as to why we insist you register for our classes. We realize sometimes the lines are long or telephones busy, but the need for registering is essential and would hopefully outweigh the brief inconveniences that occur now and then.

WHEN YOU DON'T REGISTER:

- You cannot be contacted as to a change of date, location or addition in your class.
- Leaders prepare handouts, cook food, order supplies, etc. for the number of registration cards they receive.
- Classes are scheduled in a room or space which UFM feels will suit the participant size. This is altered sometimes drastically when too many people show up.
- We are accountable to those who finance us. One of the ways is through enrollment figures. Insufficient figures can mean insufficient funds.

The leaders' name and phone number are there for your specific questions: please don't misuse this by calling the leader to enroll.

***** PLEASE - COMMIT MORE THAN JUST INTEREST *****

WHEN YOU DON'T SHOW UP FOR A CLASS:

- The class convener has committed his or her time and energy. It is wasted if you don't follow through. Please call the leader if something prevents you from coming.
- Food, supplies, handouts, etc. are wasted.
- If the class was limited and interested people were put on a waiting list, they lose their opportunity to get in. If the teacher knows you cannot come, the next person on the waiting list can be invited to attend.
- Our accountability suffers.

HOW TO REGISTER:

Come to one of the following locations and fill out a registration card for each class you would like to take.

Feb 16, 17, 18	KSU Union	9am to 4pm
Feb 16, 17, 18	UFM	9am to 4pm
Feb 17	Public Library	9am to 9pm
Feb 17	High School	11am to 2pm

or telephone UFM, 532-5866 from 9am to 6pm, February 16 - 18.

No early registrations please.

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In this spring's UFM brochure of classes, we have chosen 24 classes which we feel are directly representative in keeping with our theme of "critical social consciousness." Although all classes in the brochure contribute in the spirit of alternatives and personal growth, it is the following classes which we would like to draw your close attention to in hopes that you will consider participation:

●COMMUNITY

- Farm Issues Series
- Housing Series
- Continental Walk for Disarmament
- Creating Your Own Job
- Exploring Society: Simulation Games
- Cultures in Contact
- Bicentennial - A Different Viewpoint
- The Nameless Wonder: Community Organizing
- Self-Help Student Housing

●CRAFTS

- Flint Hills Craft Guild

●EARTH

- Wind Energy
- Organic Gardening

●FINE ARTS

- Clown School
- Innerant Fool
- Alternative Rag

●FOODS

- Vegetarian Restaurant
- 25¢ Meal
- Diet for a Small Planet

●MIND/BODY/SPIRIT

- Roles of Men
- The Naked Ape
- Women's Awareness
- Tennis Shoe Blues
- Illusory Illuminations
- Mysticism - Death

community

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- Community Organizing
- Creating Your Own Job
- Tool Cooperative
- Farm Issues Series
- Evening Child Care
- Comm. Design Center
- Continental Walk
- Simulation Games
- Comm. Info. Center
- Montessori
- Choosing Child Care
- Kids' Play Group
- Sun Exposure to Skin (Drop-In) Drug Volunteer Pro.
- Drivers for Elderly
- Military Wives
- Singles Club
- GED Preparation
- High School Drug Use
- JFK: Assassin Search
- Drug Counseling Center
- Drop In Before Drop Out
- Rape Prevention
- Parole and Probation
- Cosmopolitans
- Seminar on Credit
- HOUSING SERIES
- Cultures in Contact
- Learning Exchange
- Self-Help Student Housing
- Bicentennial
- Big Brother/Big Sister
- Toastmasters
- Castle Crusade
- Media Consumption

crafts

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- Flint Hills Craft Guild
- Conference Craft Fair
- High Rise Sewing Circle
- Bachelor Sewing
- Dressmaking
- Beginning Sewing
- Quilting
- Quilting & Embroidery
- Tie & Dye
- Quilling
- Knitting

- Crocheting
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- Patterns in Knitting
- Calico Flowers
- Rosemaling
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- Weaver's Fancy
- Rya Rugs
- Indian Beadwork
- Plaster Art
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- * milk cows
- * backyard poultry
- * dog obedience
- GREEN THUMB SERIES
- Tools for Backpacking
- Houseplant Appreciation
- PLANT PARENTHOOD SERIES
- Useful Plants
- Gardens for Rent
- Outdoor Gardening Kids
- Budget Gardening
- Environmental Awareness Ct.
- Recycling Center
- Recycling Points
- AUDUBON SERIES

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- Magic
- Storytelling
- Creative Writing
- Alternative Rag
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- Creative Photography
- Darkroom
- Art of Sketchbook
- Calligraphy
- Chinese Painting
- Massage
- South Asia Films
- Coutra Dancing
- Modern Dance
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- Fiddle Workshop
- Banjo Get-Together
- Beg. Guitar
- Recorder
- Speed Flat Picking
- Elementary Recorder
- Renaissance Fair
- Barbershop Quartet
- Tuttleaires
- Chamber Orchestra
- Antique and Collectables
- Wine Tasting
- Woodwind Ensemble
- Pipe Group
- Theatre Improvisation
- Creative Writing (H.S.)
- Theatre Makeup
- Guitar

foods

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- The 25¢ Meal
- Vegetarian Restaurant
- Baby Foods
- Microwave Cooking
- HOME EC SERIES
- KIDS KITCHEN TAKEOVER
- Cheesecake
- Soybean Cooking
- Diet for Small Planet
- People's Grocery

- Pakistan Cooking
- Jewish Coodery
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- International Cooking
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- Creative Breadmaking
- Breadmaking
- Bread Basics

mind body spirit

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- Assertive Training
- Changing Roles and Men
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- I'm OK - You're OK
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WHEW! (April Events)

This is the largest semester ever - classwise! In fact, the brochure resembled a Kansas City Star before we took the plunge and split our semester into two parts. Classes beginning February 23 - March 28 are present in this brochure. Classes which begin March 29 and after will be described in the second brochure, which will come out around March 22nd. The following is a list of courses which will be in the second brochure:

COMMUNITY

Series on Manhattan and Riley County History - Riley County Museum
 Series on Pioneers and Later Generation and How They Lived - Riley County Museum (May)
 Paulo Friere Discussion - Sue Maes - April 1
 China Slide Show - Jan & Neal Flora - March 31
 Cultures in Contact - International Exchange - to be announced

CRAFTS

Fabric Painting - Beth Spurlock - April 5
 Burlap Design - Shella Russell - April 12
 God's Eyes - Shella Russell - April 19
 Stained Glass - Steve Grappe - March 31
 Stained Glass Principles and Practice - Bill Henninger

EARTH

Raising Wild Pets - Charlotte Doyle - April 19
 How to Build a Stone Wall - E. Norman Harold - April 28
 Land of the Post Rock - Grace Mullenberg - April 1
 Are We Alone: UFO's - John Evans & Edwin Stewart - April 5
 Nature in Action: An Evening of Physics Lecture Demonstrations - John Davis - March 29
 Holography - date to be announced
 Plant Exchange - Steve Ernst & Sarah Oblinger - April 10
 Bonsai, The Art of Miniature Trees - Gary Penn - April 6
 Disease Control of Garden & Yard Plants - Bill Willis - April 5
 Animal Humane Society - Glenda Hildenbrand - April 8

FINE ARTS

Children as Filmmakers - Dave Hursh - April
 Tombstone Rubbing - Steve Ernst - April 25

FOODS

Sugar Free Bread - Karl Finney - April 26
 Making Your Dollars Count for Good Nutrition - Pat Tubach & Chris Banner - Mar 30 & Ap 6
 Tea Tasting - Sue Maes, Paul Psilos, Martha Atkins - April 1

BODY & SPIRIT

Self Awareness Through Dream Analysis and Exploration - Larry Oliverson - April 5
 Biofeedback - Tim Lowenstein - May 2

THEOLOGY

A Discussion of Marxism: Political Applications - Randy Herron - April 1
 Topics in South Asian Literature - Dick Smith - March 30

SELF & OTHERS

Zen and the Art of Motorcycle Maintenance - Dennis Lofgren - April 1
 Assertive Training for Professionals - Barb Rockwell Lofgren - April 1
 Towards Marriage - John Graham, Lynn Peterson - April

SKILLS

The Metrics are Coming - Jim Johns - March 30
 You and Your Auto - Rick McGuire - April 4

PLAY

Soccer for Fun - Ted Socolofsky - March 31

Staff

Staff members are:

Steve Ernst	Doris Hoerman
Sue Maes	Nina Miley
Shella Russell	Sue Sandmeyer
Ann Swegle	Owen Wrigley

Rural community work:

Steve Abrams	Jim Killacky
Joe Rippetoe	

Kansas Committee on the Humanities:

Jani Sherrard

Special welcome to our new high school members:

Beth Loucks	John Bode
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UFM is financially supported by the KSU Division of Continuing Education, Student Government Association at KSU, the Manhattan Chapter of the United Way, Fund for the Improvement of Post Secondary Education (FIPSE), and grants from various sources for special projects.

The concerns and assistance of these groups enable UFM to provide a learning network of high quality, available for free to all participants.

Personal thanks are also extended to those private individuals who have made contributions of money, time and energy. UFM is a non-profit, tax exempt organization.

CRITICAL SOCIAL CONSCIOUSNESS

This part of the brochure traditionally has been geared towards informing those who read it about the "who's, how's and why's" of UFM. Informative as that page may have been, we have chosen this time to share a message to the readers which we feel is of major significance.

UFM is more than an organization that offers leisure-time activities. It is more than an institution's token excuse for educational innovation. Sometimes it's easier to know what we are not, rather than what we actually are. UFM's commitment to social change encourages us to provide alternatives to traditional education. American education traditionally has not been to exchange ideas but to dictate them; not to debate or discuss themes, but to give lectures, not to work with the student, but on him; not to offer a means for authentic thought, but give formulas to receive and store. In UFM, teachers and learners participating together in classes allow debate, exchange, authentic thought, invention.

The above statements are a way for us to center in on our goals. We have several goals in mind, and are earnestly striving to reach them.

The following is founded in a basic UFM premise: we challenge the basic concepts which are a part of the curriculum and teaching methods of traditional educational institutions.

Paulo Friere, in "Essence of Education," states: "an education which does not admit of dialogue, which does not accept student participation, which imposes a program whose content is exclusively determined by the educator only "domesticates man," makes him adapt - although what it claims to do is help him become a whole person through a humanistic and liberal education."

Friere, in essence, points out traditional education merely serves to support the status quo which denies "critical consciousness raising" (i.e., learning what our needs are and finding ways of fulfilling them, taking control of our own lives, feeling a sense of personal power, and living whole-istically.) A goal of UFM is to allow and nurture critical consciousness raising. The philosophy in part, is that education should view individual growth and development just as importantly as the transmission of knowledge. It should assist students in moving toward independence from the status quo which denies the personal strengths, capabilities and interests of an individual. Education should provide a means for creative integration in living our own lives and making sense out of the world. It has to do with people taking control of their own lives and being able to construct what we want for ourselves and our community. Education can be used as a tool to learn more about oneself, whether it's macrame or Marxist philosophy, learning in a non-competitive environment contributes to the health, well-being and growth processes of anyone who participates. Learning does not have to be purchased, graded and accredited.

Some goals which we would like to move toward are:

1. The student would be primarily responsible for his or her own learning.
2. Through staff expertise, students would be assisted in drawing from skills, knowledge, and talent within the community.
3. We would devise a program of documenting learning experiences, in a portfolio form.
4. UFM would help people help themselves move toward conscious critical confrontations with their own needs and problems, making them agents of their own recuperation.
5. UFM would be a vehicle for the public and individual to expose and challenge oppression, with the end-goal being constructive action. Currently we are moving towards these goals, through Campus Free College, and finding out about ways of documenting experiences. We are working with our teachers in their perceptions of what convening a UFM class means; although they teach for free it should not be equated with "charity work." Perhaps the most learning comes from teaching, and together students and conveners work to challenge traditional concepts and methods.

Our catalogue of classes has taken a different image. We are endeavoring to present a message to the participant and potential learner that we are indeed a challenge and an alternative to the curriculum and teaching methods of the traditional institutions. We are available to assist you in evaluating your educational goals, as well as provide learning experiences that meet the interests of a diverse community.

COMMUNITY

THE NAMELESS WONDER: COMMUNITY ORGANIZING

Jim Killacky 532-5866
Joe Rippetoe

Tuesdays, 7:30pm
Length: Indefinite
First Meeting: Feb 24
Location: 901 Moro (side door)

If you're interested in taking over City Hall, organizing a course, instigating a boycott, trying to make it through a community organizing class or struggles with sociology of education, come join us. What this is all about is community organization for social change. We will share some techniques, experiences, ideas, and we shall seek everyone's input in the process.

(Jim and Joe have been messing around with UFM for shile now and recently have been helping with community education projects in small Kansas towns.)

CREATING YOUR OWN JOB

Dave Stewart, Kathleen Hursh,
Melody Williams, and Larry Wheeler
532-5866

Friday, (time & place to be announced)
Length: One Time, March 26

Really, what do you want to do? This class is set up to help those who would like to create their own job, get in touch with those who have done just that. Personal insights: experiences as well as practical knowledge about creating you own job will be discussed. There are lots of decisions, risks, joys surrounding the creation of your own job and we'll try to get a broad look at these and other areas of interest. Work can be very meaningful when you're doing what you really want to for a living.

(Each of these persons involved, has had several experiences related to decision making or counseling for vocations.)

TOOL COOPERATIVE

We have always felt that cooperatives can expand the potential for all our lives and have put much of our energies into establishing cooperatives. A tool cooperative is so fine because of the savings an individual could make and the learning which could happen if more people had access to a variety of tools. We need people to make this idea a reality. Count yourself in and count the good things which come out of the tool cooperative. For more information, call Nina at UFM, 532-5866.



"You can hold back from the suffering of the world, you have free permission to do so and it is in accordance with your nature. But perhaps this very holding back is the one suffering that you could have avoided."

Franz Kafka

EVENING CHILD CARE

For several years we've heard requests for a quality evening child care center from people who had part-time jobs at night, people who wanted to take or teach classes or simply wanted an occasional night out. We have been working on this project for almost a year and have finally had a breakthrough! We have found a home at the Sun-wheel Children's Center, 503 N. 6th Street, and have applied for our license to operate a child care center. We hope to open as soon as UFM's semester gets underway. The cost is 50¢ per hour per child and the times are 7-10pm Monday through Friday. Parents may register children for one night or for five nights if they wish. Kathleen Hursh will be our program director. For more information, call Nina at UFM, 532-5866.

COMMUNITY DESIGN CENTER

Wednesdays, 7:30pm
Location: Douglass Community Center Annex

A continuing social service providing limited technical and physical assistance in home care and community projects. For further information contact Douglass Community Center, 537-8617.

CONTINENTAL WALK FOR DISARMAMENT AND SOCIAL JUSTICE

Steve Ernst 532-5866
Craig Newby

Tuesday, Time to be announced
Length: One Time, March 23
Location: UFM Living Room
615 Fairchild Terr

On August 6, 1945, with the atomic bombing of the people of Hiroshima, war should have become unthinkable. Whatever logic human beings and nations had used to justify the slaughter of their neighbors, on that day war became indisputably a crime against humanity. That fact is still not clear to citizens of the U.S. It is in their power to destroy us and our planet. Americans have been investing in death and nuclear annihilation for future generations - an investment which funnels resources away from the solutions. The purpose of the walk will be to draw attention to the local world wide problems. This will be an organizational and discussion meeting. We understand that 40-60 people plan to walk from San Francisco to Washington, D.C..

(Steve works for UFM and needs to exercise for a good cause. Craig is with the War Resisters League and the Alternative School in K.C.)

Farm Issues Series

"IF YOU COMPLAIN ABOUT FARMERS, DON'T TALK WITH YOUR MOUTH FULL."

University for Man is pleased to offer for the first time, the Farm Issues Series. With the role of agriculture becoming more and more important, there is also an increasing number of problems to be dealt with. The purpose of this Series is to explore some of these problems from the point of view of the farmer, consumer and others in between. You are welcome to register for part or all of the Series. All sessions are on Tuesdays at 7:30pm at the First Baptist Church, 2121 Blue Hills Rd.

- March 2 Who will Control U.S. Agriculture? - Barry Flinchbaugh. Five possible answers to this urgent question will be presented in addition to a discussion of trends in U.S. agriculture which will influence its future organization.
- March 9 The Farmer and the Consumer. - To be announced. What happens between the field and the kitchen table? Who calls the shots on the way to the market? How to improve consumer awareness of farmers' problems will also be covered.
- March 23 Range Management in the Northern Flint Hills - Clenton Owensby. No discouraging words about range management, but rather a lecture on how a range plant grows and its reaction to different livestock management systems.
- March 30 Farm Estate Planning. - Roy Bogle. Estate planning is a complex, individual problem. This will be an awareness session for basic concepts of property ownership, business organization, and laws that effect estate planning.
- April 6 Characteristics of Small Farms in Kansas: The Problem of Survival. - Don Williams. This is a discussion concerning the major characteristics of small farms over the last 40 years, and how they have changed due to the recent Green Revolution. Ideas will be presented as to how local and national agencies can improve the incomes and living situations of small Kansas farms.

EXPLORING SOCIETY THROUGH SIMULATION GAMES

Bob Harris
Mondays, 7-9pm
Length: Indefinite
First Meeting: Feb 23
Location: To be announced

A simulation game recreates the main elements of a social situation or process. It focuses on structure more than does role playing or psychological game and analysis. We will start by playing a few games such as Interaction, Ghetto, Diplomacy, Drug Debate, Economic System, or Student Power. As a player you can experiment with roles and strategies you haven't tried in real life. Depending on interest, we will continue examining new games, discuss where and how to use, evaluate and/or design games. (Bob has worked with a group developing and testing simulation games for teaching and social research.)

THE COMMUNITY INFORMATION CENTER

The Community Information Center is a project designed to develop better linkage between people and the human services available to them in the Manhattan area. If you are in need of information or referral, call 776-7776 or stop by the Manhattan Public Library.

WHAT IS MONTESSORI?

Kathleen Hursh 539-1677
 Sunday, 7:30pm
 Length: One Time, Feb 29
 Location: 503 N. 6th, Sunwheel
 Children's Center
 Limit: 16

I would like to share the joys and the magic I feel while working with young children using some ideas and methods devised by Maria Montessori. We will meet in a preschool equipped with Montessori materials and can talk of the early history of the Montessori approach and its growth; the different areas of the classroom environment and the purpose of the equipment in the development of the whole child.
 (Kathleen taught two years in a Montessori school in Omaha, Nebraska. This January she opened a preschool which uses some Montessori materials and methods.)

CHOOSING CHILD CARE--A GUIDE FOR PARENTS

Sue Maes 539-6609
 Ilene Kimsey 537-7588

Tuesday, 7pm
 Length: One Time, March 2
 Location: UFM Living Room
 615 Fairchild Terr

This class is intended to provide guidelines for single or two-parent families who face exploring child care in their community. Knowing the personal needs of both you and your child, where do you begin with the 20-30 child care choices available to you? Arrangements will be made to visit various types of centers in Manhattan. We will use the book Choosing Child Care as one of our guides.
 (Sue and Ilene traveled the past two years training Head Start teachers in Kansas.)

CHILDREN'S PLAY GROUPS

Liz Silberman 537-0372

Tuesdays, 10-11:30am
 Length: indefinite
 First Meeting: Feb 24
 Location: 1520 Harry Road
 Ages: 2½ - 3½ years

Jan Galitzer 539-9292

Wednesdays, 10-11:30am
 Length: Indefinite
 First Meeting: Feb 25
 Location: 1504 Humboldt
 Ages: 1½ - 2½ years

Parent participation play groups for children which provide companionship for both child and parent once or twice a week.
 (Liz and Jan are both mothers and have a sincere interest in children. Both have led children's play groups before.)

Health-Related Careers

At the Student Health Center there are approximately a dozen health-related careers represented among the various members of the staff. Although at KSU many of these are offered as pre-professional curricula, interested persons may not have the opportunity to talk with those practicing in the field. This series of brief presentations is oriented toward bridging this gap. Meetings will be held at noon in conference room #1 at the Student Health Center. The schedule is as follows:

- March 3 - CAREERS IN MEDICINE - Robert E. Sinclair, M.D.
- March 10 - THE MENTAL HEALTH PROFESSIONS - E. Robert Sinnett, Ph.D.
- March 24 - PHYSICAL THERAPY - Bob Mortimer, Registered Physical Therapist
- March 31 - LIFE AS A DIETITIAN - Mrs. Richard Olson, Registered Dietitian
- April 7 - PHARMACY AS A PROFESSION - Robert Deus, Registered Pharmacist

RELATIONSHIP OF SUN EXPOSURE TO SKIN

Dr. W.M. Botkin 537-8501

Thursday, 7pm
 Length: One Time, March 25
 Location: To be announced

With spring and summer-like weather approaching, we'll be spending more and more time in the sun. The first exposure and lengthy subsequent exposures have dramatic effects on the skin. A discussion and a film by the American Academy of Dermatology will be included in the seminar. (Dr. Botkin is a local dermatologist.)

DROP-IN DRUG COUNSELING CENTER

John Simonis 539-8889
 Barb Nordin 539-4371

328-A Poyntz 776-6245
 4-8pm Weekdays
 4-midnight Fridays and Saturdays

This is a new community service and we are here to talk about drugs and provide counseling services for individuals or families that feel they have a drug problem. We want information from you, too, so that we can get a better picture of the ways the community can be better be helped. (John has had several years of experience as a drug counselor. Barb will be doing research and outreach programming.)

DRIVERS NEEDED FOR THE ELDERLY

Mary Ann Fox 776-5100

The Riley County Aging Transportation Agency needs part time and emergency volunteer drivers. Rides are provided for anyone over 60 on a low cost basis. Transportation is provided to medical facilities, nutrition sites, etc., on a call-in 24-hour in advance service. If you can help, please sign up at registration or call the number listed above.

Personally, I am always ready to learn, although I do not always like being taught.

Winston Churchill

DROP-IN DRUG COUNSELING CENTER VOLUNTEERS TRAINING PROGRAM

John Simonis 539-8889

John, the counselor the DIDCC, will be starting a new training program for volunteers. As this is a community project, interested Manhattanites, adult or high school, are particularly needed. Sign up at registration and you'll be contacted as to time and place

MANHATTAN SINGLES CLUB

Linda Shapero 776-6135
 Jim Mitchell 539-7928
 Chuck Jones 537-9288

Fridays, 8pm
 Length: Continuous
 First Meeting: Feb 27
 Location: Campus East Apts, Clubroom

Manhattan Singles Club invites fellow singles to a party Friday, February 27 at the Campus East Apts. Clubroom BYOB, mix and snacks will be provided. Our activities have included parties, dinners, trips to plays, picnics, rap sessions along with activities for various special interest groups such as bridge, tennis, etc. For all singles 22 and over.

GRADUATE EQUIVALENT DEGREE PREPARATION

Adult Learning Center 539-7431

Mon-Fri 9:30-12noon
 Mon-Thurs 6:30-9:30pm
 Location: Manhattan Vo-Tech

A.L.C. has open enrollment for any person interested in working toward passing the G.E.D. exam. Instruction in English as a Second Language is also available at no charge. The help is free, individual, and registration is on-going. If you have questions, call the Adult Learning Center.

"YES, VIRGINIA, THERE ARE DRUGS IN THE HIGH SCHOOL": HIGH SCHOOL/JUNIOR HIGH SCHOOL DRUG USE

John Leslie 539-3362
 Jeff Morris 537-0516

Thursdays, 8pm
 Length: 4 times
 First Meeting: Feb 26
 Location: UFM Library
 615 Fairchild Terr

"I'd say about 80% of the students in the high school smoke dope." --- an MHS student.
 Believe it or not, there is a considerable amount of drug use in our public school system with reports of even sixth graders smoking pot. This course will focus on why the students are using drugs and how you as parents can deal with children effectively concerning their drug use. We will look at such things as being an effective model for your children and being able to speak factually about drugs with them. This is something that most parents cannot afford to miss. (John and Jeff make up the staff of the Drug Education Center.)

JFK: A SEARCH FOR THE ASSASSINS

Roy Johnson 539-2764

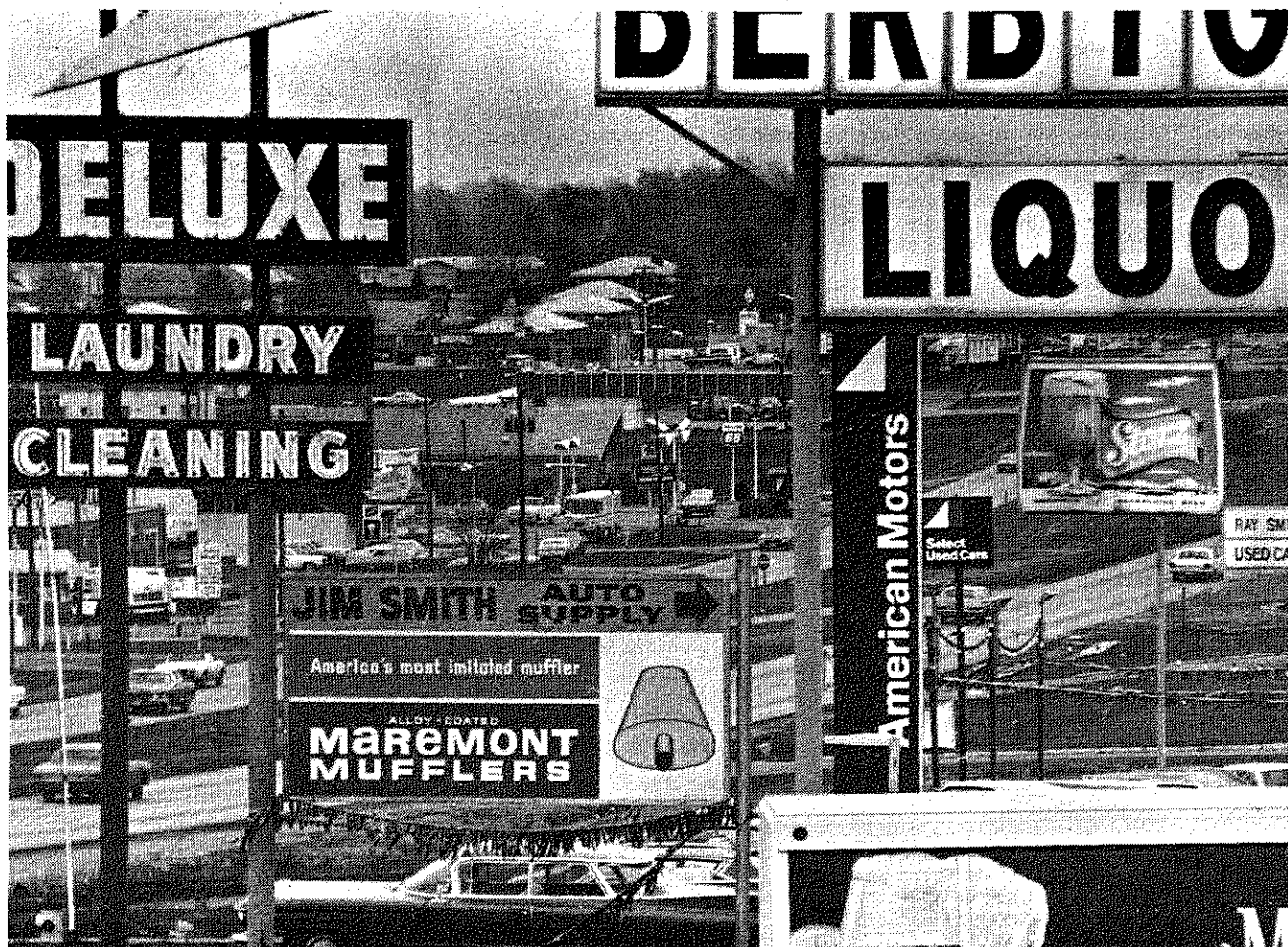
Tuesdays, 7:30pm
 Length: Indefinite
 First Meeting: Feb 24
 Location: Seaton 130, KSU
 Limit: 20

Our group will remain an informal discussion group--critiquing assassination theories and hopefully offering new questions and insights into the assassination. The Zapruder film and slides of the assassination will also be offered along with an informal lecture series.
 (Roy has been an "assassination buff" for the past three years. Most of his knowledge comes primarily from material offered by knowledgeable critics and defenders of the Warren Commission.)

RESOURCES FOR MILITARY WIVES AND PERSONNEL

537-0518

Each Wednesday from 1:15 to 3:30pm military wives gather for a variety of activities at the 1st Presbyterian Church. If you are a military wife and have any unanswered needs, do come join us. In addition to providing access to resources of every kind; personal, military, social, we have speakers, luncheons films, play bridge, ping pong, and engage in learning about and doing a wide range of handicrafts. New faces are always welcome.



DROP IN BEFORE YOU DROP OUT

Caroline Peine 532-6432 (days)
539-2562 (evenings)
Location: Holtz Hall 103, KSU

Thinking about dropping out of school? I don't want to talk you into staying, but I would like to explore alternatives with you. Stop by or give me a ring and let's discuss the why's and what's that are on your mind. (In this instance, Caroline is one who worries about the student who leaves high school or college on a purely negative note, particularly the one who leaves without withdrawing, thus making it extremely difficult to re-enter.)

RAPE PREVENTION

Caroline Peine 532-6432

Rape is the fastest growing crime of violence in the U.S. Ignoring it won't make it go away or help you deal with it. A film, *Nobody's Victim*, and speakers can be scheduled through the Women's Resource Center. (Caroline is KSU's rape expert.)

PAROLE AND PROBATION VOLUNTEERS

Caroline Peine 532-6432
Ann Elise Kaiser

Wednesdays, 3:30pm
Length: 7 weeks
First Meeting: Feb 11
Location: KSU Union, Stateroom #3
Limit: 20

Looking for a chance to do a real job on a volunteer basis? Join us as a parole and probation volunteer. Clients will be from the municipal court. Upperclass status is preferred.

(Caroline has been directing this volunteer program with the municipal court for about 6 years and Ann Elise is the municipal court probation officer.)

People is all everything is,
all it has ever been, all it
can ever be. William Saroyan

COSMOPOLITANS

Friday evenings, 8pm
Location: UMHE, 1021 Denison Ave

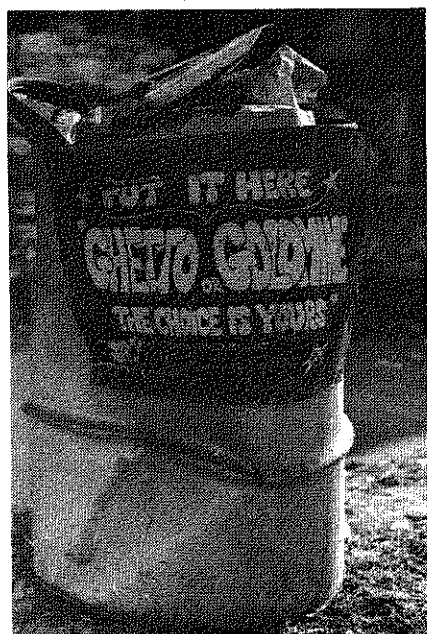
A new International Club is being started this semester to provide an opportunity for foreign students and Americans to meet each other and learn about the many different cultures and customs that are represented in the KSU/Manhattan community - a club for international friendship. Every Friday evening will be International Night at the UMHE Center. The meeting and programs are open to everyone. A variety of programs including cultural programs, folk dancing, discussions, plus occasional pot-luck suppers or desserts. For further information, please call UMHE, 539-4281. Better yet, just come!

SEMINAR ON CREDIT

Mary T. Kudlacek 532-5515

Wednesdays, 7pm
Length: 3 Meetings, Feb 25,
March 24, & April 14
Location: Justin 341, KSU

This course will include a description of revolving credit and methods of computing the finance charge if one is incurred. It will also cover recent legislation dealing with credit. Information about credit contracts, credit life insurance and prepayments, etc. will be given. (Mary has assisted in teaching a family finance course.)



Cultures In Contact

CULTURES IN CONTACT

Have you ever wished to meet someone who seemed to be a stranger? Have you ever felt that you were a stranger, alone in a hostile environment? Were you maybe visiting a new country, or had you merely sat down at a different table?

We at UFM, in conjunction with the Foreign Student Office, are in the midst of planning a symposium on Cultures in Contact, to be undertaken during the International Week of April 12-16. The symposium will be divided into two sections.

The first - Culture & The Individual - will deal with learning about one's own culture and that of others. The second section will consider the stimulating, frustrating and challenging dynamics of Cultural Transition.

If you are interested in participating and/or have specific questions which you wish dealt with, please contact University for Man, 532-5866.

THE LEARNING EXCHANGE

The Learning Exchange is a constantly updated "active" file of resource people who are willing to learn, teach or share their interests in a wide variety of topics. We'll file your name according to what you want to learn, teach or share and then we'll put you into contact with someone already in our files. If there isn't currently someone in our files we'll file your interest until someone registers with us. After the match, it's entirely up to you and any limits are your own. The Learning Exchange gives people a chance to teach, learn, or share on an individual basis. Give others the chance to learn what you know and find out from them about all those things that have always interested you. The Learning Exchange is a program of the University Learning Network (ULN) in the Center for Student Development. Give us a call (532-6442) or drop by from 9am-9pm, Monday through Friday, Holtz Hall, room 110.

SELF HELP STUDENT HOUSING

Tom Marshall 532-5953
Richard Wood

"...A house is an act or a series of acts; it is not an object but an experience; it is not a commodity to be bought and sold but an activity essential to life." If you are interested in designing and constructing your own housing, a group using a system of pattern language is forming. It will allow you to identify your needs and establish the design and construction of your habitat. The housing lecture, Self Help Design-Build Process, will be an introduction to this process. A group interested in committing themselves to the process will form afterwards. (Tom and Richard are with the Department of Pre-Design Professions.)

BICENTENNIAL - A DIFFERENT VIEWPOINT

"The Forgotten History of the Revolution" is a different kind of perspective on the Bicentennial observance. It is a 40-minute media program (slides, music, narration) which portrays the forgotten aspects of the American revolution, Native Americans, Blacks, Chicanos, migrant workers, etc. It is an artistic and documentary commentary about our history and our heritage, produced by United Ministries in Higher Education at KSU. Available to community groups and churches, as well as for junior high, high school and college classes on request. For information and scheduling this excellent program for your group or organization, please call Warren Rempel at 539-4281 or 539-4934.

BIG BROTHER/BIG SISTER PROGRAM

Dick Smith 776-8074
Mike Dikeman 776-7315
JoAnn Luehring 539-9225

Raising a child alone? From the divorce or separation which divides a family, or the loss of a parent by death, it is the child who suffers most. Children in such circumstances require the utmost in love, understanding and sound guidance. If you are 18 years of age, mature, married or single, and able to give at least a one year commitment to a child in such a situation, we would like to hear from you. Caring . . . is sharing yourself. The need is great. Helping a child along the road of life is a unique experience. (Dick, Mike and JoAnn have been with the program for quite awhile.)

TOASTMASTERS INTERNATIONAL

Ted Hopkins 537-1545
Earl Jeffery 537-7915

1st and 3rd Tuesdays, 7:30pm
Length: Continuous
First Meeting: March 2
Location: Kansas State Bank, Basement Westloop

Listening-Thinking-Speaking-A program for men on the move. Do you speak articulately to others? Can you present your viewpoint effectively on the spur of the moment? The Toastmasters program in leadership and communication will provide you with these skills. You will learn by doing and build confidence in yourself. You will also learn how to follow parliamentary procedure and conduct meetings. For two generations, more than a million men have joined the Toastmasters club.

CASTLE CRUSADE

Dan Gibson 539-4641

Wednesdays, 4pm
Length: Ongoing
First Meeting: Feb 25
Location: KSU Union Catskellar

A coalition of KSU students and anyone else who is interested in the preservation of Nichols Gymnasium.

MEDIA CONSUMPTION

Beth Spurlock 537-1467

Thursdays, 7:30pm
Length: Indefinite
First Meeting: March 4
Location: To be announced
Limit: 20

The public consumes mass media just as it does foods, clothing, cars and real estate. We have the same rights of consumer protection. Too often, time is wasted watching "snack" programs or vainly searching for a single medium to satisfy all our needs. We will discuss our present media consumption habits and alternatives. There will be speakers. (Beth is a journalism student with a vested interest in this topic.)

Housing Series

"RECYCLING HOUSING" - Kim Spurgeon, Assistant Professor, Dept. of Pre-Design Professions

Feb 23, 7pm
KSU Union 205ABC

A look at the philosophy of "found space" housing through slides and discussion. The projects explored will represent both ends of the spectrum...large scale derelict structures recycled into multifamily dwellings and also small scale structures adapted for private residences by the owners themselves.

DO-IT YOURSELF HOUSE BUILDING OR THE AGONY AND THE ECSTASY

Feb 24, 7:30pm
Justin 109, KSU

This self-explanatory presentation will be a panel-discussion by Nina Miley, "home builder"; Randy Pierce, solar collector designer; and John Selfridge, Architect and innovator. If you're interested in building your own house, please come with all your questions.

PRESSURE POINT ARCHITECTURE - David Hursh

March 1, 7pm
1022 Kearney
Limit: 18

Pressure point architecture is a unique method of building lofts, shelves, desks, and bunk beds that eliminates nailing into or marring the surface of walls or ceilings. David will demonstrate the principals, useful tools and techniques. (David has built lofts, shelves, etc. using this style for schools and residences.)

SELF HELP DESIGN - BUILD PROCESS - Ricardo Castro, Tom Marshall, R. Wood

March 8, 7pm
KSU Union 212

Through the use of "pattern language", people can build a house for themselves, an office building, etc. You can also use it to guide you in the actual process of construction. The purpose of pattern language is to put architecture and planning back into the hands of the people where it belongs. (Ricardo, Tom and Richard all are with the College of Architecture.)

Please register for the series as a whole or individual sessions.

CRAFTS

FLINT HILLS CRAFTS GUILD

Nancy Griffin 485-2762
Peter Kazan 537-8787

Mondays, 7pm
Length: Indefinite
First Meeting: March 1
Location: UFM Living Room
615 Fairchild Terr

We are having an organizational meeting of local craftspersons interested in forming a crafts guild. We will examine possibilities of marketing handmade products through crafts fairs, showings and exhibitions. Other advantages would be discount privileges for crafts books and volume-buying materials. Possibilities for the future are seminars, workshops and a resource booklet of local artisans. Craftspersons concerned with fostering interest and pride in quality workmanship and who would like to have some exposure for their own products should sign up at registration if interested.

(Peter and Nancy are very energetic people with some concrete yet flexible ideas. We are looking forward to great things happening from this.)

1976 SPRING ALTERNATIVES CONFERENCE

Shella Russell 532-5866

University for Man and KSU are planning an alternatives conference March 23-26 which will be an Arts and Crafts Fair in the KSU Union March 23, 24 and 25. Artists and craftspersons will be demonstrating, displaying and selling their specialities during the 3-day period. If you are interested in participating, please sign up at registration.

HIGH RISE SEWING CIRCLE

Rhea Normington 776-4139

Thursdays, 9-10am
Length: 6 weeks
First Meeting: Feb 26
Location: Elderly Highrise
Community Room
5th & Leavenworth

Residents of the Elderly High Rise meet weekly to share doing various crafts together. There are knitters, crocheters, embroiderers and a wide assortment of other talents going on. If you are a craftsperson who would like to share company and ideas, come join us.

BACHELOR SEWING

Curtis Doss 537-9200

Mondays, 7pm
Length: Indefinite
First Meeting: March 1
Location: 1115 N. 12th #2
Limit: 6

Course can cover: general repairs, alterations, jacket and leisure suit making, and/or whatever the interests of the class are. Participants should have access to a sewing machine to use in the course.
(Curtis has been doing some sewing for about 5 years.)

DRESSMAKING

Suzy Olson 539-4068
Kris Anderson

Saturdays, 2pm
Length: 5 weeks
First Meeting: Feb 28
Location: To be announced
Limit: 10

This will be a basic course in the buying of material and pattern for, cutting out procedure of, and construction of a dress, or other apparel. Participants will need to have access to a sewing machine and be willing to actually construct a dress during the class. Questions? Call 539-4068.
(Suzy makes some of her clothes and Kris makes nearly all of her own clothes and some for other people.)



Remember, no one can make you feel inferior without your consent.

Eleanor Roosevelt

BEGINNING SEWING

Carol Dalrymple 539-5507

Thursdays, 7pm
Length: Indefinite
First Meeting: March 4
Location: First Presbyterian
Church
801 Leavenworth

Limit: 10

This class will cover the basics of fabric and pattern selection, garment construction and sewing machine maintenance. If interest is there, we will go shopping for fabric during one of the sessions. Participants should arrange to have a portable sewing machine for their use throughout the course.
(Carol has been sewing her own clothes for over 10 years. Her major is fashion marketing.)

QUILTING FOR BEGINNERS

Sarah Oblinger 539-8050

Saturday, 10am
Length: One Time, Feb 28
Location: 340 N. 16th
Basement

Limit: 12

This will be a basic class - hopefully it will answer questions, give suggestions, and help a few people get interested in quilting. I will have examples of work for people to see to help them formulate ideas of their own. The class will cover material selection, patching together, quilting and finishing a project. People will need to bring 4 squares of material 3" X 3", needle and thread.
(Sarah has taught classes before and has done quilts for herself and friends.)

QUILTING AND EMBROIDERY

Nancy Griffin 485-2762

Wednesdays, 7:30pm
Length: Indefinite
First Meeting: March 3
Location: UFM Conference Room
615 Fairchild Terr

Working with fabric is an exciting experience leading to endless invention made possible by many fabrics, threads, and inventive stitches. Emphasis in this class will be on quilting and embroidery and on one's own ability to create original and personal forms. The means, processes, and resources are given - the rest is imagination.
(Nancy is a self taught "folk artist" who uses the stitchery medium for profits and fun.)

TIE AND DYE

Roger Cole 539-3149

Saturdays, 11am
Length: 2 weeks
First Meeting: March 6
Location: 340 N. 16th #2
Limit: 25

I've been tie dyeing for some time now and want to share what I've learned and learn from you. We'll have two meetings - one to discuss the basic method and a second where we can talk about what we've discovered, and perhaps ask some source persons to talk to the group.
(Roger's interest is an outcome of art design courses.)

QUILLING

Susan Crandall 537-0841

Tuesday, 6pm
Length: One Time, March 2
Location: UFM Dining Room
615 Fairchild Terr

Limit: 6

Quilling is the art of intricate lacy designs made out of curled strips of paper 1/8" wide. This class will offer basic instructions on how to roll the quilling strips to form various designs. Bring a quilling tool (available in craft departments), tacky craft glue and your ideas.
(Susan is self taught in quilling and has copied projects in gift stores for half the price.)

KNITTING FOR BEGINNERS

Fran Egan 537-1211
Sundays & Wednesdays, 7pm
Length: 4 meetings
First Meeting: Feb 29
Location: 1500 Hartford
Limit: 6

We will learn to knit, purl, and other basic knitting techniques in this course. Participants should be well on their way to finishing a knitted article by the end of the class. Bring to the first meeting four-ply worsted yarn, and a pair of 10" long knitting needles between sizes 6-8.
(Fran is self taught and has taught several years in 4-H and other small groups.)

CROCHETING FOR BEGINNERS

Fran Egan 537-1211
Sundays & Wednesdays, 7pm
Length: 4 meetings: March 28
March 31, Apr 14, Apr 17
Location: 1500 Hartford
Limit: 6

We will be learning the basic stitches and combinations needed for making crocheted articles. Materials you will need to bring to the first meeting are a hook between the sizes D-H and healthy scraps of 4-ply worsted yarn. Plan to meet with the class 4 times. After the last meeting the participants should be on their way to finishing a project.
(Fran has taught crocheting to many small groups, having learned on her own.)

BEGINNING MACRAME

A. Janet Remmers 537-8958
Wednesdays, 7pm
Length: 4 weeks
First Meeting: Section I: Feb 25
Section II: Mar 31
Location: Craftsroom, 3rd Floor
KSU Union
Limit: 15 per section

We will learn most of the basic knots and techniques of macrame. Come, bring you ideas and we'll get started.
(Janet taught a UFM macrame class last semester and was very pleased with what people can do with just a little instruction.)

B. Mike Sheely 776-4129
Mondays, 7:30pm
Length: 4 weeks
First Meeting: Feb 23
Location: Eisenhower 112, KSU
Limit: 10

Bring to the first class one ball of jute, T-pins, a 12" X 18" cardboard fabric bolt or bulletin board, paper and a pencil.
(Mike is a student at KSU and enjoys macrame in his spare time.)

C. Dave & Bruce 539-2920
Fri, Sat, Sun, 7pm
Length: 3 meetings, March 5,6,7
Location: 1011 Laramie
Limit: 8

We will spend three evenings on a crash course of macrame. The first night will be spent on pot hangers with Saturday and Sunday evenings spent on composing a sampler. Cost is \$3 which will cover materials of the first session.
(Dave has taught macrame for UFM for 3 semesters and has done some really nice things with knots.)

D. Barbara Umbach 537-9269
Sundays, 3pm
Length: Indefinite
First Meeting: Feb 29
Location: UFM Living Room
615 Fairchild Terr
Limit: 15

Materials will be provided for a small fee, or you can bring your own.
(Barb is basically self taught to fight the high cost of the finished product.)

PATTERNS IN KNITTING

Cindy Helferstay 537-7380
Thursdays, 5pm
Length: Indefinite
First Meeting: Feb 26
Location: 1826 Anderson, Apt. 2
Limit: 10

This class is to help anyone learn specialized patterns in their knitting. There may be special emphasis on fisherman patterns and any requests. There is a prerequisite that you be able to knit, purl, increase and decrease.
(Cindy has taught knitting for about 6 years.)

CALICO FLOWERS

Susan Crandall 537-0841
Tuesday, 7pm
Length: One Time, Feb 24
Location: UFM Dining Room
615 Fairchild Terr
Limit: 6

Calico flowers from fabric scraps are easy to make. I can show some of the basic construction techniques of the flowers and you can use your creativity for gifts and decoration with them. Materials needed for the course are scraps of gingham, calico or any light-weight fabric, floral tape and imagination.
(Susan saw the calico flowers in a shop, bought the materials she needed and made them for less than half the retail price.)

ROSEMALING

Dorothy Barefoot 539-3990
Wednesdays, 2pm
Length: 8 weeks
First Meeting: March 3
Location: UMHE, 1021 Denison Ave
Parents Room
Limit: 15

This decorative Norwegian folk art has experienced an uprising in popularity over the last year. Dorothy would like to meet others who are interested in decorative painting to share her knowledge. Participants will learn the techniques of rosemaling and be advised on the purchase of supplies.
(Dorothy has taught rosemaling for several years, first becoming interested in 1970 while in Norway.)

DECOUPAGE

Elsie Colbert 539-5624
Wednesday/Thursday, 7:30pm
Length: Indefinite
First Meeting: March 3
Location: 2418 Buena Vista Dr
Limit: 20

We can preserve pictures, some photos, announcements, prints, etc. Bring a notebook and pictures to the first meeting. We will discuss using the pictures and explain the materials. Cost for materials will be \$6.00/\$8.00.
(Elsie has done decoupage since 1967 and has taught classes since the first semester of UFM.)

LINOLEUM PRINTS

David Hursh 539-1677
Tuesday, 7:30pm
Length: One Time, Feb 24
Location: 1022 Kearney
Limit: 14

Linoleum can be cut with simple tools, inked and pressed onto paper to make prints. It is a relatively cheap and inexpensive process. I will demonstrate the complete process and indicate the materials needed from planning to final print.
(David has been irregularly making lino prints for about 10 years.)

LEATHER BRAIDING

Peter Kazan 537-8787
Wednesdays, 7:30pm
Length: 4 weeks
First Meeting: March 3
Location: 93 Redbud Estates

So...you're interested in leather braiding - you've got some ideas.. but you just need some help. 1/8" wide calf leather lacing will be on hand for you to use to lace your wallet or braid into a single strand to carry your compass or to put around your forehead to hold your eyebrows up and hair in place. You do the braiding, I'll help you find an appropriate braid to enhance the appearance of your final product.
(Peter is becoming better with each passing week and has been working with leather for a long time.)

WEAVER'S FANCY

Karen Huff 539-5185
Betty Wilcox 537-0529

Wednesdays, 7:30pm
Length: Indefinite
First Meeting: Feb 25
Location: 1518 College Ave. #E4

Bring a representative piece of your weaving - whether it is a product of floor or table loom, or finger, inkle, card, or off-loom process - to the get-acquainted meeting March 3. In this class, we will be sharing ideas and providing encouragement; helping with weaving problems; and extending our weaving knowledge. There will be planned programs, some informal Saturday workdays, and possibly a field trip.
(This is an on-going UFM class of weavers who have a wide variety of experience and interests. New members will be most welcome.)

RYA RUGS

Patty McQueen 537-2261
Mondays, 7:30pm
Length: 10 weeks
First Meeting: March 1
Location: UMHE Auditorium
1021 Denison Ave
Limit: 12

Rya is a simple procedure of loops and knots with yarn on a burlap backing. Participants will choose the size and design their own pattern. Supplies needed for the first meeting are burlap, yarn and dull large-eyed needles.
(Patty learned rya as an art student in high school. She has made eight 36" and four pillow size rugs.)

INDIAN BEADWORK

Roxy Becker 537-1987
Wednesdays, 7pm
Length: 10 weeks
First Meeting: March 3
Location: 1331 Pierre (right door)
Limit: 10

We will be doing both loom and embroidery-type beading. We will construct our own simple looms from scrap lumber. Will also go into some basics of Indian design. There will probably be time to do 2 big projects such as belts, purses or large necklaces. Come and relax, have fun and learn a unique craft. The class is limited to high school age and up.
(Roxy has been braiding for several months and would like to share what she has learned.)

DECORATIVE PLASTER ART

Ruth Conley 776-5383
Pam Reves

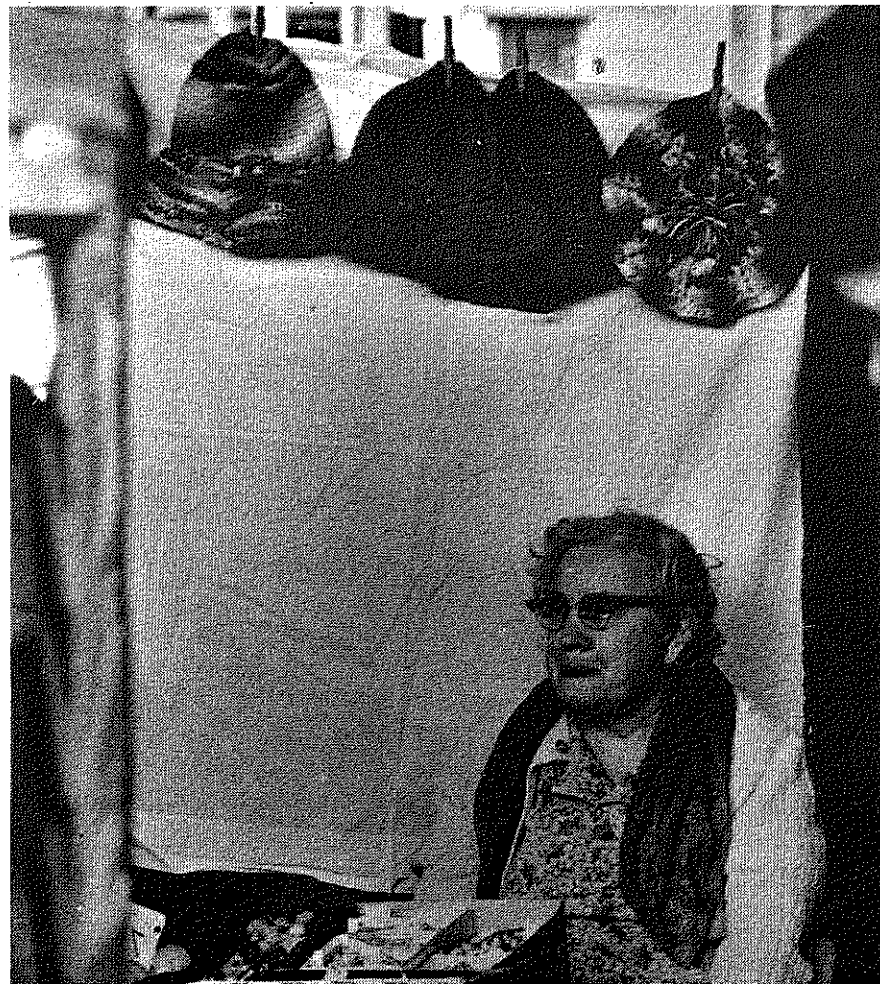
Wednesdays
Length: 4 weeks
First Meeting:
Section I: Feb 25 10am-12noon
Section II: Feb 25 7-9pm
Location: 112 1/2 S. 5th
Limits: Section I: 4
Section II: 8

Plaster art is a fast, easy and self-satisfying craft. Participants will learn various types of plaster finishing for plaques and statuarys they choose to work with which includes rice paper, metallic jewels, patchwork and acrylic painting. Cost will depend on project you choose.
(Ruth and Pam own a local business related to their craft.)

CERAMICS

Bart Brown 539-3862
Wednesdays, 7pm
Length: 8 weeks
First Meeting: March 3
Location: UFM Basement
615 Fairchild Terr
Limit: 8

The class will explore techniques of working with clay such as wedging, building by slab, coil and pinching. We'll also, if anybody is interested, get into throwing. There will be the cost of materials.
(Bart has been interested in ceramics since high school and has taken ceramics courses at K-State.)



CERAMICS: WHEEL THROWING

Mike Kearney 539-3235
Sundays, 2-4pm
Length: 6 weeks
First Meeting: Feb 29
Location: UFM Basement
615 Fairchild Terr
Limit: 9

Ceramics, the art of clay and glazes, is an appealing medium - one that has gained immense popularity, both as a craft to practice and as a tradition to appreciate. Supplies to be mentioned in class. Learn to create an art piece on the wheel, and learn about different clays and glazes. (Mike enjoys pottery as a hobby, has his own kiln, and likes working with his hands.)

CERAMICS--COLLINS

Bert Collins 539-5929
Saturdays, 2pm
Length: 8 weeks
First Meeting: Feb 28
Location: UFM Basement
615 Fairchild Terr
Limit: 10

For beginning potters or those with some knowledge of clay. Handbuilding and wheel throwing. The student will be exposed to clay making, centering, throwing, trimming, glazing and firing...as much as facilities permit. Cost will be for a few tools, clay used and firing time. There should be studio time available during the week. (Bert has been potting for quite awhile and would like to share what he knows.)

Riley County Historical Museum

RILEY COUNTY HISTORICAL MUSEUM

Visit the Riley County Historical Museum this spring, to see the exhibits in our present location before they are dismantled ready for the move to the new building which will be started in the spring. Museum hours are: 8 to 12 and 1 to 5 Tuesday through Saturday of each week. Closed Sunday and Monday. 11th and Poyntz Avenue.

During the park season, visit the Pioneer Log Cabin in the City Park which is open from 2 to 5 on Sunday afternoons. The exhibits have just been cleaned and readied for the summer season by Boy Scouts of Troop 223, Crestview Christian Church. J. Willett Taylor continues to be the Sunday host.

The Hartford House can be seen all year by appointment and will be open on regular schedule during the park season. David Dallas will be the host from 1:30 to 4:30 on Sunday afternoons.

The Goodnow Home Museum, a project of the Kansas State Historical Society is open on regular schedule all year, with Ava Cornelius as hostess. Thursday, Friday, Saturday, and Sunday afternoons will find the Museum open.

CHAIR CANING

This popular class will again be taught by T.H. "Scotty" Craven. Bring your chair, stool, or other item to be caned. Mr. Craven will supply free instruction, and will provide quality materials at a moderate cost. Saturday afternoons at 1pm at the Museum. First session: Feb 28

PATCHWORK & QUILTING

This class offers help to the beginner in making patchwork designs of any size from potholder to king-size bedspread. Also offers help to individuals who have finished the patchwork and want to start quilting. Barbara Poresky continues to be instructor on Friday afternoons in March, 1:30pm at the Museum. First session: Saturday, Feb 28 (a demonstration and exhibit open to the public.)

TATTING

Mrs. Earl Ray and Mrs. A.B. Sageser will instruct students in the delicate art of making lace with a shuttle. Sessions will be at the Museum Saturdays, 1:30pm. First session: Feb 28

ORAL HISTORY

Tony Ruid will again present interview techniques to interested amateur historians, with the eventual purpose of aiding the Museum in its history collecting projects. Sessions will be held at the Museum Tuesday evenings at 7:30pm. First session: Feb 24

MUSEUM VOLUNTEERS

Jean Dallas presents an opportunity for willing people to learn something about the operation of a Museum through lectures, and to have a hand in operating a Museum by offering free time to help. First session: Feb 28, 2:30pm at the Museum. Other sessions will be held according to the desires of the class.

SPINNING

For beginners interested in learning the first process in cloth-making! Spindle type instruction and then taking up the wheel. Taught by Mrs. Jan Harndierks and Barbara Meinhardt. Fee is \$6.50 to cover materials provided by the Museum. First session: Saturday, Feb 28 at the Museum at 1:30pm.

SERIES ON MANHATTAN AND RILEY COUNTY HISTORY

Watch for announcement of dates in April. This series will meet once a week for six weeks. A more definite schedule will be in the second brochure put out by UFM this March and watch the local media for details.

SERIES ON PIONEERS AND LATER GENERATIONS, AND HOW THEY LIVED

This series will follow the local history series and will happen sometime in May. Further details will be in the second brochure put out by UFM this March.

EARTH

THE PHYSICS IN YOUR LIFE

Bill Paske 532-6798
Wednesday, 7:30pm
Length: 6 meetings, biweekly
First Meeting: Feb 25
Location: Cardwell Hall 216, KSU
Activities Center
Limit: 20

"Physics in the real world - not the laboratory." The Activities Center is a place to play with physics. We intend to discuss - what happens when you sit in a rotating frame and toss a ball - why your voice is distinct in an oscilloscope - see a polygraph work - how your "vital" signs appear on a physiology meter - and even discuss the physics of Houdini's magic and how did he really saw a woman in two. (Bill is a professor of molecular physics and laboratory director of the physics department.)

ASTRONOMY

Clarence Annett 532-6781
Thursdays, 7:30pm
Length: Indefinite
First Meeting: Feb 26
Location: Cardwell Hall 407, KSU
Planetarium

First we will work on planetary galactic and extra-galactic study. The sessions will take place in the planetarium and then telescopes will be used outside to view the night sky. Becoming familiar with the constellations is necessary as a start. Planetarium shows can be held for participants. (Clarence is a graduate student in astronomy-physics.)

WILDERNESS SURVIVAL

Thorning Little
Tuesdays, 7:30pm
Length: Indefinite
First Meeting: Feb 24
Location: First Presbyterian Church
Basement
801 Leavenworth
Limit: 30

This activity will provide insight and instruction in the following: What to do if lost:

- if injured
- shelter
- fire
- water
- plants as food & medication
- animal life as food

Wilderness logic:

- map & compass
- woodland attire
- survival kit
- survival techniques

(Thorning has instructed the above topics since he was 15 years old. For the past year and a half he has lived in a geodesic dome.)

WILDERNESS SURVIVAL

George Halazon 532-5784
Length: Indefinite
Limit: 20
Sign up and you'll be contacted. Groups are now meeting outside.

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 arctic and tropical survival. We will cover cold weather camping and plan a Colorado Mountain Camp-out. We are also preparing a line of high energy camp and trail foods. This group has been meeting since December, but you are welcome to join. (George has an impressive background in just about every aspect of the outdoors--from scuba diving to fire fighting.)

HEATING WITH A WOOD STOVE

Bob Osborn 537-0217
Joe Rippetoe 539-6208

Monday, 7pm
Length: One Time, Feb 23
Location: UFM Living Room
615 Fairchild Terr

Information on what you need to know to deal successfully with wood - venting, clearance regulations for flat roofs or pitch roofs, wall structures, piping, etc.

(Bob is a local Manhattan plumber. Joe is living comfortably with wood heat this winter.)

WIND ENERGY

Cecil Miller 539-8838

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

The wind class will meet the first time at the Spring alternatives conference with Windustries - a wind lobbyist group. Discussions will center around wind energy projects being designed and carried out across the U.S. The following time, a meeting will be held to observe local wind projects. (Cecil has designed a wind machine set up at his farm.)

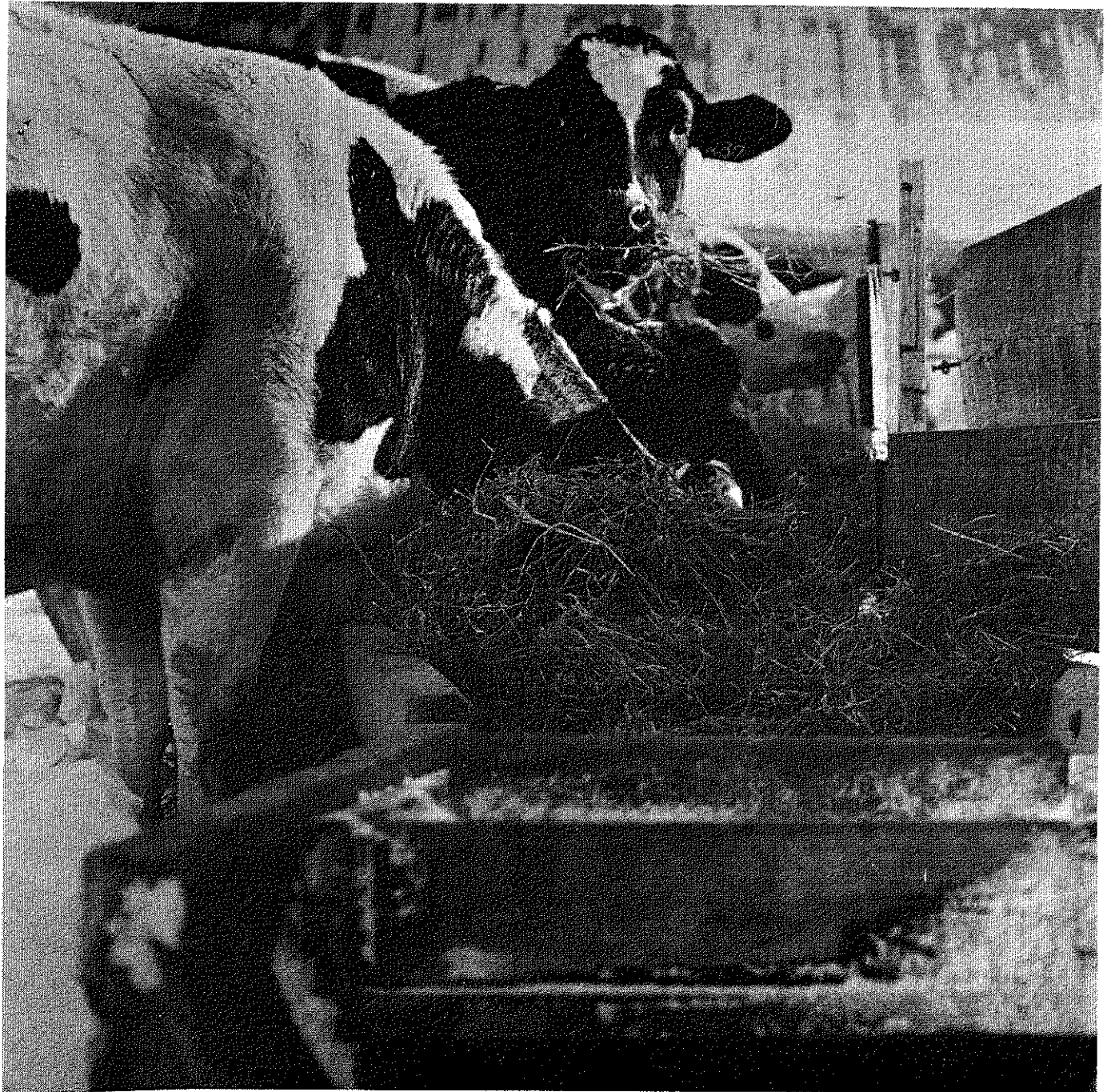
PYRAMID POWER

Loren B. Hough

Saturdays, 3pm
Length: Indefinite
First Meeting: Feb 21
Location: #371 Red Bud Estates
Limit: 7

For those of you who have heard of the Giza style pyramids and the energies behind them, we will be discussing the underlying things of pyramids and will each build a small one. A class project will be to build one large enough to lie down in.

(Loren is a KSU junior and has been reading about and building pyramids for the last 1 1/2 years.)



INDOOR GARDENING FOR CHILDREN

Sheila Corn 539-1769
Rhonda Craig 539-7627

Saturdays, 2pm
Length: Indefinite
First Meeting: Feb 21
Location: Smurthwaite House
1500 N. Manhattan
Limit: 12, age 6 yrs. or older

Growing children have a natural interest in all growing things including green plants. This class is designed to help children learn an appreciation of plants and plant life by learning how to care for plants, how to pot plants and seeds and how plants grow. Projects can include dish gardens, bottle gardening and foliage plants, etc. Parents, please save containers and seeds (such as oranges and grapefruit.) (Sheila is a Natural Resources Management major, Rhonda is a horticulture major.)

ORGANIC GARDENING

Charles and Mildred Swingle 776-5487

Sunday, 2-4pm
Length: One Time, Feb 29
Location: Baptist Campus Center
1801 Anderson Ave

We will share our experiences with organic gardening, including insect control without insecticides, composting and sheet composting, and companion planting. (The Swingles have had successful gardens over the years including one on concrete.)

A lake is the earth's eye, looking into which the beholder measures the depth of his own nature.

Old Mac Donald & Friends

BEE KEEPING

Dell Gates 532-6145

Monday, 7pm
Length: Two sessions
First Meeting: March 8 & March 29
Location: Waters Hall 132, KSU

The fundamentals of what is needed to start an apiary will be demonstrated by showing equipment and a slide show on local hives. (Dell is an Entomology Extension agent.)

DAIRY GOATS

Peggy Garland 485-2742

Saturday, 10am
Length: One Time, March 6
Location: Stone farm, 9 miles west of Manhattan on County 412 (Anderson Ave)

A management clinic will be conducted for persons interested in keeping dairy goats. The clinic will cover the breeding, feeding and management of dairy goats. (Peggy is a vet student and a breeder of goats.)

SNAKES: FACT AND FICTION

Steve Hoffman 238-4061

Thursday, 7pm
Length: One Time, Feb 26
Location: KSU Union 206C

We're going to try to break down some of the fear and hatred most people feel toward snakes. We'll destroy several old wives tales concerning these creatures and there will be some beautiful live snakes on hand for demonstrations - don't miss the 8' python. Also, if there's enough interest, we'll get into keeping reptiles in captivity. (Steve has been keeping reptiles, especially snakes for 10 years.)

MILK COWS

George Ward 532-6137

Thursday, 7:30pm
Length: One Time, March 11
Location: Call Hall 206, KSU

How to have success with your first milk cow. Learn how to get started, facility requirements, feed and management requirements. (Mr. Ward is a dairy scientist at KSU.)

BACKYARD POULTRY

A. W. Adams 532-6141

Thursday, 7:30pm
Length: One Time, March 4
Location: Call Hall 206, KSU

A "backyard" poultry flock can provide an exciting experience. How to get started, facility requirements, and management practices will be available. (Mr. Adams is a Poultry Scientist in the Department of Dairy and Poultry Science.)

DOG OBEDIENCE

Kris Collier 537-0835
Alan Goldstein 539-5301

Sundays, 10am
Length: 10 weeks
First Meeting: Feb 29
Location: UFM House
615 Fairchild Terr
Limit: 20

"Learning to work with your dog on and off the lead without resentment on any side." This learning philosophy entails adapting animal psychology and can be applied to practically any animal. The first meeting will be indoors without your dog. (Kris has owned, trained and shown Siberian Huskies and has trained dogs for owners. Alan has trained dogs commercially.)



Green Thumb Series

THE GREEN THUMB SERIES

Members of the Kansas State University Department of Horticulture and Forestry have combined efforts to present the following series:

Location: Seaton Hall
Room 132, KSU
Time: 7:30pm

WHY AND WHY NOTS OF HOME PRUNING

Steve Still
Mar 2

A discussion on the proper tools and techniques to use in pruning ornamental plants. Presentation will also include how proper planning and planting of ornamentals can reduce the amount of pruning.

FRUIT GARDENING

Frank Morrison
Mar 11

Steps in fruit gardening including kinds and varieties of fruit, growing requirements, pest control and pruning.

ANNUALS, PERRENIALS, AND BULBS

Larry Leuthold
Mar 18

Selection of around the home flowers. Tips on planting and care. Also the unique characteristics of the multitude of varieties.

DESIGNING OUTDOOR SPACE

Gus van Der Hoeven
April 22

Use of plant materials to define spaces and create attractive outdoor living places, with emphasis on space around the patio. A slide presentation is included.

Location: Potorff Hall
Cico Park
Time: 7:00pm

VEGETABLE GARDENING

Chuck Marr
Mar 17

Steps to a successful home vegetable garden including soil preparation, cultural practices, composting, mulching, and control of some common garden problems.



CHOOSING YOUR TOOLS FOR BACKPACKING

Dave Burnett 539-2396

Tuesday, 8pm
Length: 4 times
First Meeting: Feb 10
Location: Little Theatre, KSU Union

The KSU Union program council is sponsoring a look into the world of the backpacker. The class will compare and sample the products of different companies. Participants are welcome to bring your own equipment for analysis.

Feb 10 - Sleeping Bags
Feb 17 - Tents
Mar 2 - Clothing
Mar 9 - Foods & Cooking

(Dave is an experienced backpacker and mountain climber and a former survival instructor.)

HOUSEPLANT APPRECIATION

Barbara Umbach 537-9269
Nicholas Froelich

Sundays, 1:30pm
Length: Semester
First Meeting: Feb 29
Location: UFM Living Room
615 Fairchild Terr

This is a broad course for beginners and hobbyists with exchange of ideas (and maybe cuttings) on such topics as: innovative containers, artificial lighting, adapting the house for plants, trimming, propagation, sick plants, terrariums, building a growth chamber, plants tolerant to gas heating, how to start your garden in February etc. You may expect practical demonstrations and a field trip or two.

(Barb has taught the class 4 times and Nick is a horticultural major who is well versed in these topics.)

Knowledge emerges only through invention and re-invention, through the restless, impatient, continuing, hopeful inquiry men pursue in the world, with the world and with each other.

Paulo Friere

Plant Parenthood Series

PLANT PARENTHOOD SERIES

Randy McClanahan 539-1681

Tuesdays, 2-3:30pm
Length: 4 weeks
First Meeting: Feb 24
Location: First Congregational Church, 700 Poyntz

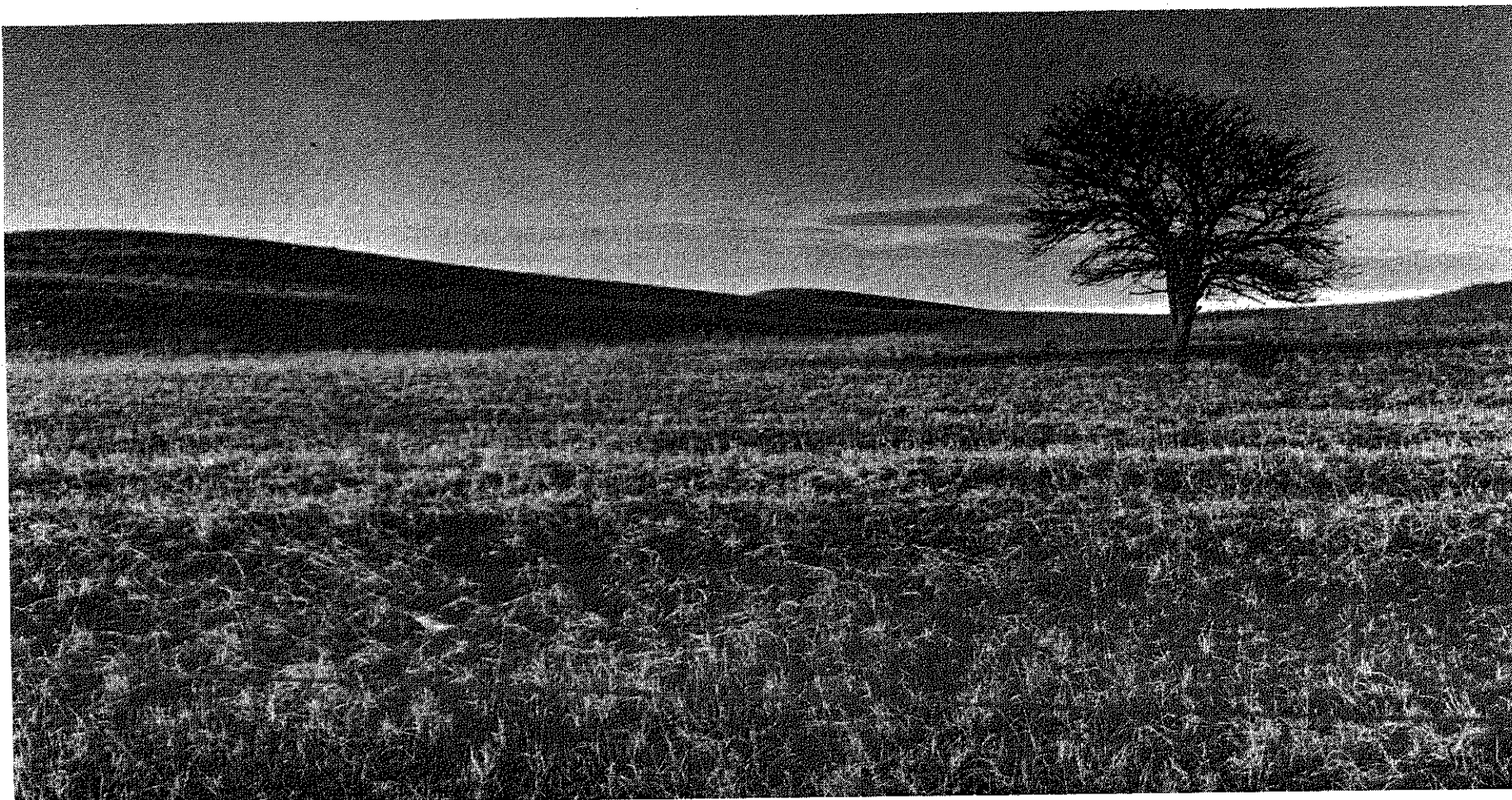
1st Session - General Plant Care
Basic principles and helpful hints on lighting, humidity, watering, fertilization, soils, etc. Bring an unidentified plant if you have one.

2nd Session - Pests and Plant Problems Mar 2
Identification and treatment or correction of common pests or problems. Bring an ailing plant if you have one.

3rd Session - Propagation: Materials and Methods. Mar 9

4th Session - Planting in Containers Mar 23
Various techniques for planting in containers without drainage. Basics of hydroponics to include selecting suitable plants.

(Randy is owner of a local plant store. She will have the assistance of two horticulture graduates.)



USEFUL PLANTS

Dr. James A. Goss 532-6615
 Mondays, 7:30-9pm
 Length: 4 weeks
 First Meeting: Feb 23
 Location: Common Room, Episcopal Church, 6th and Poyntz (use brown door entrance)

Study of local wild and cultivated plants that can satisfy all of our needs, including most of those now demanding non-renewable natural resources - edible wild plants, medicinal plants, forest products, gardening, landscape design, etc. There will be a \$2 fee to pay for copying of outlines. (Dr. Goss has been on the faculty at KSU for 20 years and has taught this course during intersessions. He is a botanist by training and by choice.)

GARDENS FOR RENT

Doris Hoermen 532-5866
 Nina Miley

Would you like to save over \$200 on your food bill? If you can spend a few hours each week on a garden, you can greatly reduce your grocery bill, make new friends and get some exercise, and have a lot of fun in the process. This spring UFM will again be leasing plots at the Community Gardens in the 800 block of Riley Lane. The City of Manhattan will be providing the land for around 60 garden plots. The plots are approx. 20' X 20' and will cost from \$5 - \$15 each, depending on income, for the entire season. (Water bills alone cost this much per month for private gardens.) This fee goes for water, garden equipment, newsletters, and other miscellaneous items to run Gardens. All kinds of garden tools, from sprinklers to hoes, will be available free for you to use. Garden applications are available at UFM, 615 Fairchild Terr. Applications due February 16.

BUDGET GARDENING

Sheila Corn 539-1769
 Tuesdays, 7pm
 Length: Indefinite
 First Meeting: Feb 24
 Location: Apt D-1, Jardine Terrace
 Limit: 10

This class is basically for beginners who would like to plant a garden and need a few guidelines. Some topics to be covered are garden varieties suited to the location, useful books and publications, plant propagation, making the most of a small area, including container gardening, double cropping, companion cropping, space savers, and organic and chemical gardening. There will be a small fee to cover cost of supplies. (Sheila is a Natural Resources Management major and has been gardening since she was 4 years old.)

OUTDOOR GARDENING FOR KIDS

Richard Mattson 532-6170
 Saturdays, 10am
 Length: 6 weeks
 First Meeting: Feb 21
 Location: Douglass Community Center Annex, 901 Yuma
 Limited to age 12 or younger

This will be a class designed to help children raise their own vegetables. Instruction and guidance will be offered for the planting and care of a spring garden. During the spring the children will share a garden plot at the Community Gardens and then watch their plantings grow over the coming months. Horticultural therapy students will assist with the class. (Dick is a horticulture professor who's helped many children raise their first vegetables.)

ENVIRONMENTAL AWARENESS CENTER

This is a resource, recycling and action organization. Activities include establishing a community recycling center, university wide recycling, Topeka legislation lobbying and research, bi-weekly state-wide environmental newsletter, alternative energy, discussion about environmental ethics, Save Nichols Gym Campaign, and discussion and action on campus and regional environmental issues. Until recently the center was located in Ackert Hall. It now has a new home in the SGA office at the Union. The Center has weekly meetings for all those involved and interested--watch the Collegian Bulletin for time and place.

COMMUNITY RECYCLING CENTER

Environmental Awareness Center
 532-6628

Environmental Awareness Center is in the process of trying to establish a Community Recycling Center. If you are interested in helping out or getting involved, get in touch with us by registering at the UFM table.

RECYCLING POINTS

White Bond-Seaton Hall Loading Dock, KSU
 Aluminium-Dillions parking lot (Westloop), 2nd and 4th Wednesdays, between 3pm and 5pm. 15¢/lb. for crushed Coors cans & 1¢ per Coors bottle
 Newspaper-Westloop, Blue Hills, Alley by Mercury
 Clothes-Encore shop(611Poyntz), Goodwill Industries at Westloop
 Salvation Army(208 S. 3rd)
 Seven Colors School Shop
 700 block, Colorado St.

I was thinking the other day, wouldn't it be weird if we did get invaded from outer space? We would get our whole arsenal and fight the invaders with nuclear bombs. But wouldn't it be wild if, after five days of fighting, we suddenly realized that atomic fallout was protein to creatures from outer space; that hand grenades, bullets bombs, and cursing were like ice cream and cake to them; and the only way to destroy them would be through love and affection? We sure would lose that war. Dick Gregory

Audubon Series

AUDUBON SOCIETY

Northern Flint Hills Audubon Society Presents -
 Spring Programs

- Feb 19 - "THE KONZA INDIANS - PEOPLE OF THE SOUTH WIND." Jefferson Melland Brown, KSU student.
- Mar 25 - "GIFTS OF LAND FOR CONSERVATION." A special program dealing with preserving the land of Kansas through land trusts and involvement of people.
- Apr 15 - "OUR NATIONAL PARKS - AFTER 100 YEARS." Gary Ward, National Park Service Ranger - Naturalist and Biology Instructor, Manhattan High School.
- May 6 - "AUDUBON ACTION IN THE CENTRAL PRAIRIE AND OZARK STATES". Ron Klastaske, West Central Regional Representative, National Audubon Society. First Presbyterian Church basement at 6:00pm. Annual banquet (pot luck supper).

All programs (except for May 6) given in Ackert Hall, Room 221, K.S.U. at 7:30pm.

The public is cordially invited. Please register at UFM.

Northern Flint Hills Audubon Society Presents -
 Spring Field Trips

- Jan 31 - K.U. Museum of Natural History, Lawrence, Kansas. Free lecture and guided tour. Meet at Ackert Hall parking lot at 8:30am.
- Feb 21 - Facilities of K.S.U., Division of Forestry. Leader Bill Loucks, Extension Forester. Meet at Claflin Road building at 10:00am.
- Apr 24 - Birding at Cheyenne Bottoms. Leader - John Zimmerman. Can be a half day or two day excursion. Call field trip coordinator, Dru Clarke, for information. (539-1842)
- Mar 25 - Indian Artifacts. Leader - Virgil Peterson. Day and time to be announced.
- May 8 - Photo Foray at Hackberry Glen. Leader - Paul Chubbuck. Time to be announced.

The public is invited.

THE AUDUBON SOCIETY

Are you interested in nature, the environment, conservation, wildlife? We need you in the Audubon Society. We would like your support. With one membership fee join your local chapter, The Northern Flint Hills Audubon Society and the National Audubon Society. Through your membership receive the AUDUBON magazine and our monthly newsletter to keep you posted on programs and fieldtrips. There are special student rates. For membership application sign up through UFM, giving you name and address. For Audubon information call Laura Herod, membership chairman (537-0141) or Marilyn Shaver, President (537-9438) after 5pm.



FINE ARTS

MAGIC (for the Young and Old)

Cliff Oblinger 539-8050
 Wednesday, 7:30pm
 Length: One Time, to be announced
 Location: 340 N. 16th Street
 Limit: 15

An amateur hour for those who are closet magicians. Bring tricks of all kinds—cards, disappearing tricks etc.—whatever you would like to share. You don't have to show how you did them.
 (Cliff is 11 years old and in the 6th grade. He put on quite a show last semester.)

THE ITINERANT FOOL

Ken Feit
 Ken describes his vocation in terms of the "Itinerant Fool", one who verbally, non-verbally and extra verbally tells stories, celebrates life and death (not deadness), focuses community, proclaims the truth, heals and serves the poor, and is alive to a sense of wonder, mystery and paradox. His current interest is an alternative approach to the bicentennial - through the presentation persons are enabled to get in touch with their own "roots." The Fool will be here during the Alternatives Conference, March 23-26. Within the week he will offer workshops (audience participation) each day, evening presentations, and a dinner-theatre, Friday, March 26, 6pm in the Union Catskeller, co-sponsored with the Union Activities Center.

PRESTIDIGITATION (MAGIC)— LEARNING AND SHARING

Ken Garwick 539-1519
 Thursdays, 7pm
 Length: Indefinite
 First Meeting: Feb 26
 Location: Seaton 127, KSU

Let's bring together people genuinely interested in performing magic. The class will consist of discussions and demonstrations by the leader and anyone else interested in sharing. Our goal is to establish a group of interested magicians who would like to meet regularly for the purpose of sharing and learning. Supplies: any trick you would like to perform.
 (Ken is a member of Society of American Magicians (S.A.M.) and has been involved with magic for 5 years)

STORYTELLING

Cindy Helferstay 537-7380
 Sundays, 1:30pm
 Length: Indefinite
 First Meeting: Feb 29
 Location: Purple Masque Theater, KSU
 Limit: 15

Folk tales or a story by Mark Twain. There is something special about listening to a good storyteller. Learn and practice the exciting art of storytelling. Children are encouraged to come and listen.
 (Cindy has had classes in storytelling and creative dramatics, and has also worked with children at camps.)

CREATIVE WRITING WORKSHOP

Dan Safford 539-5494
 *Wednesdays, 7pm
 Length: Indefinite
 First Meeting: Feb 25
 Location: Seaton 132, KSU
 Limit: 20

The workshop will provide a medium through which the writer may receive valuable feedback concerning his/her work. The primary objective is to stimulate expression through writing.
 (Dan has a B.S. in English from Utah State University and has been writing for a long time.)

AN ALTERNATIVE RAG

David Loresch 539-8892
 Tom Mayse 539-3312
 Sign up at registration and you will be contacted as to the time, date, place and first meeting of the class.

We're interested in trying to get together a regularly published alternative paper dealing specifically with community (Manhattan, Ft. Riley, etc.) problems and interests. We need writers, cartoonists, researchers, and lots of help. Especially G.I.'s.
 (Dave and Tom have both written some for the Collegian, and have had this dream in the pipe for two years now.)

MOVIES ON YOUR MIND

Michael Barfield 539-5470
 Mondays, 7:30pm
 Length: Indefinite
 First Meeting: Feb 23
 Location: UFM Library
 615 Fairchild Terrace
 Limit: 10

The general intent of this class is to discuss favorite and mutually enjoyed films, to evaluate films currently available in Manhattan, to examine the function and practices of film criticism, and hopefully, raise our cinematic consciousness. This basic program can be changed to suit various wishes and needs of the class as they arise.
 (Michael Barfield is a Manhattan resident and has been reviewing movies locally for 3 years.)

CREATIVE PHOTOGRAPHY

H. Patrick Killough 776-6584
 Mondays, 7:30pm
 Length: Indefinite
 First Meeting: Feb 23
 Location: UFM Darkroom
 615 Fairchild Terrace
 Limit: 6

Emphasis is on communication with your photographs. We will cover in summary form the mechanics of taking and developing your pictures. The emphasis is on developing your ideas, and, with the use of photography, express them to tell a story, create a mood, or just give expression to your inner feelings. We will be formulating projects, doing them, and criticizing each others work. You will need a camera, film, print-paper. Expenses for shared items such as chemicals can be shared.
 (Pat is a former free-lancer in Washington D.C. area with a continuing interest in the creative and expressive areas of photography as opposed to the technical area.)

BASIC DARKROOM PROCESSES

D. Duane McGuire 539-6546
 Tuesdays, 7pm
 Length: Indefinite
 First Meeting: Feb 24
 Location: UFM Darkroom
 615 Fairchild Terrace
 Limit: 6

Developing and printing black and white film. Including dodging and burning in procedures, and possibly other darkroom manipulation. Emphasis on maintaining consistently high negative and print quality. Cost of materials approximately \$5.00.
 (Duane is a wedding photographer and was formerly a printer for KSU photo service.)

THE ART OF THE SKETCHBOOK

Tom Pellett 776-6879
 Thursdays, 7:30pm
 Length: 5 weeks
 First Meeting: Feb 26
 Location: Justin 249, KSU
 Limit: 12

The way to learn to draw is to draw. This class will promote the habit of carrying a sketchbook wherever you go and drawing in it whenever you can. Will share whatever I know about such "mysteries" as perspective, vanishing points, values, composition, etc.
 (Tom has been carrying around sketchbooks & drawing in them for 6 years.)

CALLIGRAPHY

Jan Sloan 539-2843
 Sundays, 2:30pm
 Length: Indefinite
 First Meeting: Feb 29
 Location: Justin 326, KSU
 Limit: 10

To introduce basic lettering principles. We'll learn the chancery cursive alphabet. Participants can then choose to learn new alphabets, improve their everyday penmanship, or work on projects. Cost of supplies will vary, but can be quite inexpensive if desired.
 (Jan's a newcomer to calligraphy, since she's only been studying it for a year but she enjoys it, and hopes to learn along with the class.)

CHINESE PAINTING AND CALLIGRAPHY

Sue W. Hu 539-6192
 Saturday, 10-12am
 Length: Indefinite
 First Meeting: March 6
 Location: 925 Mission Avenue
 Limit: 6

We welcome people who are interested in the art of the brushes and Chinese paintings to come over and share the enjoyment with us. Please get rice paper, india ink, and Chinese brushes. You can get them both from University bookstores.
 (Sue took calligraphy lessons for ten years and took Chinese painting lessons for one year. She has led this popular course before for UFM.)

MASSAGE FOR THE MIND AND BODY

Steven Dietz 539-3525
 Sundays, 7:30pm
 Length: 4 to 5 sessions
 First Meeting: Feb 29
 Location: Ahearn Fieldhouse
 301, KSU
 Limit: 10

This course will try to give a scope of massage and the uses it can be to strengthen both body and mind. I will work with skeletal, muscular and tactile massage and probably focus on tactile massage towards the end. Massage works with energy both muscular and spiritual and this will release or strengthen the energy depending on the style. Materials needed: swimsuits (women two piece), towel, and oils (to be purchased after course begins).
 (Steve was taught the basics of massage three years ago and has been enjoying giving and receiving massages ever since.)

South Asia Films

During the fall, the KSU South Asia Center and the Manhattan Public Library co-sponsored a series of films on South Asia. The second part of this series will be shown during the spring semester. All showings will take place at the Manhattan Public Library (Juliette and Poyntz) at 7:30pm.

- Feb 19, Thursday - Sword and the Flute (on South Asian painting in the 17th and 18th centuries)
- Mar 4, Thursday - Sri Lanka (Ceylon)
- Mar 25, Thursday - Village Man, City Man (on the contrasts between contemporary Indian urban and rural life)
- Apr 8, Thursday - The Sufi Way (on the Sufis, a major Islamic devotional sect)
- Apr 22, Thursday - Glimpses of Indian Cinema (on the history of Indian commercial films, 1913 - 1963)

All showings will be free and open to the general public. The films are especially recommended to students and teachers in the area. A member of the KSU South Asia Faculty will be on hand at each showing to introduce the film and to answer questions which might arise from it.

COUTRA DANCING

Enid and Lew Cocke 539-6306
 Wednesdays, 7:30pm
 Length: 10 weeks
 First Meeting: Feb 25
 Location: To be announced at registration

Coutra dancing is Scottish, English and American. It is done by couples facing in two long lines as in the Virginia Reel. We will dance coutras dating from 1650 to the present. Celebrate the bicentennial by learning about your dance heritage. (Enid and Lew have taught folk dancing for several years. Enid also helps teach a course at KSU in American Folk Dance rhythms.)

MODERN DANCE

Nancy Maes 537-4050
 Tuesdays, 7:30pm
 Length: indefinite
 First Meeting: Feb 24
 Location: Gymnastics room, Ahearn Fieldhouse, KSU
 Limit: 20

Hustle, Watergate, Swing, Country Western, a couple of classics (waltz, cha-cha-cha). We'll take a pace and direction that everyone feels comfortable with. Also if anyone has a portable record player they could bring, please call Nancy. (Nancy has been doing these fun things for several years.)

SQUAREDANCING

John Hildebrand 537-2475
 Thursdays, 7:30pm
 Length: Indefinite
 First Meeting: Feb 26
 Location: Van Zile Dining Room, KSU
 Modern square dancing puts the old stuff in with the music of our time. New movements have been added to new ways of using the old movements to keep everyone moving. If you can listen to someone talk, and walk at the same time, you can square dance. Square dancing is fun for all ages and good way to meet new friends. A donation for use of the P.A. system will be requested. (John has been calling for 3 years and is a member of the North Central Kansas Callers Association and Kansas State Callers Association.)

FIDDLE WORKSHOP

Joel Chamberlain 537-7213
 Mondays, 7pm
 Length: Indefinite
 First Meeting: Feb 23
 Location: UMHE Fireplace Room 1021 Denison Ave
 Limit: 10

I would like to see everyone who has any knowledge of, or any interest in learning and sharing what they know about playing fiddle. Definitely a good class for beginners. We can get you started learning about the music, necessary basic techniques, elementary double stops and a few good ol' tunes. (Joel has been playing violin for two years and is interested in meeting other fiddlers.)

BANJO GET-TOGETHER

Charles Sargent 539-3234
 Randy Rogers 539-5301
 Fridays, 7:30pm
 Length: Indefinite
 First Meeting: Feb 27
 Location: McCain Auditorium Music Wing 134, KSU
 Limit: 10

Seems there are a lot of banjos around but either they never get out of the case or those who play well are too shy to lead such a class. We would like to bring together those who know a little or a lot. Banjo has been learned historically through sharing and that's what we would like to do. Bring whatever materials you have and whatever you know. (Charlie and Randy are pickers of some note who wish to share their know how.)

BEGINNING GUITAR

Steve Brumbaugh 539-1909
 Thursdays, 7:30pm
 Length: 6 weeks
 First Meeting: Feb 26
 Location: McCain Auditorium Music Wing 134, KSU
 Limit: 10

Basic beginning guitar instruction in the folk style. Bring guitar and ability to play a few chords. (Steve has played for quite awhile and is pretty good.)

BEGINNING GUITAR

Donovan Hendricks 539-9522
 Thursdays, 7:30pm
 Length: 6 weeks
 First Meeting: Feb 26
 Location: UFM Conference Room 615 Fairchild Terrace
 Limit: 6

Designed for the person who doesn't know the first thing about guitar. We'll cover basic chords, strums, finger picking, etc. The class will last from 6-8 weeks. Bring yer guitar. (Donovan taught last semester for UFM and has played for years and years.)

SPEED FLAT PICKING FOR GUITAR

Jeff Morris 539-3362
 Sundays, 1pm
 Length: Indefinite
 First Meeting: Feb 29
 Location: 811 Laramie
 Limit: 8

The objectives of this session will be to teach methods, exercises, isometrics and concentration techniques as applicable to playing so fast you sound like a thunderstorm. (Jeff has played for 5 years, two under Kelly Werts, a classical guitarist.)

BEGINNING RECORDER

Vicki Shult 537-0293
 Mondays, 8:30-10pm
 Length: Indefinite
 First Meeting: Feb 23
 Location: McCain Auditorium Music Wing 135, KSU
 Limit: 20

For junior high students to adult with a basic ability to read notes required. For the person just starting with limited knowledge of the recorder and music notation. Erich Katz's Comprehensive Method for Recorder, the basic text, (available from the instructor for \$2.95) includes music, from the period recorders were used. Soprano recorders (\$2.75 or \$3.95) and alto recorders (\$13.50) available at first class session. Each student will be expected to purchase additional music used after the first six or eight sessions. From the beginning, two-part music is used and ensemble stressed. One dollar fee for supplementary materials payable at the first meeting.

(Vicki has studied recorder, historical instruments, and early music at the University of Florida. She has taught both children and adults.)

ELEMENTARY RECORDER

Vicki Shult 537-0293
 Mondays, 7-8:30pm
 Length: All semester
 First Meeting: Feb 23
 Location: McCain Auditorium Music Wing 135, KSU
 Limit: 15

For those who know an octave and a half and a few accidentals; may be unsteady in tone and rhythm, but with desire to improve. Katz's Comprehensive Recorder Methods (\$2.95) is a basic source. Progress through this at a rapid rate. Additional music required: Elizabethan and Jacobean Music- 2 vols. \$3.50 each; Rooda exercise book \$1.95. Class will consist of work on technique, rhythm, and note review through method book, plus ensemble work. \$1.00 fee for additional materials.

RENAISSANCE FAIR

Vicki Shult 537-0293
 Sundays, 2pm
 Length: Possibly into May, culminating with the Fair
 First meeting: Feb 29
 Location: 419 Denison Avenue

Let's get together and explore the possibilities of putting together a Renaissance Fair on a modest scale but similar to those put on in Los Angeles and San Francisco. We would need many talents: craftspeople to set up demonstrations, musical entertainment of the period, perhaps an outdoor play, jugglers, food vendors of Renaissance goodies, etc.

BARBERSHOP QUARTET AND CHORUS

Dave Stucker 776-6847
 Tuesdays, 7pm
 Length: Indefinite
 First Meeting: Feb 24
 Location: To be announced at registration

To promote the barbershop style of music on the campus. Hopefully to start a campus quartet and/or chorus. Qualifications: Helpful to be able to read music but not necessary; should have good ear for musical harmony; prefer some vocal experience, e.g. high school glee, chorus, etc. but not necessary. Also need a pianist to help people learn parts for the first couple of weeks. (Dave has been a member of SPEBSQSA, INC. for 6 years, a quartet coach for 1½ years and has a large library of material.)

TUTTLEAIRES: BARBERSHOP SINGING GROUP

Will Ruliffson 539-3726
 M.C. Litchfield 539-8146
 Thursdays, 7:30pm
 Length: Ongoing
 Location: Elks Bldg. 4th and Houston

Like to sing the 'good ole' songs in the barbershop style? If so you will enjoy this group which gets together and enjoys singing. Do join us.

CHAMBER ORCHESTRA

Brock Dale 537-3037
 Thursdays, 7:30pm
 Length: Ongoing
 First Meeting: Feb 26
 Location: 1616 Beechwood Terrace

The object of this class is to make music. The UFM Chamber Orchestra can still use more players. Particularly, we need strings, french horns, oboes and perhaps another flute. (Brock has been a musician for years and holds a deep fondness for this fine art.)

WHAT'S WHAT IN COLLECTABLES AND ANTIQUES

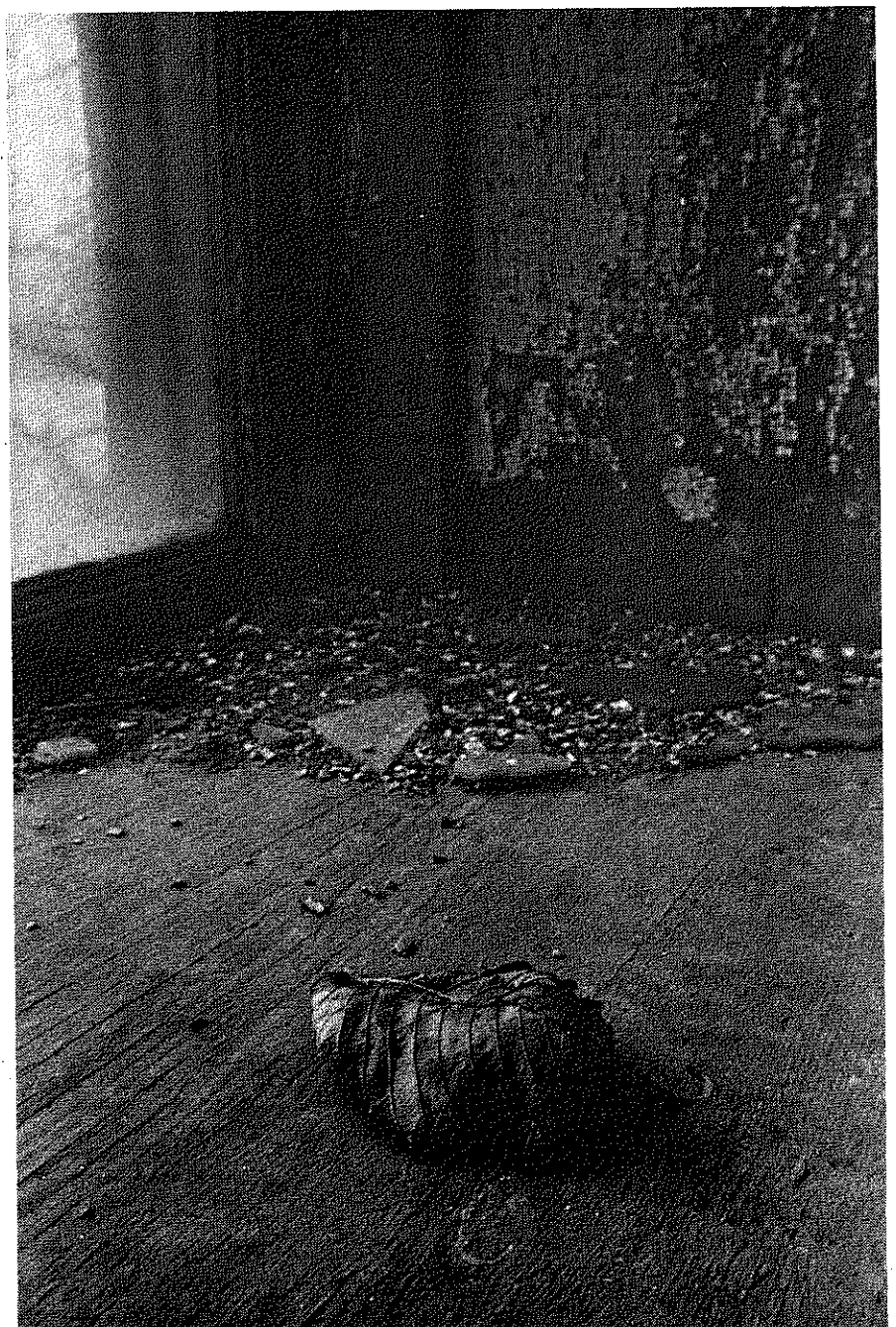
Lois Morales 539-8867
 Tuesdays, 7:30pm
 Length: Ongoing
 First Meeting: Feb 24
 Location: 1010 Bluemont
 Limit: 20

We will learn about the kinds 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. May visit stone houses. (Lois has been interested in antiques for 8 years.)

WINE TASTING: AMERICAN PREMIUM WINES

Jim Mitchell 539-7928
 Tuesdays, 8pm
 Length: 5 weeks
 First Meeting: Feb 24
 Location: 1110 Claflin Road #103
 Limit: 20

By comparative tastings, we will attempt to broaden your appreciation of wines. We will dispel some of the myths of wine snobbery, discuss the proper serving and storing of wine, how to decipher a wine label, how to recognize a good wine purchase, how to discriminate between a poor, good and great wine, how to order wine in a restaurant. In general, we will attempt to make you a more educated and knowledgeable wine consumer while uncorking and enjoying a few bottles of wine along the way. Must be 21 to join. Charge of \$11 per person for wine. (Jim has taught this popular class for several semesters.)



WOODWIND ENSEMBLE

Cliff Danziger 539-4546

Sundays, 7:30pm
Length: Indefinite
First Meeting: Feb 29
Location: 2213 Browning Avenue

We will organize into the appropriate ensemble (ensembles) depending upon the types of instruments showing interest. Avid amateur musicians as well as those who enjoy ensemble playing are welcome. (Cliff has been playing clarinet as a hobby for 10 years.)

PIPE GROUP

Jim Lackey 539-4281

Wednesdays, 7pm
Length: Ongoing
First Meeting: Feb 11
Location: UMHE, 1021 Denison Ave

As one might suppose, the function of this group is to play with briars and meerschaums and corn-cobs and burleights and virginias and latakia and matches, etc. Between tappings and puffings and relightings - words of wisdom and ignorance are airily intermingled - and on occasion something is learned or forgotten. (Jim and friends have been puffing for years.)

THEATRE IMPROVISATION

Doug Frost 539-5542

Sundays, 7:30pm
Length: 8 weeks
First meeting: Feb 29
Location: KSU, Purple Masque Theatre, East Stadium

The class will explore theatre games and traditional improvisation, advancing toward work with sound and movement improvisation by employing a staging technique called a "Dream Play". (Doug is a theatre student.)

CREATIVE WRITING WORKSHOP (High School)

Dan Safford 539-5494

Tuesdays, 7pm
Length: Indefinite
First Meeting: Feb 24
Location: To be announced at registration

The workshop would provide a medium through which the writer may receive valuable feedback concerning his/her work. The primary objective is to stimulate expression through writing. (Dan has a B.S. in English from Utah State University and has been writing for as long as he can remember.)

THEATRE MAKEUP

Dana Pinkston 776-6728

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

This class will provide both demonstration and participation in the art of theatre makeup. Will cover "strait makeup" in the first meeting, "Old age" in the second and special effects in the third. There will be a 25¢ materials charge. (Dana has worked on shows, workshops, and drama class at the high school.)

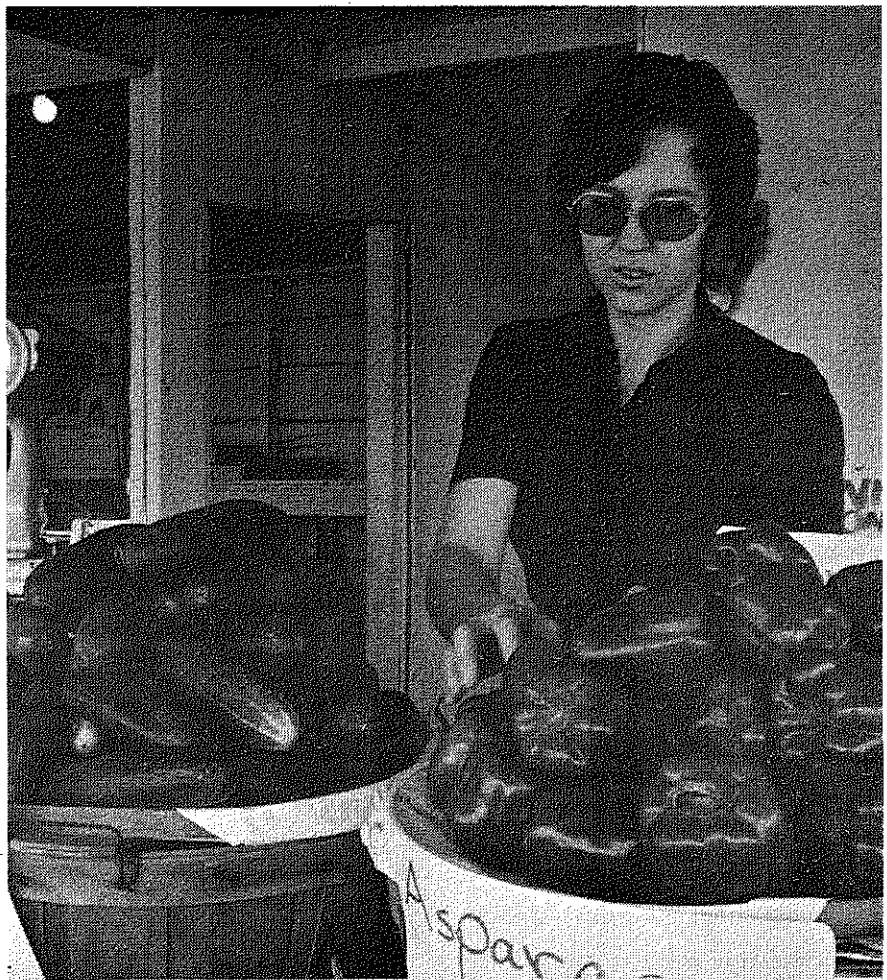
GUITAR

John Bode 539-5407
Alfie Stein

Wednesdays, 7:30pm
Length: 6 weeks
First Meeting: Feb 24
Location: To be announced at registration

Anyone who has a guitar and wants to learn how to play it can take this course. We will meet and divide into groups according to skill and interest. Acoustic and electric welcome. We will tailor our teaching to whatever you want to learn. (John has been playing for 3 years and Alfie has played for 6 years and has taught before.)

FOODS



THE 25¢ MEAL

Doris Hoerman 532-5866

Sundays, 5pm
Length: Indefinite
First Meeting: March 7
Location: UFM Living Room
615 Fairchild Terrace

Has the 25¢ meal gone the way of the 5¢ cigar? I am looking for others who are willing to attempt nutritious well-balanced meals for a mere quarter of a dollar. We will meet, then divide into groups to plan and prepare weekly meals. Bring ideas, menus, and cookbooks to first meeting. Because of inflation we may need to raise the price to 30¢. (Doris coordinates the Food Section of the UFM brochure and has been pinching pennies for years.)

VEGETARIAN RESTAURANT

Willie Perry 776-7816

We are forming a conspiracy. We are looking for good people who would be interested in helping us get a vegetarian restaurant started in Manhattan. We personally are tired of eating blase, pre-frozen, plastic products disguised as food in atmospheres out of "clockwork orange" and feel that there should be an alternative available for dining in the Manhattan area. We are not asking for money (at least not yet) - we must first be sure of our support in the community. If you've been thinking along similar lines, or if you are just interested in getting involved in a humane enterprise, sign up at UFM registration and you will be contacted.

EASY HOME PREPARATION OF BABY FOODS

Cindy Welch 537-1684

Mondays, 7:30pm
Length: 2 weeks
First Meeting: March 22
Location: You will be contacted

If you want your baby to have the very best, come join the growing number of parents who prefer to prepare their baby's food at home rather than use the commercially-prepared foods. Learn the easy techniques of making your baby's first solid foods, using the same food your family eats. Also learn methods of quantity preparation and convenient storage. (Cindy is working on her Master's in Home Economics. This class is the result of her research project on "home-prepared vs. store-bought strained baby food.")

MICROWAVE COOKING

Karen Hummel 776-8894

Tuesday, 7pm
Length: One Time, March 9
Location: KPL Auditorium
5th and Poyntz
Limit: 50

Microwave cooking can cut cooking time, simplify cleanup, and cut down electricity consumption. The evening will include a discussion of the microwave cooking process and demonstration of some cooking methods. (Karen graduated from KSU in Home Economics and has a background in teaching and adult education coordination.)

Home Economics Series

The following classes will be taught by faculty in the College of Home Economics at KSU. All classes will be held in Justin Hall on the KSU campus. Hear up-to-date information and bring your questions about these timely topics.

"America's Great Regional Foods" - Susan Owens
Explore the interesting and unusual in America's food traditions. Tuesday, March 9
7:30pm
Justin Hall 149

"Carpet Conversations" - Nancy Fletchall
Jane Stolper Tuesday, March 23
7:30pm
Justin Hall 227
Carpets - Visit with Nancy and Jane about carpets: fibers, aesthetics, care and selection.

"Gimmickry in the Supermarket" - Bob Flashman
Bob will alert you to gimmicks in the supermarket and help you become an aware consumer. Monday, March 29
7:30pm
Justin Hall 149

"Home Preservation of Foods" - Marilyn Skelton
Learn the latest recommendations for preserving foods in your home. Tuesday, April 13
7:30pm
Justin Hall 145

Kids Kitchen Takeover

Ever wished you had your own kitchen to mess around in? Here's your chance. With only a little instruction and guidance, you can learn how to make really fun things to eat. Participants should be around 6-10 years old. Please indicate on your registration card which of the sessions you plan to attend. The fee indicated will be collected at the beginning of each meeting.

Home Made Pasta - Nina Miley Saturday, March 13 10am 25c	Location: UFM Kitchen 615 Fairchild Terrace Limit: 10
Breadmaking - Ellen Greenhut Saturday, March 20 9am 50c	Location: UFM Kitchen 615 Fairchild Terrace Limit: 10
Mysterious Meatloaf - Sheila Russell Saturday, April 3 10am 50c	Location: 1218 Bertrand Limit: 10
Cookies - Ellen Greenhut Saturday, April 3 10am 50c	Location: UFM Kitchen 615 Fairchild Terrace Limit: 10
Home Made Granola - Doris Hoerman Saturday, April 10 10am 25c	Location: UFM Kitchen 615 Fairchild Terrace Limit: 10
Home Made Ice Cream - Sue Maes Saturday, April 17 1pm 40c	Location: 1218 Bertrand Sheila Russell Limit: 10

CHEESECAKE

Mark Marchionni 539-4862
Carol Dziadik
Wednesday, 7pm
Length: One Time, Feb 25
Location: UFM kitchen
615 Fairchild Terrace
Limit: 12

Does your mouth water at the sight of a creamy cheesecake? If so, then bring recipes to share, and come exchange trade secrets with two of New York's finest bakers. Demonstrations and taste testing (no experience required) included. Participants will share cost of 50c. (Nobody ever refused a second piece.)

SOYBEAN COOKING

Mary Clarke 532-5780
Chris Banner 776-6562
Saturday, 2pm
Length: One Time, March 13
Location: UMHE, 1021 Denison Ave

A discussion of the practical and nutritional aspects of soybean cooking. Samples of a few soybean dishes will be available. There will also be handouts of recipes and related literature, with a small donation (depending on the size of the class) to cover cost of materials. (Ms. Clarke has a Ph.D. in nutrition and works at Extension. Chris has taught this very successful class before.)

DIET FOR A SMALL PLANET

Zoe Climenhaga 537-7937
Mondays, 8pm
Length: 2 weeks
First Meeting: Feb 23
Location: 210 S. 10th Street

Oats, peas, beans, and barley...by mixing and matching them, in addition to other grains, beans, and seeds, you can end up with protein that is as good as the protein in meat. At the two sessions, we'll cover complementary proteins, vegetarianism and world hunger. Please bring a copy of "Diet for a Small Planet" by Frances Lappe to the first meeting. (Zoe has a long time interest in healthy foods and cooking.)

THE PEOPLE'S GROCERY CO-OPERATIVE EXCHANGE

The People's Grocery at 811 Colorado is Manhattan's only natural foods co-operative. Celebrating its 8th month of existence, the Grocery continues to supply natural wholesome foods such as whole grain flours, dried fruit, nuts, seeds, and non-instant milk. It's also a good place for yoghurt, cheese and other dairy products. There is a \$10 once-in-a-lifetime returnable membership fee and a 2 hour per month work requirement. For more information, call 539-4811.

ANTOJITOS MEXICANOS

Dulce Maria Ouellette
Friday, 6pm
Length: One Time, March 26
Location: UMHE, 1021 Denison Ave
Limit: 15

You can spice up your parties by learning to make these Mexican snacks and hors d'oeuvres. Tacos, empanadas and tostados will be demonstrated and sampled. The cost of the ingredients will be shared by class participants. (Dulce Maria is a native of Mexico and enjoys cooking.)

INTERNATIONAL COOKING

Lois Morales 539-8867
Wednesdays, 7pm
Length: Continuing
First Meeting: Feb 24
Location: 1010 Bluemont
Limit: 6

Are you interested in learning to cook foreign foods, the authentic way? With the help of members of the international community of Manhattan, we will learn how to make exotic dishes as they are prepared in the countries of their origin. There will be a short organizational meeting to decide the direction of the class. The cost will be from \$1.00 to \$1.25 per person per meal. If coordinators can be found, more sections will be organized. (Lois has helped to keep this class going for over a year.)

INTRODUCTION TO BAKING

Mike Bauman 1-494-2203
Tom Koester
Saturdays, 8am-11am or 1pm-4pm
Length: 6 weeks
First Meeting: Section I - Feb 28
8am
Section II - Feb 28
1pm
Location: Shellenberger Hall 110, KSU
Limit: 10 each section

We would like to impart a working understanding of the art of baking. The participants will have a chance to make various types of breads, rolls, and cakes. The \$15 fee will include a course outline with recipes, ingredients, and a 9 piece decorating kit. This class will be taught by members of the Bakery Science Club and will run 3 to 4 years. Please bring an apron. (Mike and Tom both have had alot of experience in small scale production of bakery goods.)

MEXICAN COOKING

Sue Kruger 539-6987
Friday, 6:30pm
Length: One Time, March 5
Location: 1318 Houston
Limit: 6

Expand your Mexican food repertoire beyond tacos. We'll prepare (and consume) a complete Mexican meal, including tortillas made from scratch, refried beans, enchilada casserole, and sangria. The cost will be divided by class participants. If you like, bring recipes to exchange. (Sue enjoys Mexican cooking as a hobby.)

BASIC CREATIVE BREADMAKING

Ellen Greenhut 539-9392
Tuesday, one time each section
Section I - March 9 7pm
Section II - March 23 1pm
Location: 1914 Montgomery Drive
Limit: 4 per section

Have you tried making bread and felt it too time consuming or frustrating? This class will show you some tricks of the trade to help make breadmaking easier and more rewarding. Also included will be basic methods and theories, how to follow a recipe, and ways to create your own bread. Cost is 50c. (Ellen has been baking bread for four years and freelance bread selling for a year.)

BREADMAKING

Dana Jo Orten 537-0623
Tuesdays, 8pm
Length: 3 weeks
First Meeting: Feb 24
Location: UMHE Kitchen
1021 Denison Ave
Limit: 10

I'd like to teach some elementary yeast bread making skills. The first class will be loaves, the second class dinner rolls, and the class can choose either party breads or foreign breads for the third class. Cost will be 50c for the first two sessions, 75c for the third class. Bring a loaf pan for the first class. (Dana is a junior in Biology at KSU and has been baking yeast breads since she was ten.)

BREAD BASICS

Carol Kuhlman 539-0414
Thursday, 1:30pm
Length: One Time, Feb 26
Location: 2111 Seaton Ave
Limit: 12

Bread baking is on the rise! Come and learn the very basics - from preparation of the batter to kneading the dough. Literature will be available to take home. (Carol has been getting a rise out of dough for several years now.)

PAKISTANI COOKING

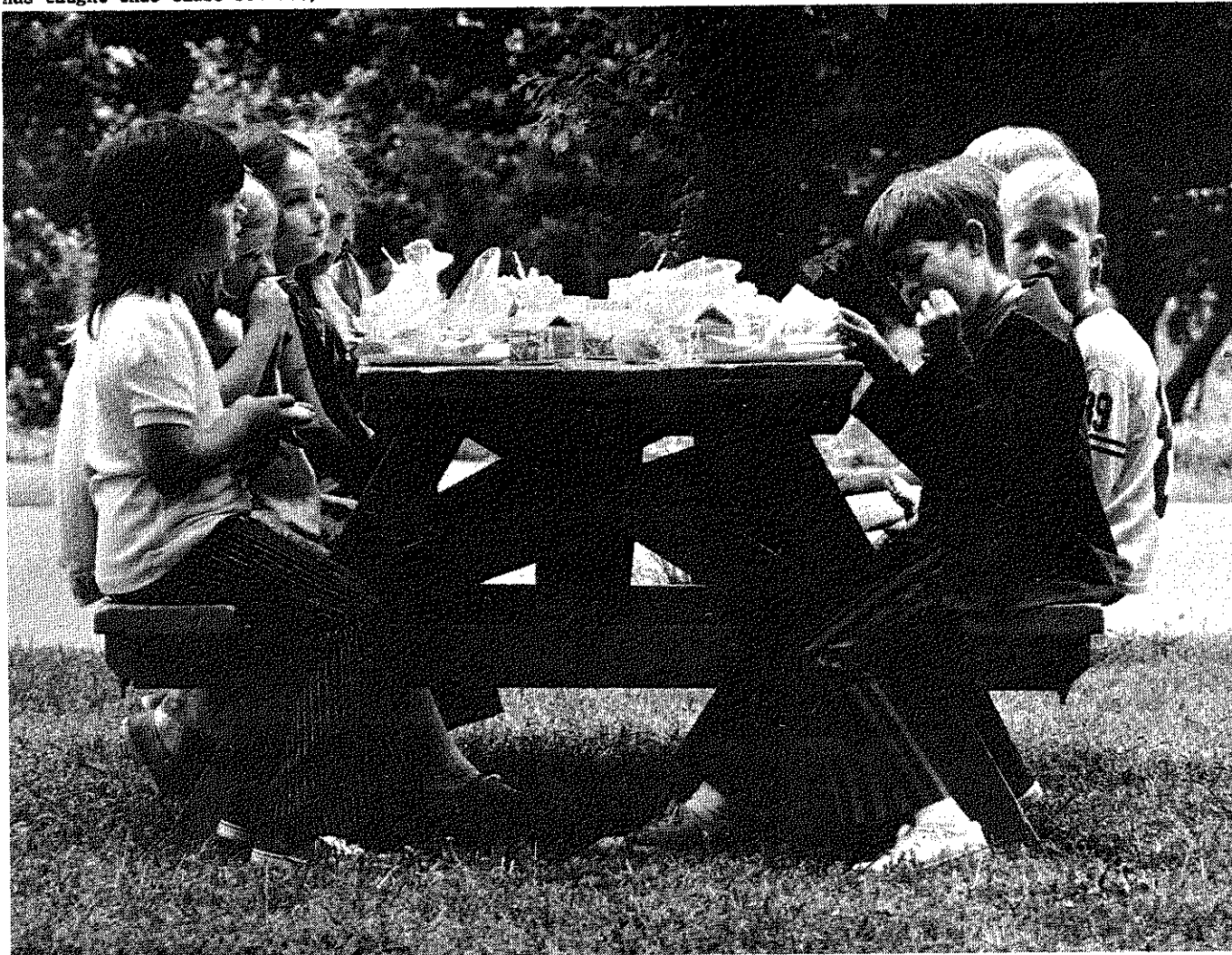
Farida Chawla 539-4904
Alternate Thursdays, 3:30pm
Length: 3 sessions
First Meeting: Feb 26
Location: UMHE, 1021 Denison Ave

Expand your culinary repertoire by learning 3 typical Pakistani dishes: Vegetable Rice, Pakistani Bread and Vegetables and Chicken Curry. Samples will be available and the cost will be divided by class members. Bring paper and pencil to write down recipes. (Farida is from Pakistan and in addition to being a good cook, holds a degree in medicine.)

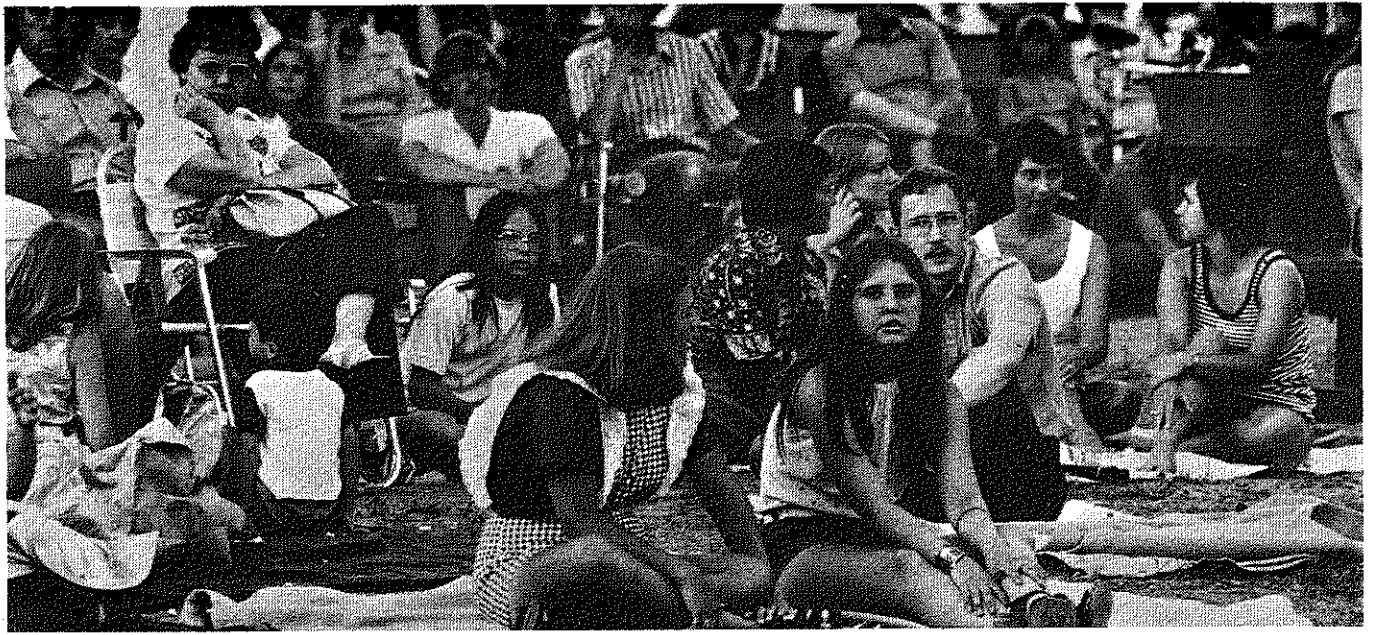
JEWISH COOKERY

Charlotte Edelman 539-2624
Wednesdays, 7:30pm
Length: 6 weeks
First Meeting: March 10
Location: Jewish Congregation
1509 Wreath Ave

You don't have to be Jewish to enjoy bagels, blintzes, and chopped liver. We will discuss Jewish food customs and laws and learn to prepare several typical Jewish foods. (Charlotte is Jewish, a good cook, and has taught this class before.)



MIND - BODY - SPIRIT



self & others

TIME MANAGEMENT

Jim Robyak 532-6432
 Tuesday and Thursday, 7pm
 Length: 2 times, Feb 24 and Feb 26
 Location: UFM Living Room
 615 Fairchild Terr
 Limit: 15

This course is designed to introduce people to developing and using specific time scheduling techniques, with attention given to priority setting.
 (Jim is an instructor with the Center for Student Development.)

ASSERTIVE TRAINING

Margaret Nordin and staff 532-6432
 Tuesdays, 7:30pm
 Length: 5 weeks
 First Meeting: March 23
 Location: Catholic Student Center
 711 Denison Ave
 Limit: 12

Do people consistently take advantage of you? Do you often say "yes" when you want to say no, or say no and then feel guilty? Are you embarrassed when people compliment you? Assertive Training can help you change your thinking and behavior. One dollar will be asked for our supplies and equipment.
 (Margaret is the Associate Director of the Center for Student Development.)

CHANGING ROLES AND MEN

Mark Lenfest 776-7745
 Thursdays, 7pm
 Length: 5 weeks
 First Meeting: Feb 26
 Location: KSU Union 204
 second week, Union 207
 Limit: 8

How do you relate to your wife earning more money than you; working with a woman supervisor; what your son, daughter, brother or sister are going to take in college? The objective of this group is to help males, through talking and sharing experiences and confrontations, feel better about themselves in dealing with role changes enabling them to display emotion or affection without feeling guilty about it.
 (Mark works in the Women's Resource Center, has read in this area and would like now to share information with others.)

EVERYTHING YOU WERE AFRAID OF ABOUT HOMOSEXUALITY BUT NEVER ASKED

Howard
 Thursdays, 7:30pm
 Length: 3 weeks
 First Meeting: March 4
 Location: UFM Library
 615 Fairchild Terr
 Limit: 15

If you have recently found out that your brother or sister is gay, or your best friend has confided that s/he is a homosexual or you're just not sure how to relate to someone with a homosexual preference, then this course is for you. We will attempt to present a candid view of homosexual lifestyles and its various ramifications. Readings will be recommended.
 (Howard is a member of the steering committee for Gay Counseling.)

LIFE PLANNING WORKSHOPS

Barb Rockwell et al. 532-6432
 Limit: 15 per session

Are you currently dissatisfied with your major or what you are doing? Feel like searching for some new directions or interests in your life? These workshops are designed to help you think about what you want, where you are going, how to establish immediate and long-range goals and how skills in self-assessment and planning which enable you to continue life-planning in the future. The workshops are structured activities and are not encounter groups. However, as a participant you will be asked to talk about your experiences, feelings, and goals.

Weekend workshops:

March 6
 March 27 8:30am-4pm
 April 24 with lunch break
 May 8

Afternoon sessions:

3 weeks, 3 hours each meeting, offered twice.
 Feb 19
 Feb 26 2-5pm
 March 4 UMHE, 1021 Denison Ave
 April 8 2-5pm
 April 15 Location to be announced
 April 22

I'M OK - YOU'RE OK WEEKEND WORKSHOP

Warren Rempel 539-4281
 Length: One weekend, March 5-7
 Friday evening, Saturday
 9-6pm, Sunday afternoon
 Location: UMHE, 1021 Denison Ave
 Limit: 8

An introduction to Transactional Analysis. Use of TA tools for growth and awareness, self-understanding and ability to relate to other persons in creative ways. Help in undoing the programmed responses and patterns of the past, and liberating the self for creative and open living in the present.
 (Warren is a campus minister at UMHE.)

DESMOND MORRIS AND THE NAKED APE

Neil Schanker 539-4641
 Thursday, 7:30pm
 Length: One Time, March 4
 Location: Van Zile Hall Library, KSU
 Limit: 15

This will be an informal sit-down discussion of everyday human behavior in terms of body language, sexuality, civilization stresses, and physical evolution. Reading or partial reading of Desmond Morris' The Naked Ape, the Human Zoo, and Intimate Behavior would be helpful but not essential.
 (Neil is interested in human behavior and thinks that Morris makes it interesting and understandable to the layperson.)

"Who are you?"

"...I know who I was when I got up this morning, but I think I must have Changed several times since then."

Alice In Wonderland

Family Life Films

Kay Neill 539-8023

Wednesdays, 7pm
 Location: Family Resource Center 776-6566
 611 Poyntz - above Encore Shop

All films are free, and everyone is welcome

- Feb 4 - Bridging the Gap (Dr. Gordon's three principles of Parent Effectiveness Training - P.E.T.)
- Feb 11 - Hello Up There (A child's look at adults and communication)
- William (Social acceptance, identity, self-worth)
- Who Cares About Jamie? (lesson in mental health)
- Free to be You and Me (Friendship, cooperation, sibling relationships)
- Feb 18 - Looking For Me (body awareness, non-verbal communication)
- Feb 25 - Why Am I Afraid to Tell You Who I Am? (The masks we wear, self-acceptance and acceptance by others)
- Mar 10 - Don't Stop the Music (aging, self-reliance)
- Mar 24 - Sylvia, Fran, & Joy (three women and their different lifestyles)
- April 21 - Peege (A nursing home resident and her grandson's special visit)
- May 5 - Beginning of Life (A family sharing the beautiful experience of childbirth)

WORKING LOOSE

Sarah Oblinger 539-8050
Saturday, 10am-4pm
Length: One Time, March 6
Location: Baptist Campus Center
1801 Anderson Ave
Limit: 12

This workshop will give the participants a chance to define their goals in life and look at some real priorities; it is not a counseling session. Participants will have a chance to talk about their experiences, feelings, aspirations, frustrations and goals. The workshop is intended to help you think about all the things you want and to enable you to plan how to achieve your goals. There will be structured activities throughout the day. We will use fantasy and hypothetical situations, recall of past experiences and structured questions. We will provide brown-bag lunch and beverage will be provided. (Sarah has some experience in small group workshops, is a senior in Hort. Therapy and is interested in her own life goals without a lot of nonsense and paranoid feelings.)

"WOULD YOU LIKE TO COME UP TO MY PLACE AND SEE MY ETCHINGS?" and OTHER QUIPS

Teena
Thursdays, 7pm
Length: 3 weeks
First meeting: Feb 26
Location: 2104 Browning
Limit: 10 males, 10 females

This group will hopefully consist of people who can talk openly and honestly about some of the communication problems and sexual myths between men and women. No couples please. Personal problems will not be discussed but generalized. Non-sexual friendships are all too rare between men and women. If you can't love your friends and tell them what you feel, who can you love? (Teena seems to easily formulate lasting friendships with men, which is unfortunately rare.)

COMMUNICATION GROUP

Jan Gembol 532-6432
Mark Reaves
Tuesdays, 3-4:30pm
Length: Indefinite
First Meeting: Feb 17
Location: Holtz Hall 111, KSU

This is an opportunity for you to reaffirm your uniqueness as an individual, as well as to recognize the universality of your humanness. In this group you will have the chance to discover how overt and covert group values affect your behavior; and in turn how your individual values influence the development of group norms. Learning about yourself in relationship to others can aid in disconfirming behaviors which are not affective and may encourage you to try out new ways of being you. (Jan works in the counseling center and the Women's Resource Center. Mark is a counselor - both have had considerable group experience.)

PERSONAL CONVERSATION

Dave Stewart 539-3051
Thursdays, 3:30-5pm
Length: Indefinite
First Meeting: Feb 19
Location: Baptist Campus Center
1801 Anderson Ave
Limit: 12

Conversation will be for the purpose of relating and pursuing personal meanings, concerns, thoughts, doubts, joys, in order to increase our appreciation and participation in our own life experiences as well as the experience of others. (Dave is a campus minister who has led numerous UFM classes.)

CAREER EXPLORATION FOR MID-CAREER PEOPLE

Fred Bradley 532-5937
Sign up at Registration and you will be contacted.

Individual and group exploration of problems and solutions in making decisions about beginning, returning and redirecting one's career and life planning. Sessions will be arranged to meet the schedules of the participants. (Fred is an instructor in the Counseling and Student Personnel Services program. Graduate students will be coordinating these sessions.)

GROUP RELATIONSHIPS (HIGH SCHOOL)

JoAnn Mayer 537-2670
Tuesdays, 2:10-3:10pm
Length: 8 weeks
First Meeting: Feb 24
Location: to be announced
Limit: 10

This involves exploring relationships with parents, teachers, friends - how one may improve these interpersonal involvements. For high school students only, arrangements will be made with teachers. (JoAnn is a counselor at MHS and has worked with group counseling three years and feels that understanding oneself is a key to happier relationships with others.)

RESPONSIBLE DRUG USE

John Leslie 539-3362
Jeff Morris 537-0516

Wednesdays, 9pm
Length: Indefinite
First Meeting: Feb 25
Location: UFM Living Room
615 Fairchild Terr
Limit: 15

We are announcing the end of the great drug abuse scare and the beginning of the age of garbage and rip-offs in the world of street drugs. George Washington once said to "Be careful of what you eat or smoke," and we'd like to show you how - not how to eat or smoke but how to be careful. There are some of you who have survived the scare tactics of the 60's and continue to use drugs. This class is for you. If you're using any type of street or pharmaceutical drugs, be informed. There are some things you should know. (John and Jeff make up the staff of the KSU Drug Education Center.)

You don't live in a world all alone. Your brothers are here, too.
Albert Schweitzer

GAY COUNSELING

539-2311
7pm-3am Friday and Saturday
7pm-12midnite Sunday
Length: Entire semester

This is a paraprofessional peer-counseling service in cooperation with the Fone, Inc., Peer Sex Education, Holtz Hall Counseling and Mental Health-Lafene, to meet directly the counseling and information needs of the university community regarding homosexuality. Calls are kept in the strictest confidence. For information or counseling, call the Fone, 539-2311.

CHILDREN OF SAPPHO

Tuesdays, 8pm
Length: Entire semester
Location: Unitarian Fellowship
709 Bluemont

This is a social organization for the Manhattan and Ft. Riley gay community, providing a supportive environment where experiences can be made. Dances are sponsored for the entire community - homosexual and heterosexual.

CREATIVE DIVORCE

Warren Rempel 539-4281
Tuesdays, 7:30pm
Length: 6 weeks
First Meeting: Feb 24
Location: UMHE, 1021 Denison Ave
Limit: 15

For persons moving onto and through the divorce experience; the promise in the pain; the healing process of mourning; accepting divorce as a solution, not as punishment; how to re-new trust in men/women. (Warren has convened this course on several occasions.)

RECOVERY, INC.

Barbara Nordin 539-4371
Tuesdays, 7pm
Length: Continuous
Location: Unitarian Fellowship
709 Bluemont

Recovery, Inc. is a nationwide organization with the goal of reducing the rate of chronicity and relapse among those who have had or are having emotional problems. This is a very structured technique for learning to cope with day-in and day-out living. Members vary in their situations - some have been hospitalized and some have never seen a therapist. The group is on-going all year and we are always glad to see visitors.

PARENT-TEEN COMMUNICATION

Roy Grando 537-0599
Length: 4 weeks
Sign up at registration and you will be contacted as to time, date and day for the class
Location: Family Resource Center
611 Poyntz
Limit: 4 couples

This course will introduce and coach teenagers and their parents in the use of communication and problem-solving skills. It will meet on a mutually convenient day for all in the late afternoon or early evening. (Roy is an assistant professor in Family and Child Development, is a family therapist and teaches families communication skills.)

WORKSHOP FOR NEW PARENTS

Victoria and Roy Grando 537-0599
Length: 6 weeks
Limit: 4 couples
Sign up at registration and a mutually convenient time and place will be established.

The class will attempt to provide specific information on infant development and care as needed by the participants. The addition of the infant to the family involves changes for all family members. The class will encourage the discussion of these changes. Also couples will be introduced to family communication skills that may be helpful for dealing with these changes and other situations. (Victoria is an RN currently teaching educated childbirth classes. Roy is an assistant professor in Family and Child Development.)

MARRIED COUPLES GROUP LIFE SEMINAR: MARRIAGE ENRICHMENT

Don and Irmie Fallon 539-4451

Thursdays, 7:30pm
Length: Indefinite
First Meeting: Feb 19
Location: UMHE, 1021 Denison Ave
Limit: 8 couples

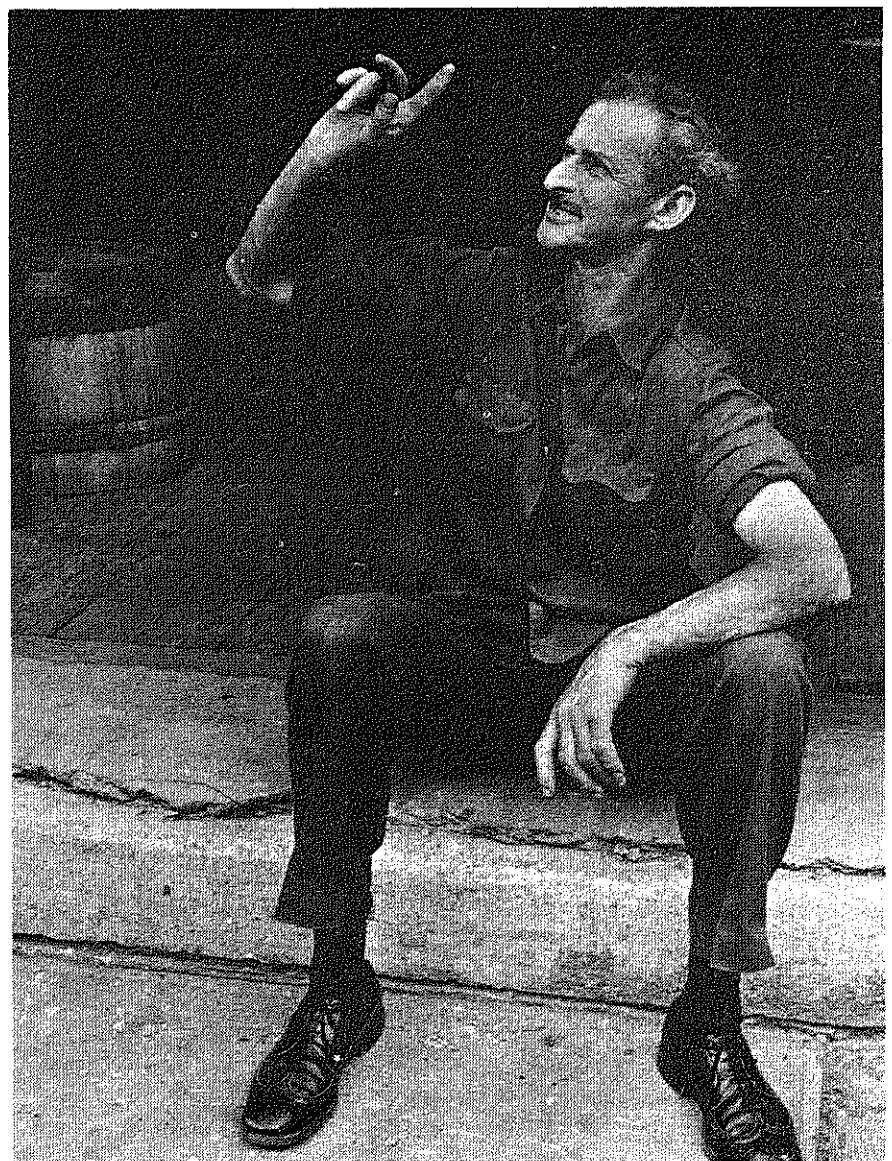
The Seminar will provide a chance to share with other couples in a small group the experience of coping with university life. The group will define areas of concern which might include: role expectations, structuring time, in-law relationships, friends and social relationships, intimacy, finances and housing and university resources. Couples may choose to use the group to grow in handling conflict, developing a healthy fight style, coping with difficult feelings of anger, sex, love. (Don is a Lutheran campus pastor and Coordinator of Religious Activities.)

COUPLES COMMUNICATION

Candy Russell 532-5510
Irene Lovitz 776-6566

Thursdays, 7pm
Length: 4-5 weeks
First Meeting: April 1
Location: Family Resource Center
611 Poyntz
Limit: 5 couples in each group

A training group (not counseling) for couples who wish to practice a variety of communication skills. Dress informally, bring a pillow if you like (we often sit on the floor.) Please call Candy before the first meeting about the course materials. (Candy is an assistant professor in Family and Child Development. Irene is a graduate student.)



MARRIAGE ENRICHMENT

Warren Rempel 539-4281

Thursdays, 7:30pm
 Length: 6 weeks
 First Meeting: Feb 26
 Location: UMHE, 1021 Denison Ave
 Limit: 8 couples

A series of explorations into the makings of a creative marriage relationship. Growth is partnerships; re-contracting the marriage expectations; opening up communication; "shifting gears" through the growth process and finding new ways of nurturing the relationship.

MARRIAGE ENCOUNTER WEEKENDJack and Barb Page 776-5559
Steve and Margaret Adkins 537-8646

Information Meetings:
 Feb 8, 7:30pm
 St. Isadore's Church
 March 14, 7:30pm
 United Christian Church
 April 11, 7:30pm
 St. Xaviers Church, Junction City

The Marriage Encounter weekend is a boot camp, a crash program, in a technique of loving communication that a couple can use for the rest of their lives. It's a chance to discover what a great thing you have going for you and how wonderful God has been in giving you each other. Since 1968, there have been over 200,000 married couples who have participated in the weekend. A schedule is available at the information meetings.
 (Both couples have gone through and/or led the "weekend" before.)

FAMILY RELATIONS CONFERENCE

Roy and Victoria Grando 537-0599

Length: 4 weeks
 Limit: 3 families
 Sign up at registration and a mutually convenient time and place will be arranged.

The class will introduce and coach families in the use of communication and problem-solving skills. To make these skills useful, families will be helped to apply them to everyday life.

MARITAL OPENNESS FROM A CHRISTIAN PERSPECTIVE

Rev. Bill McCutchen 776-8790

Thursdays, 7:30pm
 Length: 8 weeks
 First Meeting: Feb 19
 Location: Koller Hall, 1st Christian Church, 115 N. 5th
 Limit: 6 couples

A learning group for couples - married or contemplating marriage, who wish to explore the marital issues of realistic expectations, privacy, open communication, role flexibility, companionship, equality, identity and trust. Issues will be interpreted from a variety of perspectives including a Christian perspective. The cost for materials is \$20/couple. (Bill is the Associate Minister of the 1st Christian Church.)

FAMILY COMMUNICATION AND PARENTING SKILLSJeanette Coufal 532-5510
Mary-Rita Spooner 776-6566

Mondays, 7:30pm
 Length: 6 weeks
 First Meeting: Feb 23
 Location: Justin Hall 242, KSU
 Limit: 10 couples

This is a skills training group (not counseling) for parents of children ages 4-10. Our sessions are designed to facilitate discussion about children's development individually and as family members and to enhance communication and parenting skills which promote positive development. Skills such as establishing rules and enforcing them, listening, and structuring will be discussed and opportunities to practice them will be given.
 (Jeanette is an assistant professor in Family and Child Development. Mary-Rita is a graduate student in FCD.)

women

WOMEN AWARENESS

Cindy Thomas 539-9394

Sundays, 7pm
 Length: Indefinite
 First Meeting: Feb 29
 Location: Schumann Apts
 1119 Laramie #5

Limit: 10

Becoming an aware woman today means experiencing many things. We must confront and deal with role changes; sexuality and how we relate to people, men, women, the old and young. The purpose of this group is to talk about our experiences and confrontations in order to achieve a higher awareness of ourselves as women and people.
 (Cindy has been involved with consciousness raising groups before and is interested in the feminist movement.)

AUTO COMMUNICATIONSNorman Peck 537-9883
John Hughes

Tuesdays, 7pm
 Length: 6 weeks
 First Meeting: Feb 24
 Location: Ackert Hall 116, KSU

Very few women have had much practical mechanical training, especially about cars. Since at one time or another everyone has an automobile, it seems appropriate that everyone should have an opportunity to learn something about them; how to take care of them so they last longer, how to cope with their problems, how to do some work on them yourself.
 (Norm and John have many years experience with cars and presently work for a local auto firm.)

BACK TO SCHOOL, BACK TO WORKMargaret Nordin 532-6432
Donna DeVore
Pat Richards
Laura Pollard
Eunice Pickett

Monday, 7:30pm
 Length: One Time, March 1
 Location: KSU Union, Rm 212

Are you thinking of returning to school or work after being home for several years? Are you unsure of yourself? Are your friends and/or relatives questioning your move? Are you hesitant to speak out about your desires? Faculty members and women students discuss potential problems and solutions.
 (Margaret Nordin and staff have conducted several assertive training workshops and courses for UFM and others on campus.)

WOMEN'S RESOURCE CENTERMeg Keeley 532-6541
Caroline Peine
Margaret Nordin

Dedicated to meeting the needs of all women on the KSU Campus, our primary concern is to raise the level of awareness concerning the changing roles of men and women, and the implications of these changes. Available at the Center is a growing library of materials on a wide range of topics, and several people ready to help you find answers to information. It also serves as a referral agency concerning opportunities and programs about and for women students. Both men and women are welcome, and invited to visit the Center. The WRC has recently moved to the SGA office in the Union.

PREGNANCY COUNSELINGKaren Barquest 532-6432
Carolyn Wickencamp

Service: Confidential counseling and information on birth control, unplanned pregnancies and V.D. Open to men and women.

LESBIAN AND BISEXUAL WOMEN

Teena 537-9216

Thursdays, 9pm
 Length: Indefinite
 First Meeting: Feb 26
 Location: 2104 Browning

What does it mean to be bisexual or Lesbian? The purpose of this group is to share with other gay women the experiences of leading a gay lifestyle. Special topics can be planned according to the groups needs. Perhaps some excursions to other groups of gay women in Topeka, Lawrence, Wichita and K.C. could be planned.
 (Teena works with Gay Counseling and is familiar with other open lifestyles.)

NEW MOTHERSKathy Hermes 539-1648
Lynn Peterson 537-2422

Wednesdays, 9:30am
 Length: Indefinite
 First Meeting: Feb 25
 Location: 1415 Claflin Circle

A discussion group for new (and not so new) mothers focusing on the day-to-day questions and concerns involved in parenting. A different topic will be discussed each week and resource books and ideas will be made available. Come alone or bring your children and share your experiences with others.
 (Kathy and Lynn have MS degrees in Family and Child Development and are new mothers.)

INTERNATIONAL WOMEN'S YEAR

Nancy Scheetz-Freymiller 776-8653

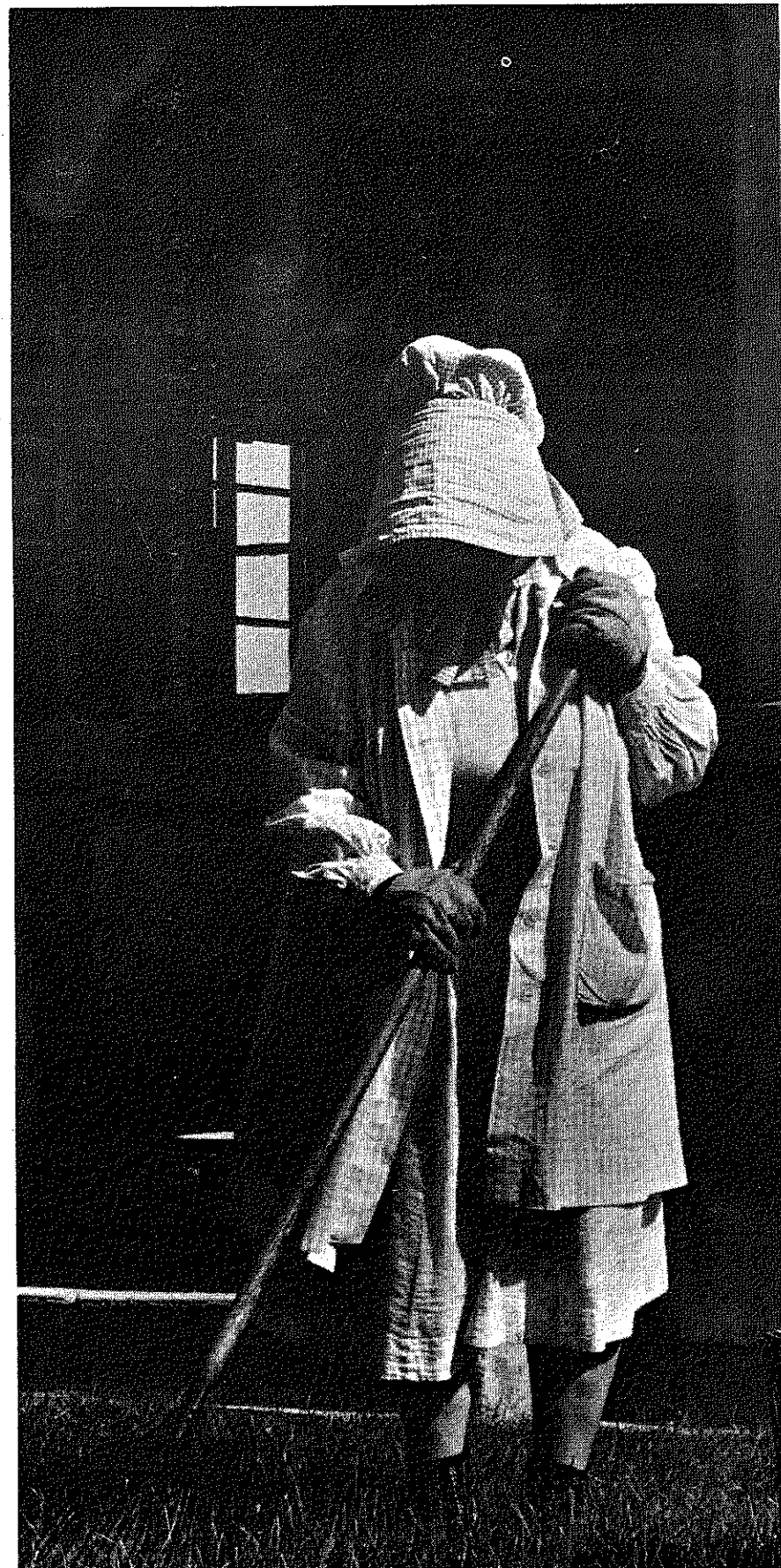
Equality, Development and Peace are the three main objectives of the International Women's Year (IWY) as declared by the United Nations. IWY also focuses on celebrating women's contributions in the U.S. and throughout the world. Women in the Manhattan area will be honored for their dedication in all areas ranging from politics to business and the home. The Manhattan area IWY Commission is open to any person interested in working to increase mutual understanding between everyone, both men and women from all community groups. More participation is needed to help IWY become a reality. Contact Nancy for further information.

FOCUS

Margaret Nordin 532-6432

Thursdays, 12 noon
 Length: Ongoing
 First Meeting: Feb 26
 Location: KSU Union, Stateroom #3
 Limit: 20

Informal luncheon discussions of topical issues relevant to women. The 1st and 3rd Thursdays will feature informal gatherings; the 2nd and 4th Thursdays will highlight special topics. Students, faculty, and staff are welcome.



body & spirit

BEGINNING YOGA

Greg Howard 539-9938
Tuesdays, 8pm
Length: Indefinite
First Meeting: Feb 24
Location: Unitarian Fellowship House
709 Bluemont Ave
Limit: 5

An introduction to basic postures, asanas, and meditation.
(Greg has studied primarily on his own and with others. This is his second semester with UFM.)

KUNDALINI YOGA

Gurubachan Singh 1-234-9660
Thursdays, 7:30pm
Length: Semester
First Meeting: Feb 19
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. We will also investigate the areas of nutrition, natural foods, and we will celebrate a vegetarian feast on the 3rd or 4th Thursday of each month.
(Gurubachan was a personal student of Yogi Bhajan for over 3 years. Coming weekly from the Guru Ram Das Ashram in Topeka, a transportation donation of 25¢ will be requested.)

TEACH YOURSELF TO MEDITATE?

Jerry Eads 1-485-2770
Tuesday, 7-10pm
Length: One Time, March 9
Location: UFM Living Room
615 Fairchild Terr
Limit: 15

A plethora of paperbacks and hardbacks have incarcerated themselves in the market in the last few years, typically with titles such as "How to Meditate" and, no doubt, "Meditation Made Easy." After several months of reading, my hunch is that one can acquire meditation skills in the absence of the cognitive dissonance proficed by certain popular forms of training. THIS IS NOT A HOW TO CLASS, but is for serious thinkers and those looking at the concept of teaching people to teach themselves.
(Jerry is a local minor institution who periodically enjoys troubling his social scientifically trained mind with issues that resist readily lending themselves to traditional measurement methodology.)

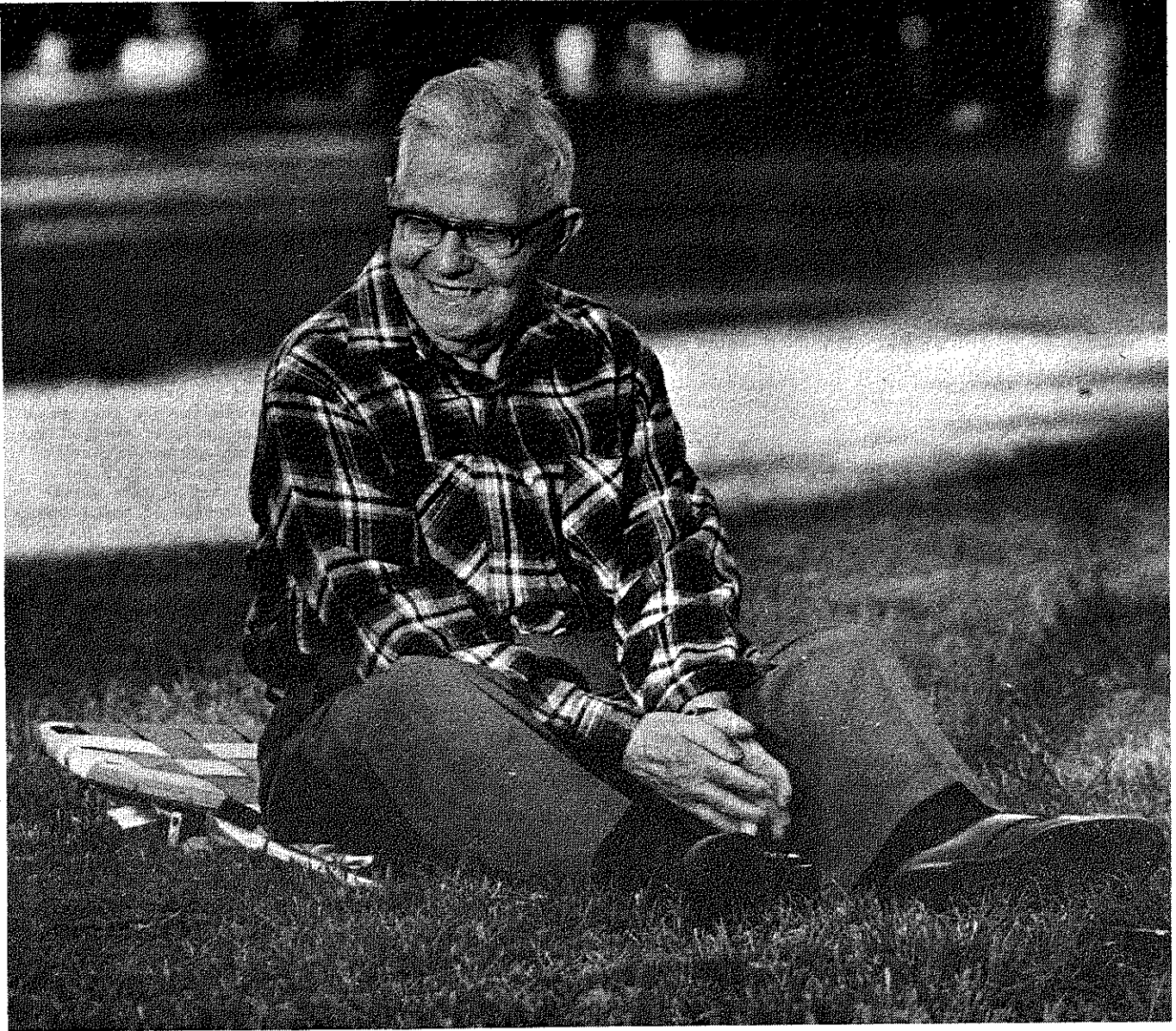
"There is no such thing as a neutral educational process. Education either functions as an instrument which is used to facilitate the integration of the younger generation into the logic of the present system and bring conformity to it, or it becomes 'the practice of freedom,' the means by which men and women deal critically and creatively with reality and discover how to participate in the transformation of their world."

Richard Shaull

ECKANKAR: THE PATH OF TOTAL AWARENESS

Bob Perry 532-6700
Wednesdays, 7:30pm
Length: Indefinite
First Meeting: Feb 18
Location: KSU Union 203

Eckankar, Key to the Secret Worlds, by Paul Twitchell will be the theme for discussion. The book covers the principles and methods of Eckankar, the ancient science of soul travel.
(Bob has studied Eckankar 2 years and has completed a teaching program.)



STRESS MANAGEMENT PROCEDURES

Dale Patterson 537-8611
Sundays, 7-9pm
Length: 10 weeks
First Meeting: March 7
Location: 810 Kearney
Limit: 15

A number of techniques designed to neutralize physical and psychological stress will be reviewed, discussed and briefly experienced. Included will be progressive relaxation training, behavior therapy, meditation, open focus training, autogenic training and controlled psychedelic therapy. A large portion of the course will be devoted to the theory, practice and application of biofeedback training. In general, the physiological characteristics and potential benefits upon acquisition of the low arousal, hypometabolic "Relaxation Response" will be examined and discussed. Please note!! This is not a training or therapy course but rather an opportunity to become acquainted with a number of stress management procedures currently employed.
(Dale is completing his Master's in psychology and has been involved with biofeedback research for four years.)

WINDOWS TO THE TAROT

Diane Barker 537-9735
Mondays, 7pm
Length: 3 weeks
First Meeting: Feb 23
Location: UFM Conference Room
615 Fairchild Terr
Limit: 12

This session is to discuss the history of Tarot cards, their use in study, divination and philosophy. Participants are encouraged to bring their own cards for comparison and for readings. I view the cards as a workable system of knowledge and a psychological tool after Ouspensky and Jung.
(Modestly, Diane claims a limited knowledge, but a consistent interest.)

GUIDED AFFECTIVE IMAGERY

Paul Hart
Tuesday, 7pm
Length: One Time, March 2
Location: KSU Union 212
Limit: 20

Guided Affective Imagery is a method of altering one's consciousness through the means of a semi-music controlled environment. The class will explain and touch on some of the uses of GAI as well as take the individuals through a GAI experience themselves.
(Paul is the former director of the Drug Ed. Center and has experience studying and doing GAI.)

YOGA AFTER FORTY

Bert Franklin 539-0495
Tuesdays, 5pm
Length: 8 weeks
First Meeting: March 16
Location: Newman Center Basement
711 Denison
Limit: 8

Hatha Yoga for those who initiate Yoga practice in the middle or later years. Emphasis is upon breath control, meditation and a basic series of asanas.
(Bert has practiced Yoga for 23 years, six of these years under the guidance of Prof. T. Krishnamacharya, one of India's greatest Yoga teachers, in Madras, India.)

HATHA YOGA

Cinde Doby 537-1492
Wednesdays, 4pm (negotiable)
Length: Semester
First Meeting: Feb 25
Location: Newman Center
711 Denison
Limit: 4

We will practice breathing and simple poses at first. Then we'll learn harder asanas and master control over the body through asanas, breathing and meditating.
(Cinde learned this art from her mother who was a yoga teacher, and as a student of Dr. Franklin's.)

HATHA YOGA

Bert Franklin 539-0495
Thursdays, 5pm
Length: 8 weeks
First Meeting: March 18
Location: Newman Center
711 Denison
Limit: 8

An eight-week introduction to classical Hatha Yoga as taught by Prof. Sri T. Krishnamacharya and his predecessors for over 2000 years. Emphasis on asanas, with correct breathing, and postures for meditation. Each student will be shown the path to complete mastery of the body/mind, leading to physical and mental poise, freedom from minor ailments, long life.
(See previous description.)

BIORHYTHMS

Richard and Karen Legge 776-5193
Tuesday, 7-9pm
Length: One Time, March 2
Location: KSU Union 204
Limit: 10

Humans have 3 distinct biological cycles: physical, emotional and intellectual. Through the use of biorhythm charting of these cycles you can seriously speculate on your ups and downs in advance. We will help you chart your biorhythms and explore uses in everyday life.
(Richard and Karen have been charting their own biorhythms for 1½ years.)

BIOFEEDBACK/RELAXATION: A TECHNIQUE TO EXPLORE THE REALMS OF HUMAN POTENTIAL

Tim Lowenstein 532-6432
Session 1: March 4, 7pm
KSU Union 213
Session 2: April 5, 7pm
KSU Union 206 AB

A brief introduction to how biological feedback is used to help people help themselves. A discussion of how you can use biofeedback will follow an experience in biofeedback/relaxation training. This training is offered as a service of the KSU Counseling Center.
(Tim is on the staff at the Center and is a doctoral student in the area.)

philosophy & theology

YOU AND THE "WHEEL OF 84"

Carey Orwig 539-0293

Sundays, 7:30pm;
First Meeting: Feb 29
Location: To be announced

Limit: 10

An in-depth look/study at the eastern concepts of karma and re-incarnation and what these mean to us in our everyday western existence. Several eastern books will be discussed as well as some western works on the subject. (Carey has studied Eastern philosophy for 5 years, making much of the teachings part of his life-style.)

I CHING

Willie Perry 776-7816

Sundays, 1pm
Length: Indefinite
First Meeting: Feb 29
Location: 617 Kearney, Main Floor

This class will be concerned with getting people together to learn from one another about and from the Book of Changes. Ideally the group will compose itself of both experienced and beginners alike. Bring your favorite tea and a copy of "I Ching." Translation doesn't matter. (Willie has been dabbling in I Ching for some time now.)

COSMIC CONSCIOUSNESS

A continuing group of those interested in mysticism based on the insights obtainable through parapsychology and occultism. The format of meetings is group reading and discussion of a book of common interest, followed by group meditation. The book currently being studied is How to Meditate by Lawrence LeShan. Other books to be considered are The Medium, the Mystic and the Physicist and Jane Roberts' Seth Speaks. We are not interested in magic or witchcraft. Meetings are on Tuesdays, from 8-9:30 at member's homes. You will be contacted as to place. If further information is needed, call Doris at 539-7864.

THE NAKED BIBLE OR HOLY SECRETS UNCOVERED

Jim Lackey 539-4281

Thursdays, 7pm
Length: Indefinite
First Meeting: Feb 19
Location: UMHE, 1021 Denison Ave.

The anatomies of the Old and New Testaments will be viewed - discretely. Mysteries of canonization will be looked upon, with discrimination. Some of the bloody battles over uses of the holy book will be peeked at, delicately, of course. (Jim has been doing all of this for a long time.)

INTRODUCTION TO ISLAMIC STUDIES

Mohammad Ganjidoost 539-5994

Fridays, 7pm
Length: 8 weeks
First Meeting: Feb 27
Location: KSU Union, 204

This group will discuss the essential beliefs of Islam, life of the Prophet Mohamed, the Holy Quran, and Islamic world view. (Mohammad is from Tehran and a member of the Islamic Association.)

DAILY WORD STUDY MEDITATION

Dorothy Leonard 539-1971

Sundays, 11am
Length: Indefinite
First Meeting: Feb 22
Location: To be announced

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.)

ASTROLOGY

Neal Climenhaga

Wednesdays, 7:30pm
Length: Indefinite
First Meeting: Feb. 25
Location: 1001 Vattier
Limit: 10

During this session we shall gather to share knowledge of astrology. We can spend some time on casting and interpreting charts, and based on group/individual interests we shall chart our future directions. (Neal has been enjoying astrological assumptions and activities for many moons.)

SUNDAY EVENING FELLOWSHIP AND DISCUSSION

Jim Lackey 539-4281
Ted Barkley

Sundays, 5pm
Length: 6 weeks
First Meeting: Feb 22
Location: UMHE, 1021 Denison Ave.

Fellowship supper at 5pm (50¢ per time) with discussion during and following. We will examine Traditional Protestantism today. Some of the questions we will consider are: What has caused the major denominations to fret and/or falter? What does the turmoil mean? Why do "movements" come and go so speedily? Is there a "core" that can survive? What might traditional Protestant churches "be like" a few years from now? Source material will include recent issues of Christian Century, Christianity Today, The Disciple, A.D. and Engage.

THE BAHAI FAITH

Barbara Campbell 1-494-2738
and friends

Sundays, 2pm
Length: 8 weeks
First Meeting: Feb 29
Location: Route 1, St. George (call for directions)

Explore the Revelation of Baha'u'llah whom Baha'is rever as the Promised One of All Ages, Architect of New World Order. Topics include Progressive Revelation, Unity of Humankind, Oneness of Science and Religion, Equality of Sexes, Development of Soul, Life after Death. For those who have "eyes to see and ears to hear." (Note: materials will be provided; transportation from Manhattan will also be available for those who may need it.) (Sponsored by the Baha'is of Potawatomi County. The class leaders include several experienced teachers from the area.)

CHRISTIAN FELLOWSHIP

Ken Davidson 539-3342
Bryan Prill

Tuesdays, 7:30pm
Length: Ongoing
Location: Peace of Mind (in alley behind JD's)

Any person interested in knowing the living Christ is welcome to fellowship with us. We are inter-denominational, committed to the Bible as the infallible word of God, and necessity of knowing God as the most important thing in life. (Ken and Bryan are local coordinators for this form of fellowship.)

JUDAISM

Joseph Daina 537-8877

Tuesdays, 8pm
Length: Indefinite
First Meeting: March 2
Location: Manhattan Jewish Congregation, 1509 Wreath

This course will analyze the Judaic philosophies and concepts or subject areas ranging from Biblical to current times. This includes the basis and application of Jewish Beliefs, laws, customs and practices. This will be geared not just as a lecture but also as an opportunity for good exchange between all participants. No background necessary. Text with supplementary readings: To Be A Jew, by Rabbi H. Donin. (Joe is the Jewish chaplain at Ft. Riley.)

PLATO - FOR - FUN (OF COURSE) COURSE

Jim Lackey 539-4281

Mondays, 5pm
Length: Indefinite
First Meeting: Feb 23
Location: UMHE, 1021 Denison Ave.

Not many participated the first semester - but - those who did unanimously advised that we do it again. The rules are simple: We read aloud parts (sometimes all) of some of the famous conversations and arguments of Socrates, commonly called the Dialogues of Plato; we take a sympathetic look at some of the astounding things that 4th century (B.C.E.) Greeks thought and talked about.

CURRENT TRENDS IN PROTESTANT THINKING

Warren Rempel 539-4281

Wednesdays, 12 noon (sack lunch)
Length: Indefinite
First Meeting: Feb 25
Location: UMHE, 1021 Denison Ave.

Study and discussion of recent Protestant thought, helpful for laypersons to discover what is going on in theology. Fundamentalism, liberalism, neoorthodoxy, Niebuhr, Barth, Tillich, the Death of God controversy, etc. Understandable, non-technical, enjoyable theologizing. (A sociologist by training, Warren's knowledge of this and theology makes for good leadership in these topics.)

MANIFESTATIONS OF GOD'S PRESENCE AND HIS ATTRIBUTES FROM THE SCIENTIFIC POINT OF VIEW

Huseyin Demirkan 539-1318

Wednesdays, 6:30pm
Length: 12 weeks
First Meeting: Feb 25
Location: KSU Union 207

On all creatures from planets to atoms in the universe there are ingenious processes and very well ordered artistic creations happening in our eyes. Questions to be dealt with include: Who analysed, constructed, and calculated these work on the creatures which are like growing bio-machines? Have all these events come to existence by chance? What is the reflection of God's names in the Universe? What does biomechanics teach us about animals such as bats, electric fish, and rattle snakes? (Huseyin is from Turkey and graduated with an M.S. from Iowa State in Mechanical Engineering.)

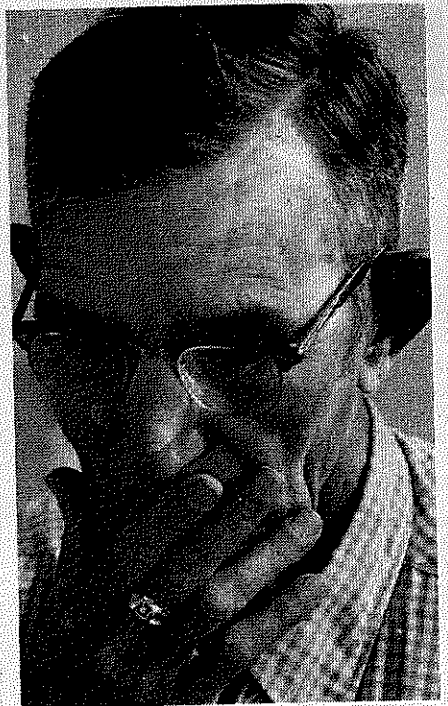
ILLUSORY ILLUMINATIONS

Phillip Althoff

Wednesdays, 8pm
Length: 5 weeks
First Meeting: Feb 25
Location: 1st National Bank basement 701 Poyntz

The underlying assumption is that materialism in the U.S. counterculture creates the same end state as materialism in the dominant culture. If you remain entranced by the materialism of this way of life, then these sessions are probably not for you. However, if you are getting into one of more of the following types of countercultural artifacts (and this list is suggestive only): art, especially music, materialism; craft materialism; drug materialism; food materialism; living in the country materialism; and/or spiritual materialism; then perhaps you are prepared to begin a view toward coming to terms with the personally rewarding path toward self-actualization.

This class is being taught in conjunction with the following class by Owen Wrigley. The first meetings coincide. (Phil has tacitly assumed much of these perceptions from study.)



How very hard it is to be a Christian.... Robert Browning

LIFE AND TEACHING OF CHRIST

Marla Grafton 537-4936

Mondays, 7pm
Length: Indefinite
First Meeting: Feb 23
Location: 1611 Laramie #6
Limit: 10

Who was Jesus? What did He teach? Come share with us as we study the life of Jesus Christ. This is an informal group study and we need your participation. Please bring a Bible if possible (RSV or NASV preferred.) (Marla is a sophomore at Manhattan Christian College and is studying the life and teachings of Jesus.)

MYSTICISM: DEATH IS A GOOD BEGINNING

Conrad Hake 532-6850
Leon Rappoport

Wednesdays, 7:30pm
Length: Indefinite
First Meeting: Feb 25
Location: Anderson 122-M, KSU
Limit: 15

Mysticism is seen as embracing all forms of beliefs and actions based on principles that are not open to verification by present-day science. Beginning emphasis is upon psycho-historico-cultural interpretations of death and illness which may instruct everyday life practice. Requisites: Castaneda's Tales of Power; Marxism in the spirit of Chico, Harpo, Zeppo and Groucho. (Conrad has been a serious student of Eastern mysticism for five years. Leon has studied mysticism, Zen and Hegelian philosophy.)

TENNIS SHOE BLUES - THE IMPERMANENT EXPECTATIONS OF A TRANSIENT

Owen Wrigley 539-7140

Wednesdays, 8pm
Length: 5 weeks
First Meeting: Feb 25
Location: 1st National Bank basement 701 Poyntz

Transitional Humanism 870
The story of the individual swept by ambient energy flows of his culture. Sorting through the auric mix for that congenial spacial arrangement, the questioner of collective karma evolves detachment and involvement and necessarily begins to suggest shifts in his perceived views of participation. Although consistency of awareness is also impermanent, the content is of no actual import. As awareness of process movement is cultivated through observation, all content is freed as creative art in the dynamics of passing. An equanimous balance is, of course, the ideal. However, it must be remembered that there is nothing to stand on, either. (Owen has experience with both Mahayana and Vipassana practice, and is a Dharmic spokesman for the Buddhahood cause.)

PLAY

BEGINNING CHESS

Phil Hoss 537-1762

Wednesdays, 7pm
Length: Indefinite
First Meeting: Feb 25
Location: Recreation Area, KSU Union
Limit: 15

This course is designed not only for beginners but also for players who are tired of losing game-after-game. The topics to be covered are movement of pieces, chess notation, opening theory vs. "book" openings, and middle game strategy. (Phil has been playing chess since he was 5 years old and is currently participating in the Manhattan Chess Tournament.)

CHESS

David Loresch 539-8892
539-1587

Sundays, 3pm
Length: Indefinite
First Meeting: March 7
Location: Recreation Area, KSU Union

I would like to organize a tournament — structure depending on enrollment — for folks who enjoy playing chess, but who would like a little variety instead of playing the same people all of the time. It would help if you have your own set but it's not necessary. (Dave enjoys playing chess.)

BEGINNING TABLE TENNIS

Arnie Richards 532-6516

Mondays, 7pm
Length: 2 weeks
First Meeting: Feb 23
Location: Recreation Area, KSU Union

You should be able to get a good grasp of the fundamentals, strokes, and scoring in a couple of sessions. After that, practice with a partner should sharpen your skills. (Arnie is not only the speediest runner around but has been our table tennis expert for years.)

CLOWN SCHOOL

David Fly 537-0593

Tuesdays, 7:30pm
Length: 7 weeks
First Meeting: March 23
Location: Baptist Campus Center
1801 Anderson Ave

Whiteface provides an opportunity for participants to explore their inner face and discover their hidden clown! Clown school will be a journey into folly for those who become involved. We will be working with pantomime, storytelling, etc. Clowns will be asked to buy their own materials. (David is an Episcopalian minister and former professional clown.)

INTRODUCE YOURSELF TO HOSTELING

Warren & Pat Rempel 539-4934

Wednesday, 7:30pm
Length: One Time, Feb 25
Location: UMHE, 1021 Denison Ave
Open to anyone up to 110 years of age

A one-shot introductory session to help you understand what "hosteling" is. What are youth hostels? Who can stay in them? Where are they located? What are hosteling customs? Hostels in the U.S. and abroad? How about family hosteling? Organized trips in the U.S. and abroad? Hosteling, backpacking, or camping? (Warren and Pat have organized trips in the U.S., Europe and Japan; they also own and operate one of the finest hostels in the country at Grand Lake, Colorado.)

AEROBIC DANCING

Enell Foerster 537-0977

Tuesday and Thursday, 8:30am
Length: Indefinite
First Meeting: Feb 24
Location: UMHE Auditorium
1021 Denison Ave

This event will provide exercises to train and strengthen the heart, lungs and vascular system. Like other aerobic sports, Aerobic Dancing is a desirable and beneficial form of exercise for it meets three of the most important exercise needs: 1) strengthens heart and lungs, 2) tones skeletal muscles, and 3) it provides mental and emotional release. Added benefits are agility, co-ordination, balance and flexibility. (Enell has taught swimming, rhythmic exercises, and attended the Aerobic Dancing Certification Clinic in 1974 and 1975.)

RAPPELLING

Gary Swoboda 537-0259

Monday, 7pm
Length: 2 weeks
First Meeting: March 22
Location: Eisenhower 218, KSU

We will cover purpose and scope followed by procedures, knots and first aid. The first meeting is an introduction to rappelling. Then, on a Sunday afternoon we'll "drop" a hundred feet onto a railroad bed, using snap links and rappel lines as taught by the Green Berets. (Gary was taught rappelling by the Rangers at Ft. Benning, Ga., and was on the DMZ in Korea.)

AIDIDO

Rod Kelley 776-5481

Mondays & Thursdays, 8:30pm
Length: Indefinite
First Meeting: Feb 23
Location: Ahearn Complex 301, KSU
Limit: 30

Instead of competing with your opponent, aikido works in harmony with him/her. Your opponent decides how he/she will be thrown. The American Aikido Federation invites you to a martial art based on love. (Rod has permission to teach from the American Aikido Federation.)

SELF DEFENSE

George Halazon 532-5784

Saturdays, 10am
Length: Indefinite
First Meeting: Feb 28
Location: Ahearn 301, KSU

We will talk about your attitude toward the problem of attack and your own physical body defenses. We will also cover other means of defense such as whistles, flash lights, etc. (George is a wildlife extension specialist and has taught jujitsu in the past.)

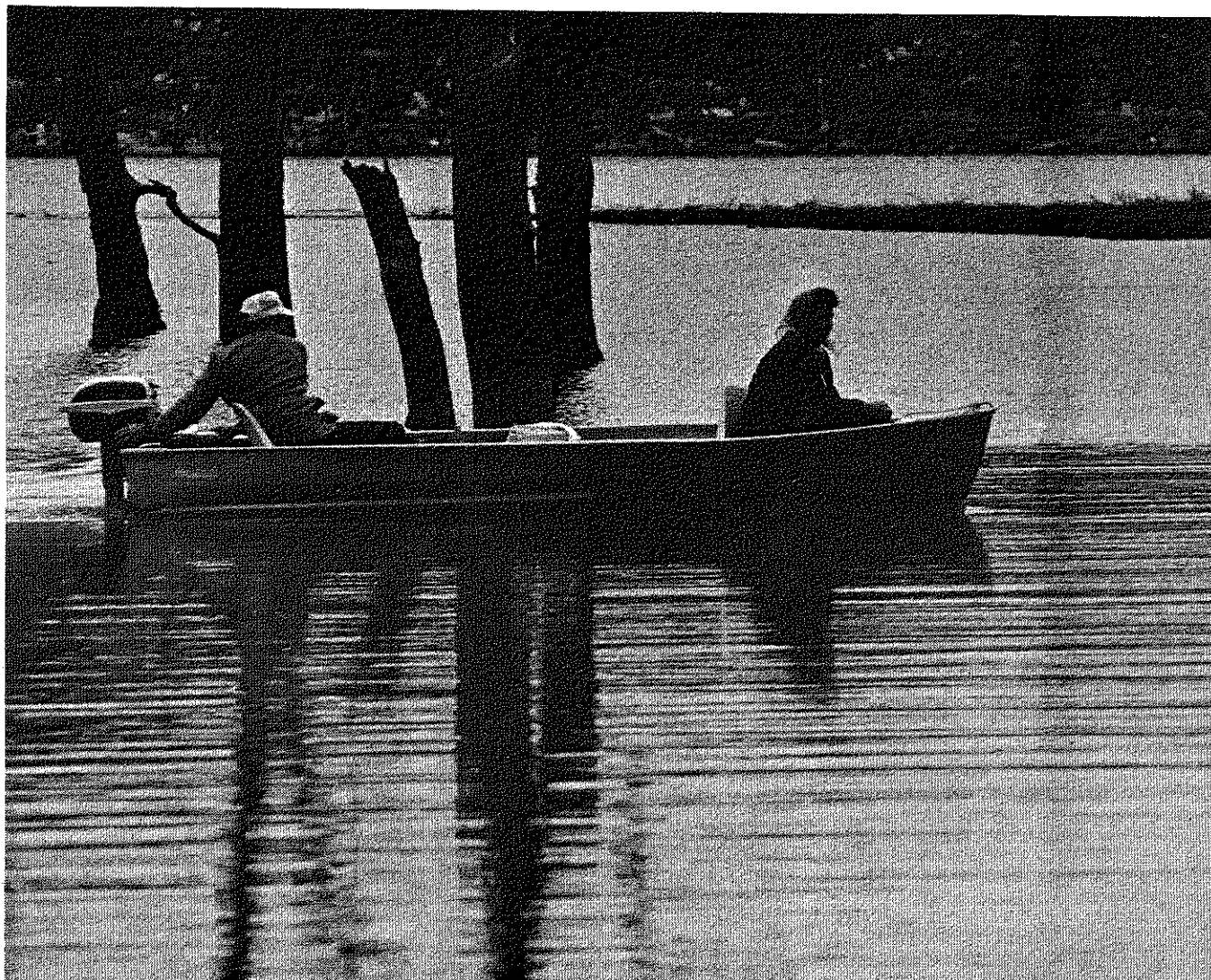
WEIGHT LIFTING FOR WOMEN

Sandra Keith 539-9238

Tuesday, Thursday 6:30pm
& Saturday 10am
Length: Indefinite
First Meeting: Feb 24
Location: Ahearn Complex
Weight Rm, KSU

Limit: 30

This class is designed for those interested in working on problem areas (ie. bulging midribs, loose calves, flabby triceps, etc.) and/or those merely interested in an overall feel better, look better program. This class was very beneficial to many who participated last fall, so why not start the New Year off and give it a try? Men also welcomed. (Sandra has a BS in Physical Education and took the class with Richard Felton last semester.)



SKILLS

FRISBEE

Gordon & Sandy Plank 539-4903

Sundays, 2pm
Length: Indefinite
First Meeting: Feb 29
Location: In front of KSU Union

The class will cover the basics in throwing and catching. We will also cover trick catching (behind the back, between the legs, thump up and down, and the Laguna Jam) and various other throws. We will also try new games (horseshoe frisbee) plus our old games (baseball and guts). We will have various frisbees on hand, but bring your own. Old members and IFA members welcome.
(Gordon is a new student at KSU and has 3 years experience throwing and one UFM frisbee class under his belt.)

BEGINNING TENNIS

Stanley Cross 539-6177

Sundays, 10am
Length: 6 weeks
First Meeting: March 28
Location: Washburn Complex, KSU
Limit: 16

Bring a body, with tennis shoes and racquet and 2 cans of Wilson extra duty felt champion balls in optic yellow. Basic strokes will be taught forehand, backhand serve and a surprise.
(Stan is a former tennis instructor who taught 4 years in California and plays for the Manhattan Tennis Club.)

BEGINNING ADULT SWIMMING I

Beth Jessen 776-6262

Wednesdays, 6:30pm
Length: 6 weeks
First Meeting: Feb 25
Location: Natatorium, KSU
Limit: 12

We will be stressing water safety for the non-swimmers and novice. Any level of beginners, 16 years and up are welcome. We'll work on making you comfortable in the water, so be ready to enter the water each time.
(Beth is a WSI who has taught beginners for 8 years.)

BEGINNING ADULT SWIMMING II

Kim Metheny 632-3637

Mondays, 6:30pm
Length: 6 weeks
First Meeting: Feb 23
Location: Natatorium, KSU
Limit: 12

We'll be working on basic water safety plus beginning and advanced swimming. Red Cross certification will be given for those who complete the course.
(Kim's taught swimming for the past 6 years.)

TAKE OFF POUNDS SENSIBLY (TOPS)

Erma Kientz 539-3294

Thursdays, 7:30pm
Length: Continuing
First Meeting: March 4
Location: First Baptist Church
2121 Blue Hills Road

TOPS is a non-profit organization to help overweight people (men and women) lose weight. Members and visitors are given guidance and encouragement to help them lose weight.
(Erma has been leader of the Manhattan TOPS Club for 7 years.)

BEGINNING CHINESE

Angela Fong-Chu Ho 532-5723

Sunday, 2pm
Length: Indefinite
First Meeting: March 7
Location: UFM Library -
615 Fairchild Terr

This course is for those who have no Chinese background. Conventional Mandarin will be taught, stressing, the idioms for greetings, customs, shopping, etc. This will also be a cultural exchange of American and Chinese ideas.
(Angela is a graduate student in Sociology. She is from Taiwan and interested in a cultural exchange.)

BEGINNING GERMAN

Fred O. Oehme 537-2105

Thursday, 7pm
Length: 6 weeks
First Meeting: Feb 26
Location: First Lutheran Church
10th & Poyntz

Beginners and advanced persons are welcome to join this class in German conversation. Learn how to get along while traveling in Germany - including shopping, hotels, motels, food, amusement, etc.
(Born in Germany, Mr. Oehme is now retired after living in the U.S. for 49 years.)

ARABIC LANGUAGE

Ibrahim Karraim 539-3922

Wednesday, 7:30pm
Length: 5 weeks
First Meeting: Feb 25
Location: Eisenhower 122, KSU

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. Permanent day of class to be decided by participants.

INTRODUCTION TO LATIN

Ralph DeZago

Monday, 7pm
Length: semester
First Meeting: Feb 23
Location: Eisenhower 2, KSU
Limit: 10

This class will cover Latin grammar, syntax and introductory translation, and is classically oriented towards later translation of Caesar, Sallust. Bring a notebook, pen, and a good Latin-English dictionary. Open only to those with no previous experience with Latin.
(Ralph is a grad student in Medieval History. Latin is his main research language.)

CONVERSATIONAL HEBREW

Nurit Ruthenberg 537-4969

A conversational Hebrew class will be organized for those interested. Sign up at UFM registration and you will be contacted as to time and place of first meeting. Please include your level of experience.

BEGINNING TAMIL

Bruce Kieler 539-0416

Thursday, 8pm
Length: 10 weeks
First Meeting: Feb 26
Location: 1600 Laramie
Limit: 5

Since mastery of the Tamil-Brahmi script is essential for unlocking the richness of Tamil literature and for gaining a greater understanding and appreciation for the Dravidian peoples and cultures of South India, the primary focus of this course will be the alphabet, the orthography, and the Sandhi Rules of Tamil. Materials for the course will be provided.
(Bruce has been a student of Tamil since 1970 and has twice traveled to South India for advanced language training.)



GREEK LANGUAGE AND CULTURE

Panos Lambrinos 539-7860

A discussion group on Greek culture, politics, philosophy, intellectual movements, or whatever, can be set up if there is sufficient interest. Some language can be included for those wanting it. Please sign up at registration and include what areas you are interested in. (Dr. Lambrinos is from Greece and is currently on leave from the University of Phessaloniki.)

READING READINESS WORKSHOP

LaVisa Wilson 537-2242

Monday, 7:30pm
Length: One Time, March 8
Location: Manhattan Public Library Conference Room

This will be a presentation of activities to stimulate reading readiness skill development. One activity will be learning how to help your child make his or her own book. A list of supplies needed will be sent before the workshop. (Dr. Wilson teaches early childhood education and is a reading specialist.)

INTRODUCTION TO BOOK REPAIR

Judy Cook 776-5390
Diana Dwyer 539-6002

Tuesday, 7pm
Length: One Time, March 2
Location: Binding Dept
Farrell Library, KSU
Limit: 12

Emphasis on simple book repair and upkeep of rare books with some historical background. Free sample book repair kits will be supplied. Please do not bring small children because of limited space and library equipment. Also bring something to repair. (Diana and Judy have both taught this enjoyable class before.)

HANWRITING ANALYSIS

Miriam Field 539-5586

Mondays, 7:30pm
Length: 9 weeks
First Meeting: Feb 23
Location: Eisenhower 122, KSU

Introduction to basic principles of graphoanalysis - the scientific study of the strokes in writing which reveal personality and character traits. Graphoanalysis is used as a test in determining aptitudes, social traits, learning methods, emotional response, fears and defenses. Study materials will cost about \$7. (Ms. Field is a certified Master Graphoanalyst. She has studied 7 years and has lectured and taught classes on the subject many times.)

AUCTION GOING

Milton Anderson 776-4834

Monday, 7:30pm
Length: One Time, March 8
Location: Manhattan Public Library

Do you avoid going to auctions because you could never understand what the auctioneer was saying? Here is a chance to learn how to decode what is being said, in addition to learning the rules and etiquette of auction-going. Tips on recognizing quality merchandise and antiques will also be given. (Milton is a well-known local auctioneer and realtor.)

ORAL HISTORY: THE INTERVIEW PROCESS

Jani Sherrard 539-1223

Tuesday, 8pm
Length: One Time, March 2
Location: 1761 Cassell Road

How can you get people to talk meaningfully about their lives in an hour's time? Class will include excerpts from the more than 100 hours of interviews Jani conducted for "Kansans on Kansas", a UFM grant project. (Jani is a member of UFM staff, among other things.)

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

Richard Hill 539-2309
Ralph Grunz 537-2151

Thursday, 7:30pm
Length: 2 weeks
First Meeting: Feb 26
Location: Eisenhower 219, KSU

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 roof, the group will discuss such things as electrical capacity, heating systems, plumbing, etc, with respect to purchase or sale. (These two gentlemen are local realtors.)

ECONOMICS FOR SINGLES

Becky Watts 539-5817

Thursday, 7:30pm
Length: One Time, March 25
Location: G-11 Jardine

Single people such as widows, widowers, divorcees, and elderly people have special problems. I would like to discuss a few of these and suggest possible solutions. The topics will include: Insurance, Wills, Food, Taxes, and possible others if there is a demand. (Becky is a senior in Family Economics and has helped teach a course in Family Finance.)

HAIR

Rick McClanahan 776-5222

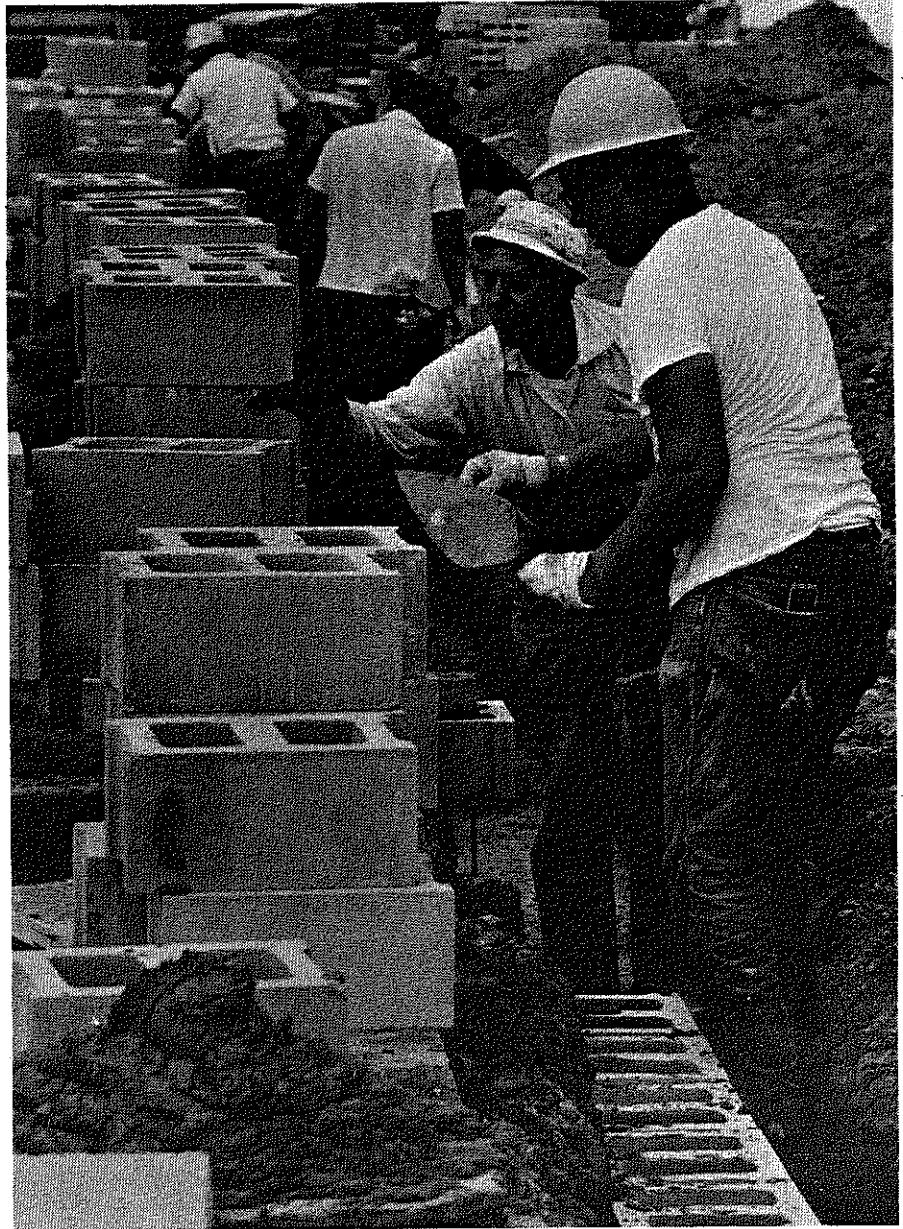
Monday, 11am
Length: One Time, Feb 23
Location: 404 Humbolt
Limit: 20

How to test products at home and tell whether products that you buy are beneficial or not; why hair is in bad condition; how to understand the use of conditioners; haircare in general. (Rick is a local hairstylist.)

PLUMBING - HELP FOR TROUBLED WATERS

Ken Spare
Monday, 7:30pm
Length: One Time, March 1
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 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.)



BICYCLE REPAIR

Bill Jacoby 537-1510

Tuesday, 7pm
Length: Indefinite
First Meeting: Feb 24
Location: Bill's Bike Shop
1207 Moro
Limit: 25

We will be teaching the fundamentals of bicycle care and repair. The class will decide its own direction and how to make the most effective use of time. (Bill owns his own bike shop and has taught this class for several years.)

BASIC AUTO BODY REPAIR

Alan Clark 776-5333

Wednesday, 7:30pm
Length: One Time, March 10
Location: UMHE, 1021 Denison Ave

This will be a session on the basic mechanics of repairing minor auto body problems. A discussion of techniques of repairing dents, rust damage, etc. will be included. (Alan owns an auto body repair shop in Manhattan.)

BEGINNING AUTO MECHANICS

Bill Shipman 537-0324

Monday, 7:30pm
Length: Indefinite
First Meeting: Feb 23
Location: Eisenhower 122, KSU
Limit: 15

Learn both theory and practical application of auto mechanics. We will also cover basic first aid and trouble shooting for cars when they break down. (Bill is a local mechanic, graduate of Vo-Tech, and a Certified Master by Chevrolet.)

BASIC ENGINE KNOWLEDGE

Brian Fick 537-4765

Saturday, 1:30pm
Length: 4 weeks
First Meeting: Feb 28
Location: City Park Pavillion

For those who know nothing about what is under a car hood. We will talk about and show basic parts of engines, and how they work with other parts of the engine, including the cooling and electrical systems, and lubrication. We may get dirty so dress appropriately. (Brian has been in, around, and under cars for about 10 years.)

By the accident of fortune a man may rule the world for a time, but by virtue of love he may rule the world forever.
Lao-Tse

SALESMANSHIP AND SUCCESS

Bob McClain 537-9888

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

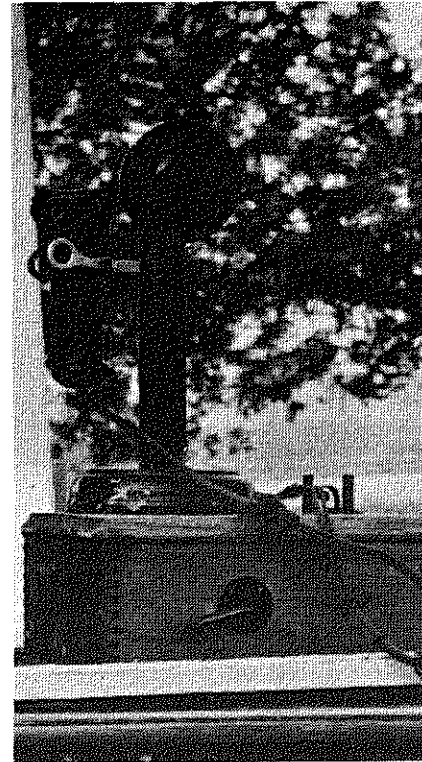
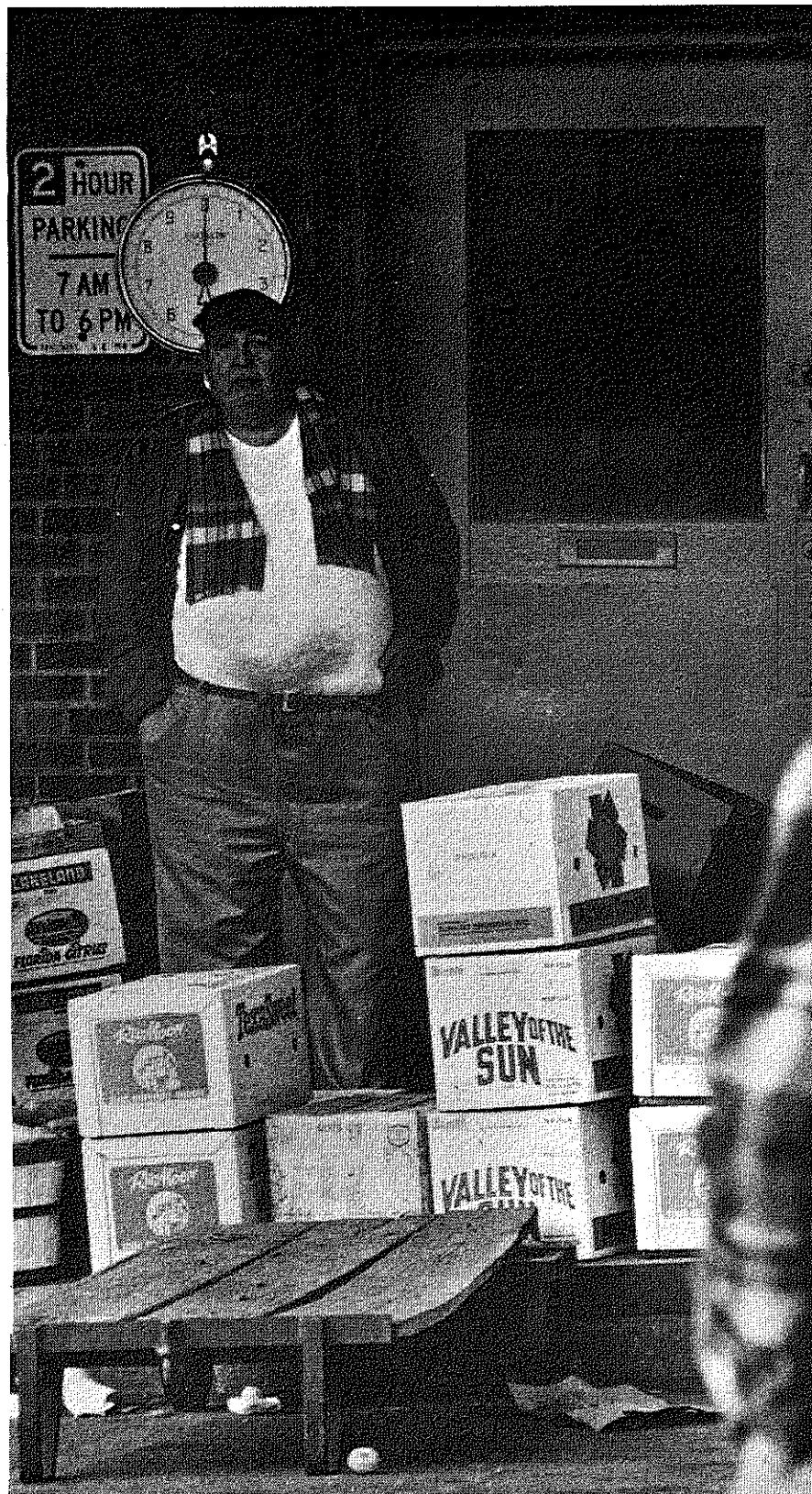
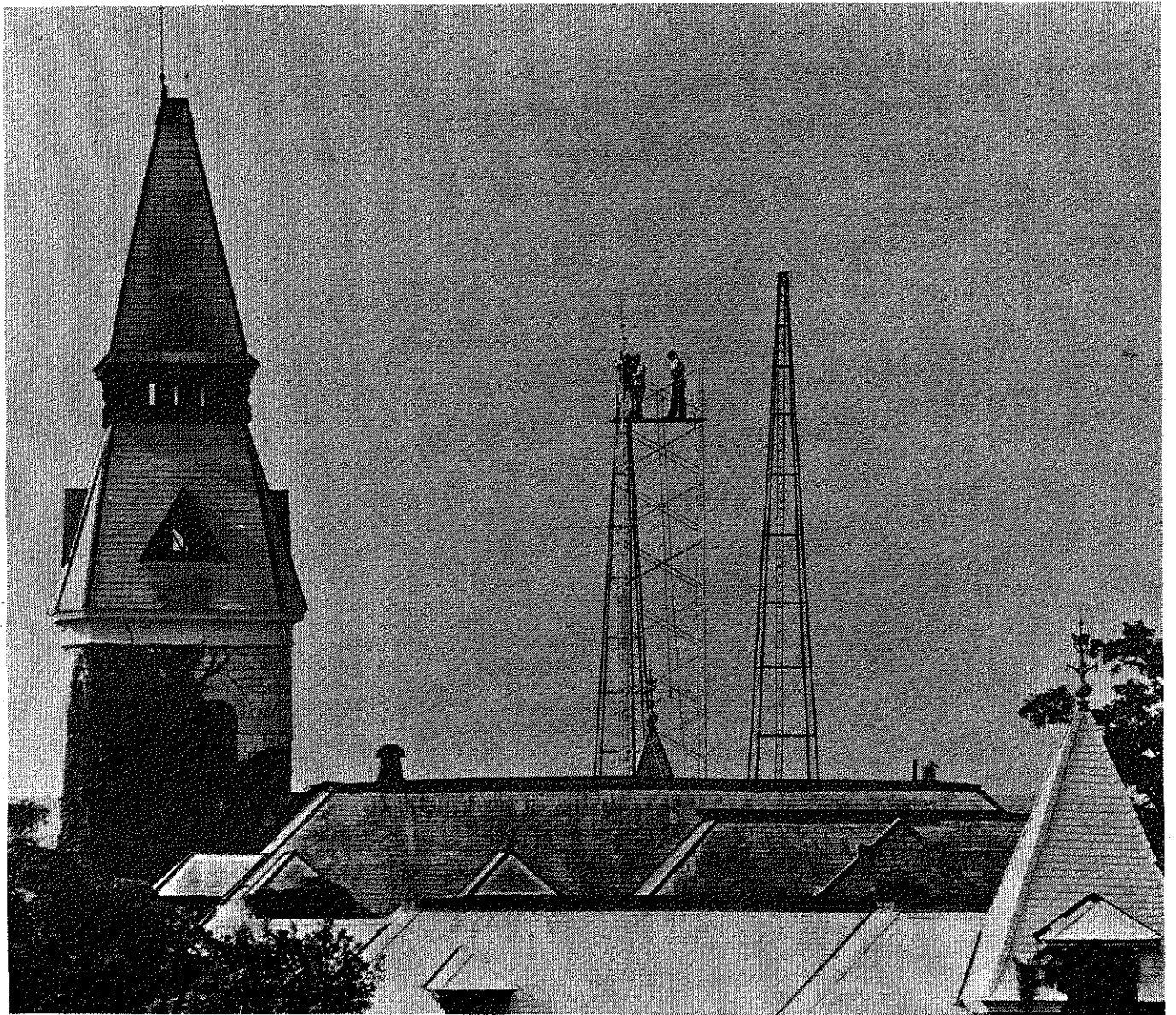
Geared toward the business-minded. Dependent upon interest; we'll examine the basic mechanics of selling and/or success philosophy of Napoleon Hill who researched the lives of famous and successful men and formulated a how-to-do-it approach to success. He talks of auto-suggestion, sexual transmutation, self-analysis as some of his keys. (Bob is a journalism student and has 4 years of part-time sales experience.)

THE ART OF GRANTSMANSHIP

John Murry 532-6191

Wednesday, 7:30pm
Length: One Time, March 24
Location: KSU Union 207

With the ongoing tightening of the economy, there is a significant need to know about alternative sources of income. Grants are a possible source of funds - and this session is designed as an introduction to the vast field of grants and federal contracts. The meeting is open to anyone who wishes to attend, and the thrust will be to review the many resources available for identifying potential federal, state and foundation support for various projects. (John is the accepted campus expert on grant preparation and execution.)



To allow individuals to participate in processes that may add to the inter-intra-personal dimensions of human life, and provide experiences which might help one better relate to oneself, the world and others. In our society an extraordinary amount of attention is given to material and academic pursuits, causing interpersonal or spiritual needs to be denied or placed secondary.

BASIC CITIZENS BAND RADIO

Phil Reed 537-1344
Doug Wilkinson 539-8352

Thursday, 7:30pm
Length: 8 weeks
First Meeting: Feb 26
Location: Seaton 130, KSU
Limit: 30

Installation and operation of Base and Mobile Citizens Band Radio stations. A comprehensive basic course, we'll cover technical aspects and operating procedures. Bring a spiral notebook. Guest speakers will be invited. You do not have to own a CB transceiver to enjoy this course. (Both Doug and Phil are F.C.C. licensed operators. Doug has 5 years experience and Phil is an Electrical Engineering major.)

AMATEUR RADIO - FOR GENERAL CLASS LICENSE AND NOVICE CLASS LICENSE

Scott Casey 776-8618
Dr. Gary Johnson 532-5600

Thursday, 7pm
Length: Indefinite
First Meeting: Feb 26
Location: Seaton 164-K, KSU

For people who have prior knowledge or novice license to prepare them to go to Kansas City to take the FCC general class examination. The K.C. exam costs \$4, but there are no other fees required for the class. There will also be a section for people who have an interest in amateur radio and would like help getting started with a novice license. No experience needed or fee required. (Scott is an electronics technician for the Division of Biology at KSU. Gary is a professor in the Dept. of Electrical Engineering.)

UFM BEYOND THE BROCHURE

Evening Child Care Center

For several years we've heard requests for a quality evening child care center from people who had part-time jobs at night, people who wanted to take or lead UFM classes or simply wanted an occasional night out. We have been working on this project for almost a year and have finally had a breakthrough! We have found a home at Sunwheel Children's Center, 503 N. 6th St., and have applied for our license to operate an evening child care center. We hope to open as soon as our semester gets underway. The cost is 50¢ per hour per child and the times are 7-10pm Monday through Friday. Parents may register children for one night or for five nights if they wish. Kathleen Hursh will be our program director. For more information, call Nina at UFM, 532-5866.

Living Learning School

Manhattan Community Alternative Elementary-Junior High School

Children learn in different ways and at varying rates. Because of these differences we propose an individualized program where each child can daily plan with a teacher his/her own learning activities so as to meet his/her specific academic needs. Children would plan to work independently with another child or teacher, or meet for group discussions or projects. We want to do an exceptional job at teaching the basics: math, reading, writing, science, language arts, social sciences, and make available art, play, music, architecture, photography and other subjects. We also intend to use the community as a classroom and bring outside resources into the school. A primary purpose of the school would be to promote the growth of the whole child, academically and socially. We would work to foster cooperation and success rather than competition and failure. We would also work to listen to children and clearly state what we adults desire so that everyone in the school can learn. We are currently making plans to open in the summer of 1976. Materials for classroom use and a building are being secured. The school will be financed through tuition, donations and grants. 180 day school term, hours 9:00am-3:00pm. All state and federal fire, health and safety regulations will be met. Ages 5-13 accepted. Contact David Hursh, 1022 Kearney (539-1677) or Sue Sandmeyer, 917 Laramie #6 (539-9376).

UFM and the National Free University Network

The National Free University Network (FUN), organized in the Fall of 1974, publishes a monthly newsletter from UFM. The National Central Files have been established at UFM as a source for reference and research of free university programs in the U.S. Each free university in the U.S. has two of their latest brochures or publications on file. FUN was organized to promote communication between alternative education organizations throughout the country. Consultants are available to help struggling free universities or those just starting.

Campus Free College

Campus Free College (CFC) is a new design in higher education. It's new structure allows learners to tailor their education to their own lives and learning patterns, interests, and goals. Its academic process teaches skills needed to become a self-directed learner rather than a student whose goals and direction are set by others. CFC is an independent college licensed to grant Associate of Arts, Bachelor of Arts, and Master of Arts degrees. Learners in CFC are free to draw upon a wide range of learning opportunities--tutorials and apprenticeships with professionals, on the job learning, training programs and individually designed learning projects. CFC learners work with college-appointed advisors wherever they are available--currently in about 175 towns, cities and rural locations in 36 states, 5 Canadian provinces, and several locations overseas. There are two program advisors located in Manhattan, Ks. They are David Hursh and Sue Maes. In addition to helping students get the learning they need, they have special interests in community development and alternative forms of education. For more information, call David (539-1677) or Sue (539-6609).

Plant Clinic

Mites on your spider plant? Lost when it comes to gardening or how to cure particular ills? Or have you suddenly noticed that your houseplants which looked so green in the store are losing their green? Well, the Plant Clinic may be able to help. This will be the first semester for the Clinic beginning February 14, so bear with us. If you feel you have a problem that we may be able to help with, first determine what the problem is, its symptoms and conditions, then give us a call (but not until after February 14) at 532-5868. Mon. & Wed 3-6pm, Sat 9am-1pm. The people who will be answering the phone have varying levels of plant science background, so we may be able to solve the problem over the phone or if it requires some further examination, you will need to bring the plant to the clinic at the UFM Library, 615 Fairchild Terr.

UFM on MT-V

Every Wednesday at 6:30 pm, beginning in early February, UFM classes and activities will be featured on the local cable station MTV-2. The program will feature a wide range of activities which we hope will provide a good start to your evening or a pleasant half hour before you leave home for your own UFM class. Watch the local media for a description of upcoming shows.

Education Resource Center

The Education Resource Center at 503 N. 6th is a center for creating, finding and using innovative ideas in education. The center makes available periodicals, books, and other sources of ideas on humanistic ways of working with children that are not readily available to parents and teachers in Manhattan. The Center also publishes a monthly newsletter called "Root and Branch," which includes various articles on subjects which have an impact on the classroom. It is available on request. Saturday morning workshops for children in photography, art, architecture, etc. are available. For more information, write to the above address, or call Dave Hursh (539-1677) or Sue Sandmeyer (539-9376).

Tool Cooperative

Cooperatives can expand the potential for all our lives. A Tool Coop is a really good idea because of the savings to an individual and the learning that can happen with access to a variety of tools. We need people to make this idea a reality. Count yourself in and count on the good things which come out of the tool cooperative. For more information, call Nina at UFM, 532-5866.

Emergency Interpreters

UFM has put together a list of people fluent in various foreign languages who are willing to serve as interpreters for non-English speaking people in emergency situations. The list has been sent to various groups and agencies (e.g. hospitals, the airport, the police), and updated lists will be sent out as we receive more names. If you would be willing to serve as an interpreter or if your group or agency would like a copy of the listing, please contact UFM.

Kansans on Kansas

Through a \$12,000 grant funded to University for Man by the Kansas Committee for the Humanities (KCH) under its current theme, "Changing Kansas Communities: Exploring the Role of Human Values in Shaping Public Policy," Jani Sherrard of the UFM staff set out across the state to probe into the Kansas spirit. The result of her six months of interviews, along with the photographs of Dr. George Kren, associate professor of history at KSU, is Kansans on Kansas.


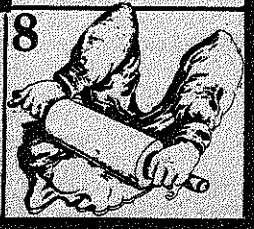
This 20 minute audio/visual presentation is available free of charge to civic, church and other groups. It is accompanied by a discussion brochure, and when possible, Ms. Sherrard and an academic humanist from Kansas State University will accompany the show and facilitate the discussion. Those wishing further information may contact Jani Sherrard, 1761 Cassell Rd., Manhattan, 66502 (Telephone 913-539-1223.)

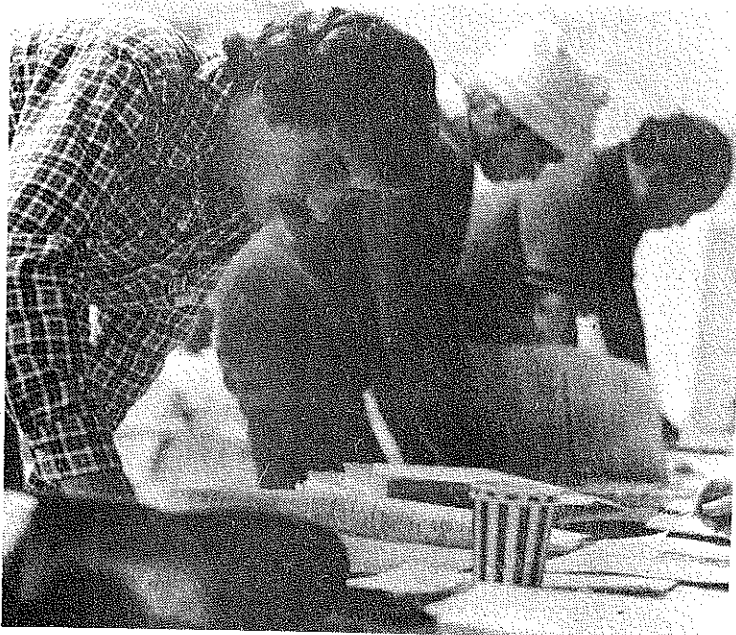
In addition to the side presentation, a series of ten radio programs will be aired in February and March, each depicting a particular aspect of Kansas life. These programs are broadcast on KSAC (WIBW 580) each Wednesday at 1:30pm.

FIPSE

In last fall's brochure we reported that our dream of a project to create programs like UFM in smaller Kansas communities was finally going to be initiated. Programs of community education in Clay Center, Hoxie, Abilene, Norton, Oberlin and Marshall County (Marysville) are very much alive and well. Following an initial registration total of about 1550 for the six communities last fall, their spring brochures of classes were produced just prior to this one for Manhattan. Combined, approximately twice as many classes are being offered as were organized for last fall. We're expecting the registration to double also, and the excitement in some of these communities is reaching a pretty high pitch. Meanwhile, we are beginning the process of selecting six new communities for our second year granting period. In the next brochure, we'll be ready to announce where we're going to work next.

Kansas State University is committed to a policy of non-discrimination on the basis of sex in admissions, educational programs or activities, and employment, as required by Title IX of the Education Amendments of 1972. Inquiries may be addressed to: Dorothy Thompson, Director, Affirmative Action for Women, Kansas State University, 206 Fairchild Hall, Manhattan, Kansas 66506, 913-532-6220 or Director, Office of Civil Rights, HEW, Washington, D.C. 20201.

	s	m	t	w	t	f	s
FEBRUARY	15	16 University For Man Class Registration K-State Union and the UFM House 615 Fairchild Terr. 9am - 4pm	17 UFM Registration at Manhattan High School 11am-2pm and Manhattan Public Library 9am-9pm	18 	19	20 <i>mend your ways</i>	21
	22 University For Man Leader Workshop	23 Hair Recycling Housing	24 Calico flowers Linoleum prints	25 Hosteling Cheesecake	26 Bread Basics	27	28 Quilting Credit
	29 Montessori Heating with wood	1 Plumbing Back to School Back to Work Pressure Point Arch.	2 Biorhythms Book Repair Quilling Choosing Child Care Oral History Who Controls US Ag? Pruning Guided Imagery	3	4 Biofeedback	5	6 Working Loose Small Farm Survival
	7 <i>wonder</i>	8 Auctions Reading readiness	9 Meditation Farmer and Consumer American Foods Microwave Cooking	10	11 Fruit Gardening	12	13 Soybean Cooking I'm OK, Your OK Home Preservation of Food
	14 Credit	15 <i>pick up some trash</i>	16	17 Vegetable Gardening	18 Annuals and Perennials	19	20 <i>First Day of Spring</i>
	21	22	23 Carpets	24 Grantsmanship Credit Seminar	25 Economics for singles Sun and Skin	26	27 <i>run for your life</i>
	28 <i>squeeze something on your body</i>	29 Supermarket Gimmickry	30 Farm Estate Planning	31	1 <i>fool yourself</i>	2	3 <i>imagine some famous person on the toilet</i>
4 <i>hug a new person</i>	5 Biofeedback	6	7 <i>wonder where every- body is?</i>	8 Self Help Design	9	10 <i>save Nichols</i>	
11	12	13 <i>draw a face on your thumb</i>	14	15	16 <i>try to find where the quiet's coming from</i>	17	
18 <i>Easter</i>	19 <i>where does misery come from</i>	20	21	22 Designing Outdoor Space	23	24 <i>contemplate death</i>	
25	26	27	28 <i>make cabbage noises</i>	29	30	1 <i>study your dog</i>	
2 <i>change someones vote</i>	3	4 <i>find a better way</i>	5	6	7 <i>try to find here</i>	8 	



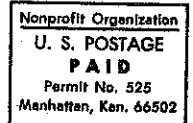
Registration

IMPORTANT: PLEASE READ PAGE 2, REGISTRATION.

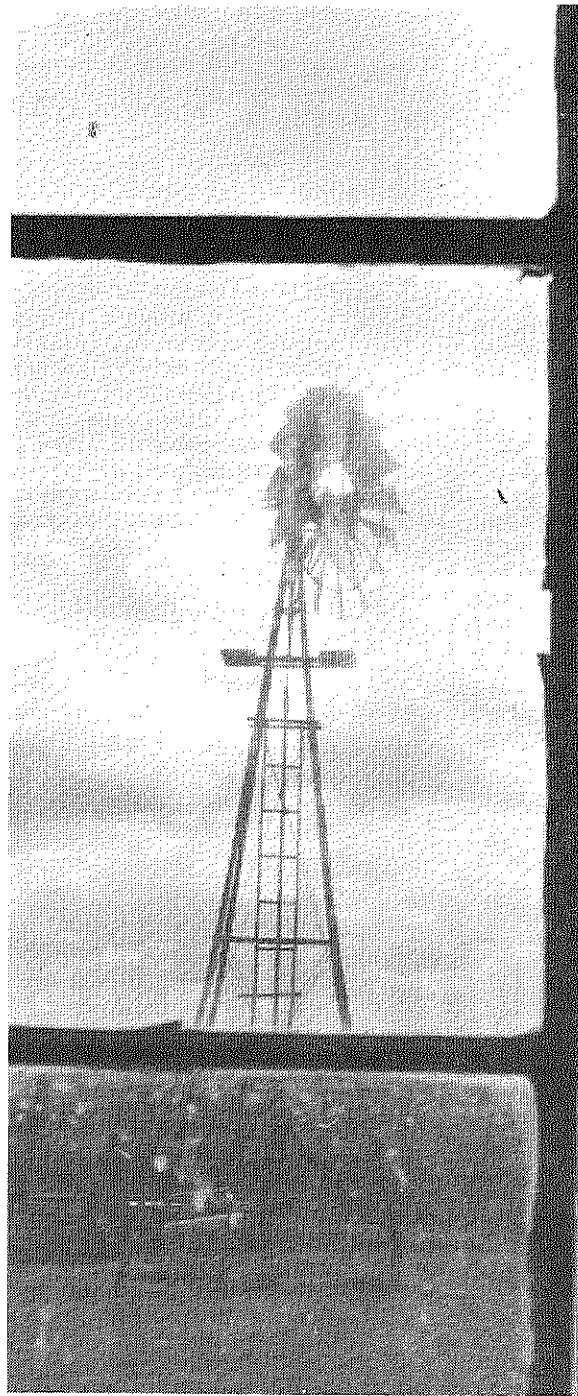
The UFM house, 615 Fairchild Terrace houses the Fone Crisis Center, Drug Education Center, Pottery room, darkroom, library and plant clinic. As a result, we have a bad parking problem. There are many more cars than there are parking places. So, if you want to save yourself a hassle and would rather not drive around and around the block, please WALK OR RIDE A BIKE. Thank you.

February 16, 17, 18 19	KSU Union	9am to 4pm
February 16, 17, 18 19	UFM-615 Fairchild Terr.	9am to 4pm
February 17	Manhattan High School	11am to 2pm
February 17	Manhattan Public Library	9am to 9pm

**University For Man
615 Fairchild Terrace
Manhattan, Kansas 66502**



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**UNIVERSITY
FOR MAN
supplement
spring 1976**

SOCCKER FOR FUN

Ted Socolofsky 539-8505

Sat & Sun, 4pm

Length: One Semester

First Meeting: April 3

Location: Memorial Stadium

South Field, KSU

The first 2 meetings will be for beginners only and we'll cover the basic rules, skills and strategy of soccer. We'll have scrimmages in the other meetings and experienced players are welcome. Class is open to men, women and children.

(Ted's been playing and teaching soccer for several years.)

SELF AWARENESS THROUGH DREAM ANALYSIS AND EXPLORATION

Larry R. Oliverson 532-6550

Monday & Tuesday, 7pm

Length: 2 times, April 5 & 6

Location: Baptist Campus Center

1801 Anderson Ave

Limit: 12

Facilitation of self awareness by dream analysis and exploration with experiential involvement by class participants. While guided fantasy and relaxation techniques will be used as necessary, this should not be considered as psychotherapy. Participants should wear loose fitting clothing.

(Larry is a psychologist with the Mental Health section of KSU Lafene Student Health Center.)

CHILDREN AS FILMMAKERS

David Hursh 539-1677

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

For one hour I will show films made by children from 5 to 13 years old. Most of the films are animated but others may have live acting. Stopaction and other techniques. I'll talk a short time about how the films were made but mostly we'll just sit back and enjoy the fantasies and stories of children. Bring yourself and kids.

(David taught in Omaha with Ken Haar, an excellent film teacher. Ken continues to teach film to kids. These films come from that.)

CHINA: AS WE SAW IT (SLIDES & DISCUSSION)

Jan & Cornelia Flora

Session 1: March 31, 7pm

KSU Union Forum Hall

Session 2: April 7, 7pm

Manhattan Public

Library Auditorium

The first session will focus on women and the family. The family unit is still very strong and old people still perform vital work. Yet, within this strong, extended family, the status of women is changing rapidly. We will explore which patterns are changing, which are not, and perhaps see the reasons why. The second session will concentrate on agricultural development. Although the Chinese hope to mechanize extensively by 1980, most farm work is still done by hand. We invite you to come with questions to meet a people and a country that most of us know little about.

A DISCUSSION OF MARXISM: POLITICAL APPLICATIONS

Randy Herron 776-6720

Thursdays, 7:30pm

Length: 2 weeks

First Meeting: April 1

Location: KSU Union 203

We will present a brief background of Russian Revolution, the basic structure of Marxist philosophy, its criticism, the problem of its political application, and the Revisionism existence in Russia. We'll depend heavily on Humanism and Terror by Merleau Ponty for discussion material. We welcome informed participants.

(Randy is a German/philosophy major and is interested in the philosophical examination of the topic.)

FARM ESTATE PLANNING

Roy Bogle 532-5823

Tuesday, 7:30pm

Length: One time, March 30

Location: Justin Hall, Rm 251

KSU

Estate planning is a complex, individual problem. This will be an awareness session for basic concepts of property ownership, business organization, and laws that effect estate planning.

SOUTH ASIAN LITERATURE

Dick Smith

Tuesdays, 7:30 pm

Location: Van Zile Music Room

This series is intended to help us get something of a "feel" for the rich and powerful literatures that have been produced on the Indian sub-continent over a period of at least three thousand years, and for the tremendous influence this literary heritage has had on people's lives. Although our class leaders are highly qualified, their presentations will be aimed at our hearts, not our narrow-rule notebooks.

March 30: Ancient Hinduism: Interpretations from the Rg Veda, led by Edward Haynes. (Ed, who recently returned from a year of research in India, has been working on ways to help Americans enjoy and appreciate Indian literature. He is a professor of South Asian History at KSU.)

April 6: Brahmanism: Selections from the Vedas or Upanishads, led by Dr. Albert Franklin. (Dr. Franklin worked in South India for many years, is former director of KSU South Asian Center, and is a longstanding patron of UFM.)

April 13: Hindu Marriage: How do we reconcile today's marriage practices with the Vedic tradition? Led by Satish Abbi. (Satish comes from Delhi, India and has personal experience with this problem. Satish teaches Physics at KSU.)

April 20: Religion for the People: Tamil Bhakti (Devotional) Poetry, led by J. Purushothaman. (JP comes from Madras, India, where he was a student of Tamil Literature. He is a graduate student in Electrical Engineering at KSU.)

April 27: Islamic Revival: Poetry of Iqbal, led by Lal M. Chawla. (Dr Chawla was a professor in Lahore, Pakistan, before coming to the Math department at KSU. He worked for the establishment of Pakistan and served the new nation for over twenty years.)

May 4: Modern Hindi Poetry: From Experimentalism to Anti-poetry, led by Anvita Abbi. (Anvita's father was a founder of the 'experimentalist' school, while many of her own generation belong to the 'anti-' or 'non-poetry' school. She is on the faculty of the KSU South Asia Center.)

FABRIC PAINTING

Beth Spurlock

537-1467

Mondays, 7:30-8:30pm

Length: 2 weeks

First Meeting: April 5

Location: UFM House

615 Fairchild Terrace

Limit: 15

"Liquid Embroidering" or "Fabric Painting" is inexpensive, quick, tidy, easy and fun. During the first meeting, I'll show you what supplies you'll need and how to make a transfer pattern. Next time, we'll do the actual painting. If you need further help, I'll be glad to give you personal attention. Bring an album cover or drawing (cartoons work great) you want on a shirt. The less artistic you are, the closer the original should be in size to the reproduced size on the finished shirt.

(Beth has been fabric painting now for 2 years.)

TOWARDS MARRIAGE

Plans are being formulated for a Spring Seminar for those planning marriage. Subjects to be covered will include "how to stay together when love goes dry" - the finances, the pressures, communication, sex, the spiritual life. The seminar will be held on a Friday evening, reconvening for breakfast on Saturday morning and concluding at noon on Saturday. Full opportunity will be given for sharing with counselors and other professional persons. It will probably occur late April. Pre-register so that information can be passed to you. The Seminar will be coordinated by John Graham, Pastor of 1st Presbyterian Church and Lynn Peterson, Director of Christian Family Life Education.

TOMBSTONE RUBBING

Steve Ernst

532-5866

Sunday, 10am

Length: One Time, April 25

Location: UFM front steps

615 Fairchild Terrace

A unique art which incorporates history, graphic design, exercise and an opportunity to get out and enjoy a sunny afternoon. Bring wide vellum or rice sort of paper and pencil, crayons or sealing wax. Hope to visit local and surrounding sites.

(Steve learned this art process by trial and error - the only way, of course!)

MESSAGE FOR THE MIND AND BODY

Steven Dietz

539-3525

Sundays, 7:30pm

Length: 4 sessions

First Meeting: April 4

Location: UFM Living Room

615 Fairchild Terr.

Limit: 10

This course will be to give a scope of massage and the uses it can be to strengthen both body and mind. The first meeting we will discuss and practices some real basics.

(Steve has been practising the art of massage for almost 4 years)

INTERNATIONAL WEEK

The week of April 12 - 16 has been scheduled as International Week at Kansas State University. The week has been filled with activities, exhibits, and demonstrations. Come join the fun and share the rich cultural and personal diversity.

Events for the week include:

Monday, April 12 -

12:30-3pm - "Tasting the Varieties of Teas in the World"

"International Cultural Exhibits" - Union Courtyard

3:30-5pm - "The Culture of Iran" - Little Theatre

7:00-9pm - "Chinese Films" - Little Theatre

Tuesday, April 13 -

1:30-2pm - "Pakistani Folk Dances" - Film - Little Theatre

2:00-3pm - "Korean Dance" - Demonstration - Little Theatre

3:00-4pm - "Tae Kwon do" - Demonstration - Little Theatre

7:00-8pm - "The Songs & Dance of Bangaledesh" - Little Theatre

8-9:30pm - "Cultures in Contact" - a Symposium- Little Theatre

Wednesday, April 14 -

1:00-4pm - "International Cooking" - Demonstrations - Location to be announced

7:30-9pm - "Belly-Dancing and Dance from the Middle East" Performed by a Professional Dance company from the Middle East - Williams Aud., Umberger Hall

Thursday, April 15 -

1-2:30pm - "Films of India" - Little Theatre

2:00-3pm - "The Meaning of Islam" - Islamic Assoc. - Little Th.

7-9:30pm - "The International Fair - Exhibits and Demonstrations" - Union Ballroom

SERIES ON MANHATTAN AND RILEY COUNTY HISTORY: Watch for announcement of dates in April. This series will meet once a week for six weeks. Sign up now and you will be notified of the schedule and topics for the sessions.

SERIES ON PIONEERS AND LATER GENERATIONS, AND HOW THEY LIVED: Sign up now for this series which will follow the local history series. Dates will be in May. One topic will be delved into each session, such as "Music of the Pioneers," etc.

REGISTRATION

To those of you for whom UFM registration is old hat, we bring you something different.

a) Registration opens in the evening to give everyone an equal opportunity:

March 25, Thursday KSU Union 7pm-9pm
 UFM 532-5866 7pm-9pm

March 26, Friday KSU Union 9am-3pm
 UFM 532-5866 9am-3pm

b) We are asking that all registration either be at the Union or phone in to the UFM House. We have found that walk-in registration at the UFM house to be too confusing for everyone.

UFM COURSES

DISEASE CONTROL OF GARDEN AND YARD PLANTS

Bill Willis 532-5811

Mondays, 7pm
Length: 2 meetings
First Meeting: April 5 and
 May 3
Location: UFM House
 615 Fairchild Terrace
Limit: 20

Learn to recognize common diseases of yard and garden plants. Understand control of diseases by cultural practices, fungicides, management and resistant varieties. The first session will be an illustrated lecture. The second session will be a field trip. (Bill is an extension specialist in plant pathology and an active gardener.)

BURLAP DESIGN

Shella Russell 532-5866

Monday, 7pm
Length: One Time, April 12
Location: 1218 Bertrand
Limit: 6

RAISING WILD PETS

Charlotte Doyle 485-2759

Monday, 7:30pm
Length: One Time, April 19
Location: 615 Fairchild Terrace

I have raised rabbits, skunks, bobcats, ducks, raccoons, possums, etc. I am willing to share my knowledge I have. (Charlotte is a Manhattan High School Teacher.)

"HOW TO BUILD A STONE WALL"

E. Norman Harold 532-5573

Wednesday, 6pm
Length: One Time, April 28
Location: Rt 4, Box 126N
 Lakeview, Manhattan
Limit: 10

Have you ever wondered how the old stone walls you see out in the country were built? Do you have an area where you've always wanted to build a retaining wall for landscape purposes, but have put it off, wondering how to go about it? I would like to share my interest and hobby with others. A detailed map of the class location will be mailed to class participants. (Norm's Western Kansas background)

NATURE IN ACTION: AN EVENING OF PHYSICS LECTURE DEMONSTRATIONS

John David 532-6803

Tuesday, 7:30pm
Length: One Time, April 20
Location: Cardwell Hall 103, KSU
Limit: 178

How can a person lie on a bed of nails with no harm to his/her body? Every kitchen has a mixer but how about an unmixer? Ever seen an artificial sunset? These are only a few examples of what this evening holds in store. Physics is a dynamic discipline of study--not just a collection of dry static facts. Many interesting and fascinating demonstrations of physical phenomena will be presented showing physics as an entertaining and intriguing part of everyday life. (John has presented this type of lecture demonstrations for 7½ years as a staff member for N.S.F. and at national meetings.)

PLANT EXCHANGE

Steve Ernst 532-5866
Sarah Oblinger 539-8050

Saturday, 1-3pm
Length: One Time, April 10

TEA TASTING

Sue Maes 539-6609
Paul Psilos 539-7342
Martha Atkins 539-6208

Thursday, 7:30pm
Length: One Time, April 1
Location: 1620 Leavenworth
Limit: 15

There's more to a cup of tea than a Lipton flow through tea bag. As in the world of wine there is an art to tea selection. Learn how to select teas to suit your taste. The group will sample imported teas, unblended black teas and herbal teas. Cost will be \$1 to cover sampling of teas. (Sue, Paul, and Martha have been drinking teas for years.)

MAKING YOUR \$ COUNT FOR GOOD NUTRITION

Pat Tubach 776-4781
Chris Banner 776-6562

Tuesdays, 7:30pm
Length: 2 times, March 30 and
 April 6

Location: Capitol Federal Bldg.
 14th & Poyntz

Now that weekly grocery shopping has become a major investment.

without curtains? With a piece of burlap, scissors and a little bit of time, you can discover an inexpensive - yet effective - way to decorate. Participants should bring burlap, scissors, a ruler and ideas to the first meeting.
(Shella coordinates the UFM crafts section and likes sharing what she enjoys.)

GOD'S EYES

Shella Russell 532-5866
Saturday, 9-10am
Length: One Time, April 17
Location: 1218 Bertrand
Limit: 6

God's eyes are a fun project for a rainy day - Come and learn how to do-it, then teach a friend! Ages 6 and up are encouraged to participate.
(Shella's cub scouts enjoyed learning to make these.)

STAINED GLASS

Steve Grappe 539-7795
Wednesdays, 7pm
Length: 4-5 weeks
First Meeting: March 31
Location: Old Keats Schoolhouse
6 miles west of Manhattan on Anderson Ave
(County 412)
Limit: 15

The first meeting will be demonstration of the skill involved in stained glass technique. Participants may, at that time, order supplies they will use in a project to complete in the remaining 3-4 weeks of the course. One who intends to complete a project should plan on spending \$20 for materials and tools.
(Steve worked for a year in a glass studio and co-taught at the Southwest Crafts Center in San Antonio, Texas.)

ZEN AND THE ART OF MOTORCYCLE MAINTENANCE

Dennis Lofgren
Thursday, 7pm
Length: One Time, April 1
Location: 1415 Claflin Circle
Limit: 12

Not a session about the book in general nor about how it has affected you personally. Focus will be on Zen Mind and how Persig has fused into it his theme about self-understanding in contemporary America. Please read book first.
(Dennis was once a staff member at UFM and we miss his lively mind. This should provide an excellent evening.)

THE BODY SHOP - A WORKSHOP FOR WOMEN

Melody Williams 539-6390
Cherry Granrose

Friday, Apr 2, 6:30pm-10:30pm
Saturday, Apr 3, 9am-4:30pm
Location: You will be contacted
Limit: 20

The conveners have a special interest in helping women of all ages grow into a healthier self-regard through raised awareness. We will seek to aid the process of tuning into oneself thru biology and philosophy, but especially thru sense relaxation, "Centering" tension-relief and dance techniques. Workshop participants should wear comfortable clothing (preferably leotards) and will be barefoot at times. Bring a blanket and paper to keep a diary of your self-awareness.
(Cherry is a biology professor with special knowledge of reproductive systems. Melody has been into sensory awareness and human potential for a long time. Both are committed to the growth and development of women.)

lands this opportunity to learn what many would call a "lost art".)

LAND OF THE POST ROCK

Grace Muilenburg 532-6147
Thursday, 7:30pm
Length: One Time, April 1
Location: First National Bank
Limit: 60

This interesting slide presentation will focus on Fencepost limestone (post rock) and its role in the settlement and development of north central Kansas. By blending historical events and landscape features, we can gain a stimulating renewed awareness of facets of our Kansas heritage. (Grace is the co-author of Land of the Post Rock: Its Origins, History, and People and has traveled intensively in Kansas, observing the natural scene and collecting bits of local history, much of it oral history.)

ARE WE ALONE? X 403

John Evans 532-6808
Edwin Steuart 539-5523
Mondays, 7pm
Length: 2 weeks
First Meeting: April 5
Location: Manhattan Public Library

What are the chances that life has formed elsewhere in our solar system and in the universe? Photos, reports, discussions of UFO sightings in this area of the country will be presented the first week. The next week we will look across the nation at scientific reports and studies by astronomers.
(John Evans is a professor of astronomy in the KSU physics department. Edwin Steuart is Kansas' state section director for mutual UFO network.)

SUGAR FREE BREAD

Karl Finney 539-9141
Monday, 7:30pm
Length: One Time, April 26
Location: Grain Marketing Research Center
1515 College Ave

Our subject will be a sugar-free formula for producing regular and high protein breads in which diastatic malt replaces sugar. This is the method that has been used in Europe for years. Slides and a question and answer period will be included.
(Dr. Finney has been doing research on this subject since the late 60's.)

BREAD BASICS

Carol Kuhlman 539-0414
Thursday, 1:30pm-3:30pm
Length: One time, April 22
Location: 2111 Seaton Ave
Limit: 10

Bread baking is on the rise! Come and learn the very basics - from preparation of the batter to kneading the dough. Literature will be available to take home. You will be contacted about the ingredients to bring.
(Carol has been getting a rise out of dough for several years now.)

CHARACTERISTICS OF SMALL FARMS IN KANSAS: THE PROBLEM OF SURVIVAL

Don Williams 532-6714
Tuesday, 7:30pm
Length: One Time, April 6
Location: Justin Hall, Rm 251
KSU

This is a discussion concerning the major characteristics of small farms over the last 40 years, and how they have changed due to the recent Green Revolution. Ideas will be presented as to how local and national agencies can improve the incomes and living situations of small Kansas farms.

Location: Douglass Community Center Annex
901 Yuma

Have you ever wished you could trade in some of your over-abundant Swedish Ivy for a few African violets? Well, we have, and would like to meet with those who have a surplus of plants they would like to trade for others. Bring your healthy plant and cuttings in containers you don't mind not seeing again. This can include both indoor and outdoor plants--irises, ground covers, trees, etc. Bring plants between 1 and 2pm. Exchange starts at 2:30.
(Steve and Sarah are horticulture students.)

BONSAI - THE ART OF MINIATURE TREES AND LANDSCAPES

Gary Penn 238-7909
Wednesday, 7:30pm
Length: One Time, April 7
Location: KSU Union, Room 205c
Limit: 20

The Bonsai were first owned by wealthy nobles in Japan, found and collected when they were several hundred years old, dwarfed and stunted by nature. Gardeners then realized that it would be possible to create artificial dwarfs from a seed from that apple or orange you ate and train your own masterpiece. This will be a demonstration.
(Gary has led many workshops on Bonsai trees both in Junction City and for television.)

BREADBAKING

Cheryl Legg 539-6737
Tuesday, 6:30pm
Length: 2 meetings, April 13 and April 20
Location: 1012 Kearney (upstairs)
Limit: 6

We will explore the basics of breadmaking and a few different types of bread. Please bring a loaf pan and if you want to share recipes, that would be great.
(Cheryl has been baking bread for the last 5 years and is interested in sharing with others.)

ANIMAL HUMANE SOCIETY

Glenda Hildebrand 776-4851
Thursdays, 6:30pm
Length: Continuing
First Meeting: April 8
Location: Blue Valley Room
1st National Bank

This group needs highly dedicated people to develop a humane society for Manhattan. The group is simply concerned about proper care and treatment of all animals in this area. We feel there is a critical need for this group and would welcome anyone who wishes to join us.

THE METRICS ARE COMING!

Jim Johns 532-3396
Tuesday, 7pm
Length: One Time, March 30
Location: Seaton 129, KSU

Worried about the change to the Metric System? Scared you'll need higher math to do the conversion? Well, take it from someone who was forced to learn it: once you understand a few basics it's all downhill. We'll cover the reason for changing from the obsolete system we use now to an orderly, uncomplicated system that the rest of the world uses. It's really very simple, so everyone come.
(Jim is a sophomore in Electrical Engineering and has spent 2 years living in Japan where nothing but metric is used.)

Location: Douglass Community Center Annex
901 Yuma

getting the most nutrition for your money is important. At this class, each person can make menus and shopping lists for their own family use. Good shopping procedures, comparative pricing and meal planning will be discussed, in addition to how to apply for food stamps. Bring pencils, recipes, and cookbooks.
(Pat works at Riley Co. Extension in Expanded Foods and Nutrition. Chris has done all the meal planning and shopping for his family for a year.)

ZOO ACTION CONFERENCE

George White, et. al. 776-7914
Mondays, 8pm
First Meeting: April 5
Length: Indefinite
Location: KSU Union Theatre

Community activity meeting for the improvement of Sunset Zoo. Existing conditions at Sunset Zoo will be presented and strategies for attaining improvements at the zoo through the city government will be discussed. At present there is no effective group supporting any improvement at the zoo. Anyone for or against Sunset Zoo is urged to attend. Opinions and feedback are needed. (These six architecture and design students have researched, made presentations, and formulated workable plans for the zoo over the past year.)

YOU AND YOUR AUTO

Rick McGuire 537-8559
Sundays, 1pm
Length: 6 weeks
First Meeting: April 4
Location: UFM Living Room
615 Fairchild Terrace
Limit: 12

This class is designed for everyone, mechanic and non-mechanic. Basic fundamentals and how to do simple repairs and tests will be covered. 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 class in the past.)

ASSERTIVE TRAINING WORKSHOP FOR PROFESSIONALS

Barbara Rockwell 532-6432
Linda Teener
Saturday, 8:30am-4pm
Length: One Time, April 10
Location: To be announced
Limit: 15

As professionals we have found many colleagues who share an inability to assert themselves in a variety of settings and situations. Perhaps you are a supervisor and desire to become more assertive with those you supervise, or a member of a working unit wanting to express an opinion or give a suggestion. Assertive communication is seen as one of the major ways to safeguard your human rights and the rights of others, while getting more of what you want in social and work situations. We encourage professionals (use your own definition) to attend this all-day workshop. Please include your occupation when enrolling. You will receive an informational letter after registration.
(Barb has conducted previous AT workshops for UFM and has co-facilitated AT training courses. Linda has worked with AT at Emporia State and has assisted with AT courses at KSU.)