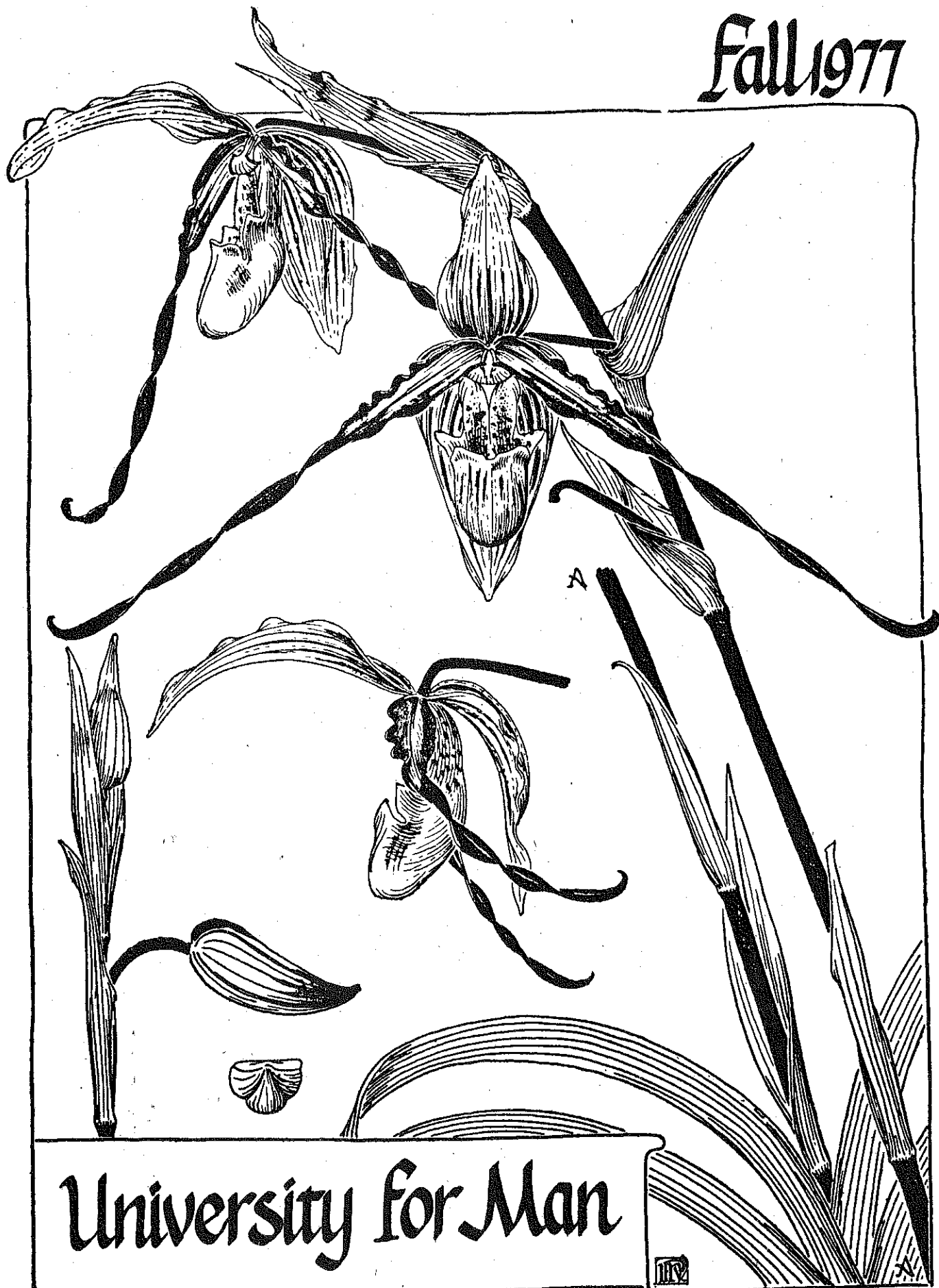
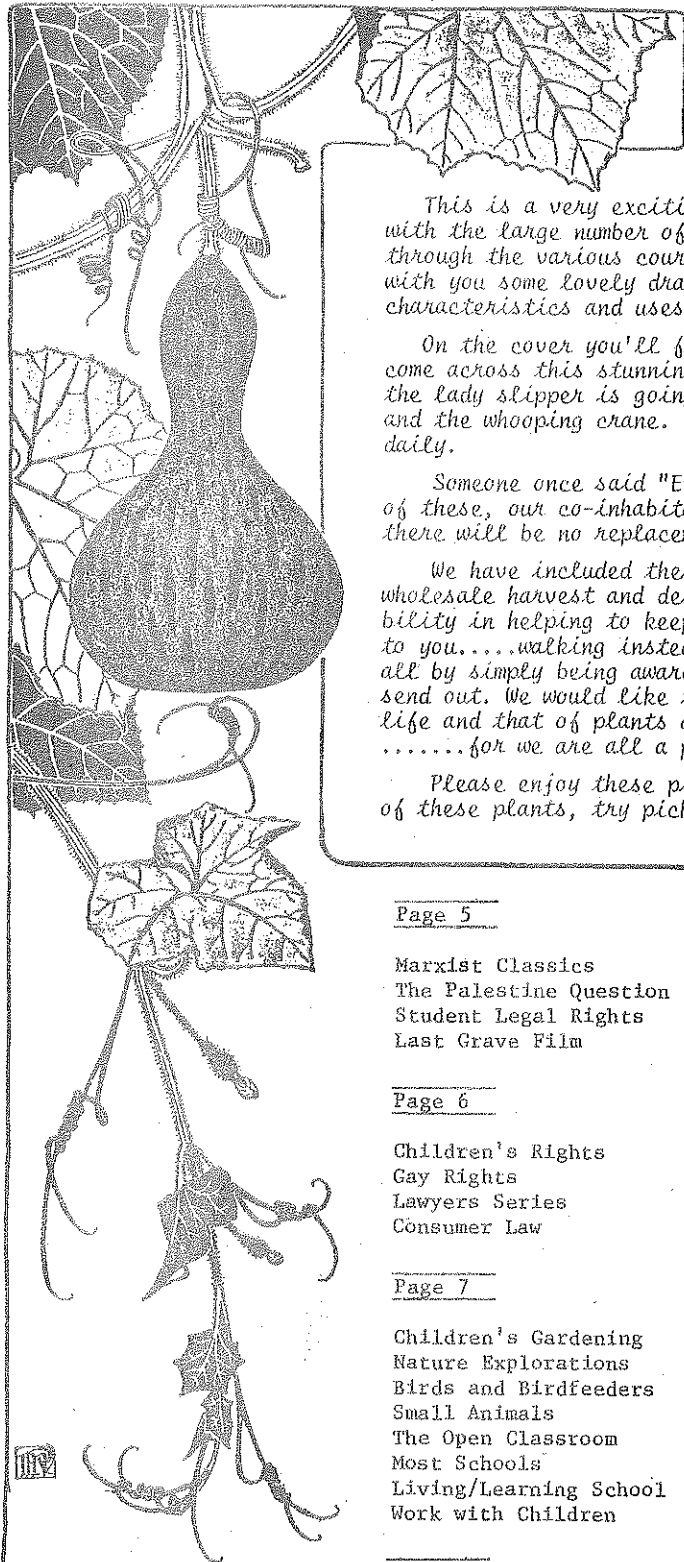


Fall 1977



University for Man





This is a very exciting issue of the UFM catalog. Not only are we pleased with the large number of good people who have offered their time and talent through the various courses and events listed, but we are also happy to share with you some lovely drawings of native Kansas flora along with their different characteristics and uses.

On the cover you'll find the lady slipper orchid. You probably haven't come across this stunning plant in your ramblings in the countryside, because the lady slipper is going the way of the California condor, red fox, and the whooping crane. All are extremely rare, with their numbers dwindling daily.

Someone once said "Everyone is part of everything." The looming extinction of these, our co-inhabitants, serves to remind us that when they are gone, there will be no replacements.

We have included these drawings of local plants not to encourage their wholesale harvest and destruction, but rather to remind you of your responsibility in helping to keep nature in balance by whatever means are available to you...walking instead of driving, forgoing a new fur coat...but most of all by simply being aware of your actions and the consequent ripples they send out. We would like to encourage a reverence for all life, not just human life and that of plants and animals, but for the earth, the water, and the air, .....for we are all a part of everything.

Please enjoy these pictures; and if you happen to find an abundance of one of these plants, try picking them (with respect) and using them (totally).

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# Community

## OLDER MANHATTAN NEIGHBORHOOD ASSOCIATION

Bill Griffith, President 537-2478  
 Thursdays, 7:30pm monthly  
 Length: Continuing  
 First meeting: Sept 22  
 Location: First Presbyterian Church  
 8th and Leavenworth

The Older Manhattan Neighborhoods Association (OMNA) was organized last spring to preserve and enhance the older residential and commercial areas of Manhattan. OMNA hopes to increase public awareness of the needs and virtues of the older neighborhoods, encourage public and private institutions to improve their services to area residents and, in general, recommend policies that will maintain neighborhood housing, parks, and public facilities.

On September 22, Gary Stith, City Planner, will meet with us to discuss possible solutions to parking problems around the university areas. The OMNA Streets and Transportation Committee is currently studying this problem. Other OMNA committees are already at work of Historic Preservation, Real Estate Practices, Neighborhood Assistance, Membership and Newsletter.

On October 20, Dr. James Benjamin, U.S.D. #383 Superintendent of Schools, will meet with us to discuss the upcoming district bond issue proposal. Suggestions for November and December meeting plans will be taken at these two meetings.

## LEAGUE OF WOMEN VOTERS OF MANHATTAN

Barbara Rees, President 539-6174  
 Wednesdays, 7:15pm  
 Length: Continuing  
 First meeting: Sept 14  
 Location: Manhattan Public Library  
 Juliette and Poyntz

The League invites anyone to become a member to study government on the local, state, and federal levels. General meetings are usually once a month and there are four smaller study meetings each month at convenient times. Dr. James Benjamin, Manhattan School Superintendent, will be the speaker at the Sept 14 meeting.

## LET'S BEAUTIFY MANHATTAN -- SLIDE SHOW

Vanessa Leach 539-7038  
 Mondays, 7:30pm  
 Length: Continuing  
 First meeting: Oct 3  
 Location: Manhattan Public Library  
 Juliette and Poyntz

The primary purpose of this group is to create a working foundation through which concerned community members can take positive and creative action to promote horticultural highlights for our community. This fall we'll share slides of different landscape gardening projects in various areas of the country so participants can adapt new ideas to our own community. Slides for the first meeting will include the 4th National Symposium for Garden Centers; following slide programs will be co-ordinated by class members. Everyone is welcome to contribute slides pertaining to landscape gardening from any country of the world. (Vanessa has co-ordinated this group the last two semesters.)

## NATIVE AMERICAN AWARENESS SEMINAR

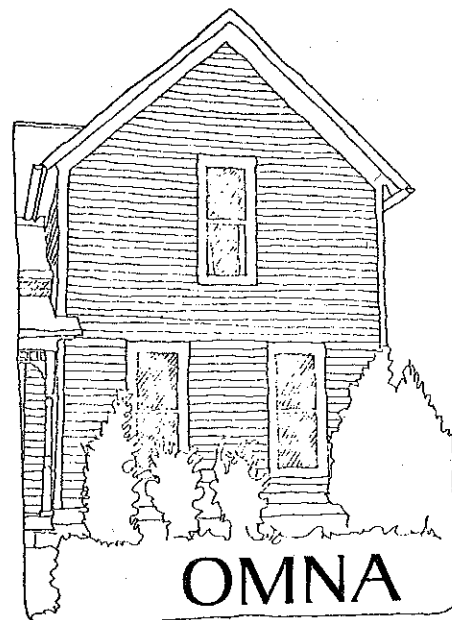
Dave Colburn 537-2044  
 Thursdays, 7:30pm  
 Length: Continuing  
 First meeting: Oct 6  
 Location: KSU Union, Rm 206c

This course will deal with Native peoples' continuing struggles in a white society. Topics to be discussed include treaty violations, forced sterilization, government repression of Indian movements, and corporate abuse of Reservation land. Films and tapes will be used in the class. (Dave is chairperson of the Manhattan Native Solidarity Committee.)

## STRATEGY FOR ANTI-IMPERIALIST ACTIVITY

Anti-Imperialist Solidarity Committee 537-2044  
 Thursday, 7:30pm  
 Length: One time, Sept 29  
 Location: KSU Union, Rm 203

The support work necessary for struggles of national liberation against U.S. imperialism in the United States and throughout the world will be the main focus of the group. (The Anti-Imperialist Solidarity Committee is a support organization working throughout the Flint Hills area.)



## Human Rights

## STUDIES IN MARXIST CLASSICS

Tim Kraus 539-5800  
 Dave Colburn 537-2044  
 Mondays, 7:30pm  
 Length: 10 times  
 First meeting: Sept 26  
 Location: KSU Union, Rm 204

To better understand the development of Marxist revolutionary thought in the 19th and 20th centuries, we will read and discuss "The Communist Manifesto", Marx and Engels; "Socialism: Utopian and Scientific", Engels; and "Three Component Parts of Marxism", Lenin. (Tim and Dave are involved in local activities and studies of this kind.)

## SEMINAR OF THE PALESTINE QUESTION

Lee Samore 539-2942  
 Farid Ruziq  
 Wednesdays, 7:30pm  
 Length: 6 times  
 First meeting: Sept 28  
 Location: KSU Union, Rm 206a  
 Limit: 20

The Palestine Question occupies the central position in the Middle East situation. This seminar will examine Palestine historically and politically through selected pertinent reading. Constructive discussion may then bring a better understanding of current Middle East events. (Lee hopes to do graduate work in Middle East Studies. Farid is a Palestinian student studying architecture. Both are interested in furthering a understanding of the Palestine Question.)

## STUDENT LEGAL RIGHTS

Nyles Davis 532-6541  
 Ron Nelson 776-8504  
 Tuesdays, 7:30pm  
 Length: 2 times  
 First meeting: Oct 4, Oct 25  
 Location: KSU Union, Rm 207

Interested in learning what your rights are as a student? This October the Fourth Annual National Conference on Student Legal Rights will be held in Kansas City. Numerous topics will be discussed, including the "Buckley Amendment", rights of privacy, academic freedom, due process and others. This class will explore and define the concepts under discussion in Kansas City. (Nyles is Student's Attorney at KSU and Ron is the President at American Civil Liberties Union at KSU and chairperson of KCLU Education Committee.)

## LAST GRAVE AT DIMBAZA

American Baptist Campus Ministry 539-6847  
 Sunday, 6:15pm  
 Length: One time, Dec 4  
 Location: Baptist Campus Center  
 1801 Anderson Ave

This forceful documentary film tells a true story of the apartheid system in South Africa. It depicts the poverty and oppression of millions of blacks in South Africa, one of the world's richest countries. A minority of four million whites monopolize political and economic power and, through a system of repressive laws, control 18 million blacks and three quarters of a million Asians in a segregated society. The film was made secretly in South Africa and then released to the free world. The film is in color and lasts 55 minutes. A discussion will follow.



## Crabapple

Crabapple trees are native to Kansas and a member of the rose family. The fruit varies from yellow to a deep rose red. The abundance of pectin in the crabapples helps to make a delicious jelly with a distinctive flavor. Eaten raw, crabapples are very tart and have a sometimes bitter taste.

### CHILDREN'S RIGHTS

Dave Hursh  
Tuesday, 7:30pm  
Length: One time, Oct 11  
Location, KSU, Union, Rm 203

Children by law and custom are under the authority of others who may mistreat, abuse or exploit them with impunity. I'll give some background information on how the lack of children's rights make possible the mistreatment of children in families, schools, and the judicial and law enforcement systems. (Dave has been and is interested and active in the problems of youth.)

### GAY RIGHTS

Teena Hosey  
Tuesday, 7:30pm  
Length: One time, Oct 18  
Location: New UFM House  
1221 Thurston

The rights of gay men and women are the same rights as all other Americans under the Constitution. This fact is undeniable. So why are people like Anita Bryant doing their worst in attempting to take away these rights? In this situation, are there parallels to blacks, Indians, and the Jews of Germany? Why isn't it okay to be anything other than white, anglo-saxon, protestant/catholic and heterosexual? (Teena is a white, anglo-saxon bisexual Zen Buddhist.)

### LAWYERS SERIES

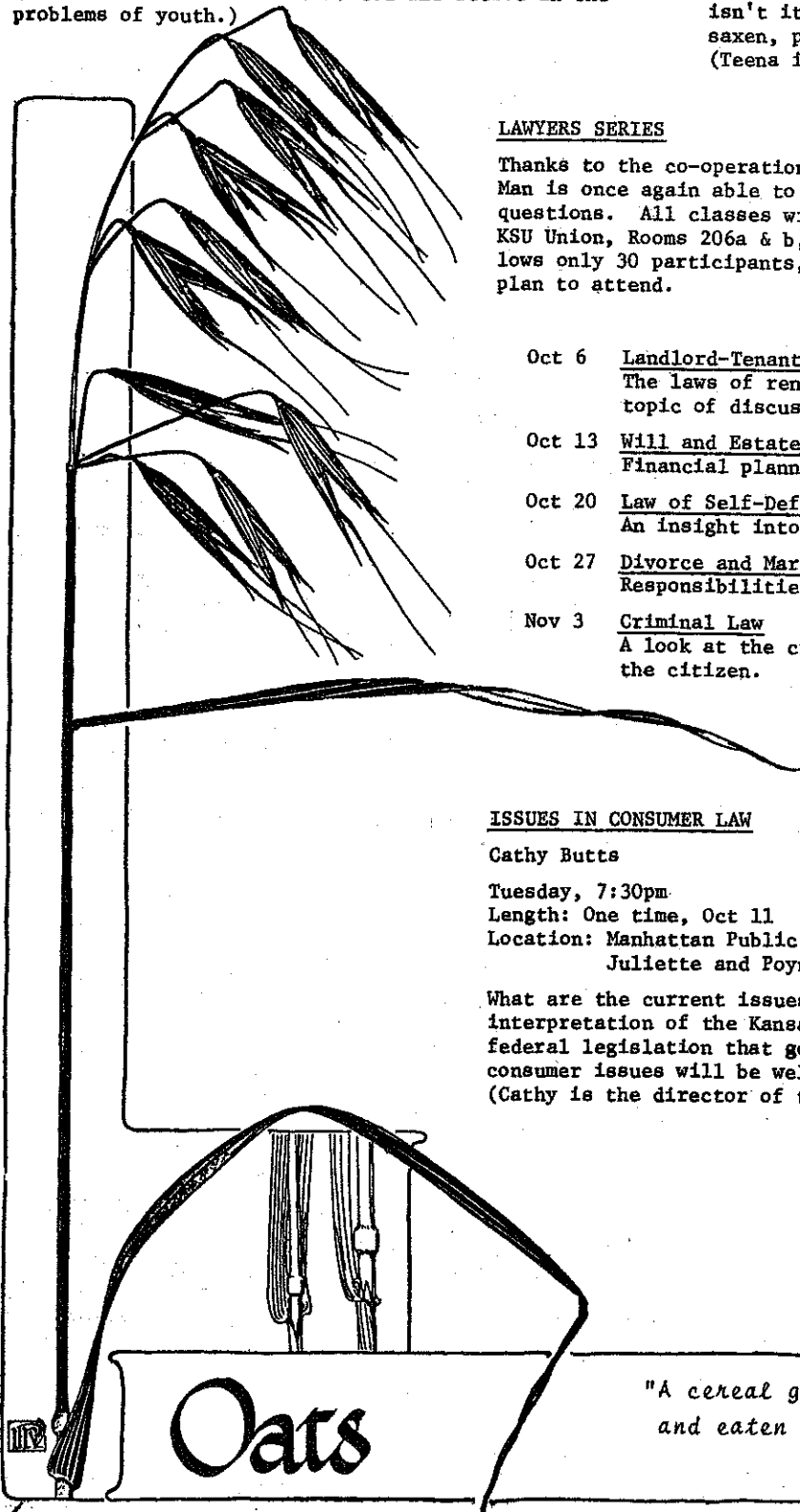
Thanks to the co-operation of several local attorneys, University for Man is once again able to offer sessions on important current legal questions. All classes will be held on Thursdays at 7:30pm in the KSU Union, Rooms 206a & b, unless otherwise indicated. Room size allows only 30 participants, so please register for each session you plan to attend.

- Oct 6 Landlord-Tenant Regulations Don Weiner  
The laws of renting and leasing property will be the topic of discussion.
- Oct 13 Will and Estate Planning Richard Seaton  
Financial planning will be discussed.
- Oct 20 Law of Self-Defense Don Weiner  
An insight into the rights of persons in violent situations.
- Oct 27 Divorce and Marriage (Union Rm 206b&c) Robert Litrell  
Responsibilities for those entering and leaving matrimony.
- Nov 3 Criminal Law Don Weiner  
A look at the criminal code of Kansas and its affect on the citizen.

### ISSUES IN CONSUMER LAW

Cathy Butts  
Tuesday, 7:30pm  
Length: One time, Oct 11  
Location: Manhattan Public Library  
Juliette and Poyntz

What are the current issues in consumer law? This meeting will be an interpretation of the Kansas Consumer Protection Act and some of the federal legislation that governs the marketplace. Questions on other consumer issues will be welcome. (Cathy is the director of the Consumer Assistance Center in Manhattan.)



# Oats

"A cereal grain fed to horses in Kansas and eaten by organic gardeners."

Ray Keen

## Learning & Kids

### CHILDREN'S GARDENING CLASS

Dick Mattson  
Gordie Clark  
Saturdays, 10am  
Length: 5 times, dates of later meetings announced at Sept 24 class  
Location: Douglas Community Center Annex, 901 Yuma and Community Gardens  
Limit: 25

This class is intended for children 12 years of age or younger. Fall vegetable gardening will be done in the Children's Garden in the Community Gardens two blocks south of the Douglas Community Center Annex. If weather doesn't co-operate, indoor gardening classes will be held on propagation and care of house plants, arts and craft projects with plants and flowers, and making special gifts from plants or plant parts. (Dick is a professor at KSU in Horticultural Therapy. Gordie is a graduate teaching assistant.)

### NATURE EXPLORATIONS FOR CHILDREN

Jim Meyers  
Saturdays, 8am  
Length: Continuing  
First meeting: Sept 24  
Location: Entrance to Sunset Cemetery  
Fourth through eighth graders interested in increasing their awareness and knowledge of nature around Manhattan are invited to join us. We will be looking at natural habitats as well as those created by man. (Jim has previously taught nature studies to children in two outdoor schools near Kansas City.)

### BIRDS AND BIRDFEEDERS FOR KIDS

Roxy Becker  
Sundays, 2pm  
Length: 3 times  
First meeting: Oct 2  
Location: 1331 Pierre  
Limit: 8

This class will deal with some of the more common birds found in the Manhattan area. We will learn to identify them and discuss their habitats and feeding habits. The last class period will be spent constructing bird feeders for the backyard. (Roxy has taught this class for UFM before and has lead Girl Scout birdwatching trips.)

### GETTING ACQUAINTED WITH SMALL ANIMALS

Wayne Kitland  
Wednesday, 7pm  
Length: One time, Sept 28  
Location: Newman Center  
711 Denison

Did you know that various species of small pets have different temperaments? Learn about hamsters, rats, mice, guinea pigs and rabbits eating habits, lifespans, care and how they innerrelate and relate with each other. (Wayne has taught classes on small animals before.)

### TEACHING IN THE OPEN CLASSROOM

Dave Hursh  
Sue Sandmeyer  
Thursdays, 7:30pm monthly  
Length: Continuing  
First meeting: Sept 29  
Location: Living/Learning School  
1011 Osage

We'll take an evening each month to present how we teach the following subjects, answer questions, and try to generate some new ideas together.

- Sept 29 Organizing the open classroom
- Oct 27 Media, film, photography & TV
- Nov 17 Math
- Dec 8 Science
- Jan 12 Social studies
- Feb 16 Language arts

(Dave and Sue instigated the Living Learning School.)

### MOST SCHOOLS ARE NOT HEALTHY FOR CHILDREN AND OTHER HUMAN BEINGS

Dave Hursh  
Lisa Barnes  
Thursdays, 7pm  
Length: Continuing  
First meeting: Oct 6  
Location: New UFM House  
1221 Thurston

We want to organize an educational resource center. Ideally, this would be a center for those interested in sharing ideas on education (using various books and magazines) and decoupling alternatives to the present educational process. (Dave has been involved in educational reform and innovations for the last 8 years. Lisa has been a student and facilitator in several alternatives to the traditional school.)

### LIVING/LEARNING SCHOOL OPEN HOUSE

Dave Hursh  
Sue Sandmeyer  
Sunday, 2-5pm  
Length: One time, Sept 25  
Location: 1011 Osage

If you either have children, teach, plan to teach, or are just interested in human growth and the development of children, you're invited to visit with us about our school, which uses an open classroom and an individualized approach to learning.

### WANT TO WORK WITH CHILDREN IN AN OPEN CLASSROOM? VOLUNTEER FOR THE LIVING/LEARNING SCHOOL!

Dave Hursh  
Sue Sandmeyer  
Sign up at registration and you will be contacted.

We're looking for people who like to work with children! If you have some interests or talents you'd like to share with children or just want to share yourself, we'd like to meet with you about helping out in our program. Our curriculum includes the innovative teaching of science, math, reading, writing, social sciences, P.E., music, art, architecture, photography and film. We could do some exciting things together! (Dave and Sue are the teachers at Manhattan's alternative elementary/junior high school.)



*Gourds once included pumpkins, squash, cucumbers, melons, and other members of the cucurbitaceous family. Today the word gourd refers to an ornamental with a very bitter inedible fruit. Some of the larger gourds can be used for dippers, wren houses, scouring rags, and bottles.*

#### CHILD ABUSE CONFERENCE

Carolyn Coates 539-3458  
 Monday, 8:30am-4:30pm  
 Length: One time, Oct 10  
 Location: KSU, Union, Big Eight Room

This Child Abuse Conference, funded by the Riley County Medical Auxiliary, will discuss many legal, social, and medical issues involving child protection in this area. Because of the limited space and materials, interested citizens should contact Carolyn or Yvonne Lacy at 539-4815 prior to September 15. There will be a limit of 125 on the conference.

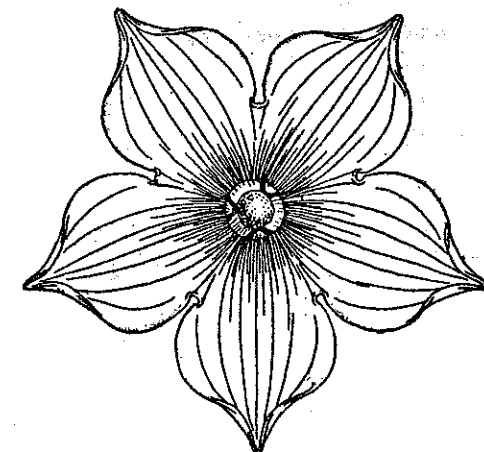
#### CHILD ABUSE CONFERENCE BANQUET

Carolyn Coates 539-3458  
 Monday, 6:30pm  
 Length: One time, Oct 10  
 Location: KSU, Union, Ballroom

Hosted by the Manhattan Chamber of Commerce, this banquet will be the concluding event of the Child Abuse Conference held during the day. Speakers for the banquet will be State Senator Jan Meyers and SuEllen Fried, President of the National Council for the Prevention of Child Abuse (Kansas Chapter). The public is encouraged to attend the banquet for which tickets can be purchased (\$4.75) from the Chamber of Commerce.

## Aging Sexies

University for Man is again pleased to offer the Aging Series which we hope will be utilized by our older citizens or those people who are interested in growing young. Our thanks to those people who have volunteered their time and services for these series of programs. Registration for the classes in this series will be appreciated, but is not required.



#### THE NEED FOR A SENIOR SERVICE CENTER IN MANHATTAN

Frank Anneberg 537-9564  
 Thursday, 7:30pm  
 Length: One time, Oct 13  
 Location: Apartment Towers, 300 N 5th  
 We will examine the need for a Senior Service Center in Manhattan through a panel discussion. Panelists will include Shirley Rainsberger, Outreach Director board member of the Riley County Council on Aging; and Bea Buie, former nutrition site manager and resident of Apartment Towers.

#### SING ALONG WITH FRANK

Frank Anneberg 537-9564  
 Thursdays, 7:30pm  
 Length: 2 times  
 First meeting: Oct 27, Nov 17  
 Location: Apartment Towers, 300 N 5th

This will be fun! Frank is really enthusiastic about leading the singing. He was city recreation director for many years and now that he is retired, we are fortunate to have his assistance in our community. Bring along a good spirit; good voice quality is not a prerequisite.

#### WHAT ARE YOUR PLANS FOR TODAY AND TOMORROW?

Pat Mingle 539-5559  
 Dr. Bruce Burdick  
 Thursdays, 7:30pm  
 Length: 2 times  
 First meeting: Sept 29  
 Location: Apartment Towers, 300 N 5th  
 What interests do you have and what keeps you from them? Do you live from one day to the next without really being alive? Let's discuss some alternatives. Audience participation will be encouraged. (Dr. Burdick is a psychiatrist and Pat Mingle is a member of the Riley County Mental Health Association.)

#### MEDICAL PROBLEMS OF AGING

Queen Madison 537-0996  
 Sign up at registration and you will be contacted as to the time, date, place and first meeting of the class.  
 Medical services for the older person in our society is one of the top concerns of our older citizens. This class consists of a panel of local doctors addressing the problems of older people. The prevailing needs and prevention methods will be discussed. (Queen has long been associated with programs for those growing young.)

#### SQUARE DANCING DEMONSTRATION

Janice and Earl Dreher 776-6888  
 Don and Jane Magnuson 776-6632  
 Wednesdays, 7pm  
 Length: Two times  
 First meeting: Oct 5, Oct 19  
 Location: V.F.W. Hall, 215 Humboldt

With a dosey-doe and a promenade, swing your partner and join the UFM Square Dancing class this fall. We will learn modern square dancing techniques. Spectators are welcome to join in the fun.  
 (The coordinators of this class have been teaching young people for some time and will share their fun and experiences with us.)

#### STATE ISSUES IN AGING

Queen Madison 537-0996  
 Sign up at registration and you will be contacted as to the time, date, place and first meeting of the class.

Last June, the State Department of Aging was created in the State of Kansas. As a new department at cabinet level, the goals and ambitions of the department are in a developing stage with many strategies and programs being formulated. If you would like to be a part of the development of these programs at a grass-roots level, attend this panel discussion which will include the newly appointed director of the State Department of Aging or a representative from the office, and interested and knowledgeable local individuals.

#### VISUALIZATION AND RELAXATION TRAINING (Over 45)

Jan Lowenstein 539-2449  
 Monday, 7:30pm  
 Length: One time, Oct 10  
 Location: Carlson Plaza, 425 Pierre

Often as we grow older, we tend to forget we are full functioning beings, so it becomes very important that we don't forget ourselves. The mind is a precious gift and our goal is to use it. Relaxation can unlock your mind's new frontier regardless of age. These techniques are used for reduction of stress, prevention of illness and emotional upsets, as well as for the development of health, creativity and well-being.  
 (Jan has been working with the Conscious Living Foundation on workshops for all stages of human development.)

HOME HEALTH NEEDS

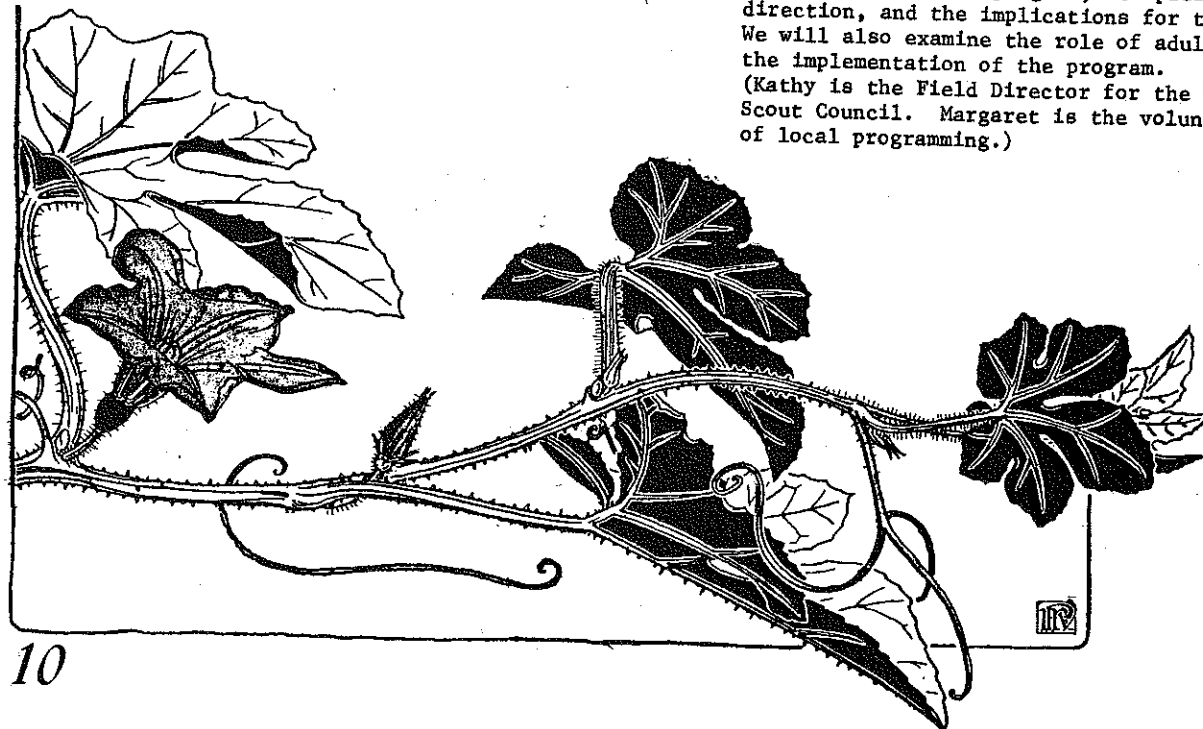
Joan Cox 539-5209  
 Sunday, 7:30pm  
 Length: One time, Sept 25  
 Location: First Congregational Church  
 700 Poyntz

The Manhattan/Riley County Health Department is conducting a survey of the needs for home health care in Riley County. We would like to hear from anyone who can give specific information about needs, type of care, and previous success in finding care. (Joan is a member of the Manhattan/Riley County Home Health Agency Review Board and in charge of carrying out a preliminary survey for the Board.)

BIG BROTHERS/BIG SISTERS

Dick Smith 776-9575  
 Mike Dikeman 776-7315  
 Tuesday, Wednesday, 7pm-10pm  
 Length: Two times  
 First meeting: Sept 13, Nov 9  
 Location: KSU, Union, 206b&c  
 KSU, Union, 205

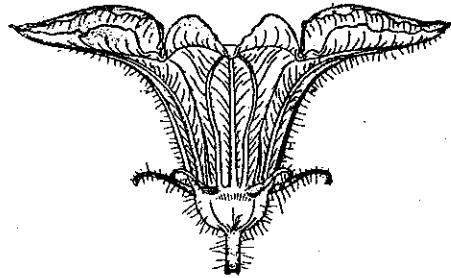
When raising a child alone—from the divorce or separation which divides a family or the loss of a parent by death—it is the child who suffers the most. Children in such circumstances require the utmost in love, understanding and sound guidance. If you are 18 years of age, mature, married or single, and able to give at least a one-year commitment to a child in such a situation, we would like to hear from you. Just attend one of the orientation meetings and it will give everyone a chance to get acquainted. The need is great. Helping a child along the road of life is a unique experience. (Dick and Mike are involved in the local program.)



PYRAMIDS

Steve Guetterman 625-7437  
 Mondays, 7:30pm  
 Length: 2 times  
 First meeting: Oct 10  
 Location: New UFM House Living Room  
 1221 Thurston

Pyramids have been used in advanced civilizations throughout history for such diverse uses as sharpening razor blades and revitalizing our body energy. This class will discuss the history of Pyramids and their effect on living and inanimate objects. Also a demonstration on the cosmic energy withing a pyramid will be included. (Steve enjoys the benefits of pyramids in western Kansas.)



TO BE GREEN

Kathy Hermes 539-1648  
 Margaret Spangler 539-5576  
 Tuesday, 7:30pm  
 Length: One time  
 First meeting: Oct 4  
 Location: KSU, Union, Rm 203

In March 1977, Girl Scouting celebrated its 65th birthday. In today's changing world, youth programs must be relevant. What is the Girl Scout program doing to keep abreast of the times? Is the program an adult-imposed, inflexible experience or can girls determine their own goals and directions? The class will examine the Girl Scout program, its present and future direction, and the implications for tomorrow's woman. We will also examine the role of adult volunteers in the implementation of the program. (Kathy is the Field Director for the Kaw Valley Girl Scout Council. Margaret is the volunteer in charge of local programming.)

MANHATTAN SINGLES CLUB

Ken Kemp 532-6883  
 Jan Tidball  
 Saturdays, 8pm  
 Length: Continuing  
 First meeting: Sept 24  
 Location: Colonial Gardens Club House  
 3000 Tuttle Creek Blvd

The Manhattan Single Club will continue their outings this fall with a get acquainted party. If you are 21 or over, bring your own bottle (set-ups and snacks will be provided) and join in the fun. Other activities are being planned for the remainder of the Fall season. (Ken and Jan have been coordinating activities for the Singles Club for some time.)

INTRODUCTION TO GENEALOGY - ROOTS

Elaine Olney 539-4512  
 Tuesdays, 7pm  
 Length: 2 times  
 First meeting: Oct 4  
 Location: KSU, Union, Board Room

This class will be a beginners course in family history. It will include basic procedures for collecting and recording family records, and the importance and availability of public records. This will include census, vital statistics, probate, land and military records. There will be genealogy sheets for sale at the class. (Elaine is the Riley County Genealogical Society President.)

LET'S RECYCLE CLOTHING

Vesta Walker 539-4886  
 Thursday, 7pm  
 Length: One time, Oct 13  
 Location: Carlson Plaza  
 425 Pierre

We all hate to throw away usable clothing and goods. Non-wearable clothing has other uses too, but Manhattan is short of recycling facilities since Goodwill stopped its operation. The participants of this class will brainstorm the situation with the goal of creating other options for our community. (Vesta is retired and active in RSVP and ATA. She remembers when one had a new use for every old thing.)

BUILDING RECYCLED PLAYGROUNDS

Don Paustian, Sr. 539-5118  
 Tuesdays, 7pm  
 Length: Indefinite  
 First meeting: Sept 27  
 Location: Spillway Marina, on the houseboat

I'm interested in converting the twin rocket tower slides to seven smaller safer models, and also would like to share ideas on some thirty other items to build from surplus scrap tanks and pipes. Anyone with ideas and interested in recycled playgrounds is invited. (Don has some 500 items at 200 locations in 16 states.)

LA LECHE LEAGUE

Tracy Hudson 776-7613  
 Tuesdays, 9:15am  
 Length: Four times, 2nd Tuesday of each month  
 First meeting: Nov 8  
 Location: To be announced

This is a series of four monthly meetings designed to give information and support to mothers who wish to nurse their babies. Babies are welcome. Come and meet other nursing mothers. (Tracy is an authorized La Leche leader and has breast fed her own youngsters.)

PIPE CLUB

Jim Lacky 539-4281  
 Wednesdays, 7pm  
 Length: Indefinite  
 First meeting: Oct 12  
 Location: UMHE Center  
 1021 Denison

"If you are a pipe smoker" - if you enjoy "fooling around" packing, lighting, puffing - and earth-shaking "twaddle" - you might enjoy these meetings. (Jim is the keeper of the matches.)

*The hill pasture, an open place among the trees, tilts into the valley. The clovers and tall grasses are in bloom. The sun sets. Ahead of nightfall the birds sing. I have climbed up...high on the hillside, letting the day gather and pass...In this world men are making plans, wearing themselves out, spending their lives...*

Wendell Berry

TOASTMISTRESS CLUB

Betty Skidmore 532-6883  
 539-7731

Mondays, 7:30pm  
 Length: Continuing  
 First meeting: Sept 26  
 Location: K-State Bank Building  
 1010 Westloop

If you want to be ALL YOU CAN BE, to be Great in organization, leadership, confidence, poise, communications, then take advantage of the opportunities we offer in Toastmistresses. (Betty has been involved with the program in Manhattan for a number of years.)

TOASTMASTERS INTERNATIONAL

Dave Denning 537-8524  
 Thursdays, 7:30pm-9pm  
 Length: Continuing—first and third Thursday  
 First meeting: Oct 20  
 Location: K-State Bank Building  
 1010 Westloop

Do you speak articulately to others, individually or in groups? Do you willingly accept assignments to present oral reports? The Toastmasters program is designed to improve communication and leadership skills. (Dave is one of those people who fits naturally behind a podium.)

# Crafts

UFM Pottery studio is looking for implements to mix clay. Could anyone help us find:

- 1) an electric motor (1 or 1½ horsepower)
- 2) drill like a roto-tiller
- 3) cement mixer
- 4) bread dough mixing machine

If anyone could help build one run by wind power that would also be a good possibility for us to use!

## ATTENTION ARTISTS AND CRAFTSMEN!!

Here are two chances to earn money and also help two worthy causes. Christmas shoppers take note of a good chance to buy distinctive gifts!!!

## UFM FINE ARTS/CRAFTS SALE

This will be held in conjunction with the "open house" for our new building--sometime in Nov. 15% of the sale price will go towards renovation costs of the new UFM building. Sellers get the rest. Sign up at registration and you will be contacted about the date. If you have questions, call Jean Goldman 532-5866

## ARTS/CRAFTS FAIR

This event is sponsored by the K-State Union Program Council Arts Committee. 15% of the proceeds go to the committee, and the seller gets the rest. ALL Welcome! Bring your work in Monday and Tuesday, Dec 5 and 6, between noon and 4pm to: KSU BALLROOMS, Union, 2nd floor. The sale itself will be Wednesday and Thursday, Dec 7 and 8, between 10am-4pm. Pick up unsold items and your profits Monday, Dec 12, at the KSU BALLROOMS between noon and 4pm. For further information contact the Activities Center at the K-State Student Union, 532-6571.

Margaret Smith - Program Director  
Gayle Crockett - Student Arts Coordinator

## PRIMITIVE FIRING

Jean Goldman 532-5866  
Fridays, 10am-12 noon  
Length: 5 times  
First meeting: Oct 7  
Location: New UFM House, 1221 Thurston  
Limit: 15  
Materials fee: \$10 - pay at registration

Making low-fire pottery and sculptures doesn't require an elaborate kiln. We will be exploring the properties of different clays, including native ones. We can try sculptural forms as well as decorative pottery for many uses other than eating. If we burnish the pottery, as the Indians did, it will come out a lustrous shiny black. Our first meetings will involve making some pieces. The last meeting we will build the kiln and fire it. This process is called a "sawdust firing" and is described, along with the clay building techniques we will use, in the book FINDING ONE'S WAY WITH CLAY by Paulus Berensohn. (Jean taught this course last summer and enjoyed it very much.)

## BASIC CROCHETING

Elsie Sommer 539-8392  
Mondays, 2-3:30pm  
Length: Indefinite  
First meeting: Oct 3  
Location: 917 Bluemont  
Limit: 6

This course is for beginners. We will do the chain stitch (which is the most basic), the single stitch, and the double stitch. Bring size "i" crochet hook and 4-ply yarn to the first meeting. (Elsie has been crocheting since she was 12.)

## BEGINNING KNITTING

Mardona D'Arcangelis 776-3626  
Mondays, 7pm  
Length: 6 times  
First meeting: Sept 26  
Location: 1st Baptist Church, 2121 Blue Hills Rd  
room 14, lower level  
Limit: 10

What have you always wanted to knit but were afraid to without instruction? Now is your chance. Get size 8 needles and one skein of knitting worsted yarn, Sayelle. Before coming to class, roll your skein into a loose ball of yarn, but do not stretch the yarn. (Mardona enjoyed teaching this class last summer!)

## BEGINNING MACRAME

Carrie Coonrod 776-6404  
Tuesdays, 1:30pm  
Length: Indefinite  
First meeting: Sept 27  
Location: Apartment Towers Community Room 300 N 5th  
Limit: None

The first class will be a discussion of designs and ideas. Bring a pattern or pick from ones that will be there. We will discuss what to do and what materials will be needed and start work the second session. (Carrie has taught this class several times and is involved in many kinds of arts and crafts.)

## DECOUPAGE

Elsie Colbert 539-5624  
Thursdays, 7pm  
Length: 5 times  
First meeting: Oct 27  
Location: 2418 Buena Vista Dr.  
Limit: 20

Through decoupage we can preserve pictures, some photos, announcements, and prints. Bring a notebook and pictures to the first meeting and we'll discuss using the pictures and explain the materials. Everyone is to attend the first meeting on Oct 27. Please indicate when registering whether you prefer attending on Wednesdays or Thursdays.

(Elsie has done decoupage for close to 10 years and has taught at UFM since its beginning.)

## DECORATING YOUR CLOTHES

Debbie Harris 539-6779  
Tuesdays, 2pm  
Length: 6 times  
First meeting: Sept 27  
Location: 1616 Stewart Court  
Limit: None

This class is open to males or females of any age who need help in learning to do embroidery, beading, crochet, or macrame. Pretty up your jeans! We have a big back yard. Call if you need to bring your child. (Debbie has been decorating clothes for 9 years.)

## LEATHER CRAFT DEMONSTRATION

Kathy Henry 539-5270  
Saturday, 1-3:30pm  
Length: One time  
First meeting: Oct 1  
Location: KSU, Art Building, Rm 207  
(old chemical engineering building)

If you are interested in how to leathercraft belts, purses, and other objects, this demonstration is for you. Included will be how to prepare leather, dye it, and tool it. After seeing what is involved, persons interested in continuing can form a leather craft class. (Kathy began leather crafting western style belts 8 years ago, but has since expanded to other projects)

## FUNDAMENTALS OF RUG WEAVING

Harold Noyce 537-0866  
Tuesdays, 7:30pm  
Length: Indefinite  
First meeting: Sept 27  
Location: 724 Moro  
Limit: 4

The class will meet for a general discussion of materials, preparation of material, etc. As weaving is a personal art rather than a class art, time of weaving will be determined by the members themselves. We hope that each one can make a rug of their own design and weaving.

(Harold has been weaving rugs as a hobby for nearly 30 years. He tries to keep a few rugs for display and sale, made from various types of material and different patterns of weaving.)

## GOD'S EYES

Nancy Maes 537-4050  
Fri, Sept 23, 7:30 pm and Wed, Sept 28, 7:30 pm  
Length: 2 times  
Location: Baptist Center Living Room, 1801 Anderson  
Limit: 15

God's eyes can be used in many ways, including wall decor, jewelry, mobiles, and tree ornaments. They originated in Mexico as part of Christmas festivals and are also known as the "String Cross." We will discuss different materials and two basic patterns at the first meeting. Please bring one ¼" or 3/8" dowel cut in half and old yarn to practice with. (Nancy enjoys this relaxing hobby which results in a lovely product for one's efforts.)

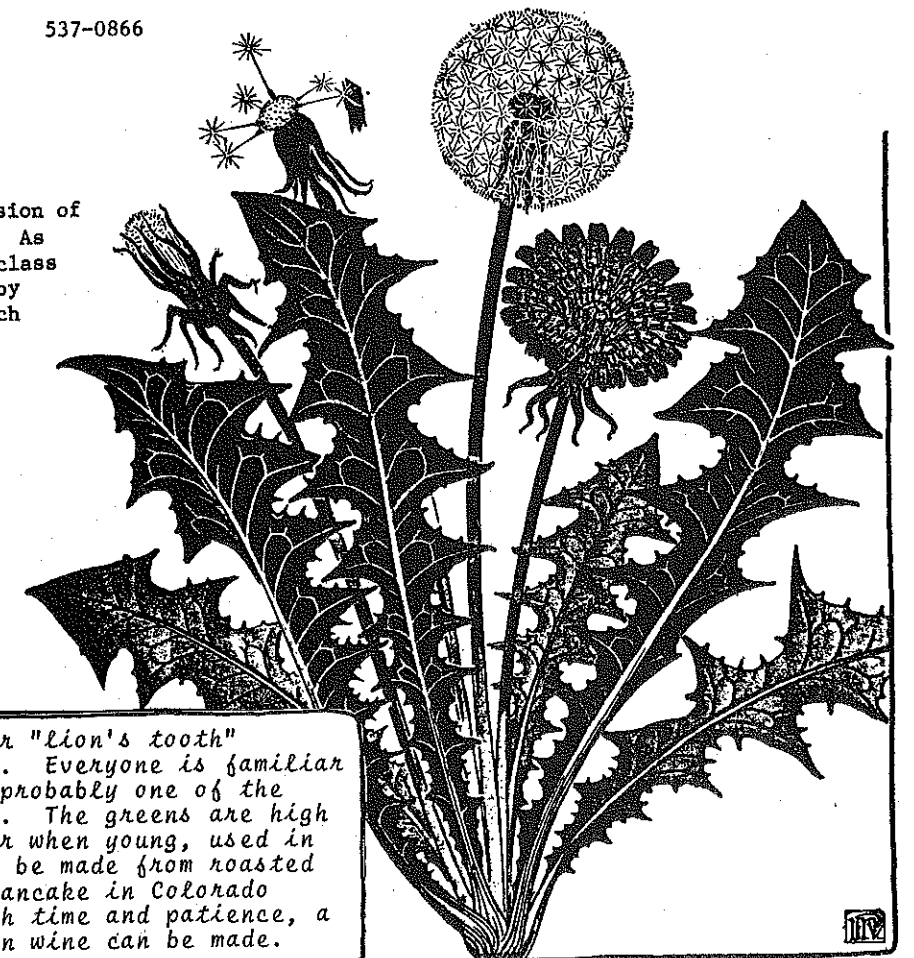
## NEEDLEPOINT

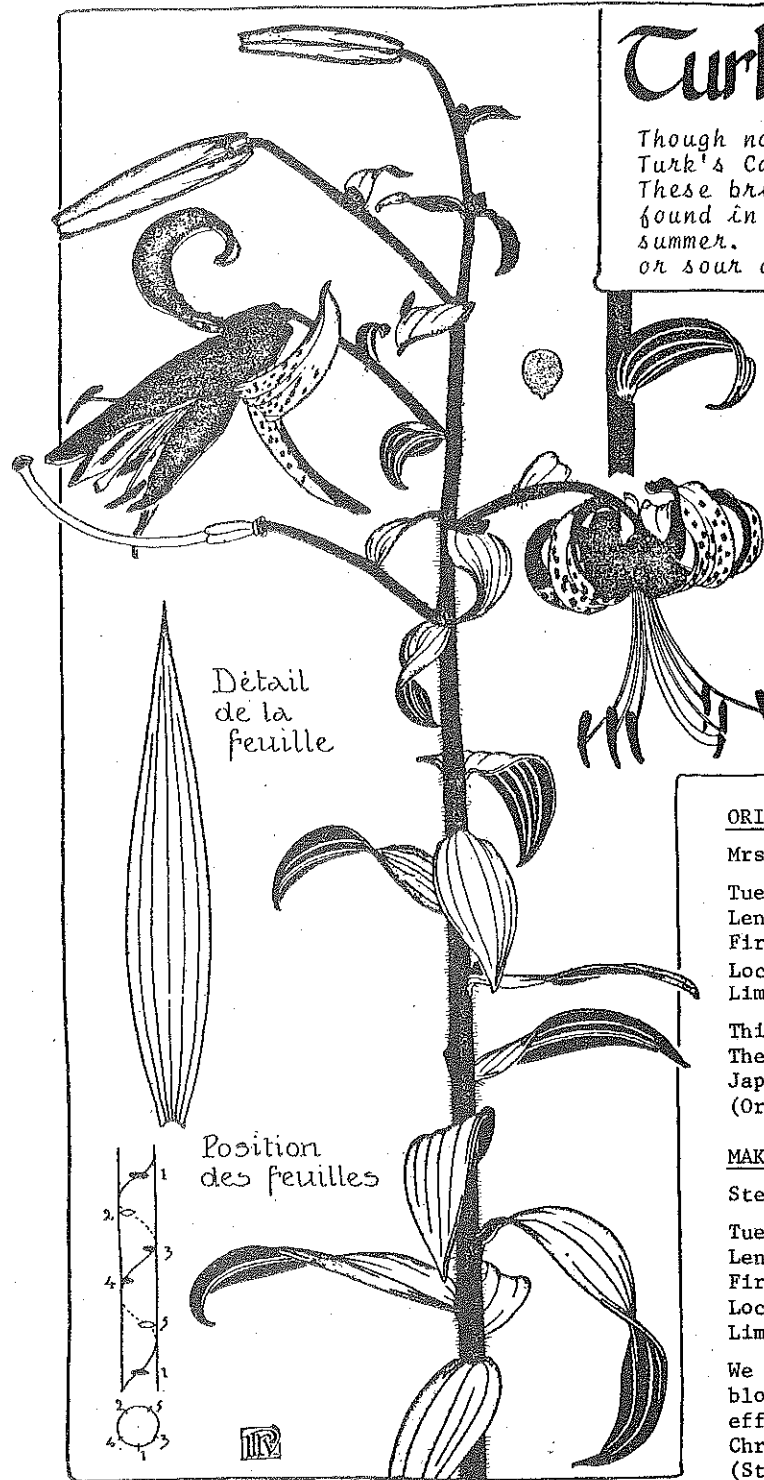
Dorothy Dean Miller 537-0674  
Wednesdays, 7:30pm  
Length: 6 times  
First Meeting: Session I - Sept 28  
Session II - Nov 9  
Location: 777 College Hts. Cr.  
Limit: 6  
Materials fee: \$1.50 - pay at class

Instruction in basic needlepoint stitches will be provided. If you have a project going now, feel free to bring it. We can also look at patterns for needlework designs to get some ideas. Please indicate at registration whether you wish to join Session I or Session II. (Dorothy has designed and executed hundreds of needlework projects.)

# Dandelion

From the French "dent de lion" or "lion's tooth" because of its tooth-like petal. Everyone is familiar with this beautiful weed that's probably one of the most useful of all plants around. The greens are high in Vitamin A and can be cooked or when young, used in salads. A coffee substitute can be made from roasted and ground roots. A dandelion pancake in Colorado can't be beat, and for those with time and patience, a delicious and healthful dandelion wine can be made.





## Turk's-cap lily

Though not as common as its cousin, the Daylily, the Turk's Cap Lily can be used in a similar manner. These bright orange-red spotted flowers are often found in wet meadows and clearings, and bloom in late summer. The roots are boiled and served with butter or sour cream for a delicious vegetable.

### KILN-BUILDING

George Pruess 539-4746

Length: Indefinite  
 First meeting: Available at Registration  
 Location: New UFM House, 1221 Thurston  
 Materials fee: \$5 - pay at registration

We will be learning and experiencing all the different aspects of designing, building, and test-firing a stone-ware kiln.  
 (The UFM pottery studio's need for a working kiln inspired George to teach this class. He has taken kiln-building with Angelo Garzio at KSU, and has built a successful kiln.)

### ORIGAMI

Mrs. Sho Sekiya 776-7526

Tuesdays, 7pm  
 Length: 2 times  
 First meeting: Sept 27  
 Location: 1430 McCain Lane, Apt 137  
 Limit: 10

This class is an introduction to Japanese paper craft. The group will make birds, balloons, etc., with beautiful Japanese papers, and also Japanese paper dolls. (Origami is Mrs. Sekiya's hobby.)

### MAKING CHRISTMAS CARDS

Steve Ernst 539-4224

Tuesdays, 7:30pm  
 Length: 2 times  
 First meeting: Nov 1  
 Location: 357 N. 14 St  
 Limit: 15

We will cover two basic methods of making cards - linoleum block printing and silkscreening. With a little time and effort, this creative adventure will yield your own special Christmas cards. (Steve has made beautiful Christmas cards!)

### EXPRESSIVE POTTERY

Mike Cohn 537-2395

Saturdays, 10am-noon  
 Length: 6 times  
 First meeting: Oct 29  
 Location: New UFM House, 1221 Thurston, Pottery rm  
 Limit: 10  
 Materials fee: \$10 - pay at registration

This course is an opportunity to become acquainted with handbuilding, and will also be an introduction to wheelthrown pottery. Clay is a wonderfully responsive medium that lends itself to creativity. (Mike has been working with clay for two years, and has visited potteries around the country.)

### HAMMOCK WEAVING

Joan Werner 537-7902

Wednesday, 7pm  
 Length: One time  
 First meeting: Oct 5  
 Location: 1605 Browning Ave  
 Limit: 15

See a home-woven hammock and go over instructions for weaving your own. This event includes discussion of purchasing materials, setting up a loom, weaving, assembling, and finally - lying in it! Instruction sheets cost 50¢ - pay at registration. (Joan has woven two hammocks and taught the course this past summer.)

### THE GREAT KITE FESTIVAL

A windy day in spring, a grassy slope, you, and multicolored kites!! Who would like to have a kite festival? If you'd like to help people fabricate kites (all kinds - even ones that have never been seen before), if you know someone who can get kites off the ground, please let us know so we can have this event for spring and offer a variety of classes in kite-building. Call Jean Goldman at UFM - 532-5866.

### CERAMICS

Miriam Shaheed 537-8576

Saturdays, 2pm  
 Length: 4 times  
 First meeting: Oct 29  
 Location: New UFM House, 1221 Thurston, Pottery Rm  
 Limit: 4  
 Materials fee: \$10 - pay at registration

We will cover the four methods of handling clay: pinch, coil, slab, and wheel. We'll teach one method per meeting and after that you can work on your own. Basics in glazing will also be taught. (Miriam has had lots of experience making pottery. She has taught this class many times for UFM.)

### SOAP MAKING

Mrs. L. R. Quinlan 537-7315

Saturday, 10am  
 Length: One time  
 First meeting: Oct 15  
 Location: 919 Thurston  
 Limit: 8

As I used to watch my mother make soap, I was able to handle soap making when the need arose during World War II. It's easy, it's fun, and there's satisfaction in coming up with something out of almost nothing. (Mrs. Quinlan enjoys sharing this craft with others)

### TATTING

Effie Edwards 776-7975

Wednesday, 2-3:30pm  
 Length: 2 times  
 First meeting: Session I - Sept 23  
 Session II - Oct 12  
 Location: 425 Pierre  
 Limit: 3

Tatting is a way of making beautiful lace for many purposes. Bring to class a tatting shuttle and coarse thread (one place to find tatting shuttles is "The Yarn Shop"). Please indicate at registration whether you are signing up for Session I or II. (Effie enjoys meeting and teaching people. She is now 91, and has been tatting since she was 17.)

### TIN CAN CRAFT

Fred Ernst 539-2788

Wednesdays, 7pm  
 Length: 4 times  
 First meeting: Oct 5  
 Location: UMHE, Fireplace Rm, 1021 Denison  
 (please enter by the back door)  
 Limit: 8

Turn tin cans into creative toys, sculptures, and household decorative items such as candle-holders. This media is also excellent for Christmas tree ornaments. Please bring tin snips to class. (Fred has shared his knowledge of this craft with many people.)

### PRESSED FLOWER CRAFTS

Mildred Swingle 776-5487

Wednesday, 10am  
 Length: One time  
 First meeting: Oct 5  
 Location: 431 Humblodt  
 Limit: 15

Get ready for Christmas early! Fall grasses, colorful leaves, weeds, and small flowers can be used to design very special stationery and envelopes. Also included will be how to use the dried plant, for plaques and pictures. Start saving your specimens now! Press them in a book (with newspapers to protect the pages), or use sheets of newspaper and weights. (Mildred has a large collection of dried flowers that remind her of the different places she has been. She gets a great deal of pleasure from this hobby.)

### BLOCK PRINTING FOR BEGINNERS

Betty Dutton 776-6682

Saturday, 10am-1pm  
 Length: One time  
 First meeting: Oct 8  
 Location: KSU, Art Building, Rm 108  
 Limit: 12  
 Materials fee: \$6 - pay at registration

This workshop is for people who would like to print. Possibilities include art prints, stationery, cards, and fabric design. The fee includes all materials (blocks, ink, rollers, paper, and muslin), but if you have a special item of your own which you would like to print on, feel free to bring it. You get to keep the rollers, etc. after the class. Bring clean-up rag, a pencil, and a plate to roll the ink on. (Betty has started an Arts School in Lawrence. Right now she is deeply involved in her own paintings.)

### QUILTING

Nancy Griffin 485-2762

Monday, 7:30pm  
 Length: One time  
 First meeting: Sept 26  
 Location: KSU, Union, Rm 206 ab  
 Limit: 20

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 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 quilter who uses her creativity to turn out beautiful and unusual items.)

### WEAVER'S FANCY

Susan Lala 537-9610

Wednesday, Oct 5, 7:30pm  
 Saturday, Oct 15, 10am-4pm  
 Location: Call the above number for location information

This is an ongoing group of experienced weavers. We have workshop and slides and share our knowledge and experiences. Meetings are held on the first Wed at 7:30pm and the 3rd Sat (10am-4pm) every month. (Susan is a gifted weaver herself and has helped to start an art shop in Riley.)



# Earth

## Energy & Lifestyle

### ENERGY: PROBLEMS, CONSERVATION, THE FUTURE

As the cold north winds come upon us, it's a good time to think about energy conservation. This series will provide an opportunity to do just that, to hear an overview, to consider alternatives and practical conservation measures, and to discuss personal views and concerns.

Nov 6	Energy Reserves - Overview	Kenneth Shultis
Nov 13	Viable Energy Alternatives	Steve Coulson
Nov 20	Practical Conservation Efforts	Dean Eckhoff

Moderator for the series will be Stewart Swartz. Location for each meeting will be the Baptist Campus Center, 1801 Anderson Ave. At 5:30pm a meal will be served at a cost of \$1.00. Please call in reservation at 539-3051. At 6:30pm the program will begin. This series is sponsored by the American Baptist Campus Ministry.

### DRESS YOUR HOME FOR WINTER

Karen Hummel 776-8893

Wednesday, 7:30pm  
Length: One time, Oct 12  
Location: KP&L Auditorium  
5th and Poyntz

What features should you look for when building or buying a house? How can you modify your house for better heat retention? Who can help you weatherize your house and where can you go for information and assistance? These questions and others will be discussed.  
(Karen is the home economist at KP&L.)

### ENERGY CONSCIOUS APPLIANCE SELECTION AND USE

Karen Hummel 776-8893

Wednesday, 7:30pm  
Length: One time, Oct 5  
Location: KP&L Auditorium  
5th and Poyntz  
Limit: 50

What appliances do you need to complement your lifestyle and aid in energy management? What should you consider in purchasing a refrigerator? A freezer? Other household appliances? This program will address these and other related topics.  
(Karen is the home economist at KP&L.)

### ENERGY CONSERVATION IN THE HOME

Rick Koelsch 537-4793

Thursday, 7pm  
Length: One time, Nov 10  
Location: KP&L Auditorium  
5th and Poyntz

This workshop will be a two hour session for one evening. It will concentrate on home insulation and heating options open to both new and old homes. Information on the energy situation and its effect upon housing will be covered.  
(Rick is a research assistant in the Department of Agricultural Engineering.)

## Quaking Grass

This grass embraces a number of small annual and perennial ornamental grasses. They are so named because of the trembling of the spikelets in the lightest breeze. Then dried, these add much to the beauty of bouquets.

### NUCLEAR POWER

Dean Eckhoff

Wednesday, 7:30pm  
Length: One time  
First meeting: Oct 19  
Location: New UFM House, Conference Room  
1221 Thurston

The pros and cons of nuclear power will be examined and discussed. Basic explanations of the process of nuclear power will also be presented.  
(Dean is head of the KSU Nuclear Engineering Dept.)

### THE CHALLENGE OF FUSION

Herman Donnert  
Wednesday, 7:30pm  
Length: One time  
First meeting: Nov 2  
Location: New UFM House, Conference Room  
1221 Thurston

Present research hopes to harness the same thermo-nuclear fusion reactions that fuel the stars by conquering "the most difficult engineering challenge in this century". This group will discuss fusion, what it is, possible future utilization, and the known effects.  
(Herman is an engineer at KSU.)

### SOLAR ENERGY

Steve Coulson 532-5624

Wednesday, 7:30pm  
Length: One time  
First meeting: Nov 2  
Location: New UFM House, Living Room  
1221 Thurston

This class will discuss the present and future applications of solar energy. This will encompass the use of the sun's energy for heating, air conditioning, and electricity.  
(Steve is a graduate student in nuclear engineering.)

### COMPUTER SIMULATION WORKSHOP ON FUTURE ENERGY POLICY

Steve Coulson 532-5624

Wednesday, 7:30pm  
Length: One time, Nov 9  
Location: KSU, Cardwell Hall, Rm 146

A specially designed computer is used to model the entire U.S. energy system from energy sources (coal, oil, etc.) through final consumption. Participants will operate the computer directly from remote control panels; the computer then uses the group's decisions to calculate effects on supply, consumption, environment and lifestyle for several hundred years in the future.  
(Steve is a graduate student in nuclear engineering.)

### MEDICINAL HERBS

Clara West

1-494-2701

Sunday, 1pm  
Length: One time, Nov 6  
Location: New UFM House, Conference Rm  
1221 Thurston

Herbology is an old art. I am young, a seeker of several years, only. I will share reference books and have a slide presentation of some wild and cultivated herbs that are useful in self-healing. I feel herbology is to be taken seriously and individual herbs to be treated with respect. We need to understand the power in each plant. With this knowledge, we can help our bodies heal themselves.  
(Clara has spent the past few years reacquainting herself with nature's plants and living in a tipi.)

### EDIBLE PLANTS

Sue Maes 532-5866  
Max Miller 539-3488

Thursday, 5:30pm  
Length: One time, Sept 29  
Location: 3117 Bermuda Lane  
In case of rain, 815 Moro

While there may not be "gold in Kansas hills" there is a vast quantity of food. Come stalk the wilds with us as we learn about the vast variety of meals which can be prepared from a fall harvest of the wilds. Abandoned farmsteads, old fields, stream beds, swampy areas and even vacant lots are the finest foraging sites. Bring wild plants you've collected or any that you are in question about. We will arrange a hike for a future time.  
(Max and Sue have been collecting and sharing their edible finds through UFM for year.)

### CONTAINER VEGETABLE GARDENING

Chuck Marr 532-6173

Thursday, 7:30pm  
Length: One time, Oct 20  
Location: KSU, Waters, Rm 126

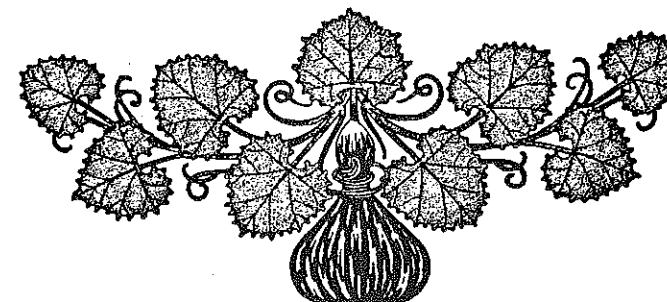
Growing a garden is not limited to spring and summer. Several vegetables can be grown in containers indoors for fall and winter use. This class will discuss the crops that can be grown in this manner, containers, soil mixes and special tips on growing these crops and lighting requirements.  
(Chuck is an advocate of vegetable growing, any way its feasible.)

### VEGETABLE HARVEST AND STORAGE

Chuck Marr 532-6173

Thursday, 7:30pm  
Length: One time, Oct 6  
Location: KSU, Waters, Rm 244

Don't let those vegetables you've worked so hard to grow go to waste. This class will consist of tips on storing root vegetables, onions, potatoes, tomatoes, and other crops into the winter months. It will also include a discussion of home storage areas and constructing outdoor "pit" storage for produce.  
(Chuck is an extension agent in Horticulture and has taught this class before for UFM.)



PLANT DISEASE IN HOME AND GARDEN

Mike Ferguson 532-6170  
Tuesday, 7:30pm  
Length: 4 times  
First meeting: Sept 27  
Location: KSU, Union, Rm 106

This course will cover the basic principles of plant diseases and their control. A discussion of the causes of the diseases, what effect these causes have on the plant, and what can be done to control them. You are encouraged to bring in diseased plants for examination and discussion for the 2nd, 3rd, and 4th meetings.  
(Mike is a research assistant in plant pathology and has taught labs in general pathology and diseases of ornamental plants.)

PLANT MATERIALS CENTER

John Dickerson 539-8761  
Tuesday, 6pm  
Length: One time, Sept 27  
Location: Plant Materials Center  
Ashland Bottoms

Tour the Plant Materials Center, and see a variety of wild flowers and grasses in a garden setting. This center tests and evaluates and works with flowers, plants, shrubs and range grasses.  
(John works at Ashland Bottoms in the Plant Materials Center.)

HOUSE PLANTS

Gordie Clark 532-6170  
Wednesday, 7pm  
Length: 2 times  
First Meeting: Sept. 21  
Location: KSU, Horticulture Teaching Greenhouses  
Limit: 25

Instruction and suggestions on the care and environmental needs of indoor foliage, succulent, and flowering plants. Identification of house plants, special techniques in indoor gardening, and other subjects of interest will be discussed or demonstrated.  
(Gordie is a graduate teaching assistant in Horticulture and assists in teaching the Indoor Plants and Flowers class at KSU.)

INDEPENDENCE WITH THE LAND I

John Abell and Harold Klaassen 532-5800  
532-6654  
Monday, 7:30pm  
Length: One time, Sept 26  
Location: Baptist Campus Center  
1801 Anderson Ave

In our present day society there is no way to be completely self-reliant, but we can work toward independence. This group will discuss how to develop a small piece of land to meet a diversity of needs. Topics included will be: pond ecology for raising fish, small animal production, woodlot management for fuel, and orchards and vegetable gardens.  
(Harold is a wildlife and fisheries professor and John is with KSU Extension, outdoor education.)

INDEPENDENCE WITH THE LAND II

Randy Kidd 1-494-2796  
Monday, 7:30pm  
Length: One time, Oct 3  
Location: Baptist Campus Center  
1801 Anderson Ave

Animals are an important aspect of working toward independence with the land. This class will encompass discussion ranging from what animals are important for independence, to how to care for the animals in the most efficient manner.  
(Randy writes the Callouses and Compost column for Flint.)

POTPOURRI AND SACHETS

Dale Anderson  
Thursday, 7 pm  
Length: One time, Oct 13  
Location: 6 miles East on Hwy 24  
Herb Patch

Potpourris are a centuries-old art practiced mainly in Europe and suprisingly "new" to most people who encounter it. We will review the history, look at old "reciepts", and everyone will make a potpourri of their choice from items grown here at the farm and imported from far away places. Cost will vary from \$4-\$10 depending on the ingredients.  
(Dale grows herbs locally and is creative in the various ways he uses them.)

VISIT THE LAND INSTITUTE

Wes Jackson 1-823-8962  
Saturday, 10am, meet in Salina  
Length: One time, Oct 8  
Location: Salina, a map will be mailed to participants  
Limit: 30-40

We will discuss the hopes, dreams, aspirations, and philosophical orientation of The Land Institute. Students and the institute director are working on the development of a holistic philosophy half-time. The other half is devoted to work and experimentation with alternatives: alternatives in shelter (2 people are reconstructing an Indian house similar to the one dug up 2 miles south), alternatives to energy (1 of the buildings at the Institute has solar collectors), alternatives in agriculture and waste disposal. Topics during the day will range widely and may include "technology assessment for the back-to-the-lander," "preventing co-option", or even the need for "holy ground."  
Bring your lunch.  
(Wes has a Ph.D. in genetics and is former Chairperson of Environmental Studies in California State University in Sacramento. He is author of the book, Man and the Environment.)

THE FINDHORN GARDENS

Ann Haller 537-4396  
Thursday, 7pm  
Length: Indefinite  
First Meeting: Oct 13  
Location: UMHE, Parent's Room, 1021 Denison

Findhorn is a spiritual community in Northern Scotland which focuses on the bond of the earth, its inhabitants and the heavens. The power created by this bond is manifested in their gardens. This class will be a discussion group concerning the ways the community is able to develop this consciousness.

HERBAL WREATH MAKING

Dale Anderson  
Thursday, 7pm  
Length: One time  
Date: Oct 5  
Location: Herb Patch  
6 miles East on Hwy 24

Herbal wreaths are beautiful, good smelling arrangements of herbs and spices. Two different wreaths will be offered the first session. Cost will be \$6 for one and \$9 for the other. Others will be available at a later date if interested. Please bring an old pair of scissors.

FLINT HILLS -- AN OVERVIEW

Grace Mullenburg and Ada Swineford 532-6197  
Monday, 7:30pm  
Length: One time, Oct 31  
Location: First National Bank Basement

This class will cover the general characteristics of the flint hills with stress on the physical aspects: bedrock, landscape, resources, and scenic features. Also the background and history of the development will be discussed and slides will be shown.  
(Grace and Ada are the authors of the book Land of The Fence Post Rock.)

THE AUDUBON 1977-1978 PROGRAMS

- Sept. 15 CITIZEN PARTICIPATING PROGRAM. with Barbara Bloomberg & Gary Stith, City Planners for Manhattan. Slide-show and discussion of the city's present and future goals. We need your input!
- Oct. 20 ARTIST'S NIGHT. Sally Blanchard of Wichita, a bird carver who has shown at Cornell and many other exhibits. She brings an exhibit of carvings, slides on the carving stages, and a sale of master pieces that may consist of up to sixty rare hardwood inlays in the head alone!
- Nov. 17 MYSTERIES OF MIGRATION. by Louise Wherry of Wichita. A fresh look at this phenomena with Mrs. Wherry's original script and slides.
- Dec. 15 LOCAL ANIMALS - HOW TO IDENTIFY THEM BY TRACKING. with Bob Henderson, Extension Wildlife Specialist extraordinaire.

FIELD TRIPS

- Sept 17 -- Birds and breakfast
- Oct 15 -- Horsepacking trip
- Oct 22 -- Tour of Konza Prairie
- Nov 12 -- Fall Migratory Birds
- Dec 17 -- Christmas bird count

This is a tentative schedule and subject to change. Sign up at UFM registration and a full schedule will be mailed to you.

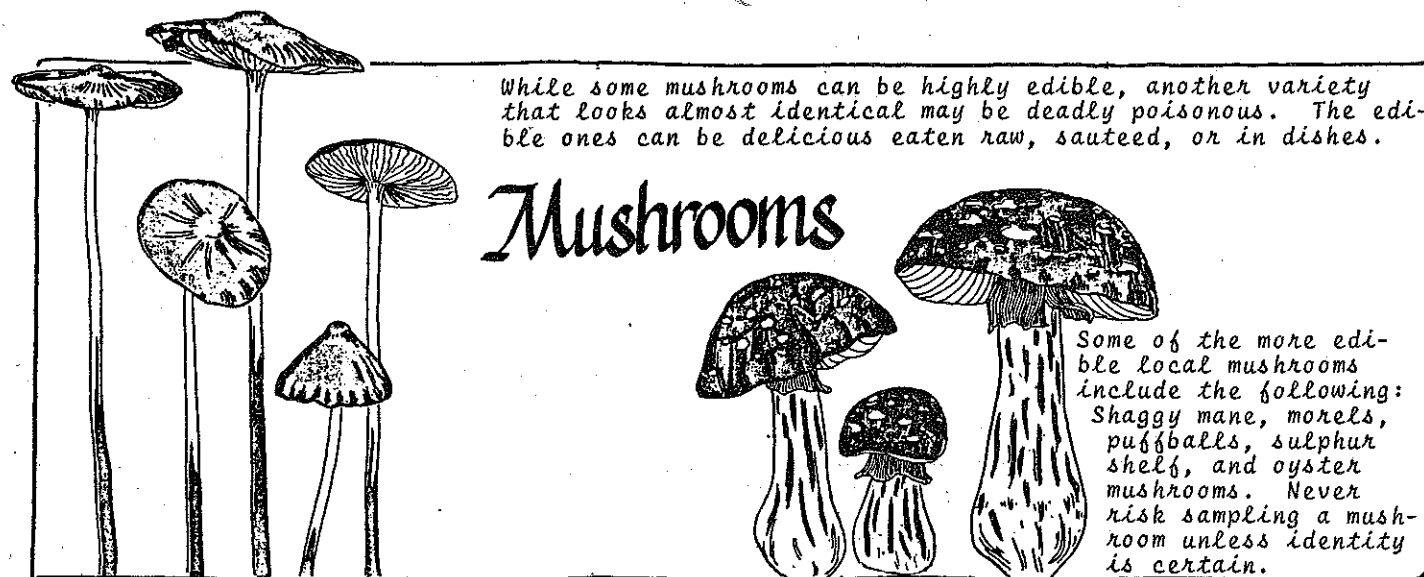
WILDLIFE FILM SERIES

- Nov 1 WEST SIDE STORY (MEXICO TO ALASKA) Walt Berlet
- Nov 15 WILDERNESS TREK THROUGH NEW ZEALAND Grant Foster
- Jan 23 FOOTLOOSE IN NEWFOUNDLAND Tom Sterling
- Feb 15 OKAVANGO AND ARRIBADA Bernard Nathanson
- April 13 SONG OF THE NORTHERN PRAIRIE Allen J. King

ALL FILMS TO BE SHOWN AT CITY AUDITORIUM.  
PRICE: \$5.00 for season ticket, all adults  
\$4.00 for student season ticket (KSU)  
elementary, junior high and high school students FREE ADMISSION!

RECYCLING POINTS AS OF SEPTEMBER 1977

- WHITE BOND -- Seaton Hall Loading dock, KSU
- ALUMINUM -- Dillions parking lot (Westloop), 1st, 2nd, and 4th Wednesday between 3pm and 5pm  
Campbell Distributing Company.  
Monday - Friday, 1-5; Saturday, 8-12.  
Pay 0.15/lb
- GLASS -- Campbells Distributing Company.  
Monday - Friday, 1-5; Saturday, 8-12.  
Take returnable Coors, Bud and Olympia bottles.
- NEWSPAPER AND FLATTENED CARDBOARD -- Refuse Control Company. Poyntz Dutch Maid, Bluehills Dutch Maid, and Walmart Parking Lot.



While some mushrooms can be highly edible, another variety that looks almost identical may be deadly poisonous. The edible ones can be delicious eaten raw, sauteed, or in dishes.

# Mushrooms

Some of the more edible local mushrooms include the following: Shaggy mane, morels, puffballs, sulphur shelf, and oyster mushrooms. Never risk sampling a mushroom unless identity is certain.

#### BEEKEEPING

Dell Gates 532-5891  
 Tuesdays, 7pm  
 Length: 2 times  
 First meeting: Oct 11  
 Location: KSU, Waters, Rm 127

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

#### DAIRY GOATS

Mary Martin 1-485-2742  
 Saturday, 10am  
 Length: One time  
 First meeting: Oct 15  
 Location: Stone Farm, 9 miles west of Manhattan on County Road 4

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. (Mary has been raising goats for over two years.)

#### BACKYARD BIRD WATCHING

Frances and Leonard Fuller 537-7046  
 Saturdays, 9:30am  
 Length: Indefinite  
 First meeting: Oct 1  
 Location: 404 Ehlers Rd  
 Limit: 15

Interested in learning how to attract birds into your backyard? This class will deal with that question and others related to attracting, feeding, and identifying birds. Also basic birdhouse building will be discussed. (Frances and Leonard are active members of the Audubon Society and are backyard bird watchers.)

#### HUSBANDRY AND CAT CARE

Randy Kidd 1-494-2796  
 Monday, 7:30pm  
 Length: One time  
 First meeting: Oct 17  
 Location: Manhattan Public Library, Juliette and Poyntz

Be a responsible pet owner. In addition to feeding your cat and training he or she, learn how to keep it healthy. You should be able to recognize symptoms of trouble, and know how to prevent infections and disease. (Randy is a veterinarian at KSU and a cat enthusiast)

#### GREYHOUND RACING - YES!

Brad Hanson 776-5569  
 Saturdays, 10am  
 Length: 2 times  
 First meeting: Sept 24  
 Location: 629 Moro #7

This course will cover breeding, raising, training, and racing of dogs, training alternatives, and problems with legalization. (Brad has trained greyhounds for racing for over two years.)

#### SNAKES ALIVE!

Stephen Hoffman 537-8969  
 Sunday, 7pm  
 Length: Continuing  
 First meeting: Oct 2  
 Location: KSU, Union, Rm 205A

Join us and learn about these fascinating creatures. We'll talk mostly about snakes but any questions you may have regarding reptiles in general are welcome. Our goal is to show how beautiful and valuable snakes are. If you're afraid of snakes this is an ideal time to overcome that fear. Live specimens will be on display. This will also be the first meeting of the Reptile Owners Association of Manhattan; however, you don't need to own a snake to enjoy the class. Children are especially welcome. (Steve has been keeping company with these cold blooded creatures for 10 years.)

### UFM Registration

### September 19-21

#### ORIENTEERING

KSU Orienteering Club  
 Mondays, 7pm  
 Length: 6 times  
 First meeting: Sept 26  
 Location: KSU, Military Science Bldg, Rm 7

Students will learn basic map symbols and navigation with compass. This will include particular applications, with participation in local orienteering meets. Primary instructors are Dale Bryant, and Frank Vork. This course is for the fresh air and nature enthusiasts.

#### SIOUX TIPI LIVING

West Family 1-494-2701  
 Saturday, 1pm  
 Length: One time  
 First meeting: Sept 24  
 Location: West home - participants will be notified as to its location  
 Limit: 25

We will share our learning about living in the tipi, and will pitch the tipi in our front yard for the day. We ask that you do not bring your dogs. The main source book we've used for our learning is the TIPI BOOK. (The West family lived in Oregon's Siskiyou Mountains for several months in their tipi.)

#### WEATHER AND MAN

David Ladwig 776-7961  
 Wednesdays, 7:30pm  
 Length: 4 times  
 First meeting: Sept 28  
 Location: Newman Center, 711 Denison Ave

This course will cover various aspects of weather in the U.S. and its effects on man. Topics will include climatology, structure of the atmosphere, frontal systems, associated weather, and severe weather. (Dave is a member of the U.S. Air Force assigned to Fort Riley as Chief Forecaster.)

#### WELL DRILLING

A. O. Caylor 776-4359  
 Wednesday, 7:30pm  
 Length: One time  
 First meeting: Sept 28  
 Location: KSU, Union, Rm 204

Thirsty? Tried dowsing (water witching)? We'll explore drilling. Where to drill, how to drill, and what takes place when drilling. Also to be discussed is how an individual can acquire water for their home. This will cover the scarcity of our water supply and how water can be used as a source of energy. (A. O. Caylor is a retired well drilling contractor and KSU civil service employee in the evapotranspiration lab.)

#### AN ALTERNATIVE LOOK AT TECHNOLOGY

Phillip C. Reed  
 Thursdays, 7:30pm  
 Length: Indefinite  
 First meeting: Oct 6  
 Location: KSU, Union, Rm 205a  
 Limit: 25

Is technology the evil it is knocked up to be? Do we really need nuclear power plants? If so, why and can they be made safe? Is the space program a waste? Why or why not? I propose this to be a discussion group about technology, and we shall look at its good and bad points in perspective. (Phil is an engineer and a technologist, and this is a major interest of his.)

#### SOLAR GREENHOUSES

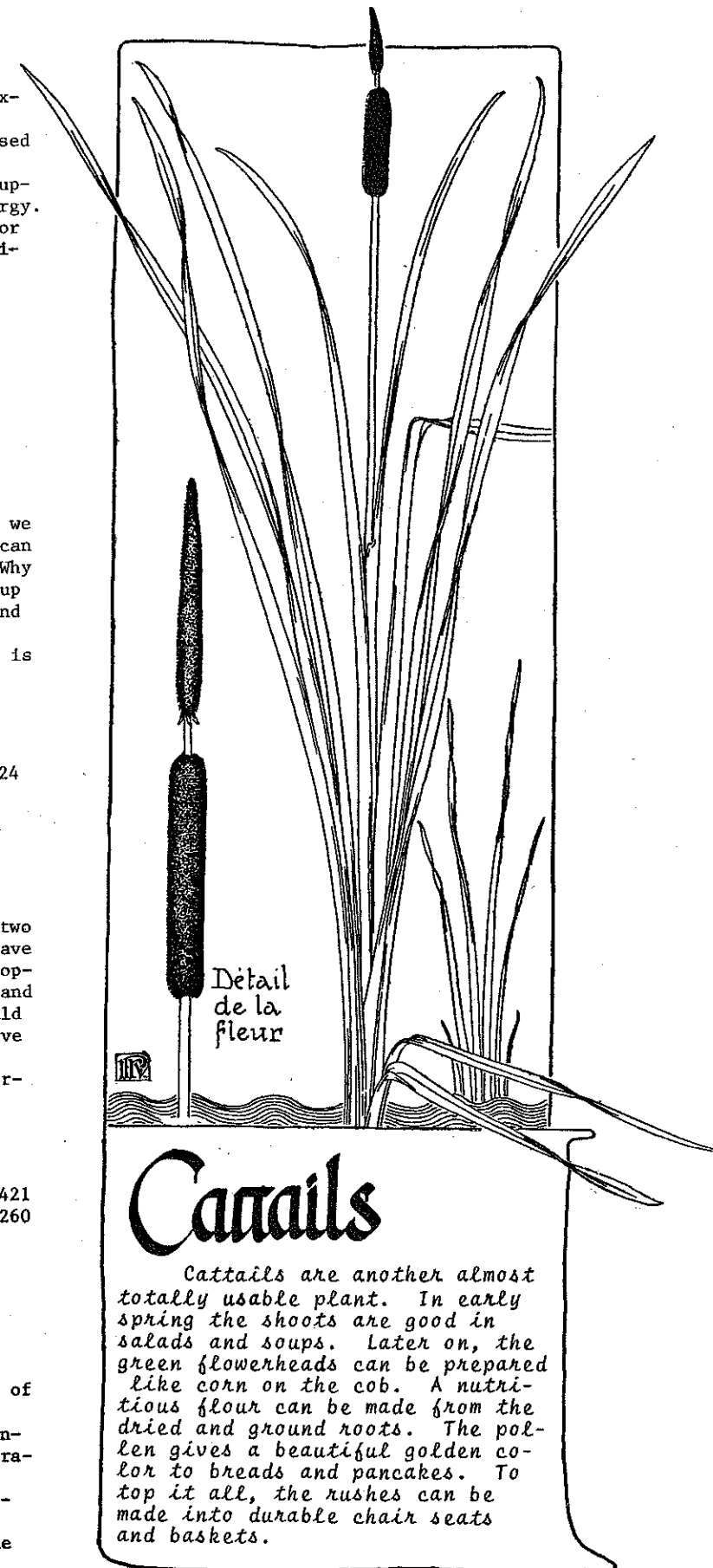
Steve Ernst 539-4224  
 Tuesdays, 7:30pm  
 Length: 2 times  
 First meeting: Oct 4  
 Location: 357 N 14th St  
 Limit: 20

Winter vegetables and supplemental heat are just two of the benefits of a solar greenhouse. You don't have to be a plant wizard or an engineer to build and operate your own. We will look at books, articles, and visit a solar greenhouse. If you have one, it would be greatly appreciated if you would sign up or give me a phone call. (Steve graduated in horticulture and is very interested in the possibilities of solar greenhouses.)

#### SOLAR HOUSES AND ENERGY-EFFICIENT HOMES

Randy Pierce 537-0421  
 Bruce Snead 537-7260  
 Thursday, 7pm  
 Length: One time  
 First meeting: Oct 13  
 Location: New UFM House, Living room  
 1221 Thurston

This slide show presentation and discussion will focus on the design, construction and performance of several local solar houses and energy-efficient homes. Attention will be given to physical and environmental concerns as well as lifestyle considerations. (Randy and Bruce are involved with many energy related activities and are coordination the design and construction of several new solar homes in the Manhattan area.)



## Cattails

Cattails are another almost totally usable plant. In early spring the shoots are good in salads and soups. Later on, the green flowerheads can be prepared like corn on the cob. A nutritious flour can be made from the dried and ground roots. The pollen gives a beautiful golden color to breads and pancakes. To top it all, the rushes can be made into durable chair seats and baskets.

# Fine Arts

## THE FELLOWSHIP OF THE RING

Thain Peregrine II

537-1786

Tuesdays, 7pm  
Length: Indefinite  
First meeting: Sept 27  
Location: To be announced  
Limit: 20

I hereby summon The Fellowship Of The Ring to meet with me and read aloud that portion, The Red Book of Westmarch, known as The Lord Of The Rings. I expect all members of The Fellowship to bring a set of The Lord Of The Rings and be prepared to read. We are all participants. I expect and encourage a discussion of Middle-Earth lore and other diverse topics. (Thain Peregrine II is a noted authority of the lore and history of middle-earth. He has chaired two conferences on middle-earth and spoke on Prof. Tolkien to the Hungarian Science Fiction Society in Budapest. He is also a charter member of Wombat Fandom.)

## A LITERARY MAGAZINE FOR THE FLINT HILLS

Paul Hart  
Dan Safford

539-2510  
776-7615

Sign up and you will be contacted.

Paul and Dan are interested in exploring the possibility of starting a community literary magazine for the Flint Hills area. This group will look into areas for funding (i.e., state grant, community resources, etc.). They need people with editorial and non-editorial experience (i.e., people into graphics, photography, layout, and typing experience.) (Dan has published short stories in Utah. Paul is a published poet of questionable reknown and has experience in assembling and editing literary magazines.)

## EXPRESSION

Paul Hart  
Teena Hosey

539-2510

First Meeting: To be announced  
Location: KSU, Union, Catskeller

The intimate atmosphere of the Catskeller lends itself to this sort of event-people sharing their creativity and favorite literature with each other. We plan to schedule poets/readers/etc., every other week in the Catskeller and will advertise the event in the Collegian and through posters on the Catskeller door. If you (or someone you know) are interested in participating, please call Paul at 539-2510. (Teena and Paul have been waiting for five years to see something like this happen. They finally decided to wait no longer and do it themselves.)

## Lady Slipper

The lady slipper (also pictured on the cover) is one of America's largest and rarest orchids. The botanical name refers to the slipper of Aphrodite, the goddess of love and beauty. Though parts of it are edible, it is recommended that the lady slipper be admired for its beauty, but left growing where it is found.

## CALLIGRAPHY

Merit Sarah Ramzy  
Melinda Reed

1-272-3983

Friday, 7pm  
Length: One time  
First meeting: Oct 14  
Location: KSU, Justin, Rm 343  
Limit: 25

Learn the art of beautiful writing. That classy looking printing that you see on invitations, diplomas, announcements, etc., is not hard to learn! Students should obtain an italic script pen to bring to class (ask for ozmroid or platinum). (Merit and Melinda have both teaching and commercial experience in scripting.)

## PAINTING

Doug Osa

Tuesdays, 6:30pm  
Length: Indefinite  
First meeting: Sept 27  
Location: KSU, West Stadium, Rm 116  
Limit: 20

The course will be geared to working out-of-doors weather and time permitting. Otherwise the studio will be utilized. Painting mediums and materials will be discussed in the first session. Beginners as well as advanced persons are encouraged to enroll. (Doug is a senior art student who is concentrating in painting.)

## STAGE AND SCREEN MAKEUP

Susan Deiderhiser  
Kevin Kneisky

537-1944  
537-8419

Tuesdays & Thursdays, 7pm  
Length: 9 times  
First meeting: Sept 22  
Location: KSU, McCain Auditorium  
Dressing Room, 110

Limit: 12  
Materials fees: \$10 - pay at registration

This class on basic stage and screen makeup will emphasize corrective, imaginative and aging makeup, as well as other special techniques such as beards, moustaches, and the grotesque. For anyone interested in learning makeup in all its fascinating glory, this class has been "made up" for you. (Susan and Kevin are both theatre majors.)

## COLOR DARKROOM

Robert Cooley

Mondays, 7pm  
Length: 5 times  
First meeting: Oct 3  
Location: To be announced  
Limit: 5  
Materials fees: \$10 - pay at registration

Bob will be instructing people in the use of color darkroom equipment, such as a color enlarger, a color analyzer, and color development of prints and negatives. For the first meeting, please bring a roll of exposed Kodacolor film. (Bob is an engineering technology major and has worked in Alaska with a year's experience in a color darkroom.)

## RARE BOOK TOUR

Evan Williams

539-1685

Monday, 7pm  
Length: One time  
First meeting: Oct 10  
Location: KSU, Farrell Library, Rm 501

Take a tour of the Special Collections and University Archives Department at the KSU Library. Books on the history of Kansas and K-State as well as other rare editions will be included. (Evan has been Special Collections Librarian at KSU for nine years.)

## TOMBSTONE RUBBING

Carol Chelz

539-8813

Saturday, 1:30pm  
Length: One time  
First meeting: Oct 8  
Location: Meet inside Sunset Cemetery Gate

This course is an introduction to tombstone rubbing, including discussion of the materials and the history of this art. Learn this enjoyable activity that combines art, history and design. Bring rice paper, masking tape and lumber crayon. (In case of rain, we will meet Oct 15.) (Carol has been a museum curator and enjoys art.)



## ANTIQUES

Lois Morales

539-8867

Tuesdays, 6:30pm  
Length: Three times  
First Meeting: Oct 4  
Materials fees: 25¢ - pay at registration

Lois will help you learn about the kinds of things being collected in the Manhattan area and the prices being paid for them. The group will visit shops in the area, go to auctions, view private collections, and have discussions on areas of special interest. (Lois has been interested in antiques for ten years.)

## THE SHIRE OF SPINNING WINDS

Jay Stewart  
Diane Dunn

537-8964

Saturday, 7pm  
Length: One time  
First meeting: Oct 22  
Location: KSU, Union, Rm 205a

This class is designed to introduce you to the Society for Creative Anachronism. Jay and Diane will discuss fascinating medieval customs such as mead making (honey wine), broad sword fighting, medieval dress, music, and dancing. Other topics like heraldry, calligraphy, and armoring will be included. (Jay is the seneschal of this shire and Diane is the chronicler.)

CARE, STORAGE AND DISPLAY OF KEEPSAKE CLOTHING AND TEXTILES

Margaret T. Ordonez 532-6883  
Tuesday, Nov 14, 7pm  
Thursday, Nov 16, 7pm  
Location: KSU, Justin, Rm 337  
Limit: 25

This class is for people who are concerned about keeping old clothes, table linens, laces, etc., from past generations. Topics include conditions for proper storage, cleaning, repair, and display. Examples from historic costume and textiles collection will be shown.

(Margaret has a background in historic textiles, historic costume, chemistry and textiles, and has developed an interest in the conservation of old clothing and textiles.)

EXPLORING DANCE

Cheryl Hickey 539-1922  
Laura Donnelly 776-7208

Mondays, 7pm  
Length: Indefinite  
First meeting: Sept 26  
Location: 1016 Osage, Apt. 3

First we will deal with history of dance. Then there will be exposure and practice in different types of dancing, including jazz, ballet, modern and many more. Participants will be invited to watch Dance Workshop rehearsals. People who are interested can form a group to work with costuming.

(Cheryl and Laura are members of Dance Workshop which is the performing dance group on campus.)

BEGINNING BELLY DANCE

Barbara Smith 539-4021

Thursdays, 6:15-7:30pm  
Length: 9 times  
First meeting: Sept 22  
Location: To be announced  
Limit: 40

Belly dance is excellent exercise and develops a person's poise and self-concept. Each week we have 5 new steps. One evening will be devoted to ways to put together costumes and jewelry. Sources of supplies, jewelry, records and books will be discussed. Out-of-town workshops will be announced when available. Come join the fun!

(Barbara has had fun teaching these last two years and is looking forward to sharing her experiences with another group.)

CONTINUED BELLY DANCE

Barbara Smith 539-4021

Thursdays, 7:30-8:30pm  
Length: 9 times  
First meeting: Sept 22  
Location: To be announced  
Limit: 40

We welcome anyone who has had some belly dance experience and wants to continue with a group. In this class, we try to perfect steps or dances and explore new music. We all benefit from the sharing of new experiences at workshops or performances.

(Several fellow students and I have worked with "Bert" Roman Balladine and are eager to share our knowledge!)

GUITAR TECHNIQUE

Jeff Morris 539-3362

Sundays, 2:30pm  
Length: 3 times  
First meeting: Oct 1  
Location: To be announced  
Limit: 6

This class will be an overview of hand anatomy and technique for right and left when using a flat pick. Good possibilities are in store for beginners, intermediate, and advanced guitar players. (Jeff has had six years experience in guitar and studied under Kelly Wertz - classical guitar.)

BASIC GUITAR

Arthur Perritt 537-8309

Wednesdays, 7pm  
Length: 8 times  
First meeting: Sept 28  
Location: KSU, McCain Aud, Rm 134  
Limit: 5

Arthur will be teaching the basic chords, chord changes, rhythms, styles, and the different parts of the guitar. He will stress one finger-picking techniques so that you can become proficient by the end of the sessions and go off on your own. Bring your own guitar intact!

(Arthur has been playing guitar for 10 years and has taught and performed in Virginia and in this area.)

MUSICAL INSTRUMENT MAINTENANCE

Chris Banner 776-6562

Saturday, 10am  
Length: One time  
First meeting: Oct 1  
Location: KSU, Union, Rm 205a

Chris will demonstrate general preventive maintenance for your musical instrument. He will cover how to put on new strings, cleaning, and polishing as well as special needs and peculiarities of each instrument. Please indicate on your registration card what musical instrument you need to maintain.

(Chris has been an instrument repairman for three years and repairs all University instruments.)

PLAYER PIANO FUN

Frank Keller 539-8844

Wednesday, 7:30pm  
Length: One time  
First meeting: Nov 9  
Location: 2105 Blue Hills Rd

This class will cover the basics of the player piano. Topics will include the purchase, repair and maintenance of your own player piano as well as having a beautiful evening's musical entertainment. (Frank has enjoyed the player piano for years.)

BASIC DULCIMER

Zoe Slinkman 539-8832

Friday, 7:30pm  
Length: One time  
First meeting: Oct 7  
Location: New UFM House, 1221 Thurston  
Limit: 10

This class will cover the basic instruction techniques of the 3-string dulcimer. Bring your own instrument. The dulcimer is an easy beautiful instrument to play and in one session you can learn all there is to know.

(Zoe is a three-year "amateur.")

WOODWIND ENSEMBLE

Jim Shanteau 532-6850

Wednesdays, 7:30pm  
Length: Indefinite  
First Meeting: Sept 28  
Location: 333 N. 15th

All amateur woodwind musicians who enjoy ensemble playing are welcome to this group. Depending upon the number and types of musicians that sign up, we will organize into the appropriate ensemble. Some music will be available, but participants are asked to bring along music they have. Public performances occur occasionally.

(Jim plays several woodwind instruments and has played with the group for several years.)

RECORDER ENSEMBLE

Vicki Shult 539-4661 or 537-0293

Sunday, 5pm  
Length: Indefinite  
First meeting: Oct 2  
Location: 1220 Moro  
Limit: 10

At the first meeting we will try to sort ourselves out. One group will be meeting at the assigned class time, with a maximum of 5 people. Other groups will be encouraged to form with other meeting times and places. The object is two-fold: to enjoy music-making in small ensembles with whatever abilities we find in ourselves, and to discuss the possibilities of forming a local chapter of the American Recorder Society. We will discuss whether or not groups want "coaching." No beginners or persons younger than high school age, please. Each participant will be expected to provide for his/her group's use one piece of music, with sufficient copies or parts, about every other group meeting.

(Vicki has done a lot of recorder ensemble playing and put together the Gainesville, Florida, ARS chapter several years ago. She says the recorder is a social instrument, and Manhattan recorder players should get to know each other.)

BAROQUE ENSEMBLE

Vicki Shult 539-4661 or 537-0293

Sunday, 2-4pm  
Length: Indefinite  
First meeting: Oct 2  
Location: 1220 Moro  
Limit: 15

The object will be some pleasant Sunday afternoons reading through baroque sonatas, trio-sonatas, etc. Thus we will heartily welcome skilled keyboard players along with players of strings and winds. Each subgroup will need a cellist or gambist and a keyboard player (plus someone who owns a harpsichord), as well as "solo" winds and strings (oboes, flutes, bassoons, etc.). Each participant will be expected to provide at least one piece of music, complete with parts, to his group for playing.

(Vicki is a known early-music nut who would like to help revive the art of amateur music-making as an after-dinner sport.)

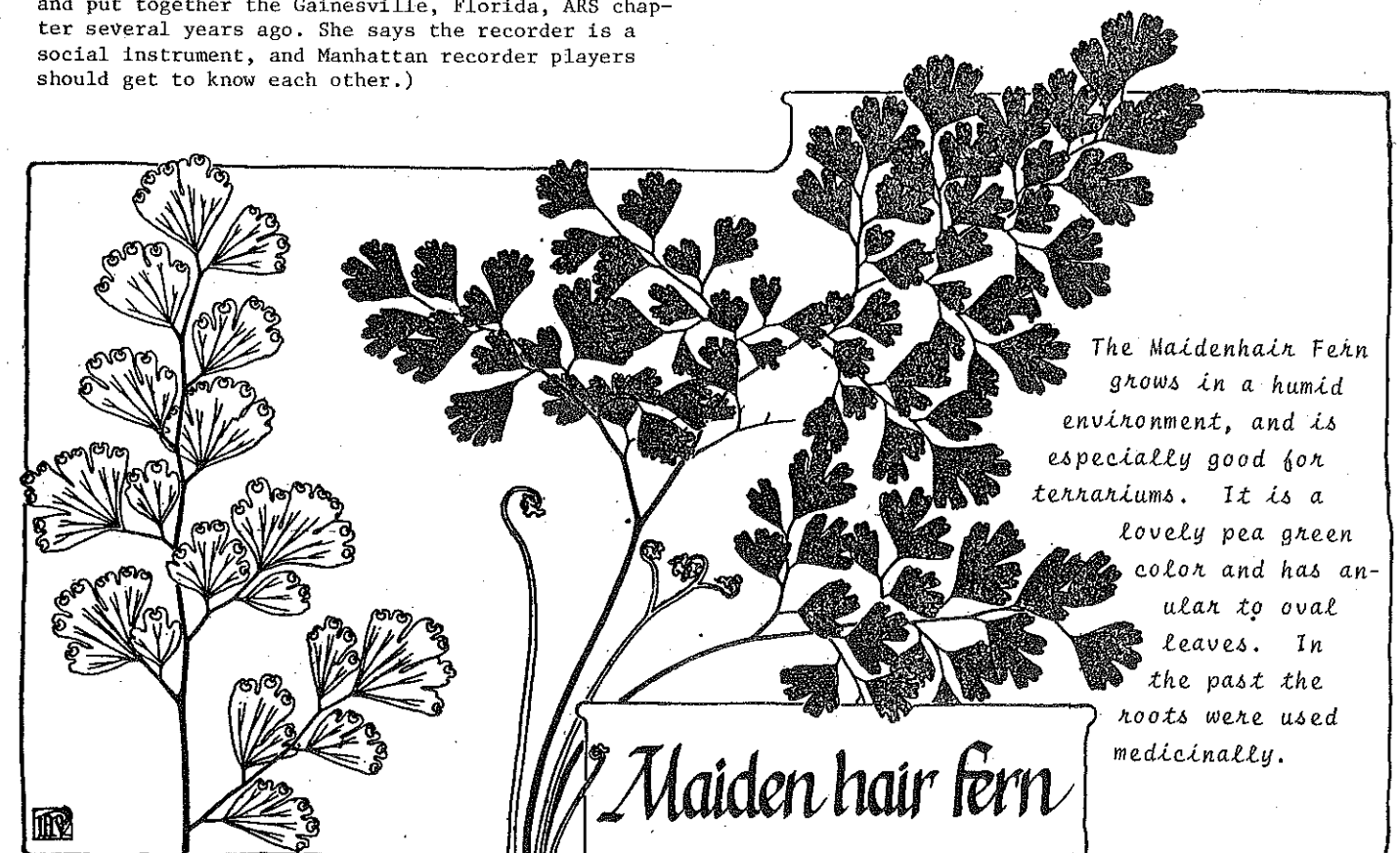
BANJO

South East Neff and Rudy Knackstedt 776-8653

Monday, 1:30pm  
Length: One time  
First meeting: Oct 10  
Location: New UFM House, 1221 Thurston

South East Neff and Rudy will share their music, talk about it and enjoy an "old time" music session with interested persons. They will bring their banjos, fiddles, and comodophones. They are interested in country western, folk, religious, and modern music.

(South East Neff and Rudy have been playing for over 60 years for children, senior citizens, and others.)



# Foods

## MORE WITH LESS COOKING

Doris Longacre 539-1847  
 Tuesday, 7:30pm  
 Length: One time  
 First meeting: Oct 25  
 Location: 1st Congregational Church, 700 Poyntz  
 Materials fee: 75¢ - pay at registration

More-with-less means cooking to conserve world food and energy resources. In practical terms, the class will discuss limiting waste and over consumption while getting more good nutrition, more saving on food bills, and more creative experiences with food. Several recipes will be demonstrated. This approach advocates reduced meat consumption but is not vegetarian! If you wish, bring a More With Less Cookbook if you have one but purchase is not necessary. (Doris is a home economist with experience in Vietnam and Indonesia. She's also the author of More With Less Cookbook, and is primarily interested in ways to help North Americans use resources more carefully.)

## GOOD NEIGHBOR MILK RUN

Doris Hoerman 532-5866  
 Tuesday, 7:30pm  
 Length: One time  
 First meeting: Sept 27  
 Location: UMHE, Pit, 1021 Denison Ave

If you've ever had a chance to eat fresh farm eggs or drink straight-from-the-cow milk, you know how great these foods can taste. For those of us in town, access to fresh foods is difficult, and can involve driving great distances. This summer we set up a cooperative milk run to a local dairy (\$1/gal), and are willing to help others do the same. We can also discuss sources of eggs, meat, herbs, and surplus garden produce. Both suppliers and those wanting to be "supplied" are welcome to this organizational meeting. (Doris is very much into all phases of food - from the ground up to the table.)

## GIMMICKRY IN THE SUPERMARKET

Bob Flashman 532-5515  
 Wednesday, 7:30pm  
 Length: One time  
 First meeting: Nov 16  
 Location: KSU, Justin, Rm 149

Is the biggest size always cheapest? What's the real cost of convenience foods? Is unit pricing all it's cracked up to be? We'll discuss how to become an intelligent consumer by reading labels, comparison shopping, and learning the different "gimmicks" that supermarkets and the food industry use. (Bob is a professor in Family Economics at KSU and has taught this enlightening class before.)

## IN SEARCH OF A GOOD MEAL

Tuesday, 7:30pm  
 Length: One time  
 First meeting: Oct 11  
 Location: Newman Center, 711 Denison Ave

When someone asks you "Where's a good place to eat in Manhattan?", what do you say? Your answer might be anything from "You've got to be kidding!" to "Why, there's lots of good places." For those convinced that good eating in Manhattan doesn't exist, here's a chance to let local restaurant people know what you'd like to see offered. For those who think that what's available is great, you'll find out that there is a lot more to running a restaurant than just liking to cook. Panelists will include representatives (managers, owners, cooks, waiters, and waitresses) from Cotton's Plantation, JD's, Raoul's, Reynard's, and Vista.

(The session held this summer was excellent and provided a lot of interesting food for thought.)

## CO-OPS ARE BETTER

Pamela Scalora, Gil Philips 539-4811  
 Thursdays, 7-8:30pm  
 Length: 2 times  
 First meeting: Oct 6  
 Location: Peoples Grocery, 811 Colorado

This "Open House" at the Peoples Grocery is an opportunity to learn first hand about Manhattan's only food cooperative, thereby gaining exposure to cooperative systems in general. 7-7:30--discussion by working members. Rest of class--informal discussion accompanied by natural food hors d'oeuvres prepared using food available at the co-op. Come and find out why we feel that "co-ops are better". (Pam and Gil have been stocking their kitchens with good food from Peoples Grocery for some time and both work at the co-op.)

## CROCKPOT COOKING

Mary Jo Harbour, Liz McPhail 539-1939  
 Tuesday, 7-9pm  
 Length: One time  
 First meeting: Dec 6  
 Location: Manhattan High School, Rm E-13  
 Limit: 40  
 Materials fee: 50¢ - pay at registration

Have you ever baked sweet rolls in a crockpot? Or made bread? Or bean dip? We'll discuss these different uses of a crockpot, in addition to how to buy and care for one. There will be recipes and some foods to sample, as well as examples of what cookbooks are available locally. (Both Mary Jo and Liz are Home Ec teachers at Manhattan High School and use their crockery cooker in some interesting ways.)

## MICROWAVE COOKING

Mary Jo Harbour, Liz McPhail 539-1939  
 Tuesday, 7-9pm  
 Length: One time  
 First meeting: Nov 15  
 Location: Manhattan High School, Rm E-13  
 Limit: 40  
 Materials fee: 50¢ - pay at registration

Microwave ovens are expensive - but they may save time and money. Should your family own one? Come explore the fascinating world of microwave cooking and decide for yourself. We'll cover selecting, using, caring for one, and sample some foods cooked in one. (Mary Jo has used a microwave oven for 2 years and Liz has used one for 1 year. Both are Home Ec teachers at the high school.)

## LE SOUFFLE

Doug Peterson 537-7677  
 Thursday, 6:30pm  
 Length: One time  
 First meeting: Sept 29  
 Location: 625 Houston  
 Limit: 7

This will be a demonstration of the preparation of a soufflé, including a discussion of the techniques involved in producing a successful soufflé. The finale will be eating the product of this, the most elegant method of egg cooking. (Doug is a senior in Food and Nutrition Science and has worked as a chef at the Alma Hotel for 2 years.)

## BASIC COOKING

Yvonne Loud 539-8174  
 Mary Lou Cromleigh 776-7250  
 Wednesdays, 7-9pm  
 Length: 6 weeks  
 First meeting: Sept 28  
 Location: 521 Pottawatomie  
 Limit: 10  
 Materials Fee: \$7 - pay at registration

If you've mastered boiling water and are ready for more exotic cuisine, we will teach you the skills needed for basic cooking. These will include making quickbreads, casseroles, main dishes and desserts, and ideas for easy lunches. Open to both men and women. (Both Yvonne and Mary Lou have many years of experience in the kitchen.)

## TURKEY

A. W. Adams 532-6141  
 Thursday, 7pm  
 Length: One time  
 First meeting: Nov 10  
 Location: KSU, Call Hall, Rm 206  
 Limit: 15

How to purchase, store, thaw, cook, and serve turkey will be discussed. A demonstration will be given on how to make a boneless turkey roll. The objective of the course is to develop confidence in utilizing turkey in the family menu. (Al is a member of the Dept. of Dairy and Poultry Science at KSU and a member of the Kansas Turkey Federation.)

## INTRODUCTION TO BAKING

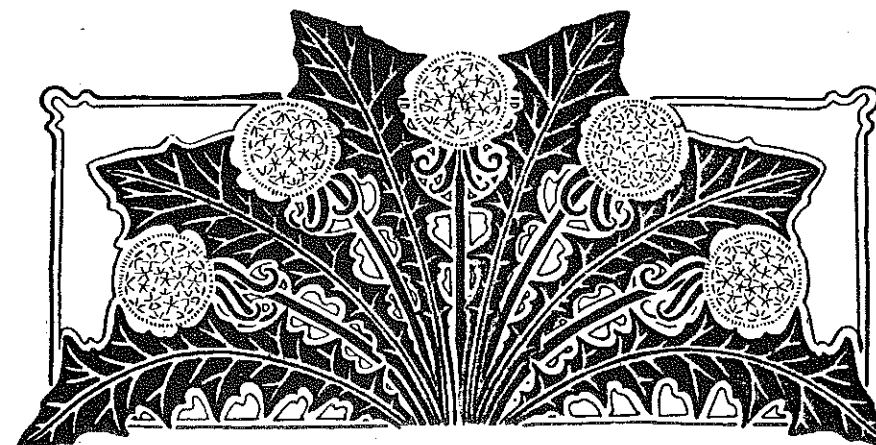
Richard Junge 532-6161, Ext 56  
 Ken Hsu  
 Don Lillard  
 Dave Warner

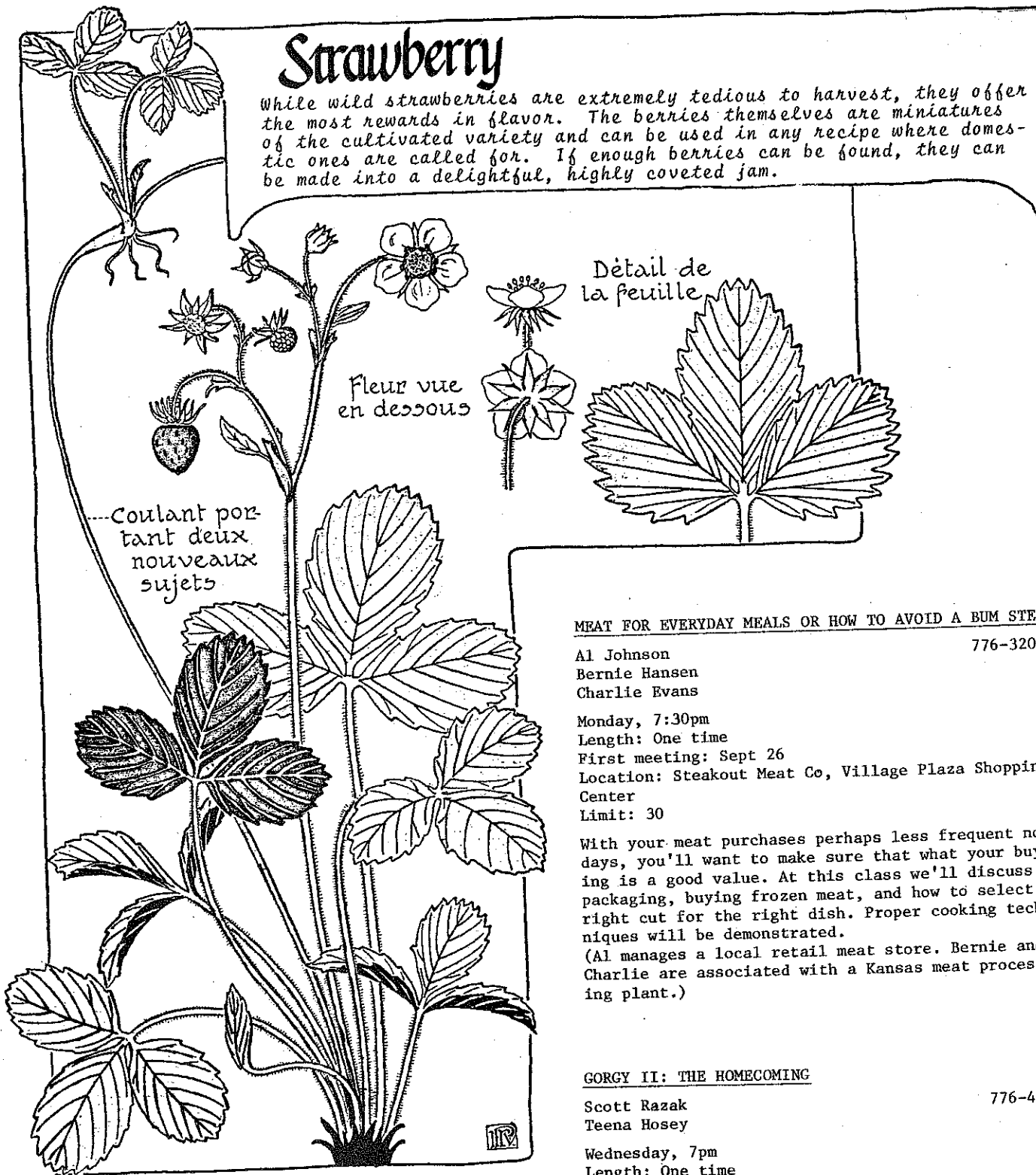
Saturdays, 8am-12pm  
 Length: 6 weeks  
 First meeting: Sept 24  
 Location: KSU, Shellenberger Hall, Rm 110  
 Limit: 12  
 Materials fee: \$15 - pay at class

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 and rolls. The \$15 fee will cover a course outline with recipes and ingredients. This class is a service of the Bakery Science Club. Open to men and women. (Richard, Ken, Dave, and Don have taught this class before and are all graduate students in Grain Science.)

## DINING OUT IN KANSAS

After a year of delicious dining around the state, the UFM Historic Dining in Kansas class has not altered its goals and will be visiting a variety of good restaurants. On the second Sunday of each month we travel by carpool to different outstanding eateries around this area. Members take turns being responsible for arranging each visit. Highlights of this past year were trips to the Alma Hotel, Brookville, Vassar Playhouse, Stepenson's Farm, and the Swedish Crown. New members are welcome to join this enjoyable, adventurous group. For more information, contact Doris Hoerman, 532-5866 or sign up at UFM registration.





# Strawberry

While wild strawberries are extremely tedious to harvest, they offer the most rewards in flavor. The berries themselves are miniatures of the cultivated variety and can be used in any recipe where domestic ones are called for. If enough berries can be found, they can be made into a delightful, highly coveted jam.

## COOKING UNDER PRESSURE

Debbie Lloyd  
 Tuesday, 6pm  
 Length: One time  
 First meeting: Sept 27  
 Location: 1006 Bluemont

Hash in 3 minutes. Chicken in 10. Learn the quick way of pressure cooking that helps save vitamins in the process. This will be a demonstration, not a dinner. For people who have better things to do with their time other than cooking.

## MEAT FOR EVERYDAY MEALS OR HOW TO AVOID A BUM STEER

Al Johnson 776-3200  
 Bernie Hansen  
 Charlie Evans  
 Monday, 7:30pm  
 Length: One time  
 First meeting: Sept 26  
 Location: Steakout Meat Co, Village Plaza Shopping Center  
 Limit: 30

With your meat purchases perhaps less frequent nowadays, you'll want to make sure that what your buying is a good value. At this class we'll discuss packaging, buying frozen meat, and how to select the right cut for the right dish. Proper cooking techniques will be demonstrated. (Al manages a local retail meat store. Bernie and Charlie are associated with a Kansas meat processing plant.)

## GORGY II: THE HOMECOMING

Scott Razak 776-4067  
 Teena Hosey  
 Wednesday, 7pm  
 Length: One time  
 First meeting: Oct 5  
 Location: 615 Fairchild Terrace  
 Limit: 12

This fall, Gorgy II has a theme: the homecoming. If you are interested in meeting good people and experiencing new taste sensations, sign up, bring an authentic family ethnic dish (ask Grandma or Grandpa!) and a copy of the recipe. After dinner (and what a dinner!) if we can still move, we can copy what we like and burp in harmony. Index cards will be provided - bring a pen. (Scott is a Bohemian in both senses of the word and Teena, well, everybody knows what she's like.)

## COOKING FOR SINGLES

Debbie Lloyd  
 Wednesday, 6pm  
 Length: One time  
 First meeting: Sept 28  
 Location: 1006 Bluemont

Tired of cooking out of a can and not about to spend an hour each evening cooking for just yourself? Debbie will share how she's solved the boredom of cooking for just one through the use of pressure cooking, bartering, and other methods. (Debbie is well known in Manhattan for her cooking ability.)

## LATIN AMERICAN COOKING

Itzel Fee 537-8785  
 Monday, 6:30pm  
 Length: One time  
 First meeting: Sept 26  
 Location: 1106 Woodland  
 Limit: 15  
 Materials fee: \$1.50 - pay at registration

Learn to prepare a complete Latin American meal that is very inexpensive and easy to make. We'll prepare, then enjoy pastelón, potato-beet salad, rice with coconut, and carmel flan. (Itzel is from Panama and loves to explore international cooking.)

## MEXICAN COOKING

Dorothy Koepsel 539-5589  
 Doris Hoerman 532-5866  
 Wednesday, 7:30pm  
 Length: One time  
 First meeting: Oct 19  
 Location: UMHE Kitchen, 1021 Denison Ave  
 Limit: 12  
 Materials fee: 50¢ - pay at registration

There's more to Mexican cooking than tacos. We'll be preparing a complete Mexican meal that you'll be able to sample. Learn how to make refried beans, enchiladas, sauce, and chalupas. For dessert, we'll show you how to make a quick, easy, and delicious flan to top off your meal. (Dorothy has lived in Mexico off and on for several years and is an excellent cook. Doris is a Mexican food fan and follows recipes very well.)

## INTERNATIONAL COOKING

Lois Morales 539-8867  
 Wednesdays, 7:30pm  
 Length: Ongoing  
 First meeting: Sept 28  
 Location: 1200 Kearney  
 Limit: 8

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. The meeting on September 28 will be a short organizational one to decide the direction of the class. The cost for each meal ranges from \$1.50-\$2.00. Each member of the class takes responsibility for organizing and hosting a session. (Lois has helped to keep this class going for several years.)

## THE VINE AND THE GRAPE

Jim Mitchell 539-7928  
 Mondays, 8pm  
 Length: 5-6 times  
 First meeting: Sept 26  
 Location: 2220 Seaton Ave  
 Limit: 20  
 Materials fee: \$11 - pay at class

Vines and grapes are rare sights in our fields and on our hills, but vineyards cover much of the world's farmland. Their yield sustains and entertains most of the human race today and in the past, our ancestors seldom neglected the grape's abundant gifts at the table. This semester we will concentrate on California wines. To join, you must be 21. (Jim has taught this class off and on since 1969.)

*However just and anxious I have been  
 I will stop and step back  
 from the crowd of those who may agree  
 with what I say, and be apart.  
 There is no earthly promise of life or peace  
 but where the roots branch and weave  
 their patient silent passages in the dark;  
 I am not bound for any public place,  
 but for ground of my own.....  
 Better than any argument is to rise at dawn  
 and pick dew-wet red berries in a cup.*

Wendell Berry

## CALIFORNIA WINES

Jack Kiser 776-4980  
 Tim Killeen 537-7991  
 Thursdays, 8pm  
 Length: Two times  
 First meeting: Oct 13  
 Location: 1431 Poyntz  
 Limit: 20  
 Materials fee: \$7.50 - pay at registration

Good quality, inexpensive and plentiful; that's the word on domestic wines. Know nothing at all about wine and wine selection? We'll inform you. Knowledgeable on the subject? Come and contribute. Please bring your own wineglass and we'll bring the corkscrews. You must be 21 to join. (Tim has worked as a waiter in several restaurants and Jack is from California and a wino by nature.)

## THE WONDERFUL WORLD OF WINE

Steve Coulson 532-5624  
 Ken Shultis 539-2036  
 Wednesdays, 8pm  
 Length: Five times  
 First meeting: Oct 5  
 Location: 116 Dartmouth  
 Limit: 20  
 Materials fee: \$15.00 - pay at registration

By means of 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. You must be 21 to join. (Steve and Ken are always ready for another wine tasting party.)

# Play

## POTLUCK PICNIC AND/OR VOLLEYBALL

Steve, Mona, Roy, Lois, Larry and friends  
 Fridays, 6pm, picnic  
 6:30pm, Volleyball  
 Length: Continuing  
 First meeting: Sept 16  
 Location: Long Park, 17th & Yuma

Some Flint staff members, UFM staffers, and other assorted people have been getting together all summer for an enjoyable evening of eating and exercise. At 6:00pm there's a potluck meal (everybody bring something) and at 6:30pm there's informal, non-competitive volleyball until it's too dark to see the ball. Here's a chance to meet new people and share some good food and good times in the process.

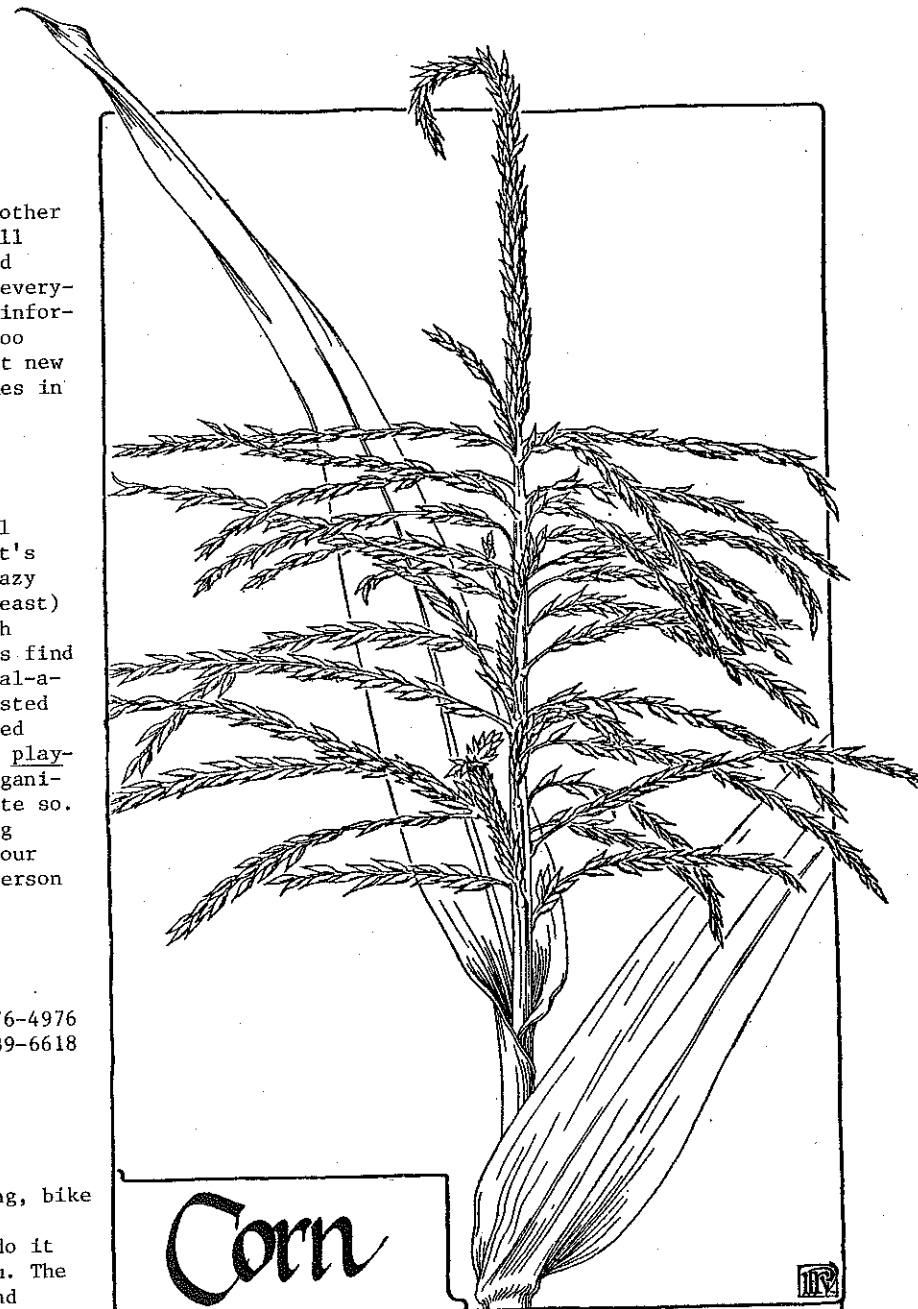
## DIAL-A-PARTNER

You may be all grown up now, but do you still "never have anybody to play with?" Whether it's Monopoly, poker, caroms, Scrabble, chess, crazy eights, bridge, or new games, it takes (at least) two to tango. We would like to do some "match making" to help people with similar interests find each other. At registration, sign up for "Dial-a-partner" and indicate the game you're interested in playing (not limited to the above mentioned games), when you'd like to play it, and your playing ability. Also if you're interested in organizing one of these play groups, please indicate so. After registration, lists of possible playing partners will be distributed and you're on your own to set up playing times. Remember, the person that plays together, stays together.

## THE OUTING CLUB

Suresh Chandra 776-4976  
 Al Compaan 539-6618  
 Wednesdays, 7:30pm  
 Length: Continuing  
 First meeting: Sept 28  
 Location: KSU, Union, Rm 203

Caving, canoeing, camping, hiking, picnicking, bike touring and cross-country skiing - if these activities interest you and if you want to do it the cheapest way, the Outing Club is for you. The club is an informal, self-motivated group and members are encouraged to lead trips they're interested in. We pool rides and divide up the cost of each trip among the participants. This winter we will be going cross-country skiing in Manhattan and out of state. Meetings will be held periodically to plan various new trips and to share experiences of earlier trips. Everyone welcome, regardless of ability or experience.  
 (Suresh and Al are with the Physics Dept. They enjoy the outdoors and have taught UFM classes before.)



# Corn

*Corn is native to America and a member of the grass family. It is America's major contribution to the cereal grains and comes in many varieties. There are sweet kinds for human consumption, pop corn, rainbow or ornamental corn for decoration, and many other varieties.*

## HOW TO'S OF RUNNING

Randy & Sue Kidd, Joe Smith 1-494-2796  
 Thursday, 7:30pm  
 Length: One time  
 First meeting: Sept 29  
 Location: New UFM House, Living Room  
 1221 Thurston

This is a class to help guide beginners in determining how fast, how far and how often they should jog or run. For those who get "hooked", we will offer tips on how to graduate from jogging to running and racing. We'll also include information on buying shoes, warm up exercises, and how to avoid injuries.  
 (Sue and Randy are also leading the UFM class Runner's World - UFM Fun Runs.)

## PHYSICAL FITNESS

Vida Stanius  
 Mondays, Tuesdays, Wednesdays, 5:15-6:15pm  
 Length: 10 weeks  
 First meeting: Oct 3  
 Location: New UFM House, Basement, 1221 Thurston  
 Limit: 10

This will be an exercise class designed to help all of us to look and feel better. Individual attention will be given to participants regarding their particular problems, such as firming up the abdomen, thighs, upper arms, etc. Each hour of exercise is intended to serve as a good workout. Exercising can be both functional and fun. Please wear tights, and leotards and a comfortable pair of sneakers.  
 (Vida has taught physical education in high schools and has taken many exercise classes before.)

## RHYTHMIC AEROBICS

Enell Foerster 537-0977  
 Mondays, Wednesdays, and Fridays, 7:15am  
 Length: 8 weeks  
 First meeting: Sept 26  
 Location: UMHE Auditorium, 1021 Denison Ave  
 Limit: 40

Rhythmic aerobics is a continuing expression of the aerobic concept developed by Dr. Kenneth Cooper and the nationally recognized program, "Aerobic Dancing, Inc.," originated by Jackie Sorensen. After participating in this program of "Rhythmic Aerobics," you should experience: 1) improvement in cardiovascular fitness; 2) toned muscles throughout the body; 3) increase in your knowledge of the importance of "regular and vigorous" (aerobic) exercise; 4) enjoyment of this challenge and a desire to continue.  
 (Enell has taught exercises and is a certified Aerobic Dance Instructor and Rhythmic Aerobic Certified Instructor.)

## BEGINNING HANDBALL

Dennis Roper 539-6506  
 Bruce Allison 537-8592  
 Mike Bond 537-2378  
 Sunday, 9am  
 Length: One time  
 First meeting: Sept 25  
 Location: KSU, Washburn Complex

This class will deal with learning the rules and basic playing techniques of outdoor handball. Handball gloves and balls are required.  
 (Dennis, Bruce, and Mike have taught UFM Handball classes in the past.)

## RUNNER'S WORLD - UFM FUN RUNS

Sue and Randy Kidd 1-494-2796  
 1st and 3rd Sundays of month, 9:30am  
 Length: Indefinite  
 First meeting: Oct 2  
 Location: KSU, Old Stadium

Put into practice what you've learned at the UFM "How To's of Running" class. At each meet there will be at least 2 runs - a short one (1/2 mile) and a longer one - 3 miles. Later there will be runs up to 6 miles. All runners are timed and all will receive certificates. Enjoy running with others and improve your ability at the same time. **Everyone** welcome - from 4 to 94, beginners and experienced!  
 (Sue and Randy help to coordinate these types of fun runs in San Francisco.)

## UNITED FRISBIERS OF MANHATTAN (UFM)

Steve Henry  
 Ken Low  
 Sundays, 4pm  
 Length: Until snow falls  
 First meeting: Sept 25  
 Location: KSU, Union, North side

This is the first UFM class offered for the inexperienced frisbee player. The class will cover the five basic throws and touch on a few different ways of catching. Goals for the class are to throw 3 out of 5 ways, make a couple of trick catches, beat the advanced group at games, (ultimate being the main game), and finally, graduation into the advanced group. Bring your own frisbee.  
 (Steve and Ken have been with the UFM for about 2 years.)

## UNITED FRIZ FREAKS OF MANHATTAN (UFFM)

Gordon Plank 539-4903  
 Sundays, 4pm  
 Length: Ongoing  
 First meeting: Sept 25  
 Location: KSU, Band Practice Field

This class is for the frisbee player that thinks s/he's good. Quick releases, trick catches, and throws will be practiced. Some games we'll be playing are folk, ultimate, 4 for 3, and maybe baseball and football. Goals for this class are to put on a tournament and to play other frisbee players from around the state. There's also an overnight frisbee party being planned. Bring your frisbee to the class.  
 (Gordon has taught this class for almost 3 years now and was 1977 KSU Frisbee Champ.)

## THE HANDBALL EXPERIENCE

Dennis Roper 539-6506  
 Bruce Allison 537-8592  
 Mike Bond 537-2378  
 Sundays, 9am  
 Length: Indefinite  
 First meeting: Oct 2  
 Location: KSU, Washburn Complex

Sunday mornings are a great time to get together with other handball enthusiasts for an hour or two of play. If you have a general knowledge of the sport and would like to play on a regular basis, bring your handball and gloves to the court.  
 (Dennis, Bruce, and Mike have taught handball for UFM before.)



CANOEING IN KANSAS

Jim Nighswonger 539-8070  
Rick Wenger  
Thursdays, 7:30pm  
Length: Continuing  
First meeting: Oct 13  
Location: 1st Presbyterian Church, 801 Leavenworth

At this one time organizational meeting, we will discuss where to canoe in Kansas and surrounding states. Canoeing fundamentals, river running techniques, white water canoeing, canoe camping, and safety are a few of the topics that can be studied. The class will meet as often as desired. There's a weekend canoe trip planned for October with the possibility of several others planned for this winter and next spring.

(Jim and Rick regularly canoe and camp on streams in the Midwest and are both active members of the Kansas Canoe Association.)

FAMILY CANOEING

Bob and Barbara Poresky 539-2967  
Wednesdays, 8pm  
Length: Continuing  
First meeting: Sept 28  
Location: 3016 Claflin Road

We would like to invite families to go canoeing with us on Sunday afternoons this fall. As in past semesters, we will be canoeing on peaceful streams and lakes in the Manhattan area, including Deep Creek, Pottawatomie State Lakes #1 and #2, Geary County State Lake. If you wish, you may want to combine camping the night before with the planned canoeing. Each family (regardless of size or composition) is to arrange for their own canoes, paddles, and life vest. At the first meeting, the schedule will be set and we will discuss arrangements for canoes and transportation. Informal instruction in canoeing will be concurrent with the trips.

(Bob and Barb have taught this enjoyable class before.)

BEGINNING TABLE TENNIS

Arne Richards 532-6516  
Mondays, 7pm  
Length: 3 times  
First meeting: Sept 26  
Location: KSU, Union, Recreational area

At the first few meetings the fundamentals, including strokes and scoring will be covered. After that you'll be on your own to sharpen your skills and see if you can beat Arne at his own game (so to speak). (Arne won the YMCA Camp championship in Colorado this past summer.)

HAKKO RYU JUJITSU

Stan Wilson 539-2968  
Fridays, 7:30pm  
Length: Indefinite  
First meeting: Sept 23  
Location: KSU, Natatorium, Rm 4  
Limit: 20

Hakko Ryu is a soft style of self-defense. There is no competition, no sparring, and the object is to defend without injuring the attacker. The art stresses relaxation and use of as little strength as possible.

(Stan has studied the martial arts for 7 years and also has experience with karate and judo.)

BEGINNING TENNIS

James Vin Zant 537-1451  
Sundays, 9am  
Length: 3 times  
First meeting: Sept 25  
Location: KSU, Washburn Complex Tennis Courts  
Limit: 12

Bring yourself, a racquet, and a can of balls, and we'll have a general orientation to the sport of tennis for the first time. We'll work on all the basics, and hopefully those in attendance will be ready for a set or two. (Jim has taught tennis before and is a member of the Manhattan Tennis Club.)

SO YOU WANT TO GROW SOME FINS

All of the swimming classes listed below will be taught by Red Cross certified Water Safety Instructors.

BEGINNING SWIMMING

Jamie Jones 537-1591  
Tuesdays, 10:30am  
Length: 10 times  
First meeting: Sept 27  
Location: KSU, Natatorium  
Limit: 12

ADULT BEGINNING SWIMMING

Tom Deaver 537-2962  
Jane Shaw  
Mondays, Wednesdays, and Fridays, 7:30am  
Length: 5 times  
First meeting: Oct 31  
Location: KSU, Natatorium  
Limit: 20

ADVANCED LIFESAVING

Tom Deaver 537-2962  
Jane Shaw  
Mondays, Wednesdays, and Fridays, 7:30am  
Length: 5 times  
First meeting: Sept 26  
Location: KSU, Natatorium  
Limit: 15

SWIMMERS

Barb Stork 539-8368  
Wednesdays, 10:30am  
Length: 6 times  
First meeting: Oct 26  
Location: KSU, Natatorium  
Limit: 10

BEGINNING SCUBA DIVING

George Halazon 532-5784  
Mondays, 7:30am  
Length: 8 weeks  
First meeting: Sept 26  
Location: KSU Natatorium

ADVANCED SCUBA DIVING

George Halazon 532-5784  
Fridays, 7:30am  
Length: 8 times  
First meeting: Sept 23  
Location: KSU, Natatorium

NOW YOU SEE IT, NOW YOU DON'T

Paul Ventruella 537-9379  
Tuesdays, 7:30pm  
Length: 6 alternate weeks  
First meeting: Sept 27  
Location: KSU, Union, Rm 206c  
Limit: 20

This will be a basic but intense study of slight of hand and misdirection. Is the hand quicker than the eye? Come and find out. Amaze yourself, your friends and your family. Get into this fun and fascinating hobby. Study an age old art - magic. (Paul has taught magic for UFM in the past and hopes he's learned enough to try it again.)

THE WIZARDS OF OZ #137 - SOCIETY OF AMERICAN MAGICIANS

Paul Venturella 537-9379  
A UFM class led to the formation of the "Wizards of Oz," an assembly of the Society of American Magicians. The S.A.M., formed in 1902, is intended to bring together individuals interested in magic to enjoy good magic and good friendship. This is not a class to learn magic, but rather a society of magicians. If you are interested, please contact Paul. (Paul has been performing feats of prestidigitation for about 8 years.)

DIPLOMACY

Bob Deemie, Charles Clack  
Tuesdays, 7pm  
Length: Indefinite  
First meeting: Oct 4  
Location: New UFM House, Living Room  
1221 Thurston

A totally absorbing game of desperate negotiations! Amid constantly shifting alliances one must decide whom to trust (and for how long). This intense game involves no luck - only subtle negotiation and outrageous treachery. We issue a special invitation to the meek and the trusting. (Both Bob and Charles inspire confidence, but don't trust either one of them.)

BASIC BACKGAMMON

Garnae Naghau 539-1022  
Thursday, 7pm  
Length: One time  
First meeting: Oct 6  
Location: 1851 Todd Rd, Apt C-4  
Limit: 10

Centuries old, Backgammon is enjoying a new popularity in the United States. Originating in the Middle East, it is a simple game for beginners but for the experienced player, it proves to be a game of complex strategy. Basic moves and strategy will be explained and everyone will get to try playing the game of Backgammon. (Garnae has played Backgammon for a few years and finds it to be her favorite board game.)

BOARD WARGAMING

Paul Celmens 776-8068  
Tuesdays, 7:30pm  
Length: Indefinite  
First meeting: Oct 4  
Location: New UFM House, Living Room  
1221 Thurston

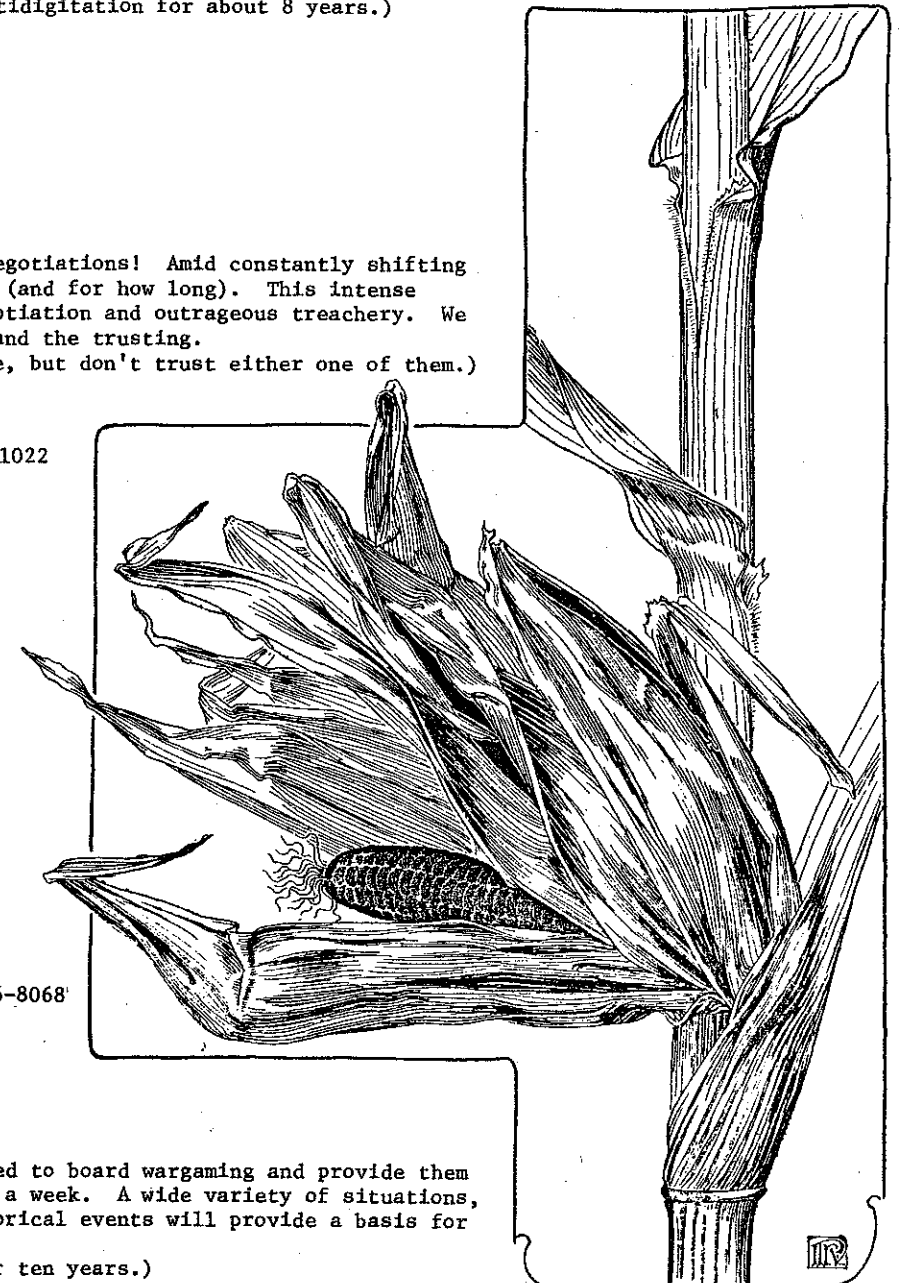
This class will introduce those interested to board wargaming and provide them an opportunity to strategize a few hours a week. A wide variety of situations, levels of combat, environments, and historical events will provide a basis for the weekly meetings. (Paul has been playing war games for over ten years.)

FANTASY ROLE PLAYING GAME OR HAVE YOU KILLED ANY DRAGONS LATELY???

Phillip C. Reed  
Tuesdays, 7:30pm  
Length: Indefinite  
First meeting: Oct 4  
Location: New UFM House, Living Room  
1221 Thurston

Dungeons and Dragons is a game in which each player develops a character and attempts to find adventure and stay alive in the world of the ref. The game is usually 5 or 6 player/characters vs. the ref (who controls all the monsters!). Having read Tolkien's LORD OF THE RINGS is almost a prerequisite (but don't worry about it if you haven't). The only thing you really need is an active imagination and writing suspension of disbelief.

(Phil has been playing D and D for over a year and has a very (over) active imagination.)



# Self

## Body

### SELF-HELP HEALTH

Bob Hubert 537-7331  
Friday, 8-10pm  
Length One time, Oct 14  
Location: Kansas State Bank, Westloop

This class will be an experiential one, including the following elements: 1. Grounding Exercises 2. Centering and breath purification 3. Self-massage (Do-In and acupressure) 4. Aura cleansing (spiritual healing).  
(Bob hails from Lawrence and has led and attended several similar workshops before.)

### REFLEXOLOGY

Russell L. Gillespie 776-8768  
Mondays, 7:30pm  
Length: 3 times  
First meeting: Sept 26  
Location: Prairie Glen Club House  
Limit: 20

We will cover basic information of zone therapy (Reflexology). Information to help yourself and others to prevent and overcome tension, improve circulation and normalize body functions will be given. Personal hygiene is a necessity.  
(Russell is a Certified Registered Reflexologist and is concerned about people's health.)

### HATHA YOGA I

Bert Franklin 539-0495  
Tuesdays, 5:30pm  
Length: 8 times  
First meeting: Sept 27  
Location: Newman Center, 711 Denison Ave  
Limit: 8

This class includes a thorough grounding in the essential classic asana, mudra, bandha and pranayama including the basics of meditation. The student will receive a good foundation for a lifetime of yoga practice, knowledge of the self, enjoyment of the mind and body.  
(Bert has completed over 200 hours of individual study with his guru, Sri T. K. Krishnamacharya of Madras, and has recently returned from a visit to Krishnamacharya, who is now 85.)

### HATHA YOGA II (for over 40's)

Bert Franklin 539-0495  
Thursdays, 5:30pm  
Length: 8 times  
First meeting: Sept 22  
Location: Newman Center, 711 Denison Ave  
Limit: 8

See above description. While yoga is not therapy as such, the practice of yoga reduces or eliminates much of the mental and physical distress associated with middle age and the advancing years. It is never too late to benefit from the practice of yoga.

### BACKRUBS AND OTHER MASSAGE I

Steve Dietz  
Sundays, 7:30pm  
Length: 4-6 times  
First meeting: Oct 2  
Location: 1104 Vattier, Apt 9 (basement)  
Limit: 7 men, 7 women  
Materials fee: 75¢ - pay at class

In this class both the relaxation of the mind and the body will be considered. Each session will begin with a getting to know one another and questions on the previous session. Please wear bathing suits and bring two towels and a blanket.  
(Steve has taught this class for UFM several times and now works in a health club in Topeka.)

### BACKRUBS AND OTHER MASSAGES II

Lisa Carmichael 532-5349  
Tuesdays, 8pm  
Length: 4 times  
First meeting: Oct 4  
Location: New UFM House, Conference Rm  
1221 Thurston  
Limit: 10 - 5 women, 5 men

We will learn how to give and receive massages to relax and relieve aching muscles.  
(Lisa has taken other UFM massage classes and has been giving backrubs since she was 7.)

### RUNNING

Judy Schrock 776-4779, 539-9464  
Tuesdays, 5:30pm  
Length: 3 times  
First meeting: Oct 11  
Location: City Park Pavilion

This class will be convened for beginner runners. The goal is to interest previously inactive persons, particularly females, in running as a form of physical fitness, emotional stimulation, and one source of a sense of total well-being. Wear clothes and shoes comfortable for running.  
(Running has become part of Judy's approach to preventive health maintenance with people during the past 5 years.)

### FITNESS-FATNESS OVER 40

Joan Werner 537-7902  
Mondays, 7pm  
Length: 6 times  
First meeting: Oct 10  
Location: 1605 Browning Ave  
Limit: 12

Participants will learn to assess their own fitness and fatness and plan programs to improve on both at the first two meetings. The next four meetings will integrate knowledge of programs with actual performance. Exercise and health education will be stressed.  
(Joan has been a Physical Therapist for the past 10 years, and is interested in the relationship between fitness and preventive medicine.)

### A CLOSER LOOK AT HEALTH CARE

Judy Schrock 776-4779, 539-9464  
Tuesday, 7-9pm  
Length: One time  
First meeting: Nov 8  
Location: Manhattan Public Library  
Juliette and Poyntz

Potential topics of discussion may include: our present health care system, preventive health care, hazards of using health care services, self-health care, little known health care alternative, uses and skills of health care professionals, and working toward a definition of adequate health care.  
(Judy has been providing nursing services in the Manhattan community for 6 years.)

### DON'T BE AFRAID TO BE THIN - DON'T BE AFRAID TO BE BEAUTIFUL!

Eddi Stillings 776-6201  
Fridays, 7-9pm  
Length: 4 times  
First meeting: Sept 23  
Location: 311 North 9th  
Limit: 14

This is for women who are sincere about losing that excess baggage they've been carrying for too many years. We make no promises, but can offer encouragement, assistance, and direction as needed. Our program consists of vitamin and protein supplementation, and alternative eating habits. (Supplies will cost about \$25). In addition, we encourage exercise and give tons of love.  
(Eddi runs a local health food shop and used this program to finally reach her desired goal of 90 lbs.)

### FIRST AID MULTIMEDIA

Enell Foerster 537-0977  
Saturday, 8am-4pm  
Length: One time, I - Oct 15 OR  
II - Oct 22  
Location: Red Cross Office, 1619 Poyntz  
Limit: 12  
Materials fees: \$4-\$6 - pay at class

This is the American Red Cross Instructional System featuring filmed demonstrations, guided practice sessions, and programmed work books. The student is certified as a standard first-aid upon successful completion of the course. There is a fee of \$6, which covers materials, work books and texts. If you have the Red Cross Standard First Aid and Personal Safety Textbook (the blue book), the fee will be \$4.  
(Enell is a certified Red Cross First Aid instructor.)

### SELF-DEFENSE FOR WOMEN

George Halazon 532-5784  
Fridays, 7:30-9pm  
Length: 6 times  
First meeting: Sept 23  
Location: KSU, Natatorium, Rm 4  
Limit: 30

It is important that women know certain defense and escape techniques. What is even more important, though, is to unlearn passivity and to practice the techniques regularly with others - a crisis is a time for automatic action, not for trying to remember what's best.  
(George, Extension Wildlife Specialist, has taught UFM classes in self-defense for both men and women.)

### IMPROVING YOUR VISUAL SPECTRUM

Dr. Gary Young 537-1118  
Monday, 7:30pm  
Length: 2 times  
First meeting: Nov 7  
Location: KSU, Union, Rm 204  
Materials fees: \$1, for film rental - pay at registration

Interested in expanding your vision? This class will explore the effect of natural and artificial light on our eyes, discuss John Ott's book Health and Light and see the film, "Exploring the Spectrum." Also to be discussed; how certain factors affect our sight, glaucoma and eye diseases, and whether there are benefits in full spectrum lenses.  
(Gary is a local Manhattan optometrist.)

### COMMON MEDICAL EMERGENCIES

William Tiemann, M.D. 537-4940  
Wednesday, 7pm  
Length: One time  
First meeting: Oct 12  
Location: Manhattan Public Library  
Juliette and Poyntz

This one-time class will cover medical emergencies involving routine family life; bee stings, jammed fingers, broken bones, and common illnesses.  
(Dr. Tiemann has a local family practice and has helpfully shared his medical knowledge with UFM'ers before.)

### LEARNING ABOUT BIOFEEDBACK TRAINING

David G. Danskin 532-6432  
Section I: Wednesday, Oct 5, 7:30-9pm  
Section II: Thursday, Nov 10, 7:30-9pm  
Length: One time each section  
Location: KSU, Union, Rm 213  
Limit: 50

This will serve as an introduction to biofeedback. A little history will be presented along with an overview of current applications. Biofeedback instruments will be demonstrated and everyone will participate in a demonstration of some of the principles of biofeedback training.  
(Dave initiated biofeedback services at KSU in 1970. Since then, well over 1,000 persons have participated in the biofeedback and relaxation programs.)

### WHOLISTIC ANATOMY AND PHYSIOLOGY AS IT RELATES TO NUTRITION

Elaine Hauptman 776-9294  
Wednesdays, 7-9pm  
Length: 3 times  
First meeting: Oct 12  
Location: New UFM House, Conference Room  
1221 Thurston  
Materials fee: \$1 for handouts - pay at class

This series is designed to provide you with a basic integrated understanding of how your body handles food. We will explore a step-by-step progression: digestion, absorption and utilization of food. This class will not tell you how to eat, but will give you a basic understanding of your body which might help you in your decisions about food. This might be of special interest to those experimenting with alternative diets.  
(Elaine is a registered dietician with a Masters in Public Health in Common Nutrition.)

# Awareness

## NEW TRENDS IN DATING: HOW TO DEAL WITH THEM

Cliff Schuette 532-6541  
Maxine Lentz

Thursday, 7-9pm  
First meeting: Oct 6  
Length: One time  
Location: KSU, Farrell Library, Rm 502a  
Limit: 14

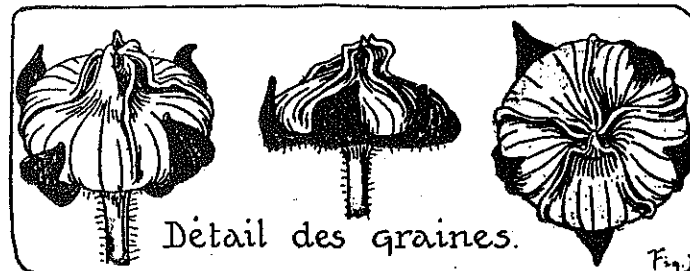
This class is directed toward helping the participants to explore contemporary dating relationships. A variety of activities will focus on values, assertiveness, and communication. Special emphasis will be given to recent trends in changing sex roles and their effect on dating relationships. (Maxine coordinates the KSU Women's Resource Center and has training in values clarification and counseling. Cliff has done a good deal of communications skills training and works with the New Student Orientation program here.)

## SHYNESS

Richard Harris 537-1383

Mondays, 7:30pm  
Length: 4 times  
First meeting: Oct 31  
Location: New UFM House, Conference Room  
1221 Thurston  
Limit: 20

Are you locked in the "silent prison" of shyness? Come and discuss with others like yourself what shyness is and how it can be overcome. Exercises from Philip Zimbardo's book, *Shyness*, will be presented as aids to conquering shyness. (Richard teaches psychology at KSU and has been working for years to overcome his own shyness.)



## ASSERTIVE TRAINING WORKSHOP

Margaret Nordin 532-6432  
Dennis Angle

Friday, 7-10pm  
Saturday, 9am-12pm & 1-4pm, other arranged  
Length: One weekend, plus follow-up  
First meeting: Oct 21-22  
Location: To be announced  
Limit: 12 - 6 women & 6 men  
Materials fees: \$1 to \$2 for materials - pay at class

Assertive Training Workshop for graduate students and professionals doing counseling/group work who wish a brief overview of and exposure to assertive training. This will be a source for facilitators for spring semester mini-courses. Willingness to devote time in Spring, 1978, is a prerequisite. (Both Dennis and Margaret have led Assertive Training groups for several years.)

## INTRODUCE YOUR RELATIONSHIP TO TRANSACTIONAL ANALYSIS

Don & Irmie Fallon 539-4281

Wednesdays, 7:30pm  
Length: Indefinite  
First meeting: Sept 28  
Location: UMHE  
1021 Denison  
Limit: 6 couples

This is an enrichment group supporting couples in building communication skills, self understanding of parent-adult-child ego state interactions and family life script or role expectations as they affect couples. Emphasis will be given to developing skills in handling conflict, developing a healthy fight style, and coping with feelings of anger, sex or love. Trust, caring, confidentiality and options will be stressed.

(Don is Lutheran Campus Pastor and also works with the KSU Counseling Center. Irmie often co-leads with Don in workshops for couples.)

## I'M OK -- YOU'RE OK WEEKEND

Warren Rempel 539-4281

Friday, 7:30-10pm, Sat. 9am-5pm, Sun. 1-5pm  
Length: One weekend  
First Meeting: Oct 7-9  
Location: UMHE  
1021 Denison Ave.

Limit: 10

This weekend is an introduction to Transactional Analysis and the use of TA tools for growth and awareness, self-understanding, ability to relate to other persons in creative ways. It will also provide 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 with several years of experience in working with TA.)

## COMMUNICATIONS SKILLS AND PHONE PROCEDURES

Jim Bartlett 532-6565

Katy Hochstetler  
Thursday, 7pm  
Length: One time  
First Meeting: Oct 20  
Location: New UFM House (Backdoor)  
1221 Thurston

The object of this two hour presentation will be to teach some basic interpersonal communicative skills. Another goal will be to educate members of the group as to the function and purpose of the Fone Inc. Role playing, sensitivity circles and other skills will be stressed.

(Jim is the Director of the Fone, and Katy held that position last summer.)

## VALUES CLARIFICATION (For Frosh & Sophs.)

Maxine Lentz 532-6541

Mondays, 7pm  
Length: 4 times  
First Meeting: Oct 3  
Location: UMHE, Parents room  
1021 Denison Ave.

Limit: 10

Daily we are faced with a great many decisions. This group will focus on discussions and activities that stimulate examination of the participants' values, feelings and behavior in relation to decisions that they are making about their lives (Maxine is with the KSU Women's Resource Center.)

## PSYCHOSYNTHESIS - A JOURNEY TOWARD SELF

Warren Rempel 539-4281

Friday, 7:30-10pm, Saturday 9am-5pm  
Length: One weekend  
First Meeting: Oct 14-15  
Location: UMHE  
1021 Denison Ave.

Limit: 12

We will explore psychosynthesis as a psychological and educational approach for recognizing and harmonizing, the many, often conflicting elements of our inner lives. Imagery, reflection, meditation, and other growth processes will be explored, all of which help to create an effective, unifying center of being and awareness, the Self.

(Warren is experienced in leading a variety of growth groups, has a background in Jungian psychology, TA, psychosynthesis and other approaches.)

## JOBSEARCH WORKSHOP

Wednesday & Thursday, Nov 9 & 10, 6:30-10:15pm  
OR Saturday, Dec 3, 8:30am-4:30pm

This workshop is designed to help participants develop skills important to finding and getting a job. Where and how to look for a job is discussed. Resume writing and interviewing are practiced in a supportive group environment. (Donna is a counselor at KSU's Counseling Center and has led these workshops in the past.)

## COMMUNICATIONS SKILLS FOR COUPLES

Family Resource Center Staff 532-5510

Section I: Monday, Sept 26, 7:30pm-9:30pm  
Section II: Wednesday, Sept 28, 7:30pm-9:30pm  
Length: 4 times  
Location: KSU, Justin Hall, Rm 242  
Limit: 5 couples (in each section)

This program assumes intimate relationships are continually being maintained, re-established, and modified, largely through communication. The approach is educational and is not a counseling group. It is intended for couples (any two people who have a meaningful relationship) who enjoy their present relationship and are interested in ways of building on that strength. New groups will be formed if requested later in the semester. (Candy Russell, Asst. Professor of Family and Child Development will coordinate these groups.)

## RATIONAL SELF-COUNSELING FOR HAPPIER LIVING

Suresh Chandra 776-4976

Mondays, 7pm  
Length: 2 times  
First Meeting: Sept 26  
Location: KSU, Union, Rm 203  
Limit: 15

It is not other people or events that "make" a person unhappy but the view s/he takes of them. In this course we will examine one view of how emotions occur, examine words that elicit strong emotional response, discuss the role of expectations and consider what "rational" means. Finally we will discuss the techniques of Rational Self Analysis (RSA) for changing the emotional habits you want to change. We will draw mainly on the works of Dyer, Maultsby and Ellis for this course.

(Suresh learned Rational Self-Counseling at the Association for Rational Thinking (ART) in Madison, Wisc. and has led this course before for UFM.)

## MID-TERM BLUES SERIES

Sundays, 5:30pm  
Length: 4 times  
First Meeting: Oct 2  
Location: Baptist Campus Center  
1801 Anderson

Some folks have observed that the campus mood follows a certain pattern. The first rash of depression, frustration, fear of failure, tension etc. etc. generally hits us at mid-term. The following series is designed to look at/share such feelings, to talk about them, to discover some new ways of dealing with them or even avoiding them. A meal will be served at 5:30pm (cost \$1.00). Please call in reservations to 539-3051.

Oct 2 "GPA, Failure and Self Worth" w/ Jim Robyak  
Oct 9 "Coping with Stress" w/ Dave Danskin  
Oct 16 "Semester Burn-Out" w/ Pete Sherrard  
Oct 23 "Loneliness, Isolation and Depression"  
(This series is sponsored by the American Baptist Campus Ministry and is coordinated by Dave Stewart and Bill Ogg.)

## CAREER CHOICE ASSISTANCE

Donna Kater 532-6432

This is a series of workshops (limit 15 each) which can be taken singly or in sequence. Location and other information may be had by calling Lisa at the above number.

## Life planning - Sat, Sept 24 or Oct 22, 8:30am-4:30pm

The Life Planning workshop is designed to involve participants in the deliberate process of influencing the direction of their lives. Each individual in the workshop actively engages in the process of self-assessment and group interaction. Skills of values clarification, goal-setting and realistic planning are developed through practice.

## Career exploration - Sat, Oct 15, 8:30am-4:30pm or

Mon-Tues Nov 7 & 8, 6:30-10:15pm  
This workshop is designed to assist participants to acquire the skills and information necessary for appropriate career decision-making. The Strong-Campbell Interest Inventory helps individuals look at their personal interests in relation to a variety of career opportunities. The emphasis of the workshop is on the skills of decision-making, including information gathering and analyzing.

## IMAGINATION

Nancy Maes 537-4050

Sign up at registration and you will be contacted as to date and time.

Length: 4-5 times  
Location: 1215 Vattier  
Limit: 15

"Imagination is more important than knowledge"

Einstein

Before imagination can flow you must let go. We will discuss use of your imagination in daily life, jobs, and goals. Then we will try some exercises to try and loosen up from the daily hassles that so often stifle our imagination in today's hectic world.

(Nancy has always had a vivid imagination and enjoys making up and sharing silly fantasies and fishtails.)

LIFE/WORK WORKSHOP

Robert Watkins 539-3051  
 Friday 7-10pm & Saturday 9am-4pm  
 Length: One weekend  
 First Meeting: Nov 18  
 Location: Baptist Campus Center  
 1801 Anderson Ave.  
 Fee: \$2.50 - pay at course

This workshop is intended to give participants skills in two areas: (1) personal skill identification and goal evaluation; (2) employment research and targeting. The first part of the workshop will involve the identification of personal skills gleaned from past and present work, academic and leisure activities. It will culminate in the writing of a "Personal Operations Plan", setting out individual participant's goals and outlining a plan/time table to achieve these goals. The second portion of the workshop will concern itself with the process of identifying, researching and approaching prospective employers with the emphasis being placed on the matching of employer needs with personal skills. (Bob is a former campus minister active in a number of counseling areas and his current interests are alternate life styles and personal relationships.)

ADULT STUDENT SOCIAL

Nancy Bush 532-6541  
 Maxine Lentz  
 The time and location of this event will be available at Registration.

The KSU Women's Resource Center is sponsoring a weekly Adult Coffee Hour. This program is geared to adults who are returning to the university campus or are planning to return after considerable time away from the education scene. The sessions will range from weekly social gatherings and small group discussions to monthly planned programs. (Nancy and Maxine are with the Womens Resource Center.)

RAPE AND IT'S VICTIMS

Emilio Vanio 532-6432  
 Margaret Nordin

Monday, 7:30pm  
 Length: One time  
 First Meeting: Sept 19  
 Location: KSU Union, Forum Hall

This is the opening session of a workshop on rape prevention education. Sexual assault will be defined and the myths surrounding it discussed in the light of recent research findings. The coordination of local agencies in serving the victim is of paramount importance. (Emilio is at American University, Washington D.C., and a nationally known expert in the field of criminology.)

VOLUNTEERS FOR RAPE; CRISIS CENTER

Caroline Peine 532-6432  
 Margaret Nordin

A rape crisis center may be developed soon in Manhattan and volunteers will be needed. Persons interested in hearing more about the proposed program and applying for volunteer service should call or see either leader before Sept 19th for information. (Caroline has led discussions on rape prevention for several years and Margaret has an extensive background in working with rape victims.)

WOMEN'S BOOK REVIEW

Maxine Lentz 532-6541  
 Mondays, 12 noon  
 Length: Indefinite  
 First Meeting: Sept 26  
 Location: Women's Resource Center  
 SGA Office, KSU Union  
 Limit: 12.

This group will focus on discussion concerning books written about women's issues and those written by women. Bring your lunch and join us at the Center where everyone will share ideas on books they have read or plan to read. (Maxine coordinates activities for the Women's Center.)

WOMEN'S EXPLORATION GROUPS

Patricia Johnson 532-6550  
 Wednesdays, 7-9pm, & Saturdays 9-11am  
 Length: 8 times  
 First Meeting: Sept 21  
 Location: Women's Center of Manhattan  
 611 Poyntz (upstairs)

Become aware of the pervasive effects of sex-role stereotyping upon you as a person, your family, your job and your society. Explore the new emerging role of women. Females training for or working in human service jobs may find these experiences to be of professional value. (Pat is a psychology intern in the KSU Mental Health Center.)

DEATH AND DYING - A DIALOGUE

Mary Herrman 776-3322  
 George Bascom  
 Tuesday, 7:30-9pm  
 Length: One time  
 First Meeting: Nov 1  
 Location: St. Mary's Hospital, Conference Rm

An exploration of the experience and reality of dying, from a chaplain and a physician's point of view. We will speak from our experiences with dying patients, showing that awareness of death can be a positive force in living. Literature will be recommended for those wishing further study. (Mary is Chaplain at St. Mary's Hospital and George is a local physician.)

THE PRINCIPLES OF NOTHING AS APPLIED TO EVERYTHING

Jim Lackey 539-4281  
 Saturdays, 7:30pm  
 Length: Indefinite  
 First Meeting: Oct 8  
 Location: UMHE  
 1021 Denison Ave

This is an advanced course in monistic/pluralistic metaphysics designed to amaze ourselves with practical (both rational and intuitive) parameters of the principles of Nothing and Everything. In compliance with equal opportunity, the fuzzy headed and bald headed are invited. Prerequisites will include a thorough acquaintance with mundane linguistic opercular perspicacity which, although required, will be but barely helpful. (Following a description like that, there is not much one can add about this distinguished leader.)

PLATO -PFOR -PHUN

Jim Lackey 539-4281  
 Alternate Wednesdays, 7pm  
 Length: Indefinite  
 First Meeting: Oct 5  
 Location: UMHE  
 1021 Denison Ave

People who have long wanted to read Socrates - in the words of Plato - enjoy doing it in our simple style. We read aloud. We read parts. We laugh and marvel at the way they argued about big issues in Athens over 2300 years ago, and how current much of it is. Join the Phun. (Jim is the leader of the PFORPHUNS.)

WHERE TO GO FROM HERE CONCERNING HOMOSEXUALITY

Teena Hosey 532-5866  
 If you are interested in putting some energy into formulating an alternative sexuality (bisexual, homosexual) support group, please contact Teena as to when, where and what time. In this general meeting we will collectively decide what kinds of groups and or projects we want to undertake. Men and women are both encouraged to come and have input at this meeting. YOU ARE NOT REQUIRED TO SIGN UP. JUST CALL TEENA AT THE ABOVE NUMBER AFTER SEPT 21.

CREATIVE DIVORCE

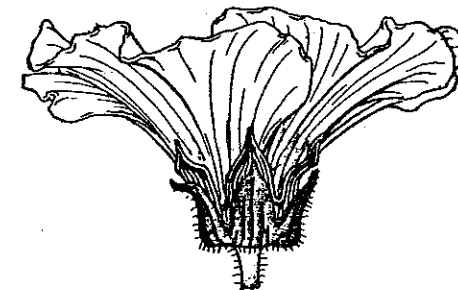
Warren Rempel 539-4281  
 Tuesdays, 7:30pm  
 Length: 6 times  
 First meeting: Oct 4  
 Location: UMHE Center  
 1021 Denison Ave

These sessions are for persons moving into or through the divorce experience; the promise and the pain; the healing process or mourning; accepting divorce as a solution, not a punishment; and how to renew trust in men/women. (Warren has done both marriage and divorce counseling for a number of years.)

LIVING WITH CANCER

Chaplain Mary Herrmann 776-3322  
 Dr. George Bascom 539-5341  
 Mondays (1st and 3rd of each month), 7pm  
 Length: Continuing  
 First meeting: Oct 3  
 Location: St. Mary Hospital Conference Rm

A support-discussion group for any individual (and family) affected by cancer. Individuals are urged to check with their physicians before joining the group. Please feel free to call either of the group leaders if you have questions. (Chaplain Herrmann is chaplain at St. Mary's, and Dr. Bascom is a local physician.)



# Women

The Women's Center of Manhattan is sharing space now at 611 Poyntz (in the Family Resource Center, upstairs from the Encore Shop). We are pleased to announce our open houses, and wish to offer the following slate of course/workshops, in hope that they may be of use in advancing the well-being of women from all segments of our community. They are designed primarily for women, but men may attend as well. The couples class is designed for men and women, however.

OPEN HOUSE

Women's Center of Manhattan  
 September 29, and October 20, 7pm  
 611 Poyntz, upstairs

Come and find out about us. We are located above the Encore Shop. There will be information about us and the programs and services we are offering the entire community. There will also be women to talk with, music, and refreshments. Come with your needs and suggestions or just come - let's all get to know each other! For information, call Tammy at 776-6287.

SENIOR WOMEN'S RECEPTION

Women's Center of Manhattan  
 Sept 29, 6pm

The Women's Center is interested in women of all ages, and would especially like to get to know the older women of the community. We feel we have a lot to learn from you. Come to the Carlson Place (5th and Pierre) lobby for sandwiches and talk, then if you wish, we can take you to the open house which follows at the Women's Center on Poyntz.

NUTRITIONAL CONCEPTS FOR PREGNANT WOMEN

Elaine Hauptman 776-9294  
 Monday, 7-9pm  
 Length: One time  
 First meeting: Oct 3  
 Location: Women's Center of Manhattan  
 611 Poyntz, upstairs  
 Materials fees: \$1 for handouts - pay at class

Everyone who wants children wants healthy children. We know health starts when the child is still developing within your body. This class will explore fetal development and how it relates to the nutritional needs of the pregnant woman. (Elaine has a Masters in Public Health, Common Nutrition and has professional experience in prenatal nutrition counseling. She is a registered nutritionist.)

WOMEN'S DIVORCE GROUPS

Marianne Adams 776-6566  
 Mondays, 7pm  
 Length: Indefinite  
 First meeting: Sept 26  
 Location: Women's Center of Manhattan  
 611 Poyntz, upstairs

Small discussion/support groups for women facing the problems of recent divorce will be formed after Monday's initial organization meeting. These will not be therapy groups. Each will include a woman who has already experienced this phase of life transition. (Marianne is a Manhattan resident, recently divorced, who knows it's a time when support can make a lot of difference.)

ALTERNATIVE LIVING STYLES WORKSHOP

Joan Brashears 776-7897  
 Thursdays, 7pm  
 Length: 2 times  
 First meeting: Nov 10  
 Location: Women's Center of Manhattan  
 611 Poyntz, upstairs

This workshop is to learn about and discuss the mechanics, advantages and disadvantages of differing living styles. The first week we will focus on how women have prepared for and are managing in such situations as: shared family households, living alone, single parent homes and communal living. The second meeting we will discuss living with a male partner and creating an egalitarian marriage. (The Women's Center of Manhattan wishes to provide information and support to all women interested in making their lives happier.)

ERA

Diane Rausch  
 Meg Matthewson  
 Wednesday, 7:30pm  
 Length: One time  
 First meeting: Oct 26  
 Location: Manhattan Public Library  
 Juliette and Poyntz

While the Equal Rights Amendment is still a very controversial issue, the possibility of it becoming the 27th Amendment is still very real. Let's share opinions and ideas as to the potential for the amendment. Speakers versed in the legal implications of ERA, as well as some of its emotional impact, will guide the discussion. (Diane is the KSU Affirmative Action Officer and Meg is with the Women's Center of Manhattan. Both have been involved in the women's movement for years and are woman oriented.)

WOMEN'S SPIRIT WORKSHOP

Mimi Richards 776-6566  
 Clara West  
 Saturday, 10am-6pm  
 Length: One time  
 First meeting: Nov 19  
 Location: New UFM House  
 1221 Thurston

We usually express our spirituality in mixed groups. It's different when it's just women! Come see. Plan to expand your meaning of spirituality to include dance, costumes, poetry and song. (Bring instruments, makeup, scarves, skirts and other costumes.) Also, bring a blanket, a sack lunch and something to throw in the evening soup pot. (Mimi recently attended a similar workshop at Lama. Clara seeks to explore her spirituality through a feminist perspective.)

CHILDREN'S WINTER BOOT EXCHANGE

Joan Brashears 776-7897  
 Drop Off Boots, Nov 7-11, 3-5pm  
 Pick Out Exchange Boots on Sat, Nov 12, 9am-5pm  
 Location: Women's Center of Manhattan  
 611 Poyntz, upstairs

Will your child be needing a new pair of galoshes this winter? Do you have several too small boots in the closet? The Women's Center of Manhattan is sponsoring the Boot Exchange to provide an opportunity to recycle outgrown children's galoshes plus offer a chance to obtain needed replacements. Bring in a pair(s) Nov 7 - 11 and receive a ticket entitling you to pick out another pair(s) on Sat, Nov 12.

VALUES CLARIFICATION FOR WOMEN

Donna Kater 532-5432  
 Tuesday, 7:30-10pm  
 Length: One time  
 First meeting: Oct 4  
 Location: Women's Center of Manhattan  
 611 Poyntz, upstairs  
 Limit: 20

Do you manage your time and money to satisfy your own needs? Often, women find they have somehow neglected themselves when trying to meet the needs of others in their life. Come explore with us ways to clarify your values and priorities. We will focus on values clarification with regard to the use of time, money and self. (Donna, Counselor, KSU Counseling Center, has agreed to lead this workshop at the Women's Center to help women maximize their resources and potential.)

THE POLITICS OF LANGUAGE

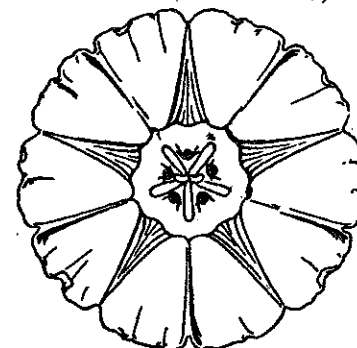
Joan Brashears 776-7897  
 Thursdays, 7pm  
 Length: 2 times  
 First meeting: Oct 27  
 Location: Women's Center of Manhattan  
 611 Poyntz, upstairs  
 Limit: 20

Do men and women have different languages? How has the common usage of "man" to refer to both sexes affected us? I want to share what I have learned about language and to discuss and learn with others from readings and guest lecturers. (Joan is a student at KSU and has recently become interested in the history and usage of language and especially how it affects women.)

WOMEN AND WELFARE: MAKING THE SYSTEM WORK FOR YOU

Diana Greenough 539-4826  
 Wednesdays, 7:30-9pm  
 Length: 3 times  
 First meeting: Oct 5  
 Location: Women's Center of Manhattan  
 611 Poyntz, upstairs

The goals of this class are to inform women of their options, to decrease the fears and myths of welfare, and to create positive attitudes for women to use welfare as a stepping stone to upward mobility. We will have the various forms that must be filled out for demonstration, and may have a caseworker to help explain the internal SRS system. We will also discuss documentation, approaches to take, who qualifies, and what you give up. Details of eligibility for food stamps, government-paid childcare, general assistance and Aid to Dependent Children will be covered. This will be a sharing time with personal experiences from women already using the system. (Diana is a low-income, single parent. She's recently started school again and struggles with issues of adequate income and assistance too.)

*Spirit*COSMIC CONSCIOUSNESS

Doris Grosh 539-7864  
 Wednesdays, 8-9:30pm  
 Length: Indefinite  
 First meeting: Oct 5  
 Location: Baptist Campus Center  
 1801 Anderson

This will be a study, discussion, and meditation group. We study Max Heindel's Rosecrucian Cosmo-Conception, an occult classic which combines "esoteric Christianity" and Hindu cosmology in western terminology. Members will be expected to purchase their own copies of the book (cost \$6). (Doris is on the K-State faculty, and is a long-time student of occult matters. She has taught this course many times.)

THOMAS MERTON ON MYSTICISM

Jim Lackey 539-4281  
 Wednesdays, 12 noon (luncheon)  
 Length: Indefinite  
 First meeting: Oct 5  
 Location: UMHE Center  
 1021 Denison Ave

Wednesday luncheon and book study: We will read and discuss Raymond Bailey's little book on the life and writings of Thomas Merton - 20th century Catholic monk, spiritual master, seeker of truth, contemplative, mystic." Among Merton's words - "We live on the brink of disaster because we do not know how to let life alone. We do not respect the living and fruitful contradictions and paradoxes of which true life is full." (Jim is with UMHE - is a prolific offeror of UFM discussion groups.)

METAPHYSICAL STUDY GROUP

Sundays, 11am  
 Length: Continuing  
 First meeting: Sept 25  
 Location: 325 N. 14th

We meet together to discuss, to read, to sing, to meditate, to pray. Our only theology is that the universe is basically good; our goal is to put ourselves in harmony with it - to realize God imminent as well as God transcendent. We study the writings of Charles Fillmore, Earnest Holmes, Emmet Fox and others of the so-called New Thought movement. No sign-up required; just come.

MID-WEEK WORSHIP

Dave Stewart 539-3051  
 Tuesdays, 7-7:30pm  
 Length: Semester  
 First meeting: Sept 20  
 Location: Baptist Campus Center  
 1801 Anderson Ave

This will be a time to reflect on experiences and meanings of the week, to share concerns and hopes, to consider a fresh thought or an old thought in a fresh way. The meditation will be dialogical with participants being invited to give their own input. (Dave is the American Baptist campus minister and an active contributor to UFM.)

CHRIST AND BAHU'U'LLAH

Tom Hodges 539-6830  
 532-5731  
 Tuesdays, 7:30pm  
 Length: 4 times  
 First meeting: Oct 4  
 Location: W-7 Jardine Terrace  
 Limit: 10

We will consider Christian-related subjects including Biblical prophesy, the Unity of God, baptism, and salvation and how they are treated in the Baha'i Revelation. I hope for exchange of a wide variety of views on these topics. (Tom joined the Baha'i faith seven years ago and has been studying its relationship to Christianity for several years.)

SETH

Jean Burnham 539-1546  
 Mondays, 8pm  
 Length: Semester  
 First meeting: Sept 26  
 Location: 1801 Humboldt  
 Limit: 8

An experiential class, using Jane Roberts' Seth Books as a framework. We will explore our inner senses, altered states of consciousness, probable selves, reincarnation, and dreams. We will examine the ways in which we form our own reality through our beliefs. The participants should have read one of the following before signing up: The Seth Material, Seth Speaks, or The Nature of Personal Reality.

(Jean has studied the Seth materials for a year and wants to share her insights with others.)

"RELIGIOUS INVESTIGATIONS"

Thursdays, 7pm  
 Length: 8 times  
 First meeting: Sept 29  
 Location: UMHE Center  
 1021 Denison Ave

This is a series of considerations and criticisms of some of the more obvious religious movements and of some of the less obvious religious aspects in some human issues present in American life. You may call 539-4281 for more information.

- Sept 29 - "Equal Rights Amendment"  
 Bill McCutchen, Associate Pastor  
 First Christian Church
- Oct 6 - "Charismatic Christianity"  
 Julian Johnson, Pastor United  
 Church of Christ
- Oct 13 - "Campus Crusade, Navigators, and Transcendental Meditation"  
 Kelly Bender, Pastor College Avenue  
 United Methodist Church
- Oct 20 - "The Way and the Unification Church:  
 Programming and Deprogramming"  
 Alvin Zimmerman, Pastor Trinity United  
 Presbyterian Church
- Oct 27 - "Billy Graham, Rex Humbard, Oral Roberts"  
 David Nelson, Pastor Peace Lutheran Church
- Nov 3 - "The Neutron Bomb"  
 Ben Duerfeldt, Pastor First Christian  
 Church
- Nov 10 - "Homosexuality"  
 John Graham, Pastor First United Pres-  
 byterian Church
- Nov 17 - "Energy: Use and Control"  
 David Peterson, Pastor Blue Valley United  
 Methodist Church

### MEDITATION WORKSHOP

Warren Rempel 539-4281  
Saturday, 9am-5pm  
Length: One time  
First meeting: Oct 29  
1021 Denison Ave  
Limit: 12

Explore your inner world using meditation techniques (in the Western tradition). Topics covered: working with inner imagery, listening to ourselves through art experiences, the relationship of self-knowledge to spiritual growth, and centering of the self.  
(Warren has led a number of meditation workshops in the past few years.)

### GOD IS RED

Jim Lackey 539-4281  
Tuesdays, 12 noon (luncheon)  
Length: Indefinite  
First meeting: Oct 4  
Location: UMHE Center  
1021 Denison Ave

This book study luncheon will be a reading of Vine Deloria's book - *God Is Red* - with a discussion seeking to understand the essence and vitality of American Indian Tribal Religion, what he affirms as the inherent weakness of Christianity, and the meaning of the phrase "God is Red."

### SPIRITUALITY SHOULD BE FUN

David Nelson 539-8181  
Mondays, 7:30pm  
Length: 3 times  
First meeting: Oct 17  
Location: Peace Lutheran Church  
2500 Kimball

The class will explore prayer, play, silence, journal writing and ritual. Anyone interested in sharing the quest for a contemporary spirituality is invited to attend. Please sign up so we will know how many to expect.  
(David, Peace Lutheran pastor, wishes to share with others the struggle to be spiritual and human.)

### THIS COMING SUNDAY

David Nelson 539-7371  
Tuesdays, 11:30am-12:30pm  
Length: Semester  
First meeting: Sept 20  
Location: KSU Union, Stateroom 1

We will lunch together and study the following Sunday's Bible lessons. These will follow the three-year lectionary shared by several of the major denominations, so all interested in sharing scripture and its relation to everyday life are welcome.  
(David is pastor at Peace Lutheran Church.)

### ZAZEN MEDITATION

Saturdays, 7-8am  
Length: Semester  
First meeting: Oct 8  
Location: UMHE Blue Rm  
1021 Denison

The meditation group will meet for a short reading, meditation and little talk. Wear comfortable clothing and bring a sitting cushion.

### HOW THE OLD TESTAMENT AND THE NEW TESTAMENT CAME TO BE PUT TOGETHER

Jim Lackey 539-4281  
Tuesdays, 7pm  
Length: Semester  
First meeting: Oct 4  
Location: UMHE Center  
1021 Denison Ave

This is simply a study of the process that years ago culminated in the 30 books of the O. T. and the 27 books of the N. T. - with a word here and there about Apocrypha, Pseudepigrapha, special manuscripts, etc.  
(Jim is campus minister at UMHE.)

### THE CHRISTIAN AGNOSTIC - THE POSITIVE FUNCTION OF DOUBT

Warren Rempel 539-4281  
Wednesdays, 12 noon (luncheon)  
Length: 8 times  
First meeting: Oct 5  
Location: UMHE Center  
1021 Denison Ave  
Limit: 10

"A cardinal principle of Christian faith is to doubt," says Leslie Weatherhead. "That is to doubt everything, until there is evidence or truth persuasive enough to call forth belief and commitment." These explorations into faith and belief are premised on the above statement; to demythologize the past and to explore the question: What is worthy of my belief and my commitment?  
(Warren is the Methodist campus minister and a veteran UFM class leader.)

### THE SPIRIT FILLED CHRISTIAN LIFE

Stanley Hoerman 537-1940  
Dennis Weinhold 1-468-3593  
Mondays, 8:30pm  
Length: Indefinite  
First meeting: Sept 19  
Location: UMHE Fireplace Rm  
1021 Denison Ave

Jesus said in John 10:10, "I come that they might have life, and might have it abundantly." Many Christians today are missing out on this promise of Christ. We will be studying God's word and how to come into this promise that He made.  
(Stan is the local president of the Full Gospel Businessmen's Fellowship International. Dennis is the Methodist pastor at Olsburg.)

### RELIGION AND THE ARTS

Warren Rempel and 539-4281  
KSU faculty  
Friday, Nov 18, 7:30-10pm and  
Saturday, Nov 19, 9am-5pm  
Length: One time  
Location: UMHE Center  
1021 Denison Ave

We will explore the arts from a religious perspective, experiencing art forms in a variety of ways, with new consciousness and sensitivity, glimpses into the provinces of the mind familiar to composers, poet artists, and mystics - exploring regions of transcendence and mystery that form the common bond between religion and the arts.  
(Warren is the Methodist campus minister at UMHE.)

# Skills

### ROBOTS

Richard Dale 539-8024  
Thursday, 8pm  
Length: One time  
First meeting: Oct 20  
Location: To be announced

The age of robots is upon us. Richard is in the process of building a robot to fetch his beer out of the refrigerator. The class will discuss what tasks robots can be made to perform and the nature of controlling them. Anyone knowing anything about this subject is encouraged to attend.  
(Richard is not a robot but claims to speak their language.)

### TECHNIQUES OF RADIO BROADCASTING

Ed Klimek 776-4851  
David Thiessen  
Tuesdays, 8pm  
Length: 3 times  
First meeting: Sept 27  
Location: KMKF Studio  
2414 Casement Rd  
Limit: 15

This class will cover the basics of radio production and announcing techniques. Ed and David will demonstrate how to use radio equipment including broadcast consoles, tape machines, and transmission equipment. They will also discuss voice changes and how to have fun with radio.  
(Ed, "the Kansas Dog," is the program coordinator and music director at a local radio station. David is an announcer and production director.)

### MATTING AND FRAMING

Fred Anderson 537-7555  
Richard Dale 539-8024  
Wednesday, 7:30pm  
Length: 4 times  
First meeting: Nov 2  
Location: To be announced

Fred and Richard will inform you on what materials and tools you will need to mat and frame your own prints and drawings. In the first session, they will demonstrate how to mat and frame a print; then over the next three sessions, they will help you do your own. Topics such as cutting a beveled mat, figuring mat dimensions, and picking a frame to suit your prints will be discussed.

### THE HASSLE (?) OF LEARNING TO FLY

Joe Millard  
Tuesday, 7pm  
Length: One time  
First meeting: To be announced  
Location: To be announced

Joe will present the costs as well as the mental and physical requirements of obtaining a private license to fly. He will also explain the privileges and advantages of having such a license.  
(Joe is an airport bum.)

### HOW COMPUTERS WORK

Richard Dale 539-8024  
Thursday, 8pm  
Length: One time  
First meeting: Oct 6  
Location: To be announced

This class is for people who know nothing about computers but would like to have a basic understanding of how they work. The basic functions of the computer will be illustrated by the class role-playing each function. Individuals will play the roles of card reader, line printer, main memory, central processing unit, and others.  
(Richard is not a computer but claims to speak their language.)

### BASIC WIRING

Harvey Perritt 537-4509  
Sundays, 4pm  
Length: 2 times  
First meeting: Oct 9  
Location: You will be contacted  
Limit: 10

Harvey will teach you the basic concepts of electricity in appliances, fuse boxes, lamps, etc. around the house. He will also explain what not to do, for example, the overloading of circuits. Bring a broken appliance along with you. Harvey will not fix anything for you - you will!  
(Harvey obtained his electronics experience in the service.)

### SEWING SWAP

Nancy Burt-Preuss 539-4746  
Sundays, 7pm  
Length: Indefinite  
First meeting: Oct 2  
Location: To be announced  
Limit: 15

Nancy would like to share and swap sewing techniques, experiences, shortcuts, and patterns with other people who wish to improve, cut expenses, and learn something new about the fine skill of sewing.  
(Nancy has been sewing for 16 years, but claims not to know everything. We don't quite believe her!)

### HOW TO BUY A STEREO TO FIT YOUR LIFESTYLE

John Heritage 537-7555  
Wednesday, 7:30pm  
Length: One time  
First meeting: Oct 12  
Location: The Sound Shop  
1204 Moro  
Limit: 20

We will deal with all aspects of purchasing an entire sound system, what to look for as well as what to avoid in shopping and dealing with stereo shops and salesmen. Included also will be how to get the best sound for your dollars.  
(John has been in audio since 1964 as a hobby and in sales since 1971. He ran the sound equipment for a 6 piece rock group for a year and a half.)

BUDGETING AND FINANCIAL PLANNING

Troy Scott 537-2163  
Tom Deaver 537-2962

Mondays, 7pm  
Length: 4 times  
First meeting: Sept 26  
Location: 1st Presbyterian Church (upstairs from office), 801 Leavenworth

Overdrafts are no fun! This class is designed to help you avoid the pitfalls some of us have fallen into. Troy and Tom will give you a basic understanding of the working uses of money, including banking, budgeting, investing, insurance, and real estate.

LIFE INSURANCE

Larry Scoville 776-6823

Thursdays, 7:30pm  
Length: 4 times  
First meeting: Oct 6  
Location: 1st Presbyterian Church (upstairs from office), 801 Leavenworth

Larry will explain the advantages and complexities of life and disability insurance as well as retirement benefits. Topics include how to cover your family and personal needs, financial analysis, programming, and how to integrate your social security benefits. (Larry has 14 years experience as an agent and has served as past president of Life Underwriters Association of Manhattan.)

WOMEN'S INSURANCE

Albie Rasmussen 532-5512

Monday, Wednesday, 7pm  
Length: 2 times  
First meeting: Oct 3 and 5  
Location: KSU, Justin, RM 329

Life insurance - do women need it? Are you a mother? A breadwinner? Do you have dependents? What type of insurance would be suitable for you? Don't you think you ought to find out? Sign up for Albie's class and you will. (Albie is a consumer, an educator, and a family financial counselor.)

INVESTMENT BASICS

Craig Hansen 537-0594

Mondays, 7pm  
Length: 7 times  
First meeting: Sept 26  
Location: KSU, Eisenhower, Rm 21

In this course, Craig will give you a basic but thorough survey of the securities industry, how it functions, and how you can get involved with it. He will discuss stocks, bonds, and other investment vehicles. (Craig is a broker with a local investment firm.)

HOW TO BUY A BIKE

Bill Jacoby 537-1510

Wednesdays, 7pm  
Length: 3 times  
First meeting: Sept 28  
Location: 1207 Moro in the alley

The first session will cover how to buy a 10-speed bike. The next two sessions will cover how to buy a five-speed and single-speed bike in that order. You don't have to show up for all 3 sessions. If you like, attend the session which pertains to the type of bike in which you are interested. (Bill owns his own bike shop and has repaired and sold bikes for several years.)

VW PERIODIC AND PREVENTIVE MAINTENANCE

Steve Tichenor 776-5123

Mondays, 7pm  
Length: 3 times  
First meeting: Sept 26  
Location: 628 S 5th  
Limit: 15

This course is geared to the pre-1971 type I and II (Beetle, Chia, and Bus). It will include basic tune-up skills, valve adjustment, and some history and theory. Nobody desires to get greasy, but willingness to do so is necessary. There will be hands-on training. Wear your grodies! (Steve has been doing all his own maintenance for two years and currently owns 6 VW's.)

BASIC MOTORCYCLE MAINTENANCE

Richard Harris 539-5264

Tuesday, 6:30pm  
Length: One time  
First meeting: Oct 11  
Location: 308 Yuma  
Limit: 30

This course will cover things beginning motorcyclists need to know about bike maintenance, from fouled spark plugs to rusty chains. We will discuss how to inspect a used motorcycle for possible purchase. If the class is interested, there also might be a segment on riding safety. If you have a motorcycle, please bring it along. Bring a notebook and a pencil. (Richard has worked with motorcycles for 10 years.)

AUTO COMMUNICATIONS FOR WOMEN

Norman Peck 1-485-2770

Wednesday, 7:30pm  
Length: 6 times  
First meeting: Sept 28  
Location: KSU, Ackert, Rm 116  
Limit: 30

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. Anyone is welcome to come to the first meeting, which will be a short lecture. (Norman has many years of experience with cars and presently works for a local auto firm.)

RECREATIONAL LINGUISTICS, OR WORDS AS PLAYTHINGS

Richard Harris 537-1383

Wednesday, 7:30pm  
Length: One time  
First meeting: Nov 16  
Location: 720 Moro St  
Limit: 25

Are you a word freak? Bring your favorite palindromes, anagrams, mixed metaphors, malapropisms, spoonerisms, Tom Swifities, puns, poems, or other word tricks, puzzles, or curiosities to share with others. This is a session for revelry in the intricate linguistic humor of words. (Richard teaches Psycholinguistics at KSU and has always found words a lot of fun.)

DEALING WITH AUTO DEALERS

Deb Haifleigh 532-6541  
John Hughes

Wednesday, 7pm  
Length: 2 times  
First meeting: Sept 28  
Location: Public Library Auditorium  
Juliette and Poyntz

Limit: 20  
This course will be a brief introduction of how to remain friends with your local auto dealer. Topics to be included are auto buymanship, effective problem communication, and basic owner responsibility. The first meeting will feature a panel including the Kansas Attorney General Consumer Specialist in Autos. (Deb is director of the KSU Consumer Relations Board, which deals extensively with auto-related complaints. John has had many years of experience as an auto mechanic.)

HAIR

Rick McClanahan 776-5222

Monday, 11am  
Length: One time  
First meeting: Sept 26  
Location: 404 Humboldt  
The Professional Building  
Limit: 20

The class will discuss how to test products at home and tell whether or not products that you buy are beneficial; why hair is in bad condition; how to understand the use of conditioners; haircare in general. There also will be a demonstration on makeup. (Rick is a Manhattan hairstylist and has led this class many times.)

HAIR TOO

Barbara Ortmann 776-5651  
Jane Snodgrass

Tuesday, 7:30pm  
Length: One time  
First meeting: Oct 11  
Location: 411 Poyntz  
Limit: 20

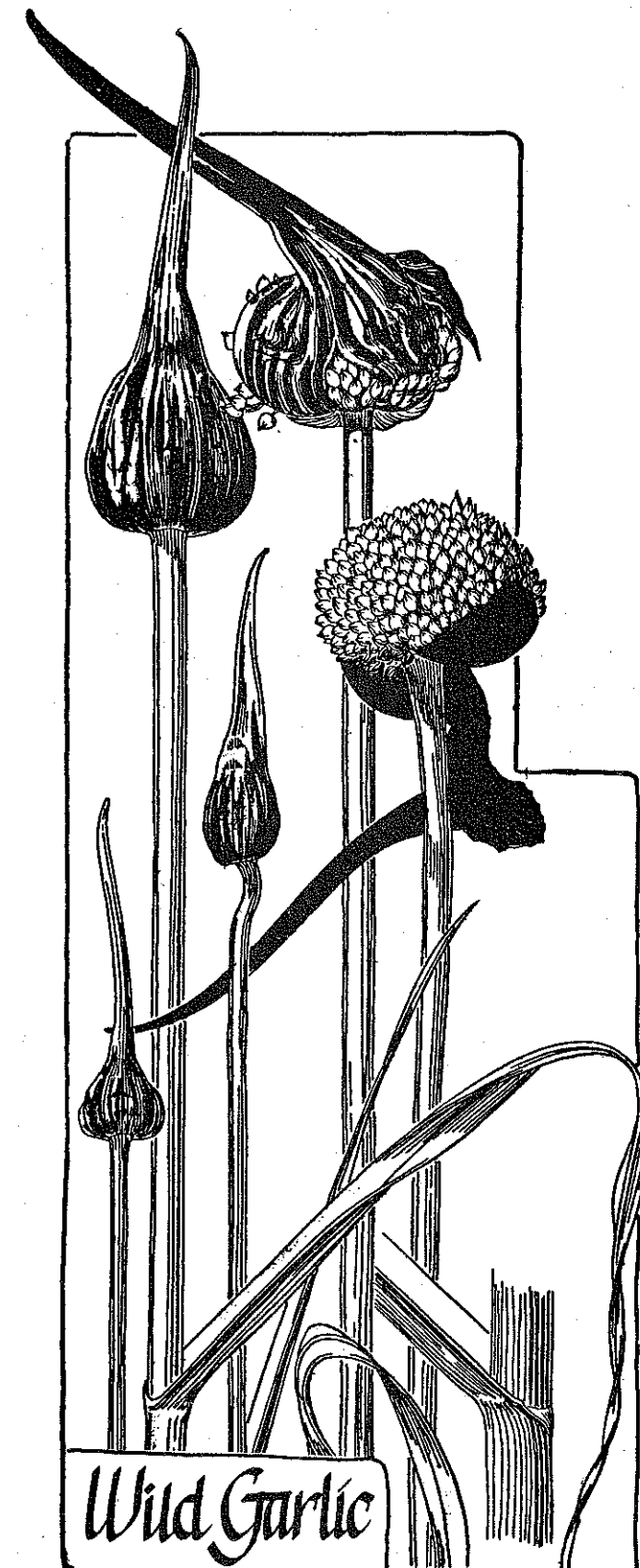
Barbara and Jane will discuss hair styling, blow-drying techniques, hair products, and analyzation. Come to this helpful session and learn how to keep your hair health and happy. Men and women are both welcome. (Barbara and Jane are licensed hair stylists, trained by professionals, and keep constantly attending classes in order to keep up-to-date on what's happening in the field of hair care.)

SKIN

Diane Fondene 776-5651  
Jan Hynek

Tuesdays, 7:30pm  
Length: 2 times  
First meeting: Oct 4  
Location: 411 Poyntz, Lower level  
Limit: 20

Diane and Jan will help you to learn proper skin care as well as proper application of makeup. Come to this helpful session and learn how to keep your skin blushingly clear and healthy! (Diane and Jan are licensed hair stylists trained by professionals. They constantly attend classes in order to keep up with what's happening in skin care.)



*Wild Garlic*

Wild Garlic grows in clusters of bulblets mixed with white and pink flowers. The top bulblets can be pickled and served in the manner of cocktail onions. The underground bulblets have a sweet, subtle taste and are delicious when gently sauteed in butter and garnished with parsley. The leaves can be chopped and added to salads.

BUSINESS MACHINES AND/OR TYPING

Limit: 30 for business machines, 30 for typing

A class on using business machines and a class on typing will be held this fall. Please sign up at UFM registration for the class you want and you will be contacted as to the instructor's name, place, time, and date. Enrollment is open to anyone.

AMATEUR RADIO OPERATION

Dave Soldan 532-5600

Mondays, 7pm  
Length: Indefinite  
First meeting: Sept 26  
Location: KSU, Seaton Hall, Rm 161

The course will teach participants how to send 5-13 words per minute in Morse Code and will provide enough theory background to allow students to pass the Federal Communications Commission exam for novice, general, and advanced class licenses. (Dave has been licensed for 12 years and holds an amateur extra class license.)

BEGINNING HEBREW

Sara Gold 539-1307

Length: Indefinite  
First meeting: To be announced  
Location: To be announced  
Limit: 20

In beginning Hebrew, participants will learn the alphabet and begin reading in Hebrew. The rest of this course will depend on what the people in the course want to accomplish. (Sara taught Hebrew for two years in Massachusetts and New York.)

COLLEGE CREDIT WHERE CREDIT IS DUE

John Steffan 532-5566

Thursdays, 7:30pm  
Length: 2 times  
First meeting: Oct 6  
Location: KSU, UMBERGER HALL, Rm 315

This is a "how to" course on building portfolios which document non-sponsored (life experience) learning for presentation to college faculty members who might award credit. It includes some background on the Non-Traditional Study Program at KSU. We'll start building portfolios the first week, and look them over the second week.

(John is the director of the Non-Traditional Study Program at KSU.)

OLD TRANSCRIPTS - NEW DEGREES

Bobbie Flaherty 532-5566

Wednesday, 7-10pm  
Length: One time  
First meeting: Oct 5  
Location: KSU, UMBERGER HALL, Rm 309

Persons interested in returning to college yet unsure as to what would remain for them to complete a degree will be able to discuss degree possibilities and how previous work might apply. Bring copies of previous transcripts. We will also cover alternative course offerings available to the student. Advisors from some colleges on campus will be present to deal with specifics.

(Bobbie has been an advisor in the Non-Traditional Study Program for the past two years.)

TUTOR ENGLISH FOR INTERNATIONALS

Delores Beal 776-7109  
Becky Swink 539-3432

M, W, Th, F 9:30-11am  
M, T, W, Th 1:30-3pm  
M, W 7-8:30pm

Length: Indefinite  
First meeting: You will be contacted  
Location: KSU, International Center

We need caring Americans to meet with small groups of international women to help them learn English and about life in America. We have good texts as well as experience in teaching English as a second language and can teach you what you need to know about tutoring English. If you are a good listener and a caring person, you qualify. These women have as much to share with you as you do with them. Staff meetings will be held once a month to exchange new ideas and to discuss any problems which may arise. (Becky and Delores have been working with international student wives this past summer.)

LOOKING FOR LIVING SPACE

Carla Fears 532-6453

Tuesday, 7pm  
Length: One time  
First meeting: Sept 27  
Location: KSU, Union, Rm 207

Carla will cover all the different ways and means of looking for a place to live in Manhattan. She will briefly discuss leases and contracts and how Kansas law pertains to them. Topics include how to set your priorities, how to meet your needs (money, location, condition, conveniences, and special services), inventory condition sheets, and renter's insurance. (Carla is the Off-Campus Housing Officer for KSU and a graduate student in the Department of Family Economics.)

YOUR PERSONAL INTERIOR ENVIRONMENTS

Cindi Jo DeVilbiss  
Mondays, 7:30pm  
Length: Indefinite  
First meeting: Oct 3  
Location: New UFM House  
1221 Thurston  
Limit: 15

This course will encourage you to interact with your personal environments and make them work for you. We will deal with analyzing the uses of spaces and discuss how their efficiency might be improved. The organization of interiors affects the behaviors and moods of everyone who use them. (Cindi Jo is a student in interior architecture.)

TIME MANAGEMENT

Enid Stover 539-4366  
Thursdays, 7pm  
Length: 2 times  
First meeting: Nov 17  
Location: KSU, Union, Rm 207

Are there lots of things you want to do, but never seem to have enough time to get them all done? Learning how to schedule your priorities could help immensely. This session is designed to help you use your time effectively to accomplish what you want to. (Enid is an instructor with the KSU Center for Student Development.)

OUR NEW HOME

While you're reading this piece of news, UFM is moving. We're leaving our house at 615 Fairchild Terrace and moving into a new home at 1221 Thurston, just across the street from Justin Hall on the K-State campus. Our new location is the former Straube Scholarship House and it has three times as much footage as our old location. To serve the community better, we are planning for increased crafts and kitchen facilities. Parking also will no longer be such a problem. We will even have a small amount of outdoor recreation space. Both the KSU Drug Education Center and the Fone Telephone and Walk-in Crisis Center will make the move with UFM.

Why is this move being made? Early this year, the staff and Board of Directors at UFM completed an assessment of physical space needs. Present office and meeting facilities have grown more and more inadequate as UFM has expanded its program. Particularly during the last two years, as expansion to state wide programming has developed, the need for more space has become acute.

We are now confident that we have found an ideal solution. This new home, once renovated, will serve us for years to come. In the spring, UFM will sponsor several fund raising events and activities to help pay for the building renovation. During the December holiday season, we will hold an open house. The local media will keep you posted on these events.

In the meantime, if you would like to do something like donate a couch or another piece of furniture, spend an afternoon painting or send a pre-spring contribution, just let us know, at our new UFM House, 1221 Thurston, Manhattan, KS, 532-5866.

WHO WE ARE

Again we welcome you to our offerings for the fall and hope that you will find herein something special just for you. The variety of courses and projects reflects the broad range of interests, hopes and dreams of those of us who work here. We want to re-emphasize our reliance on hundreds of volunteers who help us in many ways throughout the year. Without these good folks, UFM would not exist - and we appreciate their efforts enormously. UFM receives funds from the KSU Division of Continuing Education, the Student Governing Association, the Manhattan-Riley County Chapter of the United Way, Department of Human Resources, ACTION, and The Fund for the Improvement of Postsecondary Education. Because of these groups, and the kind people who contribute to UFM as a tax exempt non-profit group, we are alive and well. To all, we extend our warmest thanks.

We welcome, this time around, Bill Draves, who will join our rural project staff. We say a fond farewell to Nina Miley, Tom Ernst, Steve Abrams, and Velina Houston and wish them all very well in their new undertakings.

A Special Adieu goes to our dear friend, Ann Swegle, who is moving to another state. Ann, for three years you have been a joy, a source of laughter, a trojan worker, and the spot you leave will be hard to fill. We have all learned enormously from you, Ann, and now in your absence we will try even harder to put those lessons to good use.

With love from all of us at UFM

CONTINUING OUR STATEWIDE WORK

This summer UFM was delighted to have received approval of a grant proposal to the Fund for the Improvement of Postsecondary Education (FIPSE). Having spent the last two years developing successful programs of free university-community education in 12 rural areas of the state, this new project will allow us to extend that experience. We have three main goals:

1. To identify individuals and communities who would like to start a free u-community education program and provide training for them.
2. To produce a "How to Start Your Own Free u" manual.
3. To create greater awareness in Kansas of the values and benefits this kind of program can provide to a community.

We look forward to working collaboratively with groups such as the Center for Community Education, the College of Education, KSU, the Division of Continuing Education and other individuals and organizations throughout the state. Anyone interested in further details should call UFM at 532-5866.

UFM EVENING CHILD CARE

The UFM Evening Child Care Center will again be open this fall. We are looking for parents and other interested persons to volunteer to work and/or serve on a new Board of Directors, as the Center will soon transfer out from under UFM supervision. To volunteer or for any further information, please call Melody at UFM, 532-5866.

Hours: 6:30pm-11:30pm, Monday thru Friday  
Ages: 2½ - 12

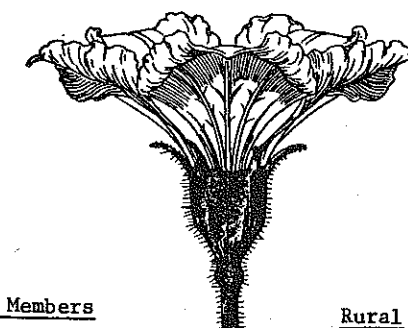
Fees: 60¢/hr (each additional child is 30¢/hr)  
Location: 503 N. 6th (Sunwheel Children's Center)

RESERVATIONS ARE REQUIRED Call in at 6:30pm to reserve for that evening or for a later date, 776-4116.

We also require an acceptable snack, bedding (if staying past 9pm), and a current health form.

We would like to thank the many good people who thru their talents and interests had a hand in creating this issue. They are: Steve Hermes, Mark and Tim (ideas & inspiration), Bob Corum (translation), Dick Lundberg (patience), Ray Keen & Max Miller (horticultural expertise), Judy Exdell (enthusiasm and match-making), Linda Morse & Lori (typing).

Drawings: "Etude de la Plante", M.P. Verneuil  
Calligraphy: Anthony Chelz  
Layout design: Doris Hoerman, with more than a little help from her friends



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Joe Rippetoe  
Melody Williams

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Jim Killacky

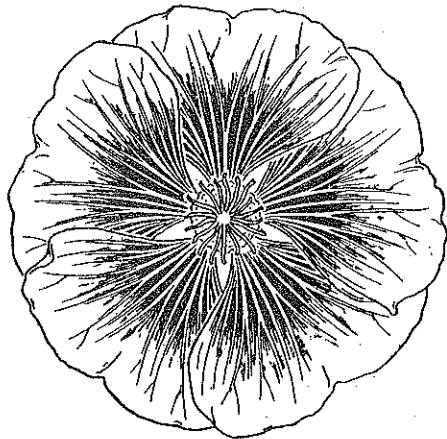
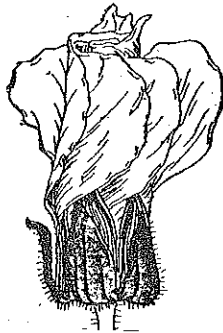


# Registration

Sept 19, 20, 21 - KSU Union, Main Concourse - 9am-4pm

Sept 19 - Manhattan Public Library - 9am-8pm

Sept 19 - UFM House, 1221 Thurston St - 9am-4pm



If it is impossible for you to come to one of the above locations, you may call 532-5866 on Sept 19-21, 9am-5pm only. Please limit your call to 4 classes. We realize there are often long waits at registration and we continually make an effort each time to reduce the waiting period and improve the registration process. We apologize for inconveniences and ask that you help us as we attempt to speed the process of taking over 4,000 registrations in 3 days!

You can help speed registration and reduce frustration if you will limit yourself to classes you're sure you can attend. Check your calendar before registration and record dates of your classes. If you register:

- leaders can prepare the proper number of handouts
- order supplies
- contact you if there is a change in the class

If you enroll for a limited class, it's crucial that you notify the leader if you cannot come. Members on the waiting list may then be able to join the group.

*University For Man*  
*1221 Thurston*  
*Manhattan, Kansas 66502*