

University

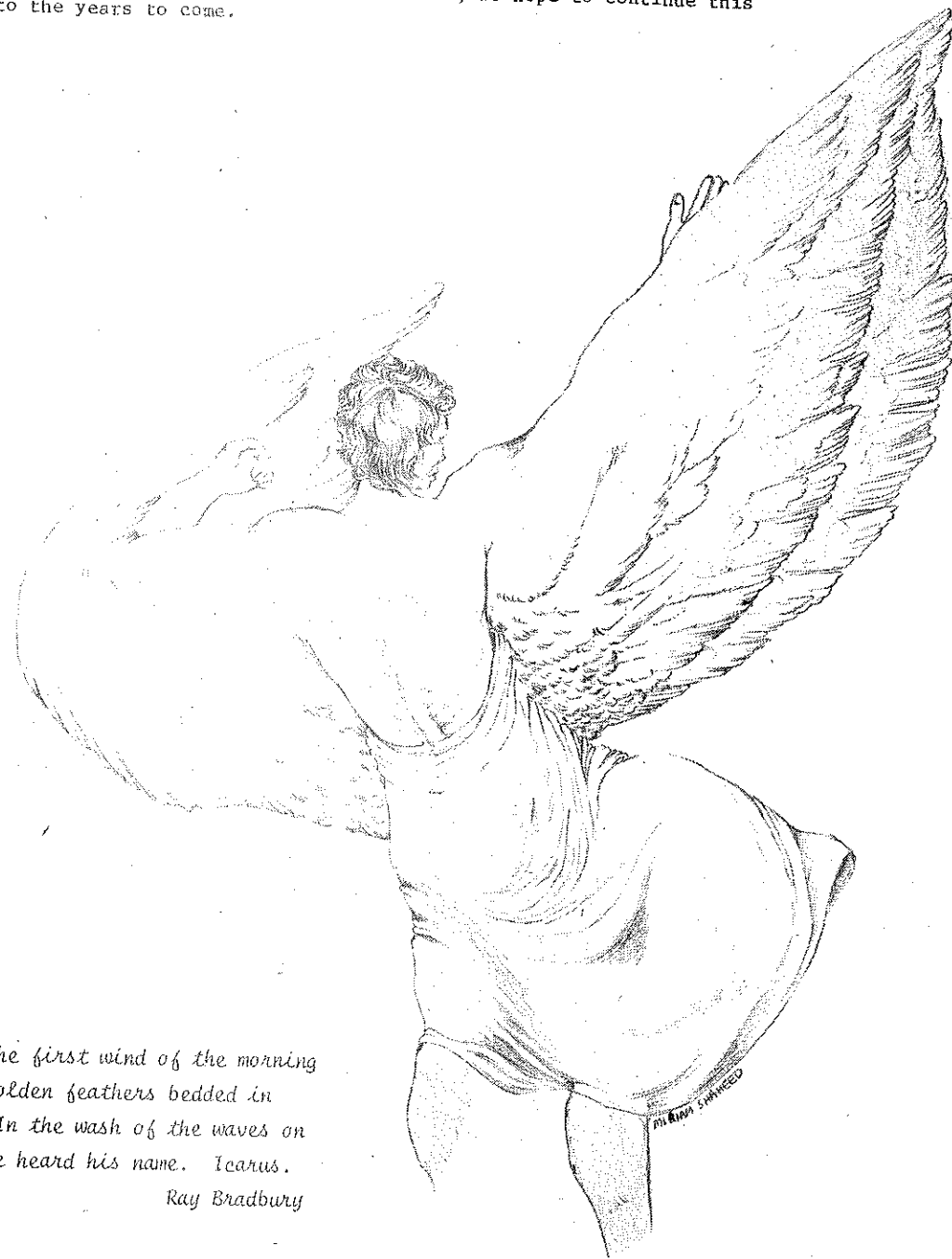
For Man

Spring 1977

M. SHAHEED

As you scan the pages of the Spring '77 UFM Brochure (the 28th in our history at K-State and the Manhattan community), we hope you will take a moment to enjoy and reflect on the artwork of mythological gods by Miriam Shaheed. The illustrations depict an era of myths and legends dating to the origin of our universe. It was a time of feasts, fighting, and fantasies when gods such as Apollo and Jupiter gathered at Mount Olympus to feast each day on ambrosia and nectar. So be the guest of the gods and imagine yourself at the arena, or in the fields and woods of Pan's empire, or on the banks of the River Ocean, and recreate a legend that is only alive in the hearts and minds of those of us who enjoy a glimpse of the past.

In beginning our tenth year of programming here in Manhattan, we at UFM feel that a sense of community is an important and an essential part of our everyday lives. As we look back upon the beginning of UFM and the seven courses offered in that first brochure during the spring of 1968 (remember draft counseling and Toward the Year 2000?) we are somewhat awed by what has happened to us since. What has happened? Well, growth - more courses and projects, grants and other things. But our constant effort is to help preserve the sense of community which was a part of mythology and we hope of our lives today. Thank you for growing with us the last nine years, and with your continued support and enthusiasm, we hope to continue this philosophy into the years to come.



He felt the first wind of the morning
ruffle the golden feathers bedded in
amber wax. In the wash of the waves on
the shore, he heard his name. Icarus.

Ray Bradbury

A ROUND OF APPLAUSE

We hope you all realize that we appreciate the fact that so many people participate in UFM happenings. Without you there would be no UFM - so to our participants we offer a large round of applause. UFM is financially supported by the KSU Student Governing Association, Division of Continuing Education, the Manhattan chapter of the United Way, project grants from the Fund for the Improvement of Post-secondary Education (FIPSE), the Kansas Committee for the Humanities and the Emergency Jobs and Unemployment Act, Title VI.

Because of these groups and those individuals who contribute to us as a non-profit tax exempt organization, we are able to do what we do free of charge to participants. To all we offer warmest thanks and a huge round of applause.

THE UFM HOUSE

Situated at the corner of Fairchild Terrace and Sunset Avenue, the white stucco house which is UFM's home is also the location of the Fone, the Drug Education Center, lots of courses and meetings, and a pottery center. We invite you to drop in and say hello. Parking is a real problem, so please walk or ride a bike.

POTTERY ROOM

A kiln and two potter's wheels are available for your use. A schedule of available times can be obtained at the UFM house. Studio rates are \$15.00 for the semester, Feb 15 - May 10, limited to 5 hours per week. For part-time use it's 50¢ per hour. Please sign up for the hours you would like to use the studio and pay your fees at registration in the KSU Union.

SHAPING RURAL KANSAS

On Mar 11-12, University for Man will sponsor a conference on rural community change. The 1½-day conference, "Shaping the Future of Rural Kansas: Conversations on Community Change," will be held in Manhattan at the K-State Union. Conference activities revolve around three broad topical areas: Education, Human Services and Community Development. Former Oklahoma senator Fred Harris will deliver the keynote address. A listing of all activities and participants can be obtained by contacting UFM.

The conference is made possible by a grant from the Kansas Committee for the Humanities, an affiliate of the National Endowment for the Humanities, and by a gift from the Archdiocese of Kansas City.

STAFF MEMBERS

Dave Ayers
Steve Ernst
Doris Hoerman
Velina A. Houston
Sue Maes
Ann Swegle
Melody Williams

Resident Overseer

David Kaup

Welcome to New Staff

Jean Goldman (crafts & pottery)
Teena Hosey (Rural Kansas Projects)

Cover & Artwork: Miriam Shaheed with assistance
from Jean Goldman

Layout Design: Doris Hoerman

HELP!

If you took a UFM course last fall and have not yet returned your questionnaire, it's not too late. Please return it as soon as possible. Thanks.

Rural Kansas Projects

Steve Abrams
Jim Killacky
Joe Rippetoe

Cable Television

Nina Miley

High School Staff

Miriam Shaheed

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Community

PEOPLES ENERGY PROJECT: A CITIZEN'S MONUMENT

Paul Johnson 1-842-3156
Thursday, 7:30pm
Length: One time, Feb 24
Location: KSU Union, Rm 206C

This will be a presentation by the PEP, an organization fighting for the right of the consumer in a corporate-monopolized energy industry. Paul will explain the history, framework, and projects the organization deals with and visit with those people of our community who would be interested in starting a local chapter. Paul will also be available Feb 24 to visit with any local citizens, classes, or organization that would be interested. Please call UFM for scheduling.
(Paul is a staff member of PEP from Lawrence, Ks.)

SCHUMACHER IN RETROSPECT

Mike Larimer 1-864-3288
Wednesday, 3:30pm
Length: One time, Mar 9
Location: KSU Union, Rm 212

This will be a forum-discussion of E.F. Schumacher's KSU convocation earlier in the day. Topics of discussion will include neighborhood self-reliance, the options open to people involved in community organization issues, and the workability of Schumacher's philosophy toward them.
(Mike is on the staff at the Institute of Public Affairs and Community Development at the University of Kansas.)

STOP THE B-1 BOMBER

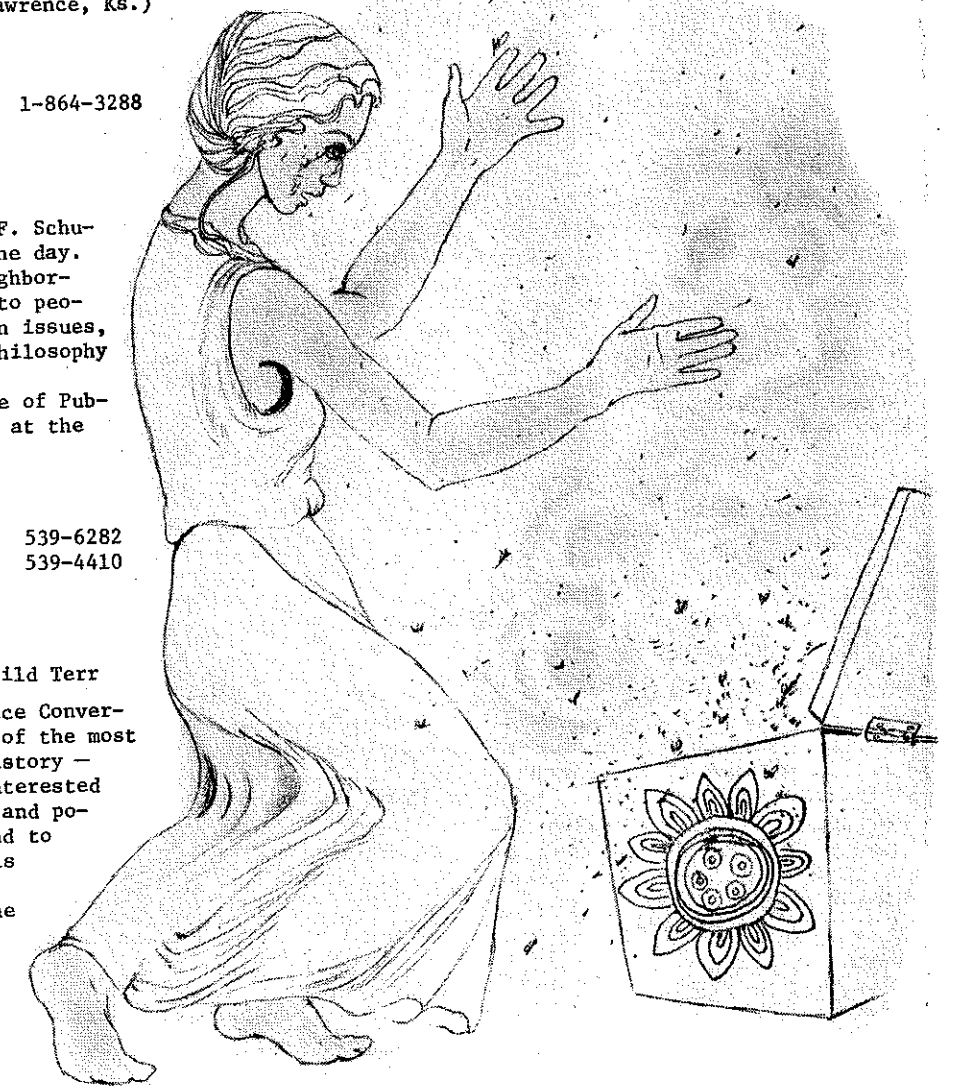
Larry Madsen 539-6282
Tom Moore 539-4410
Thursdays, 7:30pm
Length: Indefinite
First Meeting: Mar 3
Location: UFM Living Room, 615 Fairchild Terr

More than 3 years ago, a National Peace Conversion campaign was formed to stop one of the most costly national defense systems in history - the B-1 Bomber. We hope to inform interested citizens about the economic, social, and political implications of the bomber and to continue a local campaign against this military waste.
(Larry and Tom have been active in the Continental Walk for Disarmament and Social Justice.)

A PROPHECY OF THE KANSAS LEGISLATURE

Ken Allen 532-3695
Wednesday, 7:30pm
Length: One time, Mar 2
Location: KSU Union, Rm 203

Have you wondered if the death penalty will reappear on the statutes this year? How about liquor by the drink, decriminalization of marijuana, the student loan act or increased solar energy funds for the state of Kansas? Ken will lead you thru the mountains and valleys of our Kansas legislature and throw out a few educated guesses about these issues.
(Ken is a pro concerning the legislature of Kansas.)



Epimethius had in his house a box...a box whose contents provided continued excitement to Pandora's curiosity. Eager to discover the contents of the box, and not knowing the consequences of her action she slipped the cover off the container, releasing a multitude of plagues which quickly scattered themselves over the earth. Pandora hastened to replace the lid but alas; the contents of the box had escaped leaving a glow in the bottom of the box; that glow was hope...

Political Officials Series

This series is being presented for Kansas State University and Manhattan community members so that they might meet and discuss governmental policies with their elected and appointed officials. We would like to thank those officials participating in the series, the Kansas State University Young Democrats, and all those other individuals who have volunteered to work on the programs. All scheduled programs will be held in Room 212 of the Kansas State University Union at 7:30pm.

March 2	Lynn Helebust	Director of the Kansas Governmental Ethics Commission
March 23	Donn Everett	Kansas Senator -- 21st District
March 30	Joan Finney	Treasurer of the State of Kansas
April 11-15	Representative Martha Keys	2nd Congressional District Representative
To be announced	Representative Dan Glickman	4th Congressional District Representative

MANHATTAN COULD BE A PRETTIER PLACE TO LIVE

Vanessa Leach 539-7038
Sundays, 7:30pm
Length: Indefinite
First Meeting: Feb 27
Location: 1600 Laramie
Limit: 10

The primary purpose of this group is to create a working foundation with which concerned community members can take positive and creative action to promote horticultural highlights for our community. Hopefully we can become incorporated and provide worthwhile activities involving Manhattan community members.
(Vanessa has been involved in past projects of this kind in other communities.)

SCA -- WHAT'S THAT?

Phil Palma 532-6541
Chris Badger
Ken Allen
Monday, 7:30pm
Length: One time, Feb 28
Location: KSU Union, Rm 204

This class is for those people who would like to know more about Student Governing Association and the services it provides to the K-State student.
(Chris is the 1976-77 Student Body President. Phil and Ken are student senators.)

SOCIALIST STUDY GROUP

Sundays, 7pm
Length: Ongoing
First Meeting: Feb 20
Location: 1209 Kearney

Formed this summer, the socialist study group is designed to explore a variety of perspectives on socialism including the ideologies of Marx, Lenin and Mao. Works planned for group study and discussion this semester include Engels' "Socialism: Utopian and Scientific" and "The German Ideology" - with other works to be determined later by the group. Anyone with an interest in socialism is encouraged to attend. Call Mark or Janeen Creamer for more information at 537-2044.

HERITAGE OF THE WESTERN WORLD for AUDITORS

Robin Higham 532-6733
Tuesdays & Thursdays, 9:05am
Length: Semester
First Meeting: Feb 22
Location: Denison Hall, Rm 219, KSU
Limit: 25

This class provides an opportunity to see the great background of the present age in which we live unfold topically thru 2500 slides and a series of short, wide-ranging lectures.
(Robin was born in England and has traveled and taught around the world.)

PARENTS & EDUCATION

BETWEEN PARENTS AND HOMEWORK

Jim Knott 776-8175
Mondays, 7:30pm
Length: 3 weeks
First Meeting: Mar 21
Location: UFM Living Room, 615 Fairchild Terr

A discussion of school-related problems in connection with homework difficulties. This class will try to bridge the gap for parents and students who find it hard to communicate when it comes to homework.
(Jim is presently a school psychologist for the Manhattan school system.)

HEAD START VOLUNTEER TRAINING

Phyllis Long 539-4120
Monday, 7-9pm
Length: One time, Mar 14
Location: Lee School Annex, Canfield & Anderson

Have you ever thought about volunteering some time to work with pre-school children? Come and learn what we do at Head Start and where you can fit in.
(Phyllis has been a volunteer chairperson for Head Start for 3 years.)

PARENTS ANONYMOUS DISCUSSION GROUP

Carolyn Coates 539-3458
Monday, 7pm
Length: One time, Feb 28
Location: 506 N. 6th St (NW corner)

Manhattan does not yet have a Parents Anonymous group but several people have expressed an interest in starting such a group. Would you like to meet, or leave your phone number to talk with others who have the worries and frustrations of being a parent? Phone if you wish to exchange phone numbers. Baby-sitting will be provided free if you phone by Feb 26.
(Carolyn is actively involved with the Family Services Coordinating Council and sees a great need for such a group.)

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

Dave Hursh 539-1677
Sue Sandmeyer 776-5339

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.)

WHO IS ADOPTABLE?

Carolyn Coates 539-3458
Teena Hosey 532-5866

Tuesdays, 7:30pm
Length: Indefinite
First Meeting: Feb 22
Location: UMHE Conversation Pit, 1021 Denison Ave

A baby? An older child? A foster child? Maybe minority or handicapped children? Are you already an adoptive parent, have had experience with foster or minority children, or are interested in becoming an adoptive couple or single parent? Please come to our first meeting which will be a general discussion of topics requested by the group. In further meetings, we will find resource people to answer your questions.
(Carolyn is an adoptive parent interested in seeing foster children find families. Teena hopes to become a single parent.)

LEARNING CENTERS

Mary Harris 539-3118
Monday, 7-9pm
Length: One time, Mar 7
Location: UMHE, 1021 Denison Ave
Limit: 25

Mary has been interested in the use of learning centers in the classroom, collected numerous how-to books, and constructed many samples. She would like to share these resources with teachers and others who work with children.
(Mary teaches in the College of Education at KSU.)

LEARNING & THE OPEN CLASSROOM

Dave Hursh 539-1677
Sue Sandmeyer 776-5339

Sign up at registration and you will be contacted.

We are interested in talking about and learning more about the open classroom. Possibilities for discussion: how children learn, designing classrooms, disciplining children, and teaching the usual and not so usual (media, architecture) subjects in the open classroom. Come to the first meeting, and we'll get to know each other and make some decisions about what directions the group wants to go in.
(Dave and Sue both teach in the Living/Learning School.)

WHAT IS MONTESSORI?

Kathleen Hursh 539-1677

Sunday, 7pm
Length: One time, Feb 27
Location: 503 N. 6th
Limit: 15

I would like to share the joys and magic I feel while working with young children, using some ideas and methods devised by Maria Montessori. We will meet in a pre-school equipped with Montessori materials and can talk of the early history of the Montessori approach and its growth — the different areas of the classroom environment and the purpose of the equipment in the development of the whole child.
(Kathleen taught 2 years in a Montessori school in Omaha and operates a pre-school in Manhattan.)

OLIO

LANDLORDS

Carolyn Coates 539-3458
Wednesday, 7:30pm
Length: One time, Mar 9
Location: KSU Union, Rm 206C

Please join us if you are trying to provide decent reasonably priced housing for PEOPLE (elderly, students, etc.) with limited ability to pay. Did you know financial counseling is available to tenants? Are there better ways to handle utilities and repairs? Other topics of interest are open for discussion.
(As a landlord and concerned citizen, Carolyn is interested in the many problems facing landlords and tenants in Manhattan.)

PEACE CORPS VOLUNTEERS

Ted & Nancy Granovsky 539-6842
Thursdays, 7pm
Length: Indefinite
First Meeting: Feb 24
Location: KSU Union, Rm 203

We would like to get together with international students, former Peace Corps volunteers, and others who are interested in learning about the experiences of the Peace Corps and the people they work with.
(Ted and Nancy served as Peace Corps volunteers in Paraguay.)

Aging Series

OLD IS NOT A FOUR LETTER WORD

University for Man is pleased to introduce a new 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. All classes will be held in Apartment Towers, 300 N. 5th, or Carlson Plaza, 425 Pierre. Please register for each individual session you plan to attend.

- April 4 The Legalities of Older Age Judy McKee 2pm Carlson Plaza
A discussion of the legal hassles of growing young in America. Judy is a local Attorney.
- April 20 Retirement? Dr. James Seeber 2pm Apartment Towers
This will be a discussion of the major adjustments encountered in retirement and how to make creative responses to retirement. Dr. Seeber is the Director of Area Agency on Aging.
- April 22 Supportive Services Winifred Endicott 2pm Apartment Towers
Local services in the Manhattan area will be discussed. Winifred is the Assistant Nutrition Director of the Area Agency on Aging.
- April 28 How Do You Feel About Red Tape -- Legislative Issues Affecting the Elderly
Discussion of legislative issues affecting the elderly and how to make your feelings known. Rosie is currently working on her M.A. in political science.
Rosie Rieger 7:30pm Apartment Towers

MONEY, MONEY, MONEY!

Albie Rasmussen 532-5515
Tuesdays, 2:30pm
Length: 3 weeks
First Meeting: Mar 1
Location: Carlson Plaza, 425 Pierre

Whether it be insurance, health care, budgeting, medicare or consumer hassles, we will take a new look at ways our older community members can take advantage of existing programs.
(Albie is a professor of Family Economics at KSU.)

THE OLDER PERSON IN THE FAMILY HOUSEHOLD

Dr. Bruce Burdick 776-9411
Monday, 7:30pm
Length: One time, Apr 11
Location: Apartment Towers, 300 N. 5th

This meeting will explore the psychological and economic stresses of multigenerational households. The group will continue if interest is shown.
(Dr. Burdick is a Manhattan psychiatrist.)

Spring Film Series



This film discussion series was designed by University for Man to feature topics of interest to people in Manhattan. We would like to express our thanks to Tommy Starnes and the Douglass Community Center for the funding of this series and to those people who will facilitate discussion in conjunction with the film. All films will be presented at the Douglass Community Center Annex, 901 Yuma, at 7:30pm.

- February 28 "The Inheritance" Dr. Robert Zieger -- Professor of History, KSU
An historical analysis of the labor movement in the United States, beginning with the social disturbances of the 1960's; an update on the labor movement to the present.
- March 16 "Black History: Lost, Stolen, or Strayed" Ken Lewallen -- Instructor of History, KSU
Bill Cosby provides a guided tour through a history of attitudes, black and white, and their effect on the Black American.
- April 18 "Inside Out" Sue Maes -- University for Man director
This film deals with our educational system and the positive experiences community interaction and involvement can bring about in education.
- May 9 "Barefoot Doctors of Rural China" Dr. Jan Flora -- Professor of Sociology, KSU
This film examines China's innovative efforts to provide adequate health care services for its agrarian population and focuses on the policy of combining both Chinese and Western Techniques.

ALTAIR/IMSAI COMPUTER COOPERATIVE

Bob Kirk 539-8484
Sign up at registration and you will be contacted.
How many Altair brochures are there in Manhattan?
How many actual systems? Personal computing may be cheap, but it ain't free. Want unlimited access to an \$8000 everything system? How about rotating interrupt priority and \$7500 in your pocket? Also shared maintenance/insurance/depreciation, the fellowship of other computer freaks, and a place to hang out when your terminal doesn't understand you. How much, how many, and where to put it? Anyone got a scope? Or micro experience?
(Bob is interested in computers and would like to see a successful computer cooperative organized in Manhattan.)

MANHATTAN TOASTMASTERS

Steve Adkins 537-8646
Tuesdays, 7:30pm
Length: Indefinite
First Meeting: Apr 19
Location: Kansas State Bank basement, IOIO Westloop

The Toastmasters Club meets regularly and provides its members with a professionally designed program to improve their abilities in communication and to develop their leadership and executive potential. Members have the opportunity to deliver prepared speeches and impromptu talks, learn parliamentary procedure and then be evaluated in detail by fellow Toastmasters. Visitors are always welcome to meetings, but the meeting Apr 19 will be a special meeting directed toward UFM enrollees. Open to men and women.

COSMOPOLITANS

Fridays, 8pm
Length: Ongoing
First Meeting: Feb 25
Location: UMHE Center, 1021 Denison Ave

This is an international organization providing an opportunity for foreign students and Americans to meet each other and learn about the many different cultures and customs that are represented in the KSU/Manhattan community.

HOSTELING IN THE U.S. AND ABROAD

Patt & Warren Rempel 539-4281
Wednesday, 7:30pm
Length: One time, Mar 2
Location: UMHE Center, 1021 Denison Ave

This class will deal with low-cost travel by using the network of youth hostels scattered across the U.S. and abroad. We'll deal with hostels, who can use them, and discuss planning a hostel trip. (Patt and Warren have had much experience in hostel-ing and own and operate a hostel in Grand Lake, Colorado.)

INTERNATIONAL ONE TO ONE PROGRAM

Allen Brettell 532-6448
Do you want to broaden your knowledge of other countries? Do you want to be a friend to an international student? Do you want to help someone learn your English Language? The International One to One Program gives you the opportunity to be a buddy to a new foreign student, to show him your culture, and to learn about his. To learn more about the International One to One Program, call the Foreign Student Advisor, Allen Brettell, 532-6448

Lawyers Series

Thanks to the cooperation 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 Wednesday evening at 7:30pm in KSU Union Room 213. Room size allows only 30 participants so please register for each session you plan to attend.

- February 23 Equal Rights Amendment
An historical analysis of women in the law and the implications of the passage of the ERA. William K. Stoos.
- March 2 Divorce and Marriage
If you are thinking of making the big step or wish you hadn't, this class will explore the issues of getting married. Robert Littrell.
- March 23 The Developing Laws of Privacy
An analysis of the state and federal statutes with special emphasis on the Privacy Act of 1974 and the Freedom of Information Act. William K. Stoos.
- March 30 Do You Really Need a Lawyer?
The implications involved in the necessity of legal services will be discussed. Don Weiner and Henry Otto.
- April 13 Estate Planning for Young Marrieds
Family financial planning will be discussed. Don Weiner and Henry Otto.
- April 27 Estate Planning for Young Singles
Financial planning such as wills and trusts will be discussed. Don Weiner and Henry Otto.

FABRIC AND FIBER

CONTEMPORARY BATIK

Kathleen Hursh 539-1677

Tuesday, 7pm
Length: One time, Feb 22
Location: 1022 Kearney
Limit: 15

Kathy would like to share what she knows about this exciting craft. She will show materials used to batik, and pieces in different stages of creation. We can talk about suitable designs, techniques, and processes. Bring pieces you've batiked...if you've tried this craft!
(Kathleen has taught this class before and has been experimenting with batik.)

BATIK

Rhea Knott 776-8175

Tuesdays, 7pm
Length: 3 weeks
First Meeting: Apr 5
Location: New Art Building, Rm 207, KSU
(Old Chemical Engineering Bldg)
Limit: 12

Batik is the art of designing fabric by using a wax and dye resist. I will discuss different types of dyes and various methods of applying wax. As a project you will begin with a plain piece of cotton fabric and end with a multi-colored fabric that is color-fast and washable.
(Rhea is a talented artist and teacher in many media and is currently interested in exploring batik.)

BEGINNING CROCHETING

Carrie Coonrad 776-6404

Mondays, 1:30-3pm
Length: 4 sessions
First Meeting: Feb 28
Location: Apartment Towers, Conference Room, 300 N 5th
Limit: 8

I will teach single stitch, double stitch, and french knots. Bring two skeins of rug yarn and a #11 hook.
(Ms. Coonrad has been crocheting for 50 years.)

BEGINNING KNITTING

Flossie Curtis 776-4464

Thursdays, 1:30-3pm
Length: Indefinite
First Meeting: Feb 24
Location: Apartment Towers, 2-G, 300 N. 5th
Limit: 8

We will cover the basic stitches. Bring #6 needles and Wintuk or Sayelle weight yarn. We'll continue until everyone can knit and pur1.
(Flossie is a many-talented senior citizen.)

LEATHER BRAIDING

Peter Kazan 537-8787

Wednesday, 7pm
Length: One time, Mar 2
Location: #93 Redbud Estates
Limit: 10

This will be a one time demonstration of the art of leather braiding. From an assortment of Peter's designs for leather chokers and bracelets the group will choose one that they would like to see made and Peter will hand craft it. References and information on supplies will be available for those who wish to pursue the craft further.
(Peter likes to live with handmade objects, and is always designing and making beautiful things.)

MAKING FABRIC PURSES

Dorothy Koepsel 539-5589

Wednesdays, 7:30pm
Length: Indefinite
First Meeting: You will be contacted
Location: 2815 Illinois Ln

How to make fabric purses with your own fabric. Construction with provided patterns or your own patterns to be done during class. Quilted, pieced, embroidered or plain fabrics can be used. Samples of fabric purses will be demonstrated if you are uncertain of the style you want.
(Dorothy greatly enjoys seeing personalized clothing, and has created many items herself over the years.)

QUILTING

Nancy Griffin 485-2762

Tuesdays, 7:30pm
Length: Ongoing
First Meeting: Feb 22
Location: St. Paul's Episcopal Church, 6th and Poyntz
Limit: 12

Quilting has been a great joy to me. It takes patience and time, but it's fairly simple to learn and execute. I would like to teach quilting along with patchwork, design, and color which all together make up the craft. This class can be as basic or advanced as you want it.
(Nancy has had lots of experience in the textile arts and quilting is one of her favorites.)

ADVANCED QUILTING

Mildred Nelson 776-5202
Rhea Normington 776-4139

Mondays, 7pm
Length: 2 weeks
First Meeting: Feb 21
Location: Apartment Towers, Conference Room, 300 N 5th

After you've chosen your pattern and pieced it together, we will show you the variety of ways of "quilting", to put the finishing touches on your creation. There will be examples of quilts made by senior citizens at the first meeting. Bring a patchwork pillow top that is ready to be quilted and we will help you get started. Contact the leaders if you have any questions.
(Ms. Nelson and Ms. Normington together have 36 years of quilting experience.)

QUILTING GET-TOGETHER

Sheila Sapienza 539-6629
Connie Sundstrom 539-0485

Wednesdays, 7:30pm
Length: Ongoing
First Meeting: Feb 23
Location: 1617 Leavenworth

This class is designed for quilting enthusiasts to meet, share knowledge, and work on quilts. It is not a structured class but rather we will share what knowledge we have. Both beginners and advanced are welcome.

WEAVER'S FANCY

Patty Mueller 485-2777
Nancy Quinn 539-0184

Wednesdays, 8pm
Saturdays, 10am-4pm
Length: Ongoing
Meeting Dates: Mar 2 (meeting)
Mar 19 (workday)
Location: Home of Marilyn Friedrichs (Mar 2)
514 Fremont Ave, upstairs
Home of Susan Lala (Mar 19)
204 Colgate Terr

A forum for active weavers to exchange ideas, share experiences, and work on their hand weaving together for mutual encouragement and inspiration. There will be planned programs and informal work days. A materials fee of \$2.50/semester will be charged to cover rental of slide programs, materials, and similar activities. This is an ongoing UFM class. For information about One-day Weavers Fancy Special Programs, sign up at registration and you will be contacted.

FUNDAMENTAL OF RUG WEAVING

Harold A. Noyce 537-0866

Tuesdays, 7:30pm
Length: Indefinite
First Meeting: Feb 22
Location: 724 Moro
Limit: 6

The class will meet for a general discussion of materials, preparation of material, etc. Since there are 3 looms available we will choose partners, two to a loom. 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.)

ONE-DAY SPINNING WORKSHOP

Clara Barrett 539-5948

Saturday, 1pm
Length: One Time, Mar 5
Location: UFM Living Room, 615 Fairchild Terr
Limit: 20

This will be a one-day workshop to learn how to pick, card and spin wool.
(Clara has been spinning for about a year and is self-taught.)



As Daphne was transformed into a tree, Apollo stood amazed. He touched the stem and felt the flesh tremble under the new bark. He embraced the branches and lavished kisses on the wood. As Daphne's branches sank from his lips, Apollo uttered, "Since you cannot be my wife, you shall assuredly be my tree. I will wear you for my crown. I will decorate you with my harp and my quiver; and when the great Roman conquerors lead up the triumphal pomp to the Capital you shall be woven into wreaths for their brows. And, as eternal youth is mine, you shall be always mine, you shall be always green and your leaf know no decay".

NEEDLEPOINT

Mollie Goldstein 539-6647

Wednesdays, 1:30-3pm
Length: Indefinite
First Meeting: Feb 23
Location: 714 Humbolt, #5
Limit: 6

We will begin with the continental stitch and go on to others. Bring your project to class. Please call if you have any questions.
(Mollie has been doing needlepoint for 8 years.)

BEGINNING MACRAME

Peggy Blackburn 537-1994

Saturdays, 2:30pm
Length: 4 weeks
First Meeting: March 26
Location: Rocky Ford Trailer Crt. #38
Limit: 8

An introduction to macrame, looking at projects, choosing one to do, plus making an owl by using two simple knots. Beginners, come and join us!
(Peggy has been doing simple macrame projects for 3 years for fun and profit.)



CLAY

The UFM pottery studio is unusual in that it is a co-operative, maintained by the people who use it. So we ask that those taking pottery classes help out by signing up, during class, for some of the jobs that need doing to keep the place operational.

CLAY WITHOUT TECHNOLOGY

Graham Marks 539-1688

Saturday, 8:30-6pm
Length: One time, Apr 23
Location: Tuttle Creek - map will be provided
Limit: 50

We will spend the day at Tuttle Creek, digging our own clay, making pots, and firing them in an open pit fire. This event will be open to anyone regardless of experience. It is important that people can come early and stay all day. Please sign up if you can help with some preparations. There will be a sheet for this at registration.
(Graham went to graduate school at the New York State College of Ceramics at Alfred University, for the last two years. He is currently teaching clay at KSU and making large coiled vessels.)

CERAMICS: THE 4 BASICS

Miriam Shaheed 537-8576
Lori Carlson 539-8094

Wednesdays, 7:30pm
Length: 4 weeks
First Meeting: Feb 23
Location: UFM Pottery Studio (basement)
615 Fairchild Terr
Limit: 6
Materials Cost: \$7 - 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.
(Lori and Miriam have taken ceramics courses for several semesters.)

HAND-BUILT POTTERY

Nina Miley
Mondays, 1:15-3pm
Length: 6 weeks
First Meeting: Feb 21
Location: UFM Pottery Studio (basement)
615 Fairchild Terr
Limit: 12
Materials Costs: \$7 - Pay at registration

Learn the techniques of coil, slab and pinch pots and combinations of these. Constructions of simple functional objects will be stressed, such as bowls, planters and mugs.
(Nina has been involved with clay for 8 years, and originally set up the UFM pottery facility.)

WHEEL THROWN POTTERY II

Fred Engel 532-5327

Sundays, 1pm
Length: Semester
First Meeting: Feb 27
Location: UFM Pottery Studio (basement)
Limit: 10
Material Costs: \$7 - Pay at registration

This class will feature basic wheel throwing techniques as a continuation of the fall semester class. Participation in the fall semester class is mandatory for registration.
(Fred is an engineering technology student from the University of Utah where he also participated in a number of ceramics classes and shows.)

GLAZING WORKSHOP

Jean Goldman 776-3000

Monday, 6pm
Length: One time, Apr 25
Location: UFM Pottery Studio (basement)
Material Costs: \$2 - Pay at registration

This course is aimed for people who have some pieces that are already made and bisqued (if they haven't been bisqued yet bring them in one week ahead of time and we'll do it), such as people who work at home but have no kiln or who use the studio on their own. We will look at glaze samples, try to apply the glazes for different effects, and fire the work at cone five, a low stoneware temperature. If anyone can come in one hour before class to help weigh out and mix the glaze, please indicate this at registration.
(Jean has been involved with clay for a long time.)

CERAMICS

Cindy Alexander 539-8350

Tuesdays, 7:30pm
Length: Semester
First Meeting: Feb 22
Location: UFM Pottery Studio (basement)
615 Fairchild Terr
Limit: 10
Materials Cost: \$7 - Pay at registration

During the first few weeks of this course students will become familiar with the basic techniques of handbuilding. Wheels are also available for anyone who latter desires instruction in this method. We will also glaze and fire our pieces.
(Cindy is graduating this year with degrees in Ceramics and Education.)



OTHER CRAFTS

EASTER EGG PAINTING

Orysia Dawydiak 537-4221

Mondays & Wednesdays, 7:30pm
Length: 2 weeks
First Meeting: Mar 7 (Mon)
Location: New Art Building, Rm 207, KSU
(old Chemical Engineering Bldg.)

Limit: 10
For generations people in the Ukraine and in Eastern Europe have symbolically depicted their religious beliefs in Easter Egg Painting. We will see examples of this traditional work and learn how it is done. If you prefer you can use the techniques for your own original designs. Bring several smooth white eggs, uncooked.
(Orysia learned these ancient skills from her mother who is from the Ukraine.)

DECOUPAGE

Elsie Colbert 539-5624

Wednesdays or Thursdays, 7:30pm
Length: 5 weeks
First Meeting: Feb 24 (Thurs)
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 Feb 24. 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 it's beginning.)

JUST FOR KIDS: BOTTLE DECORATION

Pam Grout 776-3419
Mary Larabee

Saturday, 10am-12:30pm
Length: One time, May 7
Location: 1006 Vattier
Limit: 12
Age: 6-12 yrs

Here's a chance for kids to learn to make decorator bottles from simple household materials, have fun and meet other kids at the same time.
(Pam and Mary enjoy doing crafts with children.)

PIPE CLUB

Jim Lackey 539-4281

Wednesdays, 7pm
Length: Semester
First Meeting: Feb 23
Location: UMHE Center, 1021 Denison Ave

Our "pipe club" over the years has been a craft, a skill, a "fine art", an "awareness" group - play! We have made pipes, blended tobaccos, made strong smoke, consumed gallons of coffee, solved the major problems of the universe, etc. If such exercises appeal to your whimsies -- join us.
(Jim and friends have been providing wonderful "smoky" evenings for a long time.)

GLASSBLOWING DEMONSTRATION

Mitsugo Ohno

Wednesday, 7pm
Length: One time, Mar 23
Location: Cardwell Hall, Rm 102, KSU

A demonstration of the ancient art of glassblowing by one of America's most talented glassblowers. (Mitsugo recently had a glass replica of the White House accepted by the Smithsonian.)

BEGINNING STAINED GLASS

Tom Ryan 468-3634

Mondays, 7pm
Length: 6-8 weeks
First Meeting: Feb 21
Location: KSU Union, Rm 203
Limit: 15

We'll cover design, glass cutting, leading, soldering, and finishing of stained glass projects. We'll also discuss equipment and sources of materials. I'll provide glass for the first project at cost. Bring a glass cutter (available for about \$1.20) and a piece of cardboard to cut on to the first class. (Tom has worked with, struggled with, and enjoyed stained glass off and on for about 3 years.)

SHIP MODELING

Bill Paske 539-1346

Mondays, 8pm
Length: Indefinite
First Meeting: Feb 21
Location: 240 Westwood Dr.
Limit: 15

Anyone interested is invited to come and talk about modeling and solutions to problems in finding materials, tools, blueprints, and general background references! We will also try more ancient designs, such as rafts and Papyruform (primitive reed hulls). (Bill has been making ships since 1962 and is a member of the Nautical Research Guild.)

SOAPMAKING

Joyce Hoerman 776-3072

Thursday, 7pm
Length: One time, Mar 3
Location: UMHE Kitchen, 1021 Denison Ave

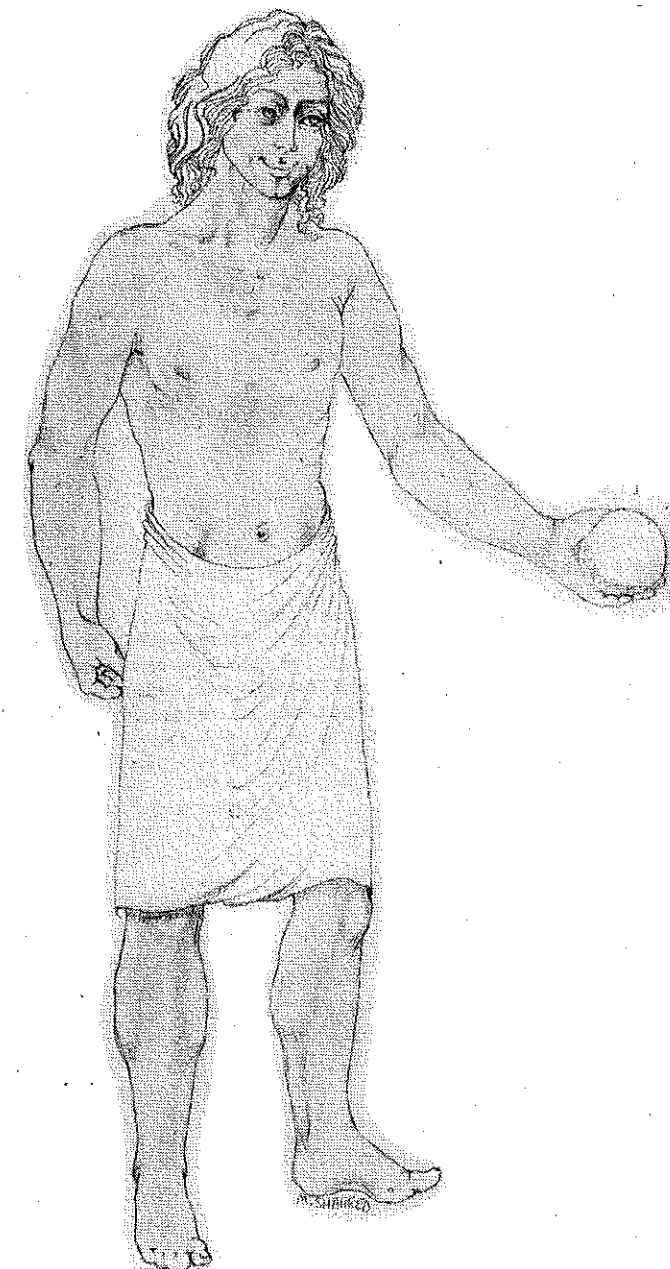
The basic technique for making homemade soap will be demonstrated in one easy lesson. (Joyce has made her own soap in the past.)

RILEY COUNTY HISTORICAL MUSEUM

The Museum is again sponsoring one of its award-winning terms of classes in Pioneer Skills. The American Association for State and Local History awarded the Museum a Certificate of Commendation for its previous series. This spring's classes will all begin on the same day at the same place: Saturday afternoon, March 5, from 2:00 to 4:00pm at the RCH Museum at 11th & Poyntz in the Memorial Auditorium Building. Other sessions of some classes will meet at a different time in succeeding weeks.

- CHAIR-CANING:** This popular class will meet for exhibit only on March 5. Succeeding sessions will be held on Tuesdays, beginning March 8, from 7:30-9:30, for six weeks. Bring your chairs on March 8. Fee for materials provided will be charged. Instructor: Barbara Poresky.
- SOAP-MAKING:** Learn the age-old method of your grandparents; then learn how to add scent, color, and to shape into bars. One session, March 5, 2pm, at the museum. Instructor: Nina Miley.
- TATTING:** A very old method of making lace with a shuttle. Come, learn, and help to continue a charming craft. March 5, 2pm, at the Museum. You will be instructed in what supplies you will need. Four sessions. Instructors: Mildred Ray, Ruth Sageser, Jessie Foveaux.
- CROCHET:** Another old-time lace-making skill, done with a hook. Three sessions. Come on March 11, Friday, from 1:00 to 2:30 at the Museum. Bring hook and thread or just come and the instructor will help you decide what supplies you will need. Instructor: Barbara Poresky.
- SPINNING:** One of the oldest known crafts. Take the sheep's wool and make thread from it. The oldest, or spindle method will be taught. You will also get to practice on a wheel. Fee for supplies: \$10. Three sessions. First session: March 5, 2pm at the Museum. Instructor: Susan Lala.
- RUG-BRAIDING:** A relatively simple and practical method of using up old fabrics and making something new, attractive, and useful. One session. March 5, 2pm at the Museum. Bring your materials and learn how its done. Instructor: Doris Hoerman.
- PATCHWORK AND QUILTING:** Are you into a project and not sure what to do about some problem? Do you want to get started in this kind of craft? Bring your questions and problems, or just your curiosity. Exhibit, and lecture, with problem-solving session on March 5, 2pm at the Museum. One session. Instructor: Barbara Poresky.
- WEAVING:** Do you know what an inkle loom is? A back-strap? A four-harness? Come and see the demonstration, hear the talk, ask questions, and learn how you can get started in this very old craft. If you can weave, but have problems come and the instructor can tell you how to solve them. One session: March 5, 2pm, at the Museum. Instructor: Georgia Lane.

Fine Arts



ART

SEMINAR IN ART THEORY

Alexander Glickman 776-6395

Sign up at registration and you will be contacted.
Location: 2021 Beck
Limit: 10

This seminar is for artists, art teachers, people who have studied art and have a strong interest in Art Theory. We will talk about how to look at fine paintings and sculpture so that we can understand how the artist used the elements of art: form, color, balance, harmony, space, time, movement. We will also discuss problems in art, such as conceptual/illusion, using slides and art works. Mr. Glickman is in the process of improving his English and asks students to be patient and understanding. (Mr. Glickman has just recently come to Manhattan from Russia where he was a lecturer at the Hermitage. He has also written many books and articles on art, and is a prolific oil painter.)

TRIP TO CHICAGO EXHIBIT OF TOMB TREASURES OF KING TUT

Roberta M. Clark 539-8004

Tuesdays, 7:30pm
Length: 2 weeks
First Meeting: Feb 22
Location: 1816 Cassell Rd (House with rabbit)
Limit: 12 at meeting; no limit for trip

Those interested in a trip to Chicago between April 15 and August 15 can call or come to these meetings to help plan one or more tours by bus, car, train or plane...or all four! I have planned tours before but any feedback is appreciated. (Roberta teaches at KSU and has conducted art tours for Artists Associated in Topeka in the past.)

OIL PAINTING

Rhea Knott 776-8175

Tuesdays, 7pm
Length: 6 weeks
First Meeting: Feb 22
Location: New Art Building, Rm 207, KSU
(Old Chemical Engineering Bldg)
Limit: 12

This is a basic class that will cover choosing a beginning palette, stretching and preparing your canvas, layout and design of the picture. We will begin with a small canvas and by the end of the class you will have a finished picture along with the knowledge of how to handle the materials. (Ms. Knott has been an art teacher, and is currently participating in invitational and nationwide art shows.)

ART ENVIRONMENT

Reneé Weil 776-4034

Thursdays, 6:30pm
 Length: Indefinite
 First Meeting: Feb 24
 Location: New Art Building, Rm 207, KSU
 (Old Chemical Engineering Bldg)

Limit: 12
 Materials Cost: Small fee for supplies - Pay at class

This course will introduce different art techniques for the inexperienced artist. We will be doing mono-printing, scratch board and perhaps some oil painting.

(Renee is a KSU senior in drawing. She has taught college and UFM drawing classes before.)

TOMBSTONE RUBBING

Carol Chelz 539-8813

Saturday, 1:30pm
 Length: One time, Apr 23
 Location: Meet inside Sunset Cemetary Gate

An introduction to tombstone rubbing, including discussion of the materials and the history of this art. Learn this enjoyable activity combining art, history, and design.

(Carol has been a museum curator and enjoys art.)

SILKSCREENINGRose Kocour 539-7881
Timothy Blacker

Thursday, 7:30-10pm
 Length: One time, Mar 3
 Location: New Art Building, Rm 207, KSU
 (Old Chemical Engineering Bldg)

Limit: 20
 A basic course in print making, including how to make a frame and how to use it. Learn the many uses of silkscreening for designs on T-shirts, Christmas cards and posters.
 (Rose has been doing silkscreening for several years.)

BASIC DARKROOM I & II

These classes will be working with the basics of developing and printing black and white film.

I. Rick Boucher 776-4231

Thursdays, 7-9pm m
 Length: 6 weeks
 First Meeting: Feb 24
 Location: KSU Union, 3rd Floor Darkroom
 Limit: 6
 Materials Cost: \$10 - Pay at registration

II. James Miller 776-7297

Saturdays, 11am-1pm
 Length: 6 weeks
 First Meeting: Feb 26
 Location: KSU Union, 3rd Floor Darkroom
 Limit: 6
 Materials Cost: \$10 - Pay at registration

(Rick has 15 years of amateur and professional photography experience. James has been into photography for the past 6 years.)

INSTAMATIC COMPOSITIONRoy Krantz 537-1095
Debbie Long 539-6609

Tuesdays, 7:30pm
 Length: 2 meetings
 First Meeting: Mar 1
 Location: 1105 Houston
 Limit: 15

A basic composition class for folks with automatic cameras--instamatics, polaroids, etc. The first meeting will cover basic rules of thumb to help you take better photos. Then we'll send you on your way to take a few rolls. The second meeting we will share photos with one another and talk about how we have improved. If more than 15 sign up, we will have extra classes.

(Roy has been a photographer for over 10 years and is now the editor of Flint. Debbie has enjoyed being a photographer for many years and worked with a weekly newspaper for a year.)

RARE BOOK TOUR

Evan Williams 539-1685

Monday, 7pm
 Length: One time, Mar 21
 Location: Farrell Library, Rm 501, KSU
 Limit: 30

Take a tour of the Special Collections and University Archives Department at the KSU Library, including books on the history of Kansas and K-State. (Evan Williams has been Special Collections Librarian at KSU for eight years.)

CREATIVE WRITING WORKSHOP

Ed Moses 537-2163

Wednesdays, 7:30pm
 Length: Indefinite
 First Meeting: Mar 2
 Location: Denison Hall, Rm 116B, KSU

For poets and fiction-writers, beginning and experienced. People give me manuscripts; I make copies and hand them out; the following week we criticize them, constructively. If there's enough material we'll discuss poetry and fiction at alternate sessions, but everyone will be welcome at all sessions. If possible, bring manuscripts to first session. (Ed teaches Composition at KSU and has recently completed his second novel.)

KANSAS STATE FANTASY AND SCIENCE FICTION SOCIETY

Karen Lee Killough 776-6584

Wednesdays, 7pm
 Length: Indefinite
 First Meeting: Feb 23
 Location: KSU Union, Cat's Pause

Here is a group where science fiction readers, from fanatic fans to some-time readers, who want to know more about the field, can get together for discussion and fellowship.

(Lee Killough is a professional science fiction writer and has coordinated this group for several semesters.)

MUSICFIDDLE WORKSHOP

Joel Chamberlain 537-4748

Mondays, 7:30pm
 Length: 5 weeks
 First Meeting: Feb 21
 Location: UMHE Center, 1021 Denison, Fireplace Room
 Limit: 10

This class is for crazy people who don't know how to play fiddle but want to try. If you've had violin lessons before this class is not for you. I would like this session to be for beginners only. I want to introduce you to the music and get you started actually playing some good 'ol fiddle tunes. (Joel has taught fiddle classes in previous semesters and has played in a country-rock band.)

INTRODUCTION TO THE MOUNTAIN DULCIMER

Rick Boatright 539-4641

Sundays, 2pm
 Length: Indefinite
 First Meeting: Feb 27
 Location: UFM Living Room, 615 Fairchild Terr
 Limit: 15

This is to be an introduction to the construction and playing of the mountain dulcimer. Dulcimers will not be constructed in class, but I'm willing to give advice. Strumming, simple chording, and finger picking will be discussed and practiced. (Rick has been building and playing dulcimers for five years.)

GUITAR: TECHNIQUE ONLY

Jeff Morris 539-3362

Saturdays, afternoon
 Length: Indefinite
 First Meeting: To be announced
 Location: UFM Library, 615 Fairchild Terr
 Limit: 4

An overview of band anatomy and technique for right and left hand. Lots of coffee and tea will be consumed. No pets. Good for beginning beginners and advanced advancers.
 (Jeff has five years experience in guitar and studied under Kelly Wertz -- classical guitar.)

WOODWIND ENSEMBLE

Cliff Danziger 539-4546

Wednesdays, 7:30pm
 Length: Indefinite
 First Meeting: Feb 23
 Location: 2213 Browning Ave

We will organize into the appropriate ensemble(s) depending upon the number and types of musicians that sign up. All amateur musicians, and all musicians who enjoy ensemble playing are welcome to participate. Participants will also be asked to share any music they may have with the group. We'll decide on a permanent meeting time at the first meeting.
 (Cliff has been playing clarinet as a hobby for 10 years.)

INTERMEDIATE GUITAR A

Ted Sistrunk 539-3653

Tuesdays and Wednesdays, 5pm
 Length: 5 weeks
 First Meeting: Feb 22
 Location: UFM Living Room, 615 Fairchild Terr
 Limit: 4

Learn a few more advanced chord structures and improve your personal technique and practical theory. (Ted has played guitar for 6 years, bass for four years, and is playing in a band.)

INTERMEDIATE GUITAR B

Lyndon Ketterman 539-4641

Thursdays, 7:30pm
 Length: 6 weeks
 First Meeting: Feb 24
 Location: Van Zile Hall, Music Room, KSU
 Limit: 10

An introduction to guitar fundamentals, classical technique, and music theory. You should have a basic knowledge of chords. (Lyndon has played for many years and studied guitar for a year at UMKC.)

BASIC BLUEGRASS BANJO

Bob Price 537-9735

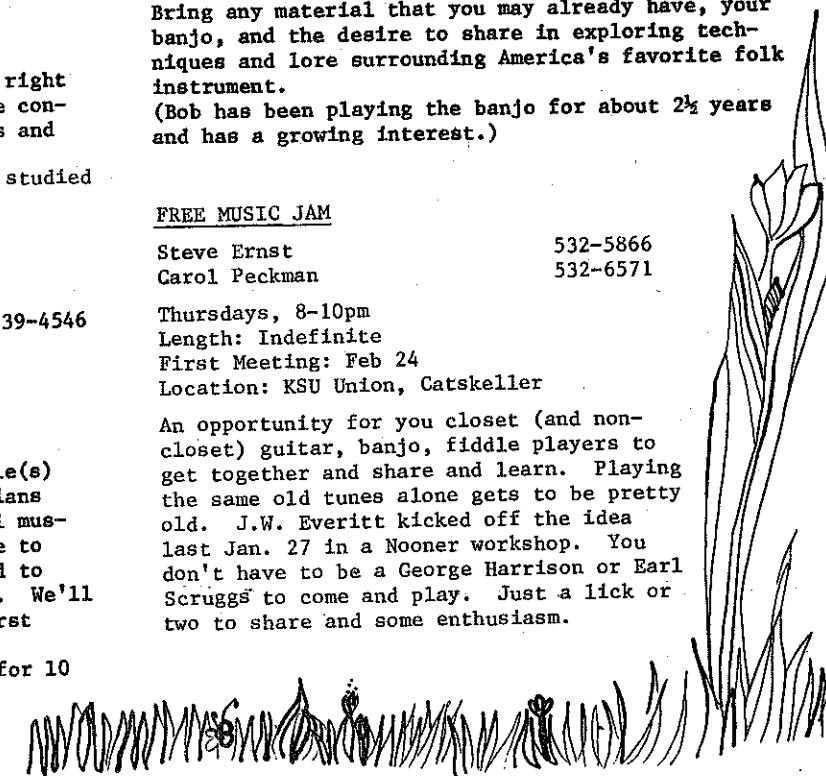
Tuesdays, 7:30pm
 Length: Indefinite
 First Meeting: Feb 22
 Location: Justin Hall, Rm 254, KSU
 Limit: 12

A sharing of basic techniques involved in playing 5-string bluegrass banjo. Course will involve basic tunings, three-finger rolls, fundamental licks, etc. Bring any material that you may already have, your banjo, and the desire to share in exploring techniques and lore surrounding America's favorite folk instrument.
 (Bob has been playing the banjo for about 2½ years and has a growing interest.)

FREE MUSIC JAMSteve Ernst 532-5866
Carol Peckman 532-6571

Thursdays, 8-10pm
 Length: Indefinite
 First Meeting: Feb 24
 Location: KSU Union, Catskeller

An opportunity for you closet (and non-closet) guitar, banjo, fiddle players to get together and share and learn. Playing the same old tunes alone gets to be pretty old. J.W. Everitt kicked off the idea last Jan. 27 in a Nooner workshop. You don't have to be a George Harrison or Earl Scruggs to come and play. Just a lick or two to share and some enthusiasm.





Mercury, the herald and messenger of the gods, was deity of commerce, good luck, inventions, roads, gymnastics, eloquence, omens, and the patron of rogues. On one occasion, Jupiter, Mercury's father, was troubled at beholding the sufferings of his mistress and called Mercury to come to his assistance. "Mercury took heed, put his winged slippers on his feet and cap on his head, took his sleep-producing wand, and leaped down from the heavenly towers to the earth."

BEGINNING RECORDER

Vicki Schult 539-4661
 Thursdays, 9:15-10:30pm
 Length: Indefinite
 First Meeting: Feb 24
 Location: 1220 Moro
 Limit: 10

For those who want to learn how to play Recorder. You will need to purchase the Katz method book (\$3.50 approximately), which is a combination method for soprano and alto recorders together, so students may opt for either. Bring your own stand (with your name on it). Class limited to 10 (we have only 10 chairs), so if you take a place in the class, please be sure you really want it.

RECORDER PLAYING

Vicki Schult 539-4661
 Monday, 8pm
 Length: One time, Feb 21
 Location: 1220 Moro

This class will meet only once. People will be asked to play for the "instructor" and will be assigned to a group of six or less on that basis. (No assignments will be made at any other time.) Group members will then have the opportunity to set up playing sessions in their own homes as desired. (Vicki has studied recorder, historical instruments, and early music at the University of Florida. She has taught both children and adults.)

BELLY DANCING (Beginning)

Mala Johnston 539-8211
 Thursdays, 7:30pm
 Length: 6 weeks
 First Meeting: Feb 24
 Location: You will be contacted
 Limit: 40

Each class period will be devoted to learning 3-6 moves and positions which will be incorporated into routines. We will cover all aspects of the art of bellydancing including costume design, study of its history, benefit as an exercise, playing of finger cymbals and the fun involved in presenting your talent. (Mala has had two years previous experience in belly dancing.)

BELLY DANCING - CONTINUED

Barbara Smith 539-8162
 Thursdays, 6:15-7:30pm
 Length: 6 weeks
 First Meeting: Feb 24
 Location: You will be contacted
 Limit: 30

This is for people who have had the basics in dance and want to put together a belly dance routine. This won't be instructional except as participants share new positions. (Barb has taught basic belly dance twice and looks forward to this course.)

BEGINNING BALLROOM DANCING

Henk J. Van Deik 539-4898
 Fridays, 7-8:30pm
 Length: Semester
 First Meeting: Feb 25
 Location: Roosevelt Grade School Aud
 14th and Houston
 Limit: 10 couples

This course intends to acquaint the novice with the basic principles and first steps in the leading ballroom dances: i.e., European "Big Four": Waltz, Tango, Slow Fox Trot and Quickstep and the Latin American Rumba, Cha-Cha, Samba; and American Swing. Dress clothing and closed shoes are expected. Interested students can proceed into advanced classes. (Henk was amateur dancer in Holland and dance instructor with Arthur-Murray.)

Earth

GREENHOUSE CONSTRUCTION FOR HOME USE

Vic Robbins and Rick Marshall 537-9250
 Monday, 7:30pm
 Length: One time, Mar 7
 Location: UFM Living Room, 615 Fairchild Terr
 Limit: 20

The course will involve an explanation of small greenhouse construction: the materials, design, attachment to house, heating, ventilation, etc. The basics of vegetable growing will also be covered. (Vic is an agricultural engineer with a special interest in solar energy. Rich is a landscape architect. Both have been involved in a greenhouse project using waste animal shelter heating.)

HEATING WITH A WOOD STOVE

Bob Osborn 537-0217
 Wednesday, 7pm
 Length: One time, Feb 23
 Location: Chamber of Commerce, 414 Poyntz

The means to properly install solid fuel (wood, coal, and oil) burning appliances will be covered. Information on venting, clearance regulations for flat roofs or pitch roofs, wall structures, piping, etc. will round out this informal session. (Bob is a local plumber.)

SIOUX TIPI LIVING

Clara Barrett 539-5948
 Saturdays, 10am
 Length: 2 sessions
 Meeting Dates: Apr 16 and Apr 30
 Location: You will be contacted
 Limit: 15

When the weather is warmer and friendlier here in Kansas, I would like to share what I have learned about pitching a tipi and surviving in its shelter. We will also plan a weekend camp. (Clara survived in Oregon's Seskiyou Mountains for several months. Fall was mystical and warm and winter blew with four feet of snow. A blending of heaven and earth happened, and the lessons of the circle of tipi were many. There are always more.)

ASTRONOMY MINI-COURSE

Clarence Annett 539-8958
 Thursdays, 7:30pm
 Length: 4 weeks
 First Meeting: Feb 24
 Location: Cardwell Hall, Rm 401, KSU
 Limit: 70

Discussion of current astronomy topics will take place. Ideas include: Viking landing on Mars, Star Revolution and Mercury. (Clarence is a graduate student in physics, works with telescopes and astronomical photography.)

21st CENTURY PIONEERING

Wes Jackson and students 1-823-8967
 Saturday, 10:30am-4:30pm
 Length: One time, Apr 16
 Location: Salina, a map will be mailed to participants
 Limit: 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 in 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-optation," or even the need for "holy ground." Bring your lunch. (Wes has a Ph.D. in genetics and is the former chairman of Environmental Studies at California State University in Sacramento. He is author of the book, Man and the Environment.)

PHYSICS IN OUR LIVES

Andy Endal and Bill Paske 532-6798
 Wednesday, 7:30-10:30pm
 Length: One time, choose one session
 Session I: Feb 23 Session III: Mar 16
 Session II: Mar 2 Session IV: Mar 30
 Location: Cardwell Hall, Rm 216, KSU
 Limit: 30 each class

We will look at the physics in the world around you--ranging from toys to rotating frames (merry-go-round) from your voice patterns to your heart beat to a polygraph test, topped by a trip to the planetarium. Young and old alike are welcome. (Andy is the resident Astronomer and Planetarium Director at KSU. Bill is the undergraduate laboratories Director.)

MUSHROOMS

Elizabeth Moses 537-4300
 Thursday, 7pm
 Length: One time, Mar 24
 Location: Presbyterian Church, 801 Leavenworth

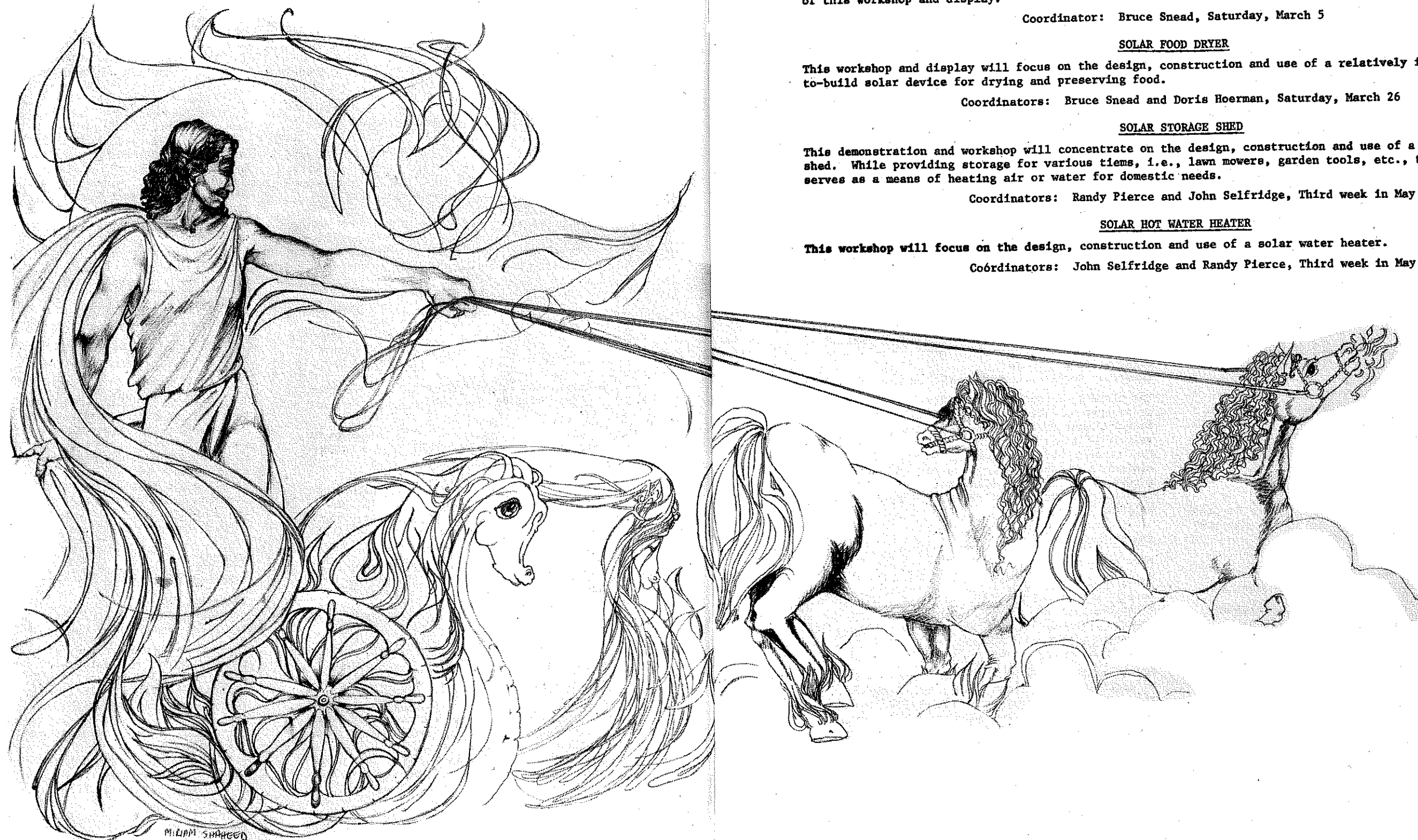
Learn what's good and bad, edible and not, about those fascinating creatures of the earth. Enter the world of the Shaggy Mane, the Stinkhorn, and the Destroying Angel. Emphasis will be placed on varieties in Kansas and neighboring farmlands. For those advanced beyond the beginners level, Elizabeth welcomes identification questions at her home, 314 Denison. (Elizabeth is a self taught collector who has been identifying mushrooms for Kansas folks for years.)

Energy Fair

Some parts of the energy battle, like the nuclear debate or foreign oil are economically and geographically beyond Manhattan and local control. But many energy matters can be dealt with right here at home. This is the theme of the upcoming Manhattan Energy Fair.

The Manhattan Energy Fair will include many exhibits of alternative energy devices. Displays will include: a solar storage shed, solar food dryers, solar greenhouse, solar window box heaters, insulating window shutters, sliding glass door insulating panels and solar hot-water heaters.

The fair is co-sponsored by the Manhattan Community Development Department and other local and regional public and private institutions and persons. Consequently, there will be opportunities to meet many people engaged in various energy projects.



COORDINATORS: John Selfridge, Randy Pierce, Rory Turner and Bruce Snead

DATE AND TIME: Beginning at "solar noon" on Friday, May 6 and continuing through Saturday, May 7.

LOCATION: Immediately south of the Manhattan City Park; in and around the city auditorium.

Workshops will be conducted for each of the projects mentioned above between now and the date of the fair. While the time and location of some of the workshops are yet to be announced, the following have been established. Please sign up for those workshops of interest to you.

SOLAR GREENHOUSE

This "open house" tour will focus on the design and construction of a solar greenhouse.

Coordinator: Bruce Snead, Saturday, February 12, 10am - 5 pm
At the residence of Jim and Nina Miley, 930 Pottawatomie

SOLAR WINDOW-BOX HEATER

Designing and constructing a relatively inexpensive, easy-to-build, solar window-box heater is the subject of this workshop and display.

Coordinator: Bruce Snead, Saturday, March 5

SOLAR FOOD DRYER

This workshop and display will focus on the design, construction and use of a relatively inexpensive, easy-to-build solar device for drying and preserving food.

Coordinators: Bruce Snead and Doris Hoerman, Saturday, March 26

SOLAR STORAGE SHED

This demonstration and workshop will concentrate on the design, construction and use of a solar storage shed. While providing storage for various items, i.e., lawn mowers, garden tools, etc., this device also serves as a means of heating air or water for domestic needs.

Coordinators: Randy Pierce and John Selfridge, Third week in May

SOLAR HOT WATER HEATER

This workshop will focus on the design, construction and use of a solar water heater.

Coordinators: John Selfridge and Randy Pierce, Third week in May

INDOOR FOLIAGE PLANTS

Tom Slagle 776-5764
 Tuesdays, 7:30pm
 Length: 4 sessions
 First Meeting: Feb 22
 Location: Horticulture Teaching Greenhouses, KSU
 Limit: 30

The following topics will be discussed: house plant identification, plant propagation, plant pest identification and control, plant nutrition, media and lighting.
 (Tom is a foreman of the Horticulture Greenhouses and owner of a local greenhouse.)

MOONLIGHT PRAIRIE WALK

Christopher Hall 539-1796
 Monday/Tuesday, 8pm
 Length: One time, choose one session
 Session I: Apr 4
 Session II: May 3
 Location: 602 Fremont
 Limit: 10 each session

This is a walk to re-awaken our night senses. We miss much of sight, sounds, and feeling by staying home and watching TV when our spirits yearn to experience the passing of the night.
 (Chris enjoys cool, moonlit evenings and would like to tune the sense of other people into the moon's effect on them.)

ORIENTEERING

Dale Bryant 537-4649
 Frank York 532-5953
 Thursdays, 7pm
 Length: 4 weeks of Thursdays + 2 Saturdays
 First Meeting: Mar 24
 Location: Military Science, Rm 11, KSU
 Materials Cost: \$1 - Pay at first meeting

This class will cover use of map and compass, competitive and non-competitive orienteering, route selection, terrain analysis and sure-fire ways to keep from getting lost. There will be classroom plus practical application in the woods. Bring a compass, wear jeans and outdoor shoes.
 (Dave was ranked third nationally Class B orienteering in 1974-76. Frank is faculty advisor for KSU Orienteering Club.)

ORGANIC GARDENING

Charles and Mildred Swingle 776-5487
 David Weyerts 539-5087
 Mondays, 7pm
 Length: 2 sessions
 First Meeting: Feb 28
 Location: Baptist Campus Center, 1801 Anderson Ave

The class will start with a slide show on organic farms throughout France, Switzerland, Austria, Germany and Great Britain. Then organic gardening experiences on insect control without insecticides, composting and sheet composting, and companion planting will be shared.
 (David has just returned from a European tour of organic farms and an international organic gardening conference in Switzerland. The Swingles have had successful gardens over the years including one on concrete.)

KONZA PRAIRIE TOUR

Lloyd Hulbert 532-6620
 Length: One time
 Sign up and you will be contacted as to date & time.

The Konza Prairie Reserve is set up to study the original prairie. A tour will be given of the spring flora, birds, grasses, edible plants of different areas. Some areas are burnt frequently, some mowed. The difference will be easy to see. 7000 acres have just been added to this prairie ecology area.
 (Lloyd is director of the Konza Prairie Project.)

GARDENS FOR RENT

Doris Hoerman 532-5866

Would you like to save over \$200 on your food bill? If you can spend a few hours each week on a garden, you can greatly reduce your grocery bill, make new friends and get some exercise, and have a lot of fun in the process.

This spring UFM will again be leasing plots at the Community Gardens on Riley Lane. The City of Manhattan will be providing the land for around 100 plots. Single and double plots are available, ranging from approximately 20' by 20' to 20' by 40' and will cost from \$5 to \$15 (depending on income) for the season. Water bills alone cost this much per month for private gardens. This fee goes for water, garden equipment, newsletters, and other miscellaneous items to run the Gardens. All kinds of garden tools from sprinklers to hose will be available free for you to use.

Garden applications are available at UFM, 615 Fairchild Terrace and are due in late February. Call UFM for more information.

CHILDREN'S GARDENING

Dick Mattson 532-6170
 Saturdays, 10am
 Length: Indefinite
 First Meeting: Feb 26
 Location: Douglass Community Center Annex, 901 Yuma

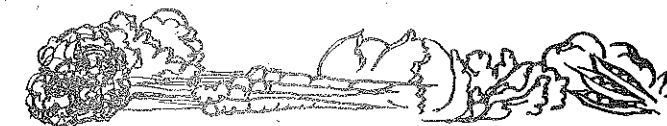
The class is intended for children 12 years of age or younger who are interested in indoor plants and flowers, vegetable gardening, or craft activities related to plant materials. Projects may include dish gardens, bottle gardening, foliage plants and mini-greenhouses. The children will plant an actual garden at the Community Gardens.
 (Dick is a professor in the Horticulture department at KSU.)

CREATIVE CACTUS

Marc Mittleman 539-8023
 Saturdays, 10am
 Length: 2 sessions
 First Meeting: May 7
 Location: Conservatory, KSU (greenhouse south of Dickens Hall)
 Limit: 20

Housed at the University's conservatory is a world of cacti and succulents. Using this background we will discuss the cultivation, identification and propagation of cacti and succulents. Referrals for seeds, cactus, and books will be given.
 (Marc is a horticulture graduate who is addicted to cactus and has over 50 himself.)

Home Gardens



PRE-PLANTING DESIGN MARCH 1

In addition to the usual tips on composting, mulching and seed varieties best for Manhattan, Kansas, gardeners will have a chance to lay and map out their gardens for best spacing, companion planting, shading, and placement of their plants. Bring along your backyards sketched out with your proposed planting scheme and assistance will be given as to the workability of your plans.

7:00 p.m., KPL Auditorium, 501 Poyntz Chuck Marr, Leader

DEMONSTRATION GARDEN MARCH 30

On the spot discussion and then demonstration of what, how, and when to plant; preparation of the soil, and tools to use. The leaders garden will be the workshop.

6:30 p.m., 2105 Blue Hills Road Frank Keller, Leader

MID SEASON AID MAY 4

Now it's time to thin, fertilize and cultivate that garden begun in March. In addition, May brings the planting of new additions. For those with questions as the garden grows.

6:30 p.m., 2105 Blue Hills Road Frank Keller, Leader

(Chuck is in KSU Horticulture extension and Frank is a member of a local garden club and advisor for the Community Gardens.)

HERBLORE

Marji Martin 537-7988
 Wednesdays, 7:30pm
 Length: 9 sessions
 First Meeting: Feb 23
 Location: UFM Living Room, 615 Fairchild Terr
 Limit: 24

Herbs can be useful in healing wounds and easing pain, repelling pests and attracting allies, in lifting spirits and cleansing polluted systems. We will explore the historical and popular usage of herbs cosmetically and medicinally, preparing recipes and becoming acquainted with the more celebrated herbs.
 (Marji has read about, sketched, gathered and used herbs for five years.)

PRACTICAL USES OF COMMON HERBS

Christopher Hall 539-1796
 Thursday, 4pm
 Length: One time, Mar 10
 Location: 602 Fremont
 Limit: 12

This class deals with herbs, spices, and plants growing in and around the city of Manhattan and their uses as medicines, beauty aids, and other things.
 (Chris has been using various herbs as medicines and for cooking for several years.)

Wild Edible Plants

Banquet, Hike and Talk



Sue Maes and Max Miller, 532-5866

WALK
 Saturday, March 5, 3:00 p.m.,
 602 Fremont

Every two weeks a walk will be taken to study edible plants at their various growth stages so one can readily recognize the plants at any time during the growth season and learn how to prepare them.
 Chris Hall, leader.

BANQUET
 Tuesday, April 26, 6:00 p.m., UFM
 615 Fairchild Terrace

Announcing the feast of all times: The best way to learn about edibles is to go beyond the books and pictures and sample first-hand. Everyone will prepare his/her favorite wild foods dish and have a chance to taste those of others. Sue Maes and Max Miller, leaders.

TALK
 Tuesday, May 10, 10:00 a.m.
 3117 Bermuda Lane

For those who want a simple demonstration of edibles available during the Kansas Spring this event is for you. The leaders will show 30 or so edibles they can collect in an hours outing. The uses and taste delights of each will be demonstrated. Bring wild plants you have collected or any that you have questions about. Sue Maes and Max Miller, leaders.

(All three leaders share a wealth of knowledge about the use of our local free food plants.)

Audubon Series



All Programs, Ackert Hall, Rm 120, KSU

For field trips you will be contacted

- FEBRUARY 17 "Life Near the Ocean Shore" - Program covers the Woods Hole Oceanographic Institute and a film "The Southern Sea Otter - Return from Extinction".
Anne Kammer, Presentor
- FEBRUARY 26 Nocturnis (night wall) by Audubon Society Member
- MARCH 24 "Alaska: Wildlands of Tomorrow"
Perry Conway, National Audubon Representative
- APRIL 21 Zoos: Past, Present and Future
Don Wixom, local zookeeper and zoo buff
- MAY 5 Pot Luck Dinner - Speaker, Gary Ward and students of Wide Horizons, a high school nature program
- FIELD TRIPS The Prairie Chicken Booming and Cheyenne Bottom

People who might want to attend Audubon programs are cordially invited, even though they may not be National Members. All are welcome - all you need is a fondness for nature and conservation or preservation. We would love to have you there to share our programs and field trips.

Call Dru Clarke, 539-1842 or Kent Foerster, 537-0977 for information about the above. Field trips may be planned and announced in the newsletter. Also check local paper and posters on campus.

OLD MACDONALD'S FARM

COYOTE

Robert Henderson 532-5784
Mondays, 7:30pm
Length: One time, May 2
Location: Manhattan Public Library Auditorium
Juliette and Poyntz

Bob has spent the past year and a half traveling all over the midwest for the Environmental Protection Agency making a film about the coyote -- its natural habitats, habits, characteristics, life history, how coyotes affect people and methods of dealing with them. This film, to be released in late April, will be shown at the May meeting along with additional discussion about the coyote. Kansas has adopted a method of control which is recognized as one of the best in the U.S.
(Bob has been a wildlife extension specialist at KSU for the past 9 years.)

CATFISH IN A BARREL

Bob Kirk 539-8484
Length: One time
Sign up and you will be contacted as to date & place.
Catfish in a barrel will acquaint you with home-scale aquaculture or construction of low-energy systems both simple and complex; basic filter theory and water chemistry; feeds and feeding; sources of equipment and fish. Emphasis on channel catfish, introduction to tilapia and edible gouramis. Catfish fingerlings are available thru spring.
(Bob has been fishing around in barrels for a long time. He's made many mistakes and would like to share some of what he's found.)

BEE KEEPING

Dell Gates 532-6154
Mondays, 7pm
Length: 2 sessions
First Meeting: Feb 28
Location: Waters Hall, Rm 127, KSU
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 extension entomologist whose hobby is bee keeping.)

BIRDING FOR BEGINNERS

Dennis Wilson 539-5098
Roxy Becker 537-1987
Tuesdays, 7pm
Length: 3 weeks
First Meeting: Feb 22
Location: Ackert Hall, Rm 105, KSU
Ever wonder how to identify a soaring hawk, a small bird twittering in a tree, or a duck flying on whistling wings? The objective of this course is to provide insight into characteristics to look for in identifying birds and to acquaint you with habitats in which specific species of birds may be found. Classroom work will expose you to common birds of Kansas and their names. Field work will enable you to practice identification methods on the abundance of Kansas migrants which will soon be arriving.
(Dennis is a senior in fisheries and wildlife biology. Roxy has worked for the Bird Population Institute. Both have taken two classes in ornithology and have been watching birds for the last 15 years.)

DAIRY GOATS

Peg Garland 1-485-2742
Sunday, 2pm
Length: One time, Apr 3
Location: Stone farm, 9 miles west of Manhattan on County 412 (Anderson Ave)

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

BACKYARD POULTRY

A. W. Adams 532-6141
Sign up and you will be contacted as to date, time, & place.

A "backyard" poultry flock can provide experience and good food. How to get started, facility requirements, and management practices will be available.
(A. W. is a Poultry Scientist at KSU.)

GREYHOUND RACING AND INDUSTRY

Brad Henson 1-494-2526
Saturdays, 10am
Length: 4 sessions
First Meeting: Feb 26
Location: You will be contacted

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 1-238-4061
Wednesday, 7pm
Length: One time, Mar 9
Location: UMHE, 1021 Denison Ave

This class will cover what a snake is, how and why it behaves, where snakes are found, and any other questions that come up. Several live specimens, both foreign and domestic, will be on display, including a beautiful nine foot python. Children are especially welcome.
(Steve has been raising snakes and other reptiles for many years and has given demonstrations before local high school biology classes.)

POST ROCK COUNTRY

Grace Mullenburg 539-8006
Monday, 7pm
Length: One time, Apr 18
Location: First National Bank Basement, 701 Poyntz

In an illustrated talk on the role of fencepost limestone in the development of north-central Kansas, I hope to simulate interest in and appreciation for our natural environment - including resources and features as they relate to human activity and well-being.
(Grace is co-author of Land of Post Rock.)

AN EVENING ON ALASKA

Ron Klatske 537-4385
Perry Conway
Monday, 7:30pm
Length: One time, Feb 21
Location: Manhattan Public Library Auditorium
Juliette and Poyntz

Grizzly bears, dall sheep and caribou are all members of America's arctic wilderness. Spend an evening learning about these fascinating representations of Alaska's wildlife community. Also learn how their habitat can be permanently preserved... and how you can be involved.
(The program will be presented by naturalist Perry Conway, who is a representative for National Audubon. He has traveled extensively through Alaska.)

ETHICS OF LAND USE AND WILDERNESS AREAS

John Abell 539-2502
Monday, 7pm
Length: One time, Mar 21
Location: First Presbyterian Church
801 Leavenworth

Multiple use of public, government owned lands has long been an issue among timber, mining, grazing, and recreation interests when potential wilderness or primitive areas are up for legislative consideration. How does the outdoor recreator fit in this picture? How are present wilderness areas used and abused? Is there a land use ethic involved? What can the outdoor recreator do? We will explore this in a rap session sharing our ideas. Hopefully such a session might strengthen our personal values and give us a basis for future action.
(John Abell has experienced the "selling of Colorado." His strong convictions are worth sharing.)

A COMMUNITY NATURE CENTER

Perry Conway 537-4385
Sign up at registration and you will be contacted.
The National Audubon Society is willing to assist individuals and communities in establishing local nature centers. These centers, usually located in natural areas, can be used for outdoor education, hiking, animal and plant identification, and just plain relaxing.
(Perry is a representative for the National Audubon Society.)

NATURE PHOTOGRAPHY

Perry Conway 537-4385
National Audubon Society
Monday, 7:30pm
Length: One time, Feb 28
Location: UFM Living Room, 615 Fairchild Terr
Limit: 20
Interested in photographing the out-of-doors? The type of film, lenses, and techniques for photographing biological and scientific subjects will be covered.
(Perry has produced excellent slide shows on hawks and owls while touring school districts in Kansas and Colorado.)

Food



After passing from land to land and across seas and rivers to find Proserpina, Ceres arrived on the banks of the River Cyane. Witnessing the sign a river nymph had given her, she realized Proserpina had disappeared into the world of Hades and placed the blame of the event on the innocent land saying "Ungrateful soil which I have endowed with fertility and clothed with herbage and nourished grain, no more shall you enjoy my favors."

USES OF THE SLOW COOKER

Karen Hummel 776-8893
 Wednesday, 7pm
 Length: One time, Mar 23
 Location: KPL Auditorium, 5th & Poyntz
 Limit: 50

The low-wattage slow cooker can produce delicious dishes and has some unexpected uses. Have you considered breads, cakes, or yogurt making? Come and share your ideas for effective use of the slow cooker.
 (Karen graduated from KSU with a degree in Home Economics and is currently the home economist at the local power company.)

GREAT CREPES

Sue Small 539-2831
 Thursday, 5:30pm
 Length: One time, Mar 3
 Location: 712 Osage
 Limit: 10
 Materials Cost: \$1.50 - Pay at registration

Wondering what to do with that crepemaker you got for Christmas? Well, dust the cobwebs off of it, and try out some of the recipes that you'll learn in this class. We'll assemble everything from main dish to dessert crepes and then feast on the results.
 (Sue has been experimenting with crepes and crepe-making parties.)

HISTORIC DINING IN KANSAS - CONTINUED

Jeff Reed 539-0163
 Dee Locker 537-0854
 Ann Elise Kaiser 539-0163

After a successful semester of delicious dining, the Historic Dining class would like to invite new members to join them in partaking in Kansas' culinary past. Restaurants we've visited include The Swedish Crown, Brookville, and Hays House. Possibilities for the spring include the Alma Hotel, Bunker Hill, Wilson and others. Reservations, transportation, and menus are arranged by the class participants. If interested in going to the Alma Hotel on February 20, contact Jeff or Ann Elise by Feb 13.

CHINESE COOKING

Christopher Hall 539-1796
 Tuesdays, 7pm
 Length: Indefinite
 First Meeting: Mar 1
 Location: 602 Fremont
 Limit: 10

What is Lun Ban Tien Tsin Bai Tsai? Chinese tossed salad, of course! We will experiment with true Chinese recipes and learn how to incorporate them into daily meals for your use. Class costs will be determined by the group.
 (Chris has taught Chinese cooking several times for a living.)

INTERNATIONAL COOKING

Are you interested in learning to cook foreign foods the authentic way? Then come to the organizational meeting for setting up international cooking groups on Tuesday, February 22, 7pm at the UMHE Building, 1021 Denison Ave. The members of each group will decide the group's direction - what country to feature, menus, location, etc. Members of an ongoing international cooking group will be on hand to answer questions.

SOUL FOOD COOKING

Ruth Bayard 776-4393
 Friday, 5pm
 Length: One time, Mar 4
 Location: 2031 Tecumseh Rd
 Limit: 12
 Materials Cost: \$2 - Pay at registration

Not too sure what "greens" are, much less what to do with them? Don't think that chitlings could possibly be edible? Ms. Bayard will demonstrate that greens, chitlings and other typical soul food staples not only are edible but also taste great. Come prepared for some good eating!
 (Ms. Bayard is widely acknowledged to be one of Manhattan's best cooks.)

MAKING DO: SOUPS AND SO ON

Carole Smith 539-1731
 Saturdays, 2pm
 Length: 3 weeks
 First Meeting: Feb 26
 Location: 1707 Leavenworth
 Limit: 15
 Materials Cost: \$1 - Pay at class

Come discover alternatives to conventional meat-and-potatoes dinners by using leftovers for vegetable-beef soup and chicken-and-noodles. Onion soups (French onion/leek and potato) will be the third topic. There will be a batch of each to sample while we talk about putting it all together. (Carole is a very frugal person who hates to see leftovers thrown away.)

CHEESE TASTING (AND RELATED ACTIVITIES)

Paul Psilos 539-7342
 Barbara Moore
 Wednesday, 7:30pm
 Length: One time, Section I - Feb 23 or Section II - Mar 30
 Location: Unitarian Fellowship, 709 Bluemont
 Limit: 25 each section
 Materials Cost: \$3 - Pay at registration

The 800 plus varieties of cheeses are variations of 13 basic types. We'll taste 20 varieties from 6 basic types to try to familiarize people with the kinds of table and dessert cheeses available. The basic types include: soft-ripened cheese, goudas, edams, swisses, cheddars and tilsits. Some interesting crossed varieties are cheddar-edam, cheddar-blue, and tilsit-swiss. Bring your own wine - a hearty red, not too sweet, is best. We'll provide cheese, crackers, fruit, glasses, and corkscrews.
 (Paul is the owner of the local cheese, coffee, tea, and specialty food store. Barbara is his assistant.)

THE GORGY

Scott Razak 537-0617
 Teena Hosey 532-5866
 Wednesday, 6:30pm
 Length: One time, Mar 2
 Location: 922 Bertrand
 Limit: 10
 Materials Cost: 25¢ for recipe cards - Pay at class

Gorge yourself at a superb food orgy - we'll call it a gorgy. The idea is for each person to bring to the dinner one (1) delicious prepared dish and five (5) favorite recipes from their recipe file. You should end the evening with a full stomach, writer's cramp, and 50 great tried-and-true recipes to add to your collection.
 (Scott loves to cook (a true Cancer), and is never so happy as when he's blissfully baking, broiling, or sauteeing away in his kitchen. Teena is a vegetarian of 5 years and likes to eat well.)

CHEESECAKE

Mark Marchionni 539-4862
 Carol Dziadik
 Tuesday, 7:30pm
 Length: One time, Section I - Feb 22 or Section II - Mar 1
 Location: UFM Kitchen, 615 Fairchild Terr
 Limit: 12 each section
 Materials Cost: 75¢ - Pay at class

If you crave the taste of smooth, creamy cheesecake, and the joy of baking it yourself, come visit with two of New York's finest bakers. There will be a charge of about 75¢ for materials in exchange for a delicious piece of cheesecake. (Mark and Carol taught this course last year with much success.)

SELECTING MEAT FOR YOUR TABLE

Mark Bergmann 539-8522
 Mondays, 7:30 - 9:30pm
 Length: 5 weeks
 First Meeting: Feb 21
 Location: Weber Hall, Rm 129, KSU
 Limit: 20

Is selecting a good cut of meat at the supermarket just a matter of chance for you? There are ways to judge quality other than at the table. We will discuss the factors in selection of beef, pork, and lamb; how to use these cuts; packaging and cooking. Current topics about meat industry affecting consumers will be included.
 (Mark is a senior in Animal Science and has taught meat-related subjects.)

WAYS WITH WHEAT

Bonnie Hansen 539-9286
 Time and location will be announced at registration.

In this class we will cover some of the aspects of why whole grains are preferred, how to store them, sprouting, malt, gluten, and bulgur. Many delicious recipes using whole grains will be shared. This class has been presented in Wichita, Topeka, as well as in Manhattan.
 (Bonnie operates a diet counseling center. Her enthusiasm for healthy food and nutrition is contagious.)

TACO MAKING

Sabrina Selfridge 537-7411
 Saturday, 5pm
 Length: One time, Mar 19
 Location: 1509 Houston
 Limit: 7

In this class you will learn the art of taco making, inside and out, from the shell to the stuffing. Anyone can learn!
 (Sabrina has delighted both family and friends with her homemade tacos.)

COOKING FOR SINGLES

Debbie Lloyd
 Thursday, 7:30pm
 Length: One time, Mar 3
 Location: UMHE Center, 1021 Denison Ave

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.)

BREADMAKING A

Anna Climenhaga 539-9255
 Sunday, 7:30pm
 Length: One time, Feb 27
 Location: 920 Fremont, Apt 10, upstairs

This demonstration will be only for those who have never made bread before. I will use a simple recipe and method from which many variations are possible. Making bread with sourdough will also be covered.

(Anna makes delicious bread with lots of healthy ingredients.)

BREADMAKING B

Ellen Greenhut 539-9392
 Sign up at registration and you will be contacted.

This will be a one time class for beginners and those without lots of experience in breadmaking. We will make two kinds of bread, and when we're done, you'll be ready to create your own. Join us! (Ellen is an experienced breadmaker who would like to share the joys of breadmaking.)

INTRODUCTION TO BAKING

Richard Junge 532-6161, Ext 56
 Ken Hsu
 Don Lillard
 Saturdays, 8am-12pm
 Length: 6 weeks
 First Meeting: Feb 26
 Location: Shellenberger Hall, Rm 110, KSU
 Limit: 12
 Materials Cost: \$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, rolls, and cakes. 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 has taught this class before. Ken and Don are graduate students in Grain Science.)

SOURDOUGH BREAD MAKING

Megan Marks 539-1688
 Saturday, 1pm
 Length: One time, Mar 12
 Location: 816 Vattier
 Limit: 15

For those who would like to learn how to make sourdough bread and for those who make it and have recipes and tips to share. Ideal for busy people, this bread can be made during a 9-5 work day. (Megan has been making sourdough breads for 2 years.)

WINEMAKING PAR EXCELLENCE

John Anschutz 539-5968

Sundays, 7pm
 Length: 3 sessions
 First Meeting: Apr 17
 Location: You will be contacted

Learn how to make your own table wine from ingredients which may be obtained locally or through the many winemaking suppliers throughout the U.S.A. You will learn the best applied methods for wine-making in the home.

(John has been making good wines for 14 years, has kept up on new technologies, and has lectured on the subject on several occasions.)

DOMESTIC WINES

Tim Killeen 537-7991
 Teena Hosey 532-5866

Thursday, 8pm
 Length: One time, Mar 24
 Location: UFM Living Room 615 Fairchild Terr.
 Limit: 20
 Materials Cost: \$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? Then you can help us (we don't know everything!) Please bring your favorite wineglass and we will bring the corkscrews. (Tim has worked as a waiter and wine steward at several fine restaurants. He has also served time on skid row with the pros like Teena.)

BARTENDING

Tim Killeen 537-7991
 Teena Hosey 532-5866

Thursdays, 8pm
 Length: 2 sessions
 First Meeting: Feb 24
 Location: UFM Living Room, 615 Fairchild Terr
 Limit: 20
 Materials Cost: \$7.50 - Pay at registration

Ever tried getting a decent drink for a decent price in Kansas? Difficult, isn't it? The problem can be solved by purchasing the necessary materials and throwing them together yourself. Learn the basic recipes and skills of bartending along with a selection of exotic drinks. (Tim has had several years experience in clubs, restaurants, and saloons.)

Play

NEW GAMES

Sign up at registration and you will be contacted when the weather is warmer.

Are you ready to participate in new games for a new age? Unlike the old games, new games feature co-operation, kindness, and elimination of competition. In true New Games tradition, there will be no leader for these sessions. We will take turns teaching the New Games from the book of the same name. Play hard. Play fair. Nobody hurt. Everyone wins!

CLIMBER'S DIRECTORY

Chris Finney 537-9735

Wednesday, 7:30pm
 Length: One time, Feb 23
 Location: KSU Union, Rm 204

If you have an unexplainable desire to climb rock or ice, let's get together and work out a listing of climbers in the Manhattan area. We'll try to plan some weekend trips to Colorado and perhaps a clinic or two.

(Chris is an expert on the slopes of the Rockies.)

WINTER MOUNTAINEERING

Chris Finney 537-9735

Wednesday, 8:30pm
 Length: One time, Feb 23
 Location: KSU Union, Rm 204

This class will be oriented to those with prior mountaineering experience who want to expand to prolonged winter-camping excursions. We will discuss cross country skiing, snow-shoing, equipment selection, and technique. A trip in an expedition format will be offered to Colorado.

(Chris has always managed to keep warm on camping expeditions.)

SKIING AROUND MANHATTAN

John Abell 539-2502
 Arnie Flack 776-7344

Saturday, 10am
 Length: One time, Feb 26
 Location: KSU Union, Rm 204

Longing to hit the slopes? No need to travel hundreds of miles for skiing enjoyment. The Flint Hills of Kansas await you! We'll discuss cross-country ski equipment, techniques, tour preparation, winter safety and survival. You must furnish your own equipment so come prepared for a ski trip through the countryside of Manhattan. (Both Arnie and John are qualified ski instructors and looking for an excuse to get out from behind a desk.)

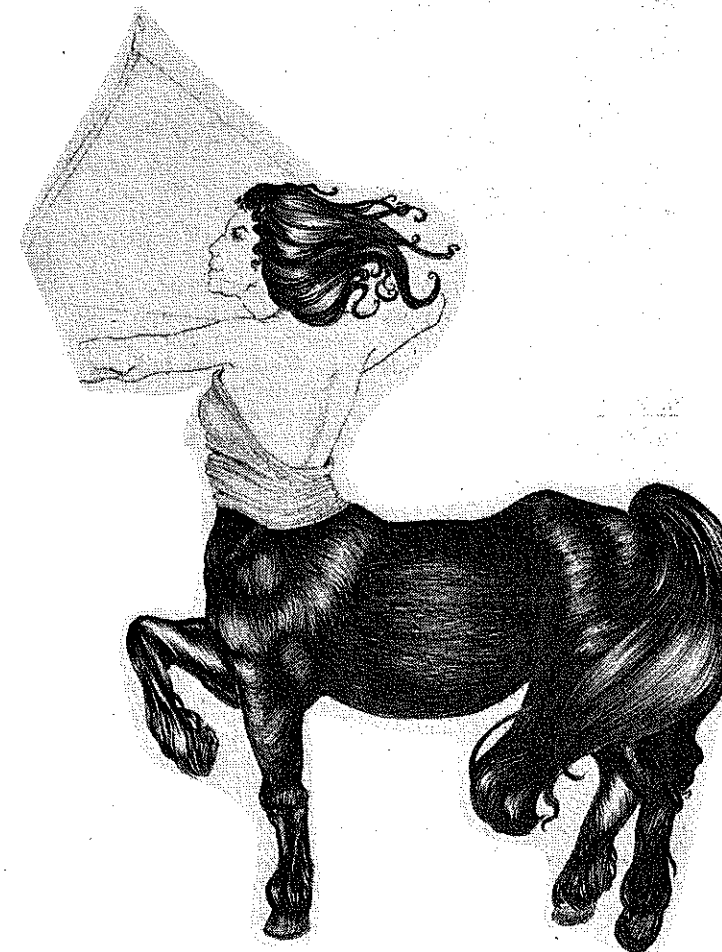
X-COUNTRY SKI CLUB

Suresh Chandra 776-4976
 Al Compaan 539-6618

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

There is a new cross country ski club in Manhattan and anyone interested is invited to join. We ski in and around Manhattan whenever there is snow. If you don't own equipment we can provide useful information on obtaining your own and will also help with ski instructions.

(Suresh and Al have been skiing this winter and would like to see the membership of this club grow.)



A favorite subject of sculptors and poets, Centaurs do not have an image depicting them of beasts of peace and tranquility. They were monsters representing humans from head to loin while the remainder of their body was that of a horse. Even with their questionable characteristics and actions, they continue to be one of the most popular in the study of all mythological beasts.

CAMPING FOR KIDS

Donna Casey 539-2381
Nancy Moddrell
Saturday, 10am
Length: One time, Mar 5
Location: Tri-Delta House, 1834 Laramie
Limit: 20

This class will deal with techniques needed to rough it in the wilderness. Things included in the first meeting will be packing, first aid, fire building, food preparation, lashing, and tent pitching. Hopefully there will be enough interest to practice the skills when the weather gets warmer.
(Donna and Nancy have worked with camping and kids for four years at summer camps.)

CHILDREN'S PLAY GROUP

Jan Galitzer 539-9292
Kathy Olandese 776-5177

Indicate at registration which group you're interested in.

This is a parent participation play group for children which provides companionship for both child and parent. Jan is coordinating ages 2½ - 3½ on Wednesday and Kathy is convening a younger group on Tuesday mornings.

2½ - 3½ Group Wed. 8:30am 1504 Humboldt Feb 23
Younger Group Tues. 9:30am 2416 Buttonwood Feb 22

MAGIC FOR CHILDREN

Paul Venturella 537-9379
Saturdays, 10am
Length: 12 weeks
First Meeting: Feb 26
Location: UFM Living Room, 615 Fairchild Terr
Limit: 20, Grades 1-6

Basic FUN magic for kids. These are simple tricks with children's abilities and interests in mind. Magic they can make at home for little or no money. A wonderful hobby for anyone--starting young could be fun.
(Members of the Society of American Magicians will teach these courses.)

BASIC MAGIC

Mike Aragon 537-2082
Loren Deines
Mike Ming
Thursdays, 7pm
Length: 12 weeks
First Meeting: Feb 24
Location: KSU Union, Rm 204
Limit: 15

Basic magic--sleight of hand, misdirection, low-cost (no-cost) magic with everyday items, ropes, balls, coins, cards, etc.--mostly close-up magic although some stage magic will be covered. Magic makes a wonderful hobby--it's fun, not only to learn, but fun to perform. Remember, every professional was once an amateur, even Houdini. Be amazed, then amaze your friends--Learn magic.

(Mike, Loren and Mike learned their magic through UFM and are passing along what they've learned.)

MAGIC FOR MAGICIANS

Paul Venturella 537-9379
Mondays, 7pm
Length: 9 weeks
First Meeting: Feb 28
Location: KSU Union, Rm 205B
Limit: 20

We will stress the relationship of the individual to his or her own magic. Major topics will include creative magic, advanced sleight of hand, psychology of magic, elements of misdirection, stage presentations, organizing a magic show, and history of magic. This is an advanced class in magic and only those with previous knowledge of magic are asked to register.
(Paul's last magic course led to the formation of an assembly of the Society of American Magicians here in Manhattan.)

WIZARD OF OZ ASSEMBLY #137 - SOCIETY OF AMERICAN MAGICIANS

Mary Lee Pauli 539-6569
Wednesdays, 7pm
Length: Indefinite
First Meeting: Mar 2
Location: Kansas State Bank, 1010 Westloop

A UFM class last fall 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 (both professionals and amateurs) to enjoy good magic and good friendship. You must be 14 years old or older to join. This is not a class to learn magic, but rather a society of magicians. Learn magic through UFM and enjoy with S.A.M.
(Mary Lee Pauli, a former UFM magic student, is now an active member of the Society of American Magicians.)

FROM BEGINNING CHESS . . . TO BOBBY FISCHER

Bob Levy 776-7138
Thursdays, 8:30pm
Length: Indefinite
First Meeting: Feb 24
Location: KSU Union Cafeteria

The initial meeting will be designed for the very beginner or for those who tend to lose game after game. At the second meeting advanced techniques will be discussed and a tournament will be scheduled designed by skill level for those who would like a little variety in their chess life. A board is not required at the first meeting.
(Bob has played chess for 15 years and has participated in tournaments throughout the country.)

INTRODUCTION TO JOGGING

Jane Shaw 539-8211
Sign up at registration and you will be contacted when the weather is warmer:
If getting your feet (as well as the rest of you) in shape for the spring has been on your mind, this class is for you. Not only will we discuss breathing techniques and individual exertion levels, we will also practice the things we learn on the streets of Manhattan.
(Jane loves exercise and is looking forward to meeting others in the area who would like to jog.)

TAE KWON DO KARATE

Lori Hostetler 539-1390
Mondays, 7pm
Length: 6 weeks
First Meeting: Feb 21
Location: Justin Hall, Rm 251, KSU
Limit: 15

This class will provide an introduction to Tae Kwon Do Karate. Emphasis will be placed on the art aspect of this particular Korean Martial Art.
(Lori has been involved in Karate for 3 years and has earned a Red Belt.)

NORTHERN SHAOLIN GUNG-FU

Kent Howard 776-9341
Wednesdays, 7pm
Length: 8 weeks
First Meeting: Feb 23
Location: UMHE Center, 1021 Denison
Limit: 15

This style of self-defense was developed by the people who inhabit the cold and often mountainous regions of northern China. We can say that it is a strong style which develops muscular strength and conditioning. We will explore the techniques involved and develop some of the skills which are part of this form of Gung Fu.
(Kent has taught Gung Fu for UFM in previous sessions.)

SOUTHERN PRIEST STYLE GUNG-FU

Kent Howard 776-9341
Thursdays, 7pm
Length: 8 weeks
First Meeting: Feb 24
Location: Justin Hall, Rm 326, KSU
Limit: 20

The southern style of Gung-Fu is different from their counterparts because the people are of smaller structure and live in metropolitan areas. This style of Gung Fu is a short range and close style. We will rely on speed, slapping techniques and low kicks.

BEGINNING TABLE TENNIS

Chris Smith 539-6918
Mondays, 7pm
Length: 6 weeks
First Meeting: Feb 21
Location: KSU Union Recreation Center
Limit: 10

Put some ping into your life by learning the internationally known game of table tennis. Basic skills will be demonstrated with time available to practice what you've learned.
(Chris was born with a paddle in his hand.)

ARCHERY

Gail Frahm 539-2165
Sign up at registration and you will be contacted when the weather is warmer.
We'll examine the right equipment for each individual in the class. Safety procedures as well as techniques will be discussed and practiced.
(Gail has been a sharp shooter for 5 years.)

SOCCER CLINIC

Jose Edson Da Silva 539-8778
Sign up at registration and you will be contacted when the weather is warmer.
The soccer clinic will cover basic skills and rules, such as techniques of kicking, function and position of each player, ball control, and basic physical preparation. Theory and practice will be taught in order to make the class more relaxing and enjoyable.
(Jose has been playing soccer in Brazil for twenty years.)

WOMEN'S SOCCER

Claudia Kale 539-2019
Ted Socolofsky
Saturdays, 10am
Length: Semester
First Meeting: You will be contacted
Location: Field south of old KSU Stadium
We'll cover the rules and basic skills of soccer. Our only goals as such will be to learn a new sport and to have some fun. Ted will be our "technical advisor." Drills will be on introductory activity, followed by scrimmages.
(Claudia is a beginner at soccer too, so we'll all learn together. Ted has played for years.)

HANDBALL

Dennis Roper 539-6506
Sign up at registration and you will be contacted when the weather is warmer.
This class will deal with learning the rules and basic playing techniques of outdoor handball. The class will also provide an opportunity for beginning handball players to enjoy the sport with players of equal ability. Gloves (preferably handball, \$6-10) and handballs (\$1.50) are required.
(Dennis has been playing handball for 7 years and has taught handball for UFM before.)

FUNDAMENTALS OF JUGGLING

Dan Brazil 776-7374
Saturdays, 11am
Length: 4 sessions
First Meeting: Feb 26
Location: 1810 Elaine Dr
Our goal is to teach a person to juggle three objects through the air, hopefully after the first session. Movement, rhythm, velocity and creative routine studies will be included along with team juggling techniques.
(Don likes self generated entertainment and has taught juggling for UFM in the past.)

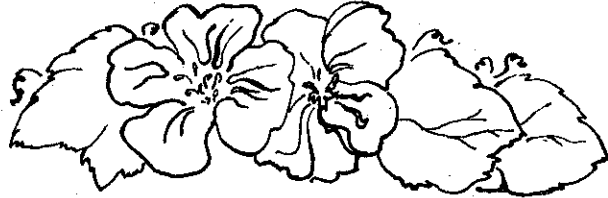
UNITED FRISBEERS OF MANHATTAN (UFM)

Gordon Plank 539-4903
Sign up and you will be contacted when the weather is warmer.
It soon will be Spring, and the United Frisbeers of Manhattan are looking forward to another successful season. Games such as football, baseball and golf will be played. In addition, a tournament is planned for April.
(Gordon has been actively involved in this club since it was formed.)

LEAGUE BASKETBALL

Sign up at registration and you will be contacted as to times and dates.

This league will be designed to allow all people in Manhattan an opportunity to play basketball this season. Three different leagues will be established: men's, women's and co-recreational. Neighborhood teams are encouraged and should register as a team at UFM registration, but individuals without access to an already established team should also sign up at UFM's registration for the particular section they are interested in. Cooperation, not competition, will be stressed in the UFM-Douglass Community Center Leagues.



HORSESHOE PITCHING

John Davis 539-3080
Jerry O'Neil
Sundays, 2pm
Length: Indefinite
First Meeting: To be announced
Location: Keats, Kansas
Limit: 8

This class is a dead ringer for those who'd like to learn horseshoe pitching. Various techniques will be demonstrated and John and Jerry will try to get you off on the right foot. They will also give you directions on the location of the first meeting. (Both John and Jerry have pitched shoes for 5 years.)

ADROIT VOLLEYBALL

Richard Ives 539-0427
Tuesdays, 7pm
Length: 10 weeks
First Meeting: Feb 22
Location: Douglass Community Center, 901 Yuma

This is a continuation of UFM co-ed volleyball with the important addition of semi-individual instruction in volleyball skills: serving, passing, setting, spiking, and team tactics. After learning basic skills, there will be weekly league games. (Coach Ives believes in the old adages, "Those who can't do, teach" and "don't touch the net.")

WEIGHT TRAINING FOR WOMEN

Larry Noble 539-5522
Wednesdays, 6:30pm
Length: 10 weeks
First Meeting: Feb 23
Location: Weight Room, KSU Gymnasium
Limit: 30

This is an introduction to weight training techniques for women which is conducive to fitness and firmness. Related topics such as weight control, exercise, diet, and selection of exercise equipment will be discussed.

(Larry is an associate professor of physical education and has been involved with Adult Exercise Design conditioning and resistant exercise programs for 10 years.)

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

Linda Drees 539-7881
Wednesdays, 12:30pm
Length: 8 weeks
First Meeting: Feb 23
Location: KSU Natatorium
Limit: 10

ADVANCED BEGINNING SWIMMING

Barb Stork 539-8368
Fridays, 6:30pm
Length: 8 weeks
First Meeting: Feb 25
Location: KSU Natatorium
Limit: 10

INTERMEDIATE SWIMMING

Jane Shaw 539-8211
Tuesdays, 7:30am
Length: 8 weeks
First Meeting: Feb 22
Location: KSU Natatorium
Limit: 15

ADVANCED LIFESAVING

Tom Deaver 537-2962
Mondays, Wednesdays, Fridays, 7:30am
Length: 4 weeks
First Meeting: Feb 21
Location: KSU Natatorium
Limit: 12

SYNCHRONIZED SWIMMING

Alice Counts 539-6141
Tuesdays, Thursdays, 7:30am
Length: 8 weeks
First Meeting: Feb 22
Location: KSU Natatorium
Limit: 15

RHYTHMIC AEROBICS

Enell Foerster 537-0977
Mondays, Wednesdays, Fridays, 7:45-8:45am
Length: 12 weeks
First Meeting: Feb 21
Location: UMHE Center, 1021 Denison
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 Jacki Sorensen. After participating in this program of "Rhythmic Aerobics" you should experience: 1) improvement in cardio vascular fitness level; 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 rhythmic exercises and WSI swimming and is a certified Aerobic Dance Instructor and Rhythmic Aerobics Certified Instructor.)

Self

BODY

THE MEDICAL MYSTIQUE

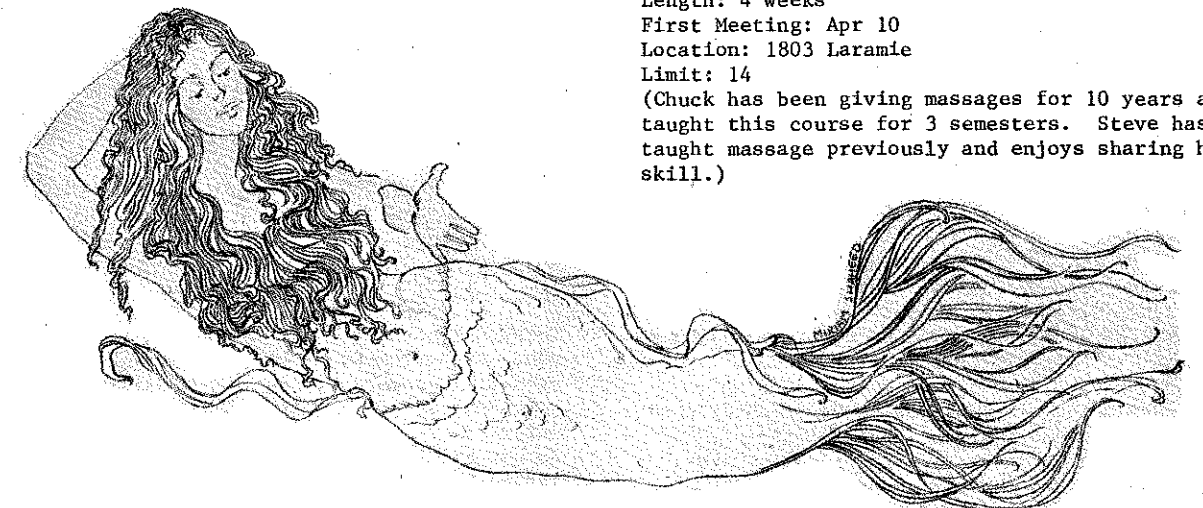
Kiva and Tom Ryan 1-468-3634
Wednesdays, 7:30pm
Length: 4 sessions
First Meeting: Mar 9
Location: Baptist Center, 1803 Anderson
Limit: 15

What we'll try to do is acquaint you with your body and how it works. The class will be loosely based on The Well Body Book so it would be worthwhile to have access to this book. We'll cover medical history, physical exams, when to use your doctor as a resource and other topics the class is interested in. There will be an opportunity to explore other cultural approaches to healing. Hopefully we'll get into some holistic approaches to health. This will be a participation class so come prepared to practice what you learn. (Tom is an M.D. in a rural Kansas town and Kiva has worked previously as a registered nurse.)

TALKING ABOUT ALCOHOL AND DRUGS

Dennis Beitz 539-5337
Tuesdays, 7pm
Length: 3 weeks
First Meeting: Mar 8
Location: North Central Kansas Guidance Center
320 Sunset
Limit: 30

We will focus our discussions around the decision to use alcohol and other chemicals. Consideration will also be given as to how you can determine which, if any, chemicals are right for you. What is responsible alcohol use, ways to decline offers of alcohol, and alternatives to chemical use will all be discussed and examined. (Dennis has a Ph.D in Health Education. He has taught several workshops and college classes on alcohol and drugs.)



Whether seen in awe by sailors, or seen by Tethys and Oceanus as a pure and simple creature of their empire, the mermaid has become one of the better known of those images of the past. The fabled mermaid is always portrayed as a marine creature, typically represented with a women's body and a fish's tail.

BETTER SAFE THAN SORRY OR, BIRTH CONTROL

Karen Barquest 532-6432
Linda Teener
Mondays, 7pm
Length: Indefinite
First Meeting: Feb 28
Location: KSU Union, Rm 204

What we have in mind is an informal discussion of the various methods of birth control. We'll have devices for you to look at and loads of information, if you want it. We can cover the basics in one night if you want, or can stretch it out for several meetings. Come and let us know what you'd like to know. (Linda and Karen are currently running the Pregnancy Counseling Service and the Peer Sex Education Program at K-State.)

MASSAGE I, II & III

Backrubs and massages are excellent ways of giving and receiving relaxation. We will cover backrubs, body massages, and self-massage, concentrating on muscular massage. Please wear bathing suits and bring a towel. Some oils will be available, but you may bring your own.

Section I: Chuck Jones 537-9288
Sundays, 6:30pm
Length: 5 weeks
First Meeting: Feb 20
Location: 2625 Kimball
Limit: 8 males, 8 females

Section II: Steve Dietz 776-6294
Sundays, 7:30pm
Length: 4 weeks
First Meeting: Feb 27
Location: 1803 Laramie
Limit: 14

Section III: Steve Dietz
Sundays, 7:30pm
Length: 4 weeks
First Meeting: Apr 10
Location: 1803 Laramie
Limit: 14
(Chuck has been giving massages for 10 years and has taught this course for 3 semesters. Steve has also taught massage previously and enjoys sharing his skill.)

COPING WITH STRESS

Tim Lowenstein 532-6432

Sign up at registration and you will be contacted.

The stress and strain of daily life is identified as directly affecting our quantity and quality of life. Unfortunately, our lack of awareness of varying levels of stress often leaves us feeling that we are at the mercy of our bodies and environment. This specially-designed 1½ hour workshop is to develop both awareness of varying levels of stress and one's ability to voluntarily self-regulate tension and relaxation. The workshop participants will construct a self-profile of stress and relaxation in their own life. For information, please contact Lisa Stilley at the above number.

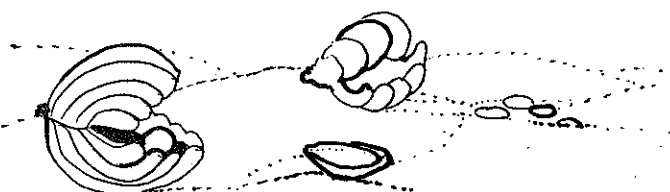
(Tim is a counselor with KSU's Center for Student Development.)

BIOFEEDBACK

Dave Danskin 532-6432

Session I: Monday, Feb 14, 7-9pm
Session II: Thursday, Mar 24, 7-9pm
Length: One time
Location: Eisenhower Hall, Rm 218, KSU
Limit: 40

Attend either session. Each session will offer a brief introduction on how biological feedback has been used to teach people how to voluntarily regulate their own bodies and minds. All present may then participate in an actual relaxation exercise with a biofeedback instrument to measure bodily change. Further information on training available will be provided. Bring your questions and curiosity. Call Lisa Stilley at the above number for information. Indicate section I or II at registration. (Dave coordinates the Applied Biofeedback Lab of the KSU Counseling Center.)



BIOFEEDBACK/RELAXATION TRAINING OVER THE RADIO

Tim Lowenstein 532-6432

First Date: May 1
Location: KSDB-FM (88.1)

Six different programs will be aired over KSDB-FM; (dates are May 1, 3, 5, 8, 10 and 12 in the evening; exact time will be announced at a later date.) These programs are to help students relieve useless tension and anxiety while preparing for finals. Actual relaxation training exercises using biofeedback will be the focus of each program. The training techniques as aired on the evening broadcast are useful for homemakers and career persons.

(The KSU Counseling Center and KSDB are offering this service. Tim has offered biofeedback/relaxation training for 4 years and aired programs for 2 years.)

HATHA YOGA I

Bert Franklin 539-0495

Tuesdays, 5pm
Length: 8 weeks
First Meeting: Mar 22
Location: Newman Center, 711 Denison Ave
Limit: 8

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.

(Dr. Franklin has completed over 200 hours of individual study with his guru, Sri Krishnamacharya of Madras, and is currently visiting India to renew his contact with this great teacher who is now 84.)

HATHA YOGA II (OVER FORTY)

Bert Franklin 539-0495

Thursdays, 5pm
Length: 8 weeks
First Meeting: Mar 24
Location: Newman Center, 711 Denison Ave
Limit: 8

This course will cover the same material as Hatha Yoga I except that special attention will be paid to the problems and needs of those who initiate yoga practice at or after middle life, as Bert Franklin did.

(Dr. Franklin has received from Sri Krishnamacharya, the greatest living teacher of yoga, a string of beads, a commendation as "Advanced Student," and the command: You Teach!)

HATHA YOGA III

Laurie Stull 537-7791

Saturdays, 9am
Length: Semester
First Meeting: Feb 26
Location: Newman Center, 711 Denison Ave
Limit: 5

We will cover the basics of hatha yoga but since this is an ongoing class, it is advised that registrants have some prior yoga instruction. (Laurie has taught several yoga classes for UFM in the past.)

KUNDALINI YOGA

Kaur Kaur Singh 1-234-9660

Saturdays, 2-4pm
Length: Semester
First Meeting: Feb 26
Location: To be announced

Through Kundalini Yoga, we will attempt to expand our awareness of the physical, mental, and spiritual aspects of the personality. Increased awareness of one's "situation" enables one to better integrate the different areas of one's life into a cohesive whole. We will also investigate the areas of nutrition and natural foods. Please bring a mat to lie on.

(Kaur Kaur is with the Guru Ram Das Ashram in Topeka. Her goal as a student and teacher is to nurture the graceful side of ourselves.)

REFLEXOLOGY

Russell Gillespie, C.R.R. 776-8768

Mondays, 7:30pm
Length: 4 weeks
First Meeting: Feb 21
Location: UFM Library, 615 Fairchild Terr
Limit: 15

We will cover information in the book, Stories The Feet Can Tell, which is recommended but not required. Proper methods and techniques of zone therapy will be demonstrated. Reflexology relaxes tension, improves circulation, and normalizes body functions. Bring clean feet. (Russell is a Certified and Registered Reflexologist with a deep concern for peoples' health.)

MEDITATION IN THE SEVEN CHAKRAS

Ann Ebert 1-232-3253

Saturdays, 2-4pm
Length: 6 weeks
First Meeting: Feb 26
Location: UFM Living Room, 615 Fairchild Terr

We will study techniques for purifying the chakras, unlocking the light energy of these centers and learning their mastery. Our emphasis is on the individual's understanding of the path of cosmic initiation and the unfolding of his/her own creative potential.

(Ann has been a student of the Ascended Masters for 3½ years and works in the House of Divine Sonship, a spiritual community in Topeka.)

HYPOGLYCEMIA - LOW BLOOD SUGAR

Dr. John Cortner 539-3975

Thursday, 7:30pm
Length: One time, Mar 10
Location: Manhattan Public Library Auditorium
Juliette and Poyntz

Often mimicking other diseases, hypoglycemia is frequently misdiagnosed. People with hypoglycemia suffering from severe mental problems have many times recovered when their disease was correctly diagnosed and treated. We will discuss the typical symptoms and the method of treatment of this disease.

(Dr. Cortner has been treating hypoglycemia for several years.)

AWARENESS

MEN'S CONSCIOUSNESS RAISING

David Hursh 539-1677

Wednesdays, 7:30pm
Length: Indefinite
First Meeting: Feb 23
Location: 1022 Kearney
Limit: 15

I feel strongly that sexism and sex roles hurt men and women and keep us from developing significant relationships with one another. How did we get the way we are? How do you relate to men? To women? How would you like to change? I would like to meet with other men who want to explore our lives and support each other for growth. (David has been interested in men's issues for years and has only recently gotten vocal about it.)

RECOVERY, INC.

Marilyn McCulley 537-1546

Tuesdays, 7pm
Length: Ongoing
First Meeting: Feb 22
Location: Unitarian Fellowship, 709 Bluemont Ave

Recovery, Inc. is a nonprofit, non-sectarian organization offering a proven method of self-help aftercare to prevent chronicity in nervous persons or former mental patients. Recovery helps those who want to help themselves. Regular attendance at meetings, study of the literature, and practice of the techniques are all a necessary part of the Recovery training. Members share their successful techniques, as well. Recovery does not supplant the physician or mental health professional. It does not offer advice, diagnosis, treatment or counseling. (Ms. McCulley is a trained facilitator, but wishes to stress that group members develop self-leadership.)

THE I CHING

Willy Perry 532-5866
Teena Hosey

Tuesday, 7:30pm
Length: One time, Mar 22
Location: 922 Bertrand
Limit: 10

The I Ching, an ancient Chinese form of divination, is an excellent way to ease tension, and soothe shattered nerves, besides advising changes in attitudes in order to determine your own future. Topics will include identification of the yarrow plant, definition of terms, coin and yarrow stick methods and extensive viewing of one's own life in terms of the I Ching. (Willy and Teena have been hanging out with the I Ching for about two years.)

GUESS WHO'S COMING TO DINNER

Velina A. Houston 537-7914
Allison C. Erkelens

Sundays, 3pm
Length: 5 sessions
First Meeting: Mar 6
Location: 800 Sunset Ave

This is an informal encounter group for people who are interested in transracial communication. Discussion will focus on the interracial, interpersonal relationship. Racial prejudices, socialization, and the public aspect of the interracial couple will be considered. (Velina and Allison are from very atypical backgrounds and encourage the interracial experience.)

I'M OK -- YOU'RE OK WEEKEND

Warren Rempel 539-4281

Length: One Weekend, Apr 1-3
Friday, 7:30pm; Sat 9am-5pm; Sun 1pm-5pm
Location: UMHE Center, 1021 Denison Ave
Limit: 10

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

MEDITATION WORKSHOP

Warren Rempel 539-4281

Saturday, 9am-5pm
Length: One time, Mar 26
Location: UMHE Center, 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.)

GUIDED AFFECTIVE IMAGERY

Jan Lowenstein 539-2449

Thursday, 7:30-10pm
Length: One time, Mar 24
Location: Kansas State Bank, 1010 Westloop
Limit: 12

Jan will conduct an inward voyage through this simple, non-religious medium which furthers development of the imagination (a trait sometimes left behind in childhood). GAI lends respect to utilizing emotions as a tool for objective understanding of one's self, and develops the ability to use the "mind's eye" to gaze into one's own inner world. (Jan has been using this technique for 4 years and has conducted workshops in which she trains others to use GAI.)

DYING IS AN ART

Steven Assa 539-9208

Wednesdays, 7:30pm
Length: 5 weeks
First Meeting: Feb 23
Location: UFM Library, 615 Fairchild Terr

A discussion of the poetry and mythologies created by Sylvia Plath, Ted Hughes, and Anne Sexton. I hope part of the discussions will focus on how Plath and Sexton's later work documented the different ways they learned to die. (Steve has read the poetry of Plath, Hughes, and Sexton for about 6 years.)

RATIONAL SELF-COUNSELING FOR HAPPIER LIVING

Suresh Chandra 776-4976

Wednesdays, 7:30pm
Length: 5 sessions
First Meeting: Feb 23
Location: KSU Union, Rm 203
Limit: 15

It is not other people or events that "make" a person feel upset. It is the person himself who does that by adopting a certain view of the situation. Sometimes our well-learned emotional habits cause us excessive unhappiness. In this class we will examine one view of how emotions occur, examine certain words which elicit strong emotional response, discuss the role of expectations, and consider what "rational" means. Finally, we'll consider the Rational Self-Analysis (RSA) and Rational Emotive Imagery (REI) for changing the emotional habits you want to change. We will use as text "Help Yourself to Happiness . . ." by Maxie C. Maultsby, M.D. (\$6), but will include some other material also.

(Suresh learned Rational Self-counseling at the Association for Rational Thinking (ART) in Madison, Wisconsin. He taught this course at UFM during the fall.)

ASSERTIVE TRAINING

Doug de Mahy 539-6713

Length: 6 weeks
Materials Cost: \$1 - Pay at registration
Sign up at registration and you will be contacted as to date, time, and place.

This group is offered for those individuals who find it hard to express their feelings (positive or negative) and/or stand up for their rights. Prospective group members must be available for screening interviews to discuss personal goals and general goals and procedures of the group. (Doug is a doctoral candidate in adult community counseling.)

THE CLOWN WITHIN

David Fly 537-0593

Mondays, 7:30pm
Length: 4 weeks
First Meeting: Apr 4
Location: Baptist Campus Center, 1801 Anderson

Everyone has a latent sense of folly or playful dash of irrationality that can serve as a creative force for personal growth. We will discover our own "clown within" through play, the use of white face and other foolishness. Finally, we'll consider, on the basis of our own experience, the role of the clown both in terms of our own liberation and her/his prophetic role in society. (David, the Episcopal chaplain at KSU, is a former professional clown and has led "clown schools" in many parts of the country.)

CLOWN SCHOOL

Larry Birdsell 239-2664

Sign up at registration and you will be contacted.

Clowning is the art of using your imagination in creating a character to entertain other people. The class will cover makeup, costumes, skits and skills. (Larry is experienced in parades, stage shows and circuses. He will be joining Ringling Brothers in July.)

CREATIVE INSANITYBill Craig 539-3907
Matt Dollar 539-6947Sundays, 7pm
Length: Indefinite
First Meeting: Feb 27
Location: UFM Living Room, 615 Fairchild Terr
Limit: 25

In today's life there is an ever-increasing pressure to conform to the standards of action set forth by one's fellow beings to so-called sanity. This course will deal with possible alternatives to these modes of action such as irrational actions, provos, being subtly different and altering the mode of your trip. Hopefully this class will learn by doing. (The instructors have been living this philosophy of action for a considerable period of time.)

LIFE PLANNING WORKSHOPS

Donna Kater & Life Planning staff 532-6432

Saturdays, 8:30am-5pm
Length: One time, Session I: Feb 12 or
Session II: Mar 26
Location: Farrell Library, Rm 502A, KSU
Limit: 15

The workshop is designed to help you plan for success. Skills in assessing what's important to you and how to get it will be practiced. The workshop is a structured activity and not an encounter group. Participants, however, may share their values, experiences, and goals. Sign up for either session. (Donna coordinates the Career Choice Assistance Programs at the KSU Counseling Center.)

CAREER EXPLORATION GROUPS

Donna Kater & Life Planning staff 532-6432

Thursdays, 4-9pm, or Saturday, 8:30am - 4:30pm
Length: One time, Session I: Feb 17 or
Session II: Feb 24 or
Session III: Apr 2
Location: Farrell Library, Rm 502A, KSU
Limit: 15

What careers are available? Will there be employment in them when I want a job? How do I explore and where do I find career information? How do I fit into the world of work? We'll explore these and other questions of interest to group members. Indicate which session you will attend at registration.

CONGRUENT COMMUNICATION FOR SPACE SHARERSCandy Russell 532-5510
Cathy Bower 537-0645Thursdays, 7-9pm
Length: 4 weeks
First Meeting: Mar 31
Location: Justin Hall, Rm 242, KSU

A training program (not counseling) for partners (co-workers, roommates, spouses, lovers) who wish to practice communicating clearly with one another. Dress informally, bring a pillow if you like (we often sit on the floor). Please call Candy before the first meeting about the course materials. (Candy is an assistant professor in Family and Child Development. Cathy is a graduate student in FCD.)

COUPLES ENRICHMENT GROUP: MARRIAGE EVALUATION AND EFFECTIVENESS TRAINING

Don Fallon 539-4281

Thursdays, 7:30pm
Length: Indefinite
First Meeting: Feb 24
Location: UMHE Center, 1021 Denison Ave
Limit: 4 couples

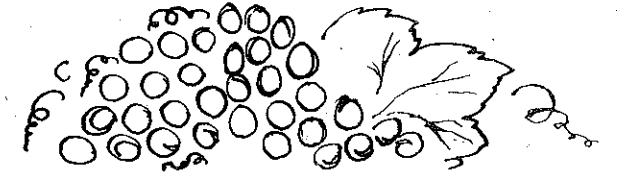
Using transactional analysis in a caring, confidential group, couples will evaluate their emotional interactions. Emphasis will be given to developing more effective open communication, a healthier fight style, and skills in conflict resolution. Each person/couple will define his/her own area of concern, depth of involvement and growth. This could include structuring time, in-law relationships, parenting, friends, finances, intimacy, sexual needs and community resources. (Don is the Lutheran Campus Pastor and a graduate of the Marriage Counseling and Pastoral Care Program at Menningers.)

COUPLES COMMUNICATION WORKSHOP

Pete Sherrard 532-6432

Donna Kater
Mondays, 3:30-5:30pm
Length: 6 weeks
First Meeting: Apr 4
Location: Farrell Library, Rm 502A, KSU
Limit: 20

We will concentrate on enhancing communication between couples. One or both of the couple may attend these meetings. (Pete is Director of the KSU Counseling Center. Donna is a counselor there. Both have experience in marriage and family counseling.)

BEFORE THE ALTAR: PRE-MARRIAGE WORKSHOP

Julian Johnson 537-7006

Wednesdays, 7:30pm
Length: Indefinite
First Meeting: Feb 23
Location: Baptist Campus Center, 1801 Anderson

This class will meet at the above time to decide upon a permanent meeting date, as well as desired topics to discuss. These may range the full gamut from financial planning to sex roles, to communications, or anything else desired. (Julian is a local pastor, well-known for his extensive community involvements. He's taught many UFM courses in the human relations area.)

MARRIAGE ENCOUNTER INFORMATION SESSION

David & Roxy Sharp 537-7706

Tuesdays, 7:30pm
Length: One time, Session I: Mar 1 or
Session II: Apr 5
Location: Newman Center, 711 Denison Ave

What is Marriage Encounter? It's a weekend for married couples who want to make a good marriage into a great marriage. Learn about these weekends at the one-time information sessions listed above. This is a chance to ask questions before you decide to try a weekend. These are not actual Marriage Encounter sessions. (David & Roxy are Manhattan area coordinators for Marriage Encounter.)

CREATIVE DIVORCE

Warren Rempel 539-4281

Tuesdays, 7:30pm
Length: 6 sessions
First Meeting: Feb 22
Location: UMHE Center, 1021 Denison Ave

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

SINGLE PARENTING

Roberta Adamson 776-8349
Maureen Bryant 537-4246

Friday, 7pm
Length: 6-8 weeks
First Meeting: Feb 25
Location: 2610 Marlatt Ave

Raising children is never an easy job, but as a single parent it is twice as hard. We can't promise to answer your questions or solve any problems, but through open discussion we hope you will be able to answer your own questions and solve your own problems.

(Maureen & Roberta are both single parents.)

INTRODUCTION TO IVAN ILLICH

Dave Nelson 539-7371

Tuesday, 7:30-9pm
Length: One time, Apr 12
Location: Peace Lutheran Church, 2500 Kimball

The philosopher Ivan Illich is a former Catholic priest. He founded the well known Intercultural Center for Documentation (CIDOC) in Cuernavaca, Mexico and has published critical analyses of education, transportation and medical systems. We will discuss his book, Medical Nemesis, in particular. Dave doesn't claim expertise here, but wishes to discuss with others the ideas of this important man. (Dave is pastor at Peace Lutheran. He attended one of Illich's seminars last summer as part of his work on his Doctor of Ministries degree.)

LIVING-WITH-CANCER GROUP

Chaplain Mary Herrmann 539-3541
Dr. George Bascom 539-5341

Mondays (1st & 3rd of each month), 7pm
Length: Ongoing
First Meeting: Feb 21
Location: St. Mary Hospital Conference Room

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 Hospital and Dr. Bascom is a local physician.)

WOMEN

WOMEN'S OPPRESSION TODAY

Janeen Creamer 537-2044
Ursula Wolf 537-0065
Robin Bauer 539-1455

Thursdays, 7:30pm
Length: Semester
First Meeting: Feb 24
Location: 1620 Leavenworth

This group will deal with the social, economic and political aspects of women's oppression in today's society. We will examine the different forms of oppression from various perspectives in order to educate ourselves (both women and men) on the causes of inequalities and repressive realities in the world and strategies which have been or could be used to deal with them. Child care will be provided.

WOMEN'S AWARENESS WEEK

KSU Women's Resource Center 532-6541
April 25-29

During this week we will devote each day to current women's topics and issues. These will encompass women and minorities, women and Christianity, women and careers, and women and legalities. Activities will include keynote speakers, panel discussions and media presentations.

HOPE

Margaret Nordin 532-6432
Nancy Bash

Wednesdays, 1:30pm
Length: Indefinite
First Meeting: Feb 23
Location: Hoffman Lounge, Justin Hall, KSU

This is a discussion group for women who are returning to school after a prolonged absence. We will meet on a drop-in basis with brown bag lunches to discuss with one another the joys and frustrations of returning to school. We will decide on a mutually convenient meeting time after this first meeting. Drop in any time between 1:30 and 4pm on the 23rd to give your ideas and time suggestions. (Nancy Bash is a re-entry student herself in the College of Home Economics. Margaret is the Associate Director of the Center for Student Development.)

WOMEN'S CONSCIOUSNESS RAISING I & II

These are classes for those interested in women's consciousness raising. We especially desire groups in which we can freely express our thoughts and feelings and learn from one another. We will examine how to make positive decisions concerning our lives.

GROUP I

Elyssa Levine 494-2683

Mondays, 6pm
Length: Indefinite
First Meeting: Feb 21
Location: You will be contacted
Limit: 12

GROUP II

Katy Cashman 537-2816

Sundays, 7:30pm
Length: Semester
First Meeting: Feb 20
Location: 825 Bluemont
Limit: 10

JOB INTERVIEWING FOR WOMEN

Pat Green 532-6220

Thursday, 7:30pm
Length: One time, Mar 24
Location: KSU Union, Rm 207
Limit: 20

This is an introductory class which will primarily deal with the problems women are faced with during the job interviewing process and will explore ways to eliminate these problems. (Pat Green is assistant director of the Affirmative Action Office at KSU.)

THE PERSONAL EXPERIENCE OF BIRTH

Nancy Leiker 537-2217

Mondays, 7:30pm
Length: Indefinite
First Meeting: Feb 21
Location: 905 Kearney
Limit: 10

If you view pregnancy and birth as more than the little pink book they give you at the obstetrician's office, or deciding whether or not to use Pampers, then I'm interested in meeting you. Hopefully, we can explore alternatives, share feelings, and expect the most from the experience of birth. We'll use books, films and guest speakers to supplement our learning experience. We will determine the direction of the group after getting to know one another. If you are pregnant now; have wanted to be pregnant but were afraid of the controlled, sterile trip; have no children, or have 20; feel free to come. (Nancy is pregnant with her second child and has taught UPM classes before.)

LA LECHE LEAGUE INTRODUCTION

Kay Ring 539-2468

Tuesdays, 9:15am
Length: Indefinite
First Meeting: Mar 8
Location: You will be contacted

All women interested in breastfeeding babies are welcome. Any mother may call LaLeche League for breastfeeding help.

PHILOSOPHY

RESOURCES AND TOOLS FOR GROWTH

For Pastors and Workers in Local Churches and Other Interested Persons

MONDAY - April 18, 7-10pm
TUESDAY - April 19, 9am-12pm & 1-4pm

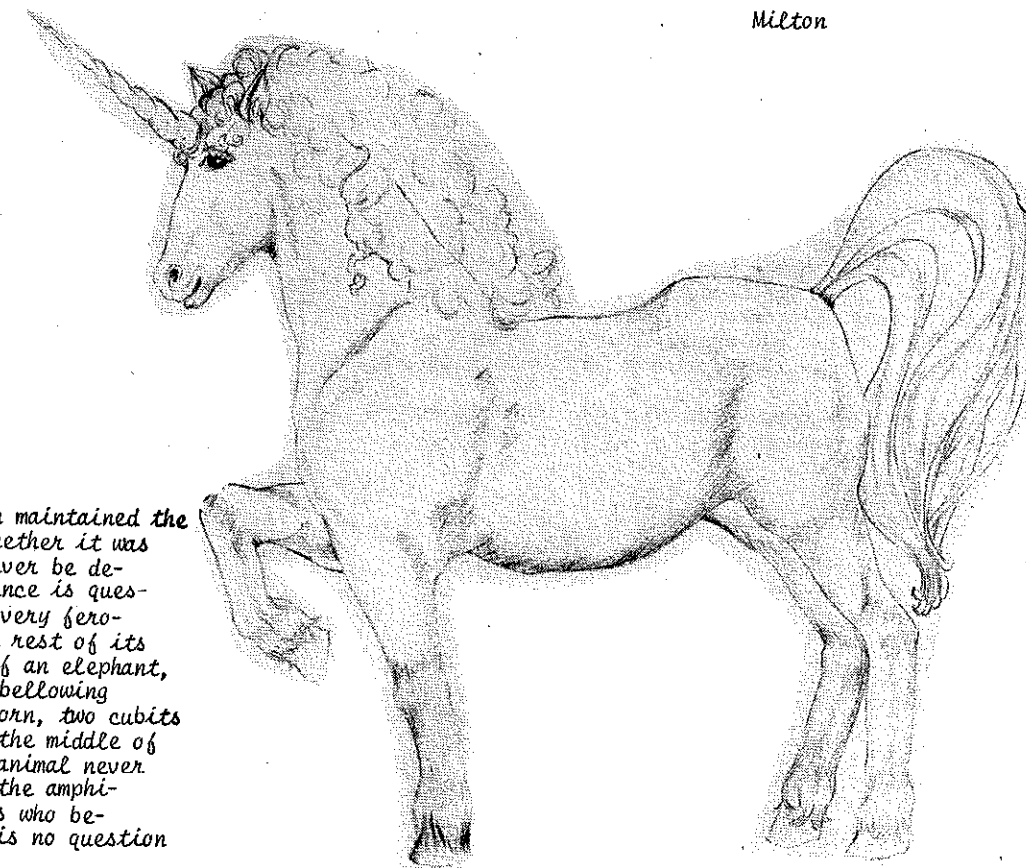
A series of workshops designed for exploring and learning in a variety of different areas. They are aimed not only toward personal growth but also to provide tools and resources for use in the local church setting.

LIFE PLANNING — Pete Sherrard
PSYCHOSYNTHESIS — Warren Rempel
TRANSACTIONAL ANALYSIS & COMMUNICATIONS SKILLS — Don Fallon
HUMAN SEXUALITY — Kelly Bender
RE-THINKING THEOLOGY — Jim Lackey
CLOWNING, CELEBRATION & LITURGY — David Fly

For more detailed information contact United Ministries Center, Ph: 539-4281. An information brochure will be sent to you.

*"All crimes shall cease, and
ancient fraud shall fail,
Returning Justice lift aloft
her scale,
Peace o'er the world her
olive wand extend,
And white-robed Innocence
from heaven descend."*

Milton



Whether the Unicorn's horn maintained the strength of the beast or whether it was only a small sword, will never be decided as long as its existence is questioned. The unicorn was a very ferocious beast, similar in the rest of its body to a horse, the feet of an elephant, the tail of a bear, a deep bellowing voice, and a single black horn, two cubits in length, standing out in the middle of its forehead." The living animal never appeared upon the arena of the amphitheater, but for those of us who believe in the beast...there is no question of its existence.

STUDENT FELLOWSHIP-DISCUSSION GROUP

Warren Rempel 539-4281
Jim Lackey

Sundays, 5-7pm
Length: 8 sessions
First Meeting: Feb 20
Location: UMHE Center, 1021 Denison Ave

A series of Sunday evening meetings, including snack supper (cost 50¢). Discussions and exploration into a variety of topics, beginning with the theme "Movements in the Contemporary Church", or what's new in the Church; Conservative Evangelical Christians; Liberal Christianity; Spiritual Healing; Charismatics; Social Action; New Catholics, etc., and What's Ahead for Christians.

THE CHRISTIAN AGNOSTIC--THE POSITIVE FUNCTION OF DOUBT

Warren Rempel 539-4281

Wednesdays, 12pm
Length: 8 weeks
First Meeting: Feb 23
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.)

"PURITY OF HEART IS TO WILL ONE THING" -- BOOK STUDY AND DISCUSSION

Jim Lackey 539-4281

Thursdays, 12pm
Length: Semester
First Meeting: Feb 24
Location: UMHE Center, 1021 Denison Ave

In 1846 - Kierkegaard wrote this tough minded little book. His points are few - but strong. "If it is to be possible, that a man can will only one thing, then he must will the Good." "...for only the Good is one." "The Talk asks you, then, whether you live in such a way that you are conscious of being 'an individual'!" "...that solitary individual." (Bring a sack lunch.)
(Jim Lackey is a campus minister, philosopher, and long time UFM teacher.)

BOOK STUDY -- "DYNAMICS OF FAITH" -- Paul Tillich

Jim Lackey 539-4281

Wednesdays, 3:30-5pm
Length: Semester
First Meeting: Feb 23
Location: UMHE Center, 1021 Denison Ave

For those who have always wanted to study a "little Tillich" - this book is a good place to start. It is difficult. It suggests new ways of thinking about faith and doubt. It raises the issues of ultimate and demonic concerns. It investigates faith and healing. All this in 130 pages!!

"SOCRATES-CONFUCIUS-BUDDHA-JESUS" -- Karl Jaspers

Jim Lackey 539-4281

Mondays, 3:30-5pm
Length: Semester
First Meeting: Feb 21
Location: UMHE Center, 1021 Denison Ave

For 2000-2500 years people, East and West, have been arguing against or quietly or loudly proclaiming the message of these men. What were some of the kernels of their thought and life style? What seems common to this illustrious quartet? What would they have disagreed about? In about 100 pages, Karl Jaspers gets to these questions.

"PSYCHOTHERAPY - EAST AND WEST" -- Alan Watts

Susan Crew 539-4281
Jim Lackey

Tuesdays, 12pm
Length: Semester
First Meeting: Feb 22
Location: UMHE Center, 1021 Denison Ave

"Alan Watts found a common principle that...seems to be used wherever therapy is trying to overcome man's false sense of himself as an isolated ego -- an ego that traps him in a perpetual flight from death and loneliness." -- Some of us studied an earlier Watts book the first semester - found it provocative. So we are trying another - Join us.
(Susan has a Master of Arts from University of Cincinnati in Clinical Psychology. Jim is campus minister at UMHE.)

PLATO - FOR FUN - OF COURSE! COURSE

Jim Lackey 539-4281

Wednesdays, 7pm
Length: Semester
First Meeting: Mar 2
Location: UMHE Center, 1021 Denison Ave

Each time we do this Plato thing - we have so much delight - both with reading aloud the Artistic Arguments of Socrates in old Athens and in joining the discussions along the streets and in the houses and in the prison - that I conclude - it must be done again; people should get a chance to enjoy the "origins" of so much of what we are still thinking about.

MEET THE MORMONS

Lt. William A. Casey Parker 537-0117

Wednesday, 7:30pm
Length: One time, Feb 23
Location: LDS Institute of Religion, 1820 Clafin

This class is designed to give all those interested a chance to gain a greater knowledge of the Church of Jesus Christ of Latter Day Saints (Mormons), and an opportunity to meet with Mormon students. A film titled "Meet the Mormons" will be shown.
(Lt. Parker is the KSU Branch Mission Leader for LDS Church and has been a member missionary for several years now.)

BIBLE READING AND DISCUSSION

Father Jim D'Wolf 776-9427

Sundays, 9:45am
Length: 8 sessions
First Meeting: Feb 27
Location: St. Paul's Episcopal Church, Common Room, 6th & Poyntz
Limit: 15

The Bible Reading and Discussion class meets about an hour in the Common Room. A critical examination of the authorship, date, place, and general purpose and theme of the Book, Epistle (Letter) or Gospel is presented. The purpose is to read the Bible in large segments and to build up a comprehension of the entire content as a method of understanding the truth of the scriptures.
(Father D'Wolf is an Episcopal priest of 21 years experience in parish work.)

"WHAT I ALWAYS WANTED TO KNOW ABOUT THE EPISCOPAL CHURCH BUT NEVER GOT THE CHANCE TO ASK?"

Father Jim D'Wolf 776-9427

Wednesdays, 7:30pm
Length: 4 weeks
First Meeting: Feb 23
Location: St. Paul's Episcopal Church, 6th & Poyntz

This class will open with a service of Evening Prayer as an introduction to worship in the Episcopal manner. Following the experience we will gather in the Common Room for discussion of Bible, History, Theology, and Government of the Episcopal Church.

BIBLE PROPHECY OF THE LAST DAYS

Georgia Becker 537-1987

Thursdays, 7pm
Length: 10 weeks
First Meeting: Feb 24
Location: 1331 Pierre

What did the prophets actually say? Do Hal Lindsey, André Kole, et.al., really have it all together? What about the differing beliefs of various religious groups? I have spent the past 3 years comparing the ideas of a number of writers of different faiths with the writings of the Old Testament Prophets and Revelation. I would enjoy sharing my findings with anyone interested and also hope to pick up some new insights from the class.

TODAY'S CULTS -- A STUDY OF PSYCHOLOGICAL TOTALISM

Warren Rempel 539-4281

Mondays, 7:30pm
Length: 8 sessions
First Meeting: Feb 21
Location: UMHE Center, 1021 Denison Ave

An exploration into a number of contemporary cults and organizations which represent the phenomenon of psychological totalism: Unification Church (the Moonies); Scientology; EST; TM; Divine Light Mission; The Way; and various other "spiritual counterfeits". (Warren has spent the past 3 years examining and exposing the Unification Church and other cults on the current scene.)

ECKANKAR DISCUSSION GROUP

Bob and Maureen Perry 539-1867

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

ECKANKAR is a way of becoming Self-Realized and God-Realized in this lifetime via Soul travel, which is learned through the practice of the spiritual exercises of ECK. An evening introductory talk/group formation meeting will be announced.
(Bob has studied ECK for 3 years and has had class leader training.)

MASS MEDIA AND RELIGION

Dave MacFarland 532-6881
Dave Nelson

Thursday, 7:30pm
Length: One time, Mar 3
Location: 2441 Rebecca Rd
Limit: 20

We would like to discuss how well local mass media, especially radio and TV deal with problems that may have spiritual answers.
(Dave MacFarland is Professor in Radio and TV at KSU. Dave Nelson is Pastor at Peace Lutheran Church.)



Skills

TIME MANAGEMENT

Jim Robyak

Monday & Wednesday, 7:30-9pm
Length: 2 sessions, Mar 7 & 9
Location: KSU Union, Rm 203

Are there lots of things you want to do, but there never seems to be enough time to get them all done? Learning how to schedule priorities might help. These sessions are designed to help people use time effectively to accomplish what they want to. (Jim is an instructor with K-State's Center for Student Development.)

INVESTMENT BASICS

Greg Hansen

537-0594

Mondays, 7-8pm
Length: 8 - 10 weeks
First Meeting: Feb 21
Location: Eisenhower Hall, Rm 21, KSU

A basic survey of the securities industry, this class will discuss stocks, bonds and other investment vehicles. (Greg is a broker with a local investment firm.)

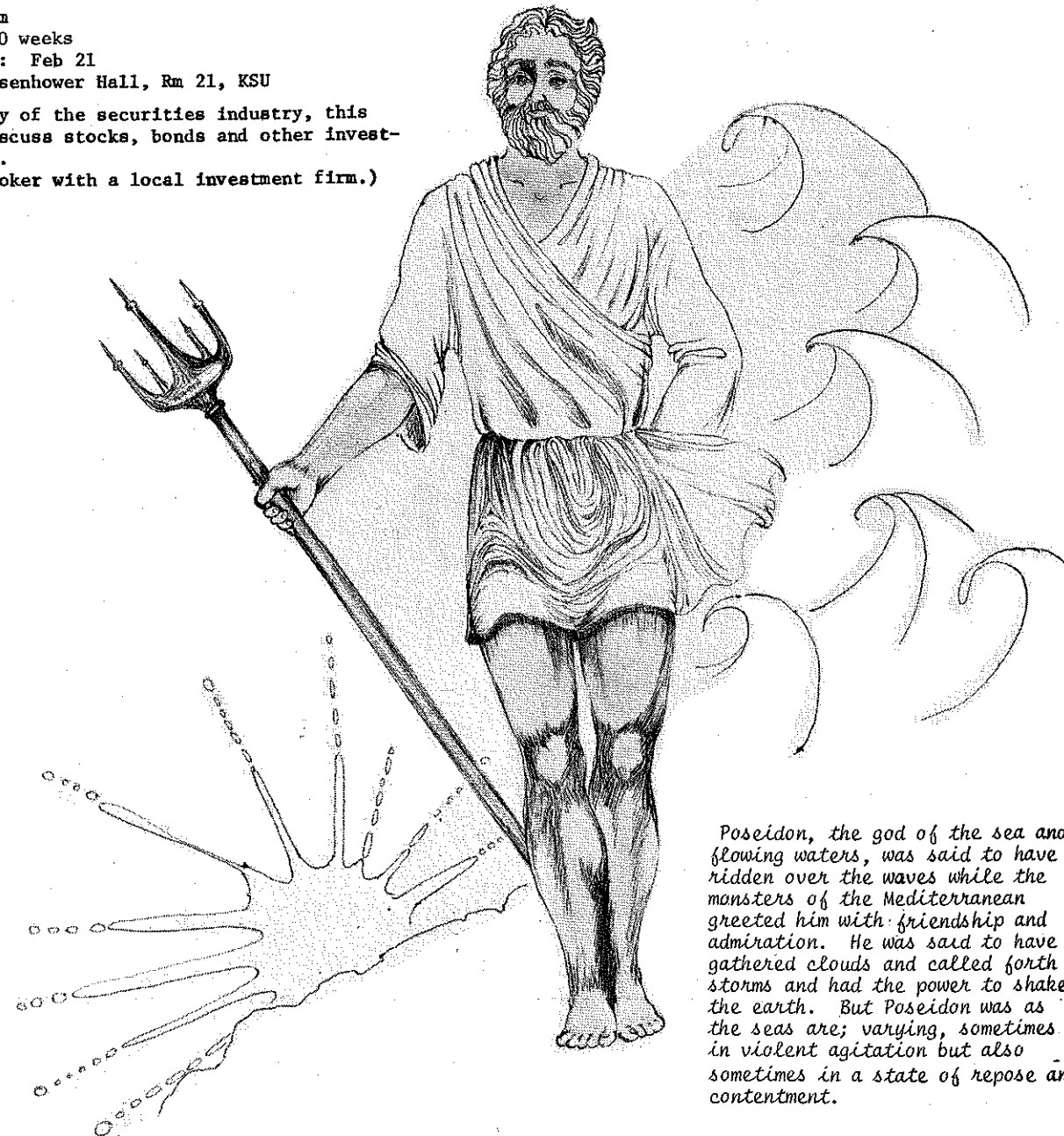
BASIC INCOME TAX RETURN PREPARATION

Galen Kintner

776-3400

Tuesdays, 7-8:30pm
Length: 2 times
First Meeting: Feb 22
Location: Manhattan Public Library Auditorium
Juliette & Poyntz
Limit: 25

The rudiments of filing a 1976 income tax return will be covered in this class, including income itemizing, deductions, exemptions, tax computation, and filling out the return. (Galen is a local attorney.)



Poseidon, the god of the sea and flowing waters, was said to have ridden over the waves while the monsters of the Mediterranean greeted him with friendship and admiration. He was said to have gathered clouds and called forth storms and had the power to shake the earth. But Poseidon was as the seas are; varying, sometimes in violent agitation but also sometimes in a state of repose and contentment.

FINDING YOUR WAY THROUGH THE LIFE INSURANCE MAZE

Richard Shores

776-7736

Wednesdays, 7:30pm
Length: 2 sessions
First Meeting: Mar 16
Location: Kansas State Bank, 1010 Westloop

These sessions will give information on the language used in insurance, a comparison of the types of life insurance available and the applications of each with special information for women and other non-traditional purchasers of insurance. Details of IRA and other retirement plans will be covered as well. (Richard is a broker for several different companies and has taught college classes for a number of years.)

BASIC AUTO BODY REPAIR

Alan Clark

776-5333

Wednesday, 7:30pm
Length: One time, Mar 9
Location: Manhattan Public Library Auditorium
Juliette & Poyntz

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

PRINCIPLES OF ARABIC LANGUAGE

Sabah Al-Obaidi and Wadea Kabli

532-6137

Wednesdays, 7:30-8:30pm
Length: Semester
First Meeting: Feb 23
Location: KSU Union, Rm 207

This course will cover the following: basic principles which apply to Arabic language; the Arabic alphabet; kinds of sentences and phrases; a comparison between Arabic and English sentences and phrases, and the basic patterns which illustrate the essentials of Arabic structure. This team-taught course is one of the activities of the Organization of Arab Students at KSU. (Sabah Al-Obaidi is a graduate student working on a Ph.D. in Animal Physiology.)

BICYCLE REPAIR

Bill Jacoby

537-1510

Tuesdays, 7pm
Length: 7 weeks
First Meeting: Mar 8
Location: 1207 Moro
Limit: 25

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

BASIC AUTOMOBILE ENGINE THEORY

John Hughes

539-8775

Wednesdays, 7pm
Length: Semester
First Meeting: Feb 23
Location: Seaton Hall, Rm 132, KSU
Limit: 20

The workings of the internal combustion engine will be covered -- how it works, why it's vulnerable, and how to care for it. (John has many years of experience as an auto mechanic.)

AUTO COMMUNICATIONS FOR WOMEN

Norman Peck

1-485-2770

Wednesdays, 8:30pm
Length: 6 weeks
First Meeting: Feb 23
Location: Ackert Hall, Rm 116, KSU

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

"HOLLANDRE KOFFETAFEL"

Henk van Deik
Christina van Sway

539-4898

539-5439

Fridays, 11:45am - 1:15pm
Length: Semester
First Meeting: Feb 25
Location: KSU Union, Stateroom, #2
Limit: 15

For people interested in the Dutch-speaking culture and customs. Introduction to the Dutch language and conversation. Occasionally movies and slides may be used. Out of this contact other activities might evolve, e.g. an evening learning old-Dutch games, preparing a meal, discussion of porcelain. Help with travel, tourist or bicycling trips. (Henk and Christina are both natives of Holland and have tutored exchange students.)

TWO HOURS OF BEGINNING SIGN LANGUAGE

Wendy Schiappa 537-0905
 Sunday, 1-3pm
 Length: One time, Mar 6
 Location: KSU Union, Rm 206a
 Limit: 30

This class is for those curious about American Sign Language. It will cover the bare minimum--the alphabet, numbers, and a few words. It will also describe how signing is a language and the "how to's" and "how not to's" of signing.
 (Wendy has six hours of college credit in sign language and has associated with signing deaf.)

BEGINNING GERMAN

Fred O. Oehme 537-2105
 Thursdays, 7pm
 Length: 6 weeks
 First Meeting: Apr 14
 Location: First Lutheran Church, Parish Hall
 10th & Poyntz

Beginners and advanced persons are welcome to join this class in German conversation. Learn how to get along while traveling in Germany--shopping, hotels, motels, food, amusement, etc.
 (Mr. Oehme's first German class was so successful that they wouldn't let it come to an end.)

BEGINNING ITALIAN

Shahab Omidvaran 539-6746
 Wednesdays, 8pm
 Length: Indefinite
 First Meeting: Feb 23
 Location: Farrell Library, Rm 321, KSU
 Limit: 15

This class is designed for those with no knowledge of Italian. The course emphasis will be pronunciation. Knowledge of Spanish is useful, but not necessary.
 (Shahab lived in Italy for 10 years.)

ENGLISH FOR INTERNATIONALS

Pat Campbell 539-4802
 Thursdays, 9:30-11am
 Length: Indefinite
 First Meeting: Feb 24
 Location: 1st Presbyterian Church, 801 Leavenworth

All people who want to learn English as a second language are welcome, especially wives of international students. Baby-sitting is provided. Husbands, bring your wife if she speaks no English. If you need help to pass the English requirements for KSU, this course can help you, too. We have several levels of classes.
 (Pat has taught English as a second language at the Adult Basic Education Center for 5 years.)

CAREER PLANNING AND PLACEMENT

Nan Oser 532-6506
 Monday, 7pm
 Length: One time, Mar 7
 Location: Anderson Hall, Rm 10, KSU

This class will be a basic introduction to the skills needed to find a job. We will cover job searches, interviews, resumes, and related topics.
 (Nan is the assistant director of Career Planning and Placement at KSU.)

JOB APPLICATION AND INTERVIEWING

Bill Zelazny 537-8960
 Thursday, 7pm
 Length: One time, Mar 3
 Location: Manhattan Public Library Auditorium
 Juliette & Poyntz

Discussion will be about you and the hiring process--finding job information, preparing a resume, completing a job application form and going through an employment interview.
 (Bill has been the Personnel Director for a local organization for 2½ years and has gone through piles of resumes and many interviews.)

SECRETARIAL TECHNIQUES

The KSU College of Business, in conjunction with UFM, is providing this 8 week series designed to teach some professional skills. Several persons completing some of all of the courses have had success in finding jobs here in Manhattan. Enrollment is open to everyone and classes are held in Calvin Hall on the K-State campus. Please sign up for the respective class or classes at UFM registration.

Calvin Hall Rm. Number	Class	Day	Starting Date	Time	Instructor
217	Typing I	Wed	Feb 23	7-9pm	Lynn Haddan
217	Typing I	Thur	Feb 24	7-9pm	Annalene Reichle
217	Typing II	Tue	Feb 22	7-9pm	Tony Walker
107	Bookkeeping	Mon	Feb 21	7:30-9pm	Cindy Pierce
207	Business Machines	Mon	Feb 21	7-9pm	Lori Edgerle

TUTOR ENGLISH FOR INTERNATIONALS

Pat Campbell 539-4802
 Thursdays, 9:30-11am
 Length: Indefinite
 First Meeting: Feb 24
 Location: 1st Presbyterian Church, 801 Leavenworth
 We need Americans who are caring people to meet with small groups of international women and help them learn English and about life here. We have good texts and considerable 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 care about people, you qualify. Baby sitting is provided if you need it. The students are fascinating people who have much to share.

SEWING

Vicky Blackburn 537-4136
 Tuesdays, 7pm
 Length: Indefinite
 First Meeting: Feb 22
 Location: UFM Living Room, 615 Fairchild Terr
 Limit: 10

This course will cover almost any aspect of sewing from repairing ripped seams to altering patterns. Please bring questions and materials to first class. (Vicky has been sewing for 10 years, she has done alterations and repair work as a professional seamstress for two years.)

SEW, SEW, SEW

Mardi Ashcraft 539-3037
 Miriam Shaheed 537-8576
 Thursday, 7:30pm
 Length: One time, Mar 3
 Location: UFM Library, 615 Fairchild Terr
 Limit: 15

Mardi and Miriam will demonstrate hems, buttons, patches, use of patterns, preparing material and measuring yourself.
 Both leaders have taken several sewing courses and enjoy sewing enormously.)

UNDERSTANDING HOUSEHOLD ENERGY USE

Karen Hummel 776-8893
 Wednesday, 7pm
 Length: One time, Mar 30
 Location: KPL Auditorium, 5th & Poyntz
 Limit: 50

This session will deal with ways to control household energy, including insulation checks and instructions on insulation application.
 (Karen is the Home Service Advisor at the local power company.)

REFINISHING MADE EASY: REMOVIN' THE CONFUSION

Nick Penland 537-8153
 Thursdays, 7:30pm
 Length: Indefinite
 First Meeting: Mar 10
 Location: UFM Living Room, 615 Fairchild Terr
 Limit: 15

We'll be covering the basics of furniture refinishing and repair and will also go over veneering. Nick will be glad to help folks find any equipment, tools, replacement parts, etc. that they might need.
 (Nick is a cabinetmaker and has been into refinishing for 6 years.)

INTRODUCTION TO BOOK REPAIR

Judy Cook 776-5390
 Sign up at registration and you will be contacted concerning date and time.
 Length: One time
 Location: Farrell Library, Binding Dept., KSU
 Limit: 12
 The course emphasis will be simple book repair and upkeep of rare books with some historical background. Free sample book repair kits will be supplied. Please do not bring small children because of limited space and library equipment. Bring a book to repair, if you have one.
 (Judy works at Farrell Library and, as UFM staff can attest to, leads an excellent class!)

COLLEGE CREDIT WHERE CREDIT IS DUE

John Steffen 532-5566
 Mondays, 7:30pm
 Length: 2 weeks
 First Meeting: Mar 14
 Location: Umberger Hall, Rm 321, KSU
 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.)

THE ART OF GRANTSMANSHIP

John Murry 532-6194
 Monday, 7:30pm
 Length: One time, Feb 21
 Location: KSU Union, Rm 206A
 With the ongoing tightening of the economy, there is a significant need to know about alternative sources of income. Grants are a possible source of funds - and this session is designed as an introduction to the vast field of grants and federal contracts. The meeting is open to anyone who wishes to attend, and the thrust will be to review the many sources available for identifying potential federal, foundation, and state support for various projects.
 (John is the accepted campus expert on grant preparation and execution.)

MAKING GAMES

Bob Harris 532-6863
 Mondays, 7:30pm
 Length: 6 weeks
 First Meeting: Feb 21
 Location: Farrell Library, Rm 321, KSU
 Limit: 30
 We will meet to invent and actually produce simulation games. These games, in addition to being simply enjoyable are also useful in teaching social sciences, primarily in secondary schools. Examples will be available at the first meeting.
 (Bob has researched, used, and made simulation games for quite awhile.)

AMATEUR RADIO OPERATION

Randy Humphries 537-8510
Steve Marr 539-3692

Mondays, 7pm
Length: Indefinite
First Meeting: Feb 21
Location: Seaton Hall, Rm 164K, KSU

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 and general class licenses. (Randy is president, and Steve is secretary/treasurer of the K-State Amateur Radio Club. Both hold advanced class licenses.)

STEREO EQUIPMENT PERFORMANCE AND BUYING

Donald Goertz 539-9578

Thursdays, 7:30pm
Length: 3 weeks
First Meeting: Feb 24
Location: KSU Union, Rm 206AB

An introduction to stereo equipment: how it works, what works best, what "specs" to look for in equipment and what they mean. This will cover both technical and non-technical aspects--depending on what information people would like to know. (Don has built many home stereo systems and is a 6th year student in Architecture.)

HAIR AND SKIN KNOWLEDGE

Pauline Whitney, Barb Ortman, Diane Londene, Sheree Devenney, Linda Collins 776-5651

Tuesdays, 7:30pm
Length: 4 weeks
First Meeting: Feb 22
Location: 411 Poyntz
Limit: 20 each session

Four weeks of discussion on:
(1) Feb 22 Hair and skin care, including hair analysis
(2) Mar 1 Product Knowledge
(3) Mar 8 Skincare and Glamour
(4) Mar 15 Blow-dry Styling
Sign up for each session separately.
(Classes will be held by five licensed hair stylists trained by professionals in each field.)

MODERN WALL COVERINGS

Brooke Scott 776-9435

Wednesday, 7pm
Length: One time, Mar 2
Location: 310 Poyntz

Types of wall coverings (including estimating and selecting for the job) and application techniques will be covered. A discussion of common application problems and solutions, in addition to material-application workshop will be presented. All materials are furnished.
(Brooke was an independent decorating contractor for 2 years and has spent 4 years in sales and management.)

EXTERIOR HOUSE PAINTING

Brooke Scott 776-9435

Tuesday, 7pm
Length: One time, Mar 22
Location: 310 Poyntz

We'll show how to inspect and evaluate the existing paint system, prepare the surface, and select and apply primers and finish coats. Causes and corrections of paint failures will be discussed. This will also be a material-application workshop with all materials furnished.
(Brook was an independent decorating contractor for 2 years and has spent 4 years in sales and management.)

THE DO'S AND DONT'S OF BUYING AND SELLING A HOUSE

Richard Hill 539-2309

Thursdays, 7:30pm
Length: 3 weeks
First Meeting: Mar 31
Location: Manhattan Public Library Auditorium
Juliette & Poyntz

The basic ins and outs of buying and selling a house. The first session will cover such practical things as electrical systems, carpentry, heating systems, and plumbing with respect to purchase or sale. The second session will be spent on new homes, and the last session on the joys and agonies of older homes.
(Richard is a local realtor.)

COMMUNITY WOMEN'S CENTER

University for Man is part of a large effort to organize a women's center for all women of the community, with a special outreach to those who do not feel comfortable with existing services. We will soon be opening with weekly get-togethers and are searching for a permanent location with a library and meeting space. We hope to provide an information referral, support service, and women-oriented programming. Donations, financial and otherwise, are needed. Please call UFM for more information.

COMING ATTRACTIONS

JOHN HOLT

Holt, a noted educator and author will be here for a visit on Wednesday, February 23rd. John's writing contributions are — How Children Fail, How Children Learn, Freedom & Beyond — and many more.

10:30am "Instead of Education" McCain Auditorium
12:30pm Informal discussion KSU Union, Rm 217
7:00pm "The Process of Learning
Through the Study of a Musical Instrument" KSU Union Little Theatre

FRED HARRIS

Harris, a former senator from Oklahoma, and presidential candidate in 1976 will be on campus March 10-11th and will participate in a series of forums, panels. His main address will be March 11th.

10:30am "The New Populism" McCain Auditorium

FREEDOM OF EXPRESSION: FACT OR FANCY

A program is being developed for April centering on issues relating to: freedom of the press, student rights, academic freedom, etc. The program will include speakers, panels, strategy sessions. These events are brought about through the efforts of the Union Program Council's Issues & Ideas Committee, the Education Council, the Student Chapter of ACLU and UFM. Sign up at registration if you are interested in working with the program planning.

CHILD CARE

A reminder: the Evening Child Care Center sponsored by UFM will be in operation. We need you! Maximal use of the Center will help it become solidly established. We are also applying for outside funding and therefore need petition-signers and carriers, toys and volunteer workers. Please fill out the brief child care interest form at registration so that we can determine the appropriate days and times for operating this service at the Center. Thanks.

CAMPUS-FREE COLLEGE

Interested in creating your own college curriculum that fits your life and learning patterns, interests and goals? CFC is a new college that grants AA, BA and MA degrees. Students in CFC work with program advisors who are situated throughout the United States. Presently there are seven CFC students in the Manhattan area seeking degrees in a variety of interests. For more information about CFC in this area or nationwide, contact either Dave Hursh, 539-1677 or Sue Maes, 532-5866.

COMMUNITY GARDENS

Thanks to the co-operation of the City Commission, the KSU Dept of Horticulture, Frank Keller and an assortment of individuals, the Community Gardens will be off and sprouting later this month. We will have approximately 100 plots available to Manhattan residents, though if we run short, those in need will be given first priority. If you would like to reserve a garden plot, call UFM, 532-5866.

FIPSE

The excitement and spirit of rural Kansas didn't vanish with Marshall Dillon. The staff at UFM has had a chance to probe the small town life of Kansas through a grant from the Fund for the Improvement of Post-secondary Education (Dept of HEW) to develop free university-community education programs in 12 rural areas of the state.

We found:

The W.C. Fielders — A community theatre group in a town of 500,
A Mission Impossible TV script writer,
Chinese cooks, Yoga teachers,
Action groups concerned about the "death" of the small farmer,
a jazz drummer,
And many skilled, good people willing to share their talents and skills with others.

Hundreds of individuals in each community are participating in events similar to the offerings here in Manhattan. This community-sharing is important especially since our surveys indicate over 70% of the people involved are not interested in credit and would prefer free university type activities to perpetuate their life-long learning. To learn more about developing community education programs in rural towns, drop by UFM.

HAIR

Rick McClanahan 776-5222

Monday, 2pm
Length: One time, Mar 7
Location: KSU Union, Rm 213
Limit: 40

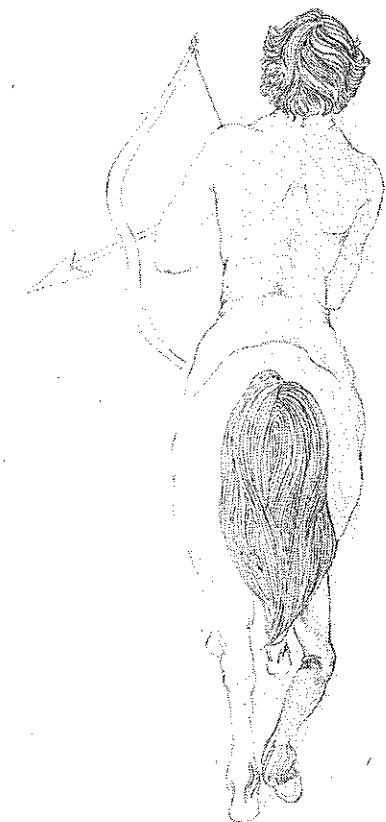
How to test products at home and tell whether products that you buy are beneficial or not; why hair is in bad condition; how to understand the use of conditioners; haircare in general.
(Rick is a Manhattan hairstylist and has led this class many times.)

LET'S MAKE-UP

Ali Erkelens, Velina Houston, Connie Eichhorn, Lisa Rowell 537-7914

Sign up at registration and you will be contacted concerning the time and date of first meeting.
Saturday
Length: One time
Location: 800 Sunset Ave
Limit: 10

Some do, some don't, and some do sometime. This is a one-timer for women and men interested in the art of make-up and its application. Bring in your cosmetics, supplies and/or interest. We will experiment and exchange tips.
(These four housemates have a desire to share ideas, technique, and fun concerning making-up.)



REGISTRATION

February 16, 17, 18	KSU Union	Lower Level - Wednesday	9am to 4pm
		Main Concourse - Thursday & Friday	
16, 17, 18	UFM, 615 Fairchild Terr		9am to 5pm
16	Manhattan Public Library		9am to 8pm
16	Apartment Towers		9-11am; 1 to 4pm
16	Manhattan High School		11:30am to 1pm

If you can't make it to one of the locations listed above, telephone UFM, 532-5866, 9am to 5pm. (Phone registration: 4 class limit.)

WHY REGISTER?

- Over 4,000 people register for UFM classes and another 1,000 are turned away due to closed classes.
- * We cannot stress enough -- AFTER A CLOSE CHECK OF YOUR SPRING CALENDAR, PLEASE REGISTER FOR ONLY THOSE CLASSES WHICH YOU ARE POSITIVE YOU WILL ATTEND.
 - * If you register, then leaders can prepare handouts, cook food, order supplies, etc, for the right number of people!
 - * By registering you can be contacted if there is a change of location, time or date for your course.

CLASS LIMITS

Many UFM classes are limited, but for some closed classes, UFM will take a waiting list. Waiting lists do not guarantee a place in the class. A leader may decide to start an additional class or an opening may occur in the original class or, if there is an overflowing demand for a class, the UFM staff may attempt to locate another qualified leader. You would then be contacted and the proper arrangements would be made for your class participation.

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

return postage guaranteed