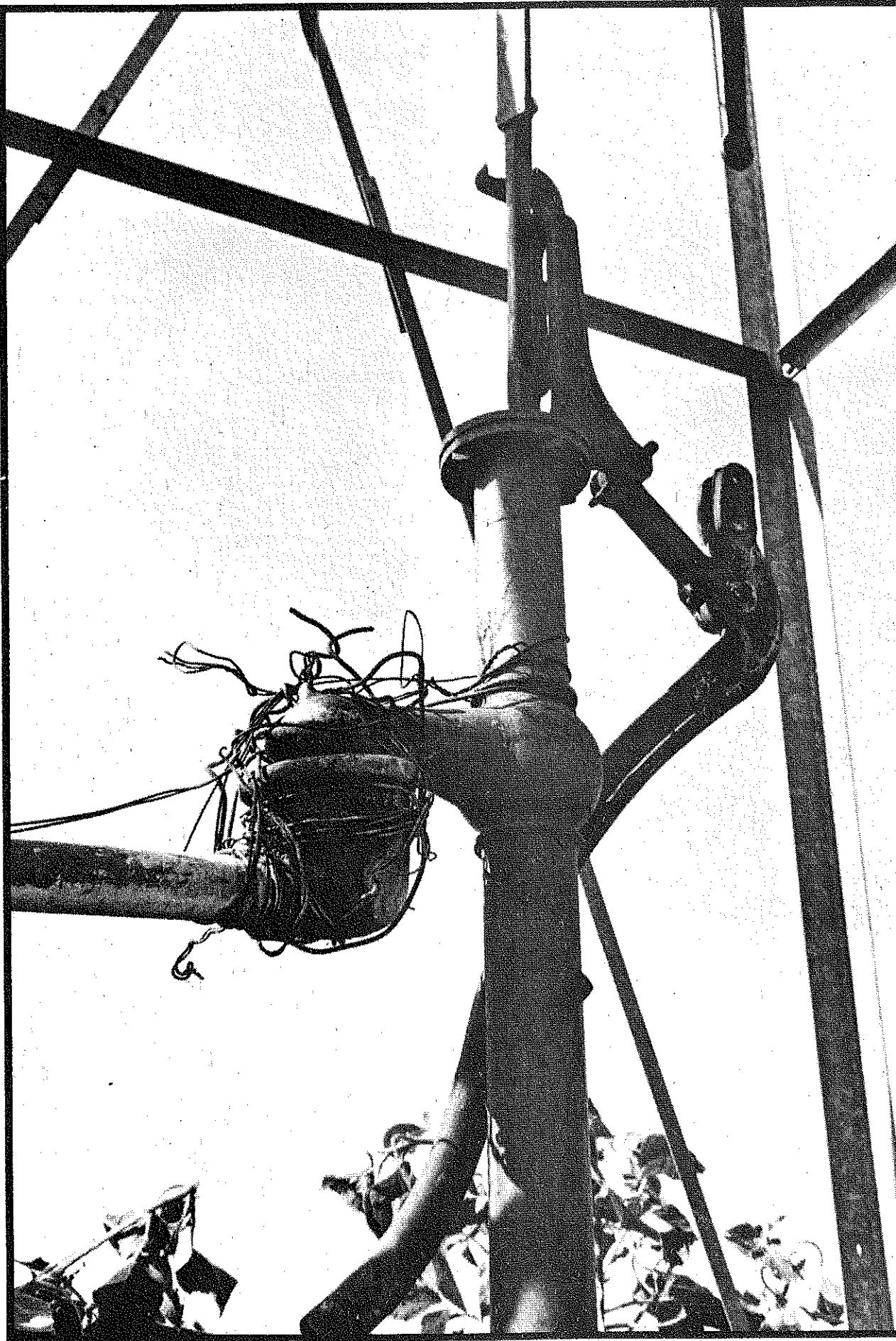


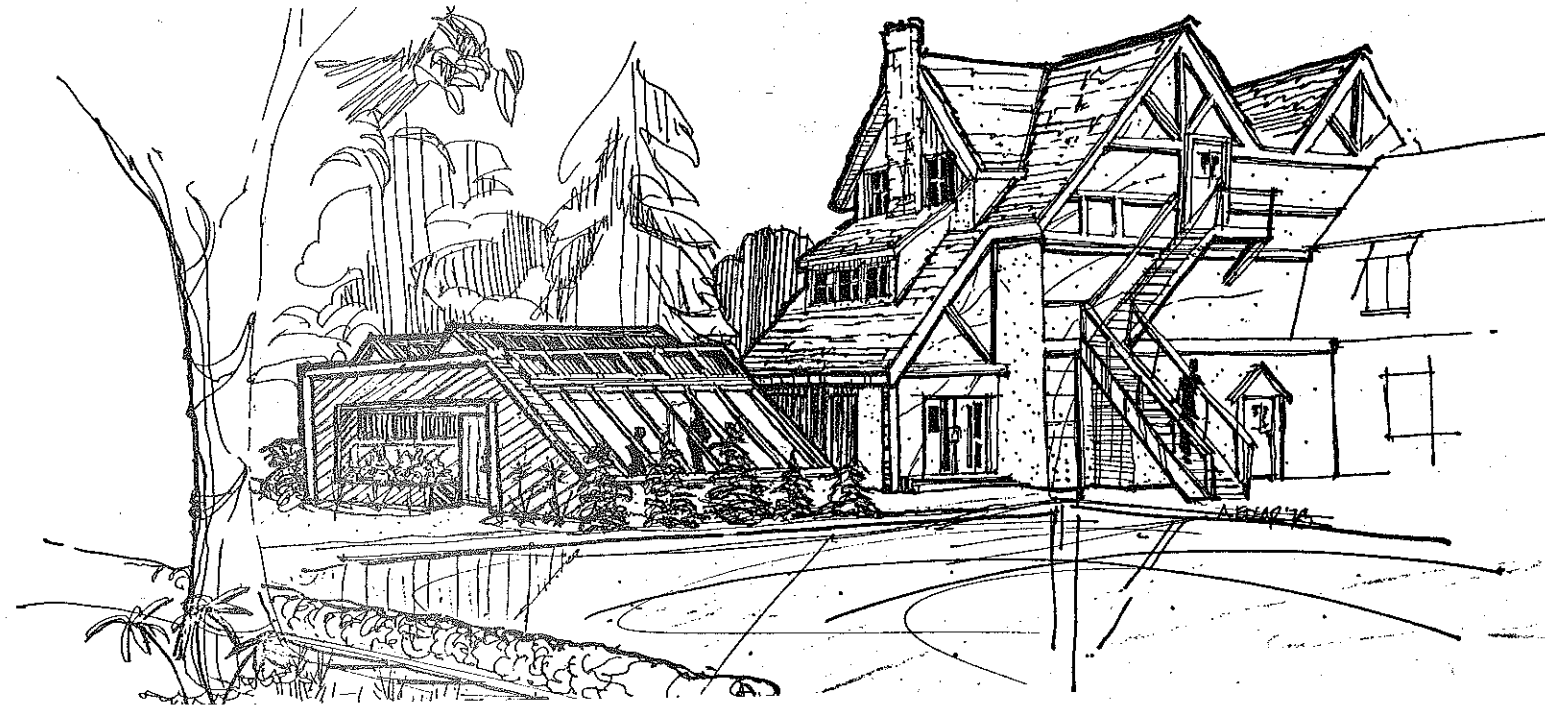
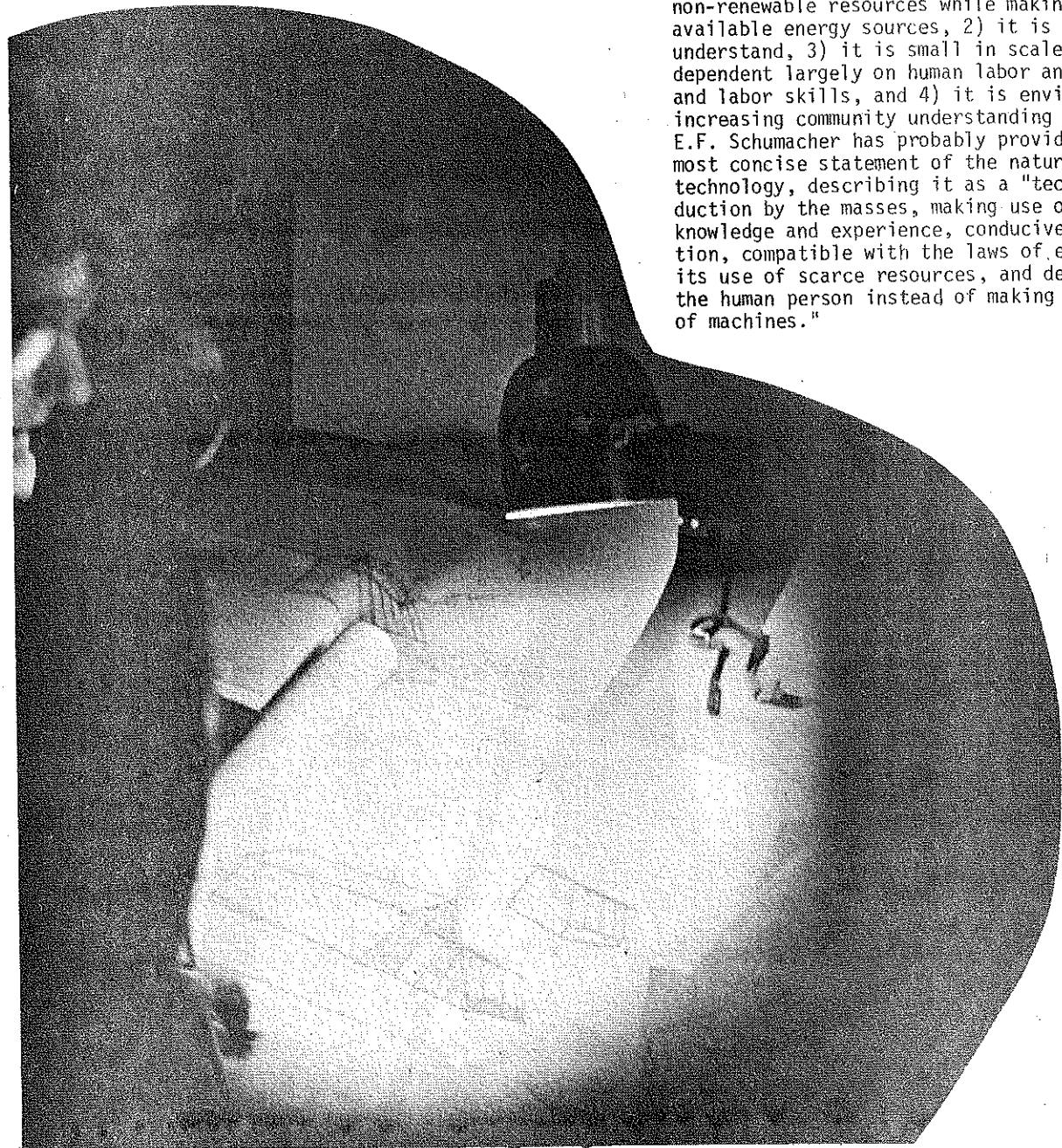
University For Man Fall 1978



As we leave an age of unquestioned faith in technology and the dream of social progress it has promised, we must turn our attention to researching, developing and implementing those technologies which are appropriate in a world of environmental degradation and rapidly depleting natural resources. Thus we have selected the theme of "appropriate technology" for our brochure this fall. With this theme, we hope first to define appropriate technology, and second, to introduce UFM's newly established Appropriate Technology Program.

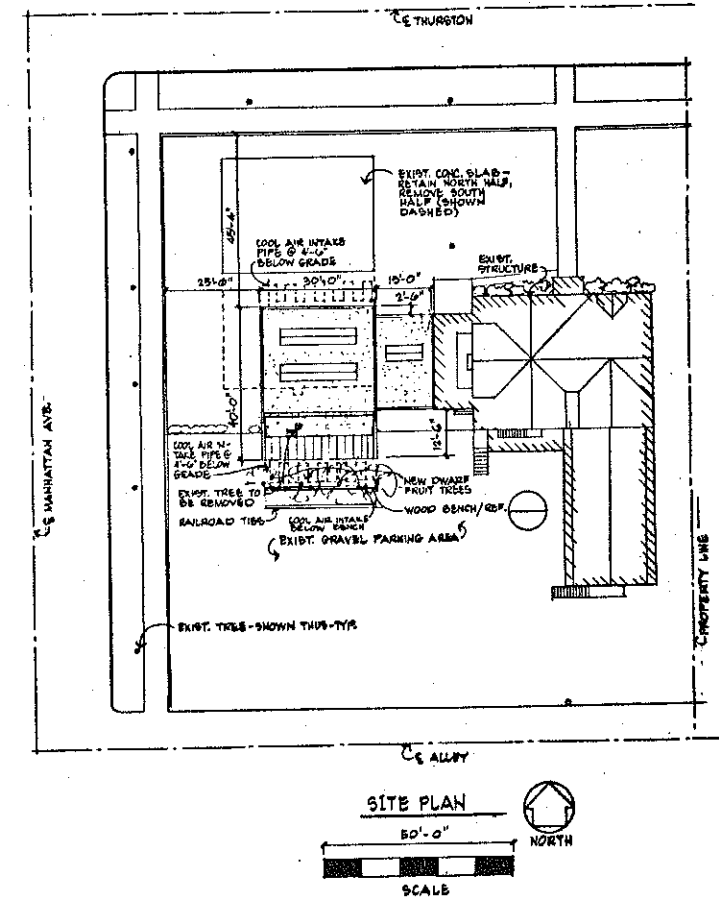
Appropriate Technology

Actually, there is no single concise statement which adequately defines or describes appropriate technology, a phrase which often means many things to different people. Bruce McCallum has proposed that environmentally appropriate technologies are those which can meet our needs without damaging the environment and which are not subject to resource depletion. This, of course, is implied in our opening statement. Perhaps it would be clearer to summarize some of the many characteristics which have been attributed to appropriate technology: 1) it conserves non-renewable resources while making best use of available energy sources, 2) it is simple to use and understand, 3) it is small in scale, decentralized, dependent largely on human labor and local materials and labor skills, and 4) it is environmentally sound, increasing community understanding and self-reliance. E.F. Schumacher has probably provided us with the most concise statement of the nature of appropriate technology, describing it as a "technology of production by the masses, making use of the best of modern knowledge and experience, conducive to decentralization, compatible with the laws of ecology, gentle in its use of scarce resources, and designed to serve the human person instead of making him the servant of machines."



Our Appropriate Technology Program at UFM has been established to search for ways in which individuals and communities can become more self-reliant and self-sufficient in the areas of energy, food, shelter, and education. UFM has led the way in the design, offering and implementation of courses and projects which address many aspects of the current energy situation. Through our Appropriate Technology Program, we hope to encourage the local sharing of knowledge and skills about energy conserving techniques and the use of renewable energy sources. This fall, we will begin the process of gathering books, articles, publications, pamphlets, newsletters, and magazines for an Appropriate Technology Resource Library to be located in the UFM house. We also will provide technical assistance to local residents wanting to weatherize their homes or retrofit them with solar collecting devices. There are several courses in this brochure introducing our technical assistance services.

Staff support for the Appropriate Technology Program has been provided through several sources. Douglas Walter, a fifth-year student in the College of Architecture and Design at Kansas State, has received a 12-month Public Service Science Internship from the National Science Foundation. He is responsible primarily for program development and implementation of the resource library. Tom Hollinberger, also a fifth-year student in the College of Architecture and Design, will be working on a grant from the Clearinghouse for Community-Based Free Standing Educational Institutions. This fall, we will design, build, and test various simple window treatments which will improve their year-round thermal performance. When this project is completed, the UFM house will be a living museum of low-cost simple window treatments. In October, we hope to add another staff member through the CETA program. This position will allow us to assist local residents with weatherization and solar rehab designs. Gary Coates, Associate Professor of Architecture at Kansas State, is providing supervision and guidance for the Appropriate Technology Program and its activities.



The success of this program is dependent upon the response of the Manhattan community. Please feel welcome to call or drop by and find out how you can use our services.

Fall 1978

Welcome to UFM's array of fall classes! There are some old favorites and some exciting new offerings and hopefully, among the variety of classes reflecting the broad interests of UFM staff, there is something just right for you. Of course we must thank the people in our community who volunteer their time, energy and sometimes, dollars to help keep UFM going. Without these generous friends, we probably wouldn't be here. UFM receives funding from the KSU Division of Continuing Education, the KSU Student Governing Association, the United Way of Manhattan--Riley County, the Department of Human Resources--CETA, the Fund for Improvement of Post Secondary Education, Community Development--City of Manhattan, National Science Foundation Internship, Clearinghouse for Community Based Free Standing Educational Institutions, the Kansas Office of Social and Rehabilitation Services, and the Kansas Arts Commission--a state agency, and the National Endowment for the Arts, a federal agency. Thanks to these groups and others who contribute to UFM as a non-profit, tax exempt organization, we are thriving. To all, our warmest thanks.

The Courses

6 Community

Older Man. Neighborhoods Assn.
History of Manhattan

7

Local Government Analysis
Women's Political Issues Caucus
Intro. to Geneology
Lawyer's Series
Minority Film Festival

8

League of Women Voters
South Asia Colloquium
Rural Mexico
"Which Way Africa?"
Global Village

9

Food for the Hungry World:
Progress and Problems

10

Language, Reading, and Families
Teaching Sci. at the Living/
Learning School
Achieving Curriculum Integration
Through the Arts

11

Sing Along With Frank
Stress Mgt. During the Later Years
How to Save Money on Your Vacation
Grand Lake Colo.: A World of
Memories
Aging With Dignity
Aging, Aren't We All?
A Walk Down Memory Lane
Carefree Singers

12 Crafts

2nd Annual UFM Fine Arts/Crafts Sale
Arts/Crafts Sale
Christmas Classes: A Chance for
Giving
Christmas Crafts

13

Whittling for Fun
Beginning Whittling
Swedish Weaving
Naturals for Adults
Decoupage Techniques
Rug Braiding
Rug Weaving
Crafts for Kids

14

Beginning Macrame
UFM Pottery Studio
Ceramics: Working With Clay

15

Fundamentals of Pottery
Primitive Pottery
Handbuilding With Clay
Creative Pottery Techniques
Pressed Flowers
Survival Sewing

16

Tatting: The Art of Making Lace
Darn Those Socks
Quilt Tying
Weavers Fancy

17 Fine Arts

Calling All Clowns
"Take Up Your Pens (Or Charcoals.
or?)
Poet's and Writer's Guild
Writers for Ed. and Soc. Change
Science Fiction and Fantasy
"Voyages of the Starship Enterprise)
It's Show Time

18

Acting for the Non-Actor
Stained Glass Demonstration
Care of Keepsake Clothing
Antiques

19

Appreciation of Music
Early Guitar
Intermediate Guitar
Beginning Belly Dance
Intermediate Belly Dance
Disco
Basic Theatrical Dance

20 Earth

Nuclear Power--and Our Environ.
How to Tell An Appropriate
Technology When You See One

21

Are You Committed to Building a
Solar Home?
Gardening for More With Less
Composting
Gardening in Your Closet
Pyramids
Children's Gardening
Cutting and Plant Exchange
Fern Propagation

22

Herbal Wreath Making
Potpourri and Sachets
In Search of the Great Pawpaw
Wildflower Identification
Ident. Woody Plant Material
Northern Flint Hills Audubon Soc.
National Audubon Screen Tours
Birds

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The Universe
Zoo Docent Program
Orienteering

24 Foods

Best Cheesecake in the World
Junk Food Potluck
Gimicky in the Supermarket

25

Good Neighbor Milk Run
Winemaking Par Excellence
Drying Food (Solar & Otherwise)
Fruit Leathers
The Joy of Crepes
Souffles Return
Teas for Pleasure: Tisanes for
Health
Tour of American Inst. of Baking

26

German Cookery
Soups for the Cold Winter Nights
Cooking the Microwave Way
Flambeed Desserts
Homemade Bread and Cheese Feast
Dining Out in Kansas
International Cooking

27 Play

Beginning Tennis
Co-Rec Volleyball
Basketball With the Cats
Volleyball/New Games

28

Racketball for Fun
Handball Experience
Rhythmic Aerobics
Physical Fitness

29

Bicycle Racing for Beginners
Aerial Wizards
Outing Club
Cold Weather Camping
Intensive Game Therapy
Player Piano Fun

30

Mickey Mantle Memorabilia
Horseshoe Pitching
Dial-A-Partner
Autocross
Road Rallye

31

Competitive Darts
Children's Play Group
So You Want to Grow Some Fins

Adult Beginning
Advanced Beginning
Intermediate
Beginning Scuba

32 Self

Basic First Aid for Kids
First Aid Multimedia

33

Race for Life: One Person CPR
Learning About Stress
Biofeedback Introduction
Adv. First Aid and Emer. Care
Upcoming Events
Hatha Yoga I
Hatha Yoga II (Over 40's)

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Kundalini Yoga
Kundalini Yoga Intensive
Sweatlodge
Women's Resource Ctr. of KSU
Women's Center
Why a Woman Should Plan
Financially and How

35

Books By and About Women
Living Alone
Becoming Single Women
Self Defense for Women

36

Changing Course in the Middle
of the Stream
Career Choice Assistance
Fantasy Journeys for Fun and
People
Journals--Reflections
Creative Self-Counseling
Loneliness--A Study Series

37

Marriage Preparation Conference
Creative Divorce: Pain & Growth
I'm OK--You're OK Weekend
Introduce Your Relationship
to Transactional Analysis

38

The Tuesday Night Forum
Confucian Thought
Personal Effectiveness

39

Shakti Power (Moon Meditations
for Women)
Liberation Theologies
Personalizing Theology
The Radical Jesus
Seven Arrows
Plato for Fun
Life and Teaching of Jesus
Open Meditation
Celtic Meditations

40 Skills

Appropriate Technology and
Energy Conservation
Low-Cost Solar Devices You
Can Build Yourself
Dress Your Home Up for Winter

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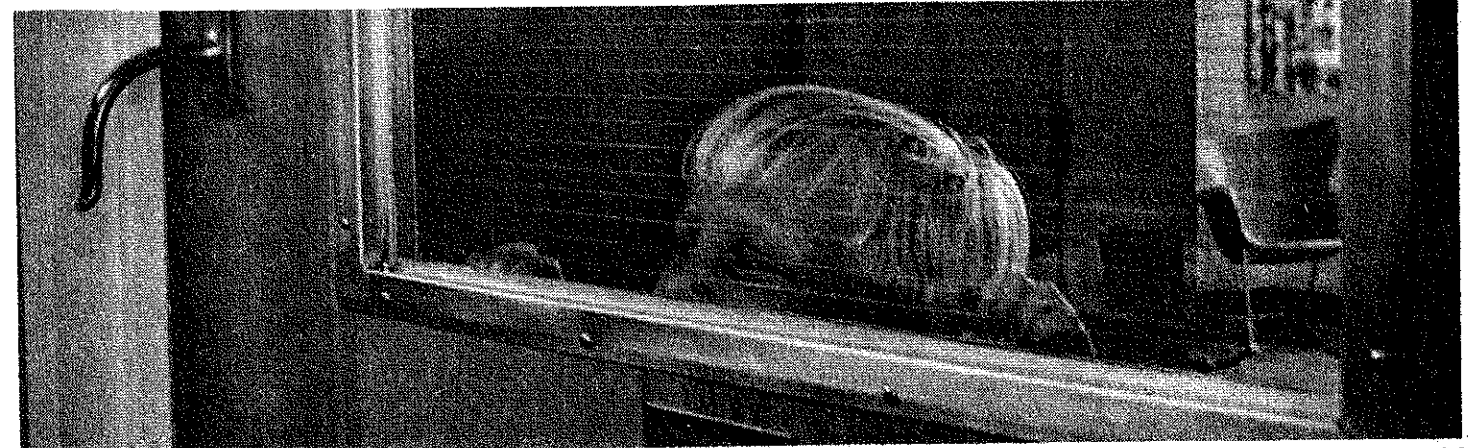
Resumes & Job Searching
The Art of Grantsmanship
Budgeting or Where Does It Go?
Investment Basics
Insurance Primer
Intro to Welding
Auto Communications for Women
Basic House Wiring

42

Refinishing Made Easy:
Removin' the Confusion
Amateur Radio
Bicycle Maintenance
Handwriting Analysis
Basic Sign Language

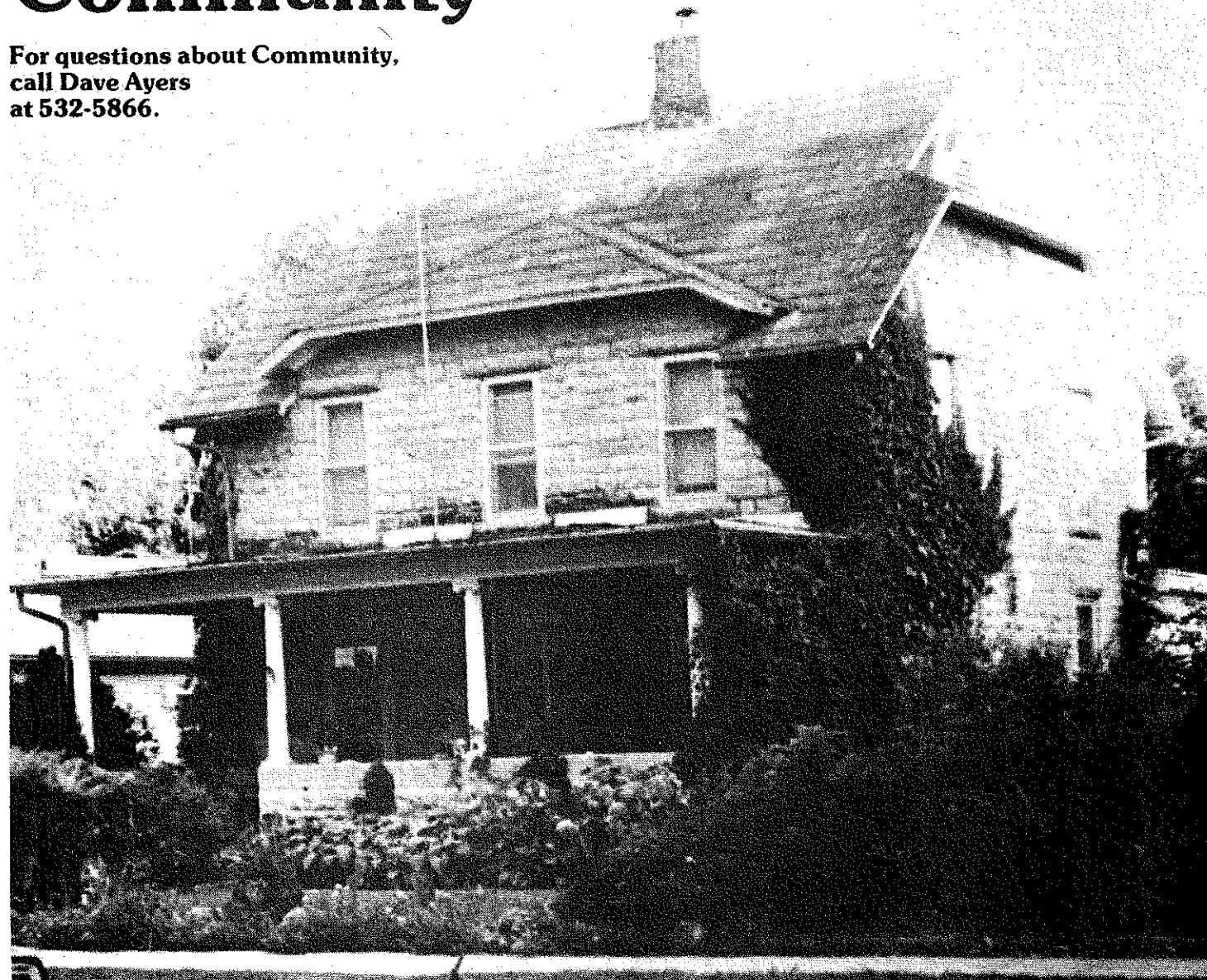
43

Home and Apt. Fire Safety
Constr. Replica Antique Firearms
Introduction to Book Repair
Leatherwork
Skin Care and Make Up Application
Black Hair
Haircare
Beginning Magic
Beginning Typing



Community

For questions about Community,
call Dave Ayers
at 532-5866.



OLDER MANHATTAN NEIGHBORHOODS ASSOCIATION

Sandy O'Neil 539-9239
Thursdays, 7:30pm
Meetings: Sept 28, Oct 26, Nov 30
Length: Continuing
Location: First Presbyterian Church
8th and Leavenworth

OMNA has been described as Manhattan's urbanpioneers.. We are dedicated to the preservation and enhancement of the older areas of the city as sound residential and commercial community. OMNA committees are looking into zoning and planning, neighborhood assistance, real estate practices, streets and transportation, and historical preservation. We meet on the last Thursday of the month. OMNA and the Riley County Historical Society are jointly sponsoring the Manhattan Historical Survey and are looking for volunteers to help with the project.

HISTORY OF MANHATTAN

Delores Toy 776-4011
Friday, 7:30pm
One time, Sept 29
Location: UFM Fireplace Room
1221 Thurston

Have you ever wondered what "The Hartford" was? If Manhattan has always been named 'Manhattan'? Or who the first settlers in our community were? Delores will bring us up to date with the help of a slide show and historical material on Manhattan and the surrounding area.
(Delores' ancestry in Manhattan goes back to the covered wagon days).

LOCAL GOVERNMENT ANALYSIS

Cornell Mayfield Jr. 537-0056
1st and 3rd Thursdays, 7:30pm
First meeting: Oct 5
Length: Indefinite
Location: 700 Fremont, Apt 4
Limit: 10

Where's the mill levee and what's its connection with potholes in city streets? Are you confused or just uninformed about how Manhattan politics work? We will keep a watchful eye on the official actions of the City Commission, discuss their Tuesday night voting sessions, and talk about the local government scene and how it affects us.
(Cornell has read Machiavelli from front to back.)

WOMEN'S POLITICAL ISSUES CAUCUS

Susan Scott Angle 776-9046
Cheryl Ruff 776-7328
Monday, 1:30pm or 7:30pm
One time, Oct 9
Location: Blue Valley Room
First National Bank

With the approaching fall election and the 1979 Kansas legislative session many feel the need to become more familiar with local and statewide issues that are of concern to women. The Riley County Chapter of the Kansas Women's Political Caucus will sponsor this informal gathering focusing on current women's political issues. If you are interested in participating in a phone call chain and/or joining the caucus and cannot attend the meeting, please call Susan or Cheryl.
(Susan and Cheryl are members of the Caucus.)

INTRODUCTION TO GENEALOGY

Elaine Olney 539-4512
Tuesdays, 7pm
Length: 2 times
First meeting: Oct 3
Location: KSU, Eisenhower Hall, Rm 226

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

MANHATTAN G.A.S.P. (GROUP AGAINST SMOKING POLLUTION)

Edith Stunkel 776-3624
Wednesdays, 8pm
First meeting: Sept 27
Length: Every other week
Location: 117 N. Delaware

Clean air to breathe in public places should be a right for everyone, but many times it is not even an option. The Group Against Smoking Pollution will study possible actions to create more nonsmoking places in Manhattan.
(Edith has been a member of other GASP organizations and wants to continue her work in Manhattan.)

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 204. Room size allows only 30 participants so please register for each session you plan to attend.

Oct 11 Will & Estate Planning Kent Oleen 537-9194
We will discuss the advantages of a will to the family that plans ahead.
Oct 18 Law of Self Defense Don Weiner 776-4206
We will explore the rights of persons involved in violent situations.
Nov 15 Divorce and Marriage Robert Littrell 776-1000
If you are thinking about making the big step or wish you hadn't we will explore the issues of getting married.

MINORITY FILM FESTIVAL

Antonio Pigno 532-6516
Beverly Gaines
First meeting: Sept 27
Time: 7:30-9:30pm
Length: 4 times
Location: KSU Union

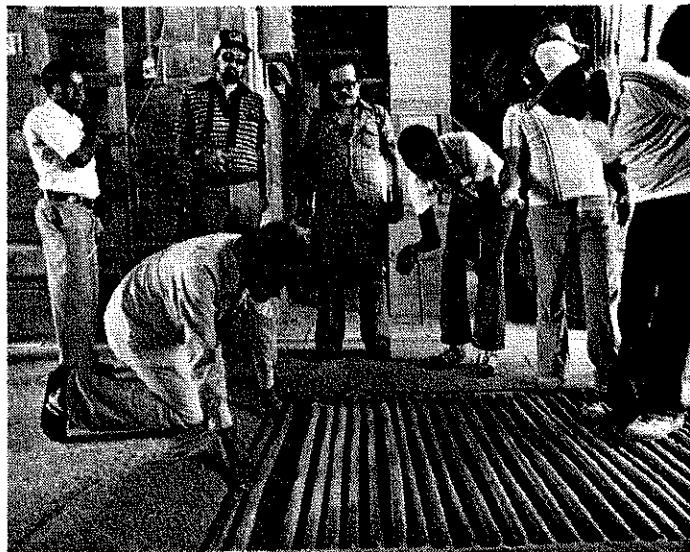
We will show several films from the Minorities Resource /Research Center at Farrell Library. Each film will be followed by comments from a K-State faculty member, and we will conclude each session with a general discussion of the film and the issues raised by it. Come watch the films, join in the discussions, and widen your knowledge of other cultures in American life.

Wednesday, Sept 27, Rm 213
North American Indian Series
Part 1 - Treaties Made, Treaties Broken
Part 2 - How the West Was Won ... And Honor Lost
Part 3 - Lament of the Reservation
Comments by Dr. Joseph Hawes, History
These films examine the treatment of Indians by the white man, past and present.

Wednesday, Oct 11, Rm 213
Bilingualism: Right or Privilege in America
Bilingualism: Promise for Tomorrow
Comments by Dr. Virginia Reyes - Kremer and Alicia Opheim
Both of these films stress the benefits of bilingual education, both to minority children whose primary language is not English, and to the larger society.

Tuesday, Oct 24, Rm 212
From These Roots
Comments by Dr. Lucien Agosta, English
This film uses old still photographs, music and poetry from the 1920's to document that extraordinary flowering of the arts known as the Harlem Renaissance.

Wednesday, Nov 15, Rm 213
The I.Q. Myth
Comments by Dr. James Boyer, Education
This CBS Reports film examines the I.Q. test, its use and misuses in the American educational system, and the effect that I.O. test results can have on minority children.



LEAGUE OF WOMEN VOTERS

Barbara Rees 539-6174

Thursday, 7:30pm
One time, Sept 14
Location: Blue Valley Room
First National Bank

Manhattan's Identity Crisis? Small town living and big city shopping: can we have the best of both worlds? Malls - an open or shut (enclosed) case? LWVM invites you to a program on downtown redevelopment. Following a slide presentation, Mr. Don Harmon, our new city manager, will provide an update on Manhattan's downtown efforts and answer questions on downtown renewals.
(Barbara is president of the LWVM in Manhattan.)

SOUTH ASIA COLLOQUIUM

KSU South Asia Center 532-5738

Sign up at registration and you will be contacted.

This will be a monthly colloquia on topics relating to the subcontinent (India, Pakistan, Bangladesh, and smaller countries of the region.). The first colloquium of the 1978-79 academic year, co-sponsored by the Departments of Architecture and Regional and Community Planning will feature a slide-lecture/discussion by Professor Samuel V. Noe of the University of Cincinnati, on Lahore, Pakistan, as a Muslim City. This meeting is tentatively scheduled for Sept 12. For specific time and place, and for the schedule of later colloquia, phone 532-5738.

RURAL MEXICO

Dorothy Koepsel 539-5589

Thursday, 7:30pm
One time, Oct 12
Location: UFM Fireplace Room
1221 Thurston

This will be a slide presentation of rural Mexico from Nuevo Laredo to Cholula in Central Mexico. The terrain, crops, people and some of their problems can be seen in the slides. The small farming village of Tonantzintla will be featured.
(Dorothy has lived in Mexico for the last few summers.)

"WHICH WAY AFRICA?"

Gregory M. Dennis 537-4444

Tuesdays, 7:30pm
First meeting: Sept 26
Length: 5 times
Location: UFM Conference Room
1221 Thurston

"Which Way Africa?" will cover nearly 100 years of events in Africa from the 'scramble' in the early 1880's until the most recent political occurrences on the continent.

- Sept 26 Colonialism: Covering Africa from the 'scramble' in the 1880's until WW II. Colonial Administration and philosophies- French and British.
- Oct 10 Nationalist Movements. Problems confronting newly independent states. Creation of O.A.U. Military Governments. One-Party States-'African Socialism'.
- Oct 24 Conflict of Africa: Western Sahara. Horn of Africa. Southern Africa.
- Nov 8 African Economic Difficulties. 'neo-colonialism'. Economic imbalances with developed world, imbalances among African states, impact of oil.
- Nov 21 "Which Way Africa": Concluding section. Africa's future. Is Africa a battleground for the East-West Foreign Policy?

(Gregory studied Third World Politics and the British Empire, lived in Nigeria and traveled elsewhere in Africa).

GLOBAL VILLAGE

Bill Dorsett 539-1956

Mondays, 7:30pm
First meeting: Sept 25
Length: 4 times
Location: UFM Conference Room
1221 Thurston

We anticipate a community village being set up where Americans & Internationals who intend to work in appropriate technology and ecological small farming can continue to work while in the Manhattan area. There are some 600 international students, numerous faculty, former Peace Corps, and mission personnel living here who have a lot of experience working in situations where technology is run on less energy and capital than we're trained to believe possible. The skill base is wide enough to organize and manage co-operative self-employment and low cost housing. We will discuss needs and goals of the village, whether it should be a land trust or a collective, funding of the village, and the tenant housing, and hardware needed for the village. (We all have a dream. The Global Village is Bill's.)

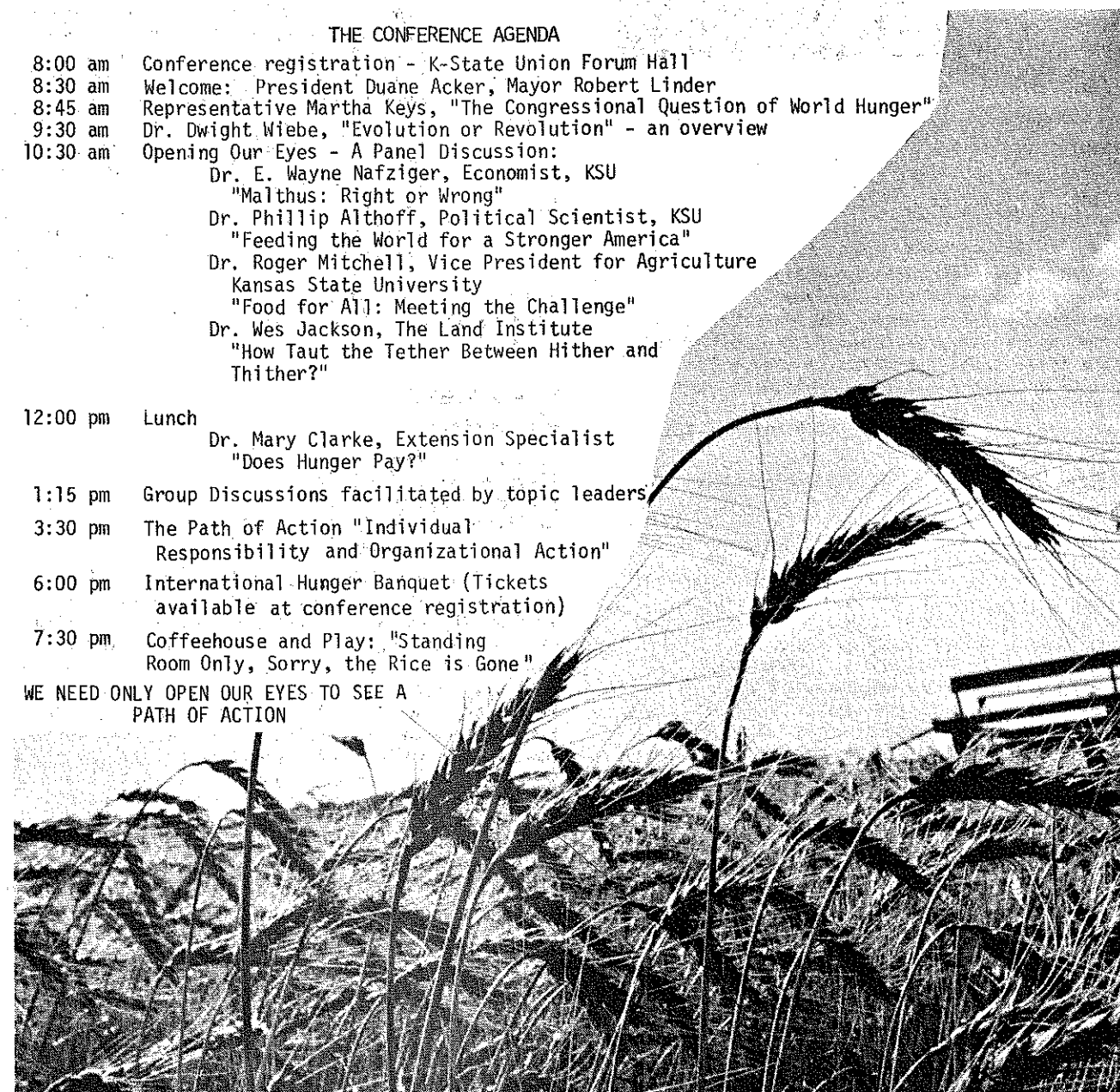
Food for the Hungry World: Progress and Problems

"Hunger is not something impersonal, something out there. It exists in each of us, in all that is incomplete and unfulfilled in our own lives, in all that we have disowned in the world. Every day it becomes more difficult to pretend we stand alone and unmoved while millions starve."

Because we believe this problem has a solution, we are planning a conference. "FOOD FOR THE HUNGRY WORLD: PROGRESS AND PROBLEMS", scheduled for the K-State Union September 23, is an attempt by members of the K-State community, Manhattan community members, and residents of the state of Kansas to initiate a different approach to the problem. Discussion, dialogue, and idea sharing are the primary ingredients of this conference. We only need your ideas, support and vision to take this attempt beyond the ordinary meaning of the word "conference."

THE CONFERENCE AGENDA

- 8:00 am Conference registration - K-State Union Forum Hall
 - 8:30 am Welcome: President Duane Acker, Mayor Robert Linder
 - 8:45 am Representative Martha Keys, "The Congressional Question of World Hunger"
 - 9:30 am Dr. Dwight Wiebe, "Evolution or Revolution" - an overview
 - 10:30 am Opening Our Eyes - A Panel Discussion:
 - Dr. E. Wayne Nafziger, Economist, KSU
 - "Malthus: Right or Wrong"
 - Dr. Phillip Althoff, Political Scientist, KSU
 - "Feeding the World for a Stronger America"
 - Dr. Roger Mitchell, Vice President for Agriculture
 - Kansas State University
 - "Food for All: Meeting the Challenge"
 - Dr. Wes Jackson, The Land Institute
 - "How Taut the Tether Between Hither and Thither?"
 - 12:00 pm Lunch
 - Dr. Mary Clarke, Extension Specialist
 - "Does Hunger Pay?"
 - 1:15 pm Group Discussions facilitated by topic leaders
 - 3:30 pm The Path of Action "Individual Responsibility and Organizational Action"
 - 6:00 pm International Hunger Banquet (Tickets available at conference registration)
 - 7:30 pm Coffeehouse and Play: "Standing Room Only, Sorry, the Rice is Gone"
- WE NEED ONLY OPEN OUR EYES TO SEE A PATH OF ACTION



Education

THE FOLLOWING COURSES ARE BEING OFFERED THROUGH THE COOPERATION OF THE LIVING/LEARNING SCHOOL IN MANHATTAN.

LANGUAGE, READING, AND FAMILIES

Mary Harris 539-3118
Mondays, 7:30pm
First meeting: Oct 9
Length: 2 times
Location: 1011 Osage

The first session will be an exploration of the language of elementary school children. The second session will deal with the ways families can support the readings of elementary children and have fun. (Mary teaches language arts at KSU.)

TEACHING SCIENCE AT THE LIVING LEARNING SCHOOL

Neil Schanker 539-5766
Wednesdays, 7:30pm
First meeting: Sept 27
Length: Indefinite
Location: 1011 Osage

I'm interested in environmental education; the process of getting people aware of their natural surroundings. I'd like to share some exercises that involve using different senses to discover nature and others that involve role playing and imagery. We will also discuss how to bring the outside environment inside with possible field trips planned. (Neil is a teacher at the Living/Learning School.)

ACHIEVING CURRICULUM INTEGRATION THROUGH THE ARTS

Camile Gontarek 537-9012
Mondays, 7:30pm
First meeting: Oct 2
Length: 2 times
Location: 426 N 17th
Limit: 7

I will present ways to integrate art throughout the curriculum in the school. We use drama, music, photography, film, and arts and crafts to integrate the curriculum and enrich subject areas. (Camile teaches Spanish and art at the Living/Learning School and has a degree in art.)

CREATIVE MOVEMENT AND DRAMATICS

Marianne Adams 537-9650
Thursdays, 7:30pm
First meeting: Nov 2
Length: Indefinite
Location: 1011 Osage

My interest is in using creative movement and creative dramatics as a recreational vehicle for self awareness and self expression. I will demonstrate some methods and let you try some exercises to further your understanding of their benefits. (Marianne holds degrees in theatre, English, education, and loves to teach.)

RETURNING TO COLLEGE

Margaret Nordin 532-6432
Dick Owens 532-5712
Sandra Grey 539-5996
Monday, 7-9pm Sept 25 KSU Union, Rm 204
Friday, 9-11am Sept 29 Manhattan Public Library
Manhattan Public Library

Limit: 25

Have you thought about starting or returning to college after being out of school for several years? Are you wondering whether you have the time, money, ability or physical energy to do so? What will your family and friends think of you? Does the educational institution confuse you and do you really understand how to study for an examination? Come share your hopes and doubts with others, including several persons who have recently returned to KSU and have survived. (All three panelists are KSU faculty members whose work involves new students at KSU.)

EDUCATIONAL REFORM: THE 60'S, 70'S AND BEYOND

Dave Hursh 539-1677
Sue Maes 532-5866
Tuesday, 7:30pm
One time, Oct 3
Location: UFM Conference Room
1221 Thurston

Dewey, Holt, Friere, Free and Alternative Universities, lifelong learning, open classrooms, community control--all part of the education reform movement that blossomed in the '60's. How has education changed in our schools in the last 15 years? Have trends towards openness reversed? Are positive changes occurring? We'll meet and share our perceptions, arrange for speakers, and come up with some conclusions. (Dave and Sue have been active in educational reform.)

PARENT TO PARENT

Winifred Endicott 537-0916
Sign up at registration and you will be contacted. If you are a parent and would enjoy being a friend to another parent, this program, sponsored by the Manhattan Family Council is for you. Our parent volunteers offer support and friendship to families under stress. (Winifred has been working as volunteer coordinator with Parent-to-Parent this past year.)

FIND YOUR "OASIS" IN SOCIAL SECURITY

Perry Seaton 539-4681
Wednesdays, 7:30pm
First meeting: Sept 27
Length: 3 times
Location: Carlson Plaza
415 Pierre

This will be an informal forum dealing with Social Security: Past, Present, and Future. We will discuss the history of SS, recent SS legislation, and a speculative view of possible changes in SS up to and past the year 2000. (Perry is a field representative of the Social Security Office in Manhattan.)

SING ALONG WITH FRANK

Frank Anneburg 537-9564
Section I: Tuesday, 7pm, Oct 10, One time
Location: Carlson Plaza, 415 Pierre

Section II: Friday, 7pm, Oct 13, One time
Location: Apartment Towers, 300 N 5th

Section III: Thursday, 12:30pm, Oct 19, One time
Location: Douglass Community Center
901 Yuma

This will be fun. Frank is enthusiastic about leading the sing-a-long. Bring along good spirits! Good voice quality is not a prerequisite. (Frank was the Manhattan Recreation Director before retirement.)

STRESS MANAGEMENT DURING THE LATER YEARS

Charlie Griffin 1-485-2762
Pat Embers
Monday, 7pm
One time, Oct 9
Location: Apartment Towers
300 N 5th

We'll learn together about the sources of stress in our lives, how it affects us, and some techniques for easing some of the undesirable results. As a group we will focus on the special features of stress during the second half of our lives. (Charlie is the director of a biofeedback clinic and Pat is an occupational therapist.)

HOW TO SAVE MONEY ON YOUR VACATION

David Garvin 537-0531
Hilde Hurren
Section I: Tuesday, 7pm, Sept 26, One time
Location: Carlson Plaza, 415 Pierre
Section II: Thursday, 12:30 pm, Sept 28, One time
Location: Apartment Towers, 300 N. 5th

The world is only as far away as you make it and this class will show you a way to help open that door. We will discuss the most inexpensive ways to travel in the U.S. and abroad, whether to visit your children, or give you some ideas about vacations you have only dreamed about. (Both Dave and Hilde create experiences for people at a local travel agency.)

GRAND LAKE COLORADO: A WORLD OF MEMORIES

Theo Gibson 1-258-3134
Monday, 7pm
One time, Nov 13
Location: Carlson Plaza
415 Pierre

Forty senior citizens from Manhattan, Council Grove, Herndon and other nearby towns ventured together to Grand Lake Colorado for a week's vacation. For those who missed this year's trip and those who would like to consider going June, 1978, let us go back to Grand Lake Colorado through the use of a slide show, waterfalls, sanddollar pancakes, trout fishing, and a look at the Shadow Cliff Hostel. We provide us a nostalgic view of a place well worth remembering. (Theo became the official photographer on the UFM Senior trip to Grand Lake.)

Aging Series

AGING WITH DIGNITY

George Bascom 539-5341
Kelly Bender
Tuesday, 7pm
One time, Oct 3
Location: Carlson Plaza
415 Pierre

George and Kelly will explain how the elderly may maintain their dignity despite failing health. (George and Kelly are very interested in maintaining self respect for the elderly.)

AGING AREN'T WE ALL

Nancy Lerner 776-7178
Wednesday, 7pm
One time, Oct 25
Location: Carlson Plaza
415 Pierre

This course will give an overview of the aging process and discuss the role of the older person in the "Pepsi Generation". We will also cover some of the issues that concern older people such as retirement, widowhood, and leisure. The course will be geared to everyone who is interested in the aging process because we are all aging. (Nancy is the Aging Specialist at the North Central Kansas Guidance Center and has a Master's degree in Gerontology from USC.)

A WALK DOWN MEMORY LANE

Charles Thompson 537-0685
Wednesday, 7pm
One time, Oct 18
Location: Apartment Towers
300 N 5th
Limit: 40

Take a trip down memory lane as Chuck discusses a number of procedures for improving the memory. Most of these techniques were developed by the Greeks but only recently we've begun to understand how they work. (Chuck presented this class at the Governor's Conference on Aging and it was the most popular out of 176 classes.)

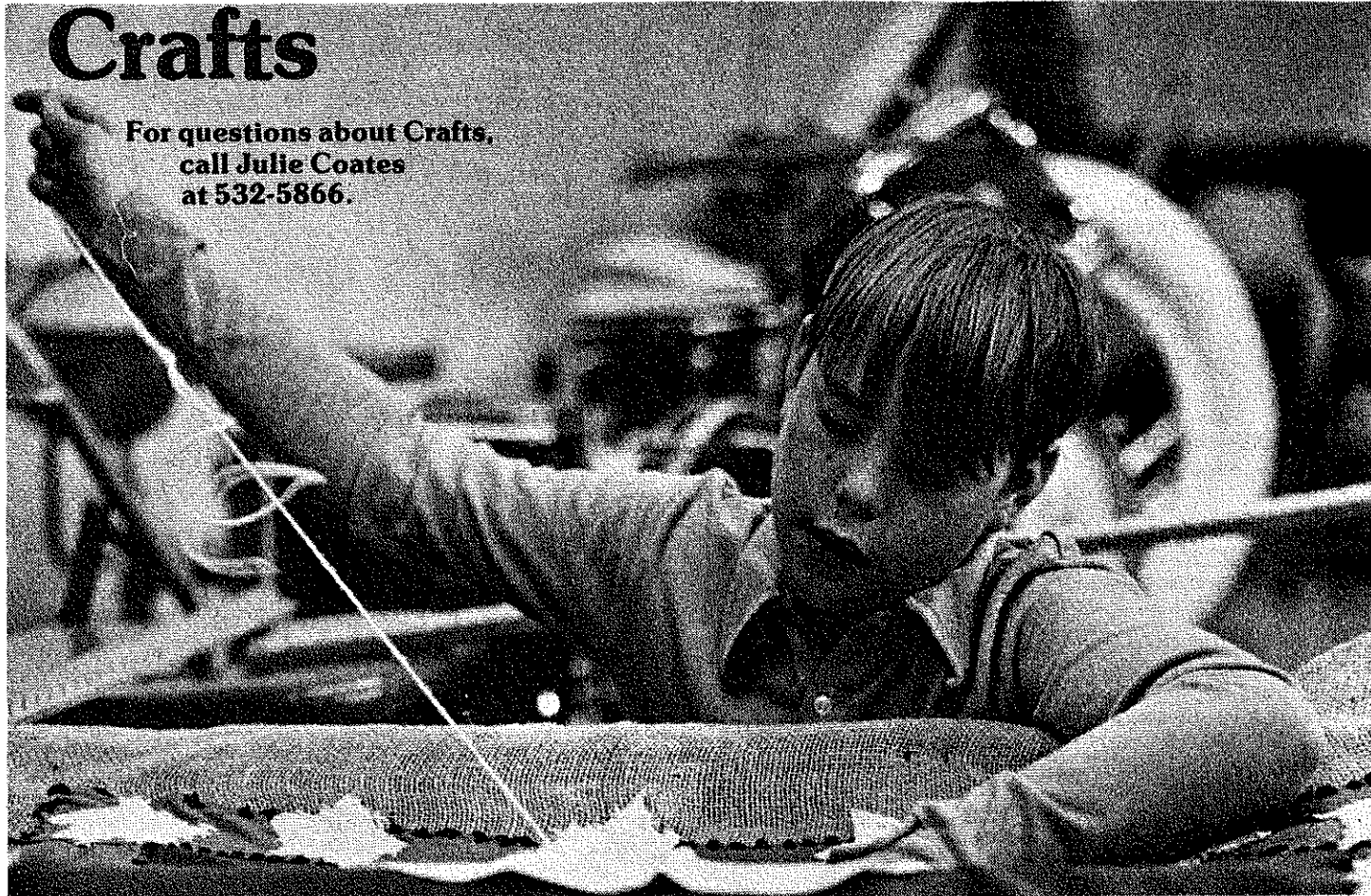
CAREFREE SINGERS

Dave and Lori Dohrman 537-4952
Scott Hoisington
Section I: Thursday, Noon luncheon, Sept 28
Location: Douglas Community Center
901 Yuma
Section II: Thursday, 12:30pm, Oct 5
Location: Apartment Towers
300 N 5th

Come, sit back, and relax to the folk tunes that will bring back the good old days! Dave, Lori, and Scott know how to have a good time, and are excited about sharing their music with those who are growing young. (The Carefree Singers are college students who sing for special occasions and enjoyment.)

Crafts

For questions about Crafts,
call Julie Coates
at 532-5866.



2ND ANNUAL UFM FINE ARTS/CRAFTS CHRISTMAS SALE

Jean Goldman 532-5866

Friday, Dec 1, 9am-9pm
Saturday, Dec 2, 9am-6pm
Location: UFM Building
1221 Thurston

Entry fee: \$2.00, pay at registration

Last year's Christmas sale was such a big success that we've decided to do it again! We're asking for a \$2.00 entry fee to cover publicity costs. We also ask for 10% of your proceeds to help out the UFM building fund. Interested Craftspeople can sign up now. We'll contact you later with more details. If you have any questions, leave a message for Jean at UFM.

ARTS/CRAFTS SALE

This event is sponsored by the K-State Union Program Council Arts Committee. 15% of the proceeds go to the committee, and the seller gets the rest. ALL are welcome! Bring your work in Monday and Tuesday, Dec. 4 and 5, between noon and 4pm to KSU Ballroom, Union 2nd Floor. The sale will be Wednesday, Thursday, and Friday, Dec. 6, 7, and 8 between 10am-4pm. Pick up unsold items and your profits Tuesday or Wednesday, Dec. 12 or 13 at the KSU Ballroom between noon and 4pm. For further information, contact the Activities Center at the K-State Union, 532-6571. Margaret Smith -- Program Director Pat Smith -- Arts and Crafts Sale Chairperson

CHRISTMAS CLASSES: A CHANCE FOR GIVING

Dave Ayers 532-5866

Twice the month before Christmas and all through Manhattan, people were volunteering to share their craft skills with others through the UFM Christmas Brochure, "Peace on Earth, Good Will Towards People" If you have a particular skill -- whether it's Christmas candy, macrame, Christmas ornaments or something else, please sign up at UFM registration and together we'll put together classes that will add to the Christmas spirit in Manhattan.

CHRISTMAS CRAFTS

Mary Umbarger 537-7198

Tuesdays and Thursdays, 7pm-9pm
First meeting: Oct 31
Length: 7 times
Location: UFM Banquet Room
1221 Thurston

Limit: 20

If Christmas bells ring before you have gifts to bring, then this class will help you. Students will be creating crafty gifts, for anybody that are inexpensive enough for anyone to afford, including mirror images, some fake fur projects and something called 'nothings'. Students will also have an opportunity to work on projects of their own choice. There will be personal materials fees according to length of your gift list. (Mary believes you'll never have to give another necktie for Christmas again.)

WHITTLING FOR FUN

Lester Branson 776-6948

Tuesdays, 7:30pm
First meeting: Oct 3
Length: Indefinite
Location: UFM Kitchen
1221 Thurston

Limit: 6

The first class will be a discussion about what is involved in whittling. We will talk about projects that might be undertaken and learn what tools are necessary. Whittling is the art of cutting off chips from wood to create something. The object being whittled is held in the hand while the artist is working on it. Nothing is more satisfying than sitting in front of a crackling fire on a cold day with a whittling knife and block of wood. (Mr. Branson has been whittling for 5 years.)

BEGINNING WHITTLING

Ray Ward 537-8472

Mondays, 7pm
First meeting: Oct 2
Length: 4 times
Location: 3417 Chimney Rock Road
Limit: 15 (over 12 years old please)

In this beginning whittling class, students will learn the care and handling of tools, types of wood suitable for whittling and decide on basic projects. Bring any tools you might have (pocket knives, etc.) to the first meeting. Whittling can be a very inexpensive and rewarding pastime. (Ray has been whittling since he was 5 years old and has over thirty years of experience with this craft.)

SWEDISH WEAVING

Fran Zerby 537-7660

Tuesdays, 2pm
First meeting: Sept 26
Length: 3 times
Location: 1830 Ft. Riley Blvd.
Limit: 5

Swedish weaving is the art of using a blunt needle to weave embroidery thread through the floating yarns of huck toweling to create various designs. This craft is not difficult to learn and many beautiful items can be made. (Fran has been doing Swedish weaving for almost 10 years and has exhibited her work at the county fair).

NATURALS FOR ADULTS

Rosann Wilkerson 776-5461

Monday, 7pm-9pm
One time, Sept 25
Location: Tom's Hobby & Craft
Limit: 8

You can learn to decorate and design fans and brooms for gifts for friends or for use as wall decorations in your home. (They're great wall decorations at fall parties too!) The class will also get into silk and wood fiber flowers on the brooms for an added special touch. (Rosann has been doing crafts of all kinds for many years and enjoys teaching others. She runs Tom's Hobby and Craft Shop with her husband.)

DECOUPAGE TECHNIQUES

Daniel P. Ehlers 537-0267

Tuesdays, 7:30pm
First meeting: Sept 26
Length: Indefinite
Location: UFM Banquet Room
1221 Thurston

Limit: 15

This class will consist of informal meetings in which there will be a description and demonstration of techniques for successfully creating decoupage pictures from many sources. You will learn which items are suitable for decoupage, what kinds of tools and materials you will need. You will have a chance to try your hand at this art yourself. (Dr. Ehlers has made handcrafts as a hobby for over 40 years. He has been doing decoupage for five years and enjoys sharing his talent with others.)

RUG BRAIDING

Judy Cloud 539-5133

Thursdays, 7:30pm
First meeting: Sept 28
Length: 3 weeks
Location: 1719 Laramie
Limit: 12

One craft rewarding to women for ages is braiding rugs from discarded garments or whatever is available. A round rug, 36" in diameter will be made. You will be shown how to prepare the material, lace, and join strands. (Judy has made 4 room size rugs from old discarded clothing & blankets. These rugs are still being used after 27 years. The cost of each was no more than \$12.)

RUG WEAVING

Harold Noyce 537-0866

Sign up at registration and you will be contacted

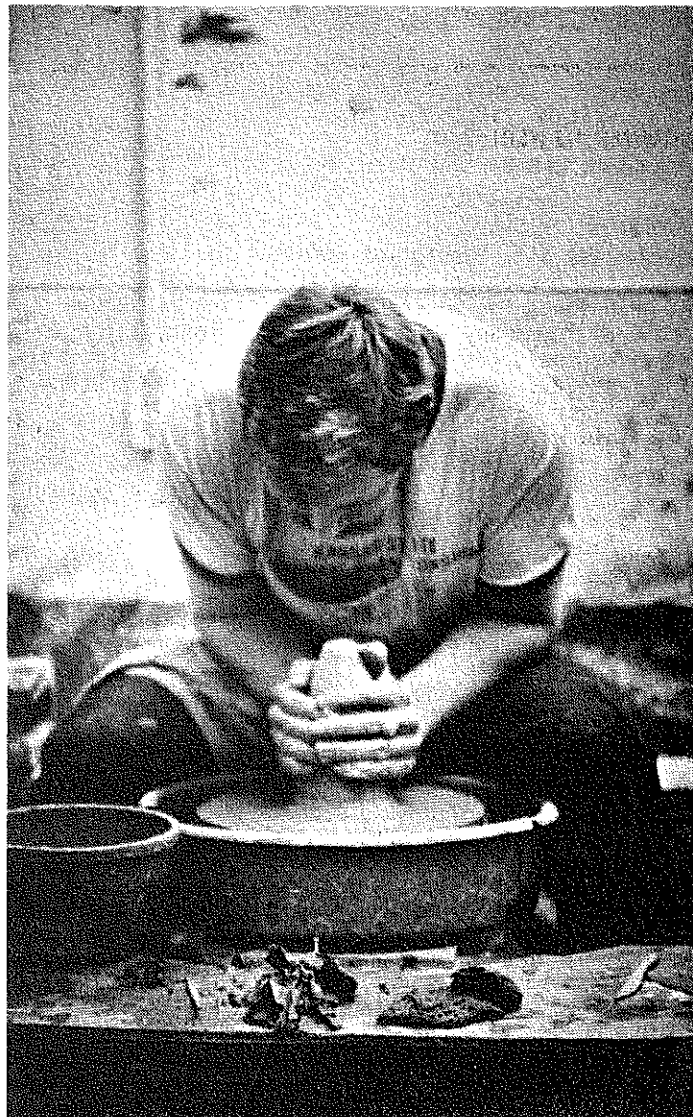
If you would like to learn about materials, preparation of material and weaving as a personal art and also make a small rug of your own design and weaving, register for this class at UFM registration. The looms are currently in use, but you will be contacted as soon as they are vacant. (Harold has been weaving rugs for over 30 years and has several examples of his work available for display and sale.)

CRAFTS FOR KIDS

Rosann Wilkerson 776-5461

Saturdays, 10am-12pm
First meeting: Sept 30
Length: Indefinite
Location: Tom's Hobby and Craft
716 N. Manhattan
Limit: 8

Christmas is just around the corner. We'll do all kinds of Christmas crafts, including wreaths, a macrame tree and make-it, bake-it tree ornaments. Let your kids be creative and have fun making Christmas Crafts! Costs will vary depending on the materials you choose. (Rosann loves to teach crafts to people of all ages. She and her husband run Tom's Hobby and Craft Shop.)



UFM Pottery Studio THIS PROGRAM IS

Jean Goldman 532-5866

Saturday, 10am
One time, Sept 23 (organizational)
Location: UFM Pottery Studio
1221 Thurston
Fee: \$15, pay at registration

The UFM Pottery Studio, 1221 Thurston, Basement, is available for people who would like to handbuild or use the wheel on their own. Charges for use of the facilities for four hours a week are \$15 per semester. This fee includes some kiln space but not your clay. Our pottery studio is a cooperative. Members help do the work to keep it clean and running smoothly. If you would like to use the studio please attend the meeting Saturday, September 23, at 10am. I will show you the facilities and the studio guidelines. At this meeting you can sign up for your studio time.

CERAMICS: WORKING WITH CLAY

Holly Brickett
Miriam Shaheed 537-8576

Tuesdays, 6pm
First meeting: Sept 26
Length: 4 times
Location: UFM Pottery Studio
1221 Thurston

Limit: 6
Materials fee: \$15 (includes 10 lbs clay), pay at reg.

We will cover the four methods of handling clay: pinch coil, slab and wheel. We'll teach one method per meeting and after that you can work on your own. Basics in glazing will also be taught. (Miriam and Holly have a lot of interest and experience in ceramics.)

ADVANCED MACRAME

Jan and Crystal O'Briant 537-9660

Thursdays, 7pm-9pm
First meeting: Sept 28
Length: Indefinite
Location: UFM Banquet Room
1221 Thurston

Limit: 20
Materials fee: \$2.50, pay at class

This class is for students who already know the basic knots. Each student will pick a project of his/her choice. The class will focus on more difficult projects and will learn some of the more advanced knots. Each student should be able to complete at least one advanced project during this class. (Jan has taught UFM classes in macrame for two years and has eight years of macrame experience.)

PRESENTED IN PART BY

THE KANSAS ARTS COMMISSION, A STATE AGENCY, AND THE NATIONAL ENDOWMENT FOR THE ARTS, A FEDERAL AGENCY.

FUNDAMENTALS OF POTTERY

Greg Siek 537-1678

Saturdays, 12:30-2pm
First meeting: Sept 30
Length: 5 times
Location: UFM Pottery Studio
1221 Thurston

Limit: 8
Materials fee: \$15 (includes 10 lbs clay), pay at reg.

We'll try making our own clay, handbuilding, wheel-throwing, glazing, and firing - both in an electric kiln and in a primitive one that we'll build in class.

(Greg has taken 3 years of ceramics and taught at UFM before. He has a lot of exciting ideas about things to do with clay.)

PRIMITIVE POTTERY

Kevin Siek 537-1678

Saturdays, 2pm
First meeting: Sept 30
Length: 5 weeks
Location: UFM Pottery Studio
1221 Thurston

Materials fee: \$3.00, pay at registration

This class will cover all aspects of primitive pottery. We will be digging our own clay and the pits for the firing and collecting the combustible materials. The first meeting will be an introduction to primitive pottery techniques and then we will proceed to the lake to dig clay and sand. Please indicate at registration if you have a truck or car that could be used.

(Kevin has been working in clay and doing sculpture/pottery for over a year.)

PRESSED FLOWERS

Mildred Swingle 776-5487

Tuesday, 10am
One time, Oct 26
Location: UFM Fireplace Room
1221 Thurston

Get ready for Christmas early! Fall grasses, colorful leaves, weeds, and small flowers can be used to design very special stationery and envelopes. You will be shown how to use the dried plant for plaques and pictures. Start saving your specimens now! Press them in a book (with newspapers to protect the pages) or use sheets of newspaper and weights. This is a demonstration only.

(Mildred has a large collection of dried flowers that remind her of the different places she has been. She gets a great deal of pleasure from this hobby.)

HANDBUILDING WITH CLAY

Jean Goldman 532-5866

You will be contacted
Length: 6 times
Location: UFM Pottery Studio
1221 Thurston

Limit: 8
Materials fee: \$20, includes 25 lbs clay, pay at class

Handbuilding is a way to be in close touch with your material. There are many ways to act upon the clay and watch it respond to your hands. Each session will be imagination tickling!! (Jean makes sculptures using these hand-building techniques.)

CREATIVE POTTERY TECHNIQUES FOR WORKING WITH CLAY

Irene and Martin Levy 539-5119

Sundays, 11:30am-1pm
First meeting: Sept 24
Length: 6 times
Location: UFM Pottery Studio
1221 Thurston

Limit: 4
Materials fee: \$20, includes 25 lbs of clay, pay at registration

This is a class that has met during the summer. There is room for some more members, either beginners or more advanced students. You will receive instruction in hand-building and decorating techniques, aspects of wheel throwing, and glazing. We also hope to cover some advanced projects such as bottles, handles, lids, spouts, closed forms, and matched sets. (Irene and Marty were pottery teachers in Binghamton, N.Y. They taught here last summer.)

SURVIVAL SEWING

Kathleen Berry 1-762-2357

Mondays, 7:30pm
First meeting: Sept 25
Length: 12 times
Location: Douglass Center Annex
901 Yuma

Limit: 10

If a button falls off your shirt do you have to staple it closed or start wearing neckties to cover the gaps? If the hem drops on your dress, do you grab the scotch tape and Elmer's glue? If you don't know a thimble from a bobbin, this class is for you! The class, for both men and women, will cover the basics of mending from sewing on buttons to darning your favorite wool socks. In addition, each participant will learn about fabric and pattern selection and will construct a simple garment. (Kathleen is an excellent seamstress and has taught beginning sewing to women and men.)

BEGINNING MACRAME

Crystal and Jan O'Briant 537-9660

Tuesdays, 7pm-9pm
First meeting: Sept 26
Length: Indefinite
Location: UFM Fireplace Room
1221 Thurston

Limit: 15
Materials fee: \$3.50, pay at class

In this class you will learn the most important basic knots. Then your first project will be an owl wall hanging. This will teach you how to follow a pattern and basic construction methods. Bring a 70 yard spool of 5-ply jute to the first meeting. (Crystal and Jan have been doing macrame for years and have taught this craft to many people.)

TATTING: THE ART OF MAKING LACE

Effie Edwards 776-7975

Section I: Tuesdays, 2:30pm Sept 25 & Oct 3
Section II: Tuesdays, 2:30pm Oct 10 & Oct 17
Location: Wharton Manor, Rm 211
2102 Claflin

Limit: 2 per section

Dress up clothing with beautiful handmade lace, or make pendants, tablecloths, and any number of items! Come to class with a shuttle and your string. Effie recommends ordinary string (as used to tie packages) for learning and then moving to the finer tating string. Please indicate at registration whether you are signing up for the first or the second session! If you are on the waiting list you will be contacted later in the semester.

(Effie has taught tating to many people. She has been tating for 75 years.)

DARN THOSE SOCKS

Verda Clagett 776-8594

Thursday, 7:30pm
One time, Oct 19
Location: 300 N. 5th, Apt 11F
Limit: 10

Socks today are both beautiful and expensive, but even beautiful things become worn. Verda will show you the age old art of darning those holes in your wool hiking socks or those argyles! Bring a darning needle, a sock with problems, and matching darning cotton or wool. By using the same technique, you can mend holes in slacks and sweaters. (Verda has been sewing for 61 years, since she was twelve years old.)

QUILT TYING

Mrs. A.J. Hotte 539-4086

Sign up at registration and you will be contacted.

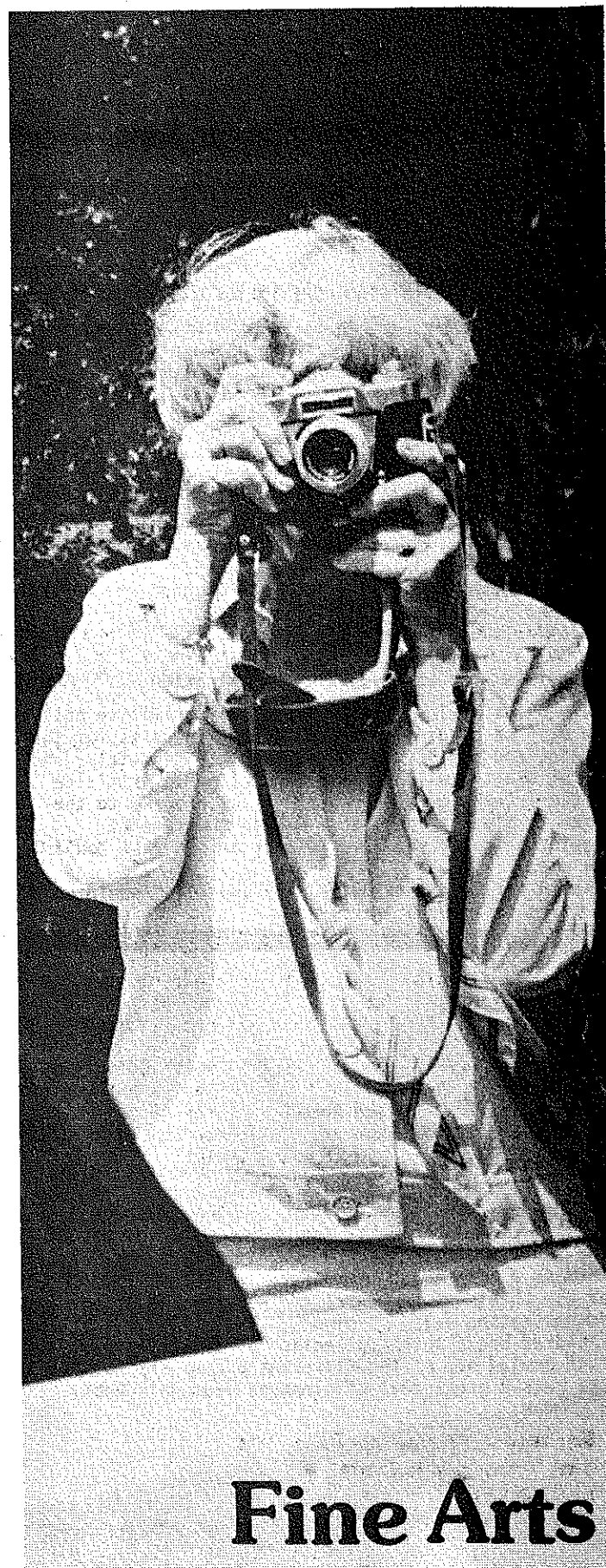
This class will focus on the recycling of old fabric and garments into useful and beautiful items. While the class will focus on the techniques of making tied quilts, other ways of recycling used clothing to make interesting and attractive craft items may be discussed. If you are interested in this class, sign up at UFM registration and you will be contacted regarding the time and place of the first meeting. (Mrs. Hotte has been helping others learn to recycle their discarded clothes into useful items for many years.)

WEAVERS FANCY

Susan Lala 537-9610

Third Saturday &
First Tuesday Each Month
Length: Continuing
Location: Call class leader

This is an ongoing group of experienced weavers including those with both intermediate and advanced skills. The group meets twice a month to share knowledge and experiences. For locations and meeting times, call Susan Lala at the above number. (Susan has been weaving for years and has started an art shop with other weavers in Riley.)



Fine Arts

CALLING ALL CLOWNS

David Fly 537-0593

Thursday, 7:30-9:30pm
One time, Oct 12
Location: 1801 Anderson

Here is an opportunity for those who have been through David Fly's Clown Schools to form their own "clown alley" and find professional ways to put their learning into practice.

"TAKE UP YOUR PENS (OR CHARCOALS, OR,...)"

Samara Adrian 776-6606

Wednesdays, 7:30-9:30pm
Length: One time each
Session I: Sept 27
Session II: Oct 4
Session III: Oct 11
Session IV: Oct 18
Location: 326 N. 16th St
Limit: 10 per session

These classes will introduce basic drawing skills in the four common media. Session I - pencil; Session II - charcoal; Session III - pastels; Session IV - ink. Sign up separately for each session. A unique form of perception will be taught that aids the beginner in rapidly overcoming school-taught biases - freeing the beginning artist to create his/her own unique style. Students are responsible to provide their own supplies. Contact the leader for details. (Samara has studied art in various media for twenty years. She is currently a senior in graphic design.)

POET'S AND WRITER'S GUILD

Paul J. Hart 532-6721

Wednesday, 7:30pm
First meeting: Sept 27
Length: Indefinite
Location: 615 Vattier

Manhattan (believe it or not) is a haven for writers. The Flint Hills--in all its splendor--attracts poets as well as writers of fiction and non-fiction. A few of us are interested in forming a 'group' of serious writers who would like to share information regarding different types of publication outlets (both regional and national). If the group desires, we could also schedule workshops for the constructive criticism of original manuscripts. These could be divided by genre if the group is so inclined. Public readings, etc., could evolve from the workshops. The possibilities are almost endless. If you are interested, sign up and we'll see you on the first meeting date at which we can schedule future meetings. (But do be advised that this is not intended to be a therapy group and hopefully, will not turn into a bitch session). (Paul teaches writing at K-State and has been writing both fiction and poetry for 8 years).

**For questions about Fine Arts,
call Melody Williams
at 532-5866.**

WRITERS FOR EDUCATIONAL AND SOCIAL CHANGE

Dave Hursh 539-1677
Melody Williams 532-5866

Sundays, 7:30pm
First meeting: Sept 24
Length: Continuing
Location: 321 N. 4th

Sometimes the hardest part of writing is the beginning, the middle, and the end. Other than that we know what we want to say. We've done some writing in the past on several issues and we'd like to meet with some like minded souls to support one another in centering on what to write next, how to write it, and to share ideas for publication. (Mel and Dave have been involved in reform and are ready to write about it.)

SCIENCE FICTION AND FANTASY

Karen Lee Killough 776-6584

Sunday, 1:30pm
One time, Sept 24
Location: KSU, Eisenhower Hall, Rm 122

We want to provide a chance for readers/lovers of fantasy and science fiction to get together and talk about fantasy/science fiction/whatever. If enough people are interested, we may make it a regular meeting. (Lee is the author of numerous science fiction stories. Her first novel is in publication and she has just finished a second novel.)

"THE VOYAGES OF THE STARSHIP ENTERPRISE" OR EVERYTHING YOU ALWAYS WANTED TO KNOW ABOUT STAR TREK

Beverly Gaines 539-9520

Mondays, 7:30pm
First meeting: Oct 2
Length: 3 times
Location: KSU, Union, Rm 203

Such interesting topics as the change in Spock's character or an examination of whether Kirk violates the Prime Directive may be of interest to Star Trek fans. Beverly will share information on the TV shows, the upcoming movie, a report from last year's conference, and the various writing that has been done about the show. The group may opt to form a monthly club. (Bev is a graduate student in history and has watched Star Trek since its inaugural voyage).

IT'S SHOW TIME

Phil Hewett 532-5745

Monday, 7pm
One time, Oct 23
Location: KSU, McCain Auditorium, Rm 201

Believe it or not, hours of practice and planning go into a halftime show at the KSU Saturday afternoon football games. We'll discuss from A to Z the coordination and implementation of the drills, selection of music, and the rehearsal techniques used to put together a professional show. (Phil is the Director of the KSU Marching Band.)

ACTING FOR THE NON-ACTOR

Samara Adrian 776-6606
 Saturday, 1-5pm
 One time, Oct 14
 Location: KSU, Union, Rm 213
 Limit: 16

This course is designed to introduce experientially the various forms of acting to the non-actor to enable him/her to discover the potential fullness of his/her character, hidden in the microcosm of his/her self. (Samara has worked in amateur and university theatres for ten years now.)

STAINED GLASS DEMONSTRATION

Ralph Flowers 539-3243
 Please check at registration for meeting times of each section
 Location: 715 S. Juliette (South of RR tracks)
 Limit: 12 per section

These demonstrations will expose you to some of the basics of designing and constructing stained glass windows. Various types of glass, tools, and literature will be on hand and insatiable curiosity will be greatly appreciated. Sign up for one section only!
 (Ralph runs a local glass studio and has numerous stained glass windows installed in local residences.)

CARE OF KEEPSAKE CLOTHING

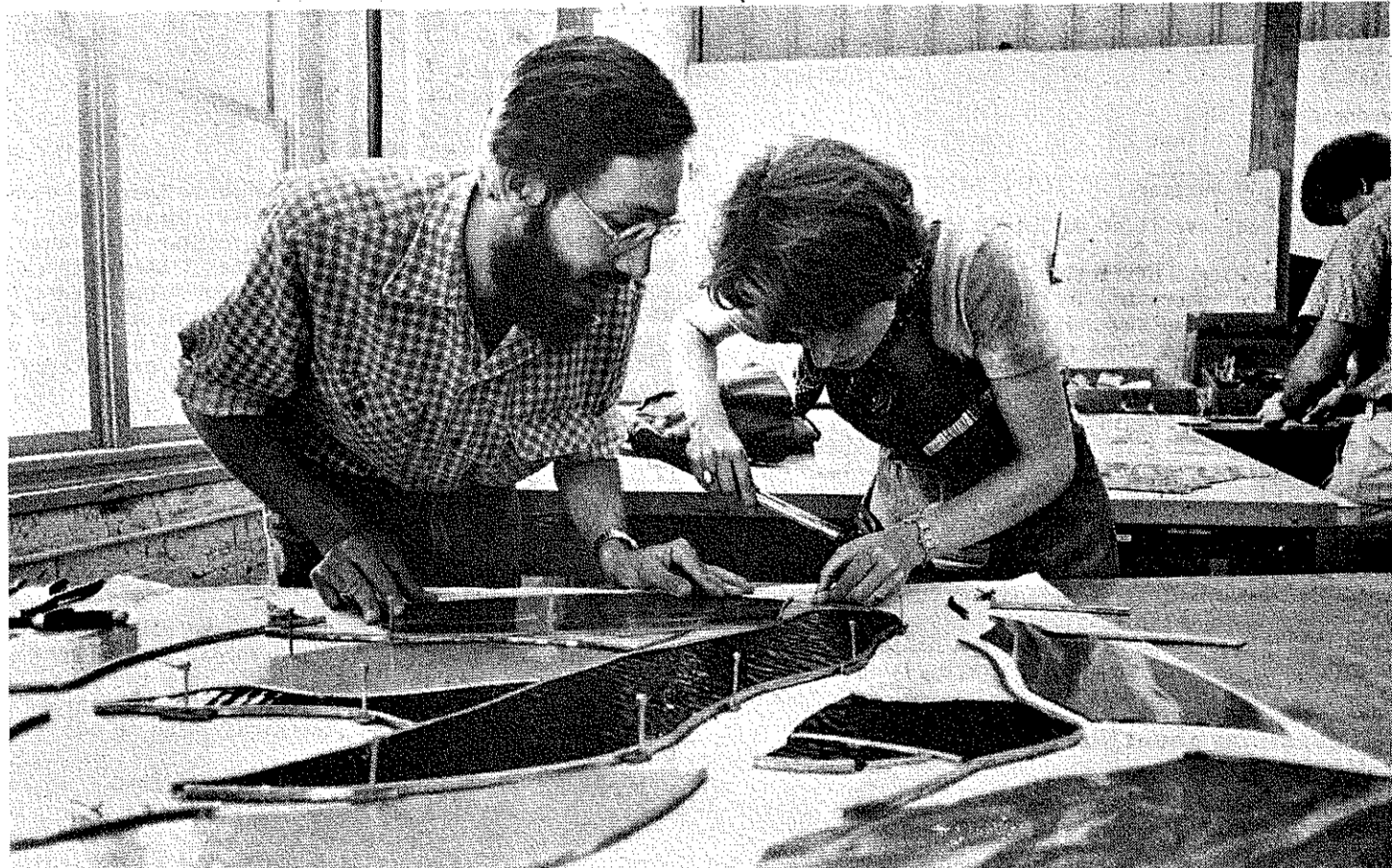
Margaret Ordonez 532-6993
 Tuesdays, 7-9pm
 First meeting: Oct 10
 Length: 2 times
 Location: KSU, Justin Hall, Rm 347
 Limit: 25

This class is for people who are concerned about keeping old clothes, table linens, laces, etc., from past generations. Topics include conditions for proper storage, cleaning, repair, and display. Examples from historic costume and textiles collection will be shown.
 (Margaret has a background in historic textiles, historic costume, chemistry and textiles, and has developed an interest in the conservation of old clothing and textiles).

ANTIQUES

Lois Morales 539-8867
 Tuesdays, 7:30pm
 First meeting: Oct 3
 Length: 3 times
 Location: 1200 Kearney (first meeting only)

Lois will help you learn about the kinds of things being collected in the Manhattan area and the prices being paid for them. The group will visit shops in the area, go to auctions, view private collections, and have discussions on areas of special interest. Schedules and locations will be distributed at the first class.
 (Lois has been interested in antiques for 10 years).

**APPRECIATION OF MUSIC**

Chris Craig 539-4965
 Mondays, 7pm
 First meeting: Sept 25
 Length: 12 times
 Location: KSU, McCain Auditorium, Rm 135

This class will attempt to provide the listener with a more intelligent enjoyment of art music and to whet his/her appetite for more exploration in this wide field. One general topic (e.g., variation form, the string quartet) will be discussed each week.
 (Chris is a senior in applied music; has experience in teaching and performing at the piano and wants to share his love of music with others).

EARLY GUITAR

Mel Straight 539-8211
 Thursdays, 7pm
 First meeting: Oct 5
 Length: 7 times
 Location: UFM Conference Room
 1221 Thurston

This is a class for the early and beginning guitarist. Basic chord structures, finger exercises and simple theory are included. You must bring your own guitar
 (Mel has played guitar for 17 years).

INTERMEDIATE GUITAR

Marlesa Roney 776-3899
 Wednesdays, 6pm
 First meeting: Oct 11
 Length: 6 times
 Location: UFM Fireplace Room
 1221 Thurston
 Limit: 10

For those with about a year of practice, we will work on polishing skills. A broad range of musical styles is possible; however, we will not include classical.
 (Marlesa has been playing for 14 years).

BEGINNING BELLY DANCE

Barbara Smith (Mirhimah) 539-8162
 539-4021
 Section I: Thursdays 6:15-7:15pm
 Section II: Thursdays 7:30-8:30pm
 First meeting: Sept 28
 Length: 8 times
 Location: KSU, Justin Hall, Rm 251
 Limit: 20 per section
 Materials fee: \$1, pay at registration

Belly dance is excellent exercise and develops one's poise and self-concept. Sources of supplies, costumes, jewelry, records and books will be discussed. Fees will cover some beginning supplies for general use.
 (Barbara has performed and taught belly dance for UFM for several years.)

INTERMEDIATE BELLY DANCE

Joanne Dudley (Nahid) 539-5645
 Mondays, 7-8:30pm
 First meeting: Sept 25
 Length: 10 times
 Location: KSU, Justin Hall, Rm 251
 Limit: 20
 Materials fee: \$1, pay at registration

This class is for students with previous belly dance instruction. More time will be devoted to floor work, veil work, zils (finger cymbles) and combinations of steps. We will work on a group dance and students will be given the opportunity to perform, if they wish, in our annual belly dance recital, Belly Dancers Delight, which will be presented December 1, 1978.
 (Nahid is an experienced performer as well as teacher).

DISCO

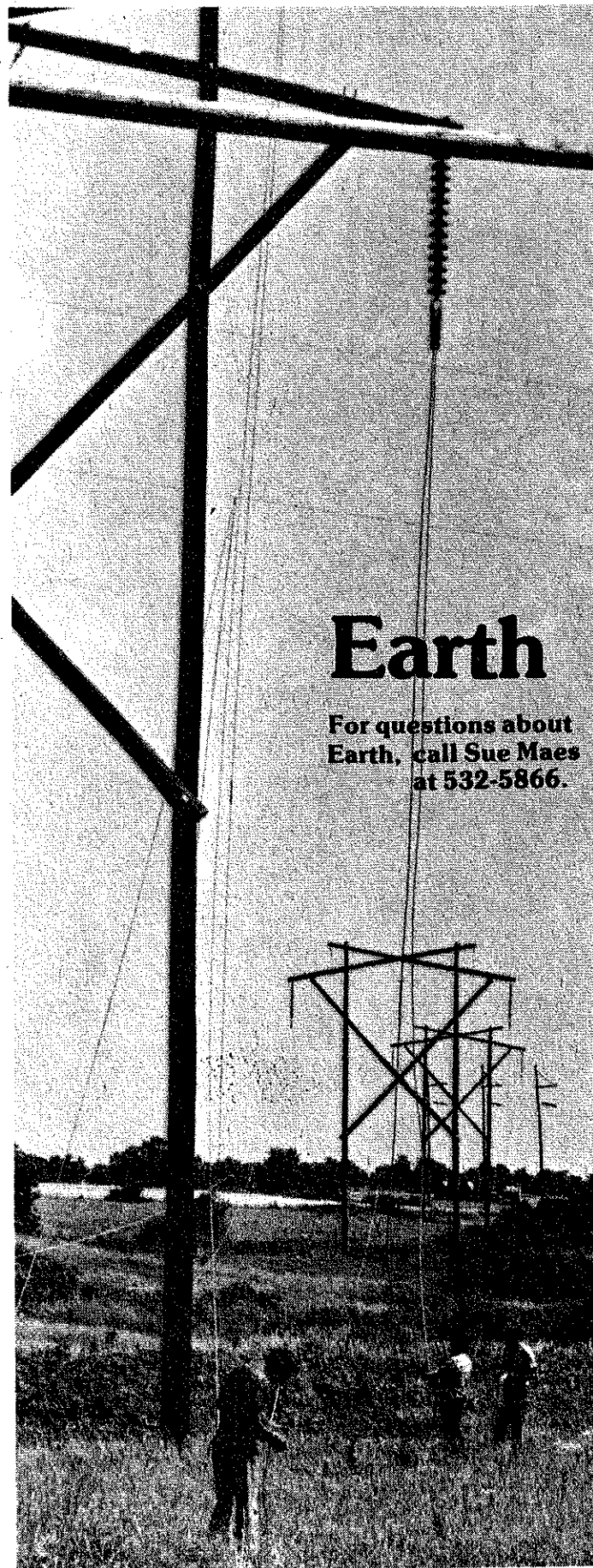
Sue Sandmeyer 776-6645
 Bart Lee 776-0840
 Monday, Tuesday, Wednesday, 5:30-7pm
 Oct 9, 10, 11
 Length: 3 times
 Location: Mother's Worry
 1216 Laramie
 Limit: 10 men, 10 women

For those of you who want to boogie down, but don't know anything yet about how, we'll give you instructions on several basic dances, and a chance to try 'em out.
 (Until recently, Sue and Bart have hidden their dancing skills from their friends. Now they are ready to "come out of the closet" and share what they know.)

BASIC THEATRICAL DANCE

Carol Ann Love 539-6120
 532-6281
 Tuesdays and Thursdays, 5:30-7pm
 First meeting: Sept 26
 Length: Semester
 Location: KSU, Justin Hall, Rm 326
 Limit: 25

This coed class is designed as an integrated course in the basics of ballet, jazz and modern dance. Emphasis will be placed on fundamental vocabulary, body alignment, isolation, rhythm articulation and control of energy. Dance movements will be combined into short dance sequences. Wear leotards and footless tights or comfortable loose fitting clothing.
 (Carol participated in K-State dance classes during the 1978 spring and summer semesters).



Earth

For questions about Earth, call Sue Maes at 532-5866.

NUCLEAR POWER -- AND OUR ENVIRONMENT

Tom Moore
Lisa Barnes 539-1246

Wednesdays, 7pm
First meeting: Sept 27
Length: 8 weeks
Location: KSU, Union, Rm 203

We are interested in learning more about nuclear power: the dangers, history, current legislation, and alternatives. The following speakers will discuss nuclear power from their perspectives. Through learning about this source of energy we hope to articulately express our opinions about nuclear power (pro and con) -- thus participate in educating others.

- Sept 27 Andy Allen - Sunflower Alliance Organization.
- Oct 4 Scott Stucky and Tom Moore - History of Nuclear Power and Current Implications
- Oct 11 Film -- Lovejoys Nuclear War
- Oct 18 Steve Coulson -- Research Assistant in nuclear engineering
- Oct 23 Amory Lovins -- Author, Soft Energy Paths; Toward a Durable Peace
10:30am convocation in McCain Auditorium
- Oct 25 Discussion on Amory Lovins convocation
- Nov 1 Doug Walter and the Appropriate Technology staff at UFM "Alternatives to Nuclear Power."
- Nov 8 Wes Jackson - Director of the Land Institute, "Perils of Nuclear Energy"
- Nov 15 John Simpson -- State Senator from Salina "Legislation and Nuclear Power"

(Lisa and Tom are concerned individuals interested in sharing and learning more about nuclear power.)

HOW TO TELL AN APPROPRIATE TECHNOLOGY WHEN YOU SEE ONE

John Selfridge 537-7411

Tuesday, 7:30pm
One time, Oct 3
Location: KSU, Union, Rm 203

"Appropriate Technology" is a phrase finding increasing use as our world faces widespread destruction of the natural environment and depletion of the finite supply of natural resources. This class will provide an introduction to the objects, ideas, and issues involved in the thing now called appropriate technology.

(John spent his sabbatical leave this last year looking at appropriate technology centers and programs in the United Kingdom and Europe.)

WOODBURNING STOVES

David O'Neal 539-3864

Thursday, 7:30pm
One time, Oct. 19
Location: UFM Fireplace Room
1221 Thurston

How can you know which wood stove would be best for your home and needs? What are the pros and cons of the new steel models and the cast iron stoves? What are the installation codes? These questions will be answered and others you might have about wood stoves.

(David is the owner of a local stove store and a builder-designer of wood stoves.)

ARE YOU COMMITTED TO BUILDING A SOLAR HOME??

Jim, Darcy, and Winoma Rourk

You will be contacted
One time
Location: 2100 Goodnow Circle
Limit: 30

For people who are seriously interested in building a solar home there will be an inspection tour and discussion of a solar home in Manhattan. The home is owned and occupied by Darcy, Winoma and Jim Rourk, and the home was designed and built by Great Plains Shelter of Manhattan. Small tour groups will be arranged. You will be contacted for your tour date and time.

(The Rourk family is kindly sharing their home for tours for those sincerely interested in building a solar home.)

GARDENING FOR MORE WITH LESS

Chuck Marr 532-6173

Tuesday, 7:30pm
One time, Oct 17
Location: KSU, Waters Hall, Rm 244

Are you interested in maximum production using a minimum amount of resources? This class will include discussion on conserving water, growing crops adapted to stressful situations, and achieving reduction of pest problems. Start preparing for your "more with less" spring garden now.
(Chuck is a state extension agent in Horticulture.)

COMPOSTING

Bob Boufford 537-8374
Thursday, 7pm
One time, Sept 28
Location: UFM Conference Room
1221 Thurston

You can turn your kitchen scraps and lawn clippings into fertilizer and mulch. Composts may be made in a variety of ways using a variety of ingredients. A compost pile will provide a variety of uses for your lawn and garden. Yes, you too may be a composter. Join in learning the techniques of composting.
(Bob is a graduate student in Horticulture and has taught several UFM classes.)

GARDENING IN YOUR CLOSET

Bob Boufford 537-8374
Thursday, 7pm
One time, Oct 5
Location: UFM Fireplace Room
1221 Thurston

A dark closet or any other low light area of the house or apartment can be utilized to grow anything from African Violets to salad greens, and other herbs! Topics covered will include artificial lighting temperature, humidity control, and carbon dioxide enrichment.

(Bob is a graduate student in Horticulture and has used artificial lighting during cloudy, snowy winters while living in Michigan.)

PYRAMIDS

Steve Guetterman 776-0827

Tuesday and Thursday, 7:30pm
Length: 2 times, Oct 10 & 12
Location: 307 S. 16th St

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

CHILDREN'S GARDENING

Dick Mattson 532-6170

Saturdays, 10am
First meeting: Sept 30
Length: 5 times
Location: Douglass Community Center Annex
901 Yuma

This 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.

(Dick is a professor in the Horticulture department at KSU.)

CUTTING AND PLANT EXCHANGE

Lisa Barnes 539-1246

Saturday, 1pm
One time, Oct 14
Location: UFM Living Room
1221 Thurston

Have you ever wished you could trade in some of your over-abundant Swedish Ivy for a few African Violets? Well, this afternoon is for those of you wishing to exchange the plant of which you have too many for some new ones. Bring healthy plants and cuttings in a container you don't need to have returned.

(Lisa is a student in horticultural therapy who has plants she would like to exchange.)

FERN PROPAGATION: THERE'S MORE THAN ONE WAY TO SPUR A SPORE

Keith Conn
Monday, 7pm
One time, Sept 25
Location: KSU, Ackert Hall, Rm 114
Limit: 20
Materials fee: 50¢, pay at registration

This class is intended for those individuals who enjoy ferns and would like to learn more about growing them for their own homes and gardens. We will explore both the sexual and asexual reproductive processes of ferns. Each individual should bring at least two 3" clay pots.
(Keith was a Botany Lab teacher at KSU for one year.)

HERBAL WREATH MAKING

Dale Anderson 1-494-2540
 Wednesday, 7pm
 One time, Oct 4, 11, 18, or, 25
 Location: Herb Patch
 6 miles East on Hwy 24
 Materials fee: \$9 - \$12, pay at class

Herbal wreaths are beautiful fragrant arrangements of herbs. They are available in six different styles. The cost of materials will run between \$9 and \$12. Herbal wreaths make great Christmas gifts. Please bring an old pair of scissors. Indicate at registration which date you will attend.
 (Dale grows herbs locally.)

POTPOURRI AND SACHETS

Dale Anderson 1-494-2540
 Thursday, 7pm
 One time, Oct 5 or 12
 Location: Herb Patch
 6 miles East on Hwy 24
 Materials fee: \$4 - \$10, pay at class

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

IN SEARCH OF THE GREAT PAWPAW

Sue Maes 532-5866
 Steve Guetterman 776-0825
 Thursday, 5:30pm
 One time, Sept 28
 Location: UFM Parking Lot
 1221 Thurston

Not a season goes by that we can't supplement our daily diet with edibles free from the wilds. It's past time for tender greens, but the wilds now have roots, nuts, berries and particularly pawpaws waiting for their fall harvest. This class will start with a demonstration session on local plants and we will then go on a short walk up Hackberry Glen.
 (Sue is one of the local experts on edible plants and Steve was a 4-H extension agent.)

WILDFLOWER IDENTIFICATION

Gene Town 532-6101
 Thursday, 5:30pm
 One time, Sept 28
 Location: UFM Parking Lot
 1221 Thurston

Do you love to see the prairie in full bloom and hike among its beauties? Join Gene in a wildflower stroll during which you will witness and learn to identify the natural garden in our prairie. Gene will have additional wild flower walks if there is interest.
 (Gene is a research assistant in range management and an inquisitive wildflower expert.)

IDENTIFYING OUR KANSAS WOODY PLANT MATERIAL

Steve Still 537-9527
 Wednesday, 6pm
 One time, Oct 4
 Location: UFM Parking Lot
 1221 Thurston
 Limit: 30

Trees have been claimed to be one of our most valuable resources, and "arms to heaven". This class is for those interested in becoming familiar with identifying trees and shrubs through leaf, bark, and form. We'll be discussing a simple key based on leaf character.
 (Steve is a Horticulture Professor and teaches plant materials classes.)

NORTHERN FLINT HILLS AUDUBON SOCIETY FALL CALENDAR

PUBLIC ALWAYS WELCOME

Programs are held at 7:30pm, Room 221, Ackert Hall on the KSU campus. Field trips are as indicated. For more information on time, date, or memberships, call Doug Hoseney, 539-0425, or Laura Herod, 537-0141.

- Sept 21 Program. "Birdlife of Cheyenne Bottoms" with Marvin Schwilling of the Kansas Fish and Game Commission.
- Sept 23 Field Trip. Annual Birds and Breakfast outing. Meet 7am in Ackert Parking lot for an early bird walk, some sweet rolls & good company.
- Oct 19 Program. "Reptiles of Kansas" with Bruce Wolhuter.
- Nov 9 Program. "Audubon Sanctuaries" with Tom Logan
- Nov 11 Field Trip. Migratory Waterfowl at Tuttle Creek Lake area.
- Dec 2 Field Trip. Eagle Watch at Pottawatomie State Lake #2 & Tuttle areas.
- Dec 14 Program. "The Galapagos" with Don Wixom.
- Dec 16 Field Trip. Christmas Bird Count.

NATIONAL AUDUBON SCREEN TOURS

Manhattan Recreation Commission 776-4714

Films shown: 8pm
 Location: City Auditorium
 Ticket fees, call 776-4714

- Sept 27 Papua New Guinea, by Greg & Linda McMillan
- Nov 2 Oke Fen Okee - Land of Trembling Earth by Dennis Holt

BIRDS

Russell Brehm 1-479-5849
 One time, You will be contacted
 Location: UFM Parking Lot
 1221 Thurston

Have you ever seen a Great Heron Rookery with forty nests in one tree? We will visit a rookery and observe other birds in their wildlife habitat.
 (Russ has been birding for 3 years and has worked in Glen Helen Education Center in Ohio and at a Wildlife Hawk and Owl Clinic there.)

THE UNIVERSE

James Langford 532-6986
 Dean Zollman
 Wednesdays, 7:30pm
 Location: KSU, Cardwell Hall Planetarium, 4th floor
 Limit: 40 per section

- Oct 18 I See It But What Is It? This is an introduction to constellations, motions of celestial objects and other every night phenomena about which most of us have wondered but were too embarrassed to admit it and ask.
- Oct 25 Stonehenge: What Stonehenge is and how it could have been used by its builders as a gigantic astronomical calendar is presented in this program.
- Nov 1 Red Giants Aren't So Hot. As slow as it may seem, the universe does age. How do we know? What can we "expect" from our sun in the next four billion years? Is it on the verge of an energy crisis?
- Nov 15 The Loneliness Factor. Are we really alone? This program is a description of the search for life beyond earth.

Please sign up for each section you plan to attend. (Dean is a professor in the Physics department and James is a graduate student in Physics.)

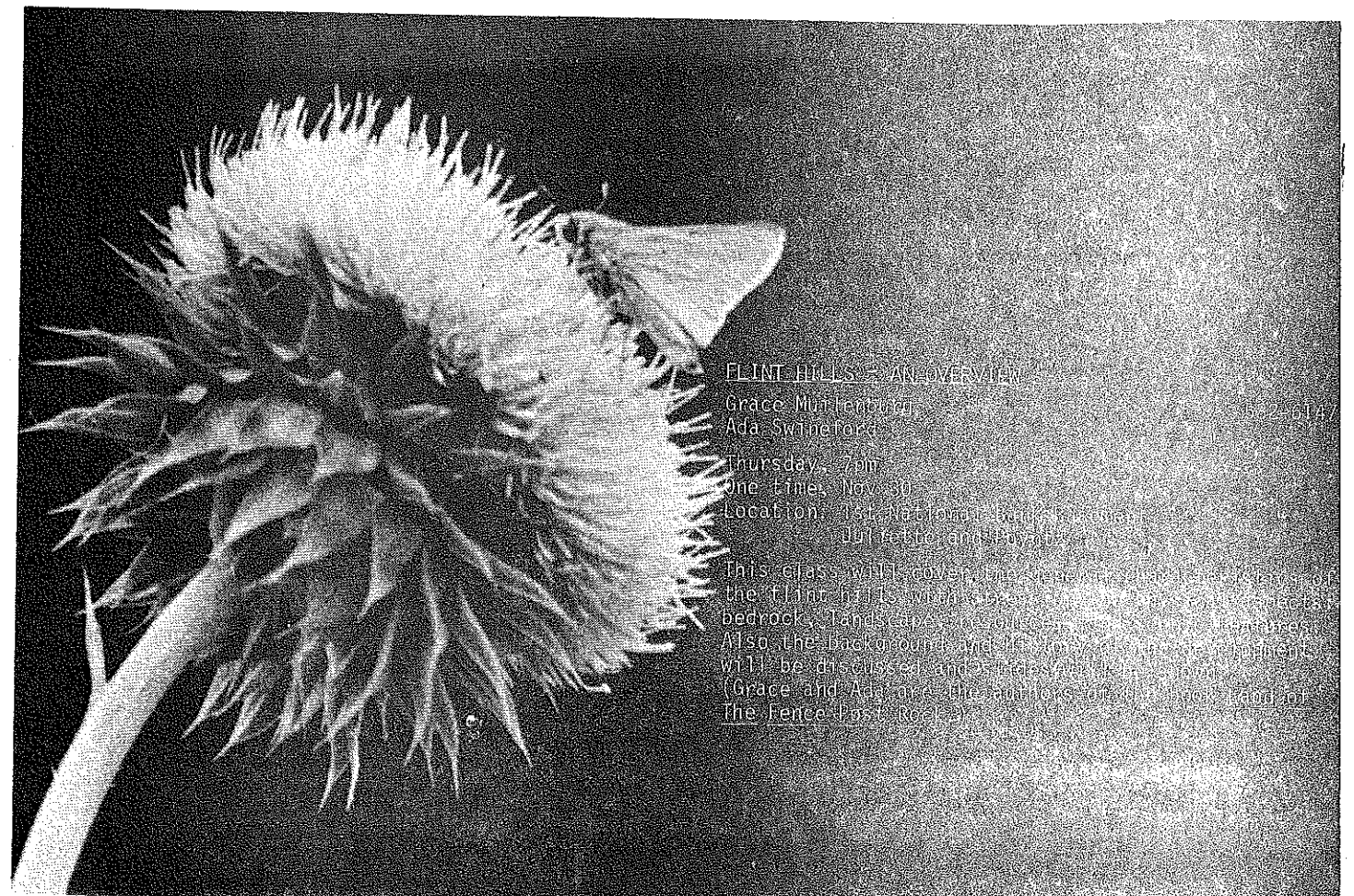
ZOO DOCENT PROGRAM

Mary Rogers 537-8271
 Saturday, 9am-4pm
 Sunday, 11am-4pm
 One weekend, Oct 14 & 15
 Location: Sunset Zoo Party House

You may be a Sunset Zoo Docent if you are 16 years or older. Zoo Docents are volunteers involved with the education program now being provided by the zoo. They will conduct guided tours for schools and other groups, class lectures, and be involved with various other educational activities. This course is not difficult and should be a lot of fun. Bring a pencil, paper and a sack lunch. See you there!
 (Mary is the chairperson of the Zoo Docent Program.)

ORIENTEERING

Frank Vouk 532-6754
 Tuesdays, 6:30pm
 First meeting: Sept 26
 Length: 6 times
 Location: KSU, Military Science Building, Rm 11
 Students will learn basic map symbols and navigation with compass. This will include particular applications, with participation in local orienteering meets. Primary instructors are Dale Bryant and Frank Vouk. This course is for the fresh air and nature enthusiasts.
 (Frank is faculty advisor for the K-State Orienteering Club.)



FLINT HILLS: AN OVERVIEW

Grace Minterborn 532-6177
 Ada Swineford
 Thursday, 7pm
 One time, Nov 30
 Location: Metropolitan Water Resources Center
 1000 West 17th St., Lawrence, KS 66044
 This class will cover the geology and history of the Flint Hills with emphasis on the local bedrock. Landscapes, vegetation, and the area will be discussed and maps shown.
 (Grace and Ada are the authors of the book, The Fence Post Rock.)

BEST CHEESECAKE IN THE WORLD CONTEST

Julie Coates
Dave Ayers 532-5866
Wednesday, 7pm
One time, Oct 18
Location: UFM Basement
1221 Thurston

Do you have a cheesecake that melts in your mouth or one that folks from all around rave over? Then please give the City of Manhattan a chance to rave too. Please bring a finished cheesecake and a copy of the recipe used. Your entry will be tasted and judged by cheesecake lovers and food experts around the town. (Please no recipes based on mixes!) (The Best Chocolate Cake in the World Contest was so delicious we thought we'd try again.)

JUNK FOOD POTLUCK

Thomas "Snickers" Hollinberger 532-5866
Friday, 5:30pm
One time, Oct 13
Location: Vending machines near the KSU Union
Catskeller

Tired? Rundown? Need a quick picker-upper? For supper we'll casually infuse large amounts of processed sugar and compare cellophane wrappers. Everyone is invited to bring a bag of their favorite munchies (no fresh fruits, please) and share in the uniquely affluent American tribal ritual of eating materials as far-removed from their source as possible. (Tom keeps that young and healthy look by adding 1/10 of 1% BHT as preservative.)

GIMICKRY IN THE SUPERMARKET

Melanie Stockdale 532-6541
Sign up at registration, and you will be contacted.

Is the biggest size always cheapest? What's the real cost of convenience foods? Is unit pricing all it's cracked up to be? We'll discuss how to become an intelligent consumer by reading labels, comparison shopping, and learning the different "gimmicks" that supermarkets and the food industry use. (Melanie is the new director of the Consumer Relations Board at KSU.)

GOOD NEIGHBOR MILK (AND MISC) RUN

Doris Hoerman 776-7500
Friday, 7:30pm
One time, Sept 29
Location: UFM Conference Room
1221 Thurston

If you've ever had fresh farm eggs or straight from the cow milk, you know how great these foods can taste. For those of us in town, access to fresh foods is difficult and can involve driving great distances. For two years now, I've been involved in a cooperative milk run to a local dairy (\$1.15/gal) and have been getting farm eggs for 50¢ dozen. I'd be happy to help others set up their own milk run (in addition to adding a couple of members to my own group). We can also discuss sources of eggs, meat, herbs, surplus garden produce, cheese, soap, or whatever the group wants to purchase in bulk. Bartering will be encouraged whenever possible. Both suppliers and those wanting to be supplied are welcome to this one time organizational meeting.

WINEMAKING PAR EXCELLENCE

John Anschutz 1-456-9614
Sundays, 7pm
Length: 3 sessions
First Meeting: Nov 5
Location: UFM Banquet Room
1221 Thurston
Materials fee: \$4.00, pay at class.

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

DRYING FOOD (SOLAR AND OTHERWISE)

Marie Watson
Monday, 8pm
One time, Nov 6
Location: UFM Fireplace Room
1221 Thurston

Dehydrating food preserves more vitamins and minerals than canning and it takes up less storage space. Marie will show you how to prepare different foods for dehydration. Also covered are the different ways of drying them, from the oven, outside air, to solar dryers, and believe it or not, your car... (Marie's children are extremely healthy and well fed on her dried bananas with honey.)

FRUIT LEATHERS

Faith Kossoy 532-5866
Sign up at registration and you will be contacted.
Have you ever tasted fruit leather? Faith will demonstrate how to make this delicious, nutritious treat. It's good for a snack to carry in your pocket to nibble on. (Faith is really looking forward to enjoying this class.)

THE JOY OF CREPES

Robert Melnick 532-5992
Monday, 7-8:30pm
One time, Oct 2
Location: UFM Kitchen
1221 Thurston
Limit: 10
Materials fee: \$1.50, pay at registration.

Ladies! Remember the old cliché "the way to a man's heart is through his stomach"? And how about all of you men? Surprise your ladies by fixing them a gourmet meal! Crepes can be made with corn meal, buckwheat, and rice flour. Robert will demonstrate the use of the crepe pan by making basic crepes filled with butter and jellies and jams for the class to devour. (Robert can hardly wait.)

SOUFFLES RETURN

Gabrielle Bailey 537-1448
Sunday, 10am
One time, Nov 5
Location: UFM Kitchen
1221 Thurston
Limit: 12
Materials fee: \$1.50, pay at registration.

Gabrielle will show you how to make a very sturdy unwreckable cheese souffle, a mouthwatering crab-meat souffle with shrimp sauce and a dessert souffle flavored with Grand Marnier. The recipe for a cheese and mushroom souffle that smells like pizza will be provided as well. Nothing can be so glorious as the sight of a beautiful souffle, proudly carried to the table! If enough interest is shown Gabrielle will teach another class later this fall. (Gabrielle has to run for miles to justify her souffle eating habit.)

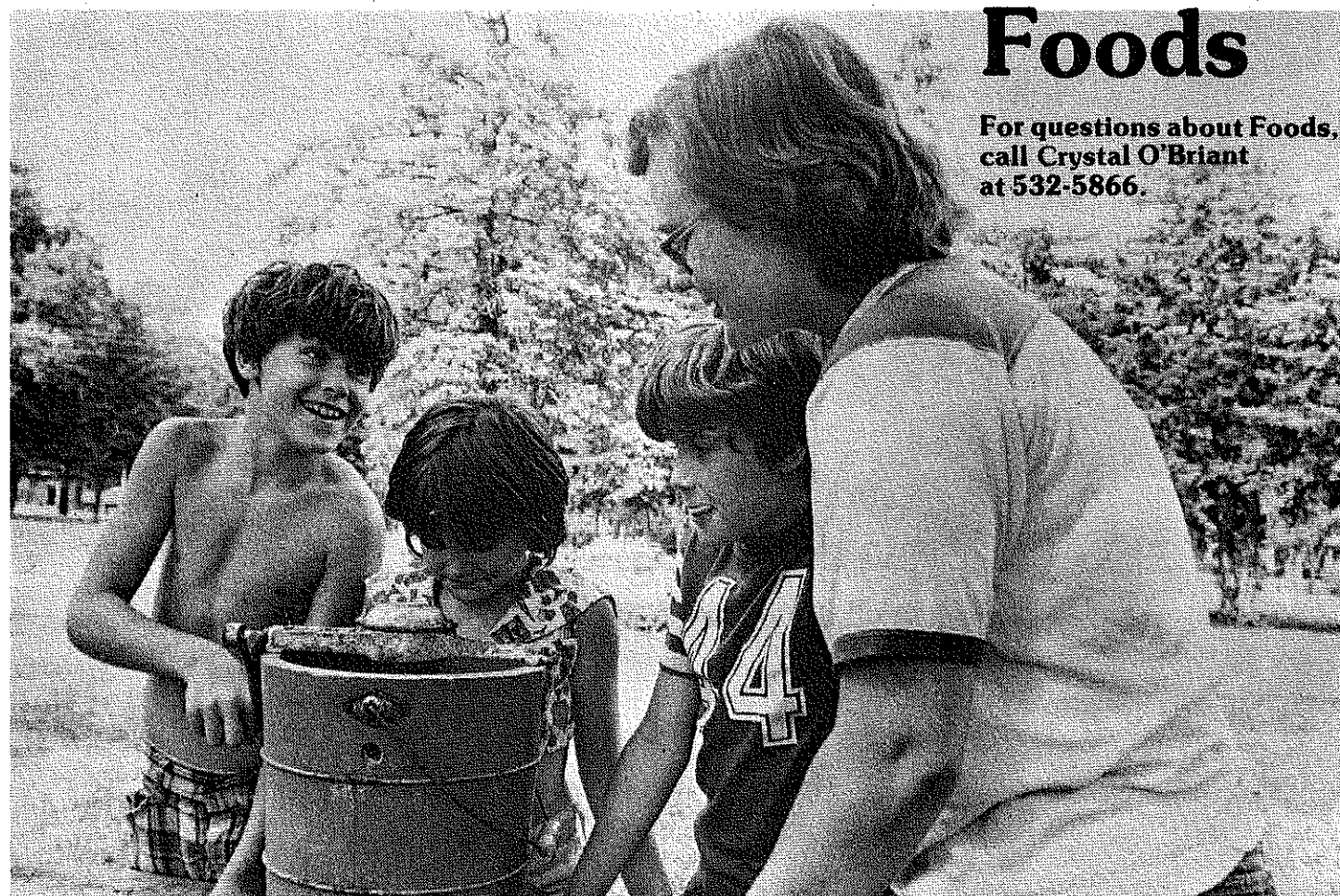
TEAS FOR PLEASURE; TISANES FOR HEALTH

Dale Anderson 1-494-2540
Thursday, 7pm
One time, Nov 2
Location: Herb Patch
6 miles E. of Manhattan on Hwy 24
Materials fee: \$1.50, pay at registration

Black teas contain tannin and caffeine, while herbal teas do not and some have remedial, dietary or pleasurable qualities. We will study the difference in the qualities of the two. Show the difference in brewing hot teas, iced teas, decoctions and infusions. There will be at least 10 types of teas to taste. Fee includes a booklet for you to take home. Come relax and enjoy the evening. (Dale has the Herb Patch where he grows organically grown herbs locally for your enjoyment.)

TOUR OF AIB (AMERICAN INSTITUTE OF BAKING)

Thursday, 2pm
One time, Oct 19
Location: 1213 Baker's Way
This tour is designed to let you, the public in on what goes on at the American Institute of Baking. You will be guided through the building and shown all of the different departments and the classes in process.



Foods

For questions about Foods,
call Crystal O'Briant
at 532-5866.

GERMAN COOKERY

Crystal O'Briant

Sunday, 1-4pm

One time, Oct 16

Location: UFM Kitchen

1221 Thurston

Limit: 15

Materials fee: \$2.00, pay at registration

Ever tried veal knitzel? How about sauerkraut? Sound good, doesn't it? Crystal will demonstrate how to make these and a few other German dishes for the class to sample.

(Crystal has been cooking since the age of seven and she thoroughly enjoys sharing her talents with friends.)

SOUPS FOR THOSE COLD WINTER NIGHTS

Doug Peterson

537-7627

Monday, 6:30pm

One time, Oct 6

Location: UFM Kitchen

1221 Thurston

Limit: 12

Materials fee: \$1.00, pay at registration

We will prepare a couple different types of soup. Possibly split pea puree, a pureed tomato soup, and a creamed vegetable soup, or perhaps a light broth soup, i.e. wonton or egg drop. Doug will explain methods of soup cookery including thickening, flavoring, development of texture and color.

(Doug has had 2 yrs experience working as a chef at the Alma Hotel and has cooked in other area restaurants. He believes that soup is good for the skin especially if you have enough to fill the bathtub.)

COOKING THE MICROWAVE WAY

Martha Cornwell

Section I: Monday, 7pm Oct 2 One time

Section II: Monday, 7pm Oct 9 One time

Location: 3100 Heritage Ct. #93

Limit: 8

Materials fee: \$1.50, pay at registration

Different uses of the microwave oven will be demonstrated and the results will be sampled. Recipes will be distributed.

(Martha is a registered dietitian at home.)

FLAMBEED DESSERTS

Doug Peterson

Monday, 7:30pm

One time, Sept 25

Location: 625 Houston, upstairs

Limit: 10

Materials fee: \$1.50, pay at registration

Doug will give a demonstration of elegant flamed desserts in the classic French tradition. Use of liqueurs as flavorings and homogenizing agents will be discussed. Tips will be given as to how to flambe (ignite) one's creation. Finally the whole thing will be ladled over ice cream and consumed. (Doug has worked as a chef for 2 years at the Alma Hotel and he often sings his beard for dinner guests at home.)

DINING OUT IN KANSAS

Neither blinding snowstorm nor blazing heat managed to stop this group of hearty souls from sampling the very best cuisine Kansas has to offer. In our two years of existence, we've done a lot of dining out, and we are now preparing to forge new paths to new vistas this fall. Some of the possibilities for this fall include: the Beaumont Fly-In Hotel, Ernestine's in Nicodemus, and restaurants in Kansas City. A (re)organizational meeting will be held Wednesday, September 27 at 6 pm in the UFM Conference Room to decide dates and locations for future gatherings. Please bring 5 self-addressed stamped envelopes to the meeting as they are your "fee" for this "class". Also, please bring ideas on area restaurants we can visit. For more information, contact Doris Hoerman, 776-7500.

INTERNATIONAL COOKING

Lois Morales

539-8867

Wednesdays, 6pm

First meeting: You will be contacted

Length: Ongoing

Are you interested in learning to cook foreign foods the authentic way? With the help of members of the international community of Manhattan, we will learn how to make exotic dishes as they are prepared in the countries of their origin. The cost for each meal ranges from \$1.50-\$3.00. Each member of the class will take responsibility for organizing and hosting a session.

(Lois has helped to offer this class for several years.)

JELLO - "AGAIN, MOM?"

Crystal O'Briant

532-5866

Sunday, 1pm

One time, Oct 8

Location: UFM Kitchen

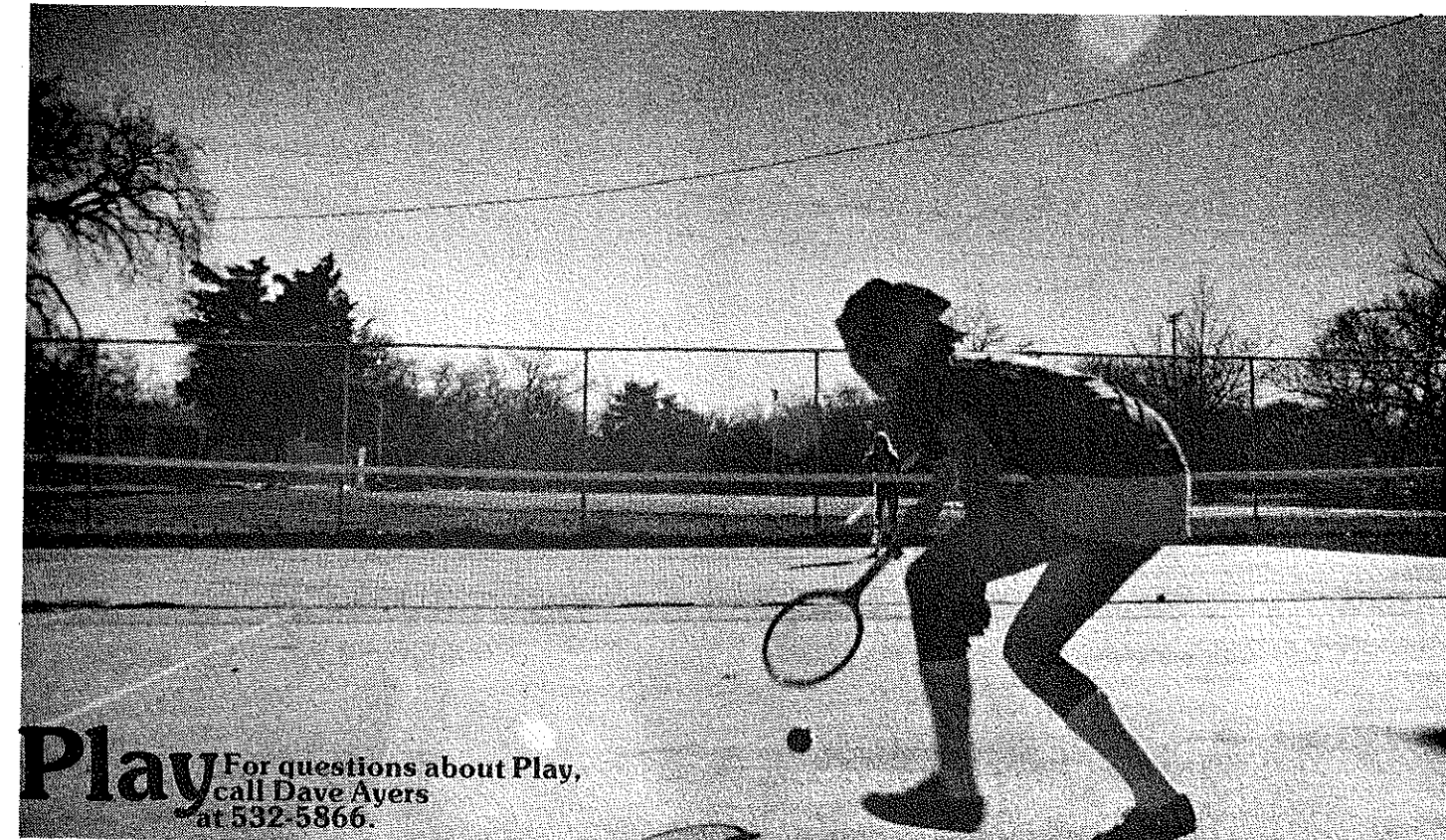
1221 Thurston

Limit: 15

Materials fee: \$1.00, pay at registration

Had a new light dessert at the end of a heavy meal? Tired of a potluck and too embarrassed to take Jello to a potluck once again? Learn how to liven up Jello with whip cream, lettuce, cherries and other types of fruit, and many other edible decorative items.

(Crystal likes to serve simple but fancy looking desserts.)



Play For questions about Play, call Dave Ayers at 532-5866.

BEGINNING TENNIS

Marlesa Roney

776-3899

Sundays, 7-9am

First meeting: Sept 24

Length: 6 times

Location: KSU, Washburn Complex

Limit: 20

Facility use fee: \$1.00, pay at registration

You have to start somewhere, so why not at the very beginning? Skills that will be learned include the forehand, backhand, serve, volley, lob and smash. Also included in this session will be scoring and some playing strategy. Bring your tennis rackets and a can of balls.

(Marlesa has taught tennis before and wants to pass on her skills to others.)

CO-REC VOLLEYBALL

Nancy Lerner

776-7178

Beth Packer

Tuesdays, 6:30pm

First meeting: Sept 26

Length: 10 times

Location: Douglass Community Center

900 Yuma

Low-key competition volleyball is a fantastic way to get some exercise while having a great time. Everyone is welcome - from four-foot beginners to nine-foot power players. If enough people show interest, we'll start a league and demonstrate some real talent at having fun!

(Nancy and Beth have played co-rec volleyball before and are enthusiastic about organizing this fall's program for UFM.)

BASKETBALL WITH THE CATS

The KSU Wildcats

532-5866

Section I Sept 30, 9-11am, ages 8-10

Section II Oct 7, 9-11am, ages 11-13

Location, Douglass Community Center

900 Yuma

Limit: 50

It's time to gear up for the 1978-79 basketball season and the KSU Basketball Wildcats are ready to help any person between the ages of 8-13 get a good grip on some basketball techniques. Things such as dribbling, passing and shooting will be taught along with some of the Cat's "secrets".

Please register for the section you wish to attend and come join the fun.

(The KSU Wildcats were all 8 years old once upon a time.)

VOLLEYBALL/NEWGAMES

Tom Moore

776-3614

Thursday, 6:30pm

One time, Sept 28

Location: UFM Volleyball Court

1221 Thurston

Whether new games or non-competitive volleyball is your way of combining fun and exercise, we'll try to keep the action lively, the competitiveness low, and the enjoyment high. Bring your ideas and inspiration with you.

(Tom is looking forward to having a good time.)

RACKETBALL FOR FUN

Dave Ayers 532-5866
Wednesday, 5pm
One time, Sept 27
Location: UFM Fireplace Room
1221 Thurston

This is an opportunity for you to get some challenging experience, and to meet new faces in the sport. Sign up and give your name, address, phone number, skill level (e.g. Beg., Interm., Advan.) and a time you'd be available to get in a few games. We'll compile this list and distribute it at the time given above.

HANDBALL EXPERIENCE

Mike Bond 537-2378
Bruce Allison 537-8592

Sundays, 9am
First meeting: Oct 1
Length: Indefinite
Location: KSU, Washburn Complex
Facilities use fee: \$1.00, pay at registration

This class is designed for those who have had previous handball experience. Special techniques of winning will be demonstrated throughout the session. From then on, enthusiasts can get together for an hour or two of play. Bring your handball and gloves to the court.
(Mike and Bruce are handball enthusiasts and have taught handball for UFM before.)

RHYTHMIC AEROBICS

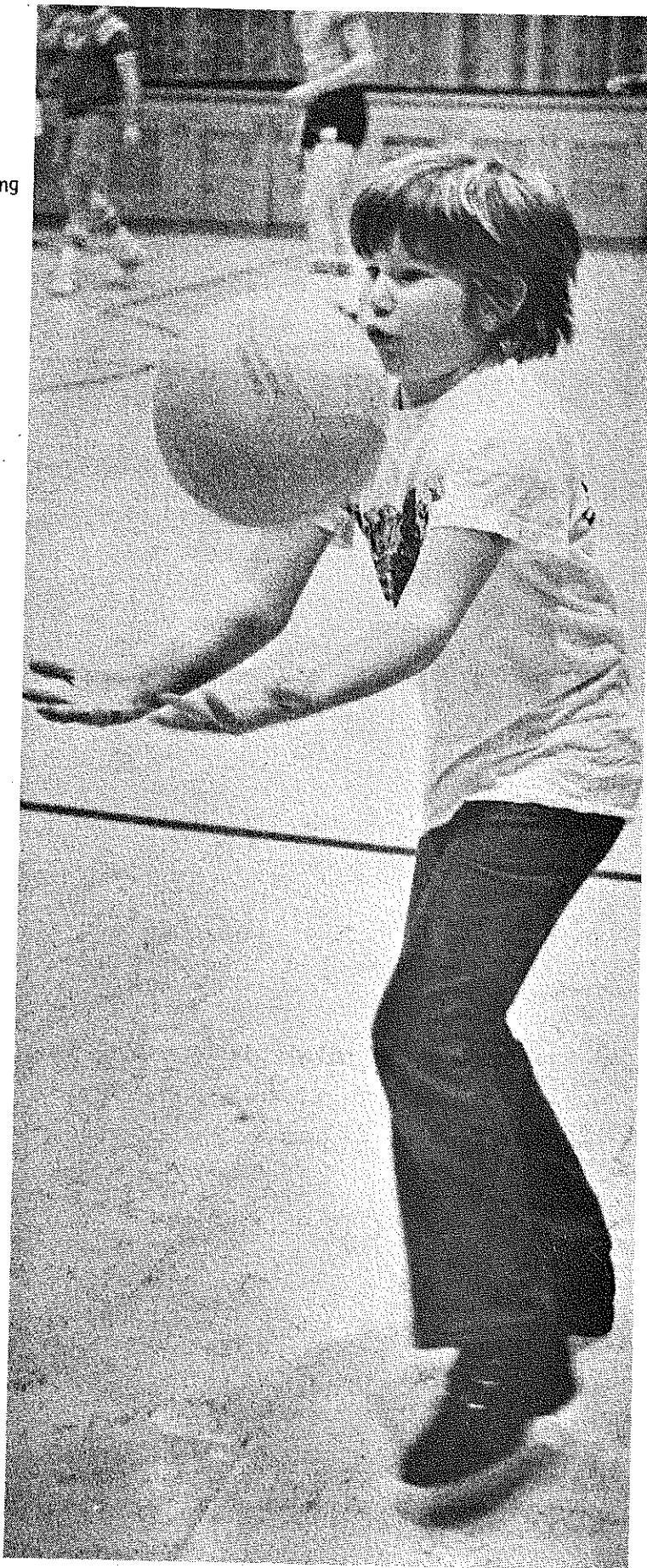
Susan Gormely 539-3701
Mondays, Wednesdays, Fridays, 9:30am
First meeting: Sept 25
Length: 8 weeks
Location: Douglass Community Center
900 Yuma
Limit: 40 plus waiting list
Materials fee: \$1.00, pay at registration

Rhythmic Aerobics involves exercise movements, dance steps, running, jumping and jogging to music. The material is by Nancy Kabriel, the originator of Rhythmic Aerobics. This fitness program will help you to improve your cardiovascular system and your muscle tone.
(Susan is a certified Rhythmic Aerobics instructor.)

PHYSICAL FITNESS

Vida Stanius
Mondays, Tuesdays, Wednesdays, 5:30pm
First meeting: Oct 2
Length: 8 weeks
Location: KSU, Justin Hall, Rm 149
Limit: 30 - 40

This exercise class is designed to help us look and feel better. Attention will be given to firming up the abdomen, thighs, upper arms, etc. Each hour of exercise is an intensive workout. Remember, exercising can be both functional and fun. Please wear tights, leotards, and a comfortable pair of sneakers.
(Vida has taught this exercise class for UFM before.)



BICYCLE RACING FOR BEGINNERS

William Klopfenstein 539-2846
Wednesdays, 8pm
First meeting: Sept 27
Length: Indefinite
Location: 2417 Rogers

This course is intended for people of all ages who have not raced in United States Cycling Federation sanctioned races. The types of races in this area will be discussed as well as what is required to become competitive. The greatest opportunities are available to women of all ages and boys up to 14. If the group size permits the class will be divided into groups of similar abilities.
(William has raced for several years and was the Kansas Veterans time-trial champion.)

AERIAL WIZARDS

Gordon Plank 539-4903
Sundays, 4pm
First meeting: Oct 1
Length: Indefinite
Location: KSU Band Practice Field

Quick releases, trick catches, and throws will be practiced. Some games we'll be playing are golf, ultimate, 4 for 3, and maybe baseball and football. Goals for the class are putting on a tournament and playing other frisbee players from around the state. There's also an overnight frisbee party being planned. Bring your own frisbee to class.
(Gordon is one of the best players in town.)

OUTING CLUB

Jon Held 776-0037
1st and 3rd Wednesdays, 7:30pm
First meeting: Oct 4
Length: Indefinite
Location: KSU, Union, Rm 213

This is a club for those who enjoy the outdoors or would like to learn new skills. Activities range from camping and hiking to parachuting and sailing. We will try some winter camping this year and maybe some mountaineering. Everybody is welcome and especially people who have already some special skills. Please come and give us a few lessons.
(Jon went through Boy Scouts as a kid and is still active in the outdoors.)

COLD WEATHER CAMPING

George Halazon 532-5840
Mondays, 7:30pm
First meeting: Oct 9
Length: 2 times
Location: UFM Banquet Room
1221 Thurston

As the cold weather approaches, many people feel their camping fun is over until next spring. We'll explore ways to cope with the bite of the winter climate (i.e. special gear, choice of location, etc.) and make winter camping a joy instead of an impossibility this year.
(George has camped in the Colorado and Arctic snow in years past.)

INTENSIVE GAME THERAPY

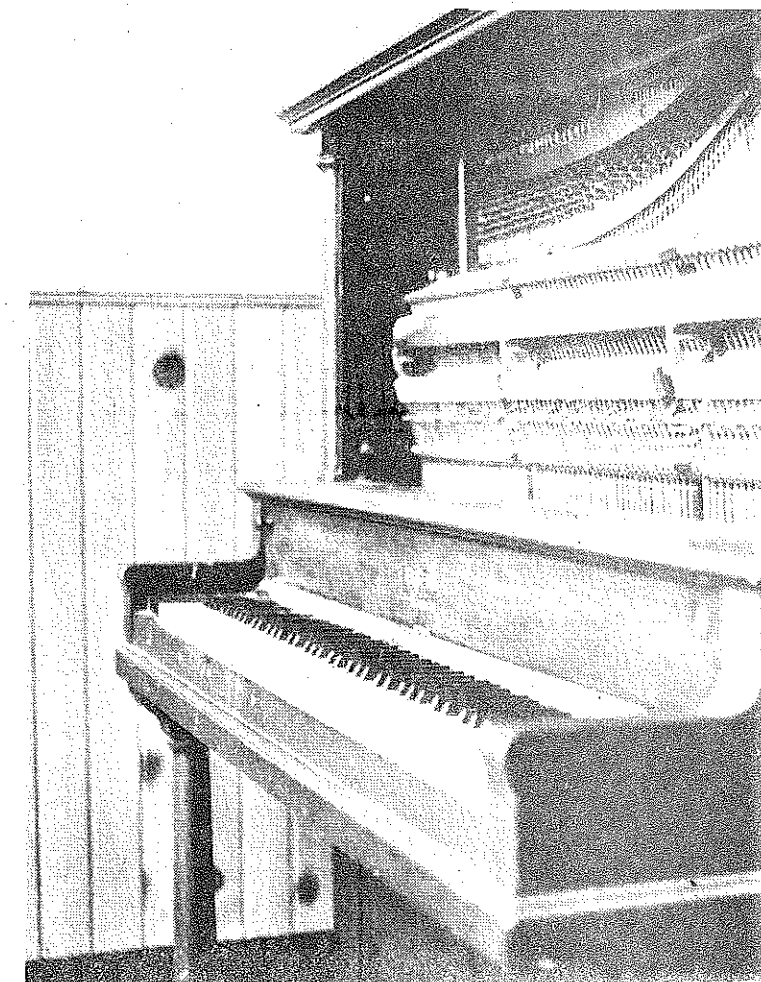
Charles Clack 539-4412
Thursdays, 7:30pm
First meeting: Oct 26
Length: 6 times
Location: UFM Fireplace Room
1221 Thurston

Chess: This is one of the oldest games in the world. Come find quality opposition if you are a good player or help and instruction if you are just beginning.
Go: This game is even older than chess and originates back to the mystic mating rituals of the ancient occidental trail drovers. Come give it a try.
Backgammon: Older than either Chess or Go, Backgammon is one of the most exciting games invented. We'll start from zero and work up.

PLAYER PIANO FUN

Frank Keller 539-8844
Wednesday, 7:30pm
One time, Oct 18
Location: 2105 Blue Hills Rd

Even though musical tastes seem to be changing everyday, there's still nothing quite like an evening around a player piano. Not only will we play a few of the old classics, but we'll also cover topics which include the purchase, repair, and maintenance of the player piano.
(Frank has enjoyed the player piano for years.)





MICKY MANTLE MEMORIABILIA

Ronnie Mahler 776-5778

Friday, 5pm
One time, Oct 20
Location: 1721 Laramie

Friday, October 20, is Mickey Mantle's 47th birthday and ever since he entered the majors in 1951 I've collected articles and memorabilia on this man of wonders. Come and help me rummage through old times. People are invited to bring their own memorabilia of MM in particular or the Yankees in general. Memorabilia from other teams will be inspected at the door, but you're welcome to come anyway. (Ronnie has always dreamed of being a Yankee batgirl and in her heart she always will be.)

HORSESHOE PITCHING

Merlin Potts 1-293-5540

Sunday, 2pm
One time, Oct 1
Location: Horseshoe pit
Manhattan City Park

This class is a dead ringer for those who'd like to learn horseshoe pitching. Various techniques will be demonstrated and our state champ will try to get you off on the right foot. (Merlin is the best horseshoe pitcher this side of the Mississippi.)

DIAL A PARTNER

Wednesday, 5pm
One time, Sept 27
Location: UFM Fireplace Room
1221 Thurston

You may be all grown up by now, but do you still "never have anybody to play with?" Whether it's Monopoly, poker, carrooms, scrabble, chess, crazy eights, bridge, or new games, it takes (at least) two to tango. We would like to do some "match-making" to help people with similar interests find each other. At registration, sign up for Dial-A-Partner and indicate the game you're interested in playing (not limited to the above mentioned games), when you'd like to play it, and your playing ability, and also if you're interested in organizing one of these play groups, please indicate. After registration lists of possible playing partners will be distributed Sept 27 and you're on your own to set up playing times. Remember, the person that plays together, stays together.

AUTOCROSS

Keith Boyer 776-7484

Tuesdays, 7:30pm
First meeting: Sept 26
Length: 2 classes and 1 autocross
Location: KSU, Union, Rm 208

Do you desire a more intimate knowledge of how your car REALLY feels? Does improving your competence as a driver appeal to you? If a tree fell in the forest did it hit anybody? Autocrossing may be the answer to the first two questions. Small "courses" are set up on parking lots with rubber cones and the contestants race the clock to see just what happens in demanding situations. The school will provide hints on how you can improve your driving skill and your car's handling prowess. Who knows? After this class, you may be ready to drive down Poyntz. Great White sharks welcome. (Keith has been winning auto crosses for years and is currently leading a "class B prepared" in the Kansas State solo II championship.)

ROAD RALLYE

Greg Wood 776-1197

Tuesdays, 7:30pm
First meeting: Sept 26
Length: 2 classes and 1 rally
Location: KSU, Union, Rm 208

Interested in skeet shooting? Tough. This is a class on automobile rallying; the art of arriving at the right time when given an unfamiliar and exacting set of instructions. Challenging (timing to one-hundredth of a minute) yet sane (no speeds exceed the public limit), rallying is an excellent way to see the scenery and pick a buddy's brain (a driver and a navigator normally work together in one car). Extraterrestrial beings welcome. (Greg has been a winning rallyer, frequent rallye master, and rallye chairman in the Kansas State Sports Car Club.)

COMPETITIVE DARTS

Jim Hess 776-0290

Tuesdays, 7pm
First meeting: Oct 10
Length: 2 times
Location: To be announced

Learn the fundamentals of this social competitive sport which has been played since the 16th century. Items such as dart equipment, proper grip and stance, and basic rules and standards of the game will be discussed. Several popular dart games currently being played in English pubs, such as Cricket, 301 and 51 in 5's, will be introduced and explained. The main emphasis of the course will be on actual playing time. The classes will continue past the initial two sessions if sufficient interest is shown. For beginners and experienced players alike. (Jim is excellent at hitting his mark.)

CHILDREN'S PLAY GROUP

Jan Galitzer 539-9292

Wednesdays, 9:30am-12noon
First meeting: Sept 27
Length: Continuing
Location: 1504 Humboldt

This is a parent participation play group for children ages 2 and 4 which provides companionship for both child and parent. Jan is also excited about helping parents interested in starting their own children's groups for ages other than 2 and 4. (Jan has led these groups for UFM on a continuing basis.)

SO YOU WANT TO GROW SOME FINS

Swimming is an excellent way to have fun and get some good exercise at the same time, so why not get some practice this winter and be ready to hit the beach next spring! All instructors are WSI certified and have taught for UFM before. All classes will be held at the KSU Natatorium and are limited to 15.

ADULT BEGINNING

Tom Deaver 537-2962

Thursdays, Fridays, Saturdays, and Sundays, 7:30am
First meeting: Sept 28
Length: 4 weeks

ADVANCED BEGINNING

Lisa Barnes 539-1246

Thursdays, 7:30am
First meeting: Sept 28
Length: 8 times

INTERMEDIATE

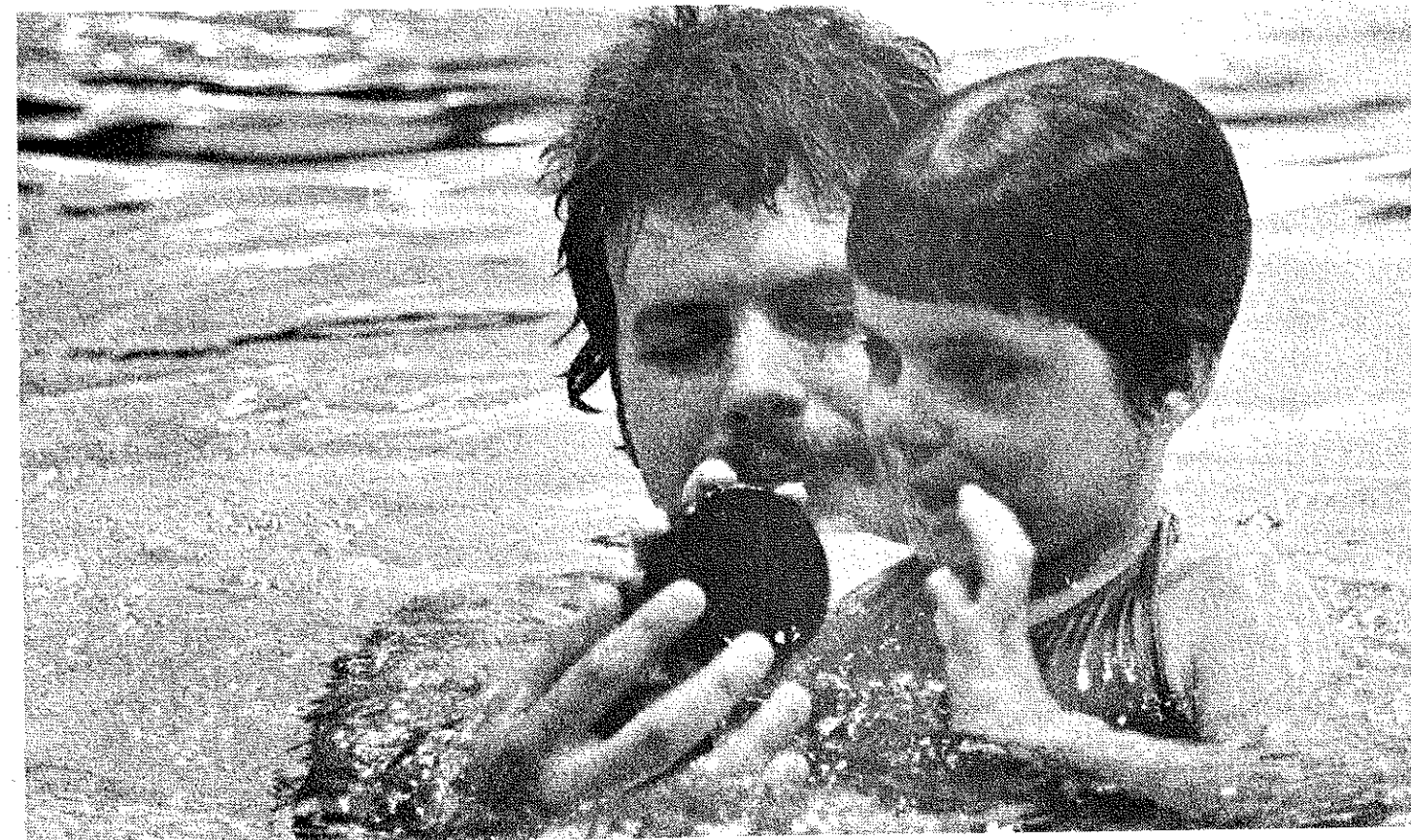
Barb Stork 539-8368

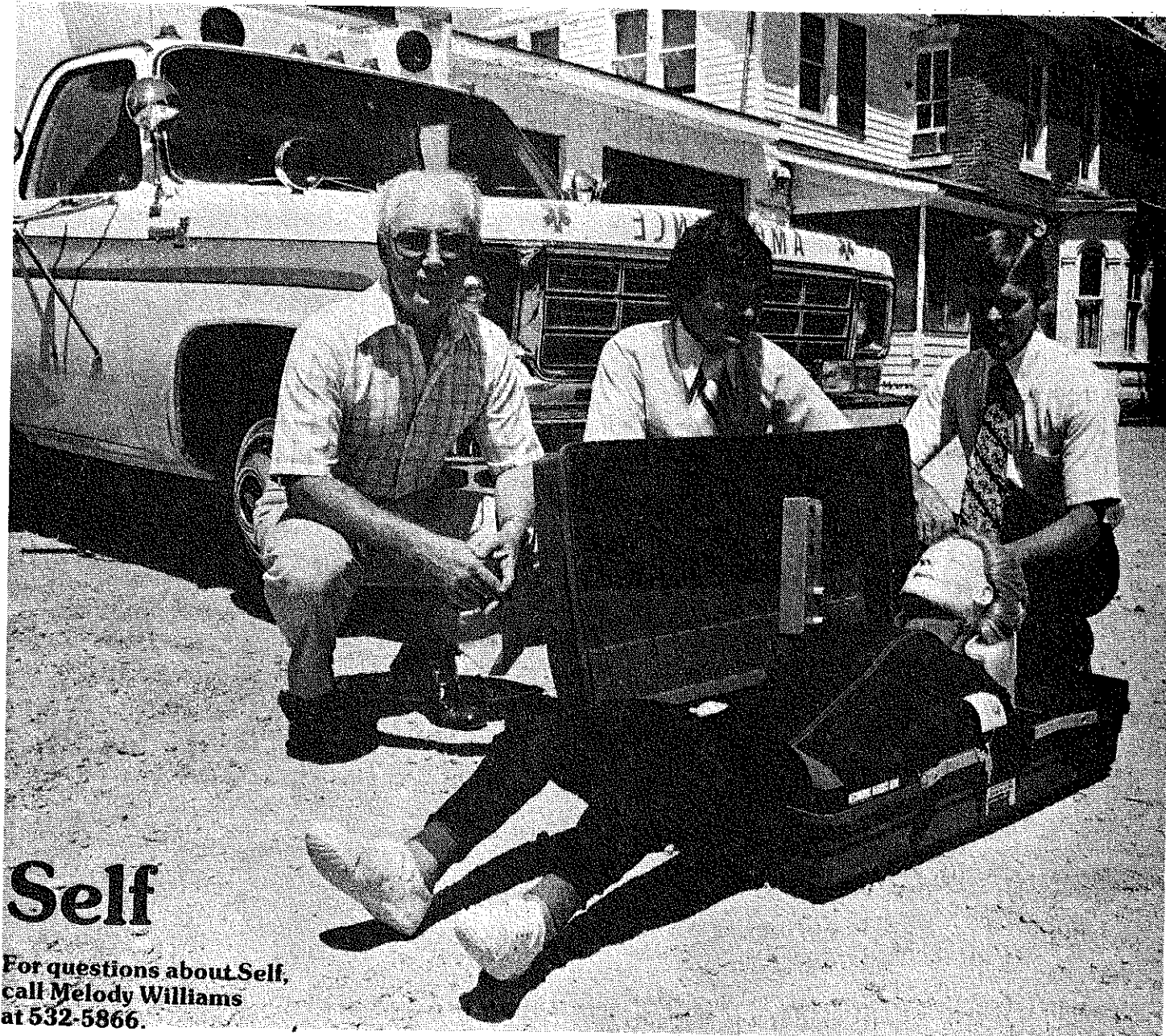
Saturdays, 9:30am
First meeting: Sept 30
Length: 8 times

BEGINNING SCUBA

George Halazon 532-5840

Saturdays, 7:30am-10am
First meeting: Sept 30
Length: 8 times
Materials fee: \$20, covers costs of air and book.





Self

For questions about Self,
call Melody Williams
at 532-5866.

BASIC FIRST AID FOR KIDS

Neil Schanker 539-5766
Mondays, 7-9pm
First meeting: Sept 25
Length: 5 times
Location: KSU, Eisenhower Hall, Rm 218
Limit: 15
Materials fee: \$3.95, pay at class

This class consists of four illustrated workbooks which cover basic first aid. It is designed for people who are not yet old enough to take multi-media first aid (those under age 13), and those who can read fairly well. Parents are welcome to attend with their children, and interested adults can come too.
(Neil is a certified Basic First Aid instructor and enjoys teaching young children at the Living Learning School.)

FIRST AID MULTIMEDIA

Enell Foerster 537-0977
Saturday, 8am-5pm
One time, Oct 14
Location: Red Cross Classroom
206 Poyntz
Limit: 14
Materials fee: \$4-\$6, pay at class

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

RACE FOR LIFE-ONE PERSON CPR

Enell Foerster 537-0977
Tuesday, 1-4pm
One time, Oct 10
Location: Red Cross Classroom
206 Poyntz
Limit: 10
Materials fee: \$3. - pay at class

CPR is a combination of artificial respiration and artificial circulation. It can save many lives (for instance, if started within 1 minute, it can save 92% of heart attack victims). However, it can cause serious harm if administered improperly. Learn the right way and earn a Red Cross Certification. A fee will cover book costs.
(Enell is certified to teach CPR)

ADVANCED FIRST AID AND EMERGENCY CARE

Enell Foerster 537-0977
Mondays and Wednesdays, 1-4pm
First Meeting: Oct 2
Length: 16 times
Location: Red Cross Classroom
206 Poyntz
Limit: 12
Materials fee: \$4.50 - \$6, pay at class

We'll cover immediate care given to a person who has been injured or suddenly taken ill - it includes self-help and home care if medical assistance is not available or is delayed. The multimedia course is not a required prerequisite.
(Enell is now certified to teach this course by the Red Cross.)

LEARNING ABOUT STRESS

Dana Hughes 776-7178
Judy Schrock 776-4779
Charlie Griffin 776-5378
Wednesdays, 7-8:30pm
First meeting: Oct 11
Length: 4 times
Location: North Central Kansas Guidance Center
320 Sunset
Limit: 15

Stress affects all of us every day, but not all of it is bad. Learn to identify some of our stresses, evaluate how they cause us to feel, and develop ways of controlling our reactions to them.
(Dana is the coordinator of Consultation and Education Services with North Central Kansas Guidance Center, Judy is with the Manhattan-Riley County Health Dept. and Charlie is a Stress Management Counselor, Blue Valley Clinic.)

BIOFEEDBACK INTRODUCTION

Dan Prior 532-6432
Tuesday, 7:30-9:30pm
One time, Oct 10
Location: KSU, Union, Rm 212

We'll give a general introduction to relaxation techniques and equipment used in biofeedback. Some philosophical and physiological discussions will be included.
(Dan is a Phd. student in counseling here at K-State and is a staff member at the KSU Counseling Center Biofeedback Lab.)

YOU MAY WISH TO FURTHER INVESTIGATE THE FOLLOWING SPECIAL UPCOMING EVENTS:

Facing Life Through Death, sponsored by Conscious Living Foundation - Oct 17, 7:30-9:30pm, Donations accepted, call 539-2449 for information.

Pre-School Mothers Group, fall programs on children's needs Sept 14, Oct 12, and Nov 9, 9:15-11:15am. Babysitting can be arranged. Call Beverly Miller 539-2406

KSU Women's Resource Center Training Programs, for volunteers, Sept 16 and 23, 9:30am-12:30pm. For information call 532-6541.

"The Long Search" TV Series focusing on world religions and each individual's spiritual search. Sundays, 5:30pm, Channel 11, starting Sept 17.

The Royal Lichtenstein Quarter Ring Sidewalk Circus, sponsored by the Episcopal and Baptist Campus Ministries, will celebrate life north of the K-State Union, Oct 5, 12-1pm.

HATHA YOGA I

Bert Franklin 539-0495
Tuesdays, 5:30pm
First meeting: Sept 26
Length: 8 times
Location: UFM Conference Room
1221 Thurston
Limit: 8

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

HATHA YOGA II (OVER 40's)

Bert Franklin 539-0495
Thursdays, 5:30pm
First meeting: Sept 28
Length: 8 times
Location: UFM Conference Room
1221 Thurston
Limit: 8

See above description. While yoga is not therapy as such, the practice of yoga reduces or eliminates much of the mental and physical distress associated with middle age and the advancing years. It is never too late to benefit from the practice of yoga.
(Bert can introduce you to the joys of youth throughout life.)

KUNDALINI YOGA

Partap Kaur Khalsa 537-8941
Mondays, 7:45-9pm
First meeting: Sept 25
Length: Continuing
Location: KSU, International Student Center

Kundalini Yoga is a comprehensive system of thought and action aimed at growth on three levels: physical health, mental balance, and total self awareness. Through the practice of this ancient human art you will experience your inner source of energy and creative potential, learn to relax gracefully through life's frustrations and realize a new found joy and peace in your daily life. A sheet or blanket would be helpful. Any donations will cover tea, fruit, hand-outs or may be contributed to the 3HO Foundation. (Partap Kaur Berit Greechie has studied for a year and a half, following techniques of Yogi Bhajan. She is a member of the 3HO Foundation.)

KUNDALINI YOGA INTENSIVE

Saturday, 9am-5pm
One time, Oct 7
Location: First National Bank, Basement
Juliette and Poyntz
Materials fee: \$12, pay at registration

Singh Sahib Kiavalya Singh Khalsa from the Sat Tirath Ashram in Kansas City will present this intensive workshop. The fee covers travel expense plus lunch and dinner (you must pre-register so that adequate amounts may be prepared.) Bring a mat or skin for sitting and wear loose clothing.

SWEATLODGE

Kevin Slek 537-1678
Sundays, 1pm
First meeting: Sept 24
Length: 2 times
Location: UFM Conference Room
1221 Thurston

A sweat is the Indian equivalent of a sauna, complete with a purification ritual. We will meet at the UFM House to go out to gather sapplings and other supplies to build the lodge. The second week, we will build the lodge and fire, and following the ceremonies, participate in the sweat. (Kevin has twice participated in a sweat and is interested in Plains Indian culture.)

THE WOMEN'S RESOURCE CENTER OF KSU

We will present a series of lunch-time programs in the State Room of the Student Union. The programs deal with social issues of concern to both men and women. So bring your lunch and join us for some interesting presentations and discussions. For more information, feel free to visit or call the Women's Resource Center located in the SGS Office of the Student Union. (532-6541). All programs will be from 12-1pm in the KSU, Union, State Room #3.

- Sept 26 Is the Bible Sexist? Speaker: Rev. David Nelson, Peace Lutheran Church
- Oct 3 The Battered Woman. Gladys Rollins
Director of the Women's Center in Wichita
- Oct 11 His, Her, Our Accounts: Property Ownership in Marriage. Dr. Naomi McCarty,
Professor in the KSU Business Dept.
- Oct 26 Rape. Linda Teener, Director of the Rape Crisis Center in Wichita.
- Nov 8 Building a Resume for Women: A Projection Of Your Competence. Marcy Schuley,
KSU, Counseling Center.

Women's Center

The Women's Center of Manhattan is temporarily located at 616½ Poyntz sharing offices (with thanks to) the local chapter of the National Council on Alcoholism. The Women's Center plans a broad range of programming for the various women of the community. We are working with task forces on rape, battered spouses, and women's health. Our TV series is shown Wednesdays at 7pm and Fridays at 5:30 pm on cable channel 6, with moderator Charlotte Edelman. We plan a children's boot exchange in November. We wish to welcome interested persons to a get-together September 17 from 4-6 pm at UFM, 1221 Thurston. The following classes are offered thanks to members and friends of the Women's Center:

WHY A WOMAN SHOULD PLAN FINANCIALLY AND HOW

Naomi McCarty 776-6699
Wednesdays, 7:30pm
First meeting: Oct 4
Length: 2 times
Location: Manhattan Public Library
Juliette and Poyntz
Limit: 20

What happens financially if: You as a housewife are disabled? Your husband becomes disabled? You get divorced? Your husband dies at 40? Your farmer husband is killed? Both of you die in a car accident? This class answers these questions and how to plan for them. It will also cover reasons why working women need their own checking accounts, why you cannot retire on social security alone, and estate planning. (Naomi has a Phd. in Accounting, is a CPA, and is currently writing an Agriculture Department booklet entitled "What Every Kansas Farm Wife Should Know About Estate Planning.")

BOOKS BY AND ABOUT WOMEN

Section I: Tuesdays, 7:30pm Section II: Mondays, 7pm
First meeting: Sept 26 First meeting: Oct 2
Length: Indefinite Length: Indefinite
Limit: 4
Location: Manhattan Public Library
Juliette and Poyntz

Section I is an ongoing group which will now accept a limited number of new members. Their most recent focus has been on bibliographies, but they are open for new suggestions. Joan Brashears is the convener and may be reached at 776-7897. The group may decide to meet bi-weekly.

Section II will be convened by Pam Scalora, who may be reached at 539-4811. After the first meeting, the group will decide on a booklist and the date and times of future meetings. Indicate the section you prefer on the "notes" section of your enrollment card. (Both leaders are members of the Women's Center of Manhattan.)

LIVING ALONE

Pam Scalora
Wednesdays, 7:30pm
First meeting: Oct 4
Length: Indefinite
Location: Women's Center of Manhattan
616½ Poyntz (upstairs)

No matter what your age or lifestyle, you may have lived alone, or be currently doing so. You may have considered the possibility of this lifestyle or simply be curious about it. For any of you, this group will explore the practical and personal issues of women living alone. The group itself will determine the format as well as the time and place of any future meetings; discussions could include practical assistance, loneliness, security, boredom, budgeting, and solitude.



BECOMING SINGLE WOMEN

Marianne Adams 537-9650
Mondays, 7:30pm
First meeting: Sept 25
Length: Continuing
Location: 1311 Houston

This group provides mutual support for women going through the divorce process. Special topics will be addressed (i.e. emotions, legal issues, finances, assertive skills, children's needs, career planning). Resource people may be asked to participate in some of these discussions. The group is in its fourth semester and will be ongoing. New members may opt to meet separately. (Marianne holds a master's degree in counseling and sponsored this group after going through her own divorce.)

SELF DEFENSE FOR WOMEN

Sue Sandmeyer 776-6645
Tuesday and Thursday, 5:30-7pm
First meeting: Oct 3 & 5
Length: 2 times
Location: UFM Banquet Room
1221 Thurston
Limit: 25

Using natural body weapons, we will learn practical self defense tactics: breaking holds, staying calm, using common sense. Warm ups will include stretching and limbering exercises as well. Wear loose clothing without long sleeves. (Sue is a green belt in Hapkido and knows a hundred self-defense skills.)

CHANGING COURSE IN THE MIDDLE OF THE STREAM

Marcia Schuley 532-6432
Don McCullough 776-7178
Brad Rothermel 537-2469
John Hughes 776-9668

Wednesday, 7-9pm
One time, Oct 18
Location: Manhattan Public Library
Juliette and Poyntz

Career change in America now averages seven in one's adult life span. Yet, this change remains a traumatic event. Often your worth and wisdom are questioned by yourself and others. We hope to help you feel okay about the change you are going through by sharing our own career changes, and the feelings we dealt with in the process. Career guidance books will be available as well.

(The panelists are currently involved in a variety of professions - cereal chemistry, banking and counseling.)

CAREER CHOICE ASSISTANCE

Marcia Schuley 532-6532
Jim Scales

This is a series of workshops (limit 15 each) which can be taken singly or in sequence. All are in the KSU Union, Rm 206. Information may be had by calling Lisa at the above number.

Life planning. Sat, Sept 23, 8:30-4:30pm. The life planning workshop is designed to involve participants in the deliberate process of influencing the direction of their lives. Each individual in the workshop actively engages in the process of self-assessment and group interaction. Skills of values clarification, goal setting, and realistic planning are developed through practice.

Career exploration. Sat, Oct 14, 8:30am-4:30pm. This workshop is designed to assist participants to acquire the skills and information necessary for appropriate career decision-making. The Strong-Campbell Interest Inventory helps individuals look at their personal interests in relation to a variety of career opportunities. The emphasis of the workshop is on the skills of decision-making, including information gathering and analyzing.

Jobsearch. Sat, Dec 2, 8:30am-4:30pm. This workshop is designed to help participants develop skills important to finding and getting a job. Where and how to look for a job is discussed. Resume writing and interviewing are practiced in a supportive group environment.

(Marcia has worked for several years in the area of mid-life career change. Jim worked for several years with the Kansas Job Service. Both now do career counseling at the Center for Student Development.)

GUIDED FANTASY JOURNEYS FOR FUN AND PEOPLE AGE 8-12

Tom Moore 539-4105

Tuesdays, 7pm
First meeting: Oct 10
Length: 3 times
Location: KSU, Union, Rm 204
Limit: 8

We'll begin each session by getting as relaxed and comfortable as possible. From there the possibilities are endless. Maybe we'll float on soft colorful clouds to lands of magic and wonder or explore new planets. In the process of our journeys, we'll gain a clearer understanding of our mind's potential and become more skillful in its use. Bring a pillow and blanket. (Tom really enjoyed leading this class for the evening child care center.)

JOURNALS-REFLECTIONS

David E. Nelson 539-7371

Thursdays, 12 noon
First meeting: Oct 5
Length: 4 times
Location: KSU, Union, Stateroom 1

I have found that we learn from our experiences only by reflecting on them. Journal writing has become a spiritual discipline to me - an important tool in my growth as a person. I would like to share some techniques that have been useful, using *The New Diary*, by Tristine Rancier. There will be time between classes to practice and/or read other published journals. (David is pastor at Peace Lutheran Church.)

CREATIVE SELF COUNSELING

Suresh Chandra 776-4976

Tuesdays, 7:30pm
First meeting: Sept 26
Length: 5 times
Location: 1432 McCain Lane
Materials fee: \$1, for handouts, pay at registration

"It's not facts and events that upset man, but the view he takes of them"-Epictetus. The course considers how emotions occur, examines irrational ideas which reduce our life enjoyment, and finally, introduces the technique of "rational self-analysis." The course is derived from works by Maultsby, Dyer, and Ellis. Maultsby's book (\$6) is used as recommended text.

(Suresh learned the self-counseling at the Association for Rational Thinking (ART) in Madison, WI.)

LONELINESS - A STUDY SERIES

Steve Washburn 537-0518

Wednesdays, 7:30pm
First meeting: Oct 18
Length: 5 weeks
Location: First Presbyterian Church
8th and Leavenworth

Week I - The "Whys" of isolation
Week II - Loneliness through loss
Week III - Depression
Week IV - Relationships - grow and die
Week V - The way out!
(Steve came to Manhattan this summer, joining the ministry at First Presbyterian Church.)

MARRIAGE PREPARATION CONFERENCE

Mondays, 7pm
First meeting: Oct 2
Length: 7 times
Location: Catholic Student Center
711 Denison
Materials fee: \$4, pay at class

Issues related to marriage will be addressed by local resource people in a series of sessions geared to engaged or newly married couples. Call 539-7496 for information.

Week I - Communication, love and decision making during courtship and early marriage.

Week II - Adjustments, communication, and the deepening of love.

Week III - A lawyer looks at the legal aspects of the marriage partnership.

Week IV - Some Physical and Psychological aspects of marriage.

Week V - Ethical concerns in contraception, natural family planning, abortion, sterilization, responsible parenthood.

Week VI - A discussion of the spiritual and sacramental dimension of marriage.

Week VII - A practical session covering the options in the ceremony, including a demonstration of suitable music.

CREATIVE DIVORCE: PAIN AND GROWTH

Don Fallon 539-4451

Tuesdays, 7:30 - 9:30pm
First meeting: Oct 3
Length: Semester
Location: Ecumenical Christian Ministries
1021 Denison

Limit: 12

The purpose of the group will be to form a supportive, caring community for those facing or working through divorce. The group will work toward understanding and coming to terms with the past and with the possibility of finding new opportunity for personal growth and a fuller life. We will attempt to recognize self defeating behavior and to discover options in making change. (Don is Lutheran Campus Pastor and a graduate of the Menninger Marriage Counseling and Pastoral Care Program.)

I'M OK -- YOU'RE OK WEEKEND

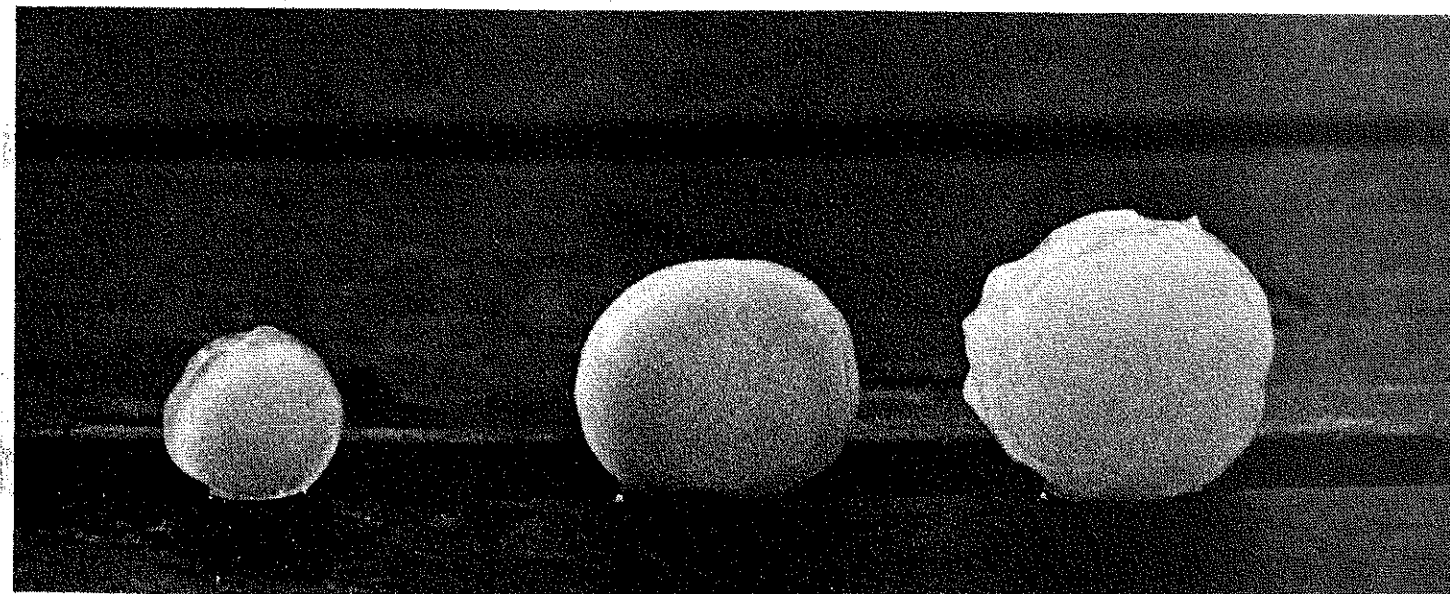
Don Fallon 539-4451
Friday, 7:30-10pm, Saturday, 9am-5pm
Length: One weekend
First meeting: Oct 27, 28
Location: Ecumenical Christian Ministries
1021 Denison Ave
Limit: 12

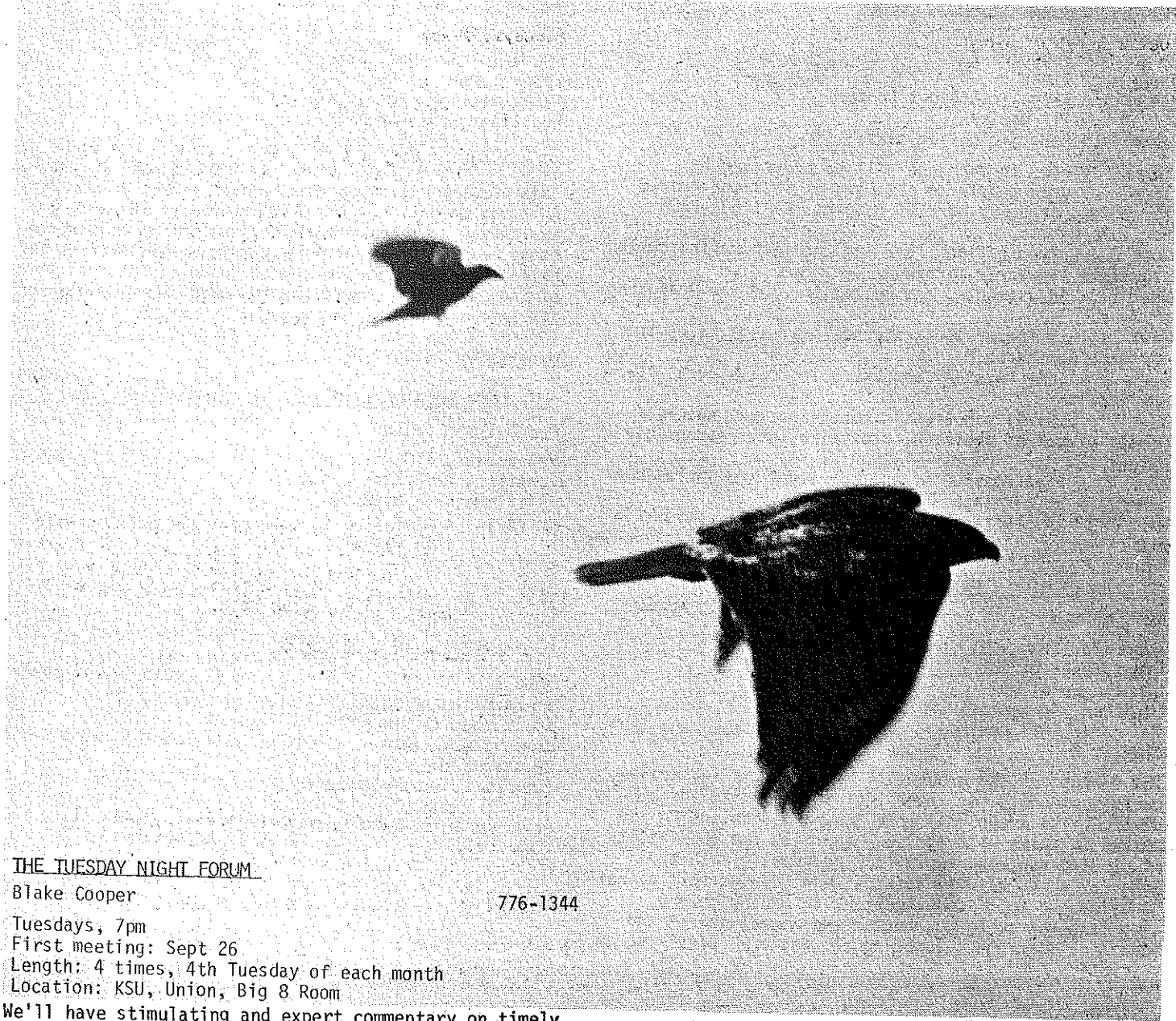
This weekend is an introduction to Transactional Analysis and the use of TA tools for growth and awareness, self-understanding, ability to relate to other persons in creative ways. It will also provide help in undoing the programmed responses and patterns of the past, and liberating the self for creative and open living in the present. (Don is a campus minister with several years of experience in working with TA.)

INTRODUCE YOUR RELATIONSHIP TO TRANSACTIONAL ANALYSIS

Don & Irmie Fallon 539-4451
Wednesdays, 7:30pm
Length: Indefinite
First meeting: Sept 27
Location: Ecumenical Christian Ministries
1021 Denison
Limit: 6 couples

This is an enrichment group supporting couples in building communication skills, self understanding of parent-adult-child ego state interactions and family life script or role expectations as they affect couples. Emphasis will be given to developing skills in handling conflict, developing a healthy fight style, and coping with feelings of anger, sex or love. Trust, caring, confidentiality and options will be stressed. (Don is Lutheran Campus Pastor and also works with the KSU Center for Student Development. Irmie often co-leads with Don in workshops for couples.)





THE TUESDAY NIGHT FORUM

Blake Cooper 776-1344
 Tuesdays, 7pm
 First meeting: Sept 26
 Length: 4 times, 4th Tuesday of each month
 Location: KSU, Union, Big 8 Room

We'll have stimulating and expert commentary on timely subjects such as Death & Dying, A Perfected Welfare System, Improving Family Relations, and The Dead Sea Scrolls, presented by keynote speakers on these topics, and sponsored by The Latter Day Saint Student Association.

CONFUCIAN THOUGHT

Jim Lackey 539-5990
 Wednesdays, 7pm
 First meeting: Sept 27
 Length: Semester
 Location: Baptist Campus Center
 1801 Anderson

The class will introduce us to Confucius and Mencius. We will study the brief works of Ta Hsueh (The Great Learning) and Chung Yung (The Doctrine of the Mean). We will reflect upon and compare Confucian and Christian virtues. (Jim is a philosopher, formerly a minister at UMHE, and a friend to UFM and KSU.)

PERSONAL EFFECTIVENESS

Margaret Nordin 532-6432
 Thursdays, 9-11am
 First meeting: Oct 5
 Length: 7 weeks
 Location: Catholic Student Center
 711 Denison
 Limit: 12
 Materials fee: \$1.50, pay at class

Do other persons intimidate you? Do you hesitate to say "no" or feel guilty when you do? Do you hesitate to speak up or initiate conversations? If so, increase your personal effectiveness through appropriately assertive (not aggressive) behavior. The sessions will be pertinent to students and homemakers of any age. (Margaret has led many workshops on assertiveness training, both on and off campus. Guest participants will add their expertise from time to time.)

SHAKTI POWER (MOON MEDITATIONS FOR WOMEN)

Partap Kaur Khalsa 537-8941
 Oct 2 & 16, 6:30-8pm
 Oct 31, Nov 14 & 30, Dec 14 & 29, 8-9:30pm
 Length: 7 times
 Location: KSU, International Student Center

Because woman is ruled by the moon she has the power of using lunar energy. By meditating at the time of the full and the new moon, she can re-develop her graceful and positive habits. A woman's mind is then at its most perfect state for breaking old subconscious blocks and rebuilding new, positive, and strong attitudes. We want to share with you your creative shakti (divine) power; bring your songs, poems, chants, and prayers to help us grow as the "Grace of God" on Earth. We will include meditation, nutrition and yoga for women. (Partap Kaur (Berit Greechie) has spent two summers at the Khalsa Women's training camp and is a member of the "Grace of God Movement" for the women of the world.)

LIBERATION THEOLOGIES

David Stewart 539-3051
 Thursdays, 12 noon
 First meeting: Oct 5
 Length: 5 times
 Location: Baptist Campus Center
 1801 Anderson

Several of us met with our bag lunches last semester to talk about feminist theology. Now we'd like to continue our discussions and extend them to include Latin American and other liberation theologies. Our ultimate goal is the development of a personal theology relating to our own liberation. (Dave is a Campus Minister who, in his own learning, has attempted to compare liberation theologies with established systematic theologies.)

PERSONALIZING THEOLOGY

David Fly 537-0593
 Mondays, 7:30pm
 First meeting: Oct 2
 Length: 5 times
 Location: Baptist Campus Center
 1801 Anderson

Cassette tapes offer us a rare opportunity to reflect on our own faith in light of some insights from outstanding Christians and Jews on the contemporary scene. (David is the Episcopal Campus Minister.)

THE RADICAL JESUS

Mike Klassen 539-4079
 Mondays, 7pm
 First meeting: Sept 25
 Length: 8 times
 Location: 1741 Laramie
 Limit: 12

This group will focus on the question regarding the radicalness of Jesus and his message. The group leader will offer a survey of the radical interpretations of Jesus as well as an ongoing biblical study of the Sermon on the Mount. Bring a New Testament and imagination. (Mike recently graduated from Mennonite Brethern Biblical Seminary with an M.A. in theology. Currently, he is pastor of the Manhattan Mennonite Fellowship.)

SEVEN ARROWS

Jim Lackey 539-5990
 Mondays, 7-9pm
 First meeting: Sept 25
 Length: Semester
 Location: Baptist Campus Center
 1801 Anderson

This book, by Hyemeyohsts Storm, was written to be read-Aloud!! Indian stories of the Medicine Wheel, the Peace Shields, the Vision Quest and the Sun Dance - that speaks eloquently of the people's views of unity and diversity. Book cost is \$7.00 - but "darn well worth it" for those interested in getting a better feel for American Indian thought. (Jim is keeper of the Medicine Wheel rocks, the green moose, the bear, the white buffalo and the eagle.)

PLATO FOR FUN

Jim Lackey 539-5990
 Thursdays, 7pm
 First meeting: Sept 28
 Length: Semester
 Location: Baptist Campus Center
 1801 Anderson

Somewhere, someone wants to read what Socrates said, as reported by Plato. If you are that person(s), read it with us! We do several of the Dialogues aloud. Not only is it sheer fun, but one also learns where some of our most basic ideas come from.

LIFE AND TEACHINGS OF JESUS

Thomas K. Nelson 537-8839
 Thursdays, 7-8:30pm
 First meeting: Sept 7
 Length: Semester
 Location: 1820 Claflin
 Materials fee: \$3, pay at class

Using the New Testament, we will study Jesus' life and teachings. The fee covers other materials. You may attend any or all sessions. Call the above number during business hours for more information. (Thomas is Director of the Mormon Student Center.)

OPEN MEDITATION

Mondays, 9pm
 First meeting: Sept 25
 Length: Continuing
 Location: KSU, International Center

We welcome all, from any discipline, who wish to meditate with a group.

CELTIC MEDITATIONS

John Graham 537-0518
 Tuesdays, 12 noon
 First meeting: Sept 19
 Length: 8 times
 Location: First Presbyterian Church
 8th and Leavenworth

We will study a form of prayer - silent meditation - practiced in monastic communities. In doing so, we hope to experience God's gifts and glories to people in the day to day living of life. (John is the pastor of the First Presbyterian Church. He has been in Manhattan for nine years, with his roots beginning in Great Britain.)

Skills

For questions about Skills,
call Tom Hollinberger
at 532-5866



APPROPRIATE TECHNOLOGY AND ENERGY CONSERVATION: HOW TO SAVE YOUR BTU'S UFM APPROPRIATE TECHNOLOGY PROGRAM

Tom Hollinberger
Doug Walter 532-5866

Tuesdays, 7:30pm
First meeting: Oct 10
Length: 3 times
Location: KSU, Union, Rm 203

So you've read everything in print about energy conservation and you're convinced it's the way to go. What do you do next? Let us help you translate that information into action. In this series we will review basic energy conservation measures as they affect homeowners, apartment renters, and people planning new homes. And then, if you're really interested in going all the way, we'll help you develop a specific energy conservation strategy for your own home or apartment. Please indicate at registration which section(s) you'll be attending.

Oct 10: "Proven energy - saving measures for your existing home"

Oct 17: "Energy conservation for the apartment dweller"

Oct 24 "The energy-efficient new home"
(Doug and Tom are fifth-year students in the College of Architecture and Design serving their internships with the University for Man.)

LOW-COST SOLAR DEVICES YOU CAN BUILD YOURSELF

Doug Walter 532-5866

Saturday, 10am and 2pm
One time, Oct 28
Location: UFM Lawn
1221 Thurston

You can put the sun to work for you right now, at less cost and effort than you probably think. We'll take a look at several simple solar devices, including a window box collector, a domestic hot water heater, a food dehydrator, and a steam cooker. We'll also have available plans of these and other solar devices in case you're ready to build your own. (Doug is a fifth-year Architecture student currently building and testing several of these devices.)

DRESS YOUR HOME UP FOR WINTER

Mary Neel 776-8893

Tuesday, 7pm
One time, Sept 26
Location: KP&L Auditorium
5th and Poyntz

What features should you look for when building or buying a house? How can you modify your house for better heat retention? Who can help you weatherize your house and where can you go for information and assistance? These questions and others will be discussed.

(Mary is the home economist at KP&L.)

RESUMES & JOB SEARCHING

Jim Akin
Dave Kraus 532-6508

Monday, 7:30pm
One time, Oct 2
Location: KSU, Union, Rm 204

Isn't it too early to start looking for a job? It's never too early; but, you can get caught too late if you haven't had time to at least write a resume. In this course you'll learn different resume writing techniques. Once you have a resume in your hands, tips on how to scope the employment scene and find your place in the working world will be given. (Jim is the Associate and Dave is the Assistant Director of KSU's Career Planning and Placement Center.)

THE ART OF GRANTSMANSHIP

John Murry 532-6194

Monday, 7:30pm
One time, Oct 9
Location: KSU, Union, Rm 204

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.)

BUDGETING OR WHERE DOES IT GO?

Tom Deaver 537-2962

Wednesdays, 8pm
Length: 8 times
First meeting: Sept 27
Location: 1020 Quivera Circle
Limit: 15

Overdrafts are no fun! Look at what happened to Bert Lance! This class is designed to help you avoid the pitfalls some of us have fallen into. In the first four sessions, Tom will help you realize where your money goes when it seems to just disappear. In the next four sessions, he will teach you how to better channel your money.

(Tom has been an expert in budgeting ever since he became a student and bought three houses in Manhattan.)

INVESTMENT BASICS

Kraig Hansen 537-0594

Tuesdays and Thursdays, 7-9pm
First meeting: Sept 26, 28 & Oct 3, 5
Length: 4 times
Location: KSU, Eisenhower Hall, Rm 21

Back by popular demand, Kraig will give you a basic but thorough survey of the securities industry; how it functions, and how you can get involved in it. He will discuss stocks, bonds, and other investment vehicles.

(Kraig is a local broker with an investment firm holding membership in the New York Stock Exchange, Inc.)

INSURANCE PRIMER

Mark Weddle
Jim Sipes 539-7409

Thursday, 7pm
One time, Sept 28
Location: KSU, Union, Rm 204

All lines of personal and casualty insurance will be explained and discussed. Emphasis will be on the most commonly used lines of insurance such as homeowners, renters, automobile, health, disability, income and life. We'll discuss the role of the agent in helping you choose the proper coverage for your needs.

(Mark and Jim are local insurance agents.)

INTRO TO WELDING

Ray Ward 537-8472

Mondays, 7pm
First meeting: Nov 6
Length: 4 times
Location: 3417 Chimney Rock Rd.
Limit: 8
Materials fee: \$5, pay at class

Ray will introduce the class to electric and acetylene welding. Also, care and maintenance of equipment and how to choose the welder that fits your needs will be discussed. The fee will cover materials used in first hand welding practice. (Ray is into everything including teaching our beginning whittling course.)

AUTO COMMUNICATIONS FOR WOMEN

John Hughes 776-9668

Wednesdays, 7pm
Length: Indefinite
First meeting: Sept 27
Location: UFM Conference Room
1221 Thurston
Limit: 20

Very few women have had much practical mechanical training, especially about cars. Since almost everyone has an automobile, John can help you learn something about it. You will learn to; care for your car so it lasts longer, how to cope with problems, and how to work on it yourself! Anyone is welcome to the first meeting which will be a short lecture. (John has many years of experience in dealing with car innards.)

BASIC HOUSE WIRING

Richard Napper 539-6973

Section I: Mondays 8pm Oct 23
Section II: Wednesdays 8pm Oct 25
Length: 4 times
Location: 811 Osage
Limit: 20
Materials fee: \$5, pay at registration

This course will cover the tools and test equipment needed for a homeowner to service and repair live house wiring. Richard will teach folks the proper way to add additional wiring to their houses. Students should bring their own chairs.

(Richard is an electrical engineer and a master electrician who owns his own electrical contracting business.)

REFINISHING MADE EASY: REMOVING THE CONFUSION

Nick Penland 537-8153

Thursday, 7pm
 One time, Oct 5
 Location: UFM West Porch
 1221 Thurston
 Limit: 15

Nick will cover the basics of furniture refinishing and repair as well as going over veneering. He will also be glad to help folks find any equipment, tools, replacement parts, etc., that they might need. (Nick is a cabinetmaker who has been refinishing furniture for seven years.)

AMATEUR RADIO

James Droege 532-5596

Mondays and Wednesdays, 7pm
 First meeting: Sept 25
 Length: Indefinite
 Location: KSU, Seaton Hall, Rm 236

This course will teach participants how to send 5-13 words per minute in Morse Code and will provide enough theory background for students to pass the Federal Communications exam for novice class licenses. (James holds an Amateur Extra Class radio license.)

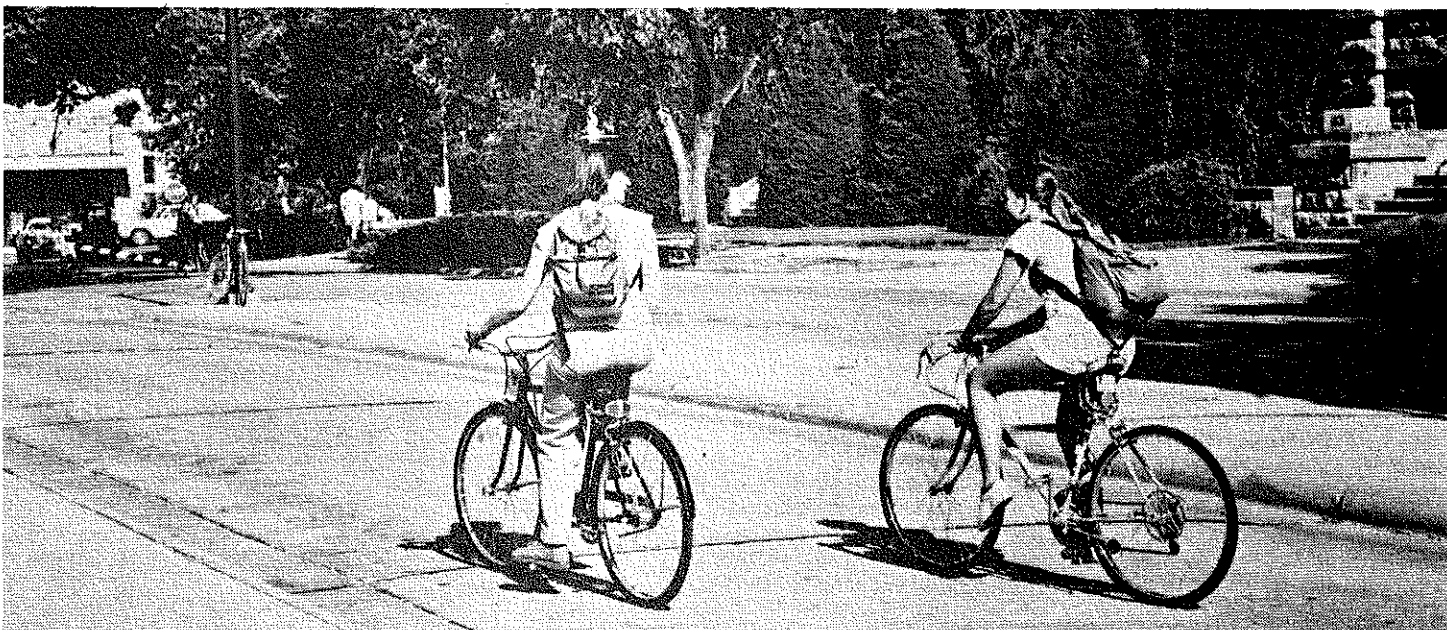
BICYCLE MAINTENANCE

Bob Boufford 537-8374

Wednesdays, 7:30pm
 First meeting: Sept 27
 Length: 6 times
 Location: UFM Fireplace Room
 1221 Thurston

A properly maintained bicycle will be easier to ride and last a lot longer. Through demonstration Bob will show how easy it is to maintain a bicycle from tune ups to complete overhauls. Bicycle owners of all ages are welcome.

(Bob is well known in Manhattan as a bicycle mechanic and has been involved with bicycles and bicycling for a few years. Bob does touring currently and has commuted in the past.)

**HANDWRITING ANALYSIS**

Miriam Field 539-5586

Mondays, 7pm
 First meeting: Sept 25
 Length: 9 times
 Location: KSU, Eisenhower Hall, Rm 122
 Limit: 25
 Materials fee: \$10, pay at registration

This class is an introduction to the basic principles of graphoanalysis - the scientific study of the strokes in writing which reveal personality and character traits. Graphoanalysis is used as a test in determining aptitudes, social traits, learning methods, emotional response, fears and defenses. Study materials will cost about \$10. Miriam is a certified Master Graphoanalyst. She has studied 7 years and has lectured and taught classes on the subject many times.)

BASIC SIGN LANGUAGE

Sally Ann Stroud 539-9801

Tuesdays and Thursdays, 12 noon
 First Meeting: Sept 26
 Length: Semester
 Location: UFM Fireplace Room
 1221 Thurston

Materials fee: \$5-pay at registration

The students will learn to communicate in sign language both by finger spelling and signs. Classroom experience will be supplemented by some outside, real life activities which will include field trips. Each student will be required to sign a song of their choice.

(Sally learned sign language from a deaf friend. She has since improved her skills by formal classes and working as an interpreter.)

HOME AND APARTMENT FIRE SAFETY

Chuck Tannehill 537-2510

Wednesdays, 7pm
 First meeting: Sept 27
 Length: 2 times
 Location: KSU, Union, Rm 204

In this invaluable course, Chuck will show you how to clean and inspect chimneys as well as explain about the different types of smoke detectors and fire extinguishers. In the second session, he will help you develop a fire escape plan for your home and discuss the most hazardous areas in the home. (Chuck is one of the Manhattan Fire Inspectors.)

CONSTRUCTING REPLICA ANTIQUE FIREARMS

Don Riffey 1-456-2845

Section I: Saturdays, 1-4pm, Oct 7
 Section II: Saturdays, 1-4pm, Nov 4
 Length: 3 times
 Location: Call Don for directions
 Limit: 15

Persons attending this class will need to purchase a gun kit to assemble in class. Kits will be available at the first session but may be purchased elsewhere (average cost - \$24-\$40). Topics covered will be the assembly, fitting and finishing of wood and metal parts of black-powder replica weapons. Limited hand tools are required and available. (Don enjoys teaching others about the hobby of firearms building and collecting.)

INTRODUCTION TO BOOK REPAIR

Ann Carrel 532-6516

Tuesday, 7pm
 One time, Oct 10
 Location: KSU, Farrell Library, Binding Dept
 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. (Ann has worked in the KSU library book repair center for 3 years.)

LEATHERWORK

Tom Artzer 539-0566

Thursdays, 7:30pm
 First meeting: Sept 28
 Length: Indefinite
 Location: UFM Fireplace Room
 1221 Thurston

A lecture/film/discussion/practice session will introduce the skill of leatherwork. After the introduction those who wish to continue will meet informally with Tom as the Mastercraftsman/instructor for their individual project. (Tom has been tooling around with leather for more years than he will publically admit.)

SKIN CARE AND MAKE UP APPLICATION

Lin, Debbie, J.D. & Syd 539-7621

Thursdays, 7:30-9pm
 First meeting: Oct 3
 Length: 3 times
 Location: 512 Poyntz
 Limit: 12

Be nice to your skin! This course will help you create a long lasting friendship with your skin. Now after the tan fades you will still know the basics of proper skin care and skills of applying make up for day and evening wear. (Lin, Debbie, J.D. and Syd are all local beauticians and have attended Advanced Makeup Seminars.)

BLACK HAIR

Carol, Jeanne, Lea 539-7621

Mondays, 7:30-9pm
 First meeting: Oct 2
 Length: 2 times
 Location: 613 N. Manhattan

This search for the perfect Afro will involve simple ways of styling black hair. The proper use of quick styling methods including curling irons and blow dryers will be included. (Carol, Jeanne, & Lea are local hair stylists.)

HAIRCARE

Brenda, Kathy, Pam & Jaquie 539-7621

Monday, 7:30-9pm
 One time, Oct 2
 Location: 512 Poyntz
 Limit: 20

How can diet and externally applied products keep your hair healthy? These and other popular styling techniques not usually taught during salon visits will be explored. (These folks have a combined total of 17 years of education and experience in haircare.)

BEGINNING MAGIC

Bill Parker 539-4739

Wednesdays, 7:30pm
 First meeting: Sept 27
 Length: 8 times
 Location: UFM Banquet Room
 1221 Thurston

Coins, cards, and everyday objects will become the tools in this basic sleight of hand course. (Leaders include members of the Wizards of Oz, and the Manhattan Assembly of the Society of American Magicians.)

BEGINNING TYPING

Anita Kliever 532-5780

Wednesdays, 6:30-8pm
 First meeting: Sept 27
 Length: 8 times
 Location: KSU, Calvin Hall, Rm 217
 Limit: 15

Materials fee: \$2.50, pay at registration

If you need to polish up your typing skills or start from scratch (or peck), this course can help. (Anita has taught this course before and is a secretary at KSU.)



Staff

MELODY WILLIAMS
(WOMEN'S CENTER)

JEAN GOLDMAN
(POTTERY STUDIO)

CATHY McRUNNEL
(STATE OUTREACH)

LISA BARNES
(COMMUNITY GARDENS)

me
(nice guy)
just bought the
beds.

- NADINE BURCH WAS IN TOPEKA WHEN THIS PIC WAS TAKEN.
- LOU DOUGLAS WAS AT HOME INVENTING THE KANSAS ASSOC. OF RURAL VILLAGES.
- BILL DRAVES WAS HIKING IN COLORADO.
- JIM KILLACKY WAS IN PAWNEE ROCK ON A STATE OUTREACH MISSION.
- CRYSTAL O'BRIANT WAS AT HOME GATHERING FOODS CLASSES.

Thank You!

These folks provided photos or drawings:

- Steve Allison: page 3
- Allan Edgar: page 3
- Gene Guarrant: advice
- Doris Hoerman: pages 11, 44
- Tom Hollinberger: cover, pages 2, 6, 29, 42, 45, back cover
- Kansas Wheat Improvement Association: pages 9, 45
- Manhattan Mercury: pages 8, 12, 16, 18, 20, 23, 24, 26, 27, 28, 30, 31, 32, 35, 37, 38, 40, 45, 46
- Bob Sinnett: page 14

- JOE RIPPETOR WAS TELLING THE INT'L SOCIOLOGY CONFERENCE ABOUT UFM.
- GEORGE SELLERS WAS REMODELING THE HOUSE.
- LIZ SILVA WAS HELPING WITH EVENING CHILDCARE.
- DORIS HOERMANN WAS TAKING THE PICTURE.

Volunteers

UFM has never forgotten that we have been able to thrive because of the voluntary efforts of many fine individuals on the campus and in the community. In the recent past we have called for volunteers mainly as class leaders or to help with registration. But now, we are asking for help in a variety of other ways. If knowing you're needed and if the opportunity to be a part of creative work appeals to you, volunteer! You are needed! We need people to help with carpentry, painting, typing, special programs for kids, sales of plants, and other fund raising activities, registration workers, art and house decoration, and of course, we need people to lead classes. We will also be grateful for any donations of outdoor furniture or sports equipment that might help us in building our outdoor recreational activities.



State Outreach

University for Man's State Outreach Program is set to provide technical and training assistance to any community or group in Kansas that would like to establish a free university-community education project. The response to this service has been excellent and we are working some 22 programs in the state. We hope this number will be over 30 by the end of 1979.

The technical and training assistance involves helping to start new programs, establishing advisory boards, how to design and lay out brochures, writing proposals, and many other activities. The State Outreach Staff publishes a monthly newsletter which is sent to all projects. A quarterly magazine newsletter is published for widespread distribution and this spring, a Kansas Community Education Manual was published for anyone interested in such projects. The Outreach Program also published the Free University Manual which consists of articles from over 50 contributors across the country.

New programs in 1977-78 include: Olsburg, Westmoreland, Cherryvale, Pittsburg, Milford, and Meade. If you would like some more information on these activities, please call the State Outreach Program at 532-5866.



FREE U S

Allen Tough, Nat Hentoff, and Charles Bunting will address the issue of "Lifelong Learning in the 1980's" at the Eighth National Free University Conference, to be held October 20-22 in Kansas City, Missouri.

Conference topics will include the future of lifelong learning, spreading community-based community education, and workshops in practical matters such as funding, publicity, new course ideas and others.

A special pre-conference session on "How to Start a Free University" will be held Friday afternoon for those wishing to start a program in their own town.

The conference is open to people in free universities, learning networks, community education, adult education, and the general public. For more information contact: Free University Network, 1221 Thurston, Manhattan, Kansas 66502; Telephone (913) 532-5866.



Goodbye

We would like to say a special thank you to those people who have been with us during the last year and who are moving on to other things. People don't just work at UFM, their unique qualities become a part of making us what we are, and when they leave, their impact is felt for a long time.

Jan Eddy, who worked with us as a recreation intern, brought a sparkle to our lives and volleyball nets to our front yard. Thanks, Jan!

Cathy McRunnels came to UFM as a secretary for the State outreach program. Not only did she bring skill as a typist, but more importantly strength and administrative skill. Most importantly, Cathy taught us that we unwittingly held some of the stereotyped attitudes about the role of secretarial staff and helped us swallow our chauvinism. It was a lesson well learned and Cathy deserves a giant 'thank you.'

Lisa Barnes brought bouquets to keep our spirits buoyed, and the springtime tulips in our front yard will long remind us of Lisa's contributions to UFM. The plant sale she organized was a smashing success and she kept the community gardens going in fine form. We are grateful for her special touch.

Teena Hosey sparked our lives with her very special brand of humor and helped treat Manhattan to a taste of the "Best Chocolate Cake in the World." Thank you, Teena, for all you gave us.

Pat Murphy, who also worked with UFM as a recreation intern showed great sensitivity in his development of classes for Manhattan's senior citizens. His talents were greatly appreciated.

Caron Achenback did thorough and thoughtful work and saw the National Free University Manual become a reality.

To all of you, best of luck in your new endeavors and many thanks for all you added to our lives.

Goodbye



Evening Childcare

The UFM evening childcare program will operate in a new location with expanded hours during the coming year. The center will be located in the Education Building of the Blue Valley Memorial Methodist Church and will operate from 2:30pm-11:30pm Monday through Friday. Children between the ages of 2½ and 16 may be accepted for care. Priority will be given to low income parents, working or going to school. For more information, call 532-5866.



The individuals and businesses listed, through their contributions, are Financial Friends of UFM. Other individuals and organizations have participated in our fund-raising drive, but there are too many to list. We've thanked them all, and appreciate their gifts. Those listed have made substantial contributions. We would like to publicly acknowledge our appreciation. All contributions are tax deductible. Please help us with this one-time capital improvement drive by sending your check to the UFM Building Fund, 1221 Thurston, Manhattan, Kansas 66502. Thank you.

Financial Friends

Alvin A. Hostetler
Steve & Dorothy Bollman
Enell & Bernd Foerster
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Yu-Lee Lee
Terry Ray
Anne & Lyman Baker
Robert E. Eberhart
Jean E. Reehling
John and Carol Chalmers
Helen Brockman
In Memory of Rev. A. L. Zimmerman
Jerry and Mary Lou Jaramillo
Alfred & Phyllis Weyerts
Richard & Berit Greechie
Rex & Martha Slack
Dr. Roger Reitz
Jack Carpenter
Marvin & Ann Butler
Lyle & Helen Kimsey
Barry Flinchbaugh
Bruce & Janice Woods
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Bob Littrell
Nyles Davis
Richard & Lynn DeMeester
Francis & Joanna Macy
Kenneth & Penelope Fischer
Carroll Kennedy
Marjorie Stith
Robert & Barbara Poresky
Suresh Chandra
Sheldon & Charlotte Edelman
Dick & Margaret Brede
Cecil & Dorothy Miller
David & Dorothy Danskin
Lydia Kesner
Page & Nancy Twiss
Cheryl Granrose
Joan McNeil
Sherman Hanna
Wendell & Vesta Joy Kerr
The Caroline Peine Family
William & Wanda Fately
Ernst Horber
Sam & Yvonne Lacy
Judy & John Exdell
Richard J. Harris
Tony & Julie Jurich
Mr. & Mrs. Frank Keller
Katherine Meyer
C. R. Anderson
Edith & G. M. Stunke

Dean Zollman and
Jackie Spears
William & Linda Richter
Ralph & Mary Titus
Mr. & Mrs. Charles McCrann
Doris Grosh
Wayne & Rea Lou Rohrer
Mary Border
Charlene Turman
Ron & Beatrice Gross
Lindsay Campbell
Donn Vickers
Jane Lichtman
John Beringer
Patricia Eidson
Janice Savidge
Marvin Kaiser
Jane & Allen Davis
Vida Stanius
Joel & Zoe Climenhaga
David Fly &
Kim Spurgeon Fly
Charles Reidlinger
Ken & Wanda Dieckhoff
Dick Seaton
Donn Everett
Paul & Jane Pelletier
John & Mary Margaret Murry
Nancy Lerner & Mark Intermill
Jim & Connie Hamilton
Paul E. Miller
Bill Gordon
Susan Warden
Anonymous

McCall Pattern Co. Employees
Norton Simon Inc.
Social Responsibility Fund
Steel and Pipe Supply Co.
Charlson and Wilson
Union National Bank & Trust
The Manhattan Mercury
Robert w. Sesler
State Farm Insurance
Travel Unlimited
Kansas Lumber Company
Kansas State Bank
First National Bank
Credit Bureau of Manhattan
Ag Press
Reynard's
Wildcat Lumber Co.
Manhattan Mutual Insurance
Sears Roebuck & Co.
Home Savings & Loan
Bockers II/Chef Cafe
Manhattan Rotary Club
Anonymous

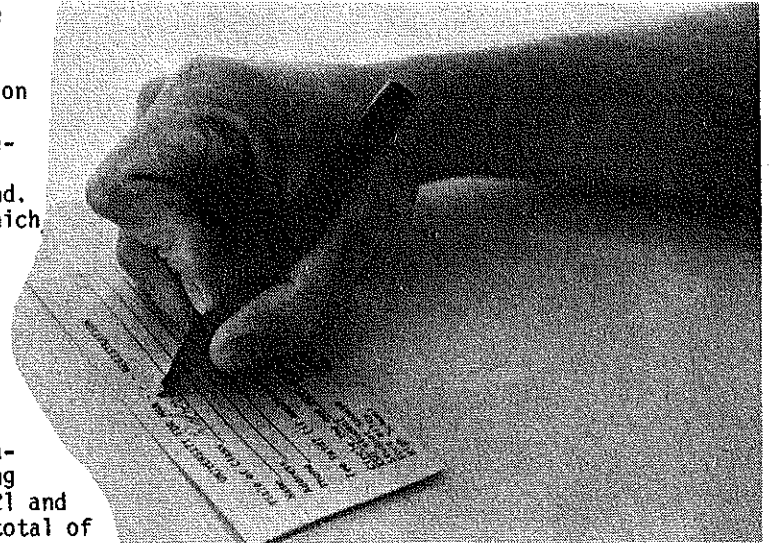
Registration is important. It allows leaders to prepare the proper number of handouts, order supplies, and contact you if there is a change in the class. If you register for a class with limited enrollment, it is crucial that you notify the leader if you cannot attend. Persons on the waiting list can then be allowed to join the group.

You can help speed up registration and reduce frustration if you register only for classes you are sure you can attend. Check your calendar before registration and record the dates of your classes. For limited classes, please register for no more than yourself and one friend. Any class fees must be paid by the end of the day on which you register in order to hold your space.

Sept 20, 21, 22 - KSU Union, 9am-4pm
Sept 20 - Manhattan Public Library, 9am-7pm
Sept 20 - Douglass Community Center Annex 11am-1pm
Sept 20 - UFM House, 1221 Thurston, 7am-6pm
Sept 20 - High School, 11am-1pm

If it is impossible for you to register at one of the above locations, you may call 532-5866 to register during the following hours ONLY: Sept 20, 7am-6pm, and Sept 21 and 22, 9am-5pm. Please limit registration by phone to a total of four classes.

Registration



UFM
1221 Thurston
Manhattan, Kansas 66502

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