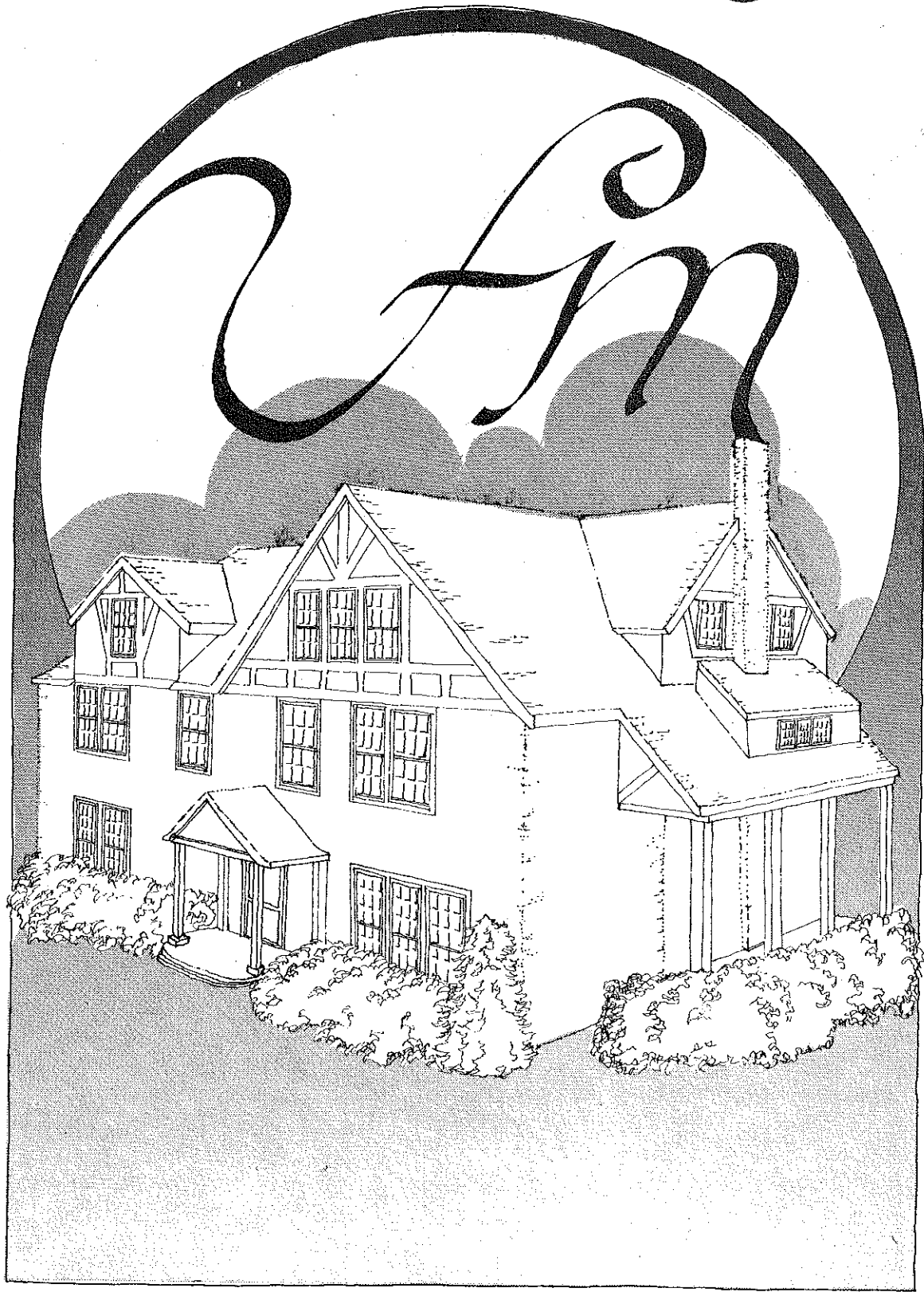


spring 1978



university for man

# it's our birthday!

"Some students and faculty at Kansas State University are initiating an experiment in relevance this spring. It will be called *University for Man*, and will provide an environment for combining living and learning... There is no rigid blueprint. The direction should evolve...

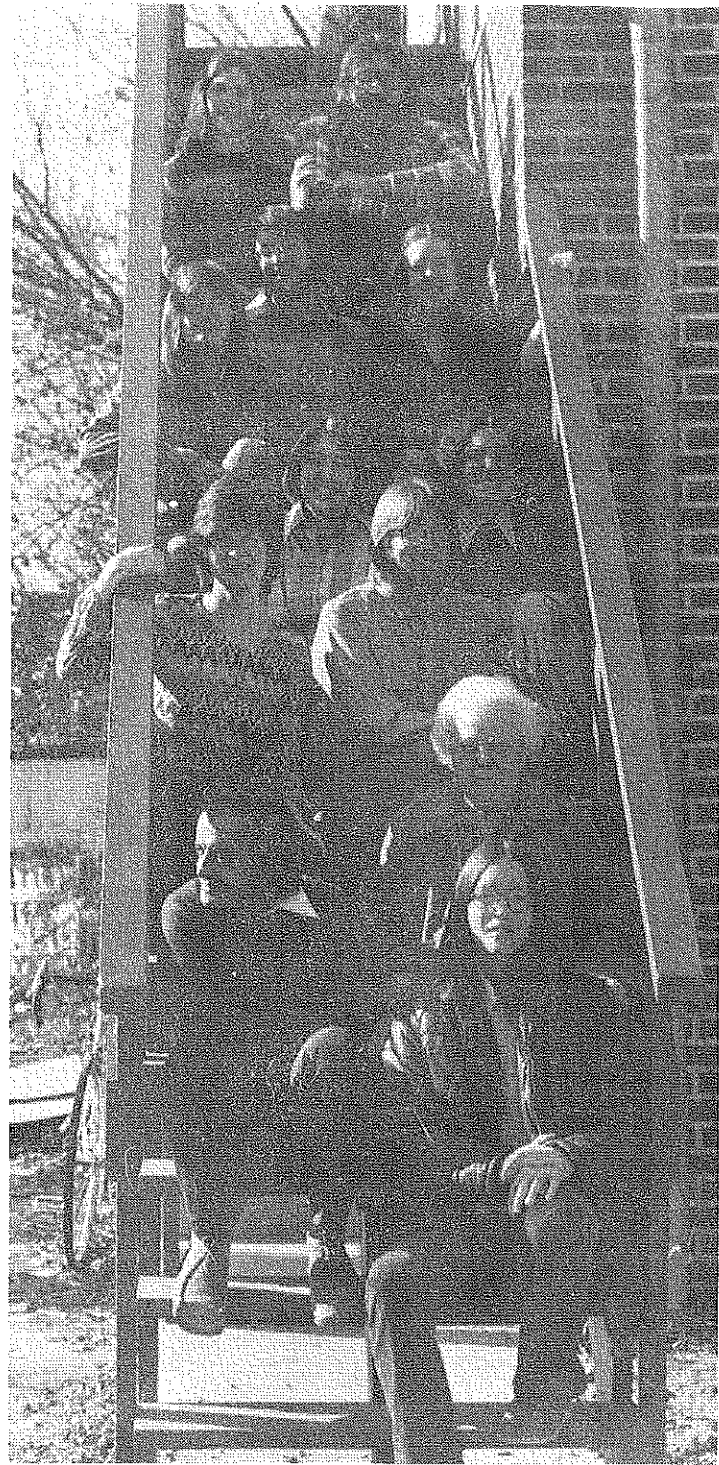
These were the words found in the first UFM brochure in 1968 that was created by Len Epstein and others in an attempt to provide the concept of life-long learning at KSU. The future was uncertain, but as Len and others said - 'the direction should evolve.'

And so it has. UFM has grown from a small campus-based group to a nationally recognized leader in the area of alternative and community and state such as the Fone; the community gardens; programs such as alternative conferences, the "Death of the Farmer" series, the State Outreach project, and KCH monies which have led to an awareness of issues that affect us today and will continue to be important in the years to come. We have seen thirty brochures distributed throughout our ten year history, with classes that have brought people together in a relaxed and educational atmosphere where the only prerequisite is curiosity.

People, as always, have made and will continue to make UFM what it is. Literally thousands of people have helped by leading courses, taking part in activities, and have allowed all of us the opportunity to share in their lives. We are very much richer as a result.

But there is one special person who has given so much of her energy over the years, and that is Sue Maes. Sue, who assumed the directorship of UFM in 1969, has guided the organization with a gifted sense of purpose, direction, support, and love. The gentle hand and warm heart that she has provided all of us through the years will live in our hearts forever.

The past has been colorful, happy, sad - and a great learning experience. We look to the future with great anticipation. We start on our second decade in a new home and we are full of hope, excitement, and purpose. As we make our way in a changing world, we hope to continue to meet the life-long learning needs of people in a responsive, humane and dignified way.



## we're almost home

For ten years UFM has served Manhattan, offering over 700 courses a year. These events have come to you on a tuition-free basis. Now we ask your help to assist us in building a community education center.

Yes--UFM has moved! If you haven't yet seen our new home at 1221 Thurston, come by and take a look. If you happened to see the building before we renovated it, you'll really be impressed. This spring semester, the crafts studio is in operation and a new kitchen is also ready. Two other rooms, one with a fireplace, round out the facilities where classes will be held. (continued on page 44)

### STAFF MEMBERS:

Dave Ayers  
Lisa Barnes  
Nadine Burch  
Julie Coates  
Lou Douglas  
Jean Goldman  
Cheryl Heying  
Teena Hosey  
Sue Maes  
Joe Rippetoe  
Melody Williams

### STATE OUTREACH

Bill Draves  
Jim Killacky  
Cathy MacRunnels

### F.U.N.

Bill Draves  
Doris Hoerman

and

"Papa" George Sellens

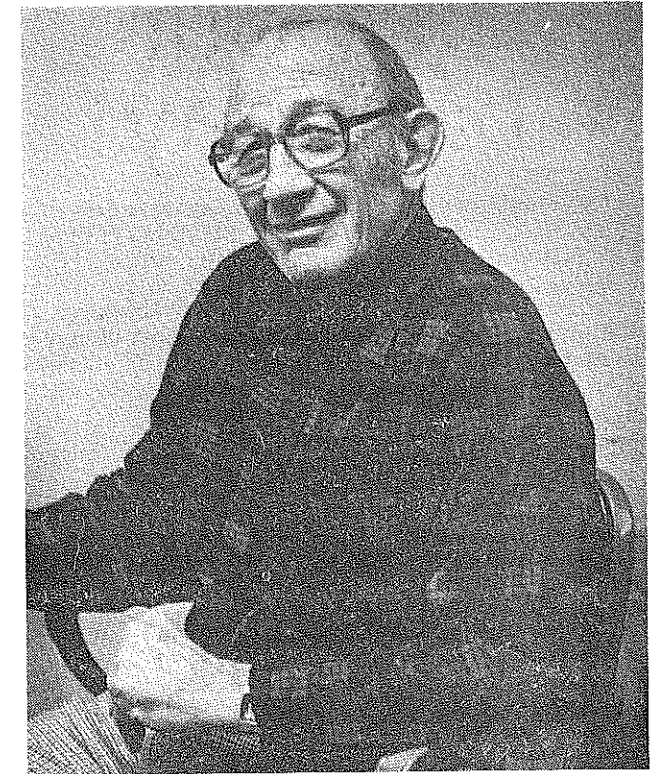
# lou...

We are proud and honored to dedicate our 10th Anniversary Brochure to Lou Douglas, a dear friend, advisor, long time board member and most recently a staff member at UFM. Lou retired last spring after a distinguished career as Professor of Political Science at Kansas State University. Lou was not just a professor--he was and continues to be an advisor and friend to those concerned with positive change in their communities.

After retiring, Lou volunteered his services to UFM, and this was the best possible birthday present we could have received. His wisdom, gentleness, and kindness have richly enhanced all of our lives. We hope that UFM reflects this enrichment.

So, Lou, please accept this token of our esteem, with love from all of us. If this brochure begins to demonstrate what your life represents for us and thousands of others, maybe we are on the right track.

Dave Sue Juli Joe Cheryl  
Bill Doris Melody  
Nadine Dorothy  
Teena Dixie  
Jean George Jim

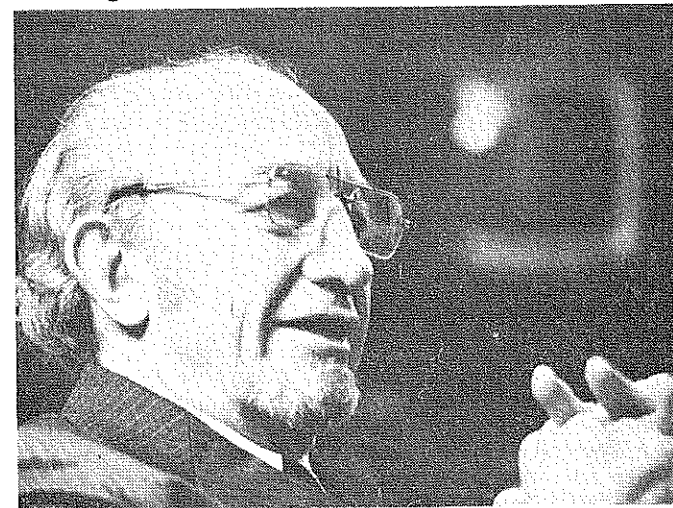


The esteem and respect which colleagues and friends feel for Lou was warmly expressed when more than 600 people honored him at a retirement banquet last spring. So that others might know a little more about the man we honor, we repeat here some of the comments made at his honorary dinner:

"What a man. Knowledge, wisdom, insights, tolerance, guts, understanding, judgement, humor, scholar. These are synonyms for 'Lou' in my mind. I don't have to edit it down. If I did, it would be 'truly a superb human being'."

"There's no way for a cow college in Kansas to reach the level of quality and importance that we have without extraordinary dedication from extraordinary people. Those who know will quickly agree that you're one of these."

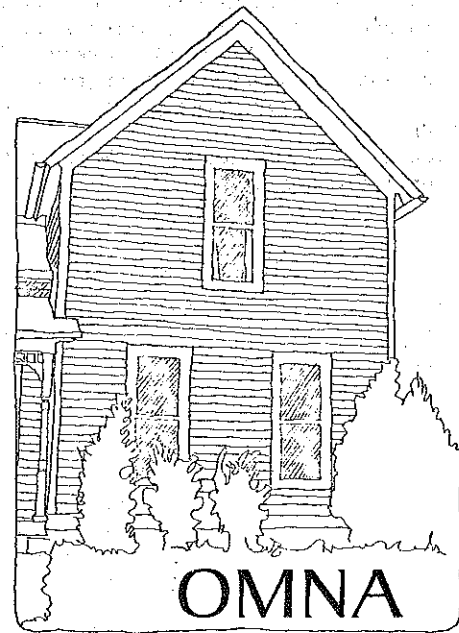
"I don't know exactly how to organize it or present it, but there is a kind of 'sentiment' I'd like to express about Lou Douglas. When it was hard to be in the university in the sixties, and a lot of our senior colleagues went fishing, we always knew where to find Lou Douglas - standing tall in the midst of flak."



## OLDER MANHATTAN NEIGHBORHOODS ASSOCIATION

OMNA was organized in the spring of 1977 to preserve and enhance the older residential and commercial areas of Manhattan. This spring, OMNA will be studying the city zoning code, downtown redevelopment proposals, and historical preservation issues. OMNA also has a neighborhood assistance committee that helps people who want advice on home and yard improvement projects, real estate problems, or dealing with city agencies. The committee is looking for more people who will put their expertise on file for this service. If you want or need help, call Barbara or Ernie Peck (537-9883). For more information on OMNA meetings and activities call Sandy O'Neil (539-9239) or Bill Griffith (537-2478). Meetings for this spring will be Thursday evenings at 7:30pm on the following dates and locations:

Feb 9	1st Presbyterian Church	801 Leavenworth
Mar 23	To be announced	
Apr 20	1st Presbyterian Church	801 Leavenworth



## ALTERNATIVE ORGANIZATIONS

People's Grocery  
 Union Program Council  
 University for Man  
 Kansas Organic Producers

Tuesday, 7:30pm  
 Length: One time, Mar 28  
 Location: UFM Fireplace Room  
 1221 Thurston

Effecting change is a concern of people throughout our community, but let's face it - if you're going to try it alone, you might as well play solitaire! Cooperative energies can be coordinated to organize many projects. People from different organizations will be on hand to discuss, reminisce, and dream of what alternative organizations can do. (People from the listed organizations will lead the discussion.)

## A GROCERY DELIVERY SERVICE

Felix Powers 539-1313  
 Monday, 2pm  
 Length: One time, Feb 20  
 Location: UFM Fireplace Room  
 1221 Thurston

The Handyman program, a community based organization serving people 60 years or older, is interested in providing a grocery delivery service in the Manhattan community. Other community projects for the future will also be discussed at the organizational meeting. (Felix is the supervisor of the Handyman program in Manhattan.)

## COMMUNITY ORGANIZATIONS

Following is a list of local groups serving the Manhattan community. If you are interested in becoming actively involved in any of these groups please call the listed phone number for more information.

Toastmasters	537-8524	Girl Scouts	539-5576
Toastmistress	532-6883	Big Brother/ Big Sister	776-9575
LaLeche League	776-7613	Sudden Infant Death Syndrome	456-2707
Manhattan Singles Club	537-1176		

## STUDIES IN MARXIST CLASSICS

Ivan Brown 537-2044  
 Walt Lane 537-8775

Tuesday, 7:30pm  
 Length: 10 weeks  
 First meeting: Feb 21  
 Location: 615 Vattier

To better understand the development of Marxist revolutionary thought in the 19th and 20th centuries, we will read and discuss works by Marx, Lenin, Mao, and contemporary socialists. (Walt and Ivan have taught this class for UFM in previous semesters.)

## BEYOND MARX-ANTONIO GRAMSCI

Ivan Brown 537-2044  
 Sundays, 7:30pm  
 Length: 6 weeks  
 First meeting: Feb 26  
 Location: KSU, Union, Rm 206a

Marx argues "the philosophers have only interpreted the world in various ways; the point, however, is to change it." We will examine what this means to Gramsci (Italian Marxist), Markovic (Yugoslavian dissident), and some American revolutionaries. Our goal is to discover the practical use of "philosophy of Praxis."  
 (Ivan has led the course in Marxist Classics for several semesters.)

## COORS BEER: BREWED WITH ROCK MOUNTAIN SCAB LABOR

Walter Lane 537-8775  
 Ivan Brown 537-2044  
 Wednesdays, 7:30pm  
 Length: 4 weeks  
 First meeting: Feb 22  
 Location: KSU Union, Rm 207

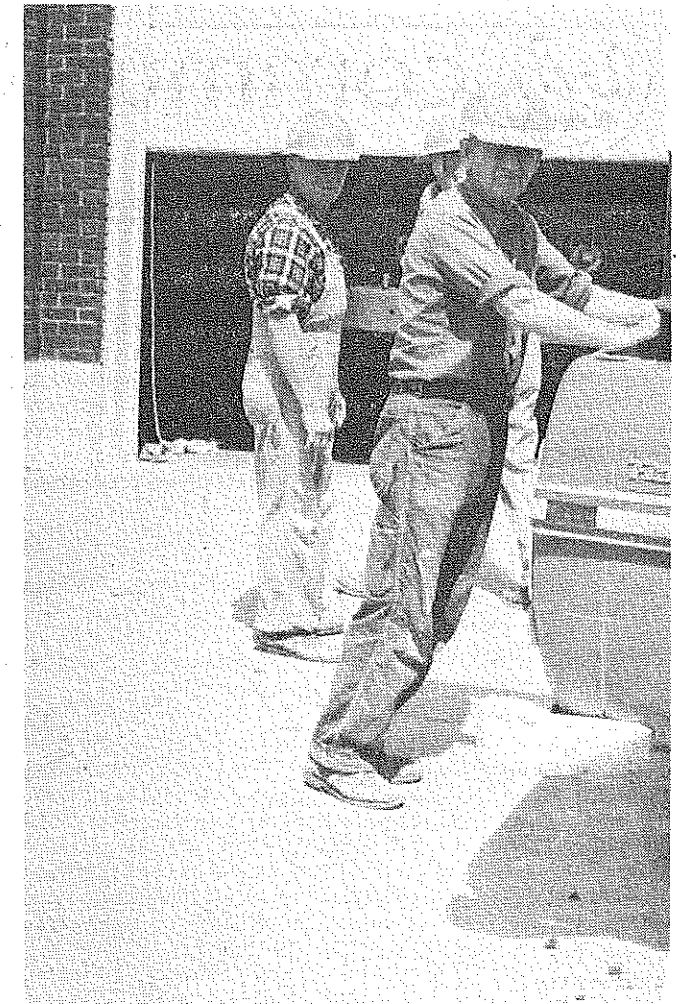
We will talk about Joe and Bill Coors, owners of the Coors Brewing Company and renowned ultra-right wing, union busting supporters of the John Birch Society, their unlawful discriminatory labor practices, and why a nation-wide boycott of Coors Beer is being organized. (Both Ivan and Walt, who of course don't drink Coors beer, are adversaries of discriminatory labor practices.)

## lawyers' series

Thanks to the cooperation of several local attorneys, University for Man is once again able to offer classes dealing with current legal questions. Please register for each individual session you plan to attend.

Feb 27 The Availability of Legal Services  
 KSU, Union Rm 207  
 Monday, 7:30pm  
 Limit: 30  
 Nyles Davis and Don Weiner  
 The selection and availability of legal services in the Manhattan area will be discussed. Services to be included in the discussion are legal aid, lawyer referral, and pre-paid legal services.

Apr 4 Will and Estate Planning  
 KSU, Union, Rm 204  
 Tuesday, 7:30pm  
 Limit: 30  
 Kent Oleen  
 We will discuss the advantages and benefits of a will to the family that plans ahead as well as the basic concept of estate planning and its changing situation in our everyday life. Tax benefits, children and trust funds will be included along with other discussion topics.



Mar 21 Bakke-Reverse Discrimination  
 KSU Union, Rm 204  
 Tuesday, 7:30pm  
 Limit: 30  
 Nyles Davis  
 The Bakke case, involving the question of racial quotas and affirmative action, is currently being decided by the Supreme Court. The background of this case, the legal arguments being presented and an update of the proceedings as they occur will be discussed.

Mar 20 Legal Research  
 KSU, Union Rm 204  
 Monday, 7:30pm  
 Limit: 30  
 Robert Littrell  
 This class will deal with how to use locally available legal references to aid in researching small claims litigation, landlord/tenant problems, and other legal situations.

Apr 3 Women Under the Law  
 KSU Union, Rm 203  
 Monday, 7:30pm  
 Limit: 30  
 Judy McKee and Grace Schroer  
 Judy and Grace will discuss a variety of legal questions affecting women. These will include employment, credit, divorce and custody rights.





#### THE AMERICAN AGRICULTURE MOVEMENT

Bill Granzow 913-258-2935  
 Bill Novak  
 Tuesday, 7:30pm  
 Length: One time, Feb 22  
 Location: KSU Union, Rm 203

The American Agriculture Movement (AAM) is attempting to obtain parity for the American farmer. Bill Granzow and Bill Novak, speakers for the AAM, will be present to briefly describe the origin and philosophy of AAM, the goals and objectives of the movement, and obstacles which the American farmer must overcome for parity to become a reality. (Bill and Bill are speaking at forums throughout the state of Kansas for the AAM.)

#### WHO'S ON FIRST?

Jim Lackey 539-4281  
 Thursdays, 7-9pm  
 Length: Semester  
 First meeting: Feb 23  
 Location: UMHE  
 1021 Denison

This is a discussion program about various priorities; food first, national military strength first, business first, education first, and the Kingdom or God first. (Jim is a campus Minister at UMHE.)

#### THE PANAMA CANAL

UPC "Issues and Ideas" 532-6571  
 Monday, 7pm  
 Length: One time, Feb 13  
 Location: KSU Union, Little Theater

In cooperation with the Tri-University of Latin American Studies and the Manhattan League of Women Voters, UPC "Issues and Ideas" will present an evening on the Panama Canal. The program will consist of the history of the Canal by James Carey, KSU; a slide tour of the Canal with background information by James McKenney and David Farnsworth, WSU; a military perspective by Major Cullen, KSU; a capsule view of the issues concerning the ratification of the treaty by Charles Bussing, KSU; and a question and answer session involving the guest speakers.

#### WORLD HUNGER SEMINAR

Dwight Wiebe 532-5735  
 Tuesday, 7:30pm  
 Length: 4 weeks  
 First meeting: Mar 28

The following four week seminar is presented by a number of interested faculty members and students at KSU.

Section I "Lest We Forget" - film. A search for constructive alternatives to revolution.

Location: KSU, Union, Rm 212

Section II The Geography of Hunger as seen by a team of KSU graduate students and professors.

Location: KSU, Union, Rm 205 ab

Section III Relief vs Development. Two approaches to resolving world hunger.

Location: KSU, Union, Rm 212

Section IV Action. We will develop a group action plan for responding to world hunger on a university campus.

Location: KSU, Union, Rm 204

(Dwight spent 4 years as a relief director and is presently on the advisory board of directors for Kansas Crop and World Relief Commission.)

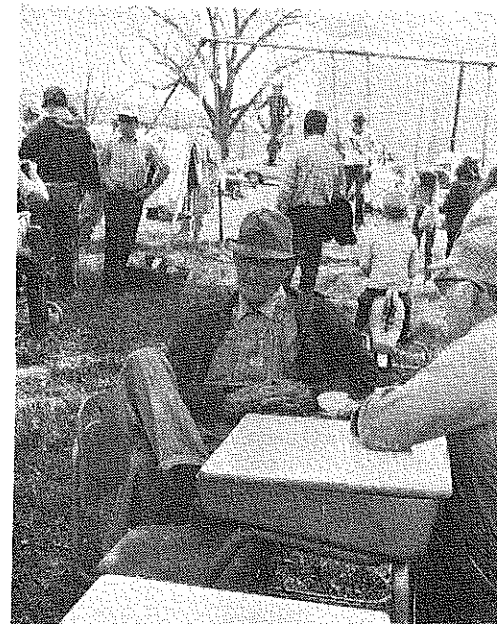
#### A CRITIQUE OF ZIONISM

Lee Samore 539-2942  
 Mondays, 7:30pm  
 Length: 4 weeks  
 First meeting: Feb 20  
 Location: UFM Conference Room  
 1221 Thurston

Limit: 12

Zionism has had no stronger nor more lucid critics than the Jews themselves. This seminar will acquaint people with the Jewish critique of Zionism in the hopes of promoting better understanding the Palestinian-Israeli conflict.

(Lee is interested in the Palestine Question and Jewish-Arab relations, and plans to do graduate work in Middle East Studies.)



# history

#### MEXICO, A SLIDE PRESENTATION

Dorothy Koepsel 539-5589  
 Tuesday, 7:30pm  
 Length: One time, Apr 25  
 Location: UFM Fireplace Room  
 1221 Thurston

Two cities in Mexico, the ancient city of Cholula and the colonial city of Puebla will be featured. The lifestyle of the people in these cities will be discussed along with a brief history of each city. (Dorothy took these slides while living in Mexico last summer.)

#### SPACE: A COMING OF AGE

David Goldenbaum  
 Tuesday, 1:30pm  
 Length: One time, Apr 4  
 Location: KSU, Union, Rm 205a

We will discuss the evolution of space exploration from Sputnik through all phases of space flight to date, with emphasis on practical benefits to mankind now and in the future. The NASA film, "Threshold of Opportunity", which places the evolution of the manned space program in chronological perspective, will be shown.

(David, a retired Aerospace Engineer from NASA, has worked with the space program for 37 years.)

#### INTRODUCTION TO GENEALOGY

Elaine Olney 539-4512  
 Tuesday, Thursday, 7:30pm  
 Length: 2 times  
 First meeting: Feb 21  
 Location: KSU, Eisenhower Hall, Rm 226

This class will be a beginners course in compiling a family history. It will include basic procedures for collecting and recording family data. The importance and availability of public records will be discussed. These 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.)

#### THEY DON'T DO IT THAT WAY IN BONGO-BONGO

Willie Perry 776-7335  
 Mondays, 7-9pm  
 Length: 8 weeks  
 First meeting: Feb 20  
 Location: UMHE Pit  
 1021 Denison

This class will be an 8-week intensive (but enjoyable) introduction to anthropology, designed for the layman but providing college level competency. The only prerequisite is curiosity and the ability and willingness to commit yourself to 2 hours a week for 8 weeks.

(Willie has a B.S. Degree in Anthropology and is currently completing a masters degree in college teaching.)

#### THESE ARE THE GOOD OLD DAYS

The following informal programs are sponsored by Phi Alpha Theta, the KSU History Honorary. All programs will be Thursday evenings, 7:30pm, in the History Seminar Room, Eisenhower 201. Please register for each individual session you plan to attend.

- Feb 16 The Strange Career of the Kansas Hangman. Harvey Hougen, a graduate assistant in History at KSU and a member of the 29th Century Study Group, will conduct an inquiry into the aspects of the Kansas Death Penalty issue.
- Mar 2 Religion and Politics in Northern Ireland. Robert Linder, KSU History Professor, will discuss aspects of religion and politics in an area of international concern.
- Mar 23 The Women's Movement of the '20's; The Women's Movement of the '60's...Comparisons and Contrasts. Judy Sealander, assistant professor of History, will provide comparative insights into the history of two of the most exciting periods of women's history.
- Apr 6 Cuba in Revolt. Wendell Hoffman, former CBS news cameraman, will share his experiences of Cuba in 1958 in film and words.
- Apr 27 Russian Dissidents and Soviet Power. Jacob Kipp, associate professor of History and authority on Russian History, will provide a picture of the dissent in Modern Russia.

#### BEYOND BLACK AND WHITE

NAACP 537-2237  
 Friday, 7:30pm  
 Length: One time, Feb 24  
 Location: Douglass Community Center Annex  
 901 Yuma

The film, "Beyond Black and White," is a sociological and psychological study of Black historical events, the present situation of Blacks in America today, and a prediction of what may happen in race relations in years to come. A round table discussion of both the film and the current social forces affecting race relations will conclude the evening's program. (The program is being sponsored by the NAACP, the Douglass Community Center, and UFM.)

*Well, history isn't ever going to end,  
 happily or unhappily.  
 And history is ending every second -  
 happily for some of us,  
 unhappily for others,  
 happily one second,  
 unhappily the next.  
 History is always ending  
 and always not ending,  
 and both ways there is nothing to wait for.  
 Ha ha ho ho and hee hee.*

- Tom Robbins



## small people

### PARENTHOOD

Carolyn Coates  
Pat Domitrovic 776-8097

Fridays, 7:15pm  
Length: 2 times  
First meeting: Mar 3  
Location: UFM Conference Room  
1221 Thurston

Come and share your hopes and concerns if you are adoptive parents or are considering adoption. Overcoming the obstacles of adoption - minority, older sibling, and infant adoption - and changes in the family structure will be emphasized in our discussion.

(Carolyn is a member of the Kansas Council of Adoptive Children and Pat is a student in Family & Child Development and both are adoptive parents.)

### COOPERATIVE CHILDREN'S GROUPS

Melody Williams 532-5866  
Jan Galitzer 539-9292

Monday, 12 noon  
Length: One time, Feb 27  
Location: UFM Conference Room  
1221 Thurston

This session will give pointers to parents interested in forming cooperative play groups for children. Two kinds of groups will receive focus: a weekly meeting with parents and children, and a meeting for the purposes of childcare on a part-time basis.

(Melody has participated in cooperative childcare and Jan has been involved with cooperative play groups for several years.)

### LIVING/LEARNING SCHOOL OPEN HOUSE

Dave Hursh 539-1677  
Sue Sandmeyer 537-1892

Sunday, 2-5pm  
Length: Apr 1 & 2  
Location: 1011 Osage

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

(Dave and Sue are teachers at Manhattan's alternative elementary/junior high school.)

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

Dave Hursh 539-1677  
Sue Sandmeyer 537-1892

Sign up at registration and you will be contacted.

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

(Dave and Sue are the teachers at Manhattan's alternative elementary/junior high school.)



## aging series

I NEVER DARED BE RADICAL WHEN YOUNG  
FOR FEAR IT WOULD MAKE ME CONSERVATIVE WHEN OLD . . .

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

### SO YOU WANT TO BE A STAR

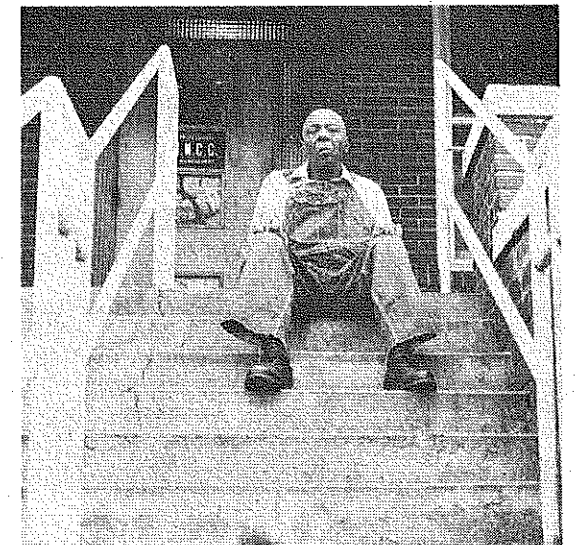
UFM is sponsoring a series of vignettes or skits for presentation at the Governor's Conference on Aging in May 1978. This conference will be held at KSU with people from all parts of Kansas attending and participating. The cast is to be comprised of people over 60 years of age. Tryouts for roles will be Tuesday, February 21 7:30pm, at Apartment Towers, 300 N. 5th. If you are over 60 we hope you will take advantage of this opportunity to become a star. The cast will be given excellent training and direction, so don't be shy about trying out. This is your chance. For more information, call Nadine Burch (539-5559).

### TRIP TO GRAND LAKE COLORADO FOR SENIOR CITIZENS

The week of June 18-25, we will enjoy a week's stay at beautiful Shadowcliff hostel, owned and operated by Pat and Warren Rempel of Manhattan, Kansas. A chartered bus will take us to Denver June 18th where we will enjoy an overnight stay. Then on the 19th we will go on to Grand Lake. An arts and crafts instructor will conduct classes; workshops on Life Enrichment and discussion of roles for older retired people will be scheduled. Fishing and sightseeing trips will be available, or you can just do your own thing. Because reservations for the motel and chartered bus are needed, please call Nadine Burch (539-5559).

### GOVERNOR'S CONFERENCE ON AGING

Kansas State University will host the Governor's Conference on Aging, May 23-24. Various workshops such as consumerism, the images of aging, and medical problems of the older person; films on various issues related to aging as well as entertainment with something for all participants, will be included in the two-day conference. Sessions will be led by qualified workshop facilitators from around the State. If you would like to take part in this conference, or if you would like more information about it, please contact Nadine Burch (539-5559).



### WONDER UNDER YOUR FEET

Diane Dollar 539-6947  
Warren Rempel 539-4281

Mondays, 7:30pm  
Length: 2 times

Section I Apr 24 Apartment Towers  
300 N. 5th  
Section II May 1 Douglass Community Center Annex  
901 Yuma

Finding art in the world around you is always rewarding. We will deal with how to see, feel, and understand the world of art. Music, pictures, and narration will be utilized to help you expand your world.

(Diane is an art professor at KSU and Warren is a campus minister.)

### SING ALONG WITH KRANK

Frank Anneberg 537-9564

Wednesdays, 7:30pm  
Length: 2 times

Section I March 22 Apartment Towers 300 N. 5th  
Section II March 29 Carlson Plaza 415 Pierre

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

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



### ADVANCED KNITTING

Molly Goldstein 539-6647  
 Wednesdays, 1:30pm  
 Length: Indefinite  
 First meeting: Feb 22  
 Location: 714 Humbolt #5

This class is for persons who already know the basics of knitting but are interested in working on more advanced projects, such as skirts, sweaters, etc. Bring your materials and instructions to the first class.  
 (Molly has been knitting for 68 years and does beautiful work.)

### BEGINNING SEWING

Rita Napper 539-6973  
 Thursdays, 1pm  
 Length: 6 times  
 First meeting: Feb 23  
 Location: 811 Osage  
 Limit: 5

Class members will learn the basics of sewing. This will include operation of an electric sewing machine, practice in sewing a straight seam, and pointers on how to interpret instructions of commercial patterns. Participants will first make a scarf or other flat article and then will use a commercial pattern to construct a simple garment. Class members should preferably have access to a portable sewing machine. Cost of materials and supplies will vary for each participant but should range from \$15 to \$18.  
 (Rita learned to sew 10 years ago. She makes all of her own clothing.)

### CHAIR CANING

Barbara Poresky 539-2967  
 Tuesdays, 7:30pm  
 Length: 6 weeks  
 First meeting: Feb 21  
 Location: 3016 Claflin  
 Limit: 10

Do you have a chair that needs a new cane seat? By doing the labor yourself you can have a beautiful piece of furniture for a small cost (around \$6). Bring your chair to the first meeting. We will measure it and decide what materials need to be ordered.

(Barb has been involved in crafts for many years.)

### CROCHETING

Maria Collins 537-2582  
 Mondays, 7:30pm  
 Length: 6 times  
 First meeting: Feb 20  
 Location: UMHE Fireside Room  
 1021 Denison  
 Limit: 6

First, the basic crochet stitches will be taught. Then, if there is time, we will go on to the Granny Square. Bring a large size hook. "H" or bigger, and some 4-ply knitting yarn for practicing. Large hooks are good for beginners because the stitches are easier to see.  
 (Maria has been crocheting since she was 7. When she lived in Kentucky she taught lots of her friends to crochet. She enjoyed both teaching the craft and having nice warm things to wear.)

### FRINGE TYING FOR SHAWLS

Dorothy Koepsel 539-5589  
 Tuesday, 7:30pm  
 Length: One time, Feb 28  
 Location: UFM Conference Room  
 1221 Thurston  
 Limit: 12

The technique for tying or knotting fringe will be demonstrated and examples of shawls will be shown. The knotting is used by American Indians for ceremonial dress. It was also once popular with fashion designers and is regaining fashion popularity.  
 (Dorothy learned fringe knotting from Josette, an American Indian woman living on the Pottawattomie Indian Reservation.)

### NEEDLEPOINT

Molly Goldstein 539-6647  
 Mondays, 1:30pm  
 Length: Indefinite  
 First meeting: Feb 27  
 Location: 714 Humbolt #5

Molly will teach the different stitches of needlepoint and help you with your project. Bring needle, yarn, and piece of needlepoint canvas to work. Molly recommends Persian yarn. It is easier to work with and has a nicer appearance.  
 (Molly has been doing needlepoint for 10 years. She has made over 20 pictures, as well as purses, and she is now working on a piano bench cover.)

### MACRAME

Carrie Coonrod 776-6404  
 Thursdays, 1:30pm  
 Length: Indefinite  
 First meeting: Mar 2  
 Location: Community Room, 300 N. 5th  
 Limit: 20

This class is for beginners interested in making an owl wall hanging. The basic stitches necessary for the owl will be taught. The completed owl will be a real delight. Students must bring 70 yards of three or five ply jute cut into 16 cords 4 yards long, T-pins, rubber bands, pair of scissors, tape measure, macrame board, two pieces of drift wood, two 2 1/2 - inch wood rings for eyes, three beads for eyes and nose. The pattern to be used is in the flyer, Socrates, Project Sheet #2, Item #100.  
 (Carrie has taught macrame to several different groups of people. Several others will be working with her to make individual attention possible. These ladies taught a similar class at Fort Riley.)



### FUNDAMENTALS OF RUG WEAVING

Harold Noyce 537-0866  
 Thursday, 7:30pm  
 Length: Indefinite  
 First meeting: Feb 23  
 Location: 724 Moro  
 Limit: 4

The class will meet for a general discussion of materials, preparation of material, etc. As weaving is a personal art rather than a class art, time of weaving will be determined by the members themselves. We hope that each one can make a rug of their own design and weaving. All people, including those on the waiting list, are asked to attend the meeting on Thursday Feb 23.

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

### HAMMOCK WEAVING

Joan Werner 537-7902  
 Session I: Tuesday, Mar 7, 7pm  
 Session II: Thursday, Mar 9, 7pm  
 Length: One time  
 Location: Manhattan Public Library, Upstairs  
 Juliette and Poyntz  
 Materials fees: 50¢ - pay at registration

See a home-woven hammock and go over instructions for weaving your own. This event includes discussion of purchasing materials, setting up a loom, weaving, assembling, and finally - lying in it! Please indicate at registration whether you are signing up for the Tuesday or Thursday session.  
 (Joan has woven two hammocks and has taught this course before.)

### TATTING

Effie Edwards 776-7975  
 Session I: Wednesdays, 2pm, Feb 22 & Mar 1  
 Session II: Wednesdays, 2pm, Mar 8 & Mar 15  
 Length: 2 times  
 First meeting: Feb 22  
 Location: 425 Pierre #5-K  
 Limit: 3

Tatting will be offered in two sessions. Classes must be small to give maximum attention to the student. Bring a shuttle and your string. Effie recommends ordinary string (as used to tie packages) for learning and then moving to the finer tatting 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 tatting to many people. She has been tatting for 75 years.)

### RYA RUG-WEAVING DEMONSTRATION

Patty McQueen 539-7364  
 Wednesday, 7pm  
 Length: One time, Mar 1  
 Location: Manhattan Public Library, Upstairs  
 Juliette and Poyntz

This will be an evening to learn all you need to know to design and make your own Rya Rug. You don't need a kit! A very inexpensive technique for producing a rug, Rya calls for the use of burlap, a long needle, and yarn. Patty will bring some materials to the demonstration so you will have a chance to practice the stitch.  
 (Patty learned how to make rugs in a high school art class and has since made many rugs for herself, family and friends.)



*The highest reward for woman's toil is not what she gets for it but what she becomes by it.*



QUILTING

Nancy Griffin 485-2762  
 Wednesday, 7:30pm  
 Length: One time, Feb 22  
 Location: KSU, Union, Rm 206ab  
 Limit: 25

Working with fabric is an exciting experience leading to endless invention made possible by many fabrics, threads, and inventive stitches. Emphasis in this class will be on quilting and on one's own ability to create original and personal forms. The means, processes, and resources are given - the rest is imagination.  
 (Nancy is a self-taught quilter who uses her creativity to turn out beautiful and unusual items.)

WEAVER'S FANCY

Franja Bryant 537-9610  
 Susan Lala  
 Tuesdays, first of each month, 7:30pm  
 Saturdays, third of each month, 1 - 5pm  
 Length: Continuing  
 First meeting: Mar 7

This is for all weavers including intermediate as well as those with more advanced skills. We weave together on independent projects on Saturdays at Flint Hills Studio in Riley and have educational programs on Tuesday nights in our homes. For locations and more information call the above number.  
 (Susan and Franja have been weaving for years and Susan has started an art shop with other weavers in Riley.)

POM POMS ON PARADE

Rosann Wilkerson 776-5461  
 Mondays, 7pm  
 Length: 3 times  
 First meeting: Feb 20  
 Location: 716 N. Manhattan Ave  
 Limit: 8

Create cute cuddly animals with pom poms for gifts or other occasions. Class members may choose from pre-formed pom poms in various sizes and colors or bring their own.  
 (Rosann has been creating with pom poms for a year and has learned that they can be used for many things.)

ORIGAMI

Kazuko Tawara 776-1270  
 Tuesdays, 7pm  
 Length: 3 times  
 First meeting: Feb 21  
 Location: 110 N. Juliette  
 Limit: 5-8

This class is an introduction to simple Japanese paper craft. The group will make birds, Japanese dolls, ect. with colored paper. If you and your children are interested please come with your children.  
 (Kazuko enjoys making paper craft together with her 3 children ages 5, 9, and 11.)

OFF-LOOM WEAVING

Marilyn McGrillis 539-7647  
 Rhonda Cook  
 Saturdays, 1:30-4pm  
 Length: 2times  
 First meeting: Feb 25  
 Location: Chi Omega House, Dining Rm  
 1516 McCain Lane  
 Materials fee: 25¢ - pay at registration

Weaving by cardboard is a simple method of off-loom weaving. The use of natural yarns produces exclusive coats, sweaters, wall hangings, etc. Let your imagination go wild with it! We will demonstrate some of the creative and technical possibilities. Bring scraps of cardboard and old (preferably thick) practice yarns.  
 (Marilyn and Rhonda, seniors in fashion design, acquired knowledge of technique in Intermediate Costume Design, a course taught by Marv Graff.)

EASTER EGG PAINTING

Orysia Dawydiak 537-4221  
 Session I: Tuesdays, 7:30pm, Feb 28 and Mar 7  
 Session II: Wednesdays, 7:30pm, Mar 1 and Mar 8  
 Length: 2 times  
 Location: UFM Kitchen  
 1221 Thurston  
 Materials fee: \$1.00 - pay at class

For generations people in the Ukraine and in Eastern Europe have symbolically depicted their religious beliefs in Easter Egg Painting. We will see examples of this traditional work and learn how it is done. Bring several smooth white eggs, uncooked and unwashed, a candle and a stand for it.  
 (Orysia learned these ancient skills from her mother who is from the Ukraine.)

MORNING EASTER EGG PAINTING

Elaine Cole  
 Weekday mornings  
 Elaine Cole, who has considerable experience in Ukrainian egg painting techniques will offer a class on weekday mornings if there is sufficient interest. If you would like to participate in a morning egg painting class, please leave your name, phone number, and preferred morning at registration. You will be contacted about the details of the class.

SOAP-MAKING

Mrs. L.R. Quinlan 537-7315  
 Saturday, 10am  
 Length: One time, Apr 1  
 Location: 919 Thurston  
 Limit: 8

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

DECOUPAGE

Elsie Colbert 539-5624  
 Wednesday or Thursday, 7pm  
 Length: 5 times  
 First meeting: Feb 23  
 Location: 2418 Buena Vista Dr  
 Limit: 20

Through decoupage we can preserve pictures, some photos, announcements, and prints. Bring a notebook and pictures to the first meeting and we'll discuss using the pictures and explain the materials. Every one is to attend the first meeting on Feb 23. The group will then divide into 2 groups - one meeting on Wednesday and one on Thursdays. Please indicate when registering which day you prefer.  
 (Elsie has done decoupage for almost 10 years and has taught at UFM since it's beginning.)

KILN-BUILDING

George Preuss 539-4746  
 Saturdays, 10am  
 Length: 8 times  
 First meeting: Apr 8  
 Location: UFM Yard  
 1221 Thurston  
 Materials fee: \$5 - pay at registration

The last kiln-building class has already collected and processed the clay for fire-bricks. This class will form the bricks and use them to design and execute a gas fired stoneware kiln. Participants will also be able to make some clay objects to fire in the kiln's test runs!  
 (George has studied kiln-building with Angelo Garzio at KSU, and has built a successful kiln there.)

EXPRESSIVE POTTERY

Mike Kohn 537-2395  
 Saturdays, 10am - Noon  
 Length: 6 times  
 First meeting: Feb 25  
 Location: UFM Pottery Studio  
 1221 Thurston  
 Materials fee: \$15.00 - pay at class

Spring semester continues Mike's course from the Fall. He has a few openings for people who are beyond the beginning stage, and who would like to learn advanced throwing techniques (handles, lids, closed forms, more handbuilding techniques, and glazing). Sign up at registration and Mike will call you. This description includes 25 lbs of ready-mixed clay for ease in throwing.  
 (This is the second year Mike has taught this class. He enjoys sharing his knowledge and enthusiasm for clay, which he finds to be a very expressive medium.)

HANDBUILDING WITH CLAY

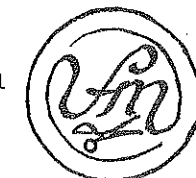
Jean Goldman 532-5866  
 Mondays, 1:30-3pm  
 Length: 6 times  
 First meeting: Feb 27  
 Location: UFM Pottery Studio  
 1221 Thurston  
 Limit: 12  
 Materials fee: \$10 - pay at registration

Handbuilding is a way to be in touch with your material. There are many ways to act upon the clay and watch it respond to your hands. At each of the sessions you will be introduced to a different method and experience in working with clay. People of all ages and levels of experience are welcome.  
 (Jean likes to make sculpture using these handbuilding methods.)

POTTERY STUDIO

The University for Man Cooperative Pottery Studio is available for use by people who like to work with clay. All participants help to keep the studio clean, make clay and glaze, etc.  
 Fees are \$15 a semester, which allows you to use 50 lbs (wet) of the clay that we make here. The price includes use of equipment and free bisc firing. Glazing, depending on how many pieces you want to fire, may be extra to pay for the energy used by the kiln.  
 You can pay at registration, mail in your check, check, or bring it to the first meeting on Feb 21, Tuesday, at 7 pm for all people (not enrolled in a UFM pottery class) who wish to share the studio. At that time we will make clay, see the glazes and tools, sign up for studio time, and form some working committees to help keep the studio nice to use. Please try to attend the first meeting. If you cannot, call Jean Goldman at UFM, 532-5866.

For questions about Crafts, call Jean Goldman at 532-5866



## CARE, STORAGE AND DISPLAY OF KEEPSAKE CLOTHING AND TEXTILES

Margaret T. Ordonez 539-5010  
 Tuesday, Apr 11, 7pm - 9pm  
 Thursday, Apr 13, 7pm - 9pm  
 Length: 2 times  
 Location: KSU, Justin, Rm347  
 Limit: 35

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 textile collections will be shown and discussed so that you will learn more about the clues for dating pieces, as well as be able to enjoy the aesthetic appeal of these beautiful articles from the past. (Margaret has a background which includes historic textiles, historic costume, and chemistry and textiles. She has developed special expertise in the conservation of old clothing and textiles.)

## WEDNESDAY NIGHT AT THE MOVIES

Larry Decker 537-9456  
 Wednesdays, 6pm  
 Length: Semester  
 First meeting: Feb 22  
 Location: 2417 Himes Road

If you're a movie fanatic, enjoy discussing movies from many angles, and want a dependable group with which to attend, join us. We'll meet early in case we want to eat together, and meet afterwards for coffee and discussion. We'll plan an Oscar party, too. (Larry likes to critique and discuss movies. He knows a great deal about the processes involved in making movies, TV productions, and Broadway shows.)

## FICTION AND ARTICLE WRITING

Karen Lee Killough 776-6584  
 Wednesdays, 7:30pm, once monthly  
 Length: Continuing  
 First meeting: Mar 1  
 Location: 523 Moro, Apt 6

A workshop format will focus on basic writing of both short stories and magazine articles. (Karen Lee has written professionally for seven years. She has published in Analogue, Fantasy and Science Fiction, and American Horseman, and was nominated for the Nebula Award for best science fiction short story of 1977.)

## ANTIQUES

Lois Morales 539-8867  
 Tuesdays, 7pm  
 Length: 3 times  
 First meeting: Mar 28  
 Location: 1200 Kearney  
 Materials fees: 25¢ - pay at registration

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

## TOMBSTONE RUBBING

Carol Chelz 539-8813  
 Saturday, 1:30pm  
 Length: One time, Apr 15  
 Location: Meet inside Sunset Cemetery Gate

This course is an introduction to tombstone rubbing, including discussion of the materials and the history of this art. Learn this enjoyable activity that combines art, history and design. Bring light weight rice paper, masking tape, and a heavy wax crayon or a lithograph crayon. In case of rain, we will meet April 22. (Carol has been a museum curator and enjoys art.)

## TRIPS TO THE TREASURES OF TUTANKHAMUN

Roberta M. Clark 539-8004  
 Wednesday, 7:30pm  
 Length: Continuing  
 First meeting: Feb 22  
 Location: 227½ Poyntz  
 Limit: 30

This will include local lectures and slide presentations and, for those who are interested, a trip to view the Tut Exhibit in Los Angeles (June 1-4) or Seattle (Aug. 3-6).

### I. Trips

The February 22 meeting is limited to 30 people interested in the trips. The cost of \$399 covers most expenses. Contact Roberta Clark for more information.

### II. Lectures and Slides

KSU Union, Rm 212	Wednesday	Mar 1	7:30pm
	Wednesday	Mar 22	7:30pm
Washburn University Topeka, Student Union Forum Rm	Wednesday	Mar 8	7:30pm

(Roberta has led many successful trips to the exhibit.)

## PHOTOGRAPHY

Howard Killough 776-6584  
 Wednesdays, alternating, 7:30pm  
 Length: 5 times  
 First meeting: Feb 22  
 Location: 523 Moro, Apt 6  
 Limit: 6

This is a basic photography, camera and darkroom course. Emphasis is placed on the art of photography rather than on technique. Some chemicals will be furnished but you may want to buy others as well. (Howard did some free-lance work on a semi-professional basis in the late 60's and has been improving his techniques ever since.)

## BLACK-WHITE DARKROOM

Jerry Holmes 537-8284  
 Section I: Friday, Feb 24, 7-9pm  
 Monday, Feb 27, 5:30-8:30pm  
 Section II: Friday, Feb 24, 7-9pm  
 Wednesday, Mar 1, 5:30-8:30pm  
 Section III: Friday, Feb 24, 7-9pm  
 Saturday, Mar 4, 11am-2pm  
 Location: UFM Fireplace Room  
 1221 Thurston  
 Limit: 5 persons each section  
 Materials fee: \$1.50 - pay at class

This course will cover basic darkroom techniques including film development and print-making. After all the sections meet for the lecture Friday at UFM, we will practice (at the time indicated in your section) for three hours in the K-State Union darkroom.

(Jerry has studied photography for four years - currently works in the K-State Union Activity Center Photo Lab.)

## INTRODUCTION TO DRAWING

Chris Gegen 776-3665  
 Saturday, 10am-12noon  
 Length: 5 weeks  
 First meeting: Mar 4  
 Location: KSU, Art Building, Rm 108  
 Limit: 15

Emphasis in the class will be placed on the basics of drawing with the use of different media and techniques. The class also will look at major artists, both past and present, in terms of relating them to drawing techniques. Limited to 14 years of age and over without the consent of the instructor. (Chris is a junior in art at Kansas State University.)

## GLASSBLOWING DEMONSTRATION

Mitsugo Ohno  
 Wednesday, 7pm  
 Length: One time, Mar 29  
 Location: KSU, Cardwell Hall, Rm 103

This demonstration of the ancient art of glassblowing will be conducted by one of America's most talented glassblowers. You can see his work on display in the KSU Student Union. (Mitsugo recently had a glass replica of the White House accepted for exhibit in the Smithsonian Institute.)

## STAINED GLASS WORKSHOPS

Ralph Flowers  
 Section I: Thursday, 7:30pm, Feb 23  
 Section II: Saturday, 10am, Feb 25  
 Section III: Saturday, 1pm, Feb 25  
 Length: 5 times  
 Location: To be posted at registration  
 Limit: 7 per section  
 Materials fee: \$15 - pay at class

These workshops are designed for the beginner who wants to construct a stained glass window. The basics of glass design, glass cutting, copper foiling (Tiffany method), and soldering will be covered. You will also be exposed to some of the historical and contemporary trends in the art of stained glass. A full set of tools will be available for each person to use during the class sessions. The fee covers rental of the workshop space and tools. You should also expect to pay \$15-\$45 for materials for your first panel. (Ralph has been working in stained glass for two years and has studio experience in Houston.)



## SHIRE OF SPINNING WINDS

Diane Dunn 537-8964  
 Saturday, 7pm  
 Length: One time, Mar 4  
 Location: KSU Union, Rm 213

This class is designed to introduce you to the Society for Creative Anachronism. Society members will discuss fascinating medieval customs such as mead making (honey wine), broad sword fighting, and calligraphy. (This year-old group meets from time to time to compare costumes, food, and plan events.)



EXPLORING MOVEMENT IN THE ARTS

Necce Regis 537-0194  
Tuesdays, 7pm  
Length: 6 weeks  
First meeting: Feb 28  
Location: UFM Banquet Room  
1221 Thurston

"Motion is the matter of life," someone once said. There is an intuitive connection between the ability of our bodies to move and our understanding and perception of art works. Through experiential exercises (gesture drawing, expressive movements, "living sculpture") I hope to make clearer these connections and their meanings in our living and creative processes. The goal of the class is not to end up with a finished product, but rather with a new perspective with which to begin to create. (Necce has a B.A. in Art and is currently studying ceramic sculpture and dance at KSU.)

BEGINNING BALLROOM DANCING

Henk Van Deik 776-1472  
Section I: Monday, Feb 20, 7-8:30pm  
Section II: Wednesday, Feb 22, 8:30-10pm  
Section III: Friday, Feb 24, 7-8:30pm  
Length: Continuing  
Location: Sections I and III: KSU, Justin Hall, Rm 251  
Section II, UFM Banquet Room  
1221 Thurston

Materials fees: \$1.00 - pay at registration

The dances to be taught are the quick step, Foxtrot, Tango, Waltz and American Swing. Latin American dances will also be taught. These include the rumba, samba, cha-cha, and paso doble. Comfortable clothes and leather soles are suggested. Please indicate a second choice of section on your registration slip. (Henk was an exhibition dancer in Holland.)

LET'S MAKE A DANCE!

Laura Donnelly 776-7208  
Tuesday, Wednesday, Thursday, 7-8:30pm  
Length: 3 times  
First meeting: Mar 21, 22, 23  
Location: UFM Fireplace Room  
1221 Thurston

This class is three stimulating evenings of practicing different types of improvisation and techniques of "chance dance". The third session will be a coming together of our discoveries, the combining of our experiences into a dance! (Laura, a KSU dance major, is very excited about choreography. She has studied dance for many years and is a member of the KSU Dance Workshop.)

BELLY DANCING

Barbara Smith 539-8162  
Yasha 539-4021  
Section I: (Continuation) Monday, Feb 20, 7-8:30pm  
Section II: (Introductory) Monday, Feb 20, 7:30-9pm  
Section III: (Introductory) Thursday, Feb 23, 6:15-7:30pm  
Section IV: (Introductory) Thursday, Feb 23, 7:30-8pm

Length: 9 weeks  
Location: Section I and II: You will be contacted.  
Section III & IV:  
Limit: 20 each section

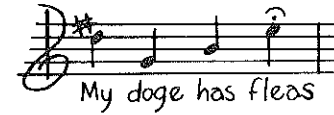
Please note that Section I is for those with some belly dance experience, however rudimentary. Indicate at registration which section you prefer. Belly dance is excellent exercise and develops one's poise and self-concept. Sources of supplies and costumes, jewelry, records and books will be discussed. You may participate in performances if you desire. (Barbara has taught for 3 years. Yasha has begun more recently and performs often.)



BASIC GUITAR

Don Stewart 1-239-3256  
Wednesday, 8pm  
Length: 8 times  
First meeting: Feb 22  
Location: St. Paul's Episcopal Church  
6th and Poyntz  
Limit: 10

This course will focus on the basic chords and basic finger picking exercises. (Don has been playing for 8 years and has taught and performed guitar.)



MUSICAL INSTRUMENT MAINTENANCE

Chris Banner 776-6562  
Saturday, 10am  
Length: One time, Mar 4  
Location: 514 N. Juliette

Chris will demonstrate general preventive maintenance for your musical instrument. He will cover techniques for replacing strings, cleaning, and polishing, as well as special needs and peculiarities of each instrument. Please indicate on your registration card what musical instrument you need to maintain. (Chris has been an instrument repairman for three years and repairs all University instruments.)

LISTENING TO JAZZ

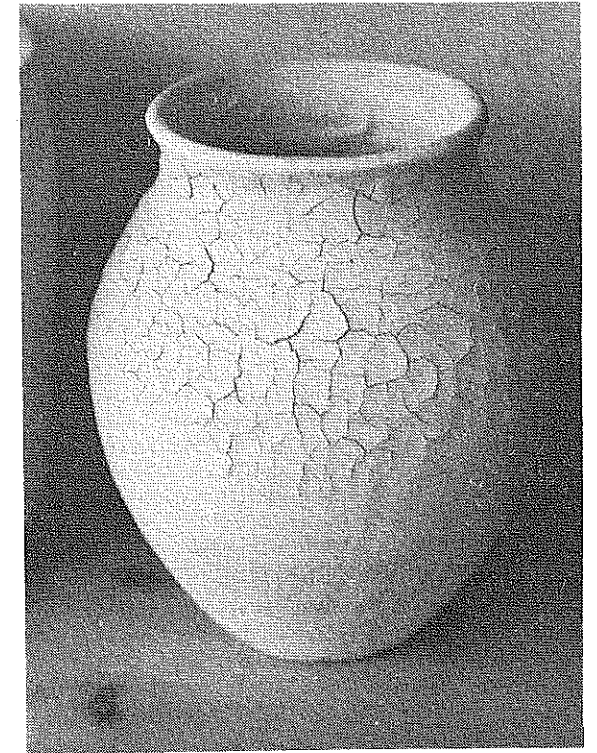
Randall Herron 539-0307  
Mondays, alternating, 8:30pm  
Length: Indefinite  
First meeting: Feb 20  
Location: 529 Pierre, Apt. 3

In this class we will listen to and discuss the diverse styles of jazz. Members will share recordings from personal collections so that we can listen to a wide range of artists in varied settings. We will observe the history, elements, and structure of jazz through selected recordings, and explore local jazz resources (and hopefully have a good time!) (Randall has listened to jazz fanatically for some 6 years.)

WOODWIND ENSEMBLE

Jim Shanteau 537-0526  
Wednesdays, 7:30pm  
Length: Indefinite  
First meeting: Jan 25  
Location: 1516 Wreath

All wind musicians who enjoy ensemble playing are welcome. We play music from baroque to modern. Some music is available, but participants are asked to share any music they have. We have occasionally performed in public. (Jim has played several woodwind instruments for over 20 years, and has been involved in this group for 3 years.)



DULCIMER JAM

Scott Stuckey 537-9677  
Sundays, 7pm  
Length: Indefinite  
First meeting: Mar 5  
Location: 219 N. Juliette  
Limit: 6

The dulcimer is an easy and fun instrument to play. If you would like to share some tunes, or if you would like some help getting started, this will be a series of informal jam sessions where you can do so. (Scott has been playing dulcimer for about two years and also has given guitar and banjo lessons.)

HARMONICA

Russell Brehm 539-6609  
Monday, 7:30pm  
Length: 3 times  
First meeting: Feb 20  
Location: 815 Moro  
Limit: 10

The harmonica is a simple, beautiful sounding instrument. This group is for both beginners and advanced players -- anyone who likes to play the harmonica. We can learn a few songs, talk over some styles of playing and try to make some music. Any style of harmonica is fine. The key of G is a good all around key with which to begin. (Russell has played harmonica for about 2 years and learned a few things about it on his own. You can take it wherever you go!)

For questions about Fine Arts, call Jean Goldman or Melody Williams, 539-5866.



WOOD BURNING STOVES

David O'Neal 539-3864  
 Monday, 7:30pm  
 Length: One time, Feb 27  
 Location: 1st National Bank Basement  
 Juliette and Poyntz

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.)

ENERGY EFFICIENT HOMES

Don Shehan 537-0056  
 Saturday, 2pm  
 Length: 4 weeks  
 First meeting: Feb 25  
 Location: UFM Fireplace Room  
 1221 Thurston

You may attend one or all of these classes. The first class will cover heat loss from your home. This includes areas to correct and thermoscanning. The second class will include discussion of energy waste and electricity conservation. On March 11\* (3rd class) we will discuss various ways to reduce energy waste. On March 18 (4th class) we will discuss solar energy and how to use it in your home. \*March 11 class will meet at UMHE: 1021 Denison.  
 (Don is the City of Manhattan Building Rehabilitation Specialist.)

ARCONSANTI - A FUTURE WAY OF LIFE

William E. Girard 776-4228  
 Tuesday, 7:30pm  
 Length: One time, Feb 28  
 Location: KSU Union, Rm 205a

In this class, we will look at the thoughts of Paulo Soleri, and how his ideas evolved into a community to bring people and their environments closer together. Arconsanti is a modern design, in Arizona, to help solve energy and urban problems. Slides and discussion will be part of this evening program.  
 (Bill spent a winter working at Arconsanti, learning about Soleri's philosophy and methods.)

BUILDING A SOLAR WATER HEATER

Dave Livingood 537-7260  
 Bruce Sneed  
 Saturday, 12 noon - 4pm  
 Length: One time, Apr 8  
 Location: UFM Fireplace Room  
 1221 Thurston

Learn how to build your own solar water heater by building one together. Join a motley crew of folks for a building - learning gathering. This will be the last project of the Manhattan Energy Program. Materials and tools will be furnished.  
 (Bruce and Dave work for the Great Plains Shelter Company.)

SOLAR HOMES

Bruce Sneed 537-7260  
 Randy Pierce  
 Wednesday, 7pm  
 Length: One time, Feb 22  
 Location: UFM Fireplace Room  
 1221 Thurston

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



PHYSICS OF SOUND

Dean Zollman 532-6798  
 Tuesday, 8pm  
 Length: One time, Mar 7  
 Location: KSU, Cardwell Hall, Rm 216

The physics of sound will be explored through a number of activities. Included will be an analysis of complex sounds, the physics of music, and the measurement of sound levels. All topics will be presented through experiments in the Physics Activities Center.  
 (Dean is a professor in the Physics department at KSU.)

LASERS AND HOLOGRAPHY

Dean Zollman  
 C.E. Hathaway  
 Tuesday, 8pm  
 Length: One time, Mar 21  
 Location: KSU, Cardwell Hall, Rm 216

A discussion of lasers and their applications will be presented. Three dimensional and moving holograms will be discussed and available for viewing. Other laser applications, such as communication links, will be presented through activities in the Physics Activities Center.  
 (Zollman is a professor in the Physics department and Hathaway is the head of the department.)

THE UNIVERSE AND BEYOND

Ted Geisert 776-3698  
 Mondays, 7:30pm  
 Location: KSU, Cardwell Hall, Planetarium

Feb 20 I See It But What Is It? 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.

Feb 27 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?

Mar 6 How Big is the Universe? Most of us confine our thinking to finite dimensions. How big are stars? How big are galaxies? Is it possible for us to reach other galaxies or even communicate with them? Are we really alone?

Mar 20 If You Can't See a Black Hole, How Do You Know One's There? The universe provides an infinite laboratory of natural phenomena that excite even the astronomers. The latest excitement has been over the possibilities of Black Holes. Astronomers are confident they have found one. How is it astronomers can find something that can't be seen?

Please sign up for each section you plan to attend. (Ted is a graduate student in Physics and has designed and built his own telescope.)

ZOO DOCENT PROGRAM

Thomas R. Demry 539-2011  
 Section I: 10am, Wednesday, Feb 22  
 Section II: 2pm, Wednesday, Feb 22  
 Location: Sunset-Zoo Animal Shelter  
 Sunset Park

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. See you There!  
 (Tom has been involved in zoo work for the past nine years and is presently director of Manhattan's Sunset Zoo.)

CALENDAR OF SPRING 1978 AUDUBON EVENTS

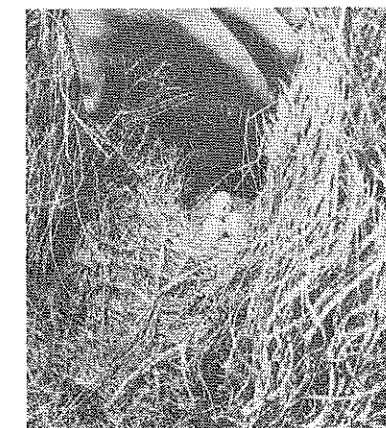
Northern Flint Hills Audubon  
 Length: Once a month, 7:30pm  
 Location: KSU, Ackert Hall, Rm 120

Feb 16 The Land Institute of Salina with Wes Jackson, director of the institute. Learn how some Kansans integrate the need for conservation into all aspects of life.

Mar 16 An Evening With Birds. Guest speaker Jim Blakely of Topeka will present slides of some area aves, including the nesting golden eagles.

Apr 20 Chaplin Nature Center. Bruce Dietler of the Wichita Audubon society will present an inside look at the progress and/or problems of the center. Should Manhattan consider such a venture? ALSO: Help us initiate our NFHAS tradition - a tree for each of the audience to celebrate Arbor Day.

May 4 Wildlife in Folklore: Pot Luck Dinner. Dr. William Koch of KSU will delight your senses with this innovative look at wildlife. Join us for the annual pot luck dinner, too. Place: UMHE: 6:30pm.

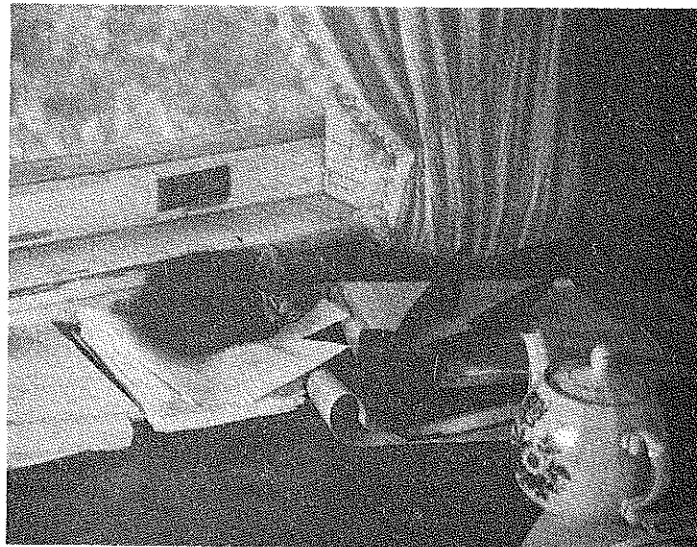


FOR LO, THE WINTER IS PAST, THE RAIN IS OVER AND GONE, THE FLOWERS APPEAR ON THE EARTH, THE TIME OF THE SINGING OF BIRDS IS COME AND THE VOICE OF THE TURTLE-DOVE IS HEARD IN OUR LAND ..

BIRDS

Russell Brehm 539-6609  
 Length: One time, you will be contacted  
 Location: UFM House  
 1221 Thurston

Have you ever seen a Great Heron Rookery with forty nests in one tree, or watched the prairie chickens at the booming grounds on the Kansas prairie? We will visit each one of these places and observe the wildlife in these habitats.  
 (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.)



#### DOG GROOMING

Diana Rowie 539-7275

Tuesday, 7pm  
Length: One time, Feb 28  
Location: UFM Fireplace Room  
1221 Thurston

Learn the basic grooming techniques for your dog. This course will teach you to bathe, comb and clip some basic patterns on all breeds of dogs. If there is sufficient interest more advanced classes will be offered. A small cost is involved if you wish to purchase your own grooming tools.

#### THE ARABIAN HORSE

Duane Daily 537-7823

Wednesdays, 7pm  
Length: 2 times  
First meeting: Mar 22  
Location: 302 Summit  
Limit: 10

The Arabian horse has had an influence on all "light" breeds, but is often misunderstood because of a lack of knowledge. We'll study his personality first and then visit him personally. If enough interest is shown, a second session will be offered. (Duane's interest in Arabians evolved from a 4-H experience in Egypt, and he's been breeding and showing horses for several years.)

#### GREYHOUND RACING

Brad Henson 776-5569

Saturdays, 10am  
Length: 3 times  
First meeting: Feb 25  
Location: 626 Moro #7

The first meeting will be used to give an overview of the greyhound racing industry and set a date to go to Abilene. In Abilene, we will tour the Hall of Fame, coursing field and training farm. This is the last time this class will be offered. (Brad has trained greyhounds for racing for two years.)

#### SNAKES ALIVE

Steve Hoffman 537-8969

Tuesday, 7pm  
Length: One time, Feb 21  
Location: UFM Conference Room  
1221 Thurston

The purpose of this class is for you to better understand and appreciate not only snakes but all reptiles. Discussion will include what makes a snake tick (or hiss, as the case may be), why they are important, and how to distinguish the good ones from the bad ones here in Kansas. Live specimens will be on display. Children are especially welcome.

(Steve has been keeping company with cold blooded creatures for 11 years, and published two magazine articles about reptiles.)

#### EDIBLE PLANTS

Sue Maes  
Max Miller 539-6609

Thursday, 5:30pm  
Length: One time, Apr 6  
Location: 3117 Bermuda Ln

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

(Max and Sue have been collecting and sharing their edible finds through UFM for years.)

#### HOME LANDSCAPE MAINTENANCE

R.D. Wooten 537-1632

Wednesday, 7pm  
Length: One time, Mar 15  
First meeting: Mar 15  
Location: UFM Fireplace Room  
1221 Thurston

Start off your spring by landscaping your yard. This class will cover general landscaping, methods of planting, fertilizing, and pruning plants and home lawn care. Improve the appearance of your lawn and landscape.

(Dr. Wooten is a professor in the KSU Horticulture Department.)

#### EXPLORATION OF HERBS

Dale Anderson

Wednesday, 7pm  
Length: One time, May 3  
Location: Herb Patch - 6 miles E. on Hwy 24

This class will start with a tour of the growing fields where one can actually taste, smell and feel the fresh growing herbs. There will be discussion of companion planting and herbs that repel garden pests. Dale will talk about the care, harvesting, and storing of your herbs.

(Dale is the owner of an herb store, where he grows 150 varieties of herbs and scented geraniums.)

#### CHILDREN'S GARDENS

Dick Mattson 532-6170

Saturdays, 10am  
Length: 5 times  
First meeting: Mar 11  
Location: Douglass Community Center Annex  
901 Yuma and Community Gardens

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. The children also will plant a garden at the Community Gardens.

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

#### TERRARIUMS

Sharon Spinks 776-4927

Tuesday, 7:30pm  
Length: One time, Feb 28  
Location: To be announced  
at registration

Limit: 10  
Materials fee: \$1.50 - pay at registration

Create a forest or a desert in a bottle. What plants prosper with delight in terrariums? Basic designs construction and care will be discussed. The fee will cover materials so that participants may make their own terrariums.

(Sharon has managed a plant store and is a student at KSU in Horticulture Therapy.)

#### FLORAL ARRANGING

Becky Haller 293-5671

Tuesday, 7pm  
Length: One time, Feb 21  
Location: UFM Fireplace Room  
1221 Thurston

Materials fee: \$3.00 - pay at registration

We will discuss the basic techniques of floral design as well as some frequently used patterns. Flowers, supplies, and containers will be provided. (You will be able to take home the arrangement(s) you make and are welcome to bring your favorite container.)

(Becky is a graduate student in horticulture and has assisted with floral design labs for the past three semesters.)

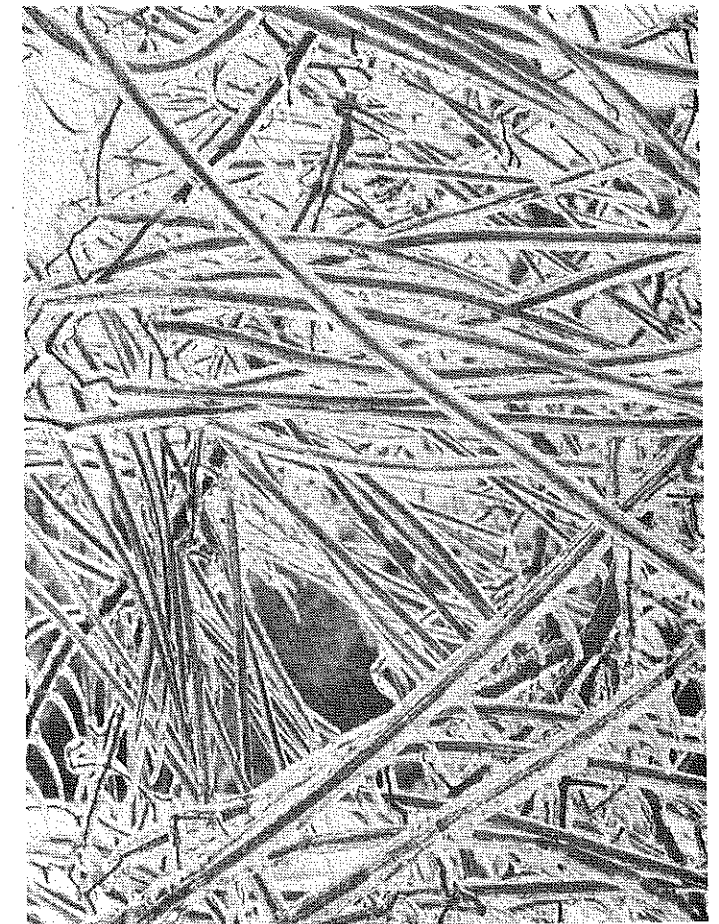
#### MUSHROOMS

Elizabeth Moses 537-4300

Thursday, 7:30pm  
Length: One time, Mar 23  
Location: UFM Banquet Room  
1221 Thurston

Learn what's good and bad, edible and not, about these fascinating fungi. Enter the world of the Shaggy Mane, the Stinkhorn, and the Destroying Angel. Emphasis will be placed on mushroom varieties in Kansas and neighboring farmlands. For those advanced beyond the beginners level, Elizabeth welcomes identification questions at her home at 314 Denison.

(Elizabeth is a self taught collector who has been identifying mushrooms for Kansas folks for years.)



#### HOW GREEN DOES YOUR GRASS GROW?

Bob Boufford 537-8374

Tuesday, 7pm  
Length: One time, Mar 7  
Location: UFM Conference Room  
1221 Thurston

What you've always wanted to know (in a nutshell) about your lawn, but didn't know where to ask! This class will cover mowing, fertilizing, and general lawn maintenance. It provides a good opportunity for the lawn caretaker of your household to learn how to beautify your lawn.

(Bob has a degree in Turfgrass Management and has taught Turf Management at Dodge City Community College.)

#### GETTING THE MOST FROM YOUR VEGETABLE GARDEN

Chuck Marr 532-6173

Wednesday, 7pm  
Length: One time, Mar 1  
Location: Douglass Community Center Annex  
901 Yuma

Many people plant a vegetable garden. This class will concentrate on growing as much as you can in the limited space you have. Planning, variety selection, cropping patterns, fertilizing, soil preparation, and other cross cultural practices for producing at the maximum vegetable yield will be discussed.

(Chuck is an extension specialist in horticulture who is known around the state for his super gardening courses.)





#### CUTTING AND PLANT EXCHANGE

Lisa Barnes 532-5866  
Saturday, 1pm  
Length: One time, Apr 8  
Location: UFM Banquet 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 containers you don't need to have returned. We will also talk about proper care of houseplants.

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

#### VACATION TO A NATIONAL PARK

Larry Decker 537-9456  
Wednesday, 7:30pm  
Length: One time, Apr 12  
Location: UFM Conference Room  
1221 Thurston

Are you making travel plans for this summer? Would you be interested in visiting a National Park? To help you out, slides of various National Parks throughout the United States (including Hawaii and Alaska) will be shown. Questions concerning states and parks can be answered also.

(Larry has traveled extensively around the U.S. and has attempted to visit the National Parks in each state.)

#### EARLY MORNING PEEPERS

Jim Myers  
Russ Brehm  
Becky Munger 539-6609

5-8am  
Date, location, and other information available after registration.

Chirp up your morning by strolling around local hills, eating an outdoor breakfast, and observing birds and plants. We will be resuming our traditional sunrise walks this spring and are inviting others to join us. Once the weather gets a bit warmer and the sun rises a twitch earlier, we'll give you a call to plan every-other week, sunrise outings.

(Jim, Russ, and Becky are all outingers and each offers expertise in particular areas.)

#### PRESERVATION OF WILD AND SCENIC PUBLIC VALUES IN ALASKA

Ron Klatske 537-4385

Time and location to be determined. Please sign up and you will be contacted.

During this legislative year (before December 18, 1978) Americans have a chance to obtain protection for nearly 100 million acres of public domain land in Alaska in the form of new or expanded national parks and monuments, national wildlife refuges, and wild and scenic rivers. It has been described as the greatest conservation opportunity of this century. Administrative and Congressional bills have been introduced to accomplish this. This UFM evening program will deal with the land protection measures made possible by the Alaska Native Claims Settlement Act of 1971. Slides and a film will be shown to illustrate the resources at stake. Current legislation will be explained, and participants will be advised about how they can participate most effectively in the decision-making process in Washington.

(Ron Klatske is the west central regional representative of the National Audubon Society for a five state area. He led a tour in Alaska in the summer of 1974. National Audubon is a member of the "Alaska Coalition" and is leading conservation organization with 375,000 members and chapters in 405 communities -- including Manhattan.)

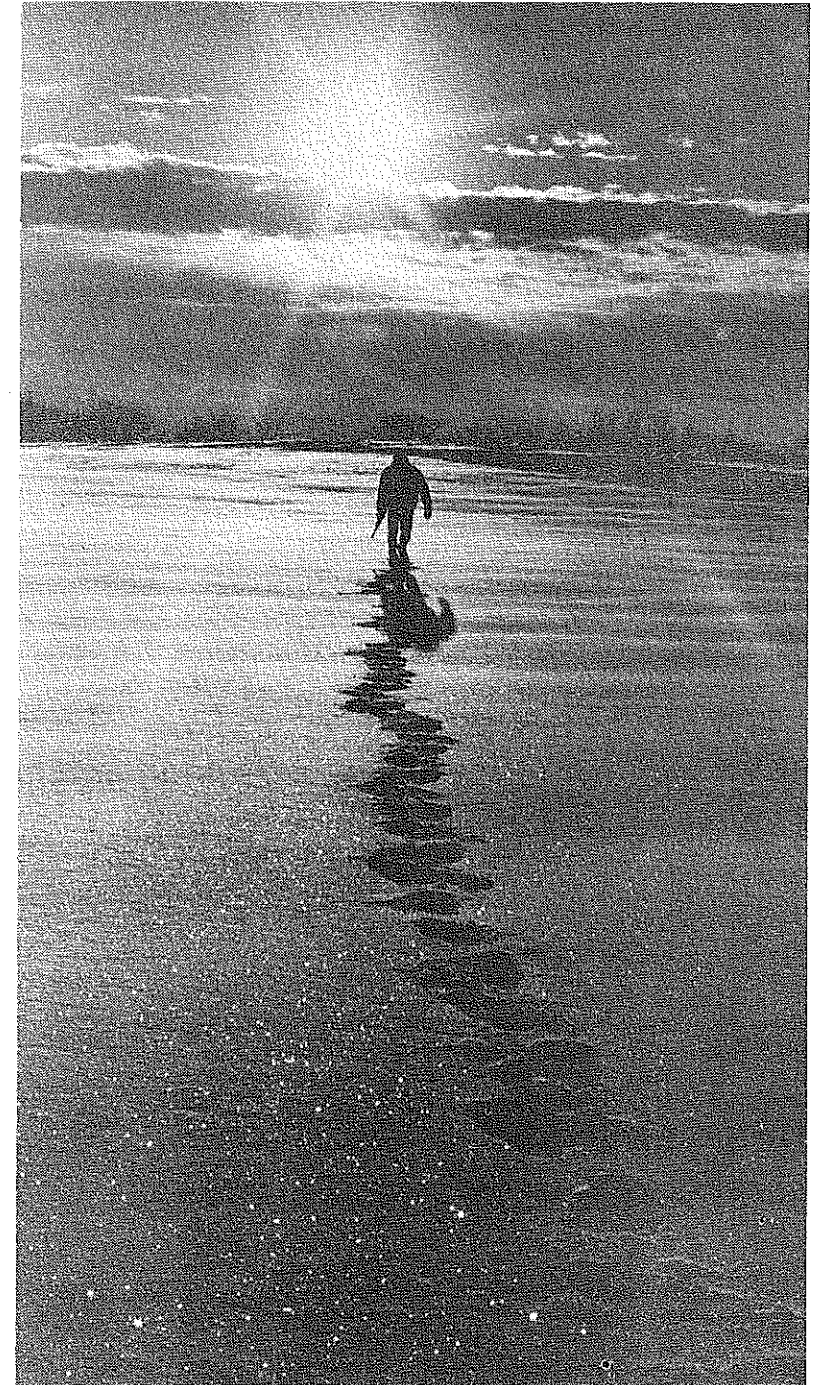
#### BIG LAKES DEVELOPMENT CENTER RECYCLING

Big Lakes, a nonprofit organization serving disabled adults, is now bailing papers for recycling. The public can take re-cyclable paper to the Adult Workshop on Rt. 3 or call 776-7012 and the papers will be picked up.

For questions about Earth, call  
Lisa Barnes at 532-5866.



*I shall be telling this with a sigh  
Somewhere ages and ages hence:  
Two roads diverged in a wood, and I-  
I took the one less traveled by  
And that has made all the difference.*





Ten years! Here are some of the many faces that brought UFM together over the years. Those of us on the staff during our 10th year celebration would like to say thank you for your fine work. Pictured from the top, left to right are Nina and Thorin Miley, Carmen Chirvero, Bee and Len Epstein, Owen and Diane Wrigley, Doug Hosney, Lorraine Nesmith, David Hursh, Karen Slack, Stephanie Brock, Dennis Lofgren, Alan and Jan Brummell, Velina Houston, Jani Sherrard, Miriam Shaheed, Terri Kerr, Larry Wheeler, Shelby Grimm, Keith Spare, Ann Swegle, Clif Castle, Robin Lawrence, Steve Ernst, Sue Sandmeyer, and Art Elliot.





#### THE BETTER BAGEL

Larry Decker 537-9456  
 Friday, 7pm  
 Length: One time, Feb 24  
 Location: UFM Kitchen  
 1221 Thurston

Are you tired of being victimized by store-bought bagels? Do you find yourself apologizing to your creamcheese? Beat the system and come boil, broil, and bake bagels with Larry. He will also provide you with his special recipe for homemade salami. (Larry, who is from New York where bagels reign supreme, is encouraging ethnic cooking in Kansas as an alternative in dining.)

#### SWEDISH TIMBALES

Dolores and Liz Gowdy 537-4971  
 Monday, 7:30pm  
 Length: One time, Feb 27  
 Location: UFM Kitchen  
 1221 Thurston  
 Materials fee: 50¢ - pay at registration

The Swedes are known world-wide for their delicious cuisine and especially for their timbales, edible fried snowflakes dusted with powdered sugar. Timbales melt in your mouth, impress your children and guests, and are incredibly inexpensive and easy to make. Come and let Dolores and Liz show you how! (Dolores and Liz bake like nobody's business but are somehow remarkably skinny.)

#### DONUT MAKING

Cheryl Heying 532-5866  
 Monday, 7:30 pm  
 Length: One time, Mar 6  
 Location: UFM Kitchen  
 1221 Thurston  
 Materials fee: 25¢ - pay at registration

Donuts are easy to make, and what could be better than a fresh hot treat smothered in a sticky glaze? Come on over and learn the techniques that lead to some of the best eating around. Rising, punching, and kneading the dough will all be demonstrated, and then followed by some hardy chewing down. (Cheryl has made hundreds of donuts in her time and loves making them almost as much as eating them.)

#### 3 SOUFFLES

Gabrielle Bailey  
 Saturday, 10am  
 Length: One time, Apr 8  
 Location: UFM Kitchen  
 1221 Thurston

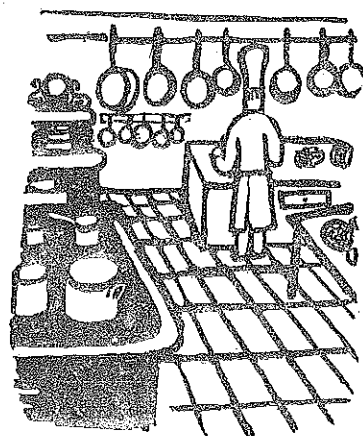
Limit: 10  
 Materials fee: \$1 - pay at registration

We will make a very sturdy cheddar cheese soufflé that no one can wreck, a rather nice crabmeat soufflé with shrimp sauce, and a dessert soufflé flavored with Grand Marnier. If you like, we can also make a cheese and mushroom soufflé that smells like pizza. (Gabrielle has never been a meat and potatoes man.)

#### QUICHE LORRAINE

Kathy Strom 537-8787  
 Thursday, 6:30pm  
 Length: One time, Mar 2  
 Location: UFM Kitchen  
 1221 Thurston  
 Limit: 10  
 Materials fee: 75¢ - pay at registration

Impress your friends, neighbors and mothers with your uncanny culinary ability to make and bake a quiche for their dinner! How are they going to know you can barely fry an egg? Kathy will show you how simple, delicious, variable and inexpensive it is. And, best of all, quiches are quick. (Kathy learned to make quiche in UFM's International Cooking class.)



#### BREADMAKING FOR BEGINNERS

Shirley Allen 539-8063  
 Monday, 7:30pm  
 Length: One time, Feb 20  
 Location: UFM Kitchen  
 1221 Thurston

Shirley will show you how deceptively easy it is to make and bake your own additive/preservative-free whole wheat bread. Learn to take out your aggressions without fear of reprisal: Kill yeast, knead and punch dough. Grandma will be proud of you. (Shirley is studying dietetics and is currently doing her management semester.)

#### HOMEMADE BREAD AND CHEESE FEAST

Jim Clark 539-5818  
 Ann Atkinson  
 Sunday, 3pm  
 Length: One time, Feb 26  
 Location: UFM Kitchen  
 1221 Thurston  
 Limit: 12

This festivity is for anyone who warms at the thought of baking, smelling and eating homemade bread on a winter afternoon. Bring your favorite, freshly-baked bread (whether uncommon or traditional) and a copy of the recipe. Or, if you wish, bring along some of your favorite cheese. (Both Ann and Jim have been making bread for several years.)

#### REAL RED PASTA

Pam Scalora  
 Friday, 8pm  
 Length: One time, Mar 10  
 Location: 610 Vattier  
 Limit: 8

In this course, Pam will teach you to make Real Red Pasta which will include her basic Italian sauce and some variations thereon. She will also demonstrate how to cook pasta properly (both white and whole wheat pastas) by making the Real manicotti and other traditional favorites. (All of Pam's relatives are from Sicily, and many still live there.)

#### BARTENDING

Tim Killeen 537-7991  
 Jack Kiser  
 Wednesdays, 8pm  
 Length: 3 times  
 First meeting: Mar 1  
 Location: 1431 Poyntz  
 Limit: 20  
 Materials fee: \$7.50 - pay at registration

Ever tried getting a decent drink in Kansas? Difficult, isn't it? The problem can be solved by purchasing the necessary materials and throwing them together yourself. Learn the basic recipes and skills of bartending along with a selection of exotic drinks. (Tim has had 24 years experience mixing and drinking. Jack is only coming along to help hold him up.)



#### CHICKEN CURRY

Nancy Franklin  
 Wednesday, 7pm  
 Length: One time, Mar 22  
 Location: UFM Kitchen  
 1221 Thurston  
 Limit: 10  
 Materials fee: 50¢ - pay at registration

Many people suffer from the delusion that a curry is anything to which one adds a bit of curry powder (a combination of 8-15 different spices). Simple curries are thin soups while more elaborate curries can contain any vegetable or fruit. Nancy will demonstrate and serve you a chicken curry and also explain vegetarian curries. (Nancy has lived in India and has developed her own special chicken curry.)

#### CHEESECAKE

Mark Marchionni 539-9229  
 Carol Dziadik  
 Thursday, 7:30pm  
 Length: One time, Mar 9  
 Location: UFM Kitchen  
 1221 Thurston  
 Limit: 14  
 Materials fee: 75¢ - pay at registration

If your knees grow weak at the very idea of the taste of smooth, creamy cheesecake, and if baking it yourself turns you on, come visit with two of New York's finest bakers. There is a small fee of 75¢ for the materials so you can taste the best cheesecake in Manhattan. (Mark and Carol, New York's finest, have taught this course for the last two years.)





GRAINS, BEANS, AND SEEDS

Pam Scalora  
 Wednesday, 8pm  
 Length: One time, Apr 5  
 Location: 811 Colorado

Do you know what fennugreek seeds are? Aduki beans? How about triticale? In this course, Pam will introduce you to a whole new world of food, that of whole grains and dried beans and seeds. She will explain how to identify, use, and sprout them and how to make malt from rye, wheat and barley. (Pam has varied and improved her diet "a million-fold" with black turtles (?) and mung beans.)

VEGETARIAN COOKERY

David Weigel  
 Debe Soto 539-0307  
 Wednesdays, 6pm  
 Length: 4 times  
 First meeting: Feb 22  
 Location: 529 Pierre, Apt. 4  
 Limit: 8  
 Materials fee: \$2.50 - pay at registration

Nutrition? Economics? Compassion? Whatever the reason, if you are interested in vegetarian diet and wish to try some meatless dishes, come and share your thoughts and appetite. Steaming, sprouting, culturing, combining (amino acids), and milling are some of the techniques of vegetarian cooking. Two suppers and a Saturday morning breakfast will be followed by an opportunity to exhibit your creativity in a potluck finale. (Debe and Dave are vegetarians who like cooking with Mother Nature and other folks.)

NUTRITION AND HEALTH FOOD

Scott Razak 776-4067  
 Julie Yerger 537-2537  
 Wednesdays, 7pm  
 Length: 5 times  
 First meeting: Feb 22  
 Location: 1112 Bluemont  
 Limit: 10

Julie and Scott will provide in-class demonstrations on adapting standard recipes to health foods (white to whole wheat flour, etc.), and discuss recipes (both foreign and domestic) that are deliciously, nutritionally complete. The necessary steps to being a healthy vegetarian will also be discussed. (Julie is a Home Economics major with a sincere interest in nutrition. Scott is an excellent cook who takes care that what he eats is balanced.)

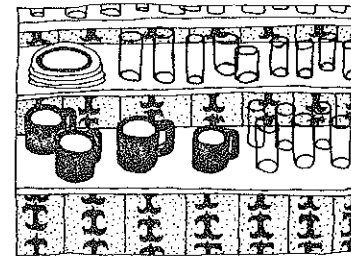
SPROUTING: A NEW ADVENTURE IN HEALTH AND EATING

Debbie Joanne Stevens  
 Tuesday, 7pm  
 Length: One time, Feb 21  
 Location: UFM Kitchen  
 1221 Thurston

Sprouting is a must for all who want a healthy addition to their diet. Sprouts are a natural energy food source. They have no waste in preparation, and are ecological and economical (a few pennies for a meal). Sprouts are an excellent natural source of protein and vitamins. In this class, we will discuss what a sprout is and how to sprout various beans, seeds and grains. Sprout samples, tasty alfalfa sprout cookies and live sprout recipes will be provided for samples. (Debbie has 10 years of experience in sprouting. She is such an avid sprouter that she has traveled throughout the U.S. with her sprouts.)

DINING OUT IN KANSAS

Neither blinding snowstorm nor blazing hot sun has managed to stop this group of hearty souls bent on sampling the very best cuisine Kansas has to offer. In our year and a half of existence, we've done a lot of sampling, and we are now preparing to forge onward to new vistas this spring. A (re)organizational meeting will be held Wednesday, February 22, at 6pm, in the UFM Conference Room to decide dates and locations for future gatherings. Please bring 5 self-addressed, stamped, legal size 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.



FOOD ADDITIVES

Jane Bowers  
 Tuesday, 6:30pm  
 Length: One time, Apr 18  
 Location: KSU, Justin Hall, Rm 149

Food additives like BHA, BHT, nitrates and nitrites are receiving much attention, lately, as possible causes of cancer. Other food additives, however, seem to cause no ill effects. In this course, Jane will provide information about what food additives are. Participants will learn about the uses, functions, and dangers of food additives. Learn what to check out on food labels by coming to this course. (Jane Bowers is the head of the Department of Foods and Nutrition.)

NUTRITIONAL CONCEPTS FOR PREGNANT WOMEN

Elaine Hauptman 539-1058  
 Tuesday, 7pm  
 Length: One time, Mar 14  
 Location: Manhattan Public Library  
 Juliette and Poyntz  
 Materials fee: 25¢ - pay at registration

Everyone who wants children wants healthy children. We know health starts while the child is still developing within the mother's body. This class will explore fetal development and how it relates to the nutritional needs of the pregnant woman. (Elaine has an M.A. in Public Health Nutrition and has professional experience in pre-natal nutrition counseling.)

HYPOGLYCEMIA

Becky Spiker 537-4571  
 Bonnie Hansen  
 Thursday, 7:30pm  
 Length: One time, Apr 20  
 Location: 1st Lutheran Church Parish Hall  
 10th and Poyntz

Over 50 million people suffer from hypoglycemia. Some of the symptoms are low blood sugar, obesity, unusual heart rhythms, dizzy spells and cravings for alcohol, sweets and caffeine. In this course, Bonnie and Becky will lead discussion of hypoglycemia's related problems and treatment. Nutritious diets and recipes for sugarless cooking will be discussed. (Bonnie and Becky are both hypoglycemics and have worked in health related fields for some years.)

SAUERKRAUT

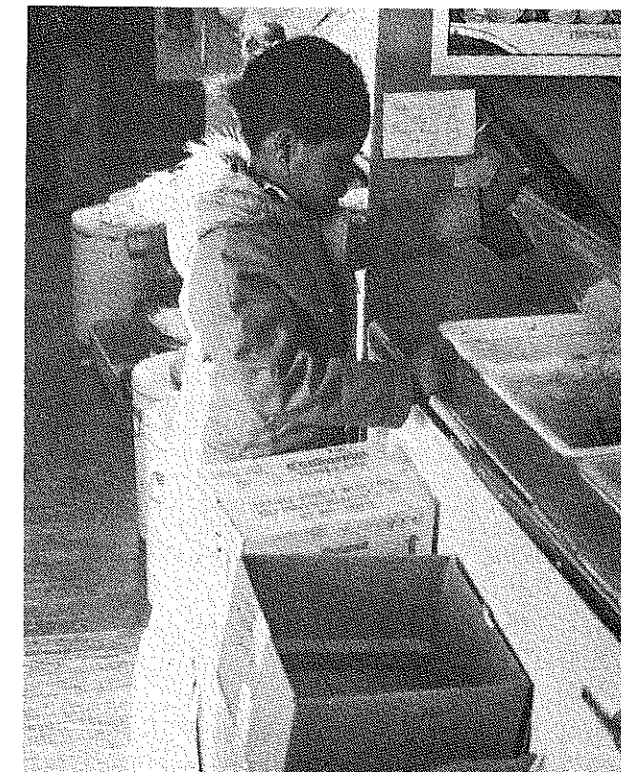
Chuck Marr 532-6173  
 Thursday, 7:30pm  
 Length: One time, Apr 27  
 Location: KSU, Waters Hall, Rm 41

Chuck will demonstrate the simple process of making your own sauerkraut. He uses the USDA recipe and process which has the exact proportions of salt and cabbage. He will also discuss canning and freezing techniques. (Chuck grew up on a farm where sauerkraut was made every year for 10 years.)

INTERNATIONAL COOKING

Lois Morales 539-8867  
 Wednesday, 7:30pm  
 Length: Ongoing  
 First meeting: You will be contacted.

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 - \$2.00. Each member of the class will take responsibility for organizing and hosting a session. (Lois has helped to offer this class for several years.)



For questions about Foods classes, call Teena Hosey, 532-5866.



#### DIAL-A-PARTNER

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

#### OUTING CLUB

Alan Sink 539-8324  
Wednesdays, 7pm  
Length: Indefinite  
First meeting: Feb 22  
Location: KSU Union, Rm 205A

Caving, canoeing, camping, hiking, picnicking, bike touring and cross-country skiing - if these activities interest you and you want to do them the cheapest way, the Outing Club is for you. The club is an informal, self-motivated group where members are encouraged to lead trips which interest them. We pool rides and divide up the cost of each trip among the participants. This winter we will be going cross-country skiing in Manhattan and out of state. Meetings will be held periodically to plan various new trips and share experiences of earlier trips. Everyone welcome, regardless of ability or experience.  
(Al climbed Mt. Rainier last year and has years of experience in the out-of-doors.)

#### SKIING AROUND MANHATTAN

John Abell 539-2502

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

#### RUNNING, THE ART OF PAIN

All of the following classes will deal with health, fun, and the joy of running. Beginners can be guided in the How To's of Running, an introduction to running; Low Threat Runner Competition, a class for advanced running; and Runners World--UFM Fun Runs, a class for those who want to make jogging a part of their life.

#### THE HOW TO'S OF RUNNING

Sue Kidd 494-2792  
Joe Smith

#### RUNNER'S WORLD - UFM FUN RUNS

Sue and Randy Kidd 494-2792  
Feb 21 KSU, Old Stadium 9:30am

#### LOW THREAT RUNNER COMPETITION

Don Keith 539-6738  
Mar 1 UFM Fireplace Room 7:30pm

#### BACKPACKERS OF KANSAS

Sue Kidd and Others 494-2792  
Wednesday, 7:30pm  
Length: One time, Mar 8  
Location: UFM Fireplace Room  
1221 Thurston

Backpackers of Kansas supports responsible, conservation backpacking and hiking in Kansas through cooperation with private land owners and public agencies. We are working to increase the enjoyment of our unique area through backpacking, hiking and nature appreciation. Several outings are planned. Experienced and novice hikers along with families are encouraged to join.  
(Sue is experienced in all types of outdoor life and enjoys the beauty which Kansas offers.)

#### AERIAL WIZARDS

Gordon Plank 539-4903  
Sundays, 2pm  
Length: Indefinite  
First meeting: Feb 26  
Location: KSU, Band Practice Field

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

#### FAMILY CANOEING

Bob and Barbara Poresky 539-2967  
Wednesdays, 8pm  
Length: Indefinite  
First meeting: Mar 28  
Location: 3016 Claflin

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

#### PHYSICAL FITNESS THROUGH WALKING: GETTING STARTED ON A DAILY EXERCISE PROGRAM

Earl Nolting 532-6432  
Tuesday, 7:30pm  
Length: One time, Mar 21  
Location: UFM Conference Room  
1221 Thurston

The purpose of this class is to help adults who are interested in starting a regular exercise program. Walking is an ideal alternative for many reasons - special equipment or facilities are minimal and it can be done near home or work. The discussion will include getting started, exercise programs now available, when and where to walk, special problems, and how to stay with it when tempted to quit.  
(Earl has been walking for exercise for over 5 years)

#### NOW YOU SEE IT, NOW YOU DON'T

Paul Ventruella 537-9379  
Tuesdays, 7pm  
Length: Indefinite  
First meeting: Feb 21  
Location: KSU, Union Board Rm  
Limit: 20

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

#### PLAYER PIANO FUN

Frank Keller 539-8844  
Wednesday, 7:30pm  
Length: One time, Mar 8  
Location 2105 Blue Hills Rd.

This class will cover the basics of the player piano. Topics will include the purchase, repair and maintenance of your own player piano and we will enjoy an evening of beautiful musical entertainment.  
(Frank has enjoyed the player piano for years.)

#### PSYCHIC PHENOMENON OR INVESTIGATING - ESP

Paul Ventruella 537-9379  
Wednesdays, 7pm  
Length: 3 times  
First meeting: Apr 12  
Location: UFM Fireplace Room  
1221 Thurston  
Limit: 20

This will be a skeptical look at ESP and psychic phenomenon. Discussion will focus upon psychics such as Uri Geller. Take this class and you too will be able to read minds and predict the future - just like the famous psychics.  
(Paul has been teaching magic for years and is now branching out into wider fields.)



#### PHYSICAL FITNESS

Vida Stanius  
Mondays, Tuesdays, Wednesdays, 5:30-6:30pm  
Length: 10 weeks  
First meeting: Feb 20  
Location: UMHE Auditorium  
1021 Denison  
Limit: 30

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 should serve as a good workout. Exercising can be both functional and fun. Please wear tights, leotards and a comfortable pair of sneakers.  
(Vida taught physical education in high schools and has taken numerous exercise classes before.)

#### UNITED FRISBIERS OF MANHATTAN (UFM)

Ken Low  
Sundays, 2pm  
Length: Indefinite  
First meeting: Feb 26  
Location: KSU, Band Practice Field

This class is offered for the inexperienced frisbee player. The class will cover the five basic throws and several different ways of catching. Goals for the class are throwing 3 out of 5 ways, making a couple of trick catches, beating the advanced group at games (ultimate being the main game), and finally, graduating into the advanced group. Bring your own frisbee.  
(Ken has been with UFM for 3 years.)

CO-REC VOLLEYBALL

Cheryl Heying 532-5866  
Tuesdays, 7pm  
Length: Indefinite  
First meeting: Feb 21  
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.

(Cheryl has been playing volleyball since grade school and is always searching for a good on-hand-spiker to be on her team.)

RHYTHMIC AEROBICS

Enell Foerster 537-0977  
Monday, Wednesday, Friday, 7:30am  
Length: 12 weeks  
First meeting: Feb 20  
Location: UMHE  
1021 Denison  
Limit: 45

Rhythmic aerobics involves exercise movements, dance steps, running, jumping, and jogging to music. You should experience improved cardiovascular fitness and muscle tone.

(Enell has taught exercises and is a certified aerobic dance instructor.)

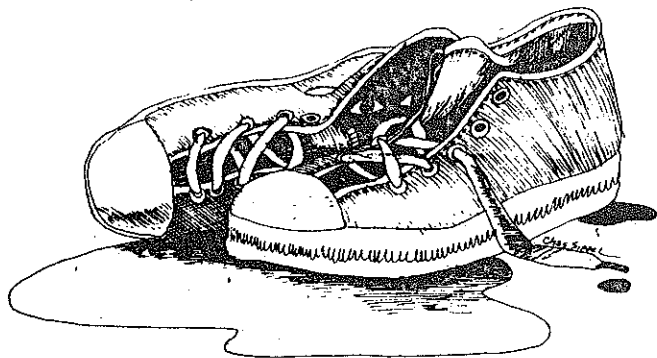
HANDBALL EXPERIENCE

Dennis Roper 539-6506  
Bruce Allison 537-8592  
Mike Bond 537-2378

Sundays, 9am  
Length: Indefinite  
First meeting: Mar 5  
Location: KSU, Washburn Complex

The first session will cover the rules and basic playing techniques of outdoor handball. From then on, enthusiasts can get together for an hour or two of play. Bring your handball and gloves to the court.

(Dennis, Bruce, and Mike have taught handball for UFM before.)



HAKKORYA JIJITSU

Stan Wilson 537-1930  
Warren Rosenbraugh  
Sundays, 5:30pm  
Length: Indefinite  
First meeting: Feb 26  
Location: KSU, Ahearn Rm 109  
Limit: 40

Hakko Ryu is a self defense-oriented but very mild martial art form. Basic movements will be covered first; then we will progress into self-defense variations.

(Stan has recently received head instructor rank in Hakkorya Jujitsu with experience in tudo karate and kubudo. Warren has been practicing jujitsu for two years and has his brown belt.)

MARTIAL ARTS IN THE MORNING

Stan Wilson 537-1930  
Tom Graham 539-7392  
Tuesdays, Thursdays, 6:30-8:30am  
Length: Indefinite  
First meeting: Feb 21  
Location: KSU, Ahearn Rm 109

This time is for all types of martial artists to get together and exchange ideas and techniques. Stan and Tom are kicking around ideas about a K-State Karate Sports Club and a Manhattan Martial Arts Union. Come and share your ideas.

(Stan has recently aquired head instructor rank in Hakkorya jujitsu and has experience in tudo Karate and Kubudo.)

SELF DEFENSE FOR WOMEN

Marshall Schmitt 537-2112  
Shannon Broussard  
Feb 20 6 weeks 8-9:30am KSU, Ahern, Rm 109  
Lori Hostetler 539-1390  
Feb 20 5 weeks 7:30pm 711 Denison

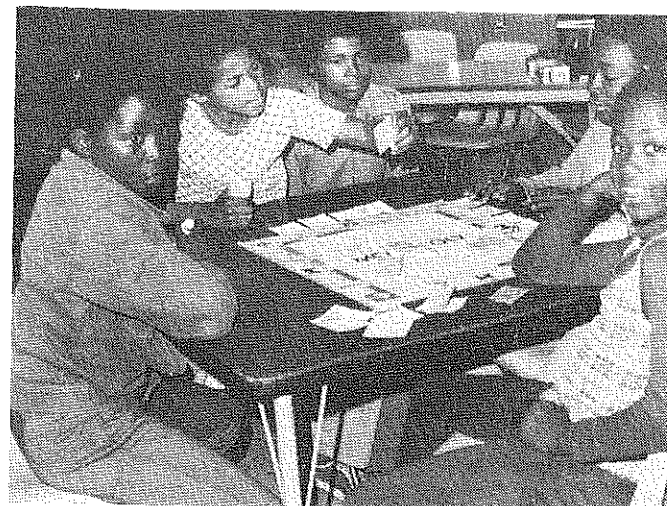
These classes will cover defense tactics for women which involve natural body weapons along with normal hand and purse items. Please sign up for the section you wish to attend.

WOMEN'S WEIGHT TRAINING

Ross Lawrence 537-1445  
Tuesdays, and Thursdays, 1:30pm  
Length: 9 weeks  
First meeting: Feb 21  
Location: KSU, Ahearn, Weight Room  
Limit: 30

This class will teach women proper techniques for lifting weights. Participants will also learn how to set up routines for lifting which can be used in a fitness program. You should wear clothes in which you can move freely.

(Ross is a Physical Ed Major with six years of lifting experience.)



LET'S PLAY CHESS

David Weigel 539-0307  
Mondays, 8pm  
Length: Indefinite  
First meeting: Feb 20  
Location: UFM Fireplace Room  
1221 Thurston

This class will provide a medium of exchange for beginning and experienced chess players. We will share strategies and play. A tutor will be provided for beginners. Bring your boards, books, and brains.

(David has been playing chess as long as he can remember and has played in several regional and national tournaments.)

SPEED CHESS TOURNAMENT (5-Min)

Bob Levy  
Cheryl Heying 532-5866  
Wednesday, 11:30-1pm  
Length: One day, Mar 8  
Location: KSU, Union Courtyard

Let's expose K-State to the excitement of a speed chess tournament, complete with official boards, clocks, and nameplates. This event will be held for all to see. Both rated and unrated players are welcome.

(Bob and Cheryl have been playing chess for years and have participated in speed tournaments before.)

BOARD WARGAMING

Paul Clemens 776-8068  
Wednesdays, 7pm  
Length: Indefinite  
First meeting: Feb 22  
Location: UFM Banquet Room  
1221 Thurston

This class will introduce participants to board wargaming and provide them with an opportunity to strategize a few hours each week. A wide variety of situations, levels of combat, environments, and historical events will provide the basis for weekly meetings.

(Paul has been playing war games for over 10 years.)

SO YOU WANT TO GROW FINS?

Summer is creeping up on us again, so why not get in some practice this winter and be ready to hit the beach when the snow melts? All instructors are qualified by the Red Cross and are experienced in teaching these classes.

BEGINNING SWIMMING

Joann Weseloh-Hurtig 776-9943  
Janet Noel 776-3713

Wednesdays, 7:30am  
Length: 7 weeks  
First meeting: Feb 20  
Location: KSU, Natatorium  
Limit: 20

INTERMEDIATE SWIMMING

Sarah Cosgrove 539-2334

Thursdays, 7:30pm Jam  
Length: 10 weeks  
First meeting: Feb 23  
Location: KSU, Natatorium  
Limit: 15

ADVANCED LIFESAVING

Tom Deaver 537-2962

Mondays, Wednesdays, Fridays, 7:30am  
Length: 8 weeks  
First meeting: Feb 20  
Location: KSU, Natatorium  
Limit: 15

Persons seeking summer employment based on this should also take a first-aid course if they are not certified already.

BEGINNING SCUBA DIVING

George Halazon 532-5840  
Fridays, 7:30am  
Length: 12 weeks  
First meeting: Feb 24  
Location: KSU, Natatorium  
Materials fee: \$20.00 covers costs of air, book.  
To be collected at class.

ADVANCED SCUBA DIVING

George Halazon 532-5840  
Sunday, 8 - 10am  
Length: 12 weeks  
First meeting: Feb 26  
Location: KSU, Natatorium  
Materials fee: \$20.00 covers costs of air, book  
To be collected at class.

For questions about Play, call Cheryl Heying at 532-5866.





## body

### FIRST AID MULTIMEDIA

Suzette Stein (Section I) 539-7069  
Enell Foerster (Section II) 537-0977

Saturday, 8am-4pm  
Length: One time, I - Feb 18  
II - Mar 4  
Location: Red Cross Office  
1619 Poyntz

Limit: 12  
Materials fees: \$4-\$6 - pay at class

This is the American Red Cross Instructional System, featuring filmed demonstrations, guided practice sessions, and programmed work books. The student is certified as a standard first-aider 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 and Suzette are certified Red Cross First Aid Instructors.)

### HATHA YOGA

Bert Franklin 539-0495

Section I Tuesdays, Mar 7, 5:30pm  
Section II Thursdays, Mar 9, 5:30pm (for over 40's)  
Length: 8 times  
Location: Newman Center  
711 Denison  
Limit: 8 each section

These classes include 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, and for knowledge and enjoyment of the self. (Bert has completed over 200 yours of individual instruction with his guru, Sri T.K. Krishnamacharya.)

### HATHA YOGA, PHILOSOPHY & MEDITATION

Loren Hough

Length: 8 times  
Section I Mondays, Feb 27, 5:30-7pm  
Section II Tuesdays, Feb 28, 5:30-7pm  
Section III Wednesdays, Feb 29, 5:30-7pm

Location: UFM Conference Rm  
1221 Thurston

Limit: 12 per Section

The basic idea of this course is experiencing free will, beginning with the choice of thought and continuing it into action. Hatha Yoga helps you feel better as you decide to, is uplifting and not tiring. (Loren learned hatha yoga from Dr. Franklin and has continued his practice for 3 years.)

### A MASSAGE INTENSIVE

Samara Anemones Adrian 539-5106

Sundays, 1-5pm  
Length: One time,  
Section I Feb 26  
Section II Mar 12  
Section III Mar 26

Location: 326 N. 16th  
Limit: 4 men/4 women each section

We will explore massage as a form of open communication between human beings. We will join together to learn the art of massage in order that we can better give and receive with those about whom we care. Please indicate at registration which section you wish.

(Samara was trained in massage during six months as a Kundalini Yogi. She then worked in a one year interchange program with a professional masseuse.)

### HANDLING STRESS CREATIVELY

Charlie Griffin 485-2762  
Tom Ryan  
Melody Williams 532-5866  
Bob Hubert

Thursdays, 7:30pm  
Length: 5 times  
First meeting: Feb 23  
Location: KSU, Union, Rm 207

Feb 23 - Introduction: Prevention of stress-related illness, maintenance of health, handling stress as a positive growth process and some simple ways of evaluating our own stress management.

Mar 2 - Physiology of stress/Stress-related disorders. Tom will guide us to understand the process from initial responses to stress to the development of physical disorders.

Mar 9 - Stress reduction techniques - Charlie will experientially introduce us to such techniques as biofeedback and imagery.

### NO MEETING OVER SPRING BREAK

Mar 23 - Melody will lead the evening on becoming aware of bodily energy flow through beginning exercises in sensory awareness, tai chi, breath focusing, Arica and Polarity techniques.

Mar 30 - Bob will help us learn self-image (Do-in and acupressure) and spiritual healing (aura cleansing).

(All four leaders have worked individually for several years in the health maintenance field.)

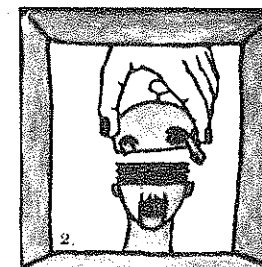
### INTRODUCTION TO THE BODY CHEMISTRY AND NUTRITIONAL ANALYSIS PROGRAM

Betty Franke 776-3242  
Kathy Nelson 776-7854

Length: One time  
Section I Tuesday, Feb 21, 7pm  
Section II Wednesday, Feb 22, 1:30pm  
Section III Thursday, Feb 23, 7pm  
Location: Professional Building, Suite E  
404 Humboldt

This is a new program in the Manhattan area. We will explain how better oral, physical, and mental health can be achieved by balancing the body's chemistry. Please indicate which section you plan to attend. (Betty and Kathy are involved in the dental profession and with the areas of nutrition and total-body health.)

## awareness



### HOW TO FIGHT DIRTY & WIN ARGUMENTS

Veryl Muhrer 816-531-9226  
Dale Holland

Saturday & Sunday, 9-5  
Length: One weekend  
First meeting: Mar 4 & 5  
Location: Kansas State Park  
1010 Westloop

Limit: 20  
Materials Fee: \$5 - pay at registration

Do you feel that "the authorities" are putting you on? Do you get caught "with your pants down" when you try to argue politely? Can you see through deception and turn defeat into victory? This special workshop will cover how to be mean to ministers, bigots, and chauvinists. Recommended books may be purchased.

### PRACTICAL PARENTING FOR PARENTS OF ADOLESCENTS

John Cook 539-5337

Mondays, 7:30pm  
Length: 5 times  
First meeting: Feb 20  
Location: Manhattan Public Library  
Juliette and Poyntz

Limit: 16  
Materials fee: \$5 - pay at registration

PRACTICAL PARENTING is an educational (not therapy!) program designed to: 1) open better parent-child communications, 2) build respect and loyalty, 3) reduce parent-child conflicts, and 4) increase cooperation between parents and children. Application of the materials necessitates that parents actively participate in the discussions and activities. (John is employed as a child and family therapist and has a special interest in the prevention of family problems.)

### CLOWN WORKSHOP

Rev. David Fly 537-0593  
Wednesdays, 7:30-9:30pm  
Length: 4 times  
First meeting: Apr 5  
Location: Baptist Campus Center  
1801 Anderson

The clown has a very special place in culture, and our culture has a special need for the clown. By exploring our own "clown within," we will nurture in ourselves a new sense of authenticity and spontaneity. (David was once a professional clown and has led clown workshops in many parts of the country.)

### SHYNESS

Richard Harris 532-6850  
Mondays, 7:30pm  
Length: 3 times  
First meeting: Feb 20  
Location: 720 Moro  
Limit: 25

Are you locked in the "silent prison" of shyness? Come and discuss, with others like yourself, what shyness is and how it can be overcome. (Richard teaches psychology at KSU and has been working for years to overcome his own shyness.)

### COMMUNICATION SKILLS FOR COUPLES

Candy Russell 532-5510  
Ray Atilano 532-5519

Tuesdays, 7-9pm  
Length: 4 times each  
Section I Mar 21  
Section II Apr 18  
Location: KSU, Justin Hall, Rm 242  
Limit: 5 couples each time

This program assumes intimate relationships are continually being maintained, re-established and modified, largely through communication. The approach is educational and is not a counseling group. It is intended for couples (any two people who have a meaningful relationship) who enjoy their present relationship and wish to build on that strength. (Candy is an assistant professor and Ray is a graduate student in the KSU Department of Family and Child Development.)

### ASSERTIVE TRAINING

Margaret Nordin 532-6432  
David Raney

Tuesdays, 7:30-9:30pm  
Length: 6-8 weeks  
First meeting: Feb 21  
Location: Catholic Student Center  
711 Denison

Limit: 10  
Materials fee: \$1.50 - pay at class

Do you feel guilty when you say "no"? Do you remain silent at meetings, then wish you had spoken out? Do you hesitate to initiate or terminate conversations? If so, appropriately assertive (not aggressive) behavior may be an answer for more effective living. (Margaret has been doing assertive training programs for the past four years. David has had recent experience in assertive training and with other groups.)

CAREER CHOICE ASSISTANCE SERIES

Donna Kater 532-6432

Location: KSU, Farrell Library, Rm 502A  
Limit: 15 each session

YOU MAY ATTEND ANY OR ALL SESSIONS : INDICATE AT  
REGISTRATION WHICH YOU PLAN TO ATTEND

Session I - LIFE PLANNING - Feb 22 and 23, 6:30-10pm.  
With help from the group, we will practice tools of  
self-assessment, goal-setting and realistic planning.

Session II - CAREER EXPLORATION - Mar 4, 8:30am-4pm.  
The Strong-Campbell interest inventory and the tools  
of information gathering, analyzing, and decision-  
making will help us move toward appropriate career  
decisions.

Session III - JOBSEARCH - Mar 29 and 30, 6:30-10pm.  
We'll discuss where and how to look for a job; and  
we'll practice resume writing and interviewing.  
(Donna heads KSU's Career Choice Assistance Program.)

VALUE CLARIFICATION

Maxine Lentz 532-6541  
Women's Resource Center

Wednesday, 1-2:30pm  
Length: One time, Mar 1  
Location: KSU, Union, SGS Office  
Limit: 10

This group will focus on discussions and activities  
that stimulate examination of the participants'  
values, feelings, and behavior in relation to deci-  
sions that they are making about their lives.  
(Maxine coordinates the Women's Resource Center.)

I'M OK -- YOU'RE OK WEEKEND

Warren Rempel 539-4281

Friday, 7:30-10pm, Sat. 9am-5pm, Sun. 1-5pm  
Length: One weekend  
First meeting: Feb 24 - 26  
Location: UMHE  
1021 Denison Ave  
Limit: 10

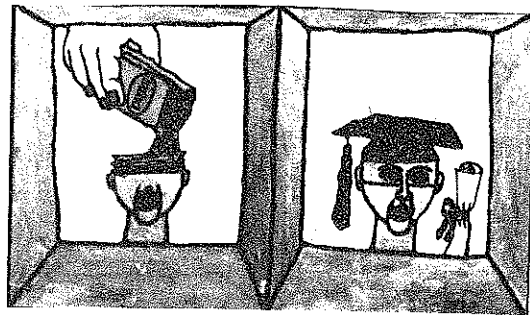
This weekend is an introduction to Transactional  
Analysis and the use of TA tools for growth and  
awareness, self-understanding, ability to relate to  
other persons in creative ways. It will also provide  
help in undoing the programmed responses and patterns  
of the past, and liberating the self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

RATIONAL THINKERS

Ina Atkins 539-2171

Mondays, 8pm  
Length: 8 times  
First meeting: Mar 20  
Location: Baptist Campus Center  
1801 Anderson  
Limit: 10

Is the achievement of your personal goals often  
sabotaged by self-defeating emotions and behavior?  
Examine your thinking process and learn to control  
your emotions rationally with Rational Self Coun-  
seling (based on ideas from Maxie Maultsby's  
Rational Behavior Training Program).  
(Ina attended one of the Rational Behavior Training  
University of Kentucky's training center.)



PSYCHOSYNTHESIS - A JOURNEY TOWARD SELF

Warren Rempel 539-4281

Friday, 7:30-10pm, Saturday 9am-5pm  
Length: One weekend  
First meeting: Mar 3 - 4  
Location: UMHE  
1021 Denison Ave  
Limit: 12

We will explore psychosynthesis as a psychological  
and educational approach for recognizing and harmon-  
izing the many, often conflicting, elements of our  
inner lives. Imagery, reflection, meditation, and  
other growth processes will be explored.  
(Warren is experienced in leading a variety of  
growth groups, has a background in Jungian psychology,  
TA and psychosynthesis.)

MARRIAGE PREPARATION CONFERENCE

Father Norbert Dlabal 539-7496  
Father Dan Scheetz

Mondays, 7:30pm  
Length: 6 times  
First meeting: Feb 20  
Location: Catholic Student Center  
711 Denison  
Materials fee: \$2 - pay at class

This course is for newlyweds or couples who intend  
to marry within a year. All faiths will benefit.  
Feb 20 - Personal growth, communications, and decision  
making during courtship and early marriage.  
Feb 27 - Adjustments, communication, building a rela-  
tionship and deepening of love in marriage.  
Mar 6 - John Condermon, local attorney, will look at  
the legal aspects of marriage.  
Apr 3 - Ethical concerns - contraception, natural  
family planning, abortion, sterilization,  
and responsible parenthood.  
Apr 10 - The spiritual and sacramental dimension of  
marriage.  
Apr 17 - Dr. Rex Fischer discusses some physical  
and psychological aspects of marriage.

SETH

Jean Burnham 539-1546

Mondays, 8pm  
Length: Semester  
First meeting: Feb 20  
Location: 1801 Humboldt  
Limit: 8

We will use The Nature of Personal Reality by Jane  
Roberts as a text and will work on changing our  
lives through changing beliefs. It would be desira-  
ble to have read at least one book in the "Seth"  
series before enrolling.  
(Jean taught this class once before and reports that  
the group had a great experience.)

RESPONSE TO HOUSTON

KSU Women's Resource Center 532-6541

Thursdays, 9-11am  
Length: 10 times  
First meeting: Feb 23  
Location: KSU, Union, Stateroom 2

After the first meeting, we will schedule other times  
and locations. We will cover the resolutions passed in  
Houston, using lectures, films, discussions, and  
other presentations. Examples of topics we hope to  
explore include ERA, credit for women, women--a  
world view, personal liberation, careers for women,  
minority women and rape.

ADULT STUDENT SOCIAL

Women's Resource Center 532-6541

Thursdays, 1:30-3:30pm  
Length: Semester  
First meeting: Feb 23  
Location: KSU, Justin Hall, Hoffman Lounge

Women's Resource Center is sponsoring an Adult Stu-  
dent Social. The program is geared to adults re-  
turning to the university campus after a consider-  
able time away from the educational scene. The weekly  
social will feature a planned program each month.

# women's center

The Women's Center of Manhattan, 611 Poyntz, is  
designed as a meeting place and clearinghouse for  
all women of the community. To become involved, you  
may wish to attend a potluck (4th Thursday monthly),  
or volunteer your time or resources. You may use  
our study to get some quiet or use our library.  
Drop in or call 539-6914 for information or referral  
on events or services of importance to women. Or  
attend a workshop or class - the following are  
among those we offer:

FILM SERIES

Women's Center of Manhattan 539-6914  
Wednesdays, 7:30pm  
Length: 4 times  
First meeting: Mar 1  
Location: Women's Center of Manhattan  
611 Poyntz

Interested folk of all genders are invited. Donations  
will help with postage.

- March 1....."Women's Rights in the U.S."-- 25 enter-  
taining minutes of quotes, blips and  
blurbs of feminists of the past 200  
years.
- March 8..... "Women on the March"--60 minutes de-  
tailing the changing status of women.
- March 22..... "Marriage"--17 minutes on how to cope  
with your marriage in light of other  
stresses of contemporary life. Marriage  
traditions in other countries are also  
discussed.
- March 29..... "Men's Lives"--approximately 25 minutes  
showing the overlooked pressures on  
men to fit stereotyped roles that  
are uncomfortable for them and  
strategies some men have adopted for  
dealing with this problem.

OUR BODIES, OUR SELVES--A SERIES

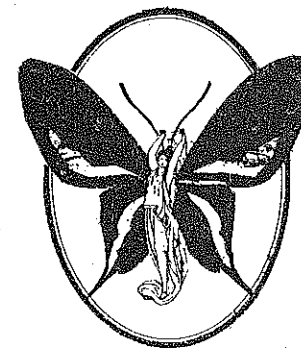
February 17 ...Suzanne Arms will be at KSU, courtesy  
of the UPC Issues & Ideas Committee.  
We will meet at 7pm at the KSU Union  
Information Desk to attend as a group  
and to schedule discussion afterward.  
Suzanne is the founder of the "Birth  
Action Group of Palo Alto", has au-  
thored A Season To Be Born and Imma-  
culate Deception.

Those interested in continuing discussion of issues  
related to "our bodies, our selves" are invited to  
attend one or all of the following discussions.  
Bring a bag lunch to the Women's Center of Manhattan,  
611 Poyntz, on Fridays at noon.

February 24 ...Linn Fly and Melody Williams will lead  
exercises and a discussion to help  
clarify our thoughts, attitudes, and  
values about our physical and emo-  
tional sexuality.

March 3.....Judy Schrock, RN, will provide infor-  
mation to help us better understand  
how our bodies function.

March 10.....Those who have read part of all of the  
revolutionary Hite Report will meet  
informally to discuss it's impact on  
their feelings about their own sex-  
uality.



BECOMING SINGLE WOMEN

Marianne Adams 539-6914

Tuesdays/Thursdays, 7:30-9:30pm  
Length: 6 times  
First meeting: Feb 14  
Location: Women's Center of Manhattan  
611 Poyntz

Feb 14 - Marianne Adams will discuss the emotional  
phases of the divorce process, including  
physical vulnerability.

Feb 23 - At 8:30 (following the social meeting of  
the Women's Center of Manhattan), Judy McKee  
local attorney, will discuss legal aspects  
of divorce.

Feb 28 - Staff of the Family Economics Department  
will give tips on dealing with often  
short finances.

Mar 7 - Steve Bair, child psychologist, will dis-  
cuss the effects of divorce on children.

Mar 16 - A party! To find out where, please attend  
one of the earlier sessions.

Mar 21 - Staff of KSU's Career Choice Assistance  
Program will give guidance on planning  
for needed/desired education and careers.  
PLANS ARE TO FORM EMOTIONAL SUPPORT GROUPS FOR WOMEN  
IN THE PROCESS OF DIVORCE SUBSEQUENT TO THESE WORKSHOPS.

THE ADULT WOMAN: WHO SHE IS AND WHERE SHE IS GOING

Dana Hughes 776-7178  
Thursdays, 1-3pm  
Length: 7 times  
First meeting: Feb 23  
Location: North Central Kansas Guidance Center  
320 Sunset  
Limit: 15  
Materials fee: \$5 - pay at class

Goals will include: Increasing awareness of your values, strengths and assets; planning ways to use these to find greater fulfillment in your life; helping increase your self confidence; increasing awareness of what it means to be a woman today. The materials fee may be waived by special arrangements. (Dana is coordinator of Consultation and Educational Services at the Pawnee Comprehensive Mental Health Clinic.)

WOMEN IN THE WORK FORCE

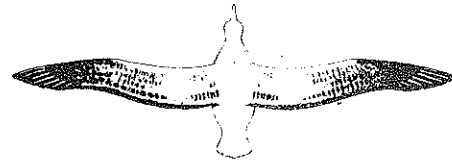
Women's Center of Manhattan 539-6914  
Mondays, 7:30pm  
Length: 2 times  
First meeting: Feb 20  
Location: Women's Center of Manhattan  
611 Poyntz

February 20 Michael Pritchard and Jim Scales of the Job Opportunity Center will present a session on career options for women many of which may be new to you.  
February 27 Diane Rausch, KSU Director of Affirmative Action, will give pointers on filing state or federal complaints about inequitable work situations.

A WOMEN'S STUDIES STUDY GROUP

An informal Women's Studies group met January 26 to discuss "The Impact of Architecture and Planning on Men and Women." Plans are to continue to meet at convenient times twice a month. The group is not limited to those teaching or taking formal Women's Studies, but is open to all on either a regular or occasional basis. Why not join us? For questions or schedules, contact Meg Mathewson, 539-4176 or Judy Sealander 532-6730.

spirit



LIBERATION THEOLOGY - THE FEMINIST PERSPECTIVE

Rev. David Stewart 539-3051  
Tuesdays, 12 noon  
Length: 5 times  
First meeting: Mar 28  
Location: Baptist Campus Center  
1801 Anderson

Bring a sack lunch and be introduced to a variety of feminist philosophers and theologians (representatives include Ruether, Russell, and Daily). We will include reflections on our personal perspectives and experiences. (Dave is Campus Baptist minister.)

The following classes are presented by the campus ministers of the United Ministries in Higher Education. All classes will be held at the UMHE building, 1021 Denison. Unless otherwise indicated, all begin the week of Feb 19-25. For details on individual sessions, call 539-4281.

SUNDAYS - 9AM - UMHE Sunday School, with Ted Barkley. 5:30pm - "The Grey Area: The Legal/The Right"

MONDAYS - 3:30-5pm - We'll talk about church related vocations, Seminaries, etc.

7:30-9pm - "Loving" - exploring the loving relationship - with yourself, children, partners, parents, old people, and others.

TUESDAYS- 7-9pm - "Inter-faith Round Table" - We will discuss in depth several religious belief and attitude systems with students and faculty at K-State.

7:30-9pm - "Jesus in the Gospels" - We'll explore Jesus' words about God, authority prayer, faith, evil, death, the future, as well as our own life pilgrimage.

WEDNESDAYS - 12 noon - Sack lunch with Susan Crew and Barbara Steward. They will discuss Camus' "Myth of Sisyphus" particularly his discussion of suicide.

3:30-5pm - "God is Red" - We'll discuss American Indian tribal religion and Christianity.

7-9pm "Plato for Fun" - We'll read the dialogues and discuss Socrates' relation to Christian thought. (We'll meet every other Wednesday.)

THURSDAYS - 7:30-9pm - "Dynamics of Faith" - The great theologian, Paul Tillich, offers some real "soul food" for rethinking our faith.

SATURDAYS - 7:30-midnight. We meet once or twice a month at Jim Lackey's home to discuss "The Principles of Nothing and Everything" synthesizing life's polarities.

April 7 and 8, UMHE will present a Workshop Series "Resources and Tools for Growth." You will be able to attend three or four of the following workshops within the two-day period:

- RELIGION IN AMERICA
- MEDITATION WORKSHOP
- THE ROLE OF THE CLOWN IN CHRISTIANITY
- TRANSACTIONAL ANALYSIS AND COMMUNICATIONS SKILLS
- RELIGION AND THE ARTS
- SEX, SEXUALITY, AND THE BIBLE
- PROBLEM PREGNANCY AND ABORTION
- LIFE PLANNING

( For the exact schedule or more information, call 539-4281.)

ZAZEN MEDITATION

Saturdays, 7am  
Length: Semester  
First meeting: Feb 18  
Location: UMHE Blue Room  
1021 Denison

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



BEYOND THE POWER OF PYRAMIDS, ASTROLOGY, AND DETERMINISM: A CLASS ON FREE WILL

Loren Hough  
Mondays, 7:30pm  
Length: 3 times  
First meeting: Feb 27  
Location: KSU, Union, Rm 203

As children, we seek models outside of ourselves to help us answer our questions. As we pass through the different dimensions, we learn that we alone are responsible for what we choose to perceive. Love is the power and wisdom is the key. In this class we will talk about the business of life. (Loren gave classes three years ago on pyramids, and has a B.S. in psychology.)

METAPHYSICAL STUDY GROUP

Sundays, 11am  
Length: Continuing  
First meeting: Feb 19  
Location: 325 N. 14th

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

THEOLOGY OF THE OLD TESTAMENT: POLITICS AND WARFARE

Rosie Epp 776-0733  
Thursdays, 8pm  
Length: 6 times  
First meeting: Feb 23  
Location: UFM Conference Room  
1221 Thurston

By examining the major historical events recorded in the Old Testament (i.e. Exodus, Conquest, Kingship), this course will discover and evaluate political structures and warfare. Our concern is to answer: Why is Jesus called a King? Does God will war? Are political structures sanctioned by God? (Rosie is coordinator for the Manhattan Mennonite Fellowship and has a Master's degree from Mennonite Biblical Seminary.)

QUAKERS IN MANHATTAN TODAY

Christine Van Swaay 539-5439  
Anne Collins  
Mondays, 8pm  
Length: Indefinite  
First meeting: Feb 27  
Location: 2321 Wildwood Lane  
Limit: 20

Modern Quakers seldom wear plain clothes or use peculiar speech, but they still believe the original Quaker concerns of simplicity, individual responsibility, silent meditation, and pacifism are important. Manhattan Friends (a silent unprogrammed meeting) would like to share their ideas in an informational session. (Christine has been in contact with Quakers in Holland, England, and America. Anne has been a Quaker since she was a child.)

THIS COMING SUNDAY

David Nelson 539-7371  
Tuesdays, 11:30am  
Length: semester  
First meeting: Feb 21  
Location: KSU, Union, Stateroom 1

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

CHRISTIAN PRINCIPLES IN SUCCESSFUL DATING AND MARRIAGE RELATIONSHIPS

Steve Miller 539-4174  
Neal Graber 776-0135  
Mondays, 7:30-9pm  
Length: 2 times  
First meeting: Feb 20  
Location: KSU, Union, Rm 206b

Given evidence of troubled relationships and rising divorce rates, we need to evaluate seriously our current philosophy of dating. Come share ideas on how to make your dating or marriage more meaningful socially, morally, spiritually, and sexually. (Steve and Neal find a great need for this type of course among the students they interact with.)

GOD'S LAW VS MAN'S LAW

Don Deam 539-2971  
Wednesdays, 7:30pm  
Length: 5 times  
First meeting: Feb 22  
Location UFM Conference Room  
1221 Thurston

Today we may be losing too many of our inherent rights and freedoms by law. In this course, we will compare scriptural law, it's purpose; and natural law, it's purpose; with the existing complexity and often hidden true purpose of man's law. (Don practiced law for 25 years, legislatively lobbied for 15 of those years, and studies philosophy.)

THE CHRISTIAN FAITH: WHERE HAVE WE BEEN AND WHERE ARE WE GOING

Rev. David Fly  
Mondays, 7:30-9:30pm  
Length: 4 times  
First meeting: Feb 20  
Location: Baptist Campus Center  
1801 Anderson

David and other resource people will consider the development of the Christian faith from an historical perspective, take a look at present religious experience, and make some educated guesses about the future. (David is the Campus Episcopal Chaplain.)

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





BASIC PLUMBING

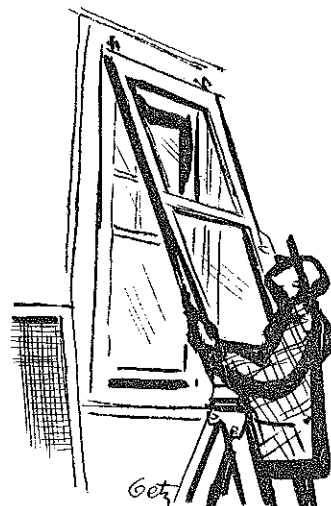
Bob Goodwin  
Curtis Schuckran  
Tuesdays, 7:30pm  
Length: 3 times  
First meeting: Apr 11  
Location: UFM Banquet Room  
1221 Thurston  
Limit: 20

Anyone wishing to become more self-sufficient as well as save money should investigate this course. Bob and Curtis will demonstrate how to thaw frozen water pipes, clean traps, change washers (to fix those drips!), unclog drains with a metal snake, and replace the wax seal in toilets. (Bob learned the skill of plumbing on his own out of necessity, while Curtis was lucky enough to be a plumber's son.)

HANG IT UP--WALLPAPER

Jeff Roach 776-9439  
Mondays, 7pm  
Length: 2 times  
First meeting: Feb 27  
Location: UFM Banquet Room  
1221 Thurston

We have the paper. We have the room to be papered. We have the skill to share with you. In the first session, you will learn how to hang pasted wallpaper. In the second session, we will hang pre-pasted wallpaper. You will, following this course, be able to spruce up your own home. Be sure and wear comfortable clothing. (Jeff has been hanging out with wallpaper for quite a while.)



BASIC CONSTRUCTION AND RESTORATION

Don Shehan  
Saturdays, 1pm  
Length: 6 times  
First meeting: Feb 25  
Location: UFM Fireplace Room  
1221 Thurston

Feb 25--Building Analysis  
Mar 4---Cost Analysis  
Mar 11--Bids (at UMHE, 1021 Denison)  
Mar 18--Choice of Materials  
Mar 25--Practical Application of Interiors  
Apr 1---Practical Application of Exteriors  
(Don is the Building Rehabilitation Specialist for the City of Manhattan.)

Determining the amount of restoration.  
Determining the cost of each item.  
Getting bids from different contractors with examples of contracts.  
Staying within cost estimates and conforming to city codes.  
Carpentry, dry walling, etc.  
Carpentry, roofing, and masonry.

BASIC HOUSE WIRING

Richard Napper 539-6973  
Thursdays, 8pm  
Length: 3 times  
First meeting: Feb 23  
Location: 811 Osage  
Limit: 10

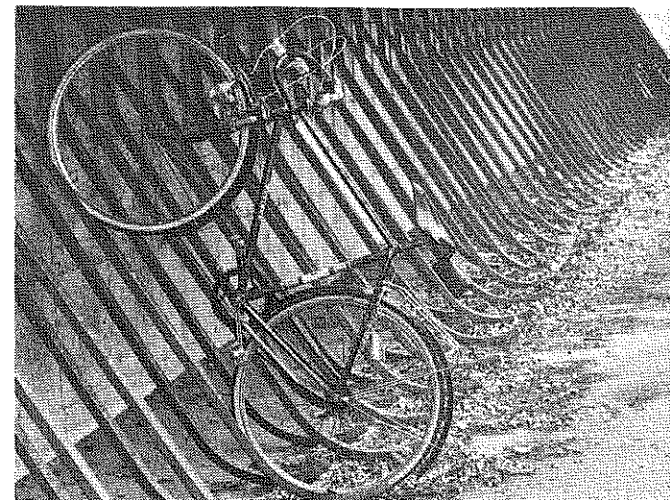
This course will cover the tools and test equipment needed for a homeowner to service and repair live house wiring. Richard will teach folks the proper way to add additional wiring to their houses. (Richard is an electrical engineer and a master electrician who owns his own electrical contracting business.)



REFINISHING MADE EASY: REMOVIN' THE CONFUSION

Nick Penland 537-8153  
Thursday, 8pm  
Length: One time, Mar 2  
Location: UFM Banquet Room  
1221 Thurston

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.)



FREEWHEELING BICYCLES AND HOW TO MAINTAIN THEM

Bob Boufford 537-8374  
Mondays, 7pm  
Length: 10 times  
First meeting: Feb 27  
Location: UFM Fireplace Room  
1221 Thurston

Are you interested in touring, racing and commuting? You as well as your bike need to get in shape! This course deals with bicycles and what you can do with them. Through demonstration, maintenance of the bicycle from fixing tires to regreasing hubs will be covered. As weather warms, if there is enough interest, group rides will be organized. (Bob is an amateur bicycle racer, bicycle mechanic, and has done touring and commuting in the past.)

HOW TO BUY A BIKE

Bill Jacoby 537-1510  
Mondays, 7pm  
Length: 3 times  
First meeting: Feb 27  
Location: 1207 Moro - in the alley

This course will show you the difference between bicycles and BICYCLES, and it is not just capital letters! The first session will cover information concerning 10-and 5-speeds. The next session will cover 3-speeds, and the third session will cover single-speed bikes. Sign up and attend the session(s) which interest you. (Bill owns his own bike shop and has repaired and sold bikes for years.)

AUTO COMMUNICATIONS FOR WOMEN

John Hughes  
Wednesdays, 7pm  
Length: Indefinite  
First meeting: Apr 5  
Location: UFM Fireplace 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. Caring for it so it lasts longer, coping with problems, working 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.)

AUTO TUNE-UP

Donn Ladd 539-5301  
Wednesdays, 6pm  
Length: 5 times  
First meeting: Mar 29  
Location: UFM Parking Lot  
1221 Thurston  
Limit: 15

In this course, Donn will discuss topics such as engine theory, the ignition system, carburetion, and trouble shooting. Each student will tune up his or her own car. Some time will be spent in the classroom and some will be spent working on the cars. (Donn, a KSU sophomore, is an auto mechanics graduate of Manhattan AVTS and has 3 years of experience as an auto mechanic.)

MOPED MANIA

Don Ketchem 539-8731  
Vern Carstenson  
Thursdays, 7pm  
Length: 3 times  
First meeting: Feb 23  
Location: UFM Fireplace Room  
1221 Thurston

Not only are Mopeds now used by business persons, students, the elderly and fresh-air freaks, but also by those reluctant to drive a gas-guzzling auto two miles for a can of tuna. Students can park Mopeds in campus bike racks. Don and Vern will tell you what a Moped is, how to select one, ride it safely and repair and maintain it. Weather permitting, test rides can be taken. (Don and Vern brought Mopeds to Kansas and KSU.)

A WALK DOWN MEMORY LANE

Chuck Thompson 537-0685  
Wednesday, 7:30pm  
Length: One time, Mar 8  
Location: KSU Union, Rm 206a  
Limit: 40

The ancient Greeks developed some very powerful techniques to improve memory for isolated events. We will talk about these techniques and try them out. I will also have some references available for those who wish to read more at their leisure. (Chuck does research in memory and has always been interested in the Greek mnemonic techniques.)

TEST TAKING AND PREPARATION

Jim Karas 532-6439  
Tuesday and Thursday, 7pm  
Length: 2 times, Feb 21 & 23  
Location: KSU, Farrell Library, Rm 422  
Limit: 25

This workshop will deal with the skills needed to prepare and take tests. Skills such as time management, study techniques, essay and multiple choice test question examinations will be explored. (Jim is a learning skills specialist for the KSU Center for Student Development.)

INVESTMENT BASICS

Kraig Hansen 537-0594  
Mondays, 7pm  
Length: 7 times  
First meeting: Feb 27  
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.)

BUDGETING OR WHERE DOES IT GO?

Tom Deaver 537-2962  
Wednesdays, 8pm  
Length: 8 times  
First meeting: Feb 22  
Location: 1021 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.)

TRADING IN THE COMMODITY FUTURES MARKET

Jim Buchanan 776-1313  
Thursdays, 7:30pm  
Length: 10 weeks  
Location: KSU, Eisenhower Hall, Rm 15  
Materials fee: \$20--pay at class

This course is designed to inform students on how the commodity futures as a speculator and/or hedger. (Jim is a commodity broker in the Manhattan area.)

BEGINNING TYPING

For those people who are interested and need typing skills, UFM is offering 2 beginning typing classes this spring. Classes for both sections will meet in Calvin Hall, Rm 217 and will continue for 8 weeks. Please sign up for the section you wish to attend.

Feb 21 Tuesdays Joan Edwards 776-5509  
Debbie Bodily 776-8976  
Feb 23 Thursdays Anita Kliever 532-5780

HOME FIRE SAFETY

Chuck Tannehill 537-2510  
Monday, 7:30pm  
Length: 2 times  
First meeting: Feb 27  
Location: City Hall Museum Room  
11th and Poyntz

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 and has been a member of the Manhattan Fire Department for 4 years.)

BURGLARY PREVENTION

Officer Conkwright 537-2112  
Tuesday, 7:30pm  
Length: One time, Mar 7  
Location: UFM Fireplace Room  
1221 Thurston

The Manhattan Police Department is as concerned with preventing a burglary in your home as you are. In this short course, Officer Conkwright will discuss prevention techniques such as locks, lighting, alarms and etching valuable items with an identifying mark. Protect your home and family more effectively by taking this valuable course. (Officer Conkwright is from the Manhattan Police Department.)

FINDING AN APARTMENT

Deb Haifleigh 532-6541  
Carla Fears  
Wednesday, 7pm  
Length: One time, Mar 1  
Location: KSU Union, Rm 204

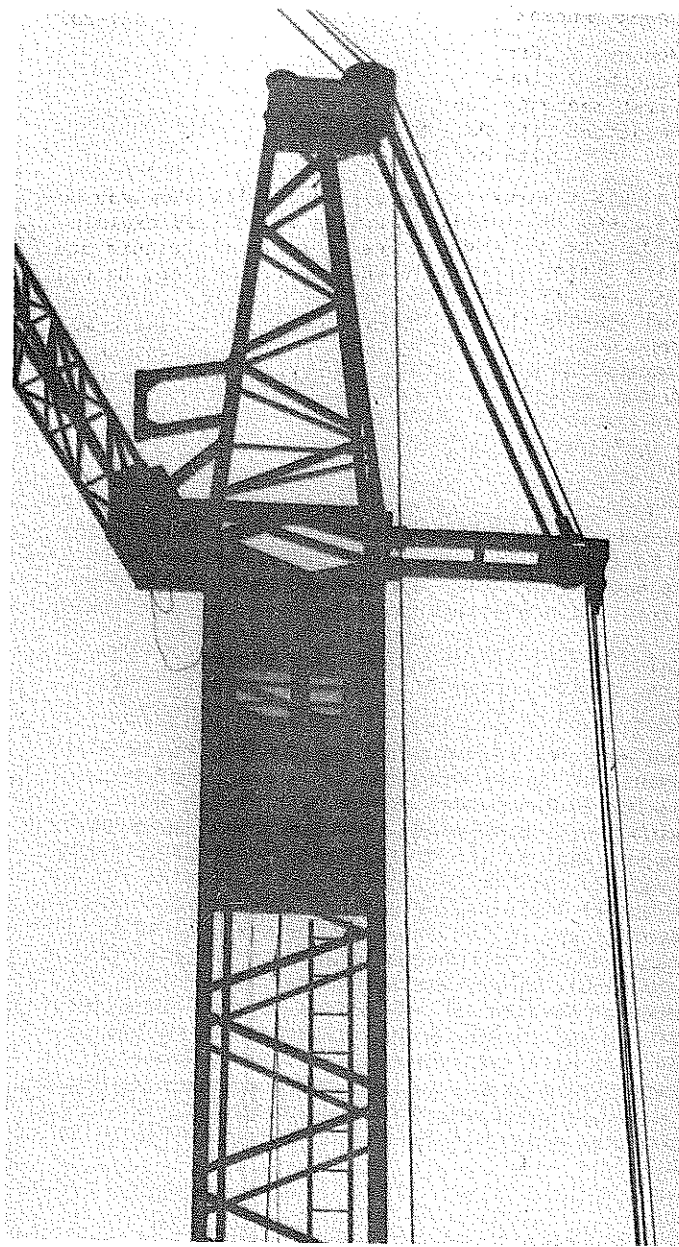
This class will explore what to look for when you go to rent an apartment. Specifically we will discuss things to look out for and tips on evaluating your housing needs. Also we will talk about the housing market in Manhattan and the types of housing available.

(Deb, Director Consumer Relations Board, has worked on many landlord/tenant problems. Carla, Off-Campus Housing Director, helps locate housing for K-State students and is experienced with landlord/tenant problems.)

DARN THOSE SOCKS!

Verda Clagett 776-8594  
Thursday, 7:30pm  
Length: One time, Feb 23  
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 (wow!) years, since she was twelve years old.)



CONSTRUCTING REPLICA ANTIQUE FIREARMS

Don Riffey 456-2845  
Saturdays, 1pm  
Length: 3 times  
First meeting: Feb 25  
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 fire-arms building and collecting.)

HAIR

Rick McClanahan 776-5222  
Monday, 11am  
Length: One time, Feb 27  
Location: 404 Humbolt  
The Professional Building  
Limit: 20

In this class we will discuss how to test products at home, and learn how to tell whether or not products are beneficial, determine why hair is in bad condition, understand the use of conditioners and learn about haircare in general. There will also be a demonstration on makeup. (Rick is a Manhattan hairstylist who has led this class many times.)

A PRETTIER YOU

Beverly Ines 1-494-2494  
Tuesdays, 7pm  
Length: 2 times  
First meeting: Apr 4  
Location: UFM Conference Room  
1221 Thurston  
Limit: 15

Learn how to achieve and maintain a more lovely complexion through basic knowledge of proper skin care. At the second session, Beverly will demonstrate how to select make-up shades and correctly apply make-up for a look of natural beauty. Many tips and exciting new ideas will be introduced to you! (Beverly has been a professional beauty consultant for the past six years.)

AMATEUR RADIO I

James Droege  
Tuesday and Thursday, 7:30pm  
Length: Indefinite  
First meeting: Feb 21  
Location: KSU, Seaton Hall, Rm 161

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.)

AMATEUR RADIO II

Mark Butler 537-9358  
Monday, 7:30pm  
Length: Indefinite  
First meeting: Feb 20  
Location: KSU, Seaton Hall, Rm 161

This course will cover the theory for a Technician or General amateur radio license. Topics covered will include: basic electronics, techniques of modulation, power amplifiers, antennae, measurements, regulations and operating practices. (Mark holds an Advanced Class license and is an electrical engineering student at KSU.)

For questions about Skills, call Teena Hosey at 532-5866.





# we're almost home--thanks!

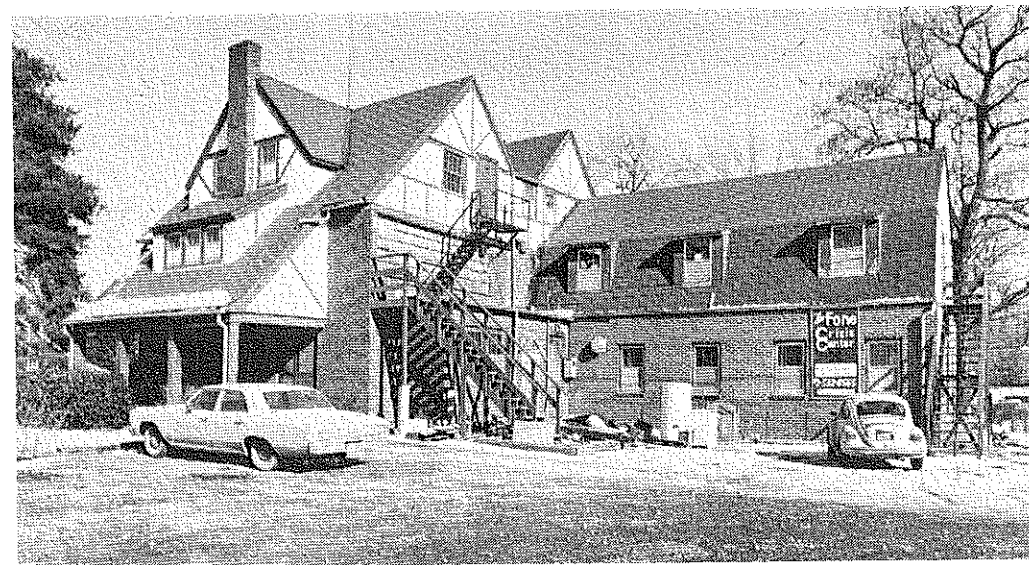


What had to be done to make this happen? Rebuild one entire stairway from the basement to third floor. Rewire about one-third of the building. Construct fire-resistant walls, fireescapes. Install fire-resistant doors. New fire alarm system. Exit lighting. Lots of paint. Lots of miscellaneous. Lots of person hours.

None of this has been easy and, even with a lot of volunteer labor, expenses have been high. Everybody hates to ask for money, but UFM needs to raise \$12,000-\$14,000 to pay for these renovation costs. Once the basic debt is retired, we can turn our attention to more imaginative plans for which grants are available, such as the design of a solar technology and other more efficient energy systems.

In this brochure, you'll find a small donation envelope. UFM really needs your help to meet our financial obligations. Individuals who donate \$25 or more will become an official "Financial Friend of UFM," and their names will be recognized in the next brochure (unless you wish to remain anonymous). Business firms and commercial organizations can also become a "Financial Friend of UFM" by donating \$100 or more. UFM has never appealed to the general public for financial help in its 10 years. Please recognize our sincere need at this time and join us in celebrating our 10th Anniversary.

We have many friends to thank this spring and we'll start our round of thanks with the KSU Student Governing Association for storm windows all the way around and two fire escapes, without which we would be neither very warm nor very safe. Thank you SGA! We are most grateful as well to George and Theda Sellens for the countless hours of caring for a very temperamental building; Mr and Mrs William Blair for the kitchen furnishings; to you Frank Keller who crafted our kitchen cabinets; to the Ron Barnes family for the donation of an entire household of furniture; Sam and Yvonne Lacy for being "Financial Friends of UFM" before we even formalized the concept; to our carpenter and electricians who were a pleasure to work with, and especially to Bruce Snead who held the renovation show together. Many, many others brought a lamp, a couch, a bookcase, or a rug, or came by to throw out the rubble or paint a wall. THANKS TO YOUR EFFORTS, WE'RE ALMOST HOME!!



# state outreach

UFM has developed a uniquely Kansas approach of bringing lifelong learning and community development to Kansas towns and counties through the free university model of community education.

Over the past two years, UFM has set up community education programs in twelve areas of northwest and central Kansas. Given the success of these programs other towns have indicated a desire for community education in their area. For the next two years, UFM will be available as a resource for people and organizations wishing to establish a community education program. In every case, UFM gears its approach to the area it is assisting. UFM responds to the uniqueness of the community--its size, wishes needs, presently existing programs and future goals. We may work with existing agencies, such as the public schools, recreation department or extension office. In other cases, we work directly with one or more individuals interested in starting the program. In most instances, an advisory board composed of representatives of different aspects of the community is formed.

If you're reading this outside of Manhattan, what does this mean to you?

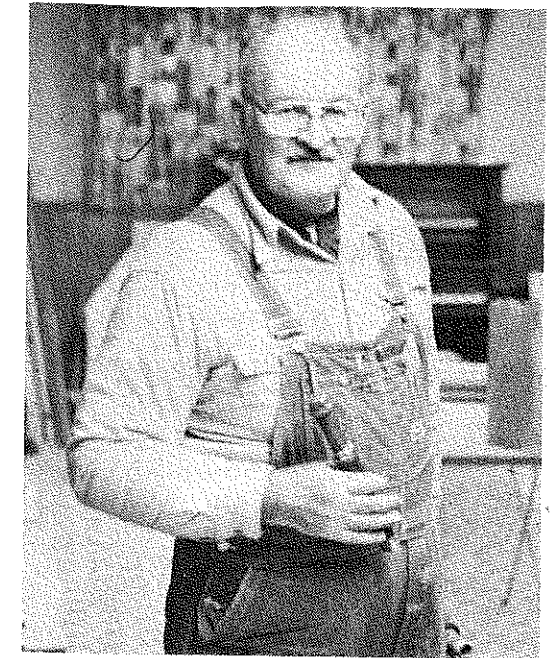
\*We can visit your town and present a program on community education to a group of interested folks;

\*We can follow up our contacts and help a group or individuals start a community education program.

\*We have publications available, including a Kansas Community Education Manual, quarterly report, and monthly newsletter;

\*We will sponsor various workshops and training sessions during the year in different locations in the state.

\*We can stay in communication with your group, help to develop and fund a viable program for your community.



# community gardens

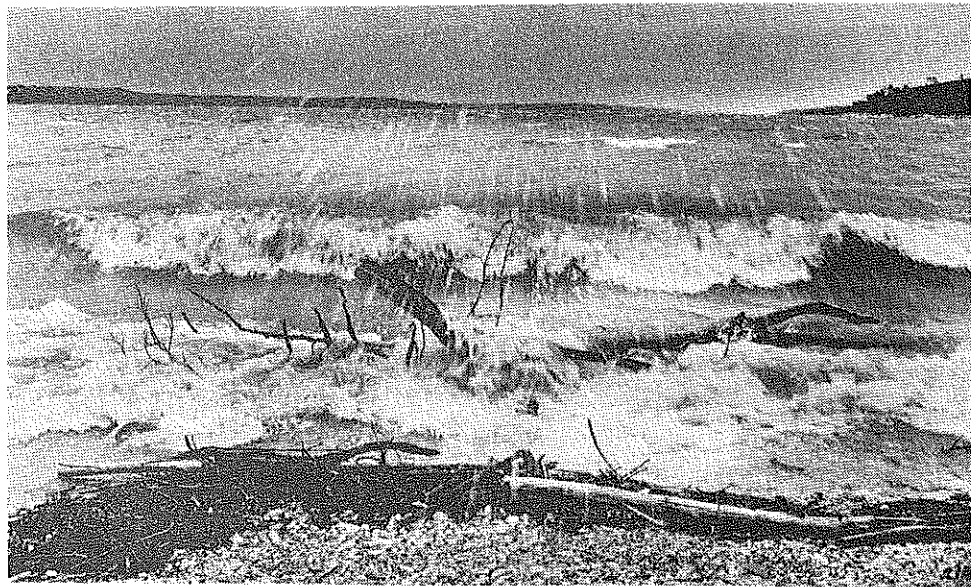
Thanks to the City of Manhattan, the KSU Horticulture Department, and Doris Hoerman the community gardens will be blossoming once again in a few months. Applications for the plots are available at the Douglass Community Center Annex, The Manhattan Public Library, and the UFM House at 1221 Thurston. Applications must be returned to the UFM House by Feb 24. There are approximately 100 plots available for Manhattan residents. However, if more than 100 applications are received, first priority will be given to low income applicants.

# a new name?

The staff at the University for Man has been thinking for some time, of changing our name, but we need your response to this idea. If you think a name change is a good idea, we would like your suggestions for a new name. We would like to keep our initials--UFM--and our ideas so far are: "University for Many, University for Me, and University for People." What do you think? Please reply to Jean, 532-5866.

# new faces

We had the pleasure to welcome to our staff this fall four new faces. Pictured in the staff photo on page 2, third row from the top, on the left is Julie Coates who literally helps with everything. The fellow in the bib overalls at the top of this page is our beloved George Sellens who fixes everything from plumbing to our dinner. The two beautiful ladies below George are Cathy MacRunnels who helps with UFM's state outreach program and Cheryl Heying who is our recreation intern who coordinated this spring's Play classes. Welcome to our new home, George, Cathy and Cheryl! We're glad to have you!



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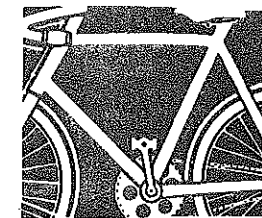
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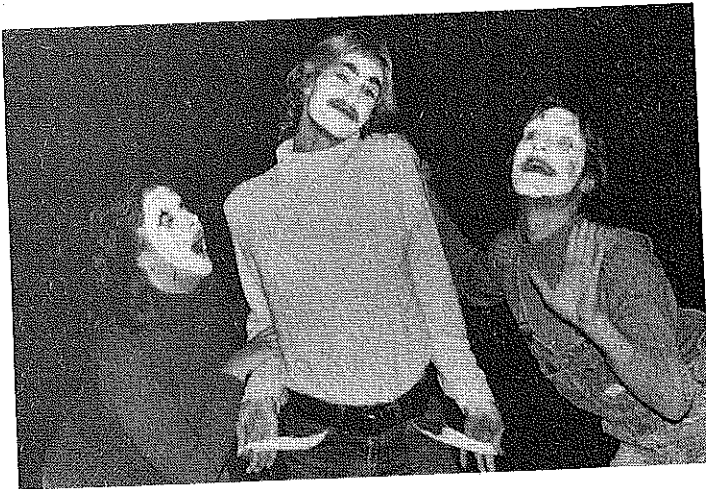
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We realize there are often long waits at registration and we are changing registration procedures somewhat to reduce waiting periods and improve the overall process. We apologize for any inconveniences and ask for your help during the complex process of taking over 4,000 registrations in 3 days.

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.

# registration

- Feb 13, 14, 15 - KSU Union, 9am-4pm
- Feb 13 - Manhattan Public Library, 9am-7pm  
Juliette and Poyntz
- Feb 13 - Douglass Community Center Annex, 9am-6pm  
901 Yuma
- Feb 13 - UFM House, 1221 Thurston, 7am-6pm

If it is impossible for you to register at one of the above locations, you may call 532-5866 to register during only the following hours: Feb 13, 7am-6pm, and Feb 14 and 15, 9am-5pm. Please limit registration by phone to four classes total.

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.



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ufm  
1221 thurston  
manhattan, kansas  
66502