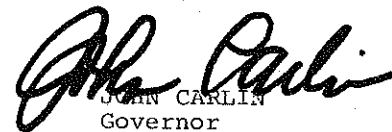


**UNIVERSITY FOR MAN  
FALL 1979**

Kansans are a rugged rural people. One of the major means for survival here, historically, has been the development and sharing of human resources. Kansans are known for their friendliness and a willingness to share, to care about a neighbor, to provide support in times of need and to laugh in times of joy. There is a warmth and a depth of feeling in Kansas which makes this place a special one in which to live, to play, to learn and to work.

For the past several years, University for Man, and other similar projects in Emporia, Clay County, Norton, Wichita, Pawnee Rock and some 25 other places in Kansas have provided an excellent framework - so that these characteristics of Kansans could be expressed. Our state is fortunate to have one of the most progressive networks of free university-community education programs, and I'm pleased to introduce this UFM brochure on Kansas and to wish you exciting learning adventures by participating in these events.

  
JOHN CARLIN  
Governor

JC:sd



## KANSAS!

Kansas has been described, among other things, as a state of mind, a place one has to cross to get to the Rockies, the world's breadbasket, a windblown prairieland, and the home of Dorothy and Toto.

Through the pages of this brochure we will show another vision of Kansas. A fellowship is occurring as people increase the sharing of skills and knowledge with each other. Kansas has become the home of much activity in community resource development. People who previously regarded Kansas as a "haven of nothing-to-do" become pleasantly surprised to find out they must reverse their opinions. In the KSU-Manhattan area alone, there is a thriving Farmer's Market, a food co-op, an evening childcare center, an excellent community theatre group, several neighborhood associations, a very active Douglass Center and, as evidenced by this brochure, hundreds of examples of people sharing some of what they possess with others.

Statewide, over 31,000 people are sharing skills and knowledge with each other in over 30 community education programs and free universities in the state. That sharing of skills and knowledge with each other has led to a restoration of human attributes almost lost in modern society, such as neighborliness, relaxation, enjoyment of life, and a sense of our own human resourcefulness.

We are often asked at UFM why we do what we do. The pay is not the greatest, hours can be very long, and sometimes problems just won't go away. But taking a walk through the UFM House one evening, with four or five different events in progress, or visiting the educational programs of rural communities and seeing people teach and learn traditional crafts, contemporary issues, or practical skills, provides the answer. We do what we do because it gives us the wonderful privilege of being touched by people doing things for others. And people doing things for others is one of the best characterizations of Kansas.

## FALL 1979

Welcome to UFM's array of Fall classes! There are both old favorites and exciting new offerings. Hopefully, among the avriety of classes reflecting the broad scope of UFM, there is something just right for you. Of course, we must thank the people in our community who volunteer their time, energy, and sometimes dollars to help keep UFM going. Without these generous friends, we probably wouldn't be here. UFM receives funding from the KSU Division of Continuing Education, the KSU Student Governing Association, the United Way of Riley County, the Department of Human Resources--CETA, the Fund for the Improvement of Postsecondary Education, the National Science Foundation, the Clearinghouse for Community Based Free Standing Educational Institutions, the Kansas Office of Social and Rehabilitation Services, the Kansas Committee for the Humanities, the Kansas Arts Commission (a state agency), the National Endowment for the Arts (a federal agency), the Department of Energy, Flint Hills Area Agency on Aging, Title I of the Higher Education Act, and the Green Thumb Program.

During our recent fundraising drive, we published lists of "Financial Friends" who helped support our building fund. We want to thank the following individuals and groups for major contributions to our building fund. Since our last listing in Fall 1978: Floyd & Ruth Thompson, Farm Bureau Insurance Services, Don & Alice Hoyt, Manhattan Friends Meeting, Sam & Yvonne Lacy, Helen Brockman, Kretschmer Products, and Bruce & Janice Woods. Thanks to the above agencies and all of the individuals and businesses who contribute to UFM as a non-profit, tax-exempt organization, we are thriving. But our new building is not complete. We still have needs and we can still use your help. Many thanks for your continued support.

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## An Invitation To The Handicapped

University For Man extends a special invitation to handicapped individuals in our community who wish to attend UFM classes or events. Special arrangements will be made to include individuals who have visual or hearing impairments, mobility handicaps, or other handicap disabilities. You can assist by indicating your special needs on your registration card.

## About Our Cover

For the past several years we have been fortunate to have in our community a photographer of Fred Wrightman's calibre. On the cover and throughout the brochure you will see photos of the Kansans Fred captured so well. We grieved at the loss of Fred this summer, but our lives are richer for having been touched by his timeless works of art.

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## Photo Credits

Fred Wrightman: Cover, 13, 35, 46, 47; Beau Vallance: 8, 22, Pam Warren: 11, 21; George Kren: 15, 17, 27, 40, 48; Manhattan Mercury: 19, 25, 31.

## Artwork

"KANSAS SUNSET" By Elaine Cole

## Thank You

Thanks to Dave Colburn for pinchhitting for one of our staff members who had emergency surgery. Dave helped coordinate Crafts and Fine Arts.

Quotes used throughout the brochure were taken from interviews of some 200 Kansans from "Kansans on Kansas: An Inquiry Into Values," a grant funded by the Kansas Committee on the Humanities.

Brochure layout: Pam Warren

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Fred Wrightman photographs

# MORE THAN JUST CLASSES!

## Free University Network

The Ninth National Free University/Learning Network Conference will be held in Denver October 26-28, 1979. The theme, "A Celebration of the Past and the Future," will mark the fifteenth anniversary of the free university movement. Internationally known adult educator Malcolm Knowles will be keynote speaker, and anybody is welcome to attend.

The conference is sponsored by the Free University Network, the national association of free universities and learning networks, headquartered here at University for Man. For more information on the conference, contact Julie Govert, Communications Coordinator for the Network, at 532-5866.

The Network would also like to welcome its new publications coordinator, Myrna Daly, to the staff. Myrna will be handling sales of the many Network publications.

## Outreach

Over the past four years the development of a primarily rural free university model has taken us to communities all over Kansas. This spring the legislature approved and the Governor signed the Community Resource Act. UFM has received a contract from the Kansas Department of Economic Development to assist in administering the Act.

We also are looking forward to planning and conducting a series of workshops for lay community leaders in 50 towns across Kansas. This will be done under the auspices of a HEA Title I grant. Each of these adventures will provide both an opportunity to see old friends again and to make lots of new ones.

As our work in the state has been well received, this fall we will move beyond the borders of Kansas. With a two year grant from the Fund for the Improvement of Postsecondary Education, we will be working with groups in Kentucky, Oklahoma, South Dakota/Iowa, and Missouri. Next April we will host a national conference on rural adult and community education. People wishing more information about any of these activities are most welcome to come by for a chat or call the Outreach staff at 913/532-5866.

## Evening Childcare

UFM Evening Childcare begins its second year of operation in the education building of the Blue Valley Methodist Church. The center is open Monday through Friday from 2:30 to 11:30pm for children ages 2½ to 12 and strives to maintain a child-centered learning environment.

The center may be used on a drop-in basis or daily, depending on parent need. However, pre-enrollment and reservations are necessary. Additional information and enrollment forms may be obtained by phoning Jane Barnes at UFM, 532-5866, or at the center, 835 Church Ave, 539-6464, during its hours of operation.

## Old Staff, New Staff

As UFM's programs and offerings change so do the faces that bring them together. It's time to welcome new people to UFM and say 'so long' to those who have given so much to UFM while they were on staff.

After over 3 years of hardwork and dedication, it is very difficult to say goodbye to Melody Williams, who left so much of herself at UFM when she left staff this summer. Mel provided us with an opportunity to explore new alternatives in an ever changing world, and we are confident she will continue to touch the lives of those people she meets in the future in the same way.

Tom Hollinberger, better known as "Let's Give Nichols Another Chance--Snickers" Hollinberger, takes with him a unique sense of humor that made any situation much easier with which to cope.

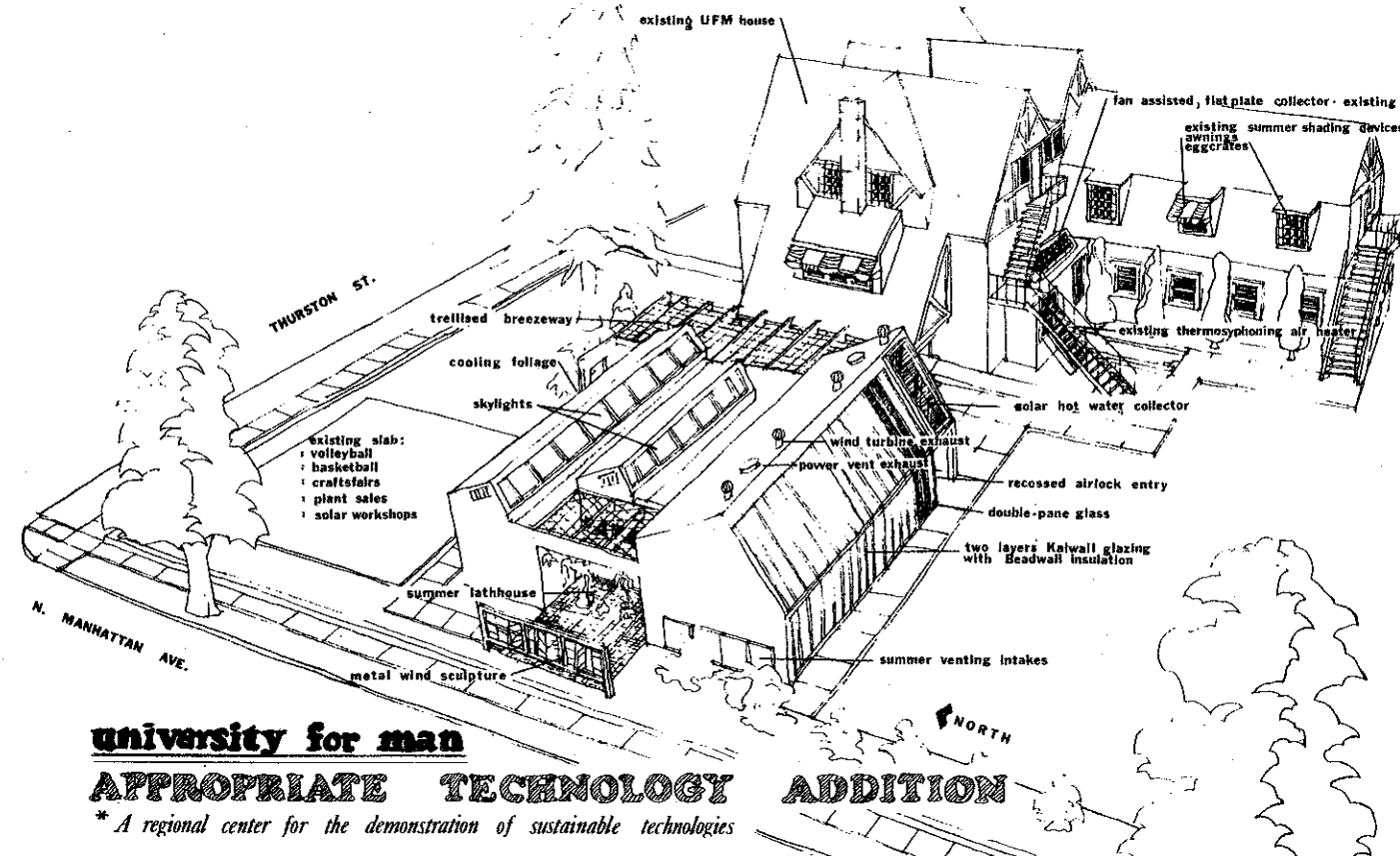
A short but pleasant breath of fresh air accompanied Susan Gunnill while she was on staff the last few months. Susan's work in the community of Manhattan will be remembered.

While not on staff, two very special people at UFM have moved from Manhattan as well. For years John Hughes has kept our cars running, and hundreds of people now know something about what's underneath their car hoods because of John's pioneering and patient efforts in leading the class Automechanics for Women.

Jani Sherrard has directed several special projects and programs for UFM; through her writing, counsel, and wit and wisdom, we have gained much. To both of these great "Kansas" characters, from Virginia and Connecticut, a fond farewell and a warm thank you for enriching our lives.

A welcome goes to four new members of UFM, who all bring new ideas and experiences to our staff. Sue Rieger joins us from Lawrence to help coordinate our new Outreach efforts in the midwest. Gary Jantz, an art student at KSU, is now in charge of coordinating our pottery classes and the pottery cooperative at UFM. And Toni Mills, an intern in accounting, will work with us to make sure our debits are never larger than our credits.

## UFM Solar Greenhouse



university for man

APPROPRIATE TECHNOLOGY ADDITION

\* A regional center for the demonstration of sustainable technologies

Construction has finally begun on UFM's long-awaited community solar greenhouse and workshop, thanks to a \$47,500 grant awarded through the Department of Energy Appropriate Technology Small Grants Program. The 1,426 square foot structure is being built directly west of the UFM House at 1221 Thurston.

One of the exciting aspects of the building is the many technologies and devices it will display that demonstrate low-cost effective ways to use renewable energy sources for space heating, food production, water heating, waste recycling, and other typically energy intensive processes. The building is designed to receive about 80% of its seasonal space heating needs from the sun.

However, even more important than the building's ecological features will be the implications of the facility for future programs and activities sponsored by UFM and other community groups. One of the primary groups which will benefit from the facility will be low-income elderly citizens, who will be using the greenhouse for year-round food production. In addition, a kitchenette and lounge will provide space for meetings and other activities. These and other programs for elderly citizens will be coordinated through the Retired Senior Volunteer Program (RSVP).

Handicapped citizens from Big Lakes Development Center will also be using the greenhouse for occupational therapy and training. One of their projects will be the development of a small bedding plant industry. The building has been designed for convenient access by both handicapped and elderly citizens.

The building will also be used as a research facility by KSU horticulture and architecture students. Horticulture students will conduct research on organic food production and help in horticultural therapy work with the elderly and handicapped. Architecture students will be monitoring the thermal performance aspects of the building as well as developing educational programs and workshops on low-cost alternative energy devices.

The facility will also be accessible to a broad cross-section of the community through UFM classes, workshops and tours. An expanded Appropriate Technology Resource Library will display manufacturer's product literature, how-to-do-it brochures, books, periodicals and newsletters dealing with alternative energy technologies. The facility will also serve as a center for technical and design advisory services offered by the Appropriate Technology Staff for low-income families interested in energy saving and solar energy technologies for their homes.

We are actively seeking volunteers from all segments of the KSU and Manhattan community who would like to participate in selected phases of the construction. In exchange for your time and skills, we offer you the opportunity to observe first hand the innovative, yet simple design and construction methods which we hope will make this an energy efficient and ecologically sound facility. If you are interested or want to help in some other way, please see the SKILLS section of this brochure for more information on how you can become involved.



# COMMUNITY for questions about Community, call Dave Ayers at 532-5866.

## EARLY KANSAS: A SLIDE SHOW

Doris & Leona Velen 539-8758

Tuesday, 7:30pm  
One time, Oct 9  
Location: Manhattan Public Library  
Juliette and Poyntz

Enjoy a trip down memory lane with us as we view and reminisce about some of the people and places that have made Kansas one of the great places in the world to live.

(Leona and Doris grew up in the Blue Valley and enjoy sharing the slide show they have made.)

## RURAL KANSAS "INC."

Jim Converse 776-1413  
Jim Killacky 539-9544

Thursday, 7:30pm  
One time, Oct 11  
Location: UFM Conference Rm

Rural Kansas "Inc.", a soon to be incorporated organization affiliated with Rural America, is organizing for rural people in Kansas to take charge of the conditions that affect their day to day lives. Rural Kansas "Inc." hopes to become a voice for the people that live in rural areas of Kansas. Come find out what is happening and how you can get involved. (Jim and Jim are advisory members of the Rural Kansas "Inc." steering committee.)

## INTRODUCTION TO GENEALOGY

Elaine Olney 539-4512

Tuesday, Thursday, 7pm  
Length: 2 times  
First meeting: Sept 25, Sept 27  
Location: KSU, Eisenhower Hall, Rm 226

This class will be a beginner's course in family history. It will include basic procedures for collecting and recording family records, and the importance and availability of public records, including 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.)

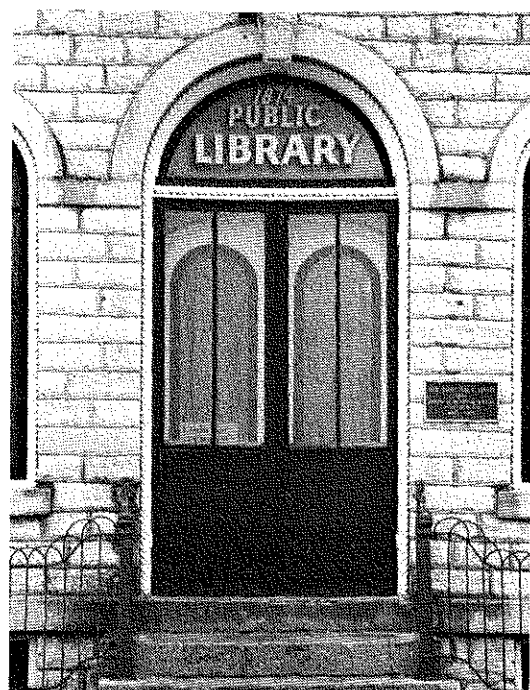
## NO NUKES IN THE BREADBASKET: AN INTRODUCTION

Neil Schanker 539-5766

Tuesday, 7pm  
One time, Sept 25  
Location: KSU Union, Rm 204

This class will discuss ways to halt the menace of nuclear power plants, particularly the Wolf Creek plant under construction near Burlington, Ks. The Sunflower Alliance, a statewide anti-nuke group, will be discussed as one example of grassroots personal involvement.

(Neil is active in anti-nuclear activities.)



## WAR TAX RESISTANCE

Dean Denner 776-5589

Wednesday, 7pm  
One time, Sept 26  
Location: 710 Lee

Approximately 50% of the federal budget is directed toward "national defense." Dean will discuss legal ways of countering this involving U.S. income tax and the U.S. phone tax. Information will also be presented on the alternative World Peace Tax presently before Congress. (Dean chooses not to have his money spent on war.)

## SEMINAR ON PEACE (STUDIES IN IRENICS)

Jim Lackey 539-5990

Sundays, 7:30pm  
Length: 5 times  
First meeting: Oct 14  
Location: UFM Conference Rm

This will be a series of evenings given to serious studies affirming peace and non-violence. Five "heavy" presentations and discussions will take place drawing primarily on 20th Century voices - western and eastern - including Thomas Merton, Mark Twain, and Gandhi. (Jim, a long time friend of UFM, is a would-be disciple of Albert Schweitzer.)

## TEXTBOOK EXCHANGE

Michael Downing 539-3877

Tuesdays, 7pm  
First meeting: Sept 25  
Length: 5 times  
Location: UFM Conference Rm

With every new semester, the cost of textbooks becomes a larger financial strain on students at KSU. We will meet to study the feasibility of organizing, and hopefully organize the textbook exchange for the Spring semester.

(Mike, manager of the Book Nook Too, is interested in seeing a book exchange for students at KSU.)

## TAIWAN: THE FIRST TEN DAYS OF DISPLACEMENT

Dorothy Koepsel 539-5589

Thursday, 7:30pm  
One time, Oct 18  
Location: UFM Fireplace Rm

In December 1978, President Carter displaced the people of Taiwan, in spite of the fact they had been a faithful ally and friend of the U.S. Dorothy arrived on the tiny island only hours after the message was received. In her talk and slide presentation, she will tell of her observation of the first ten days of displacement. (Dorothy is a photographer and writer who along with her husband, visited Taiwan last year.)

## THE COMMUNITY CONGRESS: COLLEGE FOR COMMUNITY LEARNING

Dave Ayers 776-1722

Tuesday, 7:30pm  
One time, Oct 9  
Location: 1620 Leavenworth

The Community Congress, an organization comprised of some 50 community agencies, has an excellent track record of securing monies and providing training for agencies within the greater San Diego area. We'll discuss the policies and programs they have implemented over the past 11 years and examine their College for Community Learning. (Dave participated in the 1st National Community Learning Institute sponsored by the Community Congress.)

## THE QUESTIONS OF SICKNESS AND MONEY

Suresh Chandra 532-6808, 776-4976

Sign up at registration and you will be contacted.

The United States spends \$550 million a day on a health-care system which is not very cost-effective. We want to organize a small group to discuss the real problems and alternatives. We will look beyond the slogans "tree enterprise" and "socialized medicine." (Suresh is a professor of physics at KSU.)

## Living-Learning School

Dave Hursh 776-7350  
Esther Gray 539-2021

The Living-Learning School is an elementary through junior high school which uses an open classroom, non-graded and individualized learning approach with its students. The teaching staff would like to invite you to join one or more of the following events, located at 1011 Osage.

- Sept 25 Music With Young Children: We will look at musical books, instruments, records and games. Places to visit and things to make will also be included. Limit 20, Tuesday, 7:30pm.
- Sept 30 Open House: This will be a time to tour the school and ask questions about the curriculum and discuss your child's needs. Sunday, 2-5pm.
- Oct 3 & 10 How to Grow With Your Child: Disciplining your child does not have to be a power struggle! We'll relate experiences from our learning with a school of children and ideas from "Parent Effectiveness Training," Herb Kohl and other educators. Wednesday, 7:30pm.
- Oct 8 Helping Your Child Learn to Read: Parents are important in helping their child learn to read. We'll share ideas on how to develop the right environment and some activities to do with your child. Monday, 7:30pm.
- Oct 16 Talking About Death With Children You Care About: We'll discuss ways to help children understand death as a natural part of life. Tuesday, 7:30pm.
- Oct 23 Talking About Aging With Children You Care About: We'll discuss ways to help children gain an understanding of aging and old age. Films, books, and activities will be included. Tuesday, 7:30pm.

## MOTHERS OF PRE-SCHOOL CHILDREN

Sandy Brighton 537-8815

Thursdays, 9:15-11:15am  
Length: Indefinite  
Location: First United Methodist Church  
612 Poyntz

Please join us for coffee and conversation at the monthly meeting of Mothers of Pre-School Children. The purpose of this group is to establish closer relationships with our children by discussing their needs and meeting those needs with love and understanding. A nursery is provided, please call for reservations.

- Oct 11 "Brothers, Sisters, and Me"
- Nov 8 "Safety Tips and Precautions for Your Pre-schooler"
- Jan 10 "Creative Movement and Creative Projects for Inside Play"

### IF IT'S TUESDAY, IT MUST BE BELGIUM

Joyce Miller 776-4756  
Wednesday, 7:30pm  
One time, Sept 26  
Location: KSU, Union, Rm 204

Traveling can be inexpensive if you plan your trip in advance. We'll discuss air travel, package deals, and other information helpful in planning a trip. Please bring your questions.  
(Joyce is employed by a local travel agency.)

### PUBLIC SPEAKING

Arlene Reames 913/456-2603  
Tuesdays, 7-9pm  
First meeting: Oct 9  
Length: 4 times  
Location: KSU, Union, Rm 204  
Limit: 10

This class offers advice on the preparation and presentation of speeches. Each participant will have the opportunity to learn the basic steps of a speech, how to collect material for it, plus the encouragement actually to present a five minute speech before a small group and receive constructive criticism in the form of written evaluations.  
(Arlene has been in Toastmistress for four years and is now serving as President.)

### WHAT IS LA LECHE LEAGUE?

Kay Ring 539-2468  
Vicki Naline 537-4954  
Saturday, 10am  
One time, Oct 20  
Location: UFM Conference Rm

Wondering about breastfeeding or if you should attend a LaLeche League series? Come and find out what we are all about. Fathers are welcome at the session, as are, of course, babies.  
(Kay and Vicki have breastfed their children and have become certified LaLeche leaders.)

### PYGMY PUBLICITY

Tam Lips 537-0183  
Carolee Stark 539-1781  
Saturdays, 10am  
First meeting: Oct 6  
Length: 4 times  
Location: UFM Conference Rm

This program will be designed to teach non-profit and charitable organizations how to use avenues of free publicity available to them. We will include journalistic skills such as press releases, recognizing news, public relations with media representatives, and technical training on making radio and television public service announcements as well as poster and layout design.  
(Tam has 2 years experience as publicity director of the Sunset Zoo and Carolee is a former newspaper reporter and editor.)

### PRE-COLUMBIAN WELSH COLONIZATION OF THE FLORIDA COAST

Charles Walters 532-6724  
Thursday, 7pm  
One time, Oct 11  
Location: KSU, Thompson Hall, Rm 101

Did the Welsh really colonize North America 300 years before Columbus? Are there Welsh words in the Cherokee language? Did Columbus use the Welsh maps in his travels to America? A look at some evidence!  
(A geologist by profession, Dr. Walters has probed far back in the traces of the Welsh in North America in the 1100's.)

### RUSSIAN WINTER TOUR

Joe Hajda 532-6301  
Thursday, 7:30pm  
One time, Sept 27  
Location: UFM Conference Rm

This is an opportunity for you to learn about a low-cost educational tour scheduled for Dec 26 - Jan 10. Participants will spend 16 days traveling and visiting Moscow, Leningrad, Tallinn, and Helsinki. No restrictions on participants - students and non-students welcome.  
(A specialist in Soviet affairs, Joe had a unique learning experience in the Soviet Union 2 years ago.)

### MONEY MANAGEMENT SEMINAR

Doug Smith 539-2071  
Fred Freebe 537-4505  
Monday, 7-10pm  
One time, Oct 8  
Location: KSU, Union, Rm 206

This seminar's objective is to equip you with information that will help you provide for your family's financial future. We'll talk about inflation guards, tax-reducing opportunities, insurance and annuities, Social Security benefits, money accumulation plans, individual retirement accounts, Keogh plans, estate planning, and other financial matters. Couples are encouraged to attend.  
(Mr. Smith and Mr. Freebe are both local financial planners certified and accredited by their investment firm.)

### INVESTMENT BASICS

Steve Harrison 537-0594  
Sheri Prawl  
Tuesdays, Thursdays, 7-9pm  
First meeting: Sept 25  
Length: 2 weeks, 4 times  
Location: KSU, Eisenhower Hall, Rm 126  
Limit: 40

Back by popular demand, this course will give you a basic but thorough survey of the securities industry: how it functions, and how you can get involved in it. They will discuss stocks, bonds and other investments necessary for effective financial planning.  
(Sheri and Steve are local brokers with an investment firm holding membership in the New York Stock Exchange.)



"I'm a lawyer and I walk to work every day. I see the post office people, the ministers, people working in their yards, garbage collectors - they are all my friends. I talk to them every day. Sometimes it takes me 45 minutes to walk eight blocks. That is something I will not give up."

## Lawyers Series

### DO YOU REALLY NEED A LAWYER?

Rodney Olsen 776-9208  
Tuesday, 7:30pm  
One time, Oct 9  
Location: UFM Fireplace Rm

We will discuss the necessity of legal representation in a variety of situations. Areas to be discussed include small claims court, personal obligations, and traffic court. We will also examine the consequences of representing yourself in a court of law.  
(Rodney is a local Manhattan attorney.)

### LEGAL AID COMES TO RILEY/GEARY COUNTY

Val Wachte 913/233-2068  
Wednesday, 7:30pm  
One time, Oct 3  
Location: KSU, Union, Rm 203

Having legal problems, but unable to afford lawyer fees? Now legal services will be offered to individuals in the county who might otherwise be denied justice because of the inability to have private counsel. Come to this session to find out about Kansas Legal Services, which has recently arrived to offer legal assistance to area people with low incomes.  
(Val, a Junction City native, is Area Director for Kansas Legal Services. Before working with KLS, Val practiced law in Topeka.)

### ESTATE PLANNING

Kent Oleen 537-9194  
Tuesday, 7:30pm  
One time, Oct 30  
Location: UFM Fireplace Rm  
Limit: 20

The estate laws of Kansas are complicated, but a great deal of advantages can be gained by individuals who allow the estate laws to work for them. We will explore estate planning with regard to the distribution of assets, gifts, preparation of wills, trusts, and "dying without a will."  
(Kent is an attorney in Manhattan.)

### LANDLORD-TENANT RELATIONS

Nyles Davis 532-6541  
Tuesday, 7:30pm  
One time, Oct 23  
Location: UFM Fireplace Rm

If you are being hassled either by ungracious landlords or irresponsible tenants, this class will hopefully clarify the issues, the responsibilities of both landlords and tenants, and the legal implications in these disputes. A Landlord/Tenant handbook is available in the KSU Union Bookstore.  
(Nyles is the KSU Student Attorney.)

### DIVORCE

Rodney Olsen 776-9208  
Wednesday, 7:30pm  
One time, Oct 10  
Location: UFM Fireplace Rm

This class will discuss the Kansas laws regarding divorce, child custody, support, alimony, and related topics. We will focus upon recent changes in the law, and discuss how these changes may affect the rights of individuals involved in divorce litigation. We will also discuss the rights and obligations of the parties following a divorce decree.  
(Rodney is a local Manhattan attorney.)

#### WE WANT TO LIVE: TWO YEARS OF THE HUNGER PROJECT

Edith Stunke 776-3624  
Wednesday, 7:30pm  
One time, Sept 26  
Location: KSU, Union, Rm 203

Come see the NEW 25-minute version of John Denver's film "I Want to Live" and learn of the progress being made around the world toward ending hunger. (Edith is chairperson of the Manhattan Hunger Project Committee.)

#### OLDER MANHATTAN NEIGHBORHOODS ASSOCIATION (OMNA)

Richard Leiker 537-2217  
Sign up at registration and you will be contacted.

OMNA is dedicated to the preservation and enhancement of the older areas of the city as a sound residential and commercial community. We are currently pursuing a program to upgrade deteriorating properties for the mutual benefit of owners, renters, and older neighborhoods as a whole. Our October meeting is tentatively scheduled to deal with several aspects of weatherization and insulation of older homes. (Richard is the president of OMNA.)

#### LEAGUE OF WOMEN VOTERS

The League of Women Voters strives to promote political responsibility through informed and active participation of citizens in government. The League is currently involved in areas concerning community corrections, growth of Manhattan, health education in the community, and competency based education. If any of these areas interest you, or if you would like more information concerning the League of Women Voters, contact Marilyn Logan, President (539-6834) or Jan Savidge, Membership Chairman (537-8232).

## Aging Series

Please register for each class you plan to attend. We will then be able to contact you for further information if necessary.

#### SING ALONG WITH FRANK

Frank Anneberg 537-9564  
Section I: Thursday 12:30pm Oct 11  
Location: Douglass Community Center Annex  
901 Yuma  
Section II: Thursday 7pm Oct 25  
Location: Carlson Plaza  
415 Pierre

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

#### SORTING THROUGH THE MEDICARE MUDDLE

Marie Deelan 539-4861  
Perry Seaton 539-4681  
Wednesday, 7pm  
One time, Oct 3  
Location: Carlson Plaza  
415 Pierre  
Limit: 20

This class will explore the Medicare System in order to help the participants understand the paperwork involved in using the system. The leaders will provide medicare forms for participants to fill out as a practical learning experience. (Marie, of Blue Cross/Blue Shield, and Perry, of the Social Security Administration, are both experienced with helping people work through and solve Medicare problems.)

#### UFM--THE ONLY PREREQUISITE IS CURIOSITY

Julie Govert 539-5898  
Tuesday, 7pm  
One time, Nov 13  
Location: Carlson Plaza  
415 Pierre

Please join us for an evening of fun and discussion about Manhattan's community education program, as well as free universities around the country. The UFM film "Grassroots Education" will be shown and people of all ages are welcome to attend. (Julie is a UFM staff member.)

#### STAYING AT HOME - WITH CARE

Nancy Marks 537-0688  
Wednesday, 10am-12noon  
One time, Oct 10  
Location: Manhattan Public Library  
Juliette & Poyntz

Health and social services available in Riley County which allow the older citizen to remain in his/her own home, as long as possible, will be discussed, as well as eligibility and methods of payment for these services. (Nancy is the Director of Riley County Health-Home-maker Services, Inc.)

#### GEOGRAPHY THE WORLD AROUND

Sharon Parks 776-1031  
Thursdays, 12:30pm  
First meeting: Sept 25  
Length: Indefinite  
Location: Douglass Community Center, Nutrition Site  
901 Yuma

Have you ever wondered where the Himalayan Mountains are? We'll answer this and a variety of other questions regarding the world we live in. (Sharon is a graduate teaching assistant in geography at KSU.)



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

#### BEGINNING MACRAME

Crystal Sapp & Jan O'Briant 537-9660  
Tuesdays, 7-9pm  
First meeting: Sept 25  
Length: Indefinite  
Location: UFM Banquet Rm  
Limit: 15  
Materials fee: \$3.50, pay at class

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

#### ADVANCED MACRAME

Jan O'Briant 537-9660  
Thursdays, 7-9pm  
First meeting: Sept 27  
Length: Indefinite  
Location: UFM Banquet Rm  
Materials fee: \$2.50, pay at class

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

## CRAFTS

#### KONZA PRAIRIE QUILTERS GUILD

Gloria Keeton 776-0924  
4th Monday of each month, 9:30-11:30am  
First meeting: Sept 24  
Length: Indefinite  
Location: First Baptist Church  
2121 Blue Hills Rd  
Materials fee: \$7.50 per year

Come enjoy quilts with us. Kansas is blessed with a rich quilting heritage which we would like to preserve. Anyone may visit twice free of charge. Babysitting is provided if called in advance. (Gloria is co-founder and president of the Konza Prairie Quilters Guild.)

#### HAWAIIAN QUILTED PILLOW WORKSHOP

Marge Wann 913/536-4406  
Saturday, 8-5pm  
One time, Oct 13  
Location: UFM Banquet Rm  
Limit: 10

The history and construction of Hawaiian quilting will be discussed. Then the class will cut and lay out pillow tops, Hawaiian style. Those enrolled will need a knowledge of basic quilting procedures. (Marge lived in Hawaii for three years and has taught classes in South Dakota and Kansas.)

#### BEGINNING KNITTING

Norma McNair 776-4432  
Tuesdays, 7:30-11:30am  
First meeting: Sept 25  
Length: Indefinite  
Location: 2035 Strong Ave (Northview Area)  
Limit: 8

We will learn the basic knitting skills and procedures starting with a small project. The student will have the opportunity to complete a finished project and go on to more advanced projects of his or her choice. Bring one pair of #8, 10" knitting needles, and one 4-oz skein of knitting worsted (acrylic). (Norma started when she was expecting her daughter 25 years ago and has been helping people learn ever since)

#### UFM FINE ARTS/CRAFTS SALE

Attention artists and craftsmen!! UFM will be holding its annual Christmas Crafts Sale on Friday, Nov 30, and Saturday, Dec 1. Sale hours will be 11am-6pm both days. UFM will charge a \$3 entry fee (to cover publicity) and a 10% commission. Last year's sale was a huge success and we are looking forward to seeing you at this year's sale. For further information call Irene Levy at 539-5119, or sign up at registration and you will be contacted about the sale. (Irene is an area potter who has organized three previous UFM craft fairs.)

"Everything that's part of Kansas is part of me and part of my art - the beauty, the feeling of nature, my garden, the fields, the creeks..."

TATTING (LACE MAKING)

Coni Jo Bates 537-0570  
 Section I: Tuesday 2-4pm Oct 9  
 Section II: Thursday 2-4pm Oct 11  
 One time  
 Location: 1829 Anderson  
 Limit: 4 each section

Discover the joy of tating, and make beautiful and unique baskets, booties, clothing, tablecloths, jewelry, and anything your imagination desires. These may be one of the few heirlooms made by the present generation. A new fingering method is much easier than the traditional one, giving the same results. Bring tating shuttle and heavy crochet thread. Future classes are planned so be sure to sign up on waiting list. (Coni Jo is self-taught; but lovingly encouraged by Effie Edwards, age 93, who was the previous UFM teacher and is eager to see the art passed to future generations.)

CHAIR CANING

Barbara Poresky 539-2967  
 Tuesdays, 7:30pm  
 First meeting: Sept 25  
 Length: 6 times  
 Location: 3016 Claflin Rd  
 Limit: 10

Do you have a chair that needs a new cane seat? It's not difficult to repair it yourself. Bring the chair to the first meeting and Barbara will tell you what materials are needed; in the following sessions you'll be guided through the steps required to replace the chair seat. If there's interest, we'll also cover rush and splint seats. (Barbara has taught this class several times.)

NEEDLEPOINT

Jan Carl 537-4139  
 Tuesdays, 9-11am  
 First meeting: Sept 25  
 Length: 4 times  
 Location: 3212 Ella Ln  
 Limit: 10

Learn numerous basic and decorative stitches and how to create and adapt needlepoint to your own personality and home. Each member will be contacted prior to class. Meeting time is negotiable and the class may go on indefinitely if interest is shown. (Jan has been needlepointing for seven years and has instructed friends and classes in this art for some time now.)

RUG BRAIDING

Judy Cloud 539-5133  
 Dean Demmer 776-5589  
 Wednesdays, 7:30pm  
 First meeting: Oct 17  
 Length: 3 times  
 Location: 2316 Chris Dr  
 Limit: 15

One craft which has rewarded people for ages is braiding rugs from discarded garments or whatever is available. You will be shown how to prepare the material, lace and join strands. (Judy has made 5 room size rugs from old discarded clothing and blankets. After 27 years they are still being used. The cost of each was not more than \$12. Dean shares Judy's passion for rug braiding.)

CANDLE MAKING

Neil Schanker 539-5766  
 Gary Busset 537-7267  
 Section I: Tuesday Nov 13 7:30pm  
 Section II: Wednesday Nov 14 7:30pm  
 One time  
 Location: UFM Kitchen  
 Limit: 12  
 Materials fee: \$1.50, pay at registration

First we'll discuss the basics of candle making: candle types, waxes, wicks, molds, colors, scents, safety, troubleshooting, and various "tricks of the trade." Then everyone can make their own personalized candles. Bring questions, problems and neat ideas. (Neil started out making sand candles on beaches and Gary enjoys making whipped-wax candles.)

SOAP MAKING

Mrs. L.R. Quinlan 537-7315  
 Saturday, 10am  
 One time, Oct 27  
 Location: 919 Thurston  
 Limit: 8

It's a very satisfactory feeling to make something out of nothing. That's what happens when you take a bit of stale fat and a bit of lye and come up with a beautiful cake of soap. (Mrs. Quinlan has been making soap for years.)

SOCK DARNING

Verda Clagett 776-8594  
 Tuesday, Thursday, 2:30pm  
 First meeting: Sept 25, Sept 27  
 Length: 2 times  
 Location: Apartment Towers  
 300 N 5th  
 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 holes, and matching darning cotton or wool. By using the same techniques you can mend holes in slacks and sweaters. (Verda has been darning for 61 years, since she was a young girl.)

INDIAN SEED BEAD WEAVING

Cindy Bieler 539-1277  
 Saturdays, 1:30pm  
 First meeting: Sept 29  
 Length: 3 times  
 Location: UFM Banquet Rm

Brightly colored beads are woven to produce necklaces, belts, and decorative strips for clothing. Costs are minimal and we will be making our own looms. Noted for the striking patterns, this old craft is rarely practiced today. (Cindy, a KSU graduate in art education, has both taught seed bead weaving and enjoyed it as a hobby.)

DECOUPAGE

Daniel P. Ehlers 537-0267  
 Monday, 7:30pm  
 First meeting: Sept 24  
 Length: Indefinite  
 Location: UFM Banquet Rm

In this class we will learn the basics of this art. You can take it from there. If you have photographs or other items you wish to preserve, come and learn decoupage. (Dr. Ehlers has been interested in and has made many kinds of crafts for many years.)

GIFTS AND GADGETS

Sally Wiley 537-9455  
 DeAnn Hiss 539-3575  
 Section I: Saturday 9am Sept 29  
 Section II: Saturday 9am Oct 6  
 Location: 1212 Kearney  
 Limit: 8

Sally and DeAnn are excited to share some gifts and gadgets you can make for the kitchen and some Christmas items including placemats, bun warmers and Christmas trees! If you can sew a seam - this class is for you! (Both Sally and DeAnn sew their own clothes and are always hunting for gadgets to sew!)

WHITTLING

Les Branson 776-6948  
 Tuesdays, 7:30pm  
 First meeting: Sept 25  
 Length: Indefinite  
 Location: UFM Banquet Rm  
 Limit: 6  
 Materials fee: \$6, pay at registration

The first meeting will be a discussion of what is involved in whittling. We will talk about projects that might be undertaken and learn what tools are necessary. Nothing is more satisfying than sitting in front of a crackling fire on a cold day with a knife and a block of wood. (Les has been whittling and teaching UFM classes for five years.)



"I think of Kansans as people with real guts. There is a perpetual struggle with nature, in the worries you see in the farmers, and there is a certain stick-to-it-ness that the people seem to have."



## GEM STONES

F.C. Lanning 537-7599  
Tuesdays, 8pm  
First meeting: Oct 9  
Location: KSU, Willard Hall, Rm 116  
Length: 4 times  
Limit: 20

This class will increase your knowledge and appreciation of gem stones. Natural, synthetic, and fake stones will be discussed. Emphasis will be placed on properties such as color, hardness, fire, etc., that make a good gem. Examples, including Kansas stones, will be displayed.  
(Dr. Lanning is a retired chemistry professor with vast experience in faceting gem stones.)

## BEER AND POP CAN COLLECTING

Doug Schell 539-6540  
Saturday, 11am  
One time, Sept 29  
Location: 2225 Stone Post Rd

Beer and pop can collectors; get together and trade your extra and duplicate cans. Meet other collectors and expand your collection - a large variety of pop cans will be available for free.  
(Doug has over 300 beer cans and 500 pop cans in his collection.)

## UFM POTTERY STUDIO

Gary Jantz 532-5866  
Saturday, 10am  
One time, Sept 22 (Organizational)  
Location: UFM Pottery Studio  
Materials fee: \$15, pay at registration

The UFM Pottery Studio, 1221 Thurston, Basement, is available for people who would like to handbuild or use the wheel on their own. Charges for use of the facilities for four hours a week are \$15 per semester. This fee includes some kiln space but not your clay. Our pottery studio is a cooperative. Members help do the work to keep it clean and running smoothly. If you would like to use the studio please attend the meeting Saturday, Sept 29 at 10am. I will show you the facilities and the studio guidelines. At this meeting you can sign up for your studio time.

## BEGINNING POTTERY

Lucy Hermann 776-6323  
Thursdays, 7pm  
First meeting: Sept 27  
Length: Indefinite  
Location: UFM Pottery Studio  
Limit: 8

This class will provide basic instruction in handbuilding techniques and throwing on the pottery wheel. You can learn to make many useful and decorative objects.  
(Lucy is a ceramics major at KSU and has experience as a studio potter.)

## HANDBUILDING--WHEELTHROWING I

Rhonda Pfeifer 776-6323  
Wednesdays, 7pm  
First meeting: Sept 26  
Length: Indefinite  
Location: UFM Pottery Studio  
Limit: 8  
Materials fee: \$15, pay at registration

The class will cover the basic techniques of handbuilding and wheel throwing. Rhonda will also give slide presentations and cover glaze application. Fee includes 25 lbs. of clay, glaze and kiln firing.  
(Rhonda is currently a senior at KSU working towards her B.F.A. in ceramics.)

## HANDBUILDING--WHEELTHROWING II

Shawn Dolan 913/238-1773  
Tuesdays, 7pm  
First meeting: Sept 25  
Length: Indefinite  
Location: UFM Pottery Studio  
Limit: 8  
Materials fee: \$15, pay at registration

This class will cover the basics of handbuilding and wheelthrowing for beginners. Fee includes 25 lbs. of clay, glaze and kiln firing.  
(Shawn is a ceramics major at KSU and has studied handbuilding, wheel throwing and kiln firing.)

## BEGINNING CERAMICS

Lee Lang 537-4155  
Saturdays, 10am  
First meeting: Sept 29  
Length: Indefinite  
Location: UFM Pottery Studio  
Limit: 8

This class is for beginners who want to learn the basics of wheel throwing and hand building techniques.  
(Lee has studied ceramics at Penn State and KSU and is very excited about teaching for UFM.)

## BASIC POTTERY

Miriam Shaheed 537-8576  
Sign up at registration and you will be contacted as to day and time.  
Length: 4 times  
Location: UFM Pottery Studio  
Limit: 5  
Materials fee: \$15, pay at registration

Miriam will cover the four methods of forming clay: pinch, coil, slab and wheel throwing. Glazing will also be covered. The class will meet four times and then decide whether or not to continue.  
(Miriam has been working with clay for quite a few years and enjoys sharing her skills with others.)

# EARTH

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

## AMATEUR ASTRONOMY

C.E. Hathaway 532-6786  
Monday, 7:30pm  
First meeting: Sept 24  
Length: Once a month  
Location: KSU, Cardwell Hall, Rm 145  
Limit: 24

This class will explore the possibility of organizing the amateur and would-be amateur astronomers in the Manhattan area. The recent NASA movies of the Voyager Jupiter encounter will be shown at the first meeting. The class will meet once a month on a night near new moon for a star party. At least one class period will be devoted to the economical construction of a Dobsonian 6- or 8-inch amateur reflecting telescope.  
(C.E. Hathaway is chairman of the KSU Physics Dept. and teaches astronomy.)

## OUR CHANGING VIEW OF MARS

Jim Underwood 532-6724  
Wednesday, 7:30-9:30pm  
One time, Oct 17  
Location: Manhattan Public Library  
Juliette and Poyntz

Our neighbor planet Mars has been the source of wonder and study since man first gazed skyward. As recently as 1971, however, our knowledge of the planetary surface was limited to Earth-based observations plus those made by three fly-by satellites. The 1971 Mariner 9 Mission and the 1976 Viking missions revealed the "new Mars," a Mars much more varied and much more Earth-like than anyone suspected.  
(Since 1973, Dr. Underwood has worked with NASA on geologic mapping and research on Mars and Mercury.)

## THE UNIVERSE

Terry Anstrom 532-6816  
Tuesdays, 7:30pm  
Location: KSU, Cardwell Hall, Planetarium  
Limit: 30 each topic

Oct 2 The Fall Sky: An introduction to the fall constellations, celestial objects, legends and mythology.  
Oct 16 The Solar System: Our view of the solar system has changed through technological advances. This program will describe the solar system with emphasis placed on current findings.  
(Terry is director of the KSU Planetarium.)



## MUSHROOMS

Elizabeth Moses 537-4300  
Wednesday, 7:30pm  
One time, Oct 3  
Location: UFM Fireplace Rm

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.)

## POST ROCK COUNTRY

Grace Muilenburg 539-8006  
Ada Swineford  
Friday, Sunday  
Location: First Presbyterian Church (basement)  
801 Leavenworth  
Limit: 40

Sept 28 Lecture: Slide presentation, with comments on the history, geology, and use of limestone in the development of north-central Kansas. (Orientation for the tour.)  
Sept 30 Tour: Destination, farm limestone quarry, with stops at historical locations in route. (350 miles round trip.)  
(Grace and Ada are co-authors of Land of the Post Rock (now in paperback). Grace is associate editor of the Agricultural Experiment Station; Ada is adjunct professor of geology.)

#### HOLOGRAPHY: PHOTOGRAPHY OF THE FUTURE?

Suresh Chandra 776-4976

Section I: Tuesday 7:30pm Oct 30  
Section II: Wednesday 7:30pm Nov 7  
One time  
Location: KSU, Cardwell Hall, Rm 317  
Limit: 25

Holograms are hard-to-believe, truly three dimensional pictures. The art and science of holography will be presented in a readily comprehensible manner. Holograms are easy to make but require laser light. Different types of holograms will be shown and the uses of holography described. (Suresh teaches holography at KSU and has done a television program on the subject.)

#### KANSAS ORGANIC PRODUCERS

Sue Lukens 913/738-3866

Saturday  
One time, Nov 3  
Time and location to be announced

The Kansas Organic Producers are holding their fall meeting in Manhattan, which gives area folks a chance to become involved. Task forces and areas of discussion will be as follows:

1. Prevention of aerial spray drifts
2. How to monitor and verify the certification of organic production
3. Weed control efforts
4. Tours to organic farms
5. Alternatives to nuclear energy in Kansas

#### HIKING TRAILS IN KANSAS

Jim Nighswonger 532-5752

Monday, 7pm  
One time, Oct 1  
Location: Manhattan Public Library  
Juliette & Poyntz

We will discuss hiking opportunities in Kansas with reference to developed trails. Topics such as where to hike, what trails exist, what they have to offer, and interpretive trails will be covered. Crews are needed for Elk River trail building and for trail repair at Perry Lake. Dates and details will be given at class.

(Jim has helped design and layout a number of trails in Kansas. He is a member of the Ks Trails Council.)

#### TALL GRASS ORIENTEERS

Dale Bryant 532-5953  
Dan Walker

Sign up at registration and you will be contacted.

Students will learn basic map symbols and navigation with compass. This will include particular applications, with participation in local orienteering meets. This course is for the fresh air and nature enthusiasts. An out of town trip will be planned. (Dale is the faculty representative for Tall Grass Orienteers and Dan is the president of the club.)

#### PLANTS OF KONZA PRAIRIE RESEARCH AREA

Craig Freeman 532-6619

Wednesday, 5:30pm  
One time, Oct 3  
Location: KSU, Parking lot south of Ackert Hall  
Limit: 20

This class will be a field introduction to some of the plants indigenous to a native tall grass prairie. The classification and natural history of plants as observed in their native habitats will be covered. Wildflower keys are welcome and may prove helpful. (Craig is a KSU graduate student in botany who has actively participated in compiling a species list for the Konza Research Area.)

#### PRAIRIE GRASSES

Gene Towne 532-6101

Wednesday, 6pm  
One time, Sept 26 (raindate, Sept 27)  
Location: UFM Parking Lot

All grasses are not alike. A tour through the prairie will focus on identifying characteristics of grass species common in the Flint Hills. (Gene is a research assistant in Range Management.)

#### WILDFLOWERS AND WEEDS

Gene Towne 539-0353

Monday, 6pm  
One time, Sept 25  
Location: UFM Parking Lot

Do you love to view the prairie and have a desire to know the vast array of plants that catch your eye? Join Gene in a hike and learn to identify and appreciate the beauty in plants.

(Gene is a research assistant in Range Management and teaches this class with a flair that captivates everyone's interest.)

#### ENVIRONMENT IN RELATION TO HEALTH AND DISEASE

S. Chaudhuri 532-6724

Tuesdays, 7:30-9pm  
First meeting: Oct 9  
Length: 3 times  
Location: First Presbyterian Church  
801 Leavenworth

Limit: 15

The class will discuss some of the factors that may link the geologic environments to disease states in animals, including man. Incidence of dental caries, bone disease and hypertension, among others, will be the subjects of discussion.

(Dr. Chaudhuri has been teaching environmental geology at KSU for more than 5 years.)

#### WINTERIZE YOUR GARDEN AND YARD

Ray Keen  
Friday, 6pm  
One time, Sept 28  
Location: 1916 Blue Hills Rd

It's time to wind down your garden. Come take a look at lawn preparation; learn how to prepare your spring garden now; discuss composting ideas and tender and hardy bulb care. Ten new lines of zoysia grass and bluegrass can be observed in this session. (Ray is a professor of horticulture at KSU.)



"People in this part of the world are closer to the soil, to humanity, to themselves, and maybe because of this they have a clearer meaning of what life is about."

#### HOME GREENHOUSES

Michael Agnew 532-6170  
Dick Wooton

Thursdays, 7pm  
First meeting: Sept 27  
Length: 2 times  
Location: KSU, Union, Rm 205

The first session will focus on hobby greenhouses: their structures, coverings, environmental temperatures and light levels. The second evening will cover vegetable production: the growing of tomatoes, cucumbers and lettuce in a controlled environment. (Michael is a graduate assistant in greenhouse management and Dick is a professor of horticulture at KSU.)

#### AFRICAN VIOLETS AND THEIR COUSINS

Erica Clayberg

Class sessions to begin in January. You will be contacted.

Learn to recognize and enjoy growing other members of the Gesneriad Family; Gloxinia, Lipstick Plant, Goldfish Plant, and Flame Violets. Come learn their real names and growing habits. (Erica is National Convention Chairperson for the American Gloxinia and Gesneriad Society.)

#### CARING FOR FOLIAGE PLANTS

June Anderson 776-5010

Thursdays, 7pm  
First meeting: Oct 4  
Length: 3 times  
Location 2225 Blaker  
Limit: 12

We will discuss the basic needs (lighting, moisture, humidity requirements and appropriate soil mixtures) pertaining to many of the popular indoor foliage plants. Students will learn to identify and treat plant diseases and pests. Please bring your plants or plant problems with you. The third meeting will include a tour through the campus conservatory. (June, a senior in Ornamental Horticulture, has been involved with the replanting of the campus conservatory and has worked in greenhouses for 4 years.)

#### INDOOR BONSAI

Carl Clayberg 532-6170  
Kent Kimmins

Fridays, 7pm  
First meeting: Sept 28  
Length: 3 times  
Location: 40 Lakewood (west side of Tuttle Reservoir)  
Limit: 15

The emphasis of this class is on how to grow your own bonsai starting from young plants. Carl and Kent will cover sources of materials and cultural techniques. Plants suitable for indoors will be the principal concern, because they are easier to manage in Kansas.

(Carl and Kent are professors in the Horticulture Dept. at KSU and have grown bonsai indoors for several years.)

#### ENVIRONMENTAL AWARENESS CENTER

Pat Dreese 539-4898

Tuesday, 7:30pm  
One time, Oct 2  
Location: KSU, Union, Rm 205

Environmental Awareness Center (EAC) is a group of people interested in the detrimental effect man has on the environment and work to lessen that effect. This class will provide information about EAC and give participants an opportunity to become involved in ongoing projects. (Pat has worked with EAC for 3 years.)

### POTPOURRI & SACHETS

Dale Anderson 913/494-2540  
Wednesday, 7pm  
Section I: Oct 3; Section III: Oct 10  
Section II: Oct 17; Section IV: Oct 24  
One time  
Location: Herb Patch, 6 mi east on Hwy 24 (so. side)

Potpourri making is an old art practiced mainly in Europe. We will review the history, look at old "recipes" and everyone will make a potpourri of their choice from items grown here at the farm and imported from exotic places. Cost will vary with the ingredients used but will run near \$10. Bring a very large bowl.  
(Dale has developed a large herb garden.)

### THE ZOO SCHOOL

Tom Demry 539-2011  
Carol Garner  
Manhattan Zoo Keepers

Tuesdays, Wednesday, Thursday, 7pm  
First meeting: Sept 25  
Length: 6 times  
Location: Sunset Zoo, classroom

Sept 25 Exotic Animal School: Professional zookeepers will be teaching you the basics of exotic animal needs and habits in a captive and wild environment. (4 sessions)

Sept 26 Zoo Docent Training: Docents are men and women 16 years of age and up who give educational tours and classroom lectures. This is your chance to join the ranks.

Sept 27 History of Zoos--Past to Present: How modern zoos promote conservation, education and recreation.

(Tom is the director of Sunset Zoo and Carol is the 1979 Zoo Docent chairwoman.)

### BEEKEEPING

Jim Johnson 532-5891

Tuesdays, Thursday, 7:30-9:30pm  
First meeting: Sept 25, 27, Oct 2  
Length: 3 times  
Location: KSU, Waters Hall, Rm 124A

Honey is the wonderful stuff that most folks know bees make--but few really know how they do it. The session will cover many aspects of hobby beekeeping: from obtaining the bees and needed equipment, to managing the hive for your first and future honey crops.  
(Jim is an Extension Entomologist at KSU and keeps bees in the Manhattan area.)

### ANIMAL HUMANE SOCIETY

Steve Allison 539-5492

Thursdays, 7pm  
First meeting: Oct 11  
Length: Monthly  
Location: Manhattan Public Library  
Juliette & Poynitz

This group welcomes help in promoting humane ideals in Manhattan and the surrounding area.  
(Steve is current president of the organization.)

### SALT-WATER AQUARIUMS

Barb Parker 537-4157  
Tuesdays, 7:30pm  
First meeting: Oct 2  
Length: 2-3 times  
Location: Spectacular Eyes  
411 N 3rd  
Limit: 20

Salt-water aquariums are easy to set-up and maintain. We will cover the basic equipment, set-up, water chemistry and nitrogen cycle in the first session, and tank inhabitants, aquascaping and maintenance in the second. Additional sessions will be offered if there is sufficient interest.  
(Barb has set-up and maintained several salt water aquariums and presently owns a 30-gallon marine invertebrae tank.)

### DAIRY GOATS

William Klopfenstein 539-2846  
Tuesdays, 7:30pm  
First meeting: Oct 9, Oct 23  
Length: 2 times  
Location: 2417 Rogers Blvd  
Limit: 15

This course will cover selecting animals, breeding, housing, feeding and care of dairy goats, grooming and preparing for shows. We will make use of available literature on dairy goats as well as audio visual materials and live demonstrations. This could include such things as dehorning, tattooing, hoof trimming and clipping. Beginners, as well as those with experience with dairy goats, are welcome to attend.  
(Bill has had goats for about 6 years and for several years has been the 4-H county project leader for Riley County.)

### EQUESTRIAN CARE

Drs. Easley, Brandt, Schneider 532-5700  
Mondays, 7:30pm  
First meeting: Oct 22  
Length: 2-3 times  
Location: KSU, Vet Med Teaching Bldg, Rm 201

KSU veterinarians have prepared a series of talks and discussions for those interested in raising horses. Topics to be covered include: advances in equine reproduction, preparing your horse for next year, and nutrition.

### FLINT HILLS EQUESTRIAN

Ann Lenhart 532-6681  
Monday, 7pm  
One time, Sept 24  
Location: KSU, King Hall, Rm 110

A get together is planned for people interested in planning horse shows; both English or western.



## FOODS

for questions about Foods,  
call Julie Govert at 532-5866.

### SAUSAGE MAKING

Rick & Nancy Leiker 537-2217  
Saturday, 2pm  
One time, Nov 17  
Location: UFM Kitchen  
Materials fee: 50¢, pay at registration

Using grandma's meat grinder, natural casings and some "arm power" we will demonstrate the basic technique of sausage making. By using freshly ground meats and your own seasonings, you can create a truly superior sausage. We will all take turns grinding and stuffing, and, of course, tasting.  
(Rick and Nancy have been making their own sausage for three years.)

### SO, YOU WANT TO OPEN A RESTAURANT?

William Kennedy  
Tuesday, 7pm  
One time, Nov 6  
Location: KSU, Justin Hall, Rm 256

Have you often thought about owning and managing your own restaurant? William Kennedy will lead an informal discussion designed for those who are considering going into the restaurant business. Market, operations, management and merchandising will be key topics. Individuals will be assisted with decision-making as they learn about the basic "ins and outs" of organizing and successfully operating a restaurant.  
(Mr. Kennedy is the Director of KSU's Restaurant Management program within the University's Department of Dietetics and Restaurant and Institutional Management.)

### COOKING MORE WITH LESS

Susan Shaw 537-2432  
Edith Funk  
Nancy Ohlenbusch

Monday, 6-9pm  
One time, Jan 21  
Location: College Ave Methodist Church  
1609 College Ave  
Materials fee: \$1, pay at class

Does your food budget money run out before the month does? Three demonstrations that will enable you not only to eat better but also actually consume less of the world's limited food resources will be presented. Our demonstrations are based on Doris Longacre's book More With Less, and will center on breads and cereals, vegetables, and how to use less meat by substituting other protein sources.  
(Susan, Edith and Nancy are homemakers interested in good nutrition and in cooking more with less.)

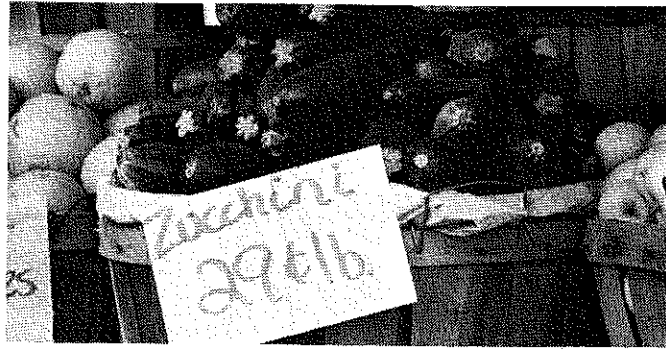
### SUPERMARKET SLEUTH

Denise Hayden 532-6541  
Martha Cornwell 539-1887

Sign up and you will be contacted as to date, time, and place. This event will be happening sometime in mid-November.  
Limit: 25

Do you feel like a detective when it comes to supermarket shopping--searching for "specials" and comparing product brands and sizes? We'll discuss how to become a super sleuth and provide "clues" on how to become a more alert and informed shopper. We will examine various aspects of the supermarket, from the shopping environment to produce labeling and displays.  
(Denise is Director of the KSU Consumer Relations Board. Martha is a graduate of the KSU Dietetics program.)





SMACZNEGO JESZCE RAS ("GOOD EATING ONCE AGAIN")

Deryl Waldren, Julie Govert & Friends 532-5866

Wednesdays, 7pm  
 First meeting: Sept 26  
 Length: 2 times  
 Location: UFM Kitchen  
 Limit: 15

This class will focus on one of Europe's most fascinating countries--Poland. At the first class we will prepare sernik, a traditional Polish cheese cake (smacznego!) and discuss the customs and life style of modern Poland. At the second class meeting we'll prepare a typical Polish meal together (smacznego jeszce ras!). Expenses for this class will be shared by participants. (Deryl has spent nine months working and living in Poland; Julie and friends like adventures like this and like to eat.)

CHINESE COOKING

Mei Lang Hwang 539-4470

Wednesdays, 7:30pm  
 First meeting: Sept 26  
 Length: Indefinite  
 Location: KSU, International Student Center

Have you ever wanted to learn how to make delicious stir fried vegetables? Is the new wok that you got for Christmas last year gathering dust simply because you have no idea how to use it? Mei Lang will prepare an assortment of Chinese dishes and discuss ingredients and where to purchase them. Class participants will share material expenses. At the first meeting the group will plan the topics of future meetings. (Mei Lang, originally from Taiwan, enjoys cooking Chinese food for her family and friends.)

INTERNATIONAL COOKING

Lois Morales 539-8867

Wednesdays, 6pm  
 First meeting: Oct 3  
 Length: Every other week, indefinitely  
 Location: Sign up and 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 of each meal ranges from \$1.50 to \$4. Each member of the class will take responsibility for organizing and hosting a session. (Lois has coordinated this class for years and is looking forward to this fall's class.)

MEXICAN COOKING: BEYOND THE TACO II

Cecelia & Sabino Martinez 537-2853

Monday, 6pm  
 One time, Nov 5  
 Location: UFM Kitchen  
 Limit: 15  
 Materials fee: \$2.50, pay at registration

Once again Cecelia and Sabino will allow others to learn about Mexican food as they demonstrate how to make sopa de albondigas (meatball soup), tortillas, and verduras (vegetables). The Martinex' will also show how to make chocolate mexicano, the winter drink that is served at special Mexican festivals. (Also known as "the UFM'ers in Newsweek," Cecelia and Sabino love to cook traditional Mexican dishes.)

FOOD OF INDIA: PLAIN AND FANCY

Janet Benson 532-6888

Saturday, 5-9pm  
 One time, Oct 6  
 Location: 713 Frey Dr  
 Limit: 10

Are you in the mood for the exotic? This class will allow participants to prepare such Indian favorites as Chicken Birinee (chicken, rice and yogurt), rayata (a cucumber and yogurt salad) and vegetable curry. Janet will also share and discuss some of the habits and customs of the people of southern India. The class will share the expenses of the feast which will be about \$2 per person. (Janet, an anthropologist, collected most of her recipes from local Indian people while doing two years of research in south India.)

REAL EASY HOMEMADE PIZZA

Nancy Lerner-Intermill 776-7373

Sunday, 4pm  
 One time, Nov 11  
 Location: UFM Kitchen  
 Limit: 20  
 Materials fee: \$2, pay at registration

Are you tired of being served pizza that consists of bread dough smothered with tomato sauce? Or are you just sick of spending ten dollars every time you get a craving for it? Nancy will show you the easy way to make one of America's favorite foods. Bring a bottle of your favorite wine with which to relax while you wait for the pizza to bake. (UFM sources have determined that Nancy makes some of the best pizza in town.)

ITALIAN BREADS

Susie Wittmayer 776-5369

Saturday, 1pm  
 One time, Nov 10  
 Location: UFM Kitchen  
 Limit: 15  
 Materials fee: 50¢, pay at class

There is nothing like freshly made homemade bread and there's nothing like Italian breads to compliment hearty winter meals. With aid from the class, Susie will demonstrate how to make Italian breads that are great with pasta or other winter meals. Recipes and samples of several types of Italian breads will be available at this class. (Susie has baked breads and pastries for her family for the past five years.)

**Holiday Know-How**

TALKING TURKEY: HOLIDAY TURKEY PREPARATION

David J. Van Camp 776-1318  
 Tuesday, 6:30pm  
 One time, Nov 6  
 Location: UFM Kitchen  
 Limit: 20  
 Materials fee: \$2, pay at registration

Turkey talk is part of the holiday season as holiday feasts with family and friends are planned. Dave will discuss the fine art of selecting, preparing and serving the Thanksgiving or Christmas turkey. With Dave's guidance, the class will prepare and serve a turkey. (Dave is chef at a local restaurant and a senior in restaurant management.)

INTRODUCTION TO BAKING

Richard Junge 532-6161  
 Pat Dreese and Don Lillard

Saturdays, 7:45-11:30am  
 First meeting: Sept 29  
 Length: 5 times  
 Location: KSU, Shellenberger Hall, Rm 110  
 Limit: 12  
 Materials fee: \$15, pay at registration

This class is designed to teach the basic fundamentals of making baked products in the home. Variety breads, dinner rolls, french breads and sweet goods are some of the delicious products we will be making. The \$15 fee will cover a course outline with recipes and the cost of ingredients. (Richard and Pat have extensive training in baking and are graduate students in grain science.)

BAKE AND FREEZE FOR CHRISTMAS

Susan Schoneweis 539-5923

Saturday, 9:30am  
 One time, Nov 17  
 Location: UFM Kitchen  
 Limit: 10  
 Materials fee: \$1, pay at registration

Susan will teach how to make different holiday breads such as Danish kringle, julekage and Stollen. She will also show how to freeze them to avoid that last minute Christmas rush. (Susan is an enthusiastic 4-H'er who has done extensive work in food preservation and yeast breads projects.)

HOLIDAY MINTS

Mr. L.R. Quinlan 537-7315

Saturday, 2pm  
 One time, Nov 17  
 Location: 919 Thurston  
 Limit: 8

What would the holiday season be without melt in your mouth mints? Mrs. Quinlan will demonstrate how to make mints that will be the perfect addition to holiday festivities. Expenses for this class will be shared by class participants. (Mrs. Quinlan enjoys her holiday mint-making activity.)

PIES, PIES, PIES

Martha Cornwell 532-6260

Session I: Monday Sept 24 7pm  
 Session II: Tuesday Oct 16 7pm  
 One time  
 Location: 3100 Heritage Ct #93  
 Limit: 6 per session  
 Materials fee: \$1.50, pay at registration

Do you quiver at the thought of tackling a home-made pie shell? Be brave and learn some simple recipes and tips for a perfect pie crust every time. Martha will also share some family pie filling recipes plus a super meringue recipe. (Martha's been making pies since she was small under the guidance of her mother and grandmother.)

THE UNCOCKTAIL PARTY

Linda Teener 532-6434, 537-0508

Friday, 7:30pm  
 One time, Oct 5  
 Location: UFM Kitchen  
 Materials fee: \$2, pay at registration

Come join us in exploring party drinks that taste and look good, but offer an alternative to drinks containing alcohol. We'll sample drinks using ice cream, fruit juices and soda pop. We will also talk about (and possibly sample) some snack ideas. Bring your own recipes to trade. (Linda enjoyed the Summer '79 Uncocktail Party and is very excited about the Fall party.)

WINE MAKING IN THE HOME

C.L. Norton 537-7683

Thursday, 7:30pm  
 One time, Oct 18  
 Location: UFM Conference Rm

Learn the popular art of making wine right in your home. Dr. Norton will discuss what can be accomplished with this art and will provide information about equipment needed, methods and the how-to's to give new wine-makers a start. Experienced wine-makers are invited to participate too. (Dr. Norton is a professor of animal science whose many hobbies include wine-making.)

TALL TOAD BREWERY INVITATIONAL DRINK FEST

Mike Rhodes 1-499-6438

Sign up for this class and you will be contacted. One time  
 Location: Route #1, Alta Vista  
 Limit: Solely to home brewers

Tall Toad Brewery respectfully invites local home brewers of lager, ale and stout to a true celebration of brewing where we can exchange ideas and sample one another's brew. (Mike was introduced to the secrets of brewing two years ago by a Greek dwarf and has been an avid practitioner since.)



#### FOOD AND NUTRITION: TEENS PLANNING & COOKING

Madaline Sullinger 537-7721

Thursdays, 3:30-5pm  
First meeting: Sept 27  
Length: 6 times  
Location: Douglass Center, Martin Luther King Rm  
901 Yuma  
Limit: Especially for teens

Learn about nutrition and how it relates to health and well-being. By eating the right kinds of foods in the right ways you can improve your figure, your complexion, the condition of your hair and eyes, and also have the energy you need for an active life. (Madaline has taught in the Expanded Foods and Nutrition program for five years.)

#### FRUIT LEATHER

Faith S. Kossoy 532-5866

Section I: Saturday Oct 27 10:30am  
Section II: Saturday Oct 27 11:30am  
One time  
Location: UFM Kitchen  
Limit: 25  
Materials fee: 25¢, pay at class

Have you ever tasted fruit leather? Faith will demonstrate how to make this delicious, nutritious treat. It's a good snack to carry in your pocket for those unexpected times when hunger strikes. (Faith enjoys teaching her fruit leather classes so much that she can hardly wait to teach it again.)

#### MAKING YOUR OWN BABYFOOD

Marty Hartford 532-5866

Saturday, 1pm  
One time, Sept 29  
Location: UFM Kitchen  
Limit: 15

Offer your baby good nutrition and save money at the same time by making your own baby food. Come to our class for a discussion on basic nutrition and advantages of homemade baby food, as well as for recipes and ideas for fixing nutritious meals for your young child. Bring ideas or recipes that have worked for you. (Marty has an 18 month old son, and enjoys finding new ways to prepare his food.)

#### DO-IT-YOURSELF YOGURT

Toni Mills 539-5898

Section I: Sunday Oct 7 3pm  
Section II: Sunday Oct 14 3pm  
One time  
Location: UFM Kitchen  
Limit: 15 each session

Have you always wondered what it takes to make delicious yogurt? With active yogurt cultures, non-fat dry milk and warm water Toni will show you how you can make your own yogurt quickly, easily and right in your own kitchen. (Toni is a KSU accounting student who loves to make and eat her own yogurt.)

## KID STUFF

for questions about Kid Stuff,  
call Jane Barnes at 532-5866.

#### FUN WITH FOOD

Delores Rexrode 776-4781

Mondays, 4pm  
First meeting: Sept 24  
Length: Indefinite  
Location: Douglass Community Center Annex  
901 Yuma  
Limit: ages 7 to 14

Together we'll learn about nutrition and what it should mean to you. Activities will include cooking and tasting low cost food and snacks, safety in the kitchen, discussion, meal planning, games and lots of fun. Other interests shown by the class will be pursued. (Delores has been a County Extension Agent in Foods and Nutrition for two years.)

#### MAKING CHOCOLATE CHIP COOKIES

Clint Weininger 537-8402

Sunday, 1pm  
One time, Sept 30  
Location: UFM Kitchen  
Materials fee: 75¢, pay at class

Clint will share his recipe for this all time favorite with everyone. (Clint is 10 years old and loves chocolate chip cookies.)

#### HOW ICE CREAM IS MADE

Kris Regier 532-5654

Thursday, 4pm  
One time, Oct 4  
Location: KSU, Call Hall, Front office  
Limit: ages 8 to 12

A tour of the dairy plant at KSU will be conducted and the process of making ice cream and cheese will be explained. Included is a stop at the dairy bar. (Kris is a Research Assistant in Dairy Processing at KSU.)

#### KIDS ARE COOKS TOO

Jane Barnes 537-2641

Saturdays, 11am-1pm  
First meeting: Oct 6  
Length: 3 times  
Location: UFM Kitchen  
Limit: 6, ages 4 to 8  
Materials fee: \$2.50, pay at registration

Together the children will make such goodies as pizza, cornbread, applesauce and sugar cookies. The class is held over the noon hour as we'll eat what we cook for lunch and learn to clean up the kitchen when we're through. (Jane, who loves to cook, is the director of UFM Evening Childcare.)

#### SUNWHEEL SNACKS

Nancy & Kisa Leiker 537-2217

Saturday, 2:30pm  
One time, Sept 29  
Location: UFM Kitchen  
Limit: ages 2½ to 5  
Materials fee: 50¢, pay at class

We would like to demonstrate how to make some delicious low-sugar snacks together. Adults and pre-school children are encouraged to participate. Fresh fruit kabobs, milkshakes, and simple vegetable and cheese snacks are just some of the snacks we will make together. (Nancy is the editor of Sunwheel Snacks Cookbook and Kisa, age 4, is a good cook already.)

#### MAGIC FOR CHILDREN

Ted Stalec 1-499-5205

Saturdays, 10-11:30am  
First meeting: Oct 6  
Length: 4 times  
Location: UFM Banquet Rm  
Limit: 40

Children of all ages have always been fascinated by magic. Ted will unlock the mystery of some simple illusion which children will be able to duplicate. Participants will need to supply some inexpensive props (coins, cards, etc.). The class will meet every other week. (Ted, a special magician for children, is a member of the Manhattan Chapter of the Society of American Magicians.)

#### STORYTELLING FOR PRESCHOOL CHILDREN

Mary Nichols 539-7782  
Charlotte MacFarland 537-1505

Monday, Tuesday, Wednesday, Thursday 10:30-11:15  
First meeting: Oct 1  
Length: 4 times  
Location: Monday, Wednesday, KSU, E.Stadium, Rm 108  
Tuesday, Thursday, KSU, Eisenhower, Rm 126  
Limit: 8 preschoolers each session

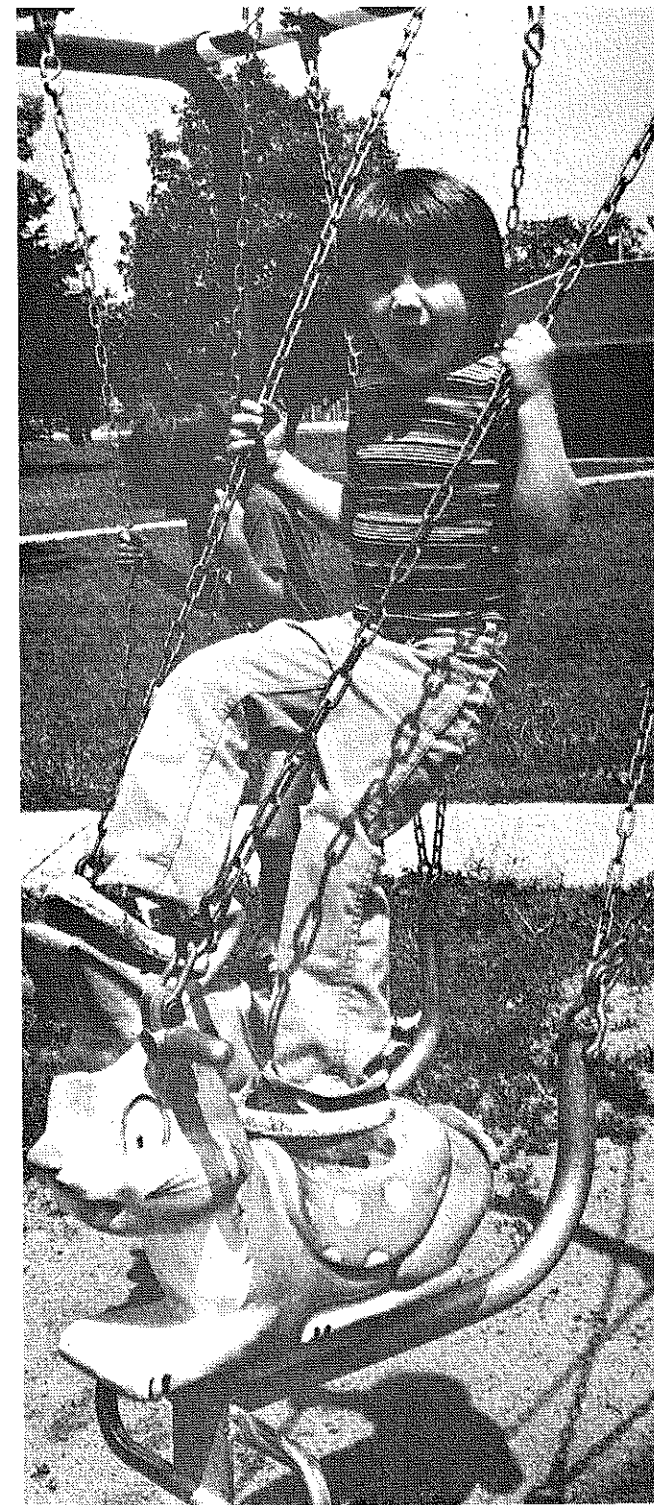
KSU storytelling classes prepare stories orally for preschoolers as part of their classwork. Children are invited to come to one or more of the sessions and be entertained by the students in training. (Mary and Charlotte are instructors in the Dept. of Speech at KSU and will be supervising the student storytellers.)

#### JUNIOR WILDLIFE SURVEY

Barb McFadden 539-2011

Mondays, 7pm  
First meeting: Sept 24  
Length: 12 times  
Location: Sunset Zoo Classroom  
Limit: Ages 8 to 15

These classes are designed to give young people a survey of wild animal life. We'll look at apes, snakes, wolves, and endangered species, and even go looking for fossils from animals of the past. (Barb is a grade school teacher turned professional zookeeper.)



"I love the Kansas sky because you don't have to look up to see it."

### FALL GARDENING AND HARVEST

Dick Mattson 532-6170  
 Saturdays, 10am  
 First meeting: Sept 22  
 Length: Indefinite  
 Location: Community Gardens  
 9th & Riley Ln

There will be action at the children's community garden until the first frost. Come get involved in caring for interesting plants and harvesting ripe crops. Children of any age are welcome and will be able to learn about plants from horticulture students and faculty.  
 (Dick is a professor in the Horticulture Department at KSU and has been deeply involved with the children's garden.)

### ALL KINDS OF BIRDS

Ben Gray 539-2021  
 Thursday, 4pm  
 One time, Oct 25  
 Location: UFM Parking Lot  
 Limit: 6, ages 5 or older

We will learn to identify birds at Pottowatomie State Lake #2. Transportation to and from the lake will be provided by Ben's father.  
 (Ben is 8, a student at the Living/Learning School, and an experienced bird watcher.)

### FOSSILS AND FOSSIL-MAKING

Lee Lojka 539-2919  
 Sign up at registration and you will be contacted.  
 One time  
 Location: UFM Banquet Rm  
 Limit: 5

We will talk about fossils and embed natural objects in plaster to make our own fossils. Please bring some interesting nature finds.  
 (Lee attended Living/Learning School this summer, where he learned how to make plaster fossils. He is very interested in science and nature activities.)

### STRING ART

Brian Lojka 539-2919  
 Robby White  
 Sign up at registration and you will be contacted.  
 One time  
 Location: UFM Banquet Rm  
 Limit: 5

We will use thread and nails to create intricate linear patterns against a wooden background. Each child should bring a spool of colored thread, an 8" x 10" board, a hammer and some nails.  
 (Robby taught Brian string art at Living/Learning School this summer. They were both so enthused about it, they wanted to teach other kids.)

### MAKING YARN DOLLS

Shala Schremmer 539-0425  
 Wednesday, 7:30pm  
 One time, Sept 26  
 Location: UFM Evening Childcare Center  
 835 Church Ave  
 Limit: 6, ages 5 to 8

Bring a skein of yarn and we'll make dolls.  
 (Shala is 8 years old and knows about yarn dolls.)

### SUNSET JUNIOR ZOOKEEPERS

Barb McFadden 539-2011  
 Saturdays, 1pm  
 First meeting: Sept 29  
 Length: 2 times  
 Location: Sunset Zoo Classroom  
 Limit: Ages 8 to 15  
 Materials fee: \$1 for training manual, pay at class

Sunset Junior Zookeepers provides opportunities to help care for some of the animals, work on zoo projects and help out "behind the scene." An ongoing program, both new and former Junior Zookeepers are encouraged to attend both training sessions, then volunteer to work after school and weekends.

### CHILDREN'S PLAY GROUP

Jan Galitzer 539-9292  
 Wednesdays, 1-3pm  
 First meeting: Sept 26  
 Length: Indefinite  
 Location: 1504 Humboldt

This is a parent participation play group for 3 year old children which provides companionship for both parent and child. If your children are in a different age group, come to the first meeting and Jan will help you set up your own group.  
 (Jan has led these groups for UFM on a continuing basis.)

### ART FOR CHILDREN

Patty Kyle 539-4089  
 Sign up at registration and you will be contacted.  
 Length: 8 times  
 Location: UFM Evening Childcare Center  
 835 Church Ave  
 Limit: 10, ages 6 to 9  
 Materials fee: \$2, pay at registration

Drawing, painting, printing, sculpture - fun experiences that will enhance the cognitive, aesthetic, emotional and skill development of children ages 6 through 9. Art does do that heavy stuff for kids of all ages.  
 (Patty has a B.F.A. from KSU and is certified to teach art.)

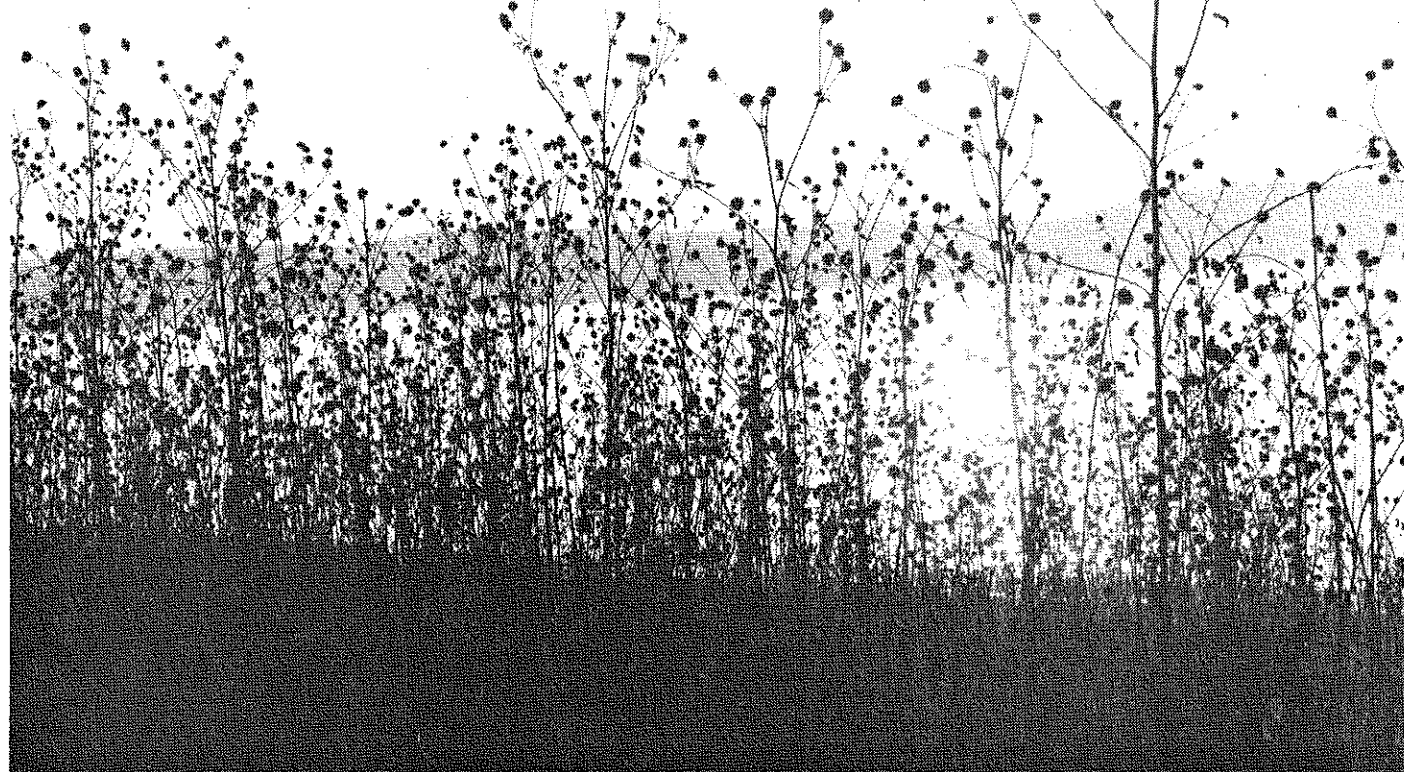
### CHILDREN'S THEATER WORKSHOP

Manhattan Civic Theater 537-8808  
 Manhattan Optomists  
 Saturdays, 9am-12noon  
 First meeting: Oct 6  
 Length: 10 times  
 Location: City Auditorium  
 12th & Poyntz  
 Limit: Ages 6 to 14

Production techniques such as acting and backstage work will be explored. A seasonal play produced by the class members is scheduled for the last few sessions.  
 (People at the Civic Theater are interested in involving young people in theater productions.)

# FINE ARTS

for questions about Fine Arts,  
 call Julie Coates at 532-5866.



### CREATIVE WRITING WORKSHOP

Matthew Frazel 539-4206  
 John Cappon  
 Mondays, 7:30pm  
 First meeting: Oct 1  
 Length: 4 times  
 Location: UFM Fireplace Rm

Anyone interested in writing is welcome to this informal gathering. We'll read original works aloud, and offer criticism, suggestions, and praise. Students should bring something to the first meeting.  
 (Matthew is a 23 year old horticulture therapy student interested in poetry's transformative effects on consciousness. John is an 82 year old writer interested in starting a writer's community in Manhattan.)

### IT'S AN OPEN STAGE!

UPC Coffeehouse Committee & UFM  
 Sunday, 7:30pm  
 One time, Dec 2  
 Location: KSU, Union, Catskeller

The KSU Union Catskeller will provide an opportunity for local entertainers and artists to share their talents on an open stage. Musicians, singers, and other artists, from those just starting out to those more accomplished, are encouraged to participate in this special event. Sign up at registration if you have a talent you would like to share. You will be contacted about details.

### BEGINNING GUITAR/INTERMEDIATE GUITAR

Robert Manes 537-4459  
 Mondays, 7pm  
 First meeting: Sept 24  
 Length: 10 times  
 Location: KSU, Union, Rm 301  
 Limit: 15

The purpose of this class is to teach guitar to the beginning and/or intermediate guitarist. Our objective is to play the guitar in a practical, applicable manner, a manner which is geared for maximum personal enjoyment.  
 (Rob is anxious to help people enjoy their guitars and themselves.)

### INTRODUCTION TO BARBERSHOP HARMONY

Bob Swenson  
 Bill Hanson  
 Thursdays, 7:30pm  
 First meeting: Sept 27  
 Length: 2 times  
 Location: First Christian Church  
 115 N 5th

This will be a great opportunity to learn the fundamentals of barbershop harmony or to enjoy delightful barbershop sounds. Participants will observe and sing with the "Grain Belters" an established chorus. Women are welcome to come too.  
 (Bob and Bill are both members of the "Grain Belters.")

INTERMEDIATE GUITAR

Pete Grosett 537-8410

Wednesdays, 6pm  
First meeting: Sept 26  
Length: 8 times  
Location: UFM Banquet Rm  
Limit: 15

This class is for those who know their basic chords and are ready to smooth out their playing. We'll work with scales, chord inversions, picking styles and some theory. Bring your guitar and your favorite song. (Originally self-taught, Pete has studied jazz guitar at the Guitar Study Center in N.Y. and with Randy Detrick.)

DULCIMER PLAYERS UNITE

Linda Teener 537-0508

Thursdays, 7pm  
First meeting: Sept 27  
Length: Indefinite  
Location: 1900 Judson

We're looking for mountain and hammered dulcimer players interested in playing together. Come share tunes and techniques you know and learn what others are doing. Don't be shy! There are no skill requirements. Anyone interested in dulcimer is welcome. If the meeting time is bad for you, let me know and we can negotiate a new time.

(Linda has been interested in dulcimers for several years and plays both the mountain and hammered dulcimer.)

WOODWINDS ANONYMOUSCarol Harris 539-9574  
Janet WinterWednesdays, 7:30pm  
First meeting: Sept 26  
Length: Indefinite  
Location: 1516 Wreath

An informal group for those who enjoy playing regularly. We have played together several years, with a varying membership. Non-woodwinds have sometimes been included. Participants are encouraged to bring any music from their own libraries.

(Carol, (flute), resumed music after retirement of an undisclosed number of years to raise a family. Janet, (clarinet), continues with music instead of raising a family.)

RECORDER FOR ADULTS

Vicki Schult 539-4661

Saturdays, 1:30pm  
First meeting: Sept 29  
Length: Indefinite  
Location: Westron Wynde  
1220 Moro  
Limit: 20

This class is for people who have never played the recorder but want to.

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

INTRODUCTION TO THE FOLK HARP

Florence Schwab 539-4020

Sundays, 2pm  
First meeting: Oct 7  
Length: Indefinite  
Location: 413 Research Dr

I will have two small harps for the class to see, and each student will have a chance to play on them. I will give a demonstration on the proper hand positions and method of performance and will sing and play some folk songs for the class to hear. I also have brochures and other materials with information on obtaining a folk harp, music, etc. (Florence is a part time teacher at KSU and is accomplished on several different kinds of harps.)

MUSICAL INSTRUMENT MAINTENANCE

Chris Banner 776-6562

Saturday, 10am-12noon  
One time, Oct 13  
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 four years and repairs all University instruments.)

CREATIVE WEAVING

Linda Teener 537-0508

Saturday, 10am  
One time, Oct 20  
Location: 1900 Judson  
Limit: 15

Come learn the basics of weaving using non-traditional looms. We'll look at the basics of weaving and ways to get special effects. We'll spend most of the morning on basics and then those who are interested can work on a project. Bring your lunch and spend the day weaving. You will be contacted about materials to bring.

(Linda has been weaving on non-traditional looms for six years.)

CARE OF KEEPSAKE CLOTHING

Margaret Ordonez 532-6993

Tuesdays, 7-9pm  
First meeting: Sept 25  
Length: 2 times  
Location: KSU, Justin Hall, Rm 347  
Limit: 20

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

WATERCOLOR OR OIL PAINTING

Dorothy Barfoot 539-4064

Thursdays, 3-5pm  
First meeting: Sept 27  
Length: 10 times  
Location: Wharton Manor  
2101 Claflin

Limit: 6

This class is for the beginning and intermediate painter. Participants will have the opportunity to share in the appreciation and enjoyments of painting as a means of self expression. (Dorothy was head of the Art Department at KSU for many years.)

THE KANSAS FOLKLIFE FESTIVAL: A CELEBRATION OF KANSAS FOLKS' LIFE

Kansas State Historical Society

Sept 29-30  
Topeka, Kansas

Story telling, ethnic foods, strolling minstrels and traditional Kansas music and dance will be part of the Kansas Folklife Festival happening Sept 29 and 30, one mile west of Topeka on Kansas State Historical Property. Admission will be charged for this event.

Volunteers are needed at this time to carry out a variety of tasks before and during the Festival. If you would like to help at the Festival, or if you would like more information about this exciting cultural event, contact Joan Pease 913/775-6472 (eve.) or Julie Coates at UFM.

INTRODUCTION TO MOVEMENT IMPROVISATION

Susan Warden 539-7767

Mondays, 7:30pm  
First meeting: Sept 24  
Length: 4 times  
Location: Dancers Inc., studio  
3rd & Humboldt (use back entrance on east side above Office World)

Limit: 10

This course is designed for people who want to develop some self-confidence in movement, moving with others or just by yourself. Although the approach is low-key (no intimidating requests like "get up and be a butterfly for us!") and geared towards objective problem-solving exercises, the results are quite subjective: more body awareness and expressiveness, less bodily tension and embarrassment, and greater personal freedom!

(Susan is the Director of a local modern dance company and an assistant Professor of Dance at KSU.)

BEGINNING BELLY DANCE

Barbara Smith (Mirhimah) 539-4021, 539-8162

Wednesdays, 7-8:30pm  
First meeting: Sept 26  
Length: 7 times  
Location: KSU, Justin Hall, Rm 251  
Limit: 20  
Materials fee: \$1, pay at class

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

COUNTRY-SWING DANCE

Paula Eshom 776-9114

Mondays, 7-9pm  
First meeting: Oct 1  
Length: Indefinite  
Location: Cowboy Palace  
209 Poyntz  
Limit: 25 Couples

This class will introduce those who have never whirled around the dance floor to basic turns and slides, sweet-heart holds and the pretzels. (Paula learned swing-dance when she was 5 and has been dancing ever since.)

BASIC NATURE AND FIELD PHOTOGRAPHY (COLOR 35mm)

Joe Arruda 539-0463

Wednesday, 6:30pm  
First meeting: Sept 26  
Length: 3 times  
Location: KSU, Ackert Hall, Rm 234  
Limit: 6 per sectionSection I: Saturday Field Trips  
Section II: Sunday Field Trips

Natural light field photography is really easy and enjoyable. After an initial session on principles, techniques, equipment, etc., we will take three field trips. All trips will be moderately strenuous, 4-5 hours, with lots of walking and fence hopping. We will plan our field trips at the Sept 26 meeting. (Joe is a grad student in aquatic ecology at KSU and has been doing nature photography for four years.)

BEGINNING PHOTOGRAPHY

Ernie Peck

Section I: Tuesdays 7:30pm Sept 18  
Section II: Tuesdays 7:30pm Nov 6  
Length: 5 times  
Location: Baugh Photo  
2028½ Tuttle Creek Blvd

Limit: 10

Materials fee: \$20, pay at registration

Four evenings and a full day of individualized instruction on how to feed, operate and care for a modern 35mm camera. Film, processing, several handouts (saves note taking) and even a camera are furnished each student. You do have to return the camera -- but the rest is yours to keep.

(Ernie is both an instructor at KSU and an excellent UFM class leader.)

DEVELOP YOURSELF!

Dan Ray 776-6434

Section I: Thursday 7-10pm Sept 27  
Section II: Thursday 7-10pm Oct 11  
One time  
Location: Baugh Photo  
2028½ Tuttle Creek Blvd

Limit: 10

Participants will be "exposed" to all the information they need to set up their own darkroom for black and white prints. Just think, from film to print in one evening.

(Dan has taught this class before for UFM.)



MAKING COLOR PRINTS FROM COLOR SLIDES

Marion Pelton 537-1371

Sign up at registration and you will be contacted.  
Length: 4 times  
Materials fee: \$10, pay at registration  
Limit: 10

Marion will demonstrate how color prints can be made from color slides by using the cibachrome method. Students are asked to bring 4 color slides to the first class session. (Marion is a local photographer who specializes in this printing method.)

ADVANCED DARK ROOM

Dan Ray 776-6434

Thursday, 7:30-10:30pm  
One time, Nov 15  
Location: Baugh Photo  
2028 1/2 Tuttle Creek Blvd

Limit: 10  
Materials fee: \$5, pay at registration

In this class we will learn how to save underdeveloped or over exposed film, how to change paper grades and how to make litho's and supers. Students should bring their most difficult negative and we will try to make a show print. (Dan is currently employed in a local photography lab.)

TALKING SLIDES

Dan Ray 776-6434

Thursday, 7:30-10:30pm  
One time, Dec 6  
Location: Baugh Photo  
2028 1/2 Tuttle Creek Blvd

Limit: 10  
Materials fee: \$5, pay at registration

Participants will learn the theory and practice of making title slides and word slides for their own slick presentations. We will make color slides from BTA film in less than one hour.

COPY WORK FOR ARCHITECTURE STUDENTS

Ernie Peck 776-6434

Section I: Tuesday 7pm Nov 27  
Section II: Tuesday 7pm Dec 11  
One time

Location: Baugh Photo  
2028 1/2 Tuttle Creek Blvd

Limit: 10  
Materials fee: \$5, pay at registration

In this class we will learn how to copy large flat artwork as color slides. Topics to be covered include lens systems for close-ups, film choice, inexpensive lighting, metering, filters, and exposure. Participants will shoot a furnished roll of film with a 35mm SLR, yours or theirs. (Ernie is an instructional specialist at KSU with 25 years experience in audio-visual.)

STAR TREK

Nancy Gill 539-1262  
Diane Williams 537-0131

Mondays, 7:30pm  
First meeting: Sept 24  
Length: 3 times  
Location: KSU, Union, Rm 203

Star Trek will be a discussion class with topics such as the new movie, Star Trek conventions, recent books, fanzines, and, of course, the TV show. (Nancy and Diane have attended Star Trek conventions.)

"I've had a very full life. I've always worked and been healthy. Now you ask if there's anything left that I want yet to do...yes. Clean out the attic."

DISCO DOWN!

Renata Doss 532-5468  
Brian Hettrick

Tuesday, Sunday, 7:30pm  
First meeting: Oct 2, Oct 7  
Length: 5 times  
Location: Flanagan's  
1122 Moro

Limit: 75

Renata and Brian will teach both individual and touch forms of disco dance. (Dancing is Renata's and Brian's "thing" and they are excited about sharing their talents with others.)

TECHNICAL THEATER WORKSHOP

Jim Hamilton 537-8808  
Gene Hunt

Saturdays, 10am  
First meeting: Sept 29  
Length: 6-8 times  
Location: Manhattan Civic Theater  
City Auditorium  
12th & Poyntz

Limit: 20

We'll explore a variety of topics which will include basic stage erecting, building and designing sets, lights, sound, costumes, and other technical theatrical topics.

(Gene and Jim are involved in the Manhattan Civic Theater.)

HAVE CHILDREN'S THEATRE: NEED VOLUNTEERS

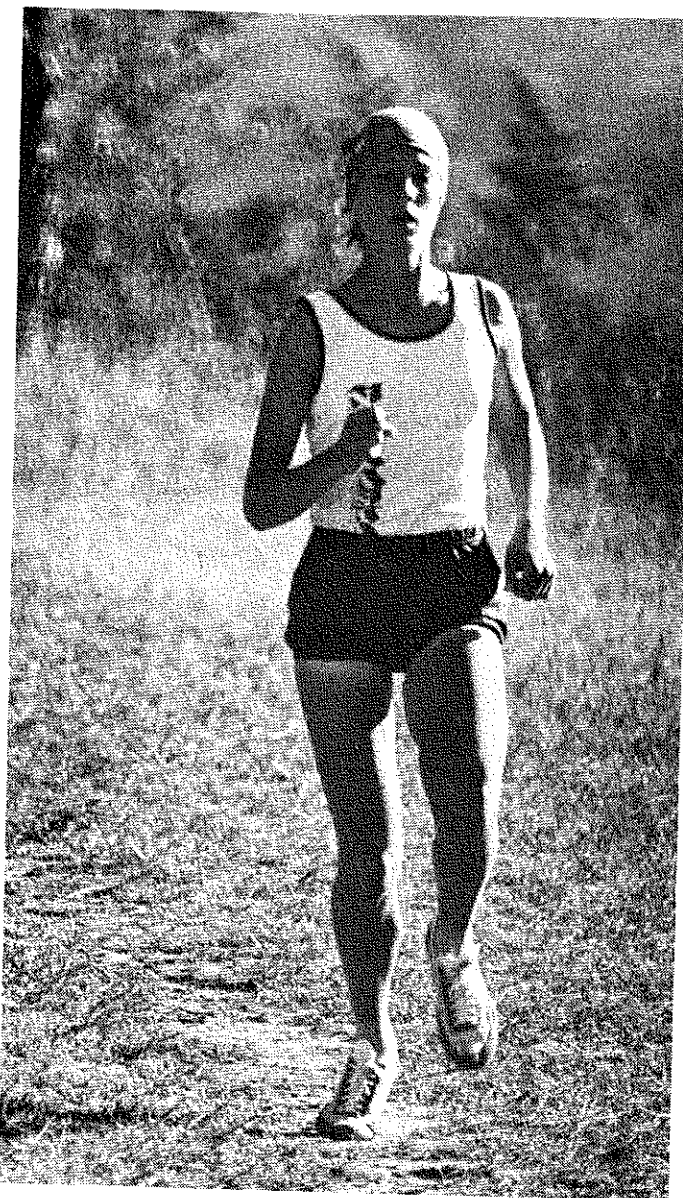
Manhattan Civic Theater 537-8808

Saturday, 1pm  
One time, Sept 29  
Location: Manhattan Civic Theater  
City Auditorium  
12th & Poyntz

This will be an organizational meeting of people interested in staffing the Children's Theatre workshop which will run from Oct 6 through Dec 22.

# PLAY

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



UFM/RUNNER'S WORLD FUN RUNS

Sue Kidd 1-494-2796

Saturdays, 8:30am  
Location: KSU, Old Stadium

Fun Runs are for all people, all ages, and all abilities. Everyone who finishes receives a certificate based on age, sex, and speed. Come join the fun and meet fellow joggers and runners. The schedule of runs for this fall is as follows:

Oct 6--1/2 & 4 miles  
Oct 20--1/2 & 5 miles  
Nov. 3--1 & 2 miles  
Nov 17--1/2 & 6 miles  
Dec 1--1/2 & 4 miles  
Dec 15--1/2 & 3 miles  
Jan 5--1/2 & 5 miles  
Jan 19--1 & 2 miles

PHYSICAL FITNESS

Susan Kajiwara 537-7507  
Kaye Geier 532-5295

Section I: Beginning 5pm  
Section II: Intermediate 6pm  
Monday, Wednesday, Friday  
First meeting: Sept 24  
Length: 12 times  
Location: Douglass Community Center  
900 Yuma

Limit: 40 each section

These exercise classes are 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 while being fun. Sign up for either the beginning or intermediate section.

(Susan & Kaye both participated in UFM's Physical Fitness class last summer.)

ROLLERSKATING

Everet Stilley 776-6175

Sundays, 12:45pm  
First meeting: Sept 23  
Length: 4 weeks  
Location: Skate Plaza Roller Rink  
Hwy 177 South

Rental fee: \$3, pay at registration

Here's a chance to either learn the fundamentals of roller skating or brush-up on some of the skills you already have. Techniques to be taught, depending on the skill level of the participants, include body position, jogger skating, spins, jumps, and racing. (Everet is the owner of a skating rink and has been a skating pro for over 30 years.)

RHYTHMIC AEROBICS

Susan Gormely 539-3701

Mondays, Wednesdays, Fridays, 10am  
First meeting: Sept 24  
Length: Indefinite  
Location: Douglass Community Center  
900 Yuma

Rhythmic Aerobics involves exercise movements, dance steps, running, jumping, and jogging to music. This fitness program will help improve your cardio-vascular system and your muscle tone. (Susan is a certified Rhythmic Aerobics instructor.)

VOLLEYBALL FOR FUN

Lois Morales 539-8867

Tuesdays, 7-9pm  
First meeting: Sept 25  
Length: Indefinite  
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 are interested, we'll start a league and demonstrate some real talent at having fun.



### BEGINNING GOLF

Brian Silcott 539-1041

Sign up for the session you wish to attend  
Session I: Tuesdays 4pm Oct 2 & 9  
Session II: Tuesdays 4pm Oct 16 & 23  
Location: Stagg Hill Golf Course  
West Hwy 18

Limit: 12

Through the cooperation of the Stagg Hill Golf Course a beginning golf course is being offered this fall by UFM. The basic fundamentals: grips, strokes, stance, driving, chipping and putting will be included in this golf clinic. Please bring your own clubs if possible, and a small fee will be charged for use of balls.  
(Brian is the golf instructor at the Stagg Hill Golf Course.)

### ULTIMATE DISC

Gordon Plank 539-4903  
Aerial Wizards

Sundays, 7pm (subject to change)  
First meeting: Sept 30  
Length: Indefinite  
Location: KSU, Band Practice Field

Whether you are a beginner at throwing a frisbee or feel you're an expert, Ultimate is a great game to enhance your frisbee skills. A cross between rugby and soccer, Ultimate has become popular in Manhattan. Tournaments will be organized with other Ultimate players around the state.  
(Gordon is the oldest member of the Aerial Wizards.)

### FLOW-ULTIMATE DISC FOR WOMEN

Sandy Plank 539-4903  
Gordon Plank

Sundays, 7pm (subject to change)  
First meeting: Sept 30  
Length: Indefinite  
Location: KSU, Bank Practice Field

The Frisbee League of Women is a newly formed national organization for women who are interested in competitive Ultimate Disc play. Basic skills will be taught and all participants will be encouraged to join the first Kansas Women's squad.  
(Sandy and Gordon are interested in forming a Kansas FLOW organization.)

### RAQUETBALL FOR FUN

Monday, 5pm  
One time, Sept 24  
Location: UFM Front Porch

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

"Kansas has no Pike's Peak or Aspen ski run. But I don't think everything has to be spectacular to be beautiful; in fact, spectacular is often the least beautiful of the treasures we have."

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### BEGINNING TENNIS

Lori Friedenburg 539-2301

Section I: Sundays 8am  
Section II: Sundays 9am  
First meeting: Sept 30  
Length: 8 times  
Location: KSU, Washburn Complex, Tennis Courts  
Limit: 12

Rental fee: \$1, pay at registration

You have to start somewhere, so why not at the very beginning? Skills to be learned include the forehand, serve, volley, lob and smash. Also included in this class will be scoring, playing strategy, and fun. Bring your tennis racquet and a can of balls.  
(Lori has taught tennis before and was on the KSU Women's Tennis Team.)

### TENNIS FOR FUN

Monday, 5pm  
One time, Sept 24  
Location: UFM Front Porch

This is an opportunity for you to get to know some new faces in the sport. Sign up and give your name, address, phone number, skill level (e.g., Beginner, Intermediate, Advanced) and a time you'll be available to get in a few games. We'll compile this list and distribute it at the time given above. Be prepared to be on your own after the first meeting.

### DIAL-A-PARTNER

Monday, 5pm  
One time, Sept 24  
Location: UFM Front Porch

You may be all grown up, but do you still "never have anybody to play with?" Whether it's monopoly, poker, caroms, 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 (not limited to those above), 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 people that play together, stay together.

### AFTERNOON BASKETBALL

Howard Barnes 537-2641  
Jim Hartford 776-3389

Tuesdays, 12:15pm  
First meeting: Sept 25  
Length: Indefinite  
Location: Douglass Community Center  
900 Yuma  
Limit: 10

This class is designed for those who have a desire to play basketball without the fast pace. It is mainly for people who are out of shape and love basketball, low-key competition and a way to get some exercise while having fun.  
(Howard and Jim like to play basketball to relax.)

### BEGINNING SCUBA

George Halazon 532-5840

Saturdays, 8:30am  
First meeting: Sept 29  
Length: 12 times  
Location: KSU, Natatorium  
Materials fee: \$21, pay at registration

Scuba diving can be one of the most fascinating sports you can ever become involved in. We will learn the basics at the Natatorium and take the skills we've learned to outdoor ponds in the area. This class is expensive! Not only are you required to pay \$21 at registration for diver's log, certificate, air, textbook, and handouts, but some equipment is necessary to participate in the class (mask, snorkel, fins). It will also be necessary to meet one day out of the water to talk about what will be practiced Saturday mornings. Time will be decided by the class participants.  
(George is a certified scuba diving instructor and has taught this class for UFM for eight semesters.)

### ADVANCED SCUBA DIVING IN THE CARIBBEAN, OR MEXICO, OR?

George Halazon 532-5840

Tuesday, 7:30pm  
One time, Nov 20  
Location: UFM Conference Rm

Here's your chance to get away from the cold weather in late December/early January and try out your scuba diving skills in a warmer climate. There will also be an opportunity to earn your advanced scuba diving certificate. This class will be an organizational meeting to discuss various package options. (Costs from \$150 to \$300). Bring your ideas and enthusiasm.  
(George is UFM's scuba diving instructor and is anxious to organize this trip.)

### THE OUTING CLUB

Jon Held 539-0216  
Bob Deemie 537-9406

Wednesdays, 7:30pm  
First meeting: Oct 3  
Length: Indefinite  
Location: UFM Banquet Rm

The Outing Club is composed of many outdoor oriented people. We have a number of activities planned such as camping, hiking, canoeing, caving, cross country skiing, sailing, sky diving, rappelling, and volleyball. No experience is necessary.  
(Jon and Bob have been involved in outdoor activities all their lives.)

### CANOEING

Bob Deemie 537-9406

Wednesdays, 7:30pm  
First meeting: Sept 26  
Length: Indefinite  
Location: UFM Fireplace Rm

Everyone from beginners to experts is welcome. Beginners will have an opportunity to participate in a canoe clinic and picnic at Pillsbury Crossing. A weekend float down the Missouri River is also possible. For the hardy, a winter float on an Ozark stream is a possibility. We will discuss paddle strokes, canoe camping, one-day trips, where to get canoe equipment, reading rivers, and a variety of other topics if the class has an interest in them.  
(Bob has paddled a canoe for years.)

### FAMILY FLAT-WATER CANOEING

Bob Poresky 539-2967, 532-5510

Thursdays, 7:30pm  
First meeting: Sept 27  
Length: 6 times  
Location: 3016 Claflin

This will be an introduction to flat-water canoeing for families of any composition. The initial meeting will review canoeable waters and set a schedule for upcoming Sunday afternoons. No prior experience or competence is necessary. Instruction will be combined with paddling. Participants must provide a canoe, paddles, safety jackets and transportation.  
(Bob has taught similar classes before and desires to go canoeing this fall.)

### ICE SKATING

Joyce Libra 532-6554

Sign up at registration and you will be contacted when the ponds freeze over.

Here's your chance to sharpen your skates and your skating skills when it gets cold this winter. Balance, figure eights, spins, and jumps will be some of the skills included by Joyce in this class. All skill levels to double jumps are urged to participate. Please indicate at registration your age and skill level.  
(Joyce taught skating in UFM's Winter Festival last year and skates with the Kansas City Figure Skating Club.)

### COLD WEATHER CAMPING

George Halazon 532-5840

Wednesdays, 7:30pm  
First meeting: Oct 10, Oct 17  
Length: 2 times  
Location: KSU, Umberger Hall, Rm 10

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

### SKIING IN MANHATTAN

Suresh Chandra 532-6808 776-4976

Sign up and you will be contacted when it gets cold.  
Limit: 30

A good snow storm provides plenty of opportunity to learn and practice cross-country skiing in Manhattan. This class is both for the never-skied-before and the experienced who want to ski with others. Information as well as skiing instruction will be provided to beginners. You provide your own equipment (can rent). If there is enough interest, we will consider taking a group out to Colorado or Wyoming over Christmas. Please indicate your skill level.  
(Suresh learned cross country skiing in Wisconsin and has skied for five years.)

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#### MAKE THAT SPARE-BEGINNING BOWLING

John Veas 539-0371  
 Saturdays, 1:30pm  
 First meeting: Sept 29  
 Length: 5 times  
 Location: Wildcat Lanes  
 West Hwy 18  
 Limit: 30  
 Rental fee: \$3.50, pay at registration

Bowling is a good way to keep in shape and have a good time during the winter months ahead. We'll learn the basic fundamentals: keeping score, ball selection, proper form, and the techniques of bowling. The fee includes the rent of shoes, ball, and lane fees. (John is a certified bowling instructor and has bowled for 16 years.)

#### KARATE

Don Goetz 539-8424  
 Tuesdays, Thursdays, 7pm  
 First meeting: Sept 25  
 Length: 10 weeks  
 Location: Douglass Community Center Annex  
 901 Yuma  
 Limit: 12

Tae-Kwon-Do is a style of Korean karate which is popular world-wide. The style is not an easy one to learn. Proficiency requires time, effort, and motivation. The rewards though, are better physical fitness, improved ability to defend oneself, and increased self-confidence. Uniforms are not required for beginners. (Don holds a first degree black belt in Tae-Kwon-Do.)

#### SELF DEFENSE FOR WOMEN

Don Goetz 539-8424  
 Tuesdays, 8pm  
 First meeting: Sept 25  
 Length: 10 times  
 Location: Douglass Community Center Annex  
 901 Yuma

Rather than stressing specific techniques for specific situations, this course will attempt to develop a woman's ability to assess each situation individually and react to that situation with whatever tools are handy. (Don has taught a women's self defense course for UFM before.)

#### SELF DEFENSE/KEI SHIN KAN

Jim Conn 776-6375  
 Wednesdays, 7pm  
 First meeting: Nov 7  
 Length: 4 times  
 Location: Karate School of Self Defense  
 109 N 2nd  
 Limit: 30

This will be a four week self defense program incorporating techniques of the Kei Shin Kan system of Karate as well as Aikido, Jujitsu, and Tijitsu. (Jim is a second degree black belt and has 15 years of teaching experience in this field.)

#### FUNDAMENTAL FENCING

David Aldis 537-9406  
 Bob Deemie  
 Mondays, 7-8:30pm  
 First meeting: Sept 24  
 Length: 10 weeks  
 Location: Douglass Community Center Annex  
 901 Yuma  
 Limit: 20

Since the days of Robin Hood, the art of fencing has become a competitive sport admired for the agility and skill level required. This will be an introductory class for those interested in beginning fencing with an emphasis on physical conditioning, timing and coordination. (David and Bob taught fencing for UFM last summer.)

#### DUNGEONS & DRAGONS

Paul & Ann Simony 537-2868  
 Thursdays, 7pm  
 First meeting: Sept 27  
 Length: Basically forever  
 Location: UFM Fireplace Rm  
 Limit: 8

Dungeons and Dragons is a game in which each player develops a character and attempts to find adventure and stay alive in the world of the ref. The game is usually 5 or 8 player/characters vs. the ref (who controls all the monsters!). The only thing you really need is an active imagination and willing suspension of disbelief. Come prepared to play. (Ann and Paul have been playing Dungeons and Dragons for several years.)

#### LIVING IN AN ALTERNATE UNIVERSE

Bob Deemie 537-9406  
 Tuesdays, 7:30pm  
 First meeting: Oct 9  
 Length: 6 times  
 Location: 1218 Kearney #7  
 Limit: 20

Be bold, be brave, be valiant, be anything you like in Fantasy Role-Playing Games. Dungeons & Dragons, en garde! Empire of the Throne, Runquest, Boothill, Traveler. These and other games allow you to pilot starships, rescue damsels, shoot up saloons, fight dragons, win duels, dazzle handsome princes, or live any other fantasy you might have. (Bob prefers fantasy to taking microeconomic's exams.)

#### DIPLOMACY

Bob Deemie 537-9406  
 Tuesdays, 7pm  
 First meeting: Oct 2  
 Length: Indefinite  
 Location: 1218 Kearney #7  
 Limit: 7

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

# SELF

## for questions about Self, call Pam Warren at 532-5866.

#### HATHA YOGA I

Bert Franklin 539-0495  
 Thursdays, 5:30pm  
 First meeting: Oct 11  
 Length: 8 times  
 Location: St. Paul's Episcopal Church  
 6th & Poyntz  
 Limit: 8

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

#### YOGA FOR THOSE OVER 40

Bert Franklin 539-0495  
 Tuesdays, 5:30pm  
 First meeting: Oct 9  
 Length: 8 times  
 Location: St. Paul's Episcopal Church  
 6th & Poyntz  
 Limit: 8

See the above description. While yoga is not therapy as such, the practice of yoga reduces or eliminates the mental and physical distress associated with middle age and the advancing years. Special attention will be paid to this aspect of yoga. There is no upper age limit. Remember your mat! (Bert is gray haired, but supple. He knows firsthand the joys of youth throughout life.)

#### DEATH, DYING AND THE SHADOW BOX

Edith Hinrichs 532-6875  
 Joan McNeil 532-5510  
 Friday, after the performance  
 One time, Oct 5  
 Location: Meet in McCain Auditorium lobby

Join a discussion group immediately following K-State Player's production of *The Shadow Box*, a 1977 Pulitzer Prize winning play about death and dying. In *The Shadow Box*, Michael Cristofer offers us a true picture of how our society deals with both its fear and acceptance of the final stage of life. Place of discussion will be announced in that evening's theatre program. (Joan McNeil, instructor in Family and Child Development, will lead interested persons in developing the play's theme. Edith Hinrichs, the director, will be on hand to discuss her interpretation.)



#### THE RADICAL JESUS--THE SERMON ON THE MOUNT

Mike Klassen 539-4079  
 Mondays, 7:30pm  
 First meeting: Sept 24  
 Length: 2 times  
 Location: 1741 Laramie  
 Limit: 12

This group will focus on the question regarding the radicalness of Jesus and his message in the Sermon on the Mount. A biblical study of Matthew 5-7 will reveal Jesus' teachings on such things as lifestyle, simplicity, economics and nonviolence. Bring a New Testament and imagination. (Mike is currently pastoring the Manhattan Mennonite Church.)

#### BROWN BAG WITH GREAT THOUGHTS & THINKERS

Rod Saunders 539-4281  
 Wednesdays, 12noon  
 First meeting: Oct 3  
 Length: Indefinite  
 Location: Ecumenical Christian Ministries  
 1021 Denison Ave

Bring your lunch, spend a relaxed hour with some great ideas, great thinkers and excellent presenters. Among those to be discussed are St. Francis of Assisi, Reinhold Neibuhr, Bertolt Brecht, Albert Camus, Paul Tillich and the topic of Celtic Meditations. (Rod is a KSU campus minister.)

INTRODUCE YOUR RELATIONSHIP TO TRANSACTIONAL ANALYSIS

Don & Irmie Fallon 539-4451  
 Wednesdays, 7:30pm  
 Length: Indefinite  
 First meeting: Oct 3  
 Location: Ecumenical Christian Ministries  
 1021 Denison  
 Limit: 6 couples

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

I'M OK--YOU'RE OK WEEKEND

Don Fallon 539-4451  
 Friday, 7:30-10pm, Saturday, 9am-5pm  
 Length: One weekend  
 First meeting: Oct 26, 27  
 Location: Ecumenical Christian Ministries  
 1021 Denison Ave  
 Limit: 15

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.

PREMARITAL ENRICHMENT PROGRAM

Dennis Bagarozzi 532-5510  
 Sign up at registration and you will be contacted.  
 Length: 6 times  
 Location: Family Resource Center  
 1221 Thurston  
 Limit: Engaged couples only

This program will train prospective spouses in the development of communication skills and active listening practices. Areas to be addressed are: problem solving, negotiating conflicts, marriage contracts, financial management, sexual relations, in-laws, children and child rearing practices. (Dennis is an assistant professor in the KSU Department of Family and Child Development.)

BIOFEEDBACK: WHAT'S IT ALL ABOUT?

David G. Danskin 532-6927  
 Tuesday, 7:30-9pm  
 One time, Oct 9  
 Location: KSU, Union, Rm 203

Come and find out what biofeedback is, how it is being used, what is offered in Manhattan, and have some fun trying out a little biofeedback training yourself. (Dave initiated the biofeedback training program at KSU in 1970 and is interested in helping persons enjoy greater health and wellness.)

AN INTRODUCTION TO FOSTER PARENTING

Connie Morehead 776-4011  
 Tuesday, 7pm  
 One time, Oct 16  
 Location: Social & Rehabilitation Services Office  
 312 Humboldt

Are you a family with the desire, love, time and space to open your home to a child who needs one? The Department of Social and Rehabilitation Services is seeking foster homes. This class will give general information about foster parenting. (Connie is the licensing worker for Manhattan SRS.)

CHILD ABUSE AND NEGLECT

Sharon Iandolo 776-3322  
 Wednesday, 7-9pm  
 One time, Oct 24  
 Location: St. Mary's Hospital Meeting Rm  
 1823 College Ave

Is there child abuse in Manhattan? What is being done to discover child abuse and neglect? What preventive measures are being utilized? Representatives of the Family Council will discuss child abuse and neglect in an informal session. (Sharon is a Social Worker at St. Mary's Hospital and member of the Family Services Council.)

RE-EVALUATION COUNSELING

Norma Parker 539-4739  
 Sandy Coyner 776-3761  
 Sunday, 7:30pm  
 One time, Oct 14  
 Location: 806 Bluemont (Park on 8th)  
 Limit: 15

R.C. is peer co-counseling in which each participant learns to be both counselor and client. The goal of the counseling is re-emergence from rigid patterns of behavior and thinking which restrict our growth, loving, and zest. We are especially interested in liberation issues, such as racism, sexism, and adultism--getting free of internalized oppression, and interrupting our own behavior that oppresses others. We counsel each other by creating safety so that clients can discharge painful distress. A class will be organized for those who are interested. (Norma and Sandy are experienced co-counselors who are authorized to teach by R.C. international headquarters in Seattle.)

CREATIVE DIVORCE: PAIN & GROWTH

Don Fallon 539-4451  
 Tuesdays, 7:30-9:30pm  
 First meeting: Oct 2  
 Length: 8 times  
 Location: Ecumenical Christian Ministries  
 1021 Denison  
 Limit: 12

The purpose of the group will be to form a supportive, caring community for those facing or working through divorce. The group will work toward understanding and coming to terms with the past and with the possibility of finding new opportunity for personal growth and a fuller life. We will attempt to recognize self defeating behavior and to discover options in making change.

LIFE PLANNING WORKSHOP

Cherie Hodgson 532-6927  
 Jim Scales

Sign up at registration and you will be contacted.

The Life Planning Workshop is designed to involve participants in the deliberate process of influencing the direction of their lives. Many people don't think of themselves as creating their own futures, but rather just let the future happen to them. In the Life Planning Workshop, each participant is encouraged to consider the idea that s/he is the one responsible for his/her life and consequently, is capable of creating the future s/he wants. Skills of values clarification, goal-setting, and realistic planning are developed through practice.

CAREER EXPLORATION WORKSHOP

Cherie Hodgson 532-6927  
 Jim Scales

Sign up at registration and you will be contacted.

The Career Exploration Workshop is designed to assist participants in acquiring the skills and information necessary for appropriate career decision-making. The Strong-Campbell Interest Inventory helps individuals look at their personal interests in relation to a variety of career opportunities. The emphasis of the workshop is on the skills of decision-making, including information gathering and analysis. Strong-Campbell Interest Inventory must be scheduled with Lisa, in the Counseling Center, two weeks prior to the workshop. (Cherie and Jim are counselors in the KSU Center for Student Development.)

JOB SEARCH WORKSHOP

Cherie Hodgson 532-6927  
 Jim Scales

Sign up at registration and you will be contacted.

The Jobsearch Workshop is designed to help participants develop skills important in finding and getting a job. Where and how to look for a job is discussed. Resume writing and interviewing are practiced in a supportive group environment.

FEAR OF FLYING

Capt. C.W. "Chuck" Hill 816/474-7093  
 Section I: Saturday 9-11am Oct 20  
 Section II: Saturday 9-11am Oct 27  
 One time  
 Location: Manhattan Public Library, Auditorium  
 Juliette & Poyntz

You're only afraid of the unknown. This class will teach you: 1) What makes an airplane fly; 2) How pilots are trained and licensed; 3) How aircraft mechanics are licensed and qualified; 4) Why aircraft maintenance is done by law; and 5) Sensations of flight. (Capt. Hill has 10,000 hours of flying time and is currently vice-president of operations for Royal Air, Ltd. in Kansas City.)

"It seems to take a long time to learn how to live. And when you finally learn how to live, you just live."

STRESS ILLS AND STRESS SKILLS

Don Fallon 539-4451  
 Saturday, 9am-5pm  
 One time: Sept 29  
 Location: Ecumenical Christian Ministries Building  
 1021 Denison

Stress is a fact of life: studies, exams, relationships, jobs, finances, fear of failure, loss of the future, illness and depression. Our whole person is affected physically, emotionally, intellectually, socially, spiritually. We will focus on evaluating our lifestyle and shaping a practical strategy for coping with stress. Emphasis will be placed on skills for managing stress. (Don is on the staff of the KSU Center for Student Development and is the Lutheran campus pastor.)

INTRODUCTION TO A COURSE IN MIRACLES

Bruce Gregory 539-1546  
 Saturday, 8pm  
 One time, Oct 6  
 Location: KSU, Union, Rm 205

A Course in Miracles is a set of books being studied by several groups in the Manhattan area. It teaches that through healing our relationships with others we remove the blocks to our own healing and spiritual awakening. Bruce Gregory will talk about the basic concepts of the course and how they can be applied to our daily lives and relationships. (Bruce is from New York City where he has a private practice of spiritual healing. His lecture is part of a weekend workshop sponsored by the "Miracles" groups in the area.)

FROM STRESS MANAGEMENT TO CREATIVITY AND HEALTH

Tim & Jan Lowenstein 539-2449  
 Tuesday, 7:30pm  
 One time, Oct 2  
 Location: Kansas State Bank, Meeting Rm  
 1010 Westloop  
 Limit: 50

This evening lecture-demonstration will cover the latest techniques including biofeedback/relaxation training and psychokinetic imagery for effecting self-change. The concept of voluntary self-regulation is that we are able to be aware of and direct changes in our own life. (Jan and Tim founded the Conscious Living Foundation in Manhattan which offers voluntary self-regulation training.)

## FIRST AID MULTIMEDIA

Enell Foerster 537-0977  
Saturday, 8am-5pm  
One time, Oct 27  
Location: Red Cross, Classroom  
206 Poyntz  
Limit: 14  
Materials fee: \$4-\$6, pay at class

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

(Enell is a certified Red Cross First Aid Instructor and has taught many times for UFM.)

## RACE FOR LIFE CPR

Enell Foerster 537-0977  
Tuesday, 1-4:30pm  
One time, Oct 16  
Location: Red Cross, Classroom  
206 Poyntz  
Limit: 10  
Materials fee: \$3, pay at class

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

## CPR--CARDIOPULMONARY RESUSCITATION

Joyce Libra 537-0977  
Section I: Wed, Thur, Fri 2:30-6pm Oct 10,11,12  
Section II: Mon, Tues, Wed 6-10pm Oct 22,23,24  
Location: KSU, Lafene Health Center  
Special instructions: Geared toward KSU staff, faculty and students.  
Section III: Friday 6:30-10pm Nov 2  
Saturday 9am-5pm Nov 3  
Location: Red Cross Office  
206 Poyntz  
Special instructions: Geared toward community people  
Materials fee: \$3, pay at class  
Limit: 10 each session

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

(Joyce is the health educator at Lafene Health Center.)

## INTER-FAITH DIALOGUE

KSU Committee on Religion 539-4451  
Mondays, 7:30pm  
First meeting: Oct 29  
Length: 3 times  
Location: KSU, International Student Center  
An Islamic-Jewish-Christian dialogue for the purpose of deeper understanding of each other's faith and practice. Hopefully our sharing will deepen our sense of world community.

## CANCER RESEARCH DEVELOPMENTS

Dr. George Bascom 539-5341  
Thursday, 7:30pm  
One time, Oct 25  
Location: Manhattan Public Library, Auditorium  
Juliette & Poyntz

Almost weekly we hear about new developments in the area of cancer research. Old theories are disproved; new methods of treatment originate. Dr. Bascom will spend some time discussing recently discovered processes, as well as answering questions. (Dr. Bascom is a surgeon in Manhattan and has done considerable work in the area of cancer research.)

## "QUITTERS ARE WINNERS"

Val M. Bouley 1-272-9290  
Monday, Wednesday, Friday, 7-9pm  
First meeting: Sept 24, 26, 28; Oct 1, 3, 5  
Length: 6 times  
Location: Memorial Hospital, Conference Rm  
Sunset & Claflin Rd  
Limit: 20  
Materials fee: \$5, pay at class

"Quitters Are Winners" is a program designed to assist and encourage you in your effort to kick the cigarette habit! This program presents the positive benefit of not smoking and encourages the smokers to make a personal decision to quit, either immediately or gradually by cutting down. Classes include: Why Smoke-- Why Quit, Medical Hazards of Smoking, Psychological Effects of Smoking, Your Diet and Smoking, Becoming an Ex-Smoker. The program will involve guest speakers, films and discussion. (Val is the Regional Director with the American Lung Association of Kansas.)

## TAI CHI EXERCISE

Somsak Srisontisuk 532-5984  
Monday, 6:30-8pm  
One time, Sept 24  
Location: KSU, Justin Hall, Rm 341

This is a 1½ hour workshop on Tai Chi exercise on the significance and importance of Tai Chi exercise in terms of philosophy, meditation, health, art, and self defense. This workshop will include special lessons for older people who participate. (Somsak has been practicing Tai Chi exercise for 10 years.)

## INTRODUCTION TO ZEN PHILOSOPHY AND PRACTICE

L. Rappoport  
R. Greechie  
Thursdays, 9pm  
First meeting: Sept 27  
Length: Indefinite  
Location: UFM Conference Rm  
Limit: 15

Philosophy and meditation practices of zen Buddhism will be discussed and demonstrated. Emphasis is on the Soto zen tradition as currently taught by Dainin Katagiri Roshi (zenmaster in residence at the Minneapolis zen meditation center). Scheduled meditation periods are available. (Sponsors have received instruction from Katagiri Roshi and other zen authorities for several years.)

## Women's Concerns

### PROPOSED CHANGES IN SOCIAL SECURITY & THEIR EFFECT ON WOMEN

Margaret Nordin 532-6432  
Perry Seaton  
Thursday, 7:30pm  
One time, Nov 1  
Location: KSU, Union, Rm 212

Social Security, based upon societal needs of the 1930's, is being revamped to meet the challenges of the 1980's. How will the proposed revisions affect you - and women in general. The leaders will outline proposed changes and discuss implications, allowing time for your questions and comments. (Perry is a field officer for Social Security, and Margaret is Director of KSU's Women's Affairs.)

### BATTERED WOMEN -- DOES IT REALLY HAPPEN HERE?

Judy G. Davis 539-2785  
Diane Hicks  
Tuesday, 7:30-9pm  
One time, Sept 25  
Location: Manhattan Public Library  
Juliette & Poyntz

The Regional Crisis Center opened August 1 to assist women who are victims of violence - battering or rape. We'd like to explain what we do and how we do it. (Judy and Diane are staff members of the Regional Crisis Center.)

### KSU WOMEN'S RESOURCE CENTER

Sign up at registration and you will be contacted.

The KSU Women's Resource Center is offering a variety of topics for discussion this fall. The noon and evening programs will include: "Switching Roles: A Viable Alternative," "Women and Time Management," "Leadership Training," "Women and Alcohol," a discussion of The Women's Room, "Women and the Law," and "Women In Industry." For more information call the Women's Resource Center at 532-6541.

### WOMEN: ISSUES AND SUPPORT

Joan Brashears 776-7897  
Women's Center of Manhattan  
Sundays, 3-5pm  
First meeting: Oct 7  
Length: Indefinite  
Location: UFM Fireplace Rm

Have we finished everything that needs doing to achieve equality for women in Manhattan? No? Do you want to work with others for change? Do you want the support of other women who care about women? The Women's Center of Manhattan has arranged this meeting to: 1) share feelings about changes we'd like to see; 2) hear from women who are working or have worked on some of these issues; 3) form new task forces for more issues; and 4) establish women's support groups to sustain us. (The Women's Center is an independent nonprofit organization founded in 1976 that welcomes new ideas.)

### AN EVENING SEMINAR ON PAUL & WOMEN

Mike Klassen 539-4079  
Tuesday, 7:30pm  
One time, Sept 25  
Location: 1741 Laramie  
Limit: 12  
Was the Apostle Paul's view of women sexist or revolutionary? The group leader will offer an interpretation of some of the more controversial teachings of Paul on women. Bring a New Testament. (Mike is pastor of the Manhattan Mennonite Church.)

### SEXUAL ASSAULT VICTIMS VINDICATE YOU

Caroline F. Peine 532-6432  
1st & 3rd Mondays, 8pm  
First meeting: Oct 1  
Length: Indefinite  
Location: UFM Conference Rm  
This is a time for women who have been assaulted to come together for mutual support and understanding. Most women need to talk things out, and who has more SAVVY than victims themselves? Interested women need not register to attend. (Caroline has met with victims individually for some time; she recognizes the need for group support as well.)

### E O S

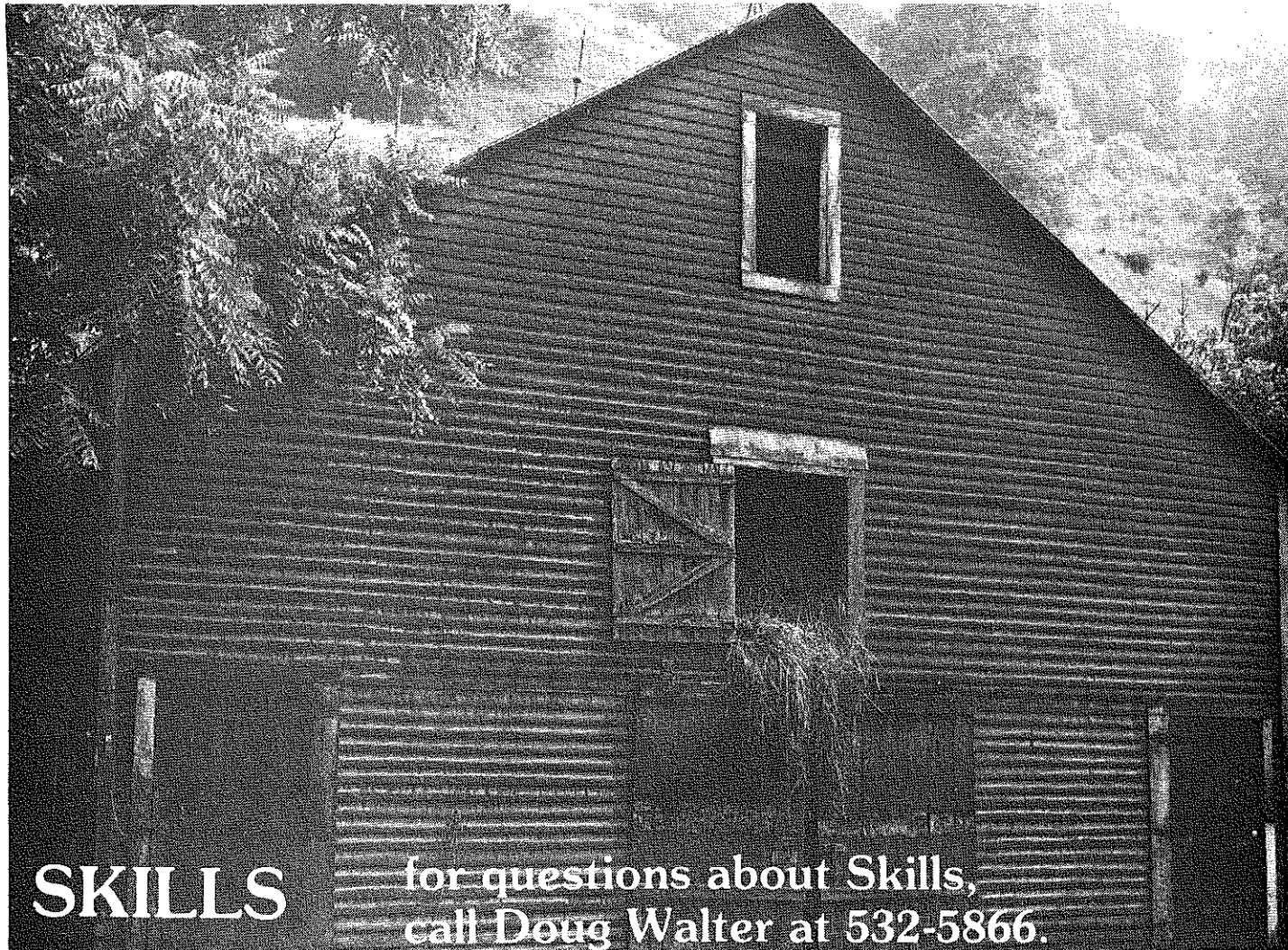
Wednesdays, 7:30pm  
First meeting: Sept 19  
Length: Indefinite  
Location: UFM Conference Rm

EOS is the new gay/bisexual women's group in Manhattan. It is open to any gay/bisexual women. EOS has consciousness raising once a month to discuss issues. Political, social, fundraising events and activities are planned as well as journeys to Kansas City and Lawrence. EOS is the goddess of new beginnings and the dawn.

### WOMEN'S STUDIES STUDY GROUP

Sandy Coyner 532-5739  
Sign up at registration and you will be contacted.  
We have been meeting for almost two years to discuss new writing and thinking in Women's Studies, and we've barely begun! We meet about every 2-3 weeks on a weekday evening to hear reports on current research or recent publications of particular interest. We welcome all who are interested in Women's Studies research and theory. Sign up and your name will be added to the mailing list. (Sandy is director of the KSU Women's Studies Program.)





**SKILLS** for questions about Skills,  
call Doug Walter at 532-5866.

#### RENOVATING HOMES

Russell Reitz  
Monday, 7pm  
One time, Sept 24  
Location: UFM Fireplace Rm

Renovating an older home may provide an economically attractive alternative to buying a newer home, but do you know what to look for before making a financial commitment? Topics discussed in this class will include: Examining the building; finding out the original purchase price; furnace costs and improvements; and determining the electrical capacity.  
(Russell has renovated 20 houses in the Manhattan area.)

#### CABINET-MAKING AND OTHER WOOD SKILLS

Steve DeHart 776-4247  
Tuesdays, 7pm  
First meeting: Oct 2  
Length: 5 times  
Location: Sign up and you will be contacted  
Limit: 10

In this introduction to woods course, Steve will begin with the basics of how to buy lumber, uses of hand tools and power tool safety. Then the class will begin a small project which will help them learn various cabinet-making techniques. To finish, Steve will teach the class to refinish the project and touch on wood-carving and other exotic uses of wood.  
(Steve has helped build solar collectors at UFM, and refinishes and carves for fun and profit.)

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#### BICYCLE REPAIR

Bill Jacoby 537-1510  
Tuesdays, 7pm  
First meeting: Sept 25  
Length: 7 times  
Location: 1207 Moro  
Limit: 25

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

"Yes, I spend a lot of time in the prairie alone and enjoy it very much - the stability of it - a certain solitude."

#### BASIC HOUSE WIRING

Richard E. Napper 539-6973  
Section I: Mondays Oct 22 8pm  
Section II: Wednesdays Oct 24 8pm  
Length: 4 times  
Location: 811 Osage  
Limit: 20 each section  
Materials fee: \$5, pay at registration

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

#### HOME IMPROVEMENT SEMINAR

Dan Gibson 776-6808  
Rick Leiker  
Jerry Lowenstein  
Saturdays, 9:30-11:30am  
First meeting: Oct 6  
Length: 4 times  
Location: UFM Fireplace Rm

We will share ideas and experiences related to renting, buying, living in, and rehabilitating older houses in Manhattan. Topics we will explore include: restoration of historically significant structures; minimum standards for health and safety, and related tenants' rights; energy conservation measures; determining the nature and cost of improvements; selecting materials; hiring a contractor vs. do-it-yourself construction; and various sources and methods of financing.  
(Dan is a housing rehabilitation specialist with the city, Rick is Off-Campus Housing Officer at KSU, and Jerry is vice-president of Manhattan Federal Savings and Loan.)

## Energy

#### UFM SOLAR GREENHOUSE VOLUNTEER SIGN UP

UFM Appropriate Technology Staff 532-5866  
Location: Construction site  
1221 Thurston

This is your opportunity to participate in the construction of an exciting community project and get hands-on experience in working with some innovative solar and energy conservation technologies. (See pg 7 for complete information). If you're interested, please fill out a Solar Project Volunteer Form at registration, indicating your construction-related skills and times available, or call the UFM Appropriate Technology office any time.

#### NUCLEAR POWER & OUR ENVIRONMENT--DISCUSSION SERIES

University for Man  
Union Program Council Issues & Ideas  
Manhattan Energy Alliance  
American Baptist Campus Ministries

Wednesdays, 7pm  
First meeting: Sept 26  
Length: 7 times  
Location: KSU, Union, Rm 206

In the wake of the Three Mile Island nuclear accident and President Carter's determination to reduce our dependence upon OPEC oil, the issue of nuclear power looms even larger before us. This discussion series will attempt to examine both sides of the nuclear dilemma: Can we survive without it? Can we survive with it? A panel format will be used with knowledgeable speakers addressing the issues below. This was a popular and spirited series last fall and promises to be even more exciting this year.

- Sept 26 Atoms for Peace: An introduction to the history, theory, and operations of nuclear power.
- Oct 3 Safety--No Cause for Alarm! A look at the technical problems in reactor design, construction, operation, the human factor, waste storage, and the effects of radiation.
- Oct 10 Economics--Can Nuclear Power Compete? A discussion of costs associated with construction, licensing, fuel processing, waste storage, and decommissioning.
- Oct 17 Politics--Who Controls Nuclear Power? Maintaining peace and stability in a high technology, centralized future.
- Oct 24 Wolf Creek--Does Nuclear Power Have a Future In Kansas? A slide show of the Wolf Creek nuclear power plant near Burlington, Ks., a look at who's involved with Wolf Creek and legal avenues for public input into Wolf Creek's licensing.
- Oct 31 Alternatives to Nuclear Power--Are They Realistic? A review of alternate energy technologies currently in use around Kansas and the nation and a look at promising concepts.
- Nov 7 The American Lifestyle--A Standard Worth Maintaining? A critical look at various aspects of our American Way of living, who really benefits from the American Way, and a look at the simple living movement.

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### ENERGY SAVER'S CO-OP

Alan Edgar 532-5866  
Tuesday, 7:30pm  
One time, Sept 25  
Location: UFM Fireplace Rm

The Energy Saver's Coop is alive and well! Last year we purchased over 10,000 sq.ft. of batt insulation at a 25% discount. This year we'll also be purchasing storm windows, storm doors, caulking and weatherstripping at similar discounts by buying cooperatively in bulk quantities. We'll meet once to discuss the co-op and talk about possibilities for the future. Even if you can't come, call me and we'll count you in. (Alan is a staff member with the UFM Appropriate Technology Program.)

### SOLAR DOMESTIC WATER HEATING

Gary Bennington 776-9711  
Section I: Thursday Sept 27 7:30pm  
Section II: Thursday Nov 8 7:30pm  
One time  
Location: UFM Fireplace Rm

Interested in heating your home's water with the sun? Whether you have serious intentions about solar hot water, like to tinker around or are just curious, this presentation will show you some installations in place, collectors under construction, and give you a chance to ask questions you've always wondered about. (Gary is a plumber in Manhattan who builds solar water heaters and heat exchangers.)

### WINDOWS WORKSHOP

Doug Selby 532-5866  
Doug Walter  
Saturday, 9:30am  
One time, Sept 29  
Location: UFM Fireplace Rm

Poorly placed, loose fitting or unprotected windows can account for one-third of your home's heating and air conditioning costs. Many companies are starting to market energy saving window devices. This class will help you learn which are good and which are not, as well as how to make your own window energy savers, including thermal curtains, roller shades, and window box solar collectors. (Doug Selby has completed a workbook on energy saving window treatments which will be available at the workshop.)

### SELECTING HOME WEATHERIZATION MATERIALS

Owen Jones 537-7976  
Tuesday, 7:30pm  
One time, Oct 2  
Location: UFM Fireplace Rm

Are you confused by the myriad of materials and devices available for weatherizing your home? We will take a look at samples of various insulating and weatherstripping materials and discuss how to select the proper materials for particular situations. (Owen is a member of the Manhattan Board of Realtors and has been studying insulation standards for homes for several years.)

### UNDERSTANDING YOUR ELECTRICAL RATES

Mary Neel 776-8893  
Tuesday, 7:30pm  
One time, Oct 9  
Location: KPL, Auditorium  
501 Poyntz

Do you wonder why your electrical bill keeps going up even though you're conserving energy? We will discuss the reasons for increasing electrical rates and alternatives available to a customer. Topics we will cover include rate structure, customer demand, fuel prices, and federal regulations. (Mary is the Customer Assistance Advisor for Kansas Power and Light in Manhattan.)

### HOW TO BUILD & INSTALL A LOW-COST SOLAR WATER HEATER

Pat Cirillo 1-494-2868  
Tuesday, 6:30pm  
One time, Oct 2  
Location: UFM Fireplace Rm

You can have the sun heating water for your shower cheaper than you think. In this class we'll discuss the design and construction of a "breadbox" solar water heater. (Pat just finished building and installing a roof-mounted breadbox solar heater for his trailer house.)

### BUILDING A LORENA (ADOBE) STOVE WORKSHOP

Jim Converse 776-1413  
Friday, 4pm, Oct 5 (organize)  
Saturday, Sunday, 8am, Oct 6-7 (build)  
Location: to be announced  
Materials fee: \$5, pay at registration

Highland Guatemala is the source of this wood-conserving, esthetically appealing block of mud. Third world countries face a different energy crisis - a shortage of firewood. As they use cow dung and other sources (and deplete forests) soil fertility decline joins erosion in undermining food production prospects. This is a two day/12 hour per day intensive workshop. Layering up a monolithic block of clay-sand mixture, sculpting it to the stove shape you want, installing baffles, chimney, cutting holes for pots you plan to use, and getting generally smeared with clay and muck all go into learning how to do a wood conserving, smoke free, safe and solid stove. (Jim participated in a Davis, California stove workshop led by Yanto Evans of Aprovecho Institute.)

### A KITE-POWERED IMPLEMENT FOR DEVELOPING COUNTRIES

Dan Price  
Mondays, 7:30pm  
First meeting: Sept 24  
Length: Indefinite  
Location: KSU, Union, Rm 206  
Limit: 25

We will be designing and building a unique wind energy conversion machine for use in field tilling, using a minimum of developed technology. We'll start from basics, reviewing literature and design calculations so all can understand. Bring a pencil and notepad.

### MANHATTAN AREA SOLAR HOMEOWNERS ASSOCIATION

Jim & Darcy Rourk 776-3202  
Sundays, 12:30pm  
First meeting: Sept 30  
Length: Indefinite  
Location: 2100 Goodnow Circle

The Manhattan Area Solar Homeowners Association is being organized to share ideas, problems, and experiences related to owning or building a solar home. We will also seek ways to promote the advantages of using alternative energy systems in residential construction as well as investigate the possibility of becoming a standing committee of the Kansas Solar Energy Society. (The Rourks own a passively heated solar home which has significantly reduced their heating bills without any sacrifice in comfort.)

### FUEL WOOD RESOURCES AND WOOD BURNING UNITS

Thursdays, 7-10pm  
First meeting: Oct 25  
Length: 2 times  
Location: UFM Fireplace Rm  
Limit: 60

This is a comprehensive woodburner's seminar presented jointly by Len Gould of Extension and State Forestry, Charley Pottorf of Wildcat Tree Service, Mike Kerkvliet of Stone and Fireplace Center, and David O'Neal of David's Cabin. Topics to be covered in the first meeting include: wood identification, harvesting techniques, heat value, sources of fuel wood, drying and storing, types and qualities of various woodburning stoves, safety and firecodes, clearance and installation procedures, and chimney installation and maintenance. The seminar will include a movie, a demonstration on splitting wood, and a discussion of chain saw safety. The second meeting will be a field tour to a local wood lot to acquaint you further with management techniques, harvesting methods, and wood volume measurements.

### MANHATTAN ENERGY ALLIANCE

John Exdell 539-6076  
Bill Dorsett 539-1956  
John Selfridge 537-7411  
Tuesdays, 7pm  
First meeting: Oct 16  
Length: Indefinite  
Location: Manhattan Public Library, Auditorium  
Juliette & Poyntz

The Manhattan Energy Alliance will be organized to support economical, environmentally safe, and citizen controlled energy alternatives. The group will encourage local initiatives for conservation and renewable sources, and build support for sensible energy policies at the state and national levels. Possible goals include: a conservation building code for new construction in the city, getting power from Tuttle Creek dam, opposing unnecessary KPL rate increases, getting good low-cost insulation for older houses, finding ways to finance local wind power and solar heating, and educating the public on the issue of nuclear power. The group hopes to involve people from all parts of the Manhattan community.

### ETHANOL GRAIN CONVERSION

Dwight Wiebe 532-5735  
Thursday, 7:30pm  
One time, Oct 11  
Location: KSU, Union, Rm 208

We will discuss the process of converting distressed grain into fuel or ethanol. Ethanol, at 160 proof, can be used in cars and tractors at a cost less than \$1 per gallon, and the residues fed to livestock. Information about a prototype solar powered ethanol plant will be available at the meeting. (Dwight served as a relief director overseas for four years and encouraged alternate energy as an important link in resolving world hunger.)

### THE WIND ENERGY PRIMER

Tom Shrimplin 776-5904  
Saturday, 2-5pm  
One time, Oct 27 (raindate Nov 3)  
Location: Sign up and you will be contacted.  
Limit: 20

This is an introduction to using the wind for home power generation. We'll discuss wind power basics, specifics about using wind power in the Manhattan area, advantages and disadvantages of wind power, and low-cost approaches. (Tom's new home under construction, is powered by a wind generator.)

### MANHATTAN PARADE OF SOLAR HOMES

Douglas Walter 532-5866  
Saturday, 10am-5pm  
One time, Nov 17  
Location: Sign up and you will be contacted

The number of solar homes in the Manhattan area is growing each year. Several of these homes will be open for touring from 10am to 5pm on Saturday, Nov 17. If you're interested in seeing firsthand how a solar home operates, sign up for this class and we'll send you a list of homes on the tour, a brief description of each home, and a map.

### MANHATTAN APPROPRIATE TECHNOLOGY GROUP (M.A.T.G.)

Gary Foster 532-5984  
Jim Converse  
Mondays (1st & 3rd, planning meeting), 7:30-9pm  
First meeting: Sept 24  
Length: Semester  
Location: KSU, International Student Center Lounge  
Fridays (The Alternative to Thank God It's Friday A.T.G.I.F.), 4:30-6pm  
First meeting: Sept 28  
Length: Semester  
Location: UFM Fireplace Rm

The M.A.T.G. is a group of university and community folks interested in exploring the new frontier of Appropriate Technology (AT). Areas of focus include renewable resources, small scale organic farming, third world approaches to technological development, local self reliance, grant writing, a quarterly newsletter and international student relations.

# TOURS

for questions about Tours,  
call Pam Warren at 532-5866.

## KSU VETERINARY MEDICINE COMPLEX

Carolyn Roberts 532-5660

Tuesday, 10am  
One time, Sept 25  
Location: Meet in lobby of the teaching building  
Limit: 50

This tour will allow the participants to view the various facilities of the Veterinary Building. Included will be the technologically advanced treatment rooms for large and small animals.

## MANHATTAN PUBLIC LIBRARY

Margaret Gates 776-4741

Monday, 7-8pm  
One time, Oct 22  
Location: Juliette & Poyntz

Take a Van Gogh home, relive the "Good Old Days" of radio or teach yourself how to do almost anything by visiting your library. Tour the Manhattan Public Library and learn what we have for you.

## MANHATTAN MERCURY

Jan Hansen 776-1616

Wednesday, 1:30pm  
One time, Oct 10  
Location: 318 N 5th

This will give you a chance to go behind the scenes at the Manhattan Mercury and find out how a story gets from the AP wire to the living room of your home. You'll look at the AP wire, the press, photo equipment and the terminal systems.

## CABLE CHANNEL 6 STUDIO

Norman Bunge 776-9274

Wednesday, 4pm  
One time, Oct 17  
Location: 610 Humboldt  
Limit: 25

The staff of Cable Channel 6 TV will allow the public the opportunity to tour the Manhattan Cable TV Studio and will explain the various aspects of Cable TV, including organization and programming. (Norm is the Program Director of Channel 6 and has four years experience in TV production.)

## AMERICAN INSTITUTE OF BAKING

Sharon Forst 537-4750

Tuesday, 1:30pm  
One time, Oct 23  
Location: American Institute of Baking  
1213 Bakers Way

The American Institute of Baking is a nonprofit organization devoted to education, training and research for the baking, food processing industries, and the general public. A tour of the American Institute of Baking will give you a view of what the Institute is doing for the community and all people in general.

## UNIVERSITY FOR MAN

Joe Rippetoe 532-5866

Monday, 6:30pm  
One time, Oct 1  
Location: 1221 Thurston

We are sure you are all dying to see where this brochure comes from! Come over and see what we are all about. Tour the pottery studio, Appropriate Technology Center, the results of our windows project, and additional facilities.

## MASTER TEACHER

Janet Ayres 539-0555

Thursday, 7:30pm  
One time, Oct 18  
Location: Leadership Ln  
Limit: 15

This tour will provide a background of Master Teacher's purposes and goals, as well as the opportunity to view the administration facilities, offices and distribution center.

## MCCALL PATTERN COMPANY

Norman E. Winter 776-4171

Section I: Thursday 9am Oct 4  
Section II: Thursday 1pm Oct 4  
Location: 615 McCall Rd  
Limit: 15 each section

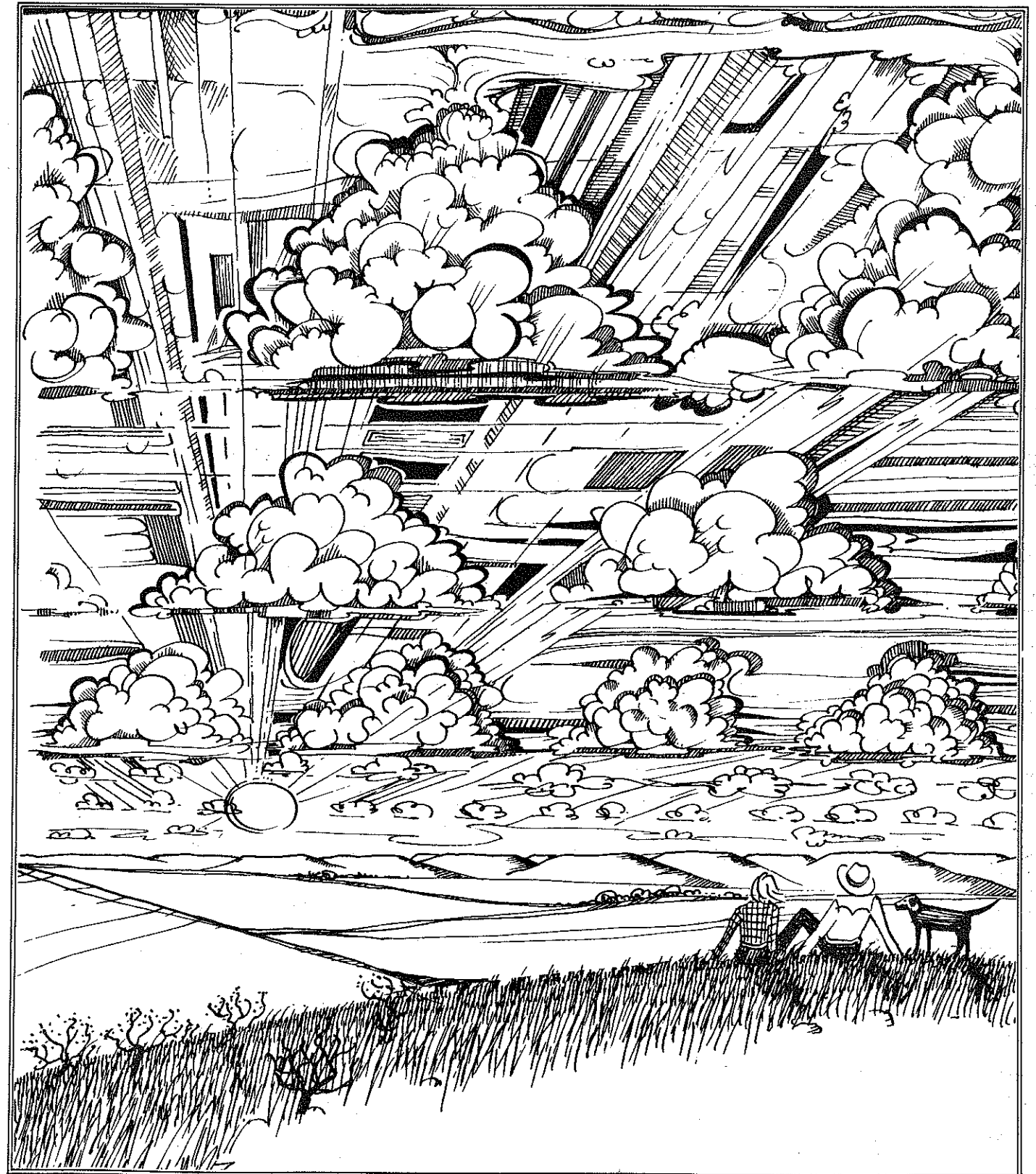
This will be a perfect opportunity for you to view the production of dressmaking patterns from the printing to the folding of them. Sign up at registration for the tour time you wish to attend. Meet at glass doors on south of building.

## KMAN/KMKF

Loweil Jack 776-4851

Tuesday, 2:30pm  
One time, Oct 16  
Location: 2414 Casement Rd

This will give us the opportunity to tour the KMAN/KMKF studio. The recording studios, news room, the record files, and the AP wire will be among the items seen on our visit.

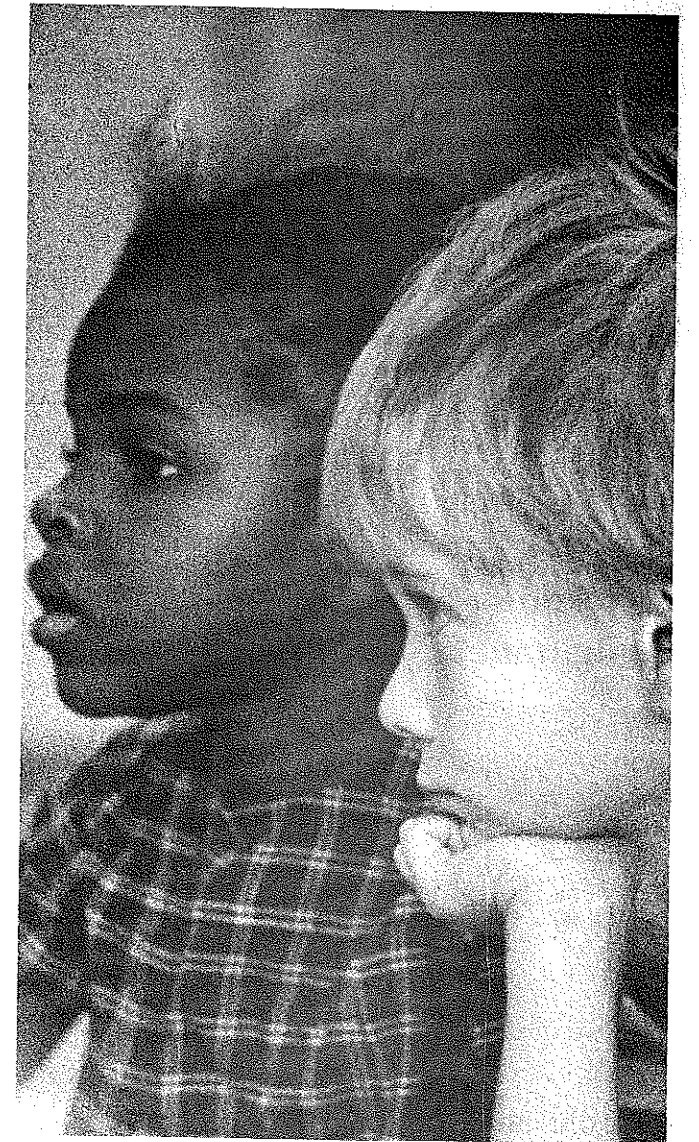


"KANSAS SUNSET" by Elaine Cole

UFM encourages local artists to inquire about possible inclusion of their drawings in future publications. Signed and numbered prints of "KANSAS SUNSET" are available from the artist for \$5.00 each, all proceeds to be donated to the UFM building fund. Call 532-5866 for further information.



on these two pages . . .  
more Fred Wrightman





# REGISTRATION SEPTEMBER 17,18 & 19

Sept 17, 18, 19 KSU Union, 9am-4pm  
Sept 17 Manhattan Public Library 9am-7pm  
Sept 17 Douglass Community Center Annex  
7:30-9pm  
Sept 17 Manhattan High School 11am-1pm  
Sept 17 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 the following hours only:

Sept 17--7am-6pm & Sept 18,19--9am-5pm

Please limit registration by phone to no more than four classes.

You can help speed up registration and reduce frustration if you register for only those classes you are sure you can attend. So check your calendar before registration. Please register for no more people 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.

Registration is important! It allows leaders to prepare the correct number of handouts, order supplies, or 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. This will allow persons on the waiting list to join the class.

UFM  
1221 Thurston  
Manhattan, KS. 66502

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