



***University For Man***  
***Spring 1979***

# "Downtown"

University for Man (UFM) can be viewed as a free marketplace of ideas and, as such, the contents of this brochure are essentially unlimited. It goes without saying that each staff member thinks some of these contents are more useful than others, but occasionally, an idea comes along about which most of us share a common viewpoint. This is the case with downtown Manhattan.

Downtown Manhattan is a timely theme for this brochure, as its future has recently become the object of much debate. Discussion centers on whether downtown can be revitalized as the area's major regional shopping complex, or whether a peripheral shopping center should be constructed. Maintaining the status quo is no longer an option, for an increasingly expanding retail market not only represents our future but also the present. There are at least three views of what action can be taken.

## Replacement or

**The Replacement Views** One view argues that most of Manhattan's growth is occurring in the northwest; therefore, a new regional shopping center should be located there. This view assumes that this is a long term growth trend, and that demand for retail facilities is expanding so rapidly that downtown will never have enough space to meet consumer needs. The perceived limitations of downtown are used to support the idea of a new shopping complex.

This argument overlooks some important evidence. First, it confuses population growth with growth in land area. Despite the fact that Manhattan's land area has been increasing mostly in the northwest, the bulk of the population lives east of 17th Street, making the greatest population density not far from downtown. Second, very questionable is the notion that the northwest area is where the community will acquire the most land and/or population in the future. The City Commission has not reached a final decision on that question, and in fact, some city resources are now being focused on northeast development. Preliminary findings of the study by the consulting firm of Briscoe, Maphis, Murray and Lamont, Inc., which was recently retained by the City Commission, indicate that downtown could accommodate additional retail space and that a new shopping site is not inherently necessary for this trade area.

There is a second position, based on a different argument, which reaches similar conclusions. This argument focuses on competition in the marketplace, and contends that the more shopping facilities which are available, the more competitive all retailers will become. Therefore, according to this argument, build another shopping complex and let the consumer choose where to consume. But there will be substantial public costs involved in letting private interests fight it out in the marketplace. First, everyone--retailers and consumers--will lose because the retail market will be diluted. With lower trade volumes, businesses will increasingly fail, and prices will rise accordingly. Second, there is already a substantial public investment in the downtown area, which takes the tan-



gible forms of public buildings, water and sewage facilities, and streets and traffic control systems. There is also substantial historical and cultural investment in this area. Finally, it can certainly be argued that there is an important public interest in not paving over quality agricultural land when other sites can be altered to meet shopping needs.

A second problem with the open competition argument is its implicit denial of the value of zoning regulations. Allowing individual and corporate property owners to develop their own land as they wish is a position which, on the surface, may not appear too harmful. This perception holds up, only until somebody wants to build a fast-food restaurant or tavern next door to your home. The city has an obligation to set aside areas where private entrepreneurs can attempt to make a profit in the marketplace, but it also has an obligation to designate which areas are most appropriate for that purpose.



Cover: Stone Detail, Riley County Courthouse, Downtown Manhattan

## Revitalization

**The Revitalization View** The third view of downtown is one which contends that redevelopment of downtown as a major regional center is both possible and desirable. That does not mean it will be easy. To become a regional shopping center, according to the consulting team studying this question, downtown needs five things: 1) better access from outlying areas and surrounding communities; 2) more parking facilities and better traffic circulation; 3) more retail space to provide incentives for the consumer to shop in Manhattan rather than Topeka or elsewhere; 4) the integration of increased retail space with civic, recreational and leisure activity spaces; and 5) a new image. Findings of the consulting team studying these issues, and other evidence, suggest the following: 1) Better access to downtown is a problem already being attacked. An earlier study has documented the need for a southern arterial and planning for such a trafficway are currently underway.

2) Availability of parking facilities is a problem also nearing resolution. There is currently a benefit parking district proposal before the City Commission which, if approved, will create 172 additional spaces on three lots downtown. Solutions for improving the internal circulation should follow logically from the location of new retail sites, new parking sites, and construction of the southern arterial.

3) More retail space is critical if the community is to encourage local shoppers to shop in Manhattan rather than elsewhere. The consultants' report presents substantial evidence that local retailers are losing large amounts of sales to retail areas outside the city. The market exists for additional retail space; the important consideration is to insure that new facilities will offer items which shoppers have been traveling long distances to buy. The failure of previous shopping center proposals to recognize this has been one of their major weaknesses. Prior proposals have mostly involved transferring existing retail operations from downtown to the edge of the city. The challenge now is the creative and effective development of existing downtown space. Evidence suggests this challenge can be met.

4) The integration of public and private space is critical. According to the preliminary report of Project manager Lamont and his associates, downtown is presently not a particularly pleasant place for shoppers; it is not physically conducive to congenial gatherings. Manhattan urgently needs a place which can become the focus of community life--a place where things can "happen." For downtown to become this place, more public facilities (e.g., restrooms, benches, drinking fountains) are needed. Lack of these simple items is particularly distressing since there is a major concentration of public buildings in this general area. A consistent design theme which can tie all these public facilities together with increased retail space is needed.

5) Finally, the question of a new image. Speaking at a recent presentation to the City Commission, Ron Stracka, architect and urban designer, emphasized the importance of Manhattan's historical connection with the river, the unique way in which business established itself on Poyntz, and the distinct character

of the architecture which remains downtown. Other image concerns, however, are strictly contemporary. Business hours vary widely downtown, though uniform hours would be good for the consumer. Lamont notes that in the highly successful Boulder, Colorado mall, pedestrian areas are often crowded because it is an active, vital, people-oriented center. This seems to be what Manhattan is missing. The city park in summer is the closest thing Manhattan has to a focused center of community life, and ideally, downtown could fill this role, not only the rest of the year, but also year-round.



**Conclusion** What the foregoing suggests is that while revitalization of downtown will not be easy, it is both possible and desirable. According to Lamont, Manhattan is in a unique position, by virtue of having recognized the central issues long before downtown conditions seriously deteriorated. Manhattan can follow the lead of other progressive U.S. and European cities. European cities have long placed a high value on central business districts. Their gasoline prices were so high that travelling to the city's edge or farther for shopping was not feasible. This is a situation from which we should now be willing to learn. Many American cities have begun to redevelop their downtowns successfully. Prominent examples abound: The Gallery in Philadelphia, Boston's Faneuil Hall, or, more comparable to our size, Boulder, Colo.

Why should the average citizen support redevelopment of downtown? The advantages are clear. Manhattan needs a people-oriented place where one can not only shop, but also meet people, socialize, be entertained, or simply take a leisurely stroll and get something to eat. Other sites may offer shopping, but that will be about it. Manhattan has always placed a high value on a sense of "community," and an interest in downtown as the center of community life is only natural. Downtown Manhattan should be the focus of our community, and acting together, we can make it that.

# Spring 1979

Welcome to UFM's array of spring classes! There are both old favorites and exciting new offerings, and hopefully, among the variety 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 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, and the Kansas Arts Commission, a state agency and the National Endowment for the Arts, a federal agency.

During our recent fundraising drive, we published lists of "Financial Friends" who helped support our building fund. Starting this summer, we will begin a once-yearly listing of our major financial supporters who have made contributions since the last listing. Thanks to the above groups and all 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.

## The Courses



### Community

- 6 OMNA  
Riley County Historical Museum  
Downtown Redevelopment  
If You've Seen One Rural Village
- 7 Wheels for Manhattan?  
AAM Tractorcade Support Group  
The Outreach Conference  
Food for Thought  
Village Film Series  
International Small Farms Workshops  
Colloquia on Human Survival
- 8 Lawyer's Series  
Town Meeting on Public Television  
SPA/UFM Film Series  
Introduction to Genealogy  
Critical Thoughts
- 9 Living-Learning School  
Childcare Cooperative  
Mothers of Pre-School Children  
Your Money or Your Life  
What Is La Leche League?  
What Is Montessori?
- 10 Eat Right-Be Bright  
Guided Affective Imagery Ages 5-12  
Sports for Kids  
Puppetry, Storytelling & Movement  
Exploration in Art
- 11 Harvest  
Free Time: Boon or Bane?  
Sing Along With Frank  
Legal Rights of Older Persons  
So You Still Want to Learn  
Cons and Con Artists  
Free Tax Assistance for the Elderly  
Staying at Home - With Care

### Crafts

- 12 Calling All Quilt Owners  
UFM Spring Crafts Fair  
Going Crazy Over Quilts
- 13 Macrame  
Needlepoint
- 14 Crochet  
Decoupage  
Origami  
Fundamentals of Rug Weaving  
Gem Stones  
Tatting  
Crafts for Kids
- 15 Beginning Whittling  
Candle Making  
Sock Darning  
Rug Braiding
- 16 UFM Pottery Studio  
Raku Firing  
Wind Chimes  
Throwing on the Pottery Wheel

### Fine Arts

- 17 Disco Dance  
Beginning Eastern Dance I & II  
Musical Instrument Maintenance  
Woodwind Ensemble  
Acting for the Non Actor
- 18 Fingerpicking Guitar  
Traditional Bluegrass Music  
Clog Dancing  
Kansas Folk Art  
Advanced Guitar  
Basic Slide Guitar

- 19 Stained Glass Orientation  
Music Appreciation  
Care of Keepsake Clothing  
Drama Reading  
Calligraphy  
Antiques  
Watercolor or Oil Painting  
Easter Egg Painting

- 20 Rosemaling  
Arabic  
What is the SCA?

### Foods

- The Joy of Crepes

- 21 Cookie Baking  
Easy Home Preparation of Baby Foods  
Homemade Noddies  
Shepard's Pie  
Cooking with Herbs  
Cooking the Microwave Way  
Real Easy Homemade Pizza  
Sukiyaki

- 22 Hot Fudge Pudding  
Teas for Pleasure  
Wine Enjoyment  
The Great American Potato Revival

- 23 Storage of Foods  
Home Canning  
Gimmickry in the Supermarket  
Tour of AIB  
Lone Star Beer Breads  
Fruit Leathers  
International Cooking  
Freezing and Drying Foods

### Earth

- 24 Small Farm Diversification  
Building a Lorena Stove Workshop  
Beekeeping  
Organic Pest Control  
Look Mom and Dad, I Can Grow Peanuts
- 25 Farmer's Marketing Study Group  
Getting the Most From Your Garden  
African Violets  
Gardening in the Closet  
A Self-Sufficient Backyard  
Spring 1979 Audubon Events  
The Land Institute Visit

- 26 Who Lives on King's Creek  
A Nature Walk for the Handicapped  
Hiking Trails in Kansas  
Edible Plants  
Wildflower Identification  
Flint Hills Scavenger Hunt  
Equestrian Care  
Weather-What the Groundhog Won't Tell

- 27 Dairy Goats  
The Universe  
Holography  
Solar Eclipse - 1979  
Growing Tropical Foliage Plants  
Heating with Wood

### Skills

- 28 Solar Series  
Appropriate Technology Group  
Home Improvement Seminar  
Cabinet-Making

- 29 How Do They Build A Car?  
Auto Communications  
Bicycle Care & Maintenance  
Amateur Radio  
House Wiring  
VW Tune-Up and Sing Along

- 30 The Art of Grantsmanship  
Investment Basics for 1979  
College Credit at Home  
Beginning Magic  
Haircare  
Skin Care & Makeup Application  
Black Hair

- 31 Jobsearch/Resume Writing  
Beginning Typing  
Info Power  
Basic Sign Language  
Dog Training: The Basics  
Leatherwork

### Self

- 32 First Aid Multimedia  
Primeros Auxilios Sistema  
Race for Life-One person CPR  
Biofeedback Introduction  
Test Anxiety

- 33 A Psychology of Symbology  
Hatha Yoga  
On Top of Old Smoky  
Stress Ills and Stress Skills  
Intro to Transactional Analysis

- 34 Women's Center  
Susan B. Anthony Day  
Kansas Legislature and Women's Issues  
Choices for Kids  
Women's Programs

- 35 Parent-Infant Separation  
Creating a Human Being  
Bring Your Babies  
An Evening Seminar on Paul & Women

- 36 Young-Old Dialogue  
Assertiveness Training  
Shyness  
Singles Together

- 37 Career Choice Assistance  
Working With Volunteers  
Couples Communication  
Intro to Soto Zen  
Sufi Dancing  
New Directions in Life

- 38 A Course in Miracles  
The Reality of Love  
The Radical Jesus  
Seth  
Guided Affective Imagery I & II  
Re-Evaluation Counseling

### Play

- 39 Cycling  
Physical Fitness Through Walking  
Rhythmic Aerobics

- 40 Backgammon/Go/Chess  
Dungeons & Dragons  
Afternoon Basketball  
Pocket Billiards Techniques  
Autocross/Road Rally  
Jigsaw Puzzle Competition  
Dial-A-Partner

- 41 Volleyball for Fun  
New Games/Volleyball  
Ultimate Disc/Guts  
Spades/Bid Whist/Bridge

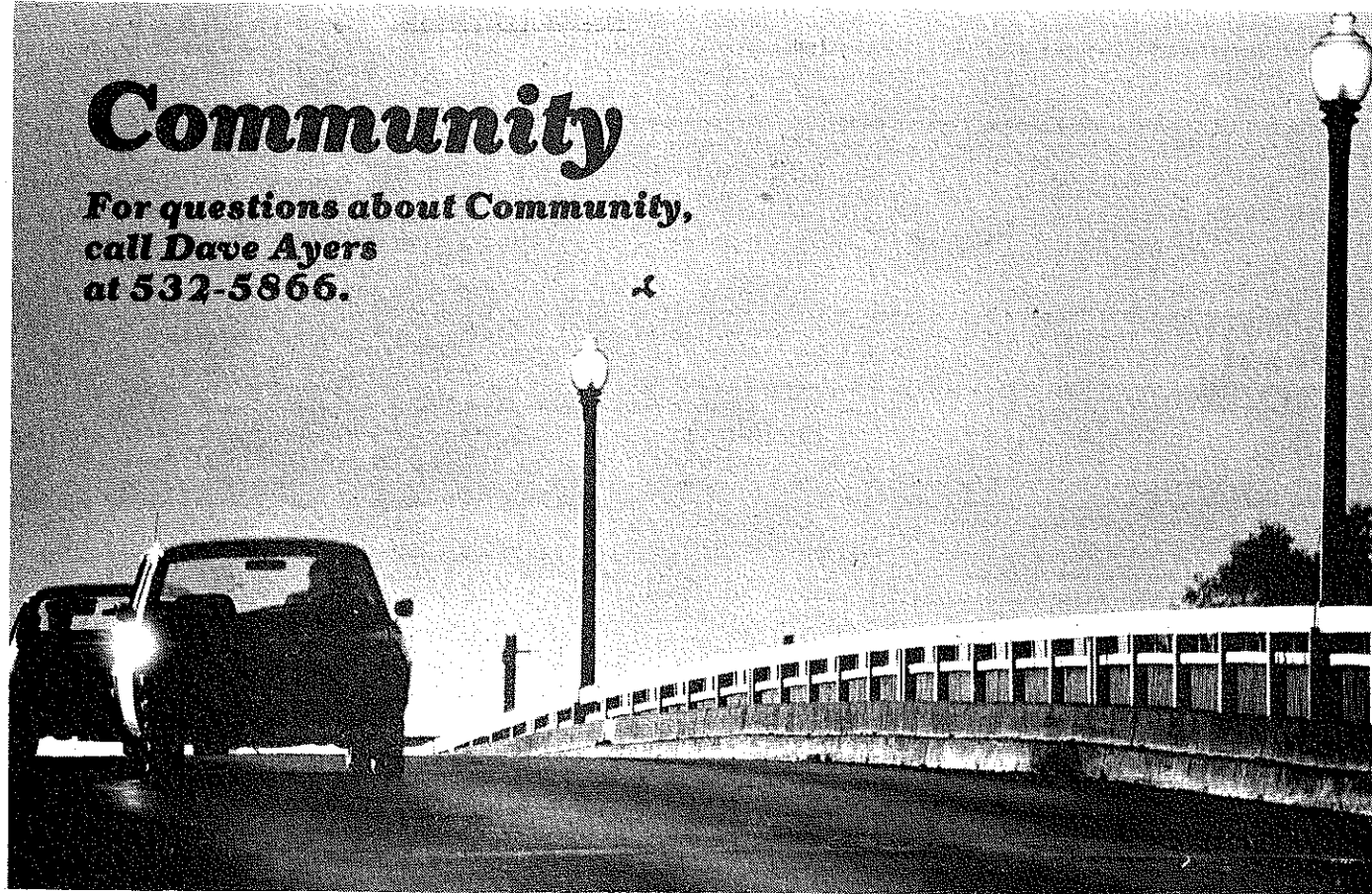
- 42 Running  
Physical Fitness  
Mylarte  
Beginning Judo  
Soccer in Manhattan  
Cross Country Skiing  
Fundamental Sabre Fencing

- 43 Swimming  
Outing Club  
Tennis for Fun  
Down-River Canoeing



# Community

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



## OLDER MANHATTAN NEIGHBORHOODS ASSOCIATION (OMNA)

Sandy O'Neil 539-9239

Thursdays, 7:30pm  
Length: Continuing  
Location: First Presbyterian Church  
8th & Leavenworth

OMNA is dedicated to the preservation and enhancement of the older areas of the city as a sound residential and commercial community. The group has been a strong supporter of downtown redevelopment and will follow that issue closely this Spring. The next meeting will be on "Home Improvement Financing." Later this Spring, OMNA will probably sponsor candidate forums for City Commission and School Board elections. (Sandy is currently President of OMNA.)

## AN AFTERNOON AT THE RILEY COUNTY HISTORICAL MUSEUM

Jean Dallas 537-2210

Saturday, 2pm  
One time, Feb 24  
Location: Riley County Historical Museum  
2309 Claflin Rd

Have you ever wondered what "The Hartford Bell" was or whether Manhattan has always been named Manhattan or who the first settlers in our community were? Jean will bring us up to date with a discussion and a tour of the Riley County Historical Museum. (Jean is the director of the Riley County Historical Museum.)

## DOWNTOWN REDEVELOPMENT: WHERE DO WE GO FROM HERE?

Sign up at registration and you'll be contacted

A southern arterial? A shopping mall downtown? Public transportation? All of these questions have major implications for the future of the downtown area of Manhattan. The consulting firm of Briscoe, Maphis, Murray, and Lamont, Inc. of Boulder, Colorado is presently conducting a study of downtown Manhattan and is interested in explaining its work and receiving input into this process.

## IF YOU'VE SEEN ONE RURAL VILLAGE, YOU HAVEN'T SEEN THEM ALL!!

Jim Killacky 532-5866  
Lou Douglas 532-5866  
Jim Converse 776-1413

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

Believe it or not, a lot more is happening in the rural communities of Kansas than 'people harvesting their milo.' A 'Rural Renaissance' is occurring in the sunflower state, and we'll take a look at what is happening in these redeveloping communities. Anecdotes, new agricultural programs, educational opportunities, and a glimpse at the future of our state's rural communities will be included in the evening's program. Also, the slide show "Kansans on Kansas" and the film "Grassroots Education" will be shown. (Jim, Lou, and Jim are pioneers in the rural areas of our state.)

## WHEELS FOR MANHATTAN?

Sign up at registration and you'll be contacted

The city of Manhattan is currently engaged in a study of the transportation needs of our community. The consulting firm of Wilbur, Smith, and Associates from Denver, Colorado, charged with examining this question, will explain the transportation topics they are studying and will be looking forward to receiving citizen input on the transportation needs of Manhattan community members.

## AAM TRACTORCADE SUPPORT GROUP

Jim Converse and AAM members 776-1413

Day tractors arrive at the White House, 12 noon  
One time, date to be announced  
Location: City Hall Parking Lot  
11th and Poyntz

Bring your tricycles, skateboards, pedicabs, snow shoes, and dog sleds or other human/animal powered conveyances for a non-mechanizacade to show our support to farmers and affirm our faith in simpler ways to do it! Also bring peanuts. (Jim used to be a farmer until he was driven out by the cost price squeeze in 1961.)

## THE OUTREACH CONFERENCE IS ALIVE AND WELL AND LIVING ON A LAND GRANT

Julie Govert 532-5866

Sign up at registration and you'll be contacted

This is a coming out party for the long awaited "Report of the Land Grant University." Come, meet those involved with the Land Grant Conference and find out what is new in the land of democracy and the 'People's College.' (Julie is a friend of innovative education, a former 4-Her, and has done research in the history of the land grant college.)

## FOOD FOR THOUGHT

Edith Stunkei 532-5945, 776-3624  
Dwight Wiebe 532-5735, 776-6162

The time has come for a different approach to world hunger. Please sign up for each individual section.

### Section I:

Tall Grass Hunger Conference for Youth, July 14-15, Tall Grass Research Center, Formosa, Kansas. This conference for 3,000 people ages 12-25 (and interested others) will illuminate youth's ability to make a difference in this world. A \$10 registration fee will be waived for those involved in the planning of the conference. A planning meeting will be held Feb 26, 7:30pm at the UFM Conference Room, 1221 Thurston. Planning areas include food, transportation, music, equipment, and publicity.

### Section II:

Creating a Hunger-Free World: Community Exploration Come to the kickoff meeting Tuesday, Feb 20, 7:30pm at the KSU, International Center as we formulate plans to meet with community groups in Manhattan to visit with them about world hunger. The findings of these seminars will contribute to the 2nd Annual World Hunger Conference this Fall in Manhattan.

## VILLAGE FILM SERIES

Bill Dorsett 539-1956

Wednesdays, 7:30pm  
Location: KSU, International Center

We will be comparing village life from different continents and political structures through a series of films. Each one hour showing will carry us through a span of time from the old order Amish to Tibet.

Feb 21 Old Order Amish  
China '71

Feb 28 Nepal: Himalayan Kingdom  
Stones of Eden, Persia  
Bavarian Village

Mar 7 China, Life on the Land  
Romanian Village Life  
Indian Village Life

Mar 21 Bali Today  
Tibet  
Amazon, People, and Resources

## INTERNATIONAL SMALL FARMS & VILLAGES WORKSHOPS

Bill Dorsett 539-1956  
International Student Center 532-6448

Mondays, 7pm  
First meeting: Feb 19  
Length: 9 times  
Location: KSU, International Center

American and international small farm communities have similar problems of producing enough marketable surplus to pay for increasingly expensive farm inputs, housing, health, and community needs. Please join us in planning a series of workshops which will be held this Spring. The workshops will include:

Mar 24 Small Farm Mechanization and Energy

Mar 31 Low Capital Small Mixed Farming

Apr 7 Community Health and Nutrition

Apr 21 Village Development and Low Cost Housing

## COLLOQUIA ON HUMAN SURVIVAL: SPRING SERIES 1979

The Colloquia on Human Survival is a faculty and community group which discusses human survival in the context of the physical and environmental constraints; and their social, economic, and cultural patterns. The following series is scheduled for the following dates: from 3:30-5pm in the KSU, Union, Room 212. For more information contact Edith Stunkei at 532-5945 or 776-3624.

Feb 22 "Problems of Developing Nations." Are they caused largely by internal-rapid growth-scarse natural resources? or external-colonialism-imperialism? Patrick Gormely and Phil Althoff.

Mar 29 "Settlement and Land Use Patterns." Exploration of global trends, problems and opportunities in the way we use the land. Charles Bussing, Wayne Nafziger, Ray Weisenburger.

Apr 26 "Technology." An index of the development of civilization...Appetite for expensive and scarce resources vs. simple technology. John Selfridge, Gary Coates, Wes Jackson, Dana Jackson.

### LAWYERS SERIES

Thanks to the cooperation of several local attorneys, UFM is once again able to offer sessions on important legal questions. All classes will be held at 7:30pm at the KSU, Union, Rm 203. Room size allows only 25 participants so please register for each session you plan to attend.

- Feb 27 Estate Planning for Young Marrieds  
Kent Oleen 537-9194  
We will discuss the advantages, benefits, and alternatives for the young family.
- Mar 20 Legal Research  
Rodney Olsen 776-9222  
This class will investigate local resources and methods available for doing your own legal investigation.
- Mar 21 Criminal Justice: A Practical Application  
Rodney Olsen 776-9222  
We will take a practical look at criminal law in the state of Kansas.

### TOWN MEETING ON PUBLIC TELEVISION IN KANSAS

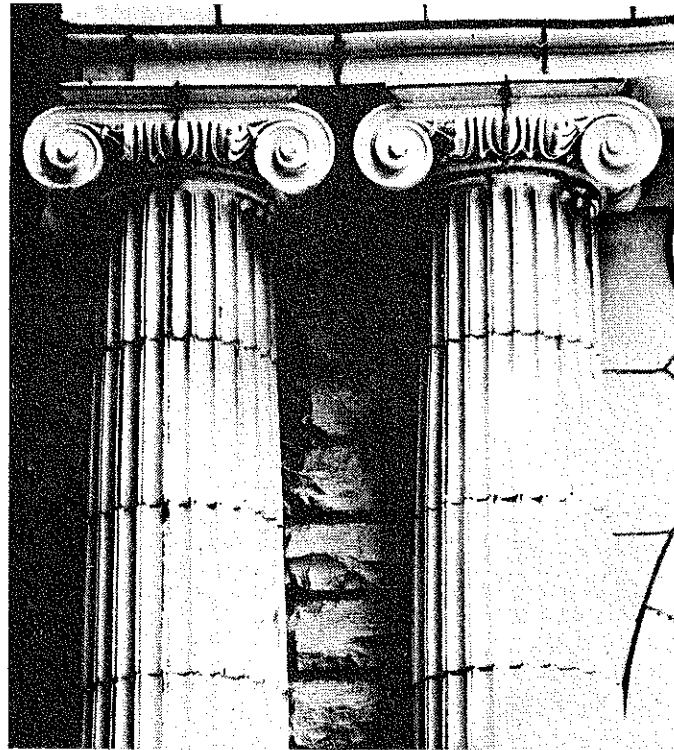
Robert Fidler 532-6881  
Julie Govert 532-5866  
Tuesday, 7pm  
One time, Feb 27  
Location: Manhattan Public Library  
Juliette & Poyntz

Should public television be available to all Kansans? The KSU Department of Journalism and Mass Communications along with individuals of the Manhattan community invite the public to a forum which will examine the present legislative proposals for statewide public television and other issues surrounding public television in Kansas. A panel which will include representatives from the Kansas Public Television Board, Channel 11, and the Kansas Legislature will be on hand to answer questions and present their comments. (Robert is assistant professor of journalism and mass communications at KSU and Julie is an interested individual.)

### STUDENTS FOR POLITICAL AWARENESS/UFM FILM SERIES

The following film series is sponsored by Students for Political Awareness of KSU and University for Man. All films will be shown Tuesday at 7:30pm in the KSU, Union. Admission is free and discussions will follow the films.

- Feb 27 "Future Shock." An exploration of the disease and implications of current events and conditions.  
Rm 213
- Mar 6 "Corporation." A candid documentary about the corporate mind, its attitudes, goals and ethics.  
Rm 212
- Mar 20 "But Is This Progress?" An analysis of today's young people's views on themselves as the product of the urban revolution.  
Rm 212
- Mar 27 "Life in the Thirties." A futuristic look at one possible post-petroleum view of the 1930's.  
Rm 208
- Apr 3 "Lovejoys Nuclear War." A self defense trial and vindication of Samuel Lovejoy against New Hampshire's nuclear industry.  
Rm 213



### INTRODUCTION TO GENEALOGY

Elaine Olney 539-4512  
Tuesday, Thursday, 7pm  
Length: 2 times  
First meeting: March 20, March 22  
Location: KSU, Eisenhower Hall, Rm 225

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.)

### CRITICAL THOUGHTS CONCERNING THE AMERICAN DREAM MACHINE

Dave Colburn 776-5589  
I.G. Brown 776-3851  
Sundays, 6pm  
First meeting: Feb 18  
Length: Indefinite  
Location: 710 Lee St

The Left is alive and well in Manhattan. Beginning with the premise "for a ruthless criticism of everything existing," our goal is to evaluate critically various aspects of American culture, including the role of education in forming the American consciousness, the development of the consumer culture, and the role of advertising in American society. We will also discuss from a critical perspective, recent popular movies and novels. Further entertainment will include teas, cakes, and playing games (class struggle). (I.G. and Dave have taught classes for UFM over the past few years.)

### LIVING-LEARNING SCHOOL

Dave Hursh 539-1677  
Neil Schanker 539-5766  
Living-Learning School 776-7350

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

- Mar 25 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
- Mar 28 How to Teach In the Open Classroom: This will be an opportunity to discuss teaching strategies and alternative structures. Wednesday, 7:30pm.

Volunteer to Actually Work in the Classroom: This is a chance to share your interests and talents with children in the curriculum of the school. Call 776-7350 for more information.

### HOW TO ORGANIZE AND OPERATE A CHILDCARE COOPERATIVE

Sue Barton 537-9654  
Norma Carson  
Wednesday, 7:30pm  
One time, March 21  
Location: UFM Conference Room  
1221 Thurston

Low cost quality child care, especially if you do not meet low income guidelines, is often difficult to find. A cooperative childcare program can provide a place for your child to receive quality childcare and can broaden your child's circle of friends, not to mention the help it gives the parents. We will discuss the ins and outs of beginning and maintaining a babysitting cooperative for children of all ages. (Sue and Norma are participating members of a local childcare cooperative.)

### MOTHERS OF PRE-SCHOOL CHILDREN

Sheryl Swanson 539-8166  
Leslie Ratliff 539-8164  
Beverly Miller 539-2406  
Thursdays, 9:15-11:15am  
Length: Indefinite  
Location: First United Methodist Church  
612 Poyntz

Please join us for coffee and conversation at the monthly meetings of Mothers of Pre-School Children. For the past ten years, the purpose of this group has been to establish a closer relationship with our children by discussing their needs and meeting those needs with love and understanding. A nursery is provided - please call for reservations.

- Mar 8 "Understanding and Dealing with Feelings in Our Children."
- Apr 12 "Planned Movement Experiences for Pre-Schoolers--Why and What."
- May 10 "What Can I Do To Enhance My Child's Reading Readiness?"

### YOUR MONEY OR YOUR LIFE!

Suresh Chandra 776-4976  
Tuesdays, 7:30pm  
First meeting: Feb 27  
Length: Indefinite  
Location: 1432 McCain Ln

We will examine the cost, quality and politics of health care in the U.S. The class is intended not only for intellectual stimulation, but also to identify issues and consider what actions can be taken to bring about change. (Suresh is interested in the health system of the U.S.)

### WHAT IS LA LECHE LEAGUE?

Kay Ring 539-2468  
Tracy Hudson 776-7613  
Saturday, 10am  
One time, Mar 10  
Location: UFM Conference Room  
1221 Thurston

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

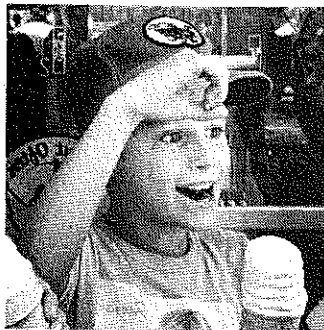
### WHAT IS MONTESSORI?

Kathleen Hursh 776-4116, 539-1677  
Sunday, 7:30pm  
One time, Feb 25  
Location: Sunwheel Children's Center  
503 N. 6th  
Limit: 20

I would like to share the joys and the magic I feel while working with young children, using some ideas and methods devised by Maria Montessori. We will meet in a pre-school equipped with Montessori materials and talk of the early history of the Montessori approach and its growth, the different areas of the classroom environment, and the purpose of the equipment in the development of the whole child. There will be slides showing children working in the classroom with Montessori equipment. (Kathleen has taught children 2½-5 years of age in a Montessori environment for 5 years.)







## Kid's Classes

The following classes are sponsored by UFM Evening Childcare and will be held at the center, 835 Church Ave, just east of Tuttle Creek Blvd North. Children do not need to be enrolled at the center to register for these classes. Please note age and size limits.

### EAT RIGHT - BE BRIGHT!

Pat Tubach 776-4781

Wednesday, Thursday, 3:45pm  
Length: 2 times  
First meeting: March 7, March 8  
Limit: ages 2½ to 12

This class is sponsored by the Extended Foods and Nutrition Program of Riley County during Kansas Nutrition Week. It will focus on the four major food categories. At each session a story will be told, the children will participate in a foods activity, and a snack will be served. (Pat is an agent with the county Foods and Nutrition Program and has taught preschoolers and their mothers about nutrition.)

### GUIDED AFFECTIVE IMAGERY FOR AGES 5-12

Neil Schanker 539-5766

Wednesday, 7pm  
One time, March 21  
Limit: 10, ages 5-12

Using our imaginations we'll take a fantasy voyage through space and time, perhaps to undiscovered dimensions and galaxies. Afterwards, we'll draw pictures of our experience. Bring a blanket and pillow. (Neil has had many successful G.A.I. sessions with young people and is a teacher at the Living-Learning School.)

### SPORTS FOR KIDS

Donnell Garrett 539-8211  
Nate Wilkins 532-5866

Tuesdays, 4-5:30pm  
Length: 6 weeks  
First meeting: Mar 6  
Limit: 18, ages 9-12

This class will be a chance for both boys and girls to learn new games, such as human croquet and crows and cranes, and develop sports skills. The class will be held outside as often as weather permits. Come prepared to play hard. (Nate is a recreation intern with UFM, Donnell plays on the KSU football team, and both enjoy playing and teaching sports of all kinds.)

### PUPPETRY, STORYTELLING & CREATIVE MOVEMENT

Jane Barnes 532-5866, 537-2641

Thursdays, 3-4:30pm  
First meeting: February 22  
Length: 4 times  
Limit: 10, ages 2½-6  
Materials fee: \$1, pay at class

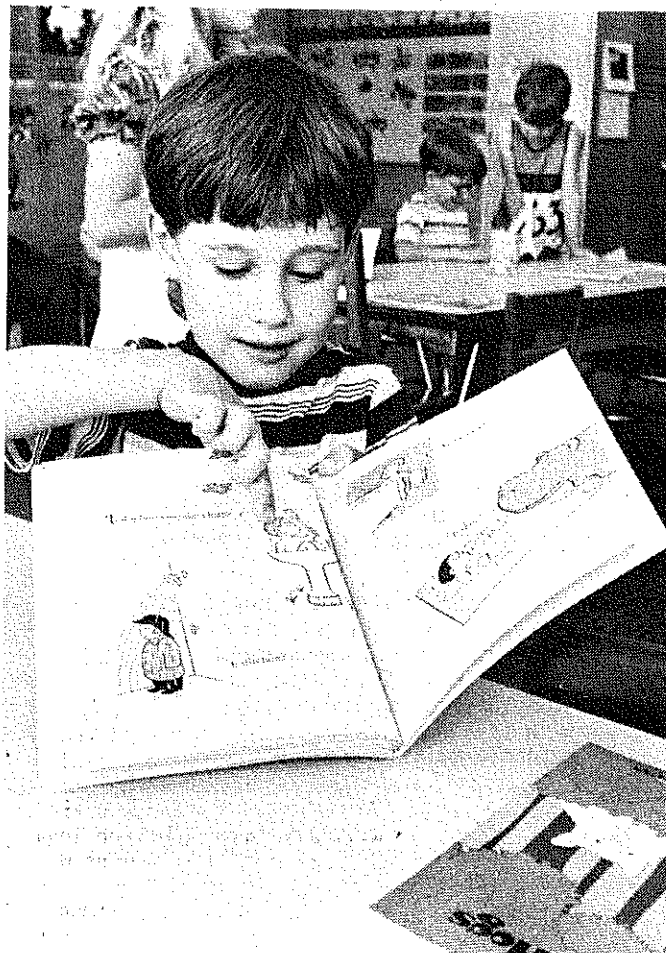
Several art forms for active child expression are combined in one class! How to make and use puppets will be the major emphasis of this class. We will also tell our favorite stories and learn new ones. Records, rhythm instruments, and child-made sounds will be used to help the children explore what their bodies can do. (Jane is the director of UFM Evening Childcare and is anxious to share her enthusiasm for the arts with children.)

### EXPLORATION IN ART

Helen Gabbert 537-1913

Thursdays, 7-8:15pm  
First meeting: March 1  
Length: 8 times  
Limit: 12, ages 2½-12  
Materials fee: \$1 (supplies), pay at class

We will be doing some media exploration, from fingerprints to paper mache and weaving. (Helen is a recent graduate of KSU in Art Education.)



## Aging Series

### HARVEST

Charly Kempthorne 776-4511  
Maureen Conn

If you're over 60 and would like to talk or write about your past, we may be able to form a group. Groups already meeting at the Adult Learning Center, 2031 Casement Rd, are: Oral Renaissance Workshop, Feb 19, 3pm and Autobiographical writing, Feb 22 at 2pm. Call 776-4511 for more information on joining these groups or starting a new one.

### FREE TIME: BOON OR BANE?

Nancy Lerner 776-7178, 776-7373  
Edith Stunkel 776-3624, 532-5945

Thursday, 7:30pm  
One time, Mar 15  
Location: Manhattan Public Library  
Juliette & Poyntz

Limit: 30

Have you thought about retirement? Come, explore an innovative approach to retirement planning. Three games and activity analysis tools will be used to examine our current, projected and ideal uses of discretionary time. These games are easy and fun, and help create a congenial atmosphere for discussion. (Nancy is the aging specialist at the North Central Kansas Guidance Center and Edith is Assistant Director for the KSU Center for Aging.)

### SING ALONG WITH FRANK

Frank Anneberg 537-9564

Section I: Tuesday 7pm Mar 13  
Location: Apartment Towers  
300 N 5th

Section II: Thursday 7pm Mar 15  
Location: Carlson Plaza  
415 Pierre

Section III: Friday 12:30pm Mar 16  
Location: Douglass Community Center  
901 Yuma

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

### LEGAL RIGHTS OF OLDER PERSONS

Sneila M. Reynolds 1-296-4986

Tuesday, 2-3:30pm  
One time, Mar 20  
Location: Apartment Towers  
300 N 5th

This course is an introduction to various areas of the laws which specifically affect older persons. The topics which will briefly be discussed are guardianship, age discrimination, public benefits, consumer problems, nursing home law, and estate planning. The purpose is to assist you in recognizing some legal problems which you or other persons you know may face. The course will also describe free legal services which are available for older Kansans with legal questions. (Sheila is an attorney with the Kansas Department on Aging and coordinates legal service programs for older Kansans.)

### SO YOU STILL WANT TO LEARN

Debbie French 532-5945, 776-7238

Monday, 7pm  
One time, Feb 19  
Location: Apartment Towers  
300 N. 5th

Does Astronomy, history, or American literature interest you? There is now an opportunity in Kansas for senior citizens to participate in the Senior Scholars Program. People 60 years of age and older now have an opportunity to audit college courses on a space available basis at KSU, without tuition. Come, visit with Debbie and learn about the new learning opportunities available to you through the Senior Scholars Program. (Debbie is involved with the Center for Aging at KSU.)

### CONS AND CON ARTISTS

Larry Woodyard  
Wednesday, 7pm  
One time, Apr 18  
Location: Carlson Plaza  
415 Pierre

The 'Pigeon Drop,' 'Three Card Monte,' and insurance fraud are con games where the elderly are often the victims. We will discuss many of the problems the elderly have in dealing with fly-by-night sales people and con artists, and will suggest some ways to deal with these people. (Larry is an Inspector at the Riley County Police Department.)

### FREE TAX ASSISTANCE FOR THE ELDERLY

Rhoda Cavett 776-9294

Section I: Tuesday 7pm Feb 20  
Location: Carlson Plaza  
415 Pierre

Section II: Friday 7pm Feb 23  
Location: Apartment Towers  
300 N 5th

Come and find out how our VITA volunteers can help you with your Federal and State Income Tax, Homestead and Food Sales Tax Refund. (Rhoda is the Assistant Director of the Consumer Assistance and Information for the Aging and this is the second year she has been Volunteer Income Tax Assistance Coordinator for the Manhattan area.)

### STAYING AT HOME - WITH CARE

Nancy Marks 539-1304  
Marvin Kaiser

Wednesday, 7-8:30pm  
One time, Mar 7  
Location: Carlson Plaza  
415 Pierre

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. and Marvin is a Social Work Instructor at KSU.)

# Crafts

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



## CALLING ALL QUILT OWNERS/COLLECTORS/MAKERS

Carole Chelz 539-8813  
Beau Vallance 532-5724  
Enola Gish

Saturdays, 1pm  
First meeting: Mar 3 and/or Mar 10  
Length: 2 times  
Location: UFM Fireplace Room  
1221 Thurston

UFM would like to preview quilts for the community quilt exhibition to be held April 27-May 20. If you have a quilt bought at auction, family heirloom quilts, or are a quilter who would like to exhibit your work, bring your quilts to the UFM House on the above dates and we'll look at them. (Carole is a collector of quilts, Enola is a Kansas quilt expert and Beau is very interested in quilts.)

## GOING CRAZY OVER QUILTS

Julie Coates 532-5866  
Carole Chelz 539-8813

As part of the Community Quilt Festival to be held Apr 27-May 20 at the Manhattan Public Library, and the Riley County Historical Museum, there will be an exhibition of quilts, from traditional to modern, representing a broad variety of quilts including traditional Kansas quilts, patchwork, appliques, crazy quilts and others. In addition there will be a series of classes and events related to quilting. All classes will be held in the Manhattan Public Library, 700 Poyntz, unless otherwise noted.

**Manhattan Quilter's Guild:** Established in January, the purpose of this group is to stimulate interest in quilting, to educate the community about quilts and to promote the art of quiltmaking. If you are a quilter or want to become one call Gloria Keeton, 776-0924 for more information.

Mar 1-Apr 1 "40 Kansas Quilts" will be on display, Capitol Bldg sponsored by the Association of Community Arts Councils of Kansas. This show will travel to different areas of the state.

Apr 28 2-4pm **Quilting in Kansas**, by Enola Gish. Known as the "Quilt Lady of Kansas," Enola has traveled across the state, meeting with groups and individual quilters. She will show slides and quilts of some of Kansas' finest quilts. Enola writes a newspaper column on quilting and coordinates the annual quilt display at the Baldwin Maple-leaf Festival.

May 2 8pm **Quilting Demonstration** by Nancy Wakefield (776-8130). Tips on techniques and supplies to use for making a quilt, as well as new products for quilting.

May 3 7-9pm **Preservation of Antique Quilts:** Margaret Ordonez of KSU's Department of Clothing and Textiles will give tips on cleaning, repair, storage and display of fine quilts.

May 5 10am **Hawaiian Quilting:** Kay Chang (537-2840) will show examples of Hawaiian applique quilts. She will demonstrate a number of patterns and provide some historical and cultural insights into this unique form of quilting.

May 5 2-4pm

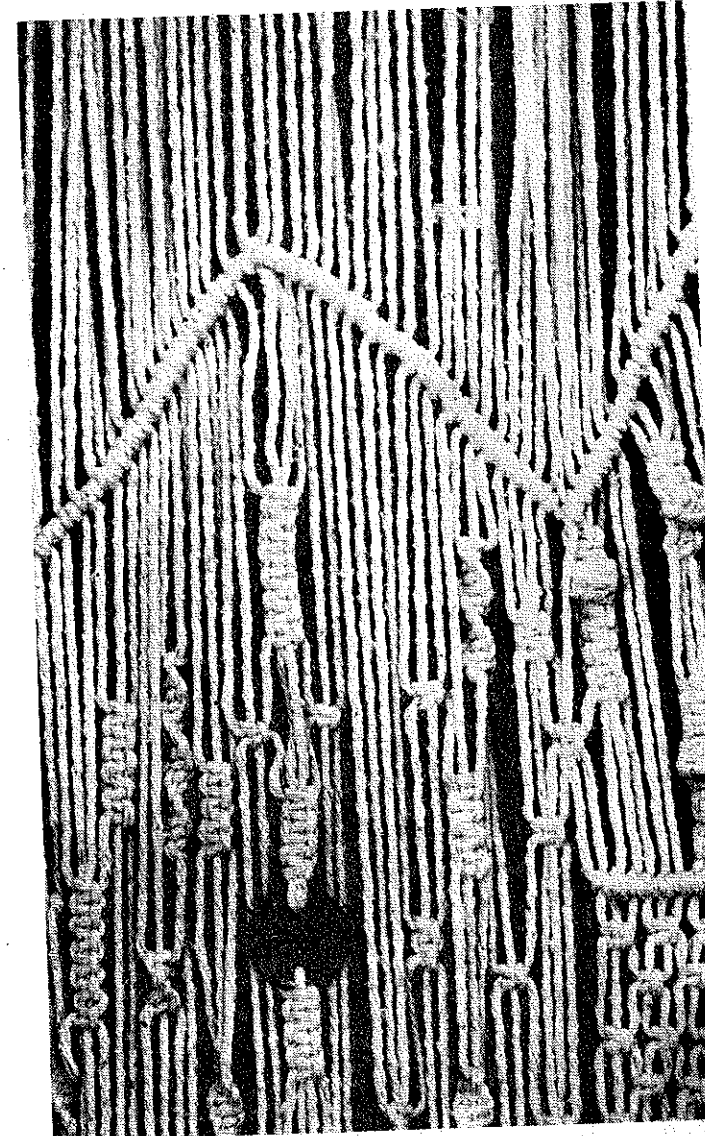
**Identifying Quilt Patterns:** Carole Chelz (539-8813) former curator with the Everson Museum in Syracuse, NY and avid quilt collector, will give a slide presentation based on the Whitney Museum of American Art's exhibition "American Quilts," which launched a reawakening of interest in quilts and their relationship to the contemporary arts. The quilting patterns seen in the slides as well as those on display will be identified and discussed.

May 8 7:30pm

**Quilt Designing:** Nancy Griffin, (1-485-2762) a self-taught quilter who has been making quilts for over five years, will teach how to design quilts using patchwork, quilting and applique. (Folks should have the basics down.)

May 10 8pm

**A History of Quilts:** Gloria Keeton, (776-0924) co-organizer of the Manhattan Quilting Guild and quilter will discuss the history and fabrics of American quilts, emphasizing the period from 1850-1976. Examples of new and old quilts will be shown.



## BEGINNING MACRAME

Jan O'Briant 537-9660  
Tuesdays, 7-9pm  
First meeting: Feb 20  
Length: 8 times  
Location: UFM Kitchen  
1221 Thurston  
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. (Jan has been doing macrame for years and has taught this craft to many people.)

## BEGINNING MACRAME II

Rosann Wilkerson 776-5461  
Thursdays, 6-8pm  
First meeting: Feb 22  
Length: Indefinite  
Location: Tom's Hobby & Craft  
716 N. Manhattan  
Limit: 8

You can learn to Macrame. Come let me show you how. Join our weekly macrame classes and meet new friends while you learn an easy hobby. Work at your own pace with our expert help. You can make those beautiful hangers, wall hangings or purses. (Rosann enjoys meeting people and teaching crafts to them. She has been teaching crafts for five years and macrame is her specialty.)

## ADVANCED MACRAME

Jan O'Briant 537-9660  
Thursdays, 7-9pm  
First meeting: Feb 22  
Length: Indefinite  
Location: UFM Kitchen  
1221 Thurston  
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 taught UFM classes in macrame for two years and has eight years of macrame experience.)

## NEEDLEPOINT

Molly Goldstein 539-6647  
Mondays, Tuesdays, 10am-12noon  
First meeting: Feb 19  
Length: Indefinite  
Location: 714 Humboldt, #5  
Limit: 6

Needlepoint is a durable stitchery used to decorate footstools, wall hangings, pillows and rugs. It is usually done with wool yarn. Please bring your own yarn, a needlepoint needle and material to class. (Molly has been doing this type of work for 35 years.)

## UFM SPRING CRAFTS FAIR

Julie Coates 532-5866  
Irene Levy  
Saturday, Apr 28, 9am-6pm  
Sunday, Apr 29, 1pm-6pm  
Location: UFM House  
1221 Thurston  
Entry fee: \$3, pay at registration

Sign up to sell your crafts at the Spring Crafts Sale. The entry fee will cover publicity costs, and we ask 10% of your proceeds to help the UFM Building Fund. Due to the limited space and large response of crafts people in the past, we will probably have jury selection of crafts for this sale. We plan an organizational meeting for Saturday, Mar 31, at the UFM House. Sign up now and you will be contacted with more details.



### CROCHET

Muriel Thomas 776-4803  
 Tuesdays, 9:30-11am  
 First meeting: Feb 20  
 Length: 4 times  
 Location: Carlson Plaza  
 425 Pierre, 3-B  
 Limit: 4

Simple crochet is well adapted to the wants of every-day life and decorative use, as it requires minimal skill in execution. It resists wear and tear and costs a comparative trifle for materials. Crochet can be done with almost any thread material. Bring crochet hook and yarn.  
 (Mrs. Thomas has been crocheting for the past 67 years. She is very much interested in teaching this craft to others.)

### DECOUPAGE

Dr. Daniel P. Ehlers 537-0267  
 Wednesdays, 7pm  
 First meeting: Feb 21  
 Length: Indefinite  
 Location: UFM Banquet Room (1st meeting only)  
 1221 Thurston

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. A number of students produced some beautiful pieces last fall.  
 (Dr. Ehlers has been interested in and has made many kinds of crafts for many years.)

### ORIGAMI

Makiko & Shunsuke Yamashita 539-8109  
 Mondays, 5pm  
 First meeting: Feb 19  
 Length: Indefinite  
 Location: A-7 Jardine Terrace  
 Limit: 6

This class will meet at 5pm on Monday, Feb 19 and then set a regular meeting time. This class is an introduction to Japanese paper craft. The group will learn to make birds and other animals with beautiful Japanese papers.  
 (Makiko and Shunsuke are students at KSU and learned Origami in their native Japan.)

### FUNDAMENTALS OF RUG WEAVING

Harold Noyce 537-0866  
 Mondays, 7:30pm  
 First meeting: Feb 19 (organizational meeting)  
 Length: Indefinite  
 Location: 724 Moro

The class will meet for a general discussion of materials, preparation of material, etc. As weaving is a personal art rather than a class art, time of weaving will be determined by the members themselves. We hope that everyone can make a rug of their own design and weaving. All people are asked to attend the meeting on Monday, Feb 19.  
 (Harold has been weaving rugs as a hobby for nearly 30 years. He tries to keep a few rugs, made from various types of material and different patterns of weaving, available for display and sale.)



### GEM STONES

Dr. F. C. Lanning 537-7599  
 Tuesdays, 7:30pm  
 First meeting: Feb 20  
 Length: 4 times  
 Location: KSU, Willard Hall, Rm 114  
 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 will be displayed.  
 (Dr. Lanning is a retired chemistry professor with considerable experience in faceting gem stones.)

### TATTING

Effie Edwards 776-7975  
 Section I: Mondays 9:30-11:30am Feb 19  
 Section II: Fridays 2:30-4:30pm Feb 23  
 Length: 2 times  
 Location: Warton Manor  
 2101 Claflin  
 Limit: 2, each section

Dress up clothing with beautiful handmade lace or make pendants, tablecloths and any number of items! Bring tatting shuttle and coarse thread or string. Mrs. Edwards recommends ordinary string for learning and then moving to the finer tatting.  
 (Effie has taught tatting through UFM in the past. She has been tatting for 75 years.)

### CRAFTS FOR KIDS

Rosann Wilkerson 776-5461  
 Section I: Saturdays Feb 24 10am-12noon  
 Section II: Saturdays Feb 24 2-4pm  
 Length: Indefinite  
 Location: Tom's Hobby & Craft  
 716 N. Manhattan  
 Limit: 8, each section

These classes will cover a number of different crafts. We will have two different classes running. Section I is for children 9-13. Section II is for children 6-8. Learn macrame, quilling and pom pom animals.  
 (Rosann is talented in many crafts and has taught UFM classes for several years.)

### BEGINNING WHITTLING

Les Branson 776-6948  
 Tuesdays, 7:30pm  
 First Meeting: You will be contacted  
 Length: Indefinite  
 Location: UFM Banquet Room  
 1221 Thurston  
 Limit: 6  
 Book & Materials fee: \$5, pay at registration

The first class 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. Whittling is the art of cutting chips off wood to create something. The object being whittled is held in the hand while the artist is working on it. Nothing is more satisfying than sitting in front of a crackling fire on a cold day with a whittling knife and block of wood.  
 (Les has been whittling for 5 years.)

### CANDLE MAKING

Neil Schanker 539-5766  
 Wednesday, 7pm  
 One time, Apr 11  
 Location: UFM Kitchen  
 1221 Thurston  
 Limit: 10  
 Materials fee: \$1, 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 has taught this class twice before.)

### SOCK DARNING

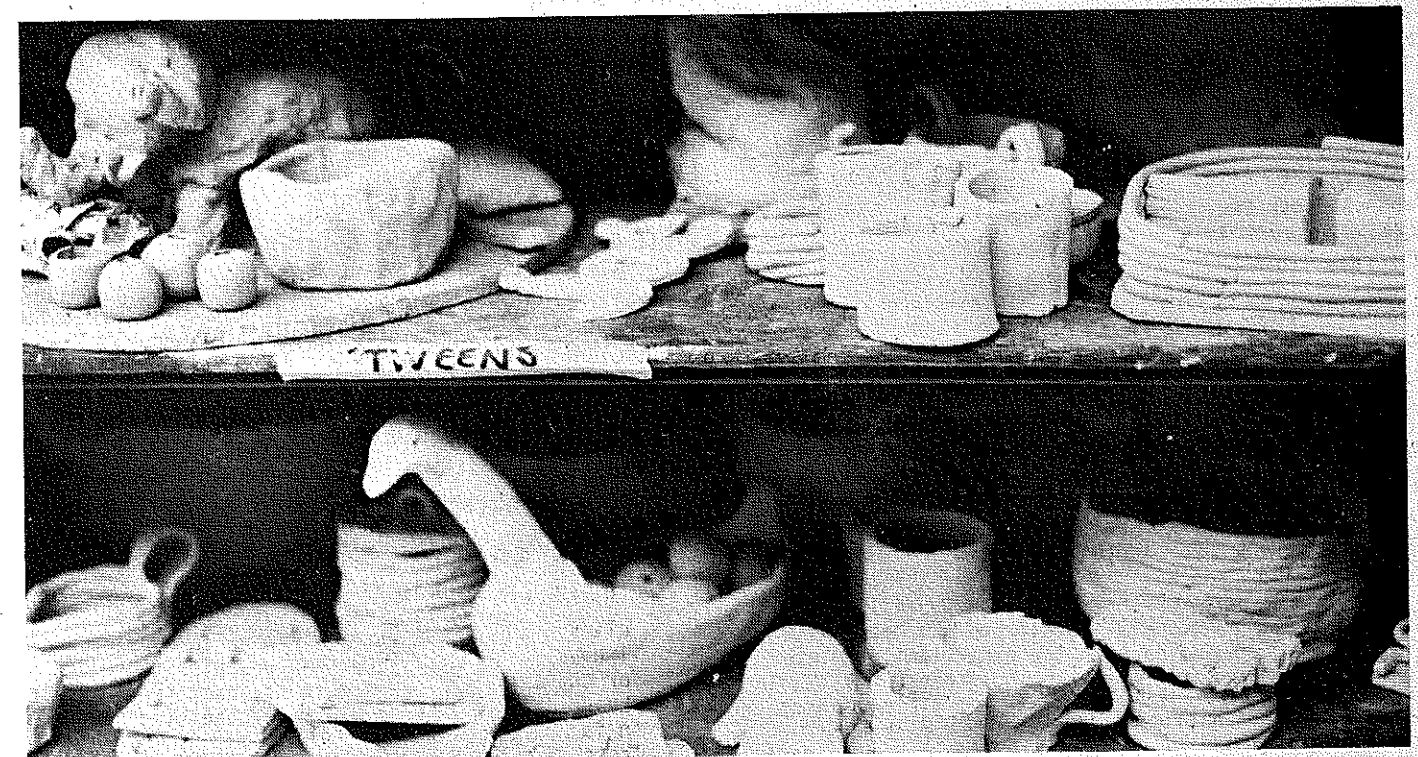
Verda Clagett 776-8594  
 Monday, 2:30pm  
 One time, Feb 19  
 Location: Apartment Towers  
 300 N 5th  
 Limit: 10

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 technique you can mend holes in slacks and sweaters.  
 (Verda has been darning for 61 years, since she was a young girl.)

### RUG BRAIDING

Judy Cloud 539-5133  
 Thursdays, 7:30-9pm  
 First meeting: Feb 22  
 Length: 3 times  
 Location: 1719 Laramie  
 Limit: 12

Rug braiding has been a rewarding craft for women throughout the ages. We will make rugs from discarded garments or whatever is available. A small round rug will be made. How to prepare material, lace, and join strips will all be taught.  
 (Judy has made four room-sized rugs from discarded clothing and blankets. Each rug, which cost less than \$12 to make, is still beautiful after 27 years of use.)







## UFM Pottery Studio

Julie Coates 532-5866

Saturday, 10am  
One time, Feb 17 (organizational)  
Location: UFM Pottery Studio  
1221 Thurston

Fee: \$15, pay at registration

The UFM Pottery Studio, 1221 Thurston, Basement, is available for people who would like to handbuild or use the wheel on their own. Charges for use of the facilities for four hours a week are \$15 per semester. This fee includes some kiln space but not your clay. Our pottery studio is a cooperative. Members help do the work to keep it clean and running smoothly. If you would like to use the studio please attend the meeting Saturday, Feb 17, at 10am. I will show you the facilities and the studio guidelines. At this meeting you can sign up for your studio time.

### "RAKU FIRING"

Irene & Marty Levy 539-5119

Monday, 7pm  
Saturday, 10am  
First meeting: Feb 19, Mar 10  
Length: 2 times (3 if needed)  
Location: UFM Pottery Studio  
1221 Thurston

Limit: 10  
Materials fee: \$15, pay at registration

"Raku" is an ancient Japanese method of firing pottery which is spectacular to watch, particularly if it's your pots being fired. At the first meeting, we will make raku clay and demonstrate some pottery-making techniques for those who need it. During the following week, you will be able to use the clay and studio to make more pottery and other objects. By Mar 10, all your pots will have dried and been bis-fired. We can then share in the excitement of glazing the pots, building the kiln and firing RAKU! The fee will cover all clay, glaze and firing. (Irene and Marty are potters who have done raku firings before.)

### WIND CHIMES

Rick Knight 776-6200

Saturdays (alternate), 10am  
First meeting: Feb 24  
Length: 4 times  
Location: UFM Pottery Studio  
1221 Thurston

Limit: 8  
Materials fee: \$15, pay at registration

Each lesson will introduce a different project, starting with wind chimes and going on to weed pots, pinch pots and sculptures. You will be able to use the pottery studio between class meetings and for the rest of the semester to continue working on your clay pieces. Fee includes 10 pounds of clay, some glaze, and one-half a kiln of firing space. (Rick is interested in wind chimes and ways of expressing himself through clay.)

### INTRODUCTION TO WHEEL-THROWN POTTERY

Jerry Berkowitz 539-8973

Saturdays, 1pm  
First meeting: Feb 24  
Length: Indefinite  
Location: UFM Pottery Studio  
1221 Thurston

Limit 6  
Materials fee: \$15, pay at registration

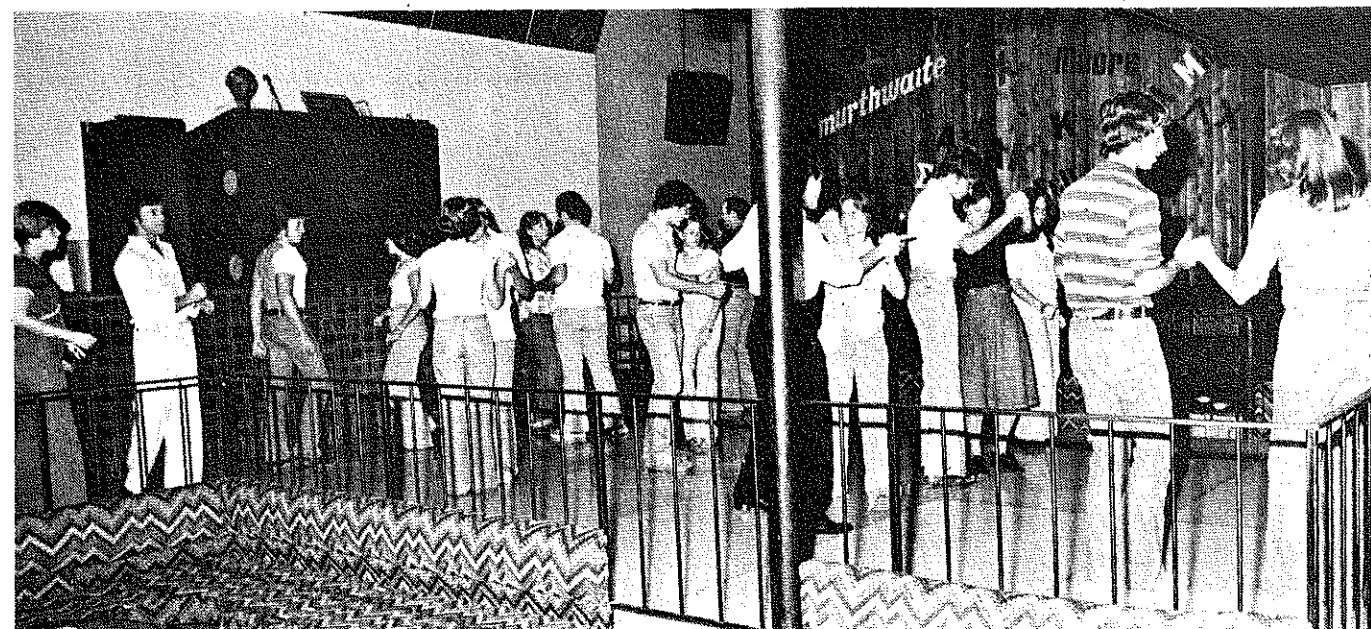
We will concentrate on preparing clay, centering, making simple forms and glazing the finished pieces. Fee includes clay, glaze and kiln firing. (Jerry has been making pots for a good while.)

### THROWING ON THE POTTERY WHEEL: A DEMONSTRATION

Harold Moore 776-6904

Sign up at registration and you will be contacted  
One time  
Location: 618 Osage  
Limit: 10

Have you ever wanted to watch a master potter at the wheel? Harold will demonstrate how to throw some pottery forms. He will also show you his studio and the kiln which he constructed in his back yard. Sign up and Harold will contact you about the time and date for the demonstration. (Harold is a well-known potter whose work has been in many craft shows in this area.)



## Fine Arts

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

### DISCO DANCE

Marc Blanchard

Section I: Saturdays 2-4pm Feb 24 & Mar 3  
Section II: Saturdays 2-4pm Mar 24 & Mar 31  
Section III: Saturdays 2-4pm Apr 7 & Apr 14

Length: 2 times each  
Location: Mother's Worry  
1216 Laramie  
Limit: 30 each section

Come learn the free-style disco dances from the mid-west, from half-stepping to the gangster spank. You'll sit everybody down! No partners necessary. (Marc is a former disco dance instructor at Nino's Disco Studio in Illinois.)

### BEGINNING MIDDLE EASTERN DANCE

Barbara Smith 539-8162

Section I: Thursdays, 6:15-7:15pm  
Section II: Thursdays, 7:30-8:30pm  
First meeting: Feb 22

Length: Semester  
Location: KSU, Justin Hall, Rm 251  
Limit: 20 per section  
Materials fee: \$1, pay at class

Middle Eastern Dance is fine exercise. Classes will include sources of supplies, costumes, jewelry, records and books. Announcements will be made of area workshops and performances. Indicate the preferred section at registration. An intermediate class may be formed if there is enough demand. (Barbara has taught this class since 1975 and has participated in recitals of former classes.)

### MUSICAL INSTRUMENT MAINTENANCE

Chris Banner 776-6562

Saturday, 10am-12pm  
One time, Mar 3  
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.)

### WOODWIND ENSEMBLE

Jim Shanteau 532-6850

Wednesdays, 7:30pm  
First meeting: Feb 28  
Length: Indefinite  
Location: 1516 Wreath

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

### ACTING FOR THE NON ACTOR

Samara Adrian 776-6606

Sundays, 7:30pm  
First meeting: Feb 18  
Length: 2 times  
Location: KSU, Union, Rm 206

This course is designed to introduce experientially the various forms of acting to the non-actor so that s/he can discover the potential fullness of his/her character, hidden in the microcosm of his/her self. (Samara has worked in amateur and university theatres for ten years and has taught this once before.)

### FINGERPICKING GUITAR

Jim Miley 532-6869  
 Thursdays, 7:30pm  
 First meeting: Feb 22  
 Length: Indefinite  
 Location: St. Paul's Episcopal Church  
 6th & Poyntz  
 Limit: 10

This class will deal with intermediate fingerpicking techniques, and is intended for people who have at least a basic command of fingerpicking. We will try to learn some fairly difficult songs in this style. Come prepared to play; I intend for us to learn from each other.  
 (Jim has been trying to learn fingerpicking a long time, and thinks he's finally gotten the hang of it.)

### FUNDAMENTALS OF TRADITIONAL BLUEGRASS MUSIC

Joyce & Duke Dana  
 Sunday, 2:30pm  
 One time, Mar 25  
 Location: UFM Fireplace Room  
 1221 Thurston

This class will provide an explanation of the origin, history and development of Bluegrass music, a description of what it is and a demonstration of how a bluegrass group functions. This class is for anyone interested in bluegrass music.  
 (Joyce and Duke play various instruments, sing, and enjoy Bluegrass music.)

### CLOG DANCING

Marcy Stahl 1-841-7066  
 Becky Paden  
 Friday, 7-9pm  
 One time, Mar 2  
 Location: KSU, Justin Hall, Rm 341

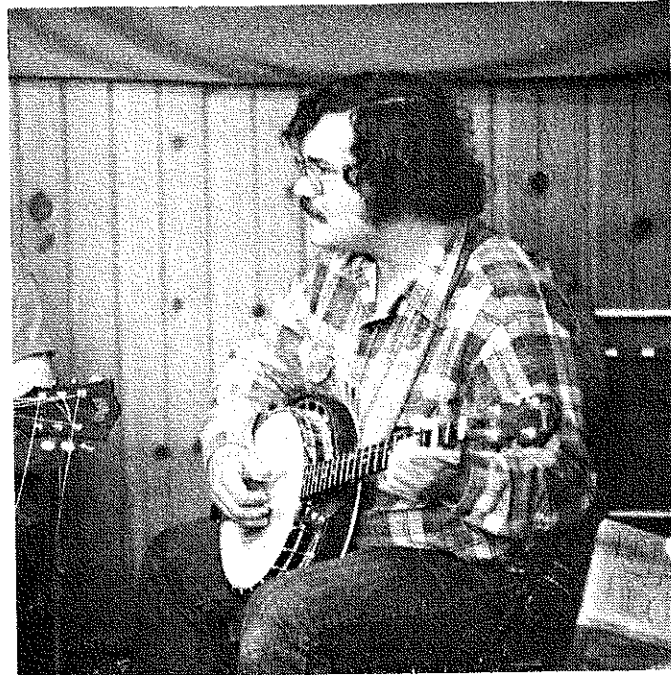
Materials fee: 50¢, pay at registration

This class will learn the basic steps of the Appalachian folkdance known as clogging and some variations of this dance, which is related to and descended from the folkdance of the Irish settlers of the southern Appalachian Mountains.  
 (Marcy and Becky are members of the KU Folkdance Club and have been teaching dancing for years.)

### KANSAS FOLK ART

Julie Coates 532-5866  
 Bill Koch  
 Tuesday, 7:30pm  
 One time, Feb 27  
 Location: UFM Fireplace Rm  
 1221 Thurston

Through the film, Kansas Folk Art and Individuals, we will explore some of the folk and native art of our state. Afterwards, Bill Koch will respond and give further information on the nature of folk art.  
 (Bill is a folklorist at KSU. Julie has been working on various projects related to folk art in Kansas.)



### ADVANCED GUITAR

Lyndon Ketterman 776-0478  
 Sign up and you will be contacted  
 Length: Semester  
 Location: 1205 Kearney

This class is for those who have reasonable competence with the guitar. You will be contacted about time and place.  
 (Lyndon has played for 6 years and has studied classical guitar at U.M.K.C.)

### BASIC SLIDE GUITAR

Jerry Berkowitz 539-8973  
 Mondays, 7pm  
 First meeting: Feb 26  
 Length: 2 times  
 Location: UFM Fireplace Room  
 1221 Thurston

Take that crummy, beat-up guitar with the action so high it tears your fingers up, and make it the nastiest slide guitar on the block. Bring guitar and slide if you have one. A metal bar will also work.  
 (Jerry has been the nastiest slide guitar player on the block for years.)

### BEGINNING GUITAR

Marlesa Roney 539-3575  
 Tuesdays, 6pm  
 First meeting: Feb 20  
 Length: 6 times  
 Location: UFM Fireplace Room  
 1221 Thurston

Limit: 10  
 This is a class for the early and beginning guitarist. Basic chord structures, finger exercises and simple theory are included. You must bring your own guitar.  
 (Marlesa has been playing for 14 years.)

### STAINED GLASS ORIENTATION

Ralph Flowers 539-3243  
 Section I: Monday 7:30-9pm Feb 19  
 Section II: Tuesday 7:30-9pm Feb 20  
 Section III: Wednesday 7:30-9pm Feb 21  
 Section IV: Sunday 2:30-4pm Feb 25  
 Length: One time each section  
 Location: Protean Glass Studio  
 715 South Juliette  
 Limit: 11 each section

This orientation will include a demonstration of glass cutting, leading, foiling, and soldering, as well as an introduction to the types of glass, tools, and literature available to the beginner. The possibility of a slide presentation exists. Bring your questions.  
 (Ralph owns the Protean Glass Studio and has numerous windows in Manhattan homes.)

### MUSIC APPRECIATION

Ron Miller 537-7258  
 Tuesdays, Wednesdays, Thursdays, 4:30pm  
 First meeting: Feb 20  
 Length: Indefinite  
 Location: UFM Banquet Room  
 1221 Thurston

This class is an introduction to the fundamentals of music. Class members will not only learn the basics of note reading, simple theory, and the keyboard for piano (and/or organ), but also have an opportunity to learn about various types of music and time periods by listening to recorded pieces. The first meeting will be an organizational meeting to determine what participants want to learn and how often they wish to meet.  
 (Ron is a music major at KSU and has been a church organist and choir director.)

### CARE OF KEEPSAKE CLOTHING

Margaret Ordonez 532-6993  
 Thursday, Tuesday, 7-9pm  
 First meeting: Mar 1 & 6  
 Length: 2 times  
 Location: KSU, Justin Hall, Rm 347

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.)

### DRAMA READING

Richard Harris 537-1383  
 3rd Tuesday each month, 7:30pm  
 First meeting: Feb 20  
 Length: 4 times  
 Location: 720 Moro  
 Limit: 15

This class will meet monthly to read aloud a play selected by the group--just for fun. Come with ideas the first time.  
 (Richard has been active in play-watching, playwriting and community theatre for years.)

### CALLIGRAPHY

Alan Edgar 539-6531  
 Wednesdays, 7-9pm  
 First meeting: Mar 21  
 Length: 4 times  
 Location: KSU, Farrell Library, Rm 321  
 Limit: 10

Beginning calligraphers will have an opportunity to explore writing as an individualized discipline and a personal centering exercise. Every participant is sure to know two traditional alphabets by the end of the class. We will purchase equipment and books at the first meeting (cost between \$3 and \$10). A second class will be started if needed.  
 (Alan is a staff member at UFM, learned calligraphy at KSU, and taught a graphics class for the Department of Architecture.)

### ANTIQUES

Lois Morales 539-8867  
 Tuesdays, 7pm  
 First meeting: Mar 27  
 Length: 3 times  
 Location: 1200 Kearney

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

### WATERCOLOR OR OIL PAINTING

Dorothy Barfoot 539-4064  
 Thursdays, 7-9pm  
 First meeting: Feb 22  
 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.)

### EASTER EGG PAINTING

Orysia Dawydiak 537-4221  
 Elaine Cole  
 Section I: Monday 7:30pm Mar 19  
 Section II: Monday 7:30pm Mar 26  
 Length: One time each section  
 Location: UFM Kitchen  
 1221 Thurston  
 Materials fee: \$1, pay at registration

Learn the art of decorating eggs in the ancient eastern European style. The technique is similar to batik and both traditional and contemporary designs can be used. Bring uncooked, smooth eggs, a pencil, and a candle with a stand.  
 (Orysia learned the art from her mother who was born in the Ukraine. Elaine was taught by an old Czech woman.)



### ROSEMALING (NORWEGIAN PAINTING ON WOOD)

Dorothy Barfoot 539-4064  
 Tuesdays, 7-9pm  
 First meeting: Feb 20  
 Length: 10 times  
 Location: Wharton Manor  
 2101 Claflin  
 Limit: 6

During part of the first meeting we will discuss what we will need to do for our paintings and look at rose-maled objects. I have been to Norway and seen the homes covered with designs from wall to ceiling! Everything got painted to fill those long cold winter evenings. The art came to America with the Scandinavian settlers. Please bring to class oil paints, one wide and one small brush, a rag and a fiber board, 12" x 24" painted a dark bright color (navy blue or dark green).  
 (Dorothy has studied rosemaling in Norway and plans to have a spring show of her work.)

### ARABIC

Fahed Al-Mana 537-8092  
 Mondays, 7:30pm  
 First meeting: Feb 19  
 Length: Semester  
 Location: UFM Conference Room  
 1221 Thurston

At the first meeting, the class will decide on a permanent meeting time and place. The objectives of this group are to learn to understand spoken Arabic and to learn a basic understanding of grammar. The Arabic alphabet will also be taught during the first two weeks. This class is organized by the Muslim Student Association of KSU.  
 (Arabic is the National Language of Saudi-Arabia, Mr. Fahed's native country.)

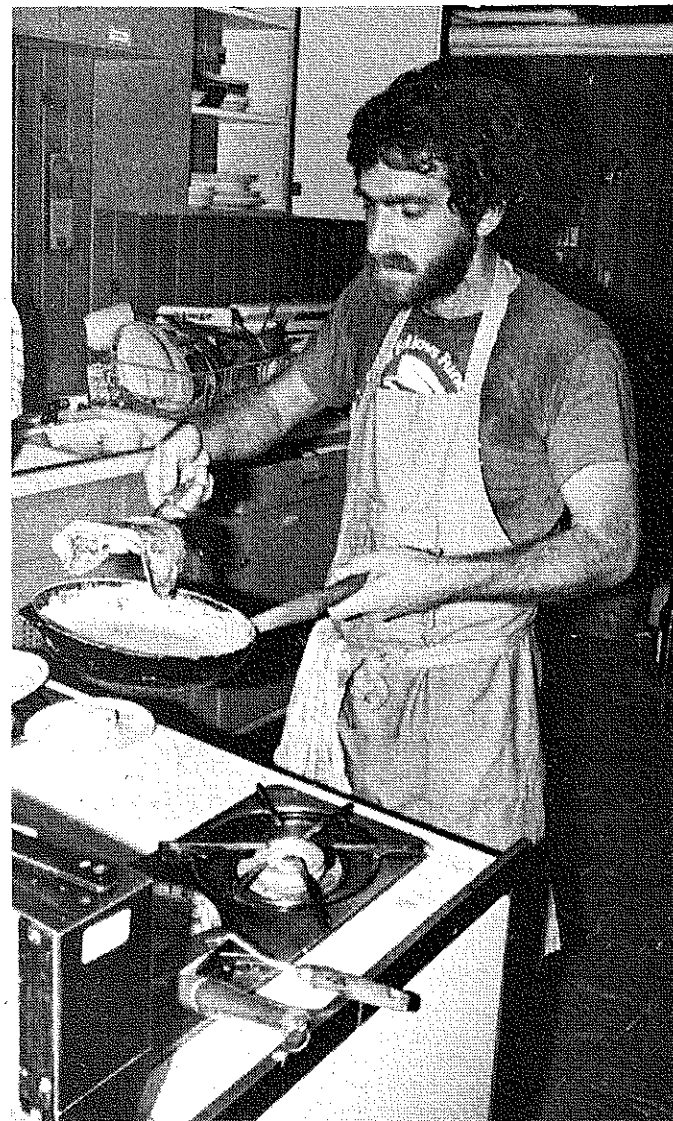
### WHAT IS THE SCA?

Diane Dunn 537-8964  
 Tuesday, 7-9pm  
 One time, Feb 20  
 Location: 615 Leavenworth, #3  
 Limit: 10  
 Materials fee: \$5.50, pay at class

Activities including dancing, music, cooking, wine-making, feasting, heraldry, armoring, armed combat, costumes, pageantry, calligraphy and woodworking are part of SCA, better known as the Society for Creative Anachronism. This session will further introduce the society as well as present an opportunity to prepare for a medieval feast the following Saturday, attended by SCA members from a four-state region. Feast food and drink are covered by the fee.  
 (Diane is the local SCA president and has won an award from the SCA regional for excellence in feast preparation.)

## Foods

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



### THE JOY OF CREPES

Robert Melnick 532-5992

You will be contacted  
 One time  
 Location: UFM Kitchen  
 1221 Thurston  
 Limit: 10  
 Materials fee: \$1.50, pay at registration

Some make 'em thin. Some make 'em thick. Some make 'em the size of 50 cent pieces. Some make 'em big enough to feed Paul Bunyan. Crepes can be made with corn meal, buckwheat and rice flour. Robert will demonstrate the use of the crepe pan by making very basic crepes filled with butter, jellies and jams for the class to devour. There will be plenty of opportunity for you to try your crepe hand too. Wine will be available.  
 (Robert is really looking forward to this class.)

### COOKIE BAKING

Georgia Becker 537-1987  
 Saturday, 1-3pm  
 One time, Mar 31  
 Location: UFM Kitchen  
 1221 Thurston  
 Limit: 5  
 Materials fee: \$1, pay at registration

The session is designed to get rid of those dreary winter blahs! Come on down and learn how to bake cookies as well as how to decorate and munch on them! (This class is especially designed for developmentally disabled people.)  
 (Georgia is the mother of a handicapped son and has worked with the handicapped for many years.)

### EASY HOME PREPARATION OF BABY FOODS

Marty Hartford 532-5866  
 Saturday, 1pm  
 One time, Mar 10  
 Location: UFM Kitchen  
 1221 Thurston

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 recipes and ideas for fixing nutritious meals for your young child. Bring ideas or recipes that have worked for you!  
 (Marty has a 9 month old baby and has been making her own baby food for him.)

### HOMEMADE NOODLES

Sue Wolf 539-2975  
 Saturday, 1pm  
 One time, Feb 24  
 Location: UFM Kitchen  
 1221 Thurston  
 Limit: 20  
 Materials fee: \$1.50, pay at registration

Are you interested in low-cost good food? Or would you just like to get back to the old-fashioned basics? Sue will demonstrate how to make egg noodles from scratch. She likes to make them in large quantities because they are easy to store, and can be used in many different types of dishes.  
 (Sue loves to share her cooking experiences with others.)

### SHEPARD'S PIE

Sue Wolf 539-2975  
 Saturday, 1pm  
 One time, Mar 3  
 Location: UFM Kitchen  
 1221 Thurston  
 Limit: 10  
 Materials fee: 75¢, pay at registration

Using some prime beef and a few other ingredients, Sue will take you back to the olde English countryside where Shepards Pie originated. This is a great dish to serve for company, or fix for just yourself.  
 (Sue enjoys cooking simple, one course meals.)

### HERBS - GROWING & COOKING

Dale Anderson  
 Session I: Growing, Wednesday, May 2, 7pm  
 Session II: Cooking, Wednesday, May 16, 7pm  
 Location: Herb Patch  
 6 miles east on Hwy 24  
 Materials fee: \$2, for cooking class, pay at reg

Each class will start with a tour of the growing fields, where you can see, taste and smell over 150 varieties of herbs. The growing session will discuss companion planting, care, harvesting and storage of herbs. The cooking session will discuss the lore and legends concerning the use of herbs in recipes. A booklet, "Basic Herbs Used in Cooking" will be distributed. Indicate which session you plan to attend.  
 (Dale is the owner of an herb store, where he grows herbs and scented geraniums.)

### COOKING THE MICROWAVE WAY

Martha Cornwell 532-6260  
 Tuesday, 7pm  
 One time, Apr 3  
 Location: 3100 Heritage Ct, #93  
 Limit: 8  
 Materials fee: \$1.50, pay at registration

Different uses of the microwave oven will be demonstrated and the results will be sampled. Copies of recipes will be distributed.  
 (Martha is a registered dietitian at KSU.)

### REAL EASY HOMEMADE PIZZA

Nancy Lerner-Intermill 776-7178  
 Saturday, 4pm  
 One time, Mar 24  
 Location: UFM Kitchen  
 1221 Thurston  
 Limit: 12  
 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? Well, your problems are over. Nancy will show you the easy way to make one of America's favorite foods. Please bring a bottle of your favorite wine with which to relax while you wait for the pizza to bake.  
 (Dave says Nancy makes the best homemade pizza he's ever eaten.)

### SUKIYAKI

Sue Wolf 539-2975  
 Saturday, 3:30pm  
 One time, Feb 24  
 Location: UFM Kitchen  
 1221 Thurston  
 Limit: 15  
 Materials fee: \$1.25, pay at registration

If you like oriental food, come spend a couple of hours while Sue unveils the original secret of how to prepare this scrumptious oriental dish. The recipe will be distributed, and the prepared Sukiyaki will be devoured.  
 (Sue has done quite a bit of traveling and has a large selection of original recipes.)

### HOT FUDGE PUDDING

Jan O'Briant 537-9660  
Wednesday, 7:30pm  
One time, Apr 4  
Location: UFM Kitchen  
1221 Thurston  
Limit: 15  
Materials fee: \$2, pay at registration

Do you love Hot Fudge Sundaes? This dish is very, very similar and just as delicious. By using the basic ingredients for a cake from scratch and adding cocoa, water and a few other things, you get a delicious cake-topped pudding that should be served warm over ice cream.  
(Jan's family and friends have raved about this chocolate dessert for years.)

### TEAS FOR PLEASURE: TISANES FOR HEALTH

Dale Anderson 1-494-2540  
Section I: Wednesday 7pm Feb 21  
Section II: Tuesday 7pm Feb 27  
One time  
Location: Herb Patch  
6 miles east on Hwy 24  
Limit: 20  
Materials fee: \$2, pay at registration

Black teas contain tannin and caffeine, while herbal teas do not. Many have remedial, dietary and pleasurable qualities. We will study the different qualities of the two. Dale will show the difference in brewing hot teas, iced teas, decoctions and infusions. Come spend a couple quiet hours sipping herbal teas; many of which are grown and blended right there at the farm. There will be selections from dozens of tea blends. The fee includes a booklet for you to take home.  
(Dale owns the Herb Patch and has taught many classes concerning this subject.)

### WINE ENJOYMENT

Frank Gilbert 1-562-2447  
Fridays, 7:30pm  
First meeting: Mar 2  
Length: 4 times  
Location: UFM Banquet Room  
1221 Thurston  
Limit: 20  
Materials fee: \$20, pay at registration

Good quality, inexpensive and plentiful; that's the word on domestic wines. Know nothing about the subject? Frank will answer your questions. Knowledgeable on the subject? Come and contribute. Please bring your own favorite wine glass and Frank will bring the wine and corkscrews. You must be at least 21 years old to join.  
(Frank has taught this class before and really enjoys good company and a fine wine.)

### THE RETURN OF THE GREAT AMERICAN POTATO REVIVAL

Jim Killacky 532-5866  
Thursday, 7:30pm  
One time, Mar 1  
Location: UFM Kitchen  
1221 Thurston  
Limit: 8  
Materials fee: 50¢, pay at class

A couple of years ago, someone made a smart remark about potatoes and their relationship to a certain N.W. European ethnic group. Partially in response to this and to show some creative uses of potatoes, a revival was held, a salad concocted, and people actually came and seemed to have a good time. Someone else recently made another comment and hence this rerun. If you have a favorite potato salad recipe, bring it along to share.  
(Jim is a member of that N.W. European ethnic group and also enjoys potatoes, among many other things.)

### STORAGE OF FOODS

Kayanne Heinly 776-4781  
Tuesday, 7:30pm  
One time, Mar 6  
Location: UFM Fireplace Room  
1221 Thurston

Willing to learn how to store foods properly? Well, this get-together has been planned during National Nutrition Week to show you how to do just that. We will discuss the right way to store almost any type of food that you buy in the grocery store.  
(Kayanne has worked with Riley County Extension for several years, and is quite an expert when it comes to food.)

### HOME CANNING (PRESSURE AND WATER BATH)

Pat Tubach 776-4781  
Wednesday, 7:30pm  
One time, May 2  
Location: Douglass Center Annex, King Room  
901 Yuma

Canning is a convenient way to store your surplus, fresh summer vegetables and fruit. Pat will show you the proper ways to can food so that it will be safe and good to eat. After the job is finished, you can have the pleasure of being able to say, "I did it myself."  
Pat works with the Expanded Food and Nutrition Program in the Riley County Extension office.)

### GIMMICKRY IN THE SUPERMARKET

Melanie Stockdale 532-6541  
Section I: Tuesday 7pm Mar 20  
Section II: Saturday 2pm Mar 24  
One time  
Location: UFM Fireplace Room  
1221 Thurston  
Limit: 30 each section

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

### TOUR OF AIB (AMERICAN INSTITUTE OF BAKING)

Sharon Forst  
Tuesday, 2pm  
One time, Feb 20  
Location: 1213 Baker's Way

This tour is designed to let you, the public, know what's happening inside the big building that's located on Manhattan Avenue hill. Sharon will show you the actual classes being held and all of the delicious departments inside.  
(This tour went over so well last time that AIB decided to open their doors again.)

### LONE STAR BEER BREADS

Teena Hosey 776-4980  
Friday, 7pm  
One time, Feb 23  
Location: UFM Kitchen  
1221 Thurston  
Limit: 12

This is going to be short and sweet. To make the simplest bread in the world, bring two cans of beer—one chilled, the other at room temperature. While you drink the chilled one, Teena will borrow the other. By the time you get the first one drunk, Teena will have the bread done. P.S. Please don't bring Lone Star Beer.  
(Teena drinks nothing but Lone Star Beer Bread.)

### FRUIT LEATHERS

Faith Kossoy 532-5866  
Saturday, 10am  
One time, Feb 24  
Location: UFM Kitchen  
1221 Thurston  
Limit: 20  
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 enjoyed her last class so much that she can hardly wait to conduct it again.)

### INTERNATIONAL COOKING

Lois Morales 539-8867  
Wednesdays, 6:30pm  
First meeting: Feb 21  
Length: Continuing  
Location: You will be contacted

Are you interested in learning to cook foreign foods the authentic way? With the help of members of the international community of Manhattan, we will learn how to make exotic dishes as they are prepared in the countries of their origin. The cost for each meal ranges from \$1.50 to \$4. Each member of the class will take responsibility for organizing and hosting a session.  
(Lois has helped offer this class for several years.)

### FREEZING AND DRYING FOODS AT HOME

Pat Tubach 776-4781  
Thursday, 7:30pm  
One time, May 3  
Location: Douglass Center Annex, King Room  
901 Yuma

This class will discuss the preparation and packaging of all kinds of foods that can be frozen. Drying surplus fruits and vegetables is a very safe way to keep food and it takes very little storage space. This class will cover the use of a home oven for drying foods, not how to make a dryer.  
(Pat is an expert on nutrition and has taught other UFM classes.)





# Earth

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



## SMALL FARM DIVERSIFICATION AND DEVELOPMENT PROJECT

Felix Powers 776-8317  
Jim Converse 776-1413  
Bill Dorsett 539-1956

Saturdays, 3pm  
First meeting: Feb 24  
Length: Indefinite  
Location: UFM Conference Room  
1221 Thurston

"Available for development and re-clamation: 10 acres of tired and overused land which grows cockle burrs abundantly." This group will explore economically viable and ecologically harmonious ways to recover this 10 acres of land owned by Felix and Uteva Powers. We hope to develop intensive organic production methods. We will be looking into drip irrigation, wind power, trees as shelter for predators (biological control) and as a fuel source, adobe stoves and other aspects of self-sufficiency. In return for helping restore this land to productivity, the group members will work out a contract to share in the profits gained.

(Felix is the owner of the land and is an organic gardener. Jim and Bill are active in appropriate technology work.)

## BUILDING A LORENA (ADOBE) STOVE WORKSHOP

Jim Converse 776-1413  
Kevin Siek

Friday, 4pm, May 4 (organize)  
Saturday & Sunday, 8am, May 5 & 6 (build)  
Location: UFM Conference Room  
1221 Thurston

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 thing. 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.)

## BEEKEEPING

Jim Johnson 532-5891  
Mondays, 7:30-9:30pm  
First meeting: Feb 19  
Length: 2 times  
Location: KSU, Waters Hall, Rm 127

Honey is that wonderful stuff that most folks know that bees make--but few really know how they do it. The sessions 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 has kept bees in Oklahoma as well as Kansas.)

## ORGANIC PEST CONTROL

Jim Johnson 532-5891  
Thursdays, 7:30-9:30pm  
First meeting: Feb 22  
Length: 2 times  
Location: UFM Living Room  
1221 Thurston

Will wood ashes chase away the squash bugs and will basil deter the tomato horned worms? Want to find out how to reduce your garden pests without persistent chemicals? The sessions will survey the current knowledge of natural or 'organic' pest control, with discussions of folk methods as well as more modern techniques.

(Jim is an avid gardener, and has done extensive reading on 'organic' pest control, as well as being an Extension Entomologist at KSU.)

## "LOOK MOM AND DAD, I CAN GROW PEANUTS"

Dick Mattson 532-6170  
Saturdays, 10am  
First meeting: Sign up and you will be contacted  
Length: Continuing  
Location: Community Gardens 9th St and Riley Ln

Make room on the kitchen table, Mom and Dad, for your child's harvest! This children's gardening class is far more than the ordinary Kansas peas and carrots' patch. Peanuts and watermelons, along with the children's favorites, including the traditional red juicy tomato will be grown in a plot of land that will be set aside from March through October. This is an excellent chance for your child to work with trained horticulture students and faculty. (Dick is a professor in the Horticulture Department at KSU.)

## FARMER'S MARKETING STUDY GROUP

Joan Shoemaker 537-4747  
Jim Converse 776-1413  
Wednesdays, 7:30-9pm  
First meeting: Feb 21  
Length: 4 times  
Location: UFM Conference Room  
1221 Thurston

The group will explore different farmer's market experiences in other communities, and direct marketing in Kansas. We will conduct an inventory of interested producers and make contacts necessary for organizing a local farmer's market. We will conclude with a history of direct marketing, and wholesale and retail experiences in the Manhattan area. (Jim participated in the organization of a farmer's market in Davis, California and has spent considerable time in peasant village markets. Joan is the Community Gardens coordinator.)

## GETTING THE MOST FROM YOUR VEGETABLE GARDEN

Bill Hoyt 532-6173  
Chuck Marr  
Thursday, 7pm  
One time, Mar 1  
Location: Manhattan Public Library  
Juliette & Poyntz

Many people plant a vegetable garden. This class will concentrate on growing as much as you can in the limited space you have. Planning, variety, selection, cropping patterns, fertilizing, soil preparation and other cross cultural practices for producing the maximum vegetable yield will be discussed. (Bill is a graduate student in horticulture and is the coordinator of the Community Gardens. Chuck is an Extension Specialist in horticulture.)

## AFRICAN VIOLETS

Nancy Maes 537-4653  
Mondays, 7-9pm  
First meeting: Feb 19  
Length: 3 times  
Location: First Presbyterian Church  
801 Leavenworth  
Limit: 20

Need some tips on how to grow flowering African Violets? This class is for both the beginning and the experienced grower. Discussions will cover soil, fertilizer, propagation and sources of new plants. A slide show is planned along with a possible trip to a private distributor in Topeka. The class will meet in a classroom at the church. Please use the door marked "Church Office." (Nancy has raised many varieties of plants and has special interest in the gesneriad family.)

## GARDENING IN THE CLOSET

Bob Boufford 537-8374  
Tuesday, 7pm  
One time, Mar 6  
Location: UFM Conference Room  
1221 Thurston

A dark closet or any other low light area of the house or apartment can be utilized to grow anything from African Violets to salad greens, and other herbs. Topics covered will include artificial lighting, temperature, humidity control and carbon dioxide enrichment. (Bob is a graduate student in Horticulture and has used artificial lighting during cloudy, snowy winters while living in Michigan.)

## A SELF-SUFFICIENT BACKYARD

Randy Kidd 1-494-2796  
Wednesday, 7:30pm  
One time, Mar 28  
Location: UFM Banquet Rm  
1221 Thurston

You don't need ten acres of land to begin to be self-sufficient. Here's a chance to learn methods to change your urban backyard into a workable, integrated, food producing system. The Farallones Institute Model, which combines rabbits, fruit trees, berry patches, gardens, animal feed crops, chickens, composting toilets, etc. will be featured. (Randy is a veterinarian, writes the Manhattan Mercury column, "On the Outside," and has written for Mother Earth News.)

## CALENDAR OF SPRING 1979 AUDUBON EVENTS

- Northern Flint Hills Audubon 537-9488
- Feb 15 A Coal Burning Power Plant for KSU? Experts will conduct a public forum to discuss viewpoints, environmental impacts and alternatives.
- Feb 24 Top of the World Work Day: Meet at Top of the World at 9am for a work project.
- Mar 15 Natural History of Southern Florida: Dr. John Zimmerman will give an up-to-date look at the birds, plant life and other fauna
- Mar 12 Art Show - Animals in Their Environment, contest for children & youth, sponsored by Friends of Sunset Zoo. 539-1842
- March Field Trips:  
I Overnighter for Sand Hill Cranes along the Platte River.  
II Prairie Chicken Booming. Sign up if interested so the booming grounds can be reserved.
- Apr 19 Share Session. Bring your 6 favorite nature slides to share.
- April Field Trip: Warbler outing with Dr. John Zimmerman.
- May 17 Annual Pot Luck Dinner. Jim Blakeley will present a slide program on "Sandhill Cranes."
- May Field Trip: Wakefield Arboretum  
Sign up for the trips and talks you wish to attend.

## THE LAND INSTITUTE VISIT

Wes and Dana Jackson 1-823-8967  
Saturday, 11am  
Length: One time, Apr 28  
Location: Salina, car pools will be formed  
UFM Parking Lot, 9:30am

We will discuss the hopes, dreams, aspirations, and philosophical orientation of The Land Institute. Students and the institute directors are working on the development of a holistic philosophy half-time. The other half is devoted to work and experimentation with alternatives: alternatives in shelter (Indian homes, homes with hay walls), alternatives to energy (wind-mills and solar devices), alternative crop development and other new designs. Bring your lunch and plan to engage in lively dialogue around technology assessment for the back-to-the-lander. (Moving here from California over 5 years ago, Wes and Dana have put full time commitment into developing the school and the Land. Wes is author of the book, Man and the Environment.)

### "WHO LIVES ON KING'S CREEK?"

Ben Brown 776-6959, 532-6633

Saturday, 8am-2pm  
One time, Apr 21 (San Jacinto Day!)  
Location: Konza Prairie Research Natural Area  
6 miles west on McDowell Creek Rd  
Limit: 30 (families encouraged)

A short hike up King's Creek on the KPRNA to look at the inhabitants and their habitats. We will look at several ecological communities, both aquatic and terrestrial, and talk a bit about what has happened to them since presettlement times. Wear hiking shoes and bring a sack lunch and a canteen of water. (Ben is an Assistant Professor of Wildlife Ecology in the Division of Biology at KSU.)

### A NATURE WALK FOR THE HANDICAPPED

Tom Lafontaine 776-6566  
Sue Maes 532-5866

Saturday, 1pm  
One time, Apr 28  
(rain date, Apr 29)  
Location: UFM Parking Lot  
1221 Thurston

Limit: 15

Join us in a fun afternoon's exploration of nature. A short hike on a local trail will be taken to explore the Flint Hills, animal life and plants of the area. Also, if you're a nature lover and would like to share your enthusiasm with the developmentally disabled please join us.

(Before moving out here, Tom was an upstate New York farmer. Sue is fascinated by the abundance of edibles in nature.)

### HIKING TRAILS IN KANSAS

Jim Nighswonger 532-5752  
537-4763  
Tuesday, 7pm  
One time, Apr 10  
Location: UFM Fireplace Room  
1221 Thurston

We will discuss hiking opportunities in Kansas with reference to developed trails. Topics such as where to hike, what trails exist and what they have to offer, and interpretive trails will be covered. (Jim has helped design and layout a number of trails in Kansas. He is a member of the Kansas Trails Council.)

### EDIBLE PLANTS

Max Miller 539-3488  
Sue Maes 532-5866

Tuesday, 5:30pm  
One time, May 1  
Location: 3117 Bermuda Ln

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

### WILDFLOWER IDENTIFICATION

Gene Towne 539-0353

Section I: Monday 5:30pm May 7  
Section II: Monday 5:30pm May 21  
One time  
Location: UFM Parking Lot  
1221 Thurston

Do you love to see the prairie in full bloom and hike among its beauties? Join Gene in a wildflower stroll during which you will witness and learn to identify the natural garden in our prairie. The prairie is at its peak during late May, so sign up for the second session if you will still be in the area. (Gene is a research assistant in Range Management and an inquisitive wildflower admirer.)

### 1ST ANNUAL KANSAS FLINT HILLS SCAVENGER HUNT

Russ Brehm  
Steve Guetterman 532-5866  
Sue Maes  
Sunday, 2pm  
One time, Apr 22  
Location: UFM Parking Lot  
1221 Thurston

Was one of your favorite childhood games a neighborhood scavenger hunt? Remember when you searched and searched for a yellow balloon and a glass door knob? This same idea is being transplanted to the prairie where, besides some good old team competition, unravelling the prairie riddles prepared for you will be a challenge for the best nature wit. (Russ, Steve and Sue enjoy all aspects of nature frolic.)

### EQUESTRIAN CARE

Drs. Boero, Brandt, Easley  
Genetzky, Morris, Schneider 532-5700

Tuesdays, 7:30pm  
First meeting: Feb 20  
Length: 8 times  
Location: KSU, Ackert Hall, Rm 116  
Materials fee: \$3, pay at registration

Six KSU veterinarians have prepared a series of talks and discussions for the local community interested in raising horses. Topics to be covered include:

- I Introduction to horse care--dialogue exchange with the class
  - II Reproduction and care of the mare and foal (2 sessions)
  - III Equine health care (2 sessions)
  - IV Nutrition
  - V First aid
  - VI Horse business--buying and selling
- Bring your horse problems along!

### WEATHER--WHAT THE GROUNDHOG WON'T TELL YOU

L. Dean Bark 532-6814  
Merle J. Brown

Tuesday, 7:30-9:30pm  
One time, Feb 20  
Location: KSU, Cardwell Hall, Rm 143

This discussion session is planned to help you unlearn some of the "facts" you have been taught about weather. Questions will be answered on any weather topic, but emphasis will be on understanding weather forecasts and storm warnings to make you weatherwise. (Dean and Merle are climatologists at KSU.)

### DAIRY GOATS

William Klopfenstein 539-2846

Tuesdays, 7:30pm  
First meeting: Apr 10, Apr 24  
Length: 2 times  
Location: 2417 Rogers Blvd

This course will cover selecting animals, breeding, housing, feeding and care of dairy goats as well as 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 six years and for several years has been the 4-H county project leader for Riley County.)

### THE UNIVERSE

Jim Langford 532-6816

Wednesdays, 7:30pm  
Location: KSU, Cardwell Hall, Planetarium  
Limit: 30

Apr 4 The Spring Sky: An introduction to the spring constellations and other visible celestial objects.

Apr 18 Mars: The Red Planet: What have recent space probes shown us about Mars? Does it have life? What are those strange markings? Other recently obtained evidence about Venus and Jupiter will be introduced.

(Jim is a graduate student in science education.)

### HOLOGRAPHY: PHOTOGRAPHY OF THE FUTURE?

Suresh Chandra 776-4976

Monday, 7pm  
One time, Mar 26  
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.)

### SOLAR ECLIPSE - 1979

C. E. Hathaway 532-6786

Thursday, 7:30pm  
One time, Feb 22  
Location: KSU, Cardwell Hall, Rm 143  
Limit: 45

The last total solar eclipse which can be seen from North America during this century will occur the morning of February 26. While the eclipse will be only partial in Manhattan, it will be a worthwhile experience. This class will discuss eclipses in general and will give information on how to best observe the eclipse.

(C.E. Hathaway is associated with the Department of Physics and teaches astronomy.)

### GROWING TROPICAL FOLIAGE PLANTS

Joan Shoemaker 537-4747

Thursdays, 7pm  
First meeting: Feb 22  
Length: 5 times  
Location: UFM Conference Room  
1221 Thurston

The course will include basic plant structures and functions and properties of light and soil, in the context of practical problems of indoor plant culture. Students will learn to diagnose plant problems. Plant pests and diseases will be identified, and home remedies and pesticide recommendations will be discussed. Students are encouraged to bring problem plants to class for discussion.

(Joan has a degree in Ornamental Horticulture and has recently worked for 3 years in commercial foliage business sales, landscaping and maintenance.)

### HEATING WITH WOOD

Len Gould 532-5752

Fred Atchison  
Ray Aslin  
Tuesday, 7-10pm  
One time, Mar 20  
Location: Manhattan Public Library  
Juliette & Poyntz

Oral and audio-visual presentations will address the identification of wood species, harvesting according to the best management procedures of the resource, potential heat value by species and processing, drying and storage of fuelwood. A general coverage on the efficiency of wood burning units and safety measures will also be given. A 30 minute film will be shown that covers all aspects of the subject. Handouts will be available. (Len, Fred and Ray are Extension Foresters experienced in the management, utilization and marketing the forest and its products.)





## Appropriate Technology

### Solar Series

KSU, Denison Hall, Rm 218

Feb 22 7-9pm **Introduction to Solar.** John Selfridge and Alan Edgar: A beginner's course in concepts and technologies of using the sun, including solar vocabulary, environmental design tips, and Kansas Solar Legislation.

Feb 22 7-9pm **Financing Home Improvements.** Jerry Lowenstein: A discussion of the steps for financing home improvements with an emphasis on solar additions.

Mar 1 7-9pm **Energy Lifestyle Index.** Doug Walter: Learn to cut costs of living through simple calculations of the energy used by individual lifestyles. Doug will help each participant develop a personal lifestyle index containing useful and often surprising information.

Apr 1 10am-5pm **Alternative Home Tours.** These local homes, working models of alternative energy use, will be open for touring from 10am to 5pm on April 1. Tour includes, in part, an earth covered home, an attached greenhouse, and an integral greenhouse. Tour maps will be mailed.

Apr 5 & 7 7-9pm **Windows Workshop.** Tom Hollinberger and Fran Newby: Poorly placed and 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 from thermal curtains and roller shades to window-box solar collectors. April 5 will be a lecture and discussion and April 7 will be a construction day.

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

Dave Wasser 776-1413  
Jim Converse

Mondays, (1st & 3rd Monday night planning meeting), 7:30-9pm

First meeting: Feb 19

Length: Semester

Location: KSU, International Student Center, Lounge

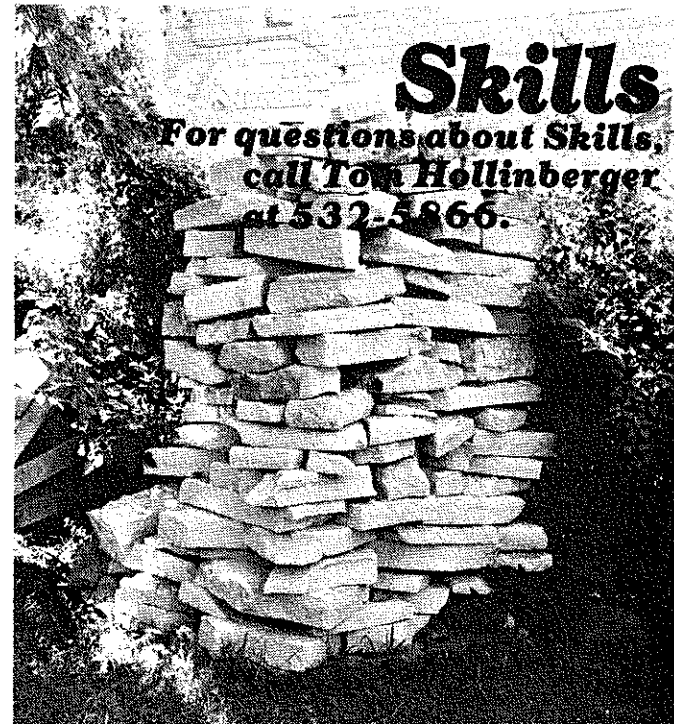
Fridays, (The Alternative to Thank God It's Friday, A.T.G.I.F.), 4-5pm

First meeting: Feb 23

Length: Semester

Location: UFM Fireplace Room  
1221 Thurston

The M.A.T.G. is a band 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.



### HOME IMPROVEMENT SEMINAR

Dan Gibson 776-6808

Saturdays, 10am

First meeting: Feb 24

Length: Indefinite

Location: UFM Fireplace Room  
1221 Thurston

We will share ideas and experiences related to the various housing rehabilitation and construction options available to Manhattan residents. Topics to be explored may include: restoration of historically significant structures; minimum standards for health and safety; determining the nature and estimated cost of needed or desired improvements; choosing a contractor or do-it-yourself construction; design and choice of materials; sources and methods of financing, including government-sponsored grant and loan programs. The discussions will be supplemented by handouts, pictures, guest speakers and possible tours of rehabilitated older homes. (Dan is the city Rehabilitation Specialist.)

### CABINET-MAKING AND OTHER WOODEN SKILLS

Steve DeHart 776-4247

Tuesdays, 7pm

First meeting: Apr 3

Length: 4 times

Location: Sign up and you will be contacted  
Limit: 15

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 woodcarving and other exotic uses of wood. (Steve has helped build solar collectors at UFM, and refinishes and carves for fun and profit.)

Q: HOW DO THEY BUILD A CAR?

A: ONE A MINUTE!

John Hughes 776-9668

Friday, all day, sign up and you will be contacted  
One time

Location: Kansas City

Materials fee: Portion of the bus rental

John and the class will boldly go where not many of us have gone before...touring an automobile plant! The class will leave on a Friday morning and spend the day touring the Buick/Oldsmobile plant in the Fairfax District of Kansas City and be back by nite-fall. (As more people enroll the fee per person will be reduced.) (John was a mechanic for Mercedes-Benz.)

### AUTO COMMUNICATIONS FOR WOMEN

John Hughes 776-9668

Wednesdays, 7:30pm

Length: Indefinite

First meeting: Feb 21

Location: UFM Fireplace Room  
1221 Thurston

Limit: 30

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

### BICYCLE CARE AND MAINTENANCE

Bob Boufford 537-8374

Thursdays, 7pm

First meeting: Feb 22

Length: 5 times

Location: 1111 Moro

Limit: 25

A well maintained bicycle is much easier and safer to ride, and winter is the best time to do that needed overhaul on your bicycle. Through demonstration, Bob will show what needs to be done to have a well tuned bicycle for this spring. Class members will need to bring their own chairs. (Bob has been involved with bicycles and bicycling for about 10 years.)

### AMATEUR RADIO

James Droege 532-5596

Mondays, Wednesdays, 7pm

First meeting: Feb 19

Length: Indefinite

Location: KSU, Seaton Hall, Rm 236

Materials fee: \$5, pay at class

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

### HOUSE WIRING

Richard Napper 539-6973

Section I: Mondays 8pm Mar 19

Section II: Wednesdays 8pm Mar 21

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 live 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.)

### VW TUNE-UP AND SING ALONG

Jack Kiser 776-4980

Saturdays, 1-3pm

First meeting: Mar 31

Length: 2 times

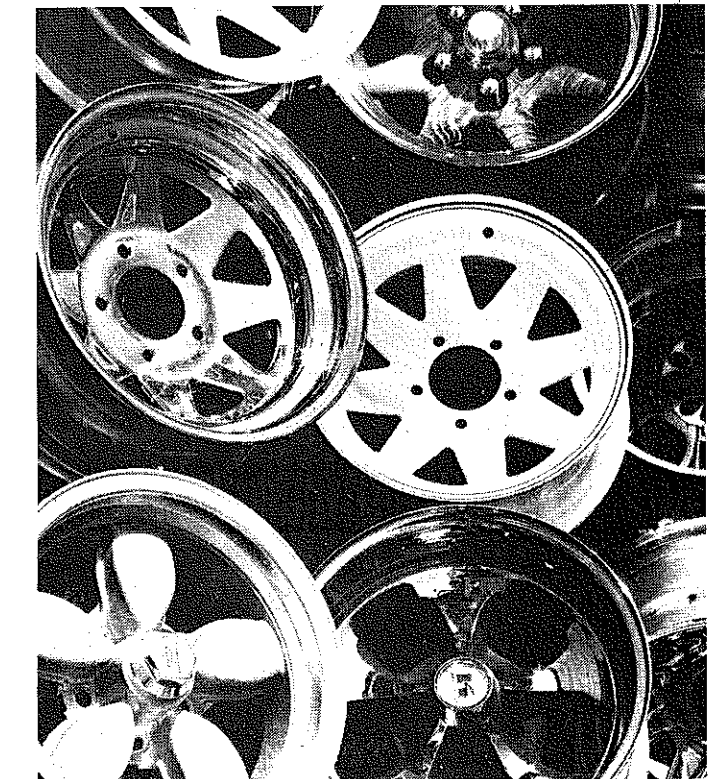
Location: UFM Parking Lot

1221 Thurston

Limit: 10 with VW's

Does your bug have the bug? Jack will teach the class how to administer first aid to your ailing auto and how to give a normal 3000 mile check-up. The class members will have their cars hum in unison at the finale.

(Jack has personally cared for his own V-dub for 3 years or 30,000 miles, whichever came first.)



### THE ART OF GRANTSMANSHIP

John Murry 532-6194  
 Bert Biles  
 Monday, 7:30pm  
 One time, Feb 19  
 Location: KSU, Union, Rm 204

With the ongoing tightening of the economy, there is a significant need to know about alternative sources of income. Grants are a possible source of funds and this session is designed as an introduction to the vast field of grants and federal contracts. The meeting is open to anyone who wishes to attend, and the thrust will be to review the many sources available for identifying potential federal, foundation and state support for various projects. (John and Bert are the accepted campus experts on grant preparation and execution.)

### MONEY MANAGEMENT SEMINAR

Doug Smith 537-4505  
 Thursdays, 7:30-9:30pm Also one-day sessions:  
 First meeting: Feb 22 Feb 24 and Apr 21  
 Length: 3 times 9am-4pm  
 Location: KSU, Justin Hall UFM Banquet Room  
 Rm 149

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, stocks and bonds, insurance and annuities, Social Security benefits, money accumulation plans, individual retirement accounts and Keogh plans. Couples are encouraged to attend. (Mr. Smith is a certified and accredited Financial Planner with a local investment company. He has held seminars in Kansas and Ohio.)

### INVESTMENT BASICS FOR 1979

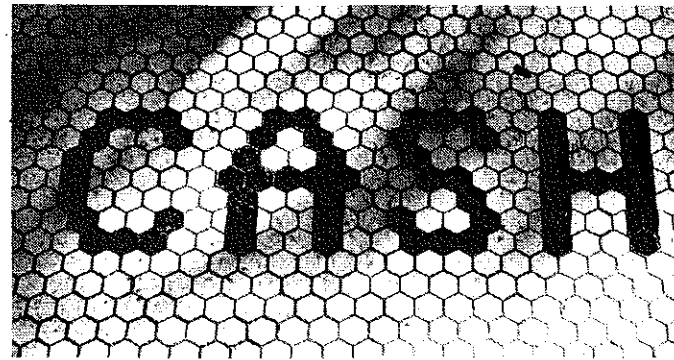
Sherl Prawl 537-0594  
 Steve Harrison  
 Tuesdays, Thursdays, 7-9pm  
 First meeting: Feb 20  
 Length: 4 times  
 Location: KSU, Eisenhower Hall, Rm 121

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. He will discuss stocks, bonds and other investment vehicles. (Sherl and Steve are local brokers with an investment firm holding membership in the New York Stock Exchange, Inc.)

### COLLEGE CREDIT AT HOME

Natalya Hall  
 Vera Pletcher  
 Monday, 7:30pm  
 One time, Feb 26  
 Location: KSU, Justin Hall, Rm 326

The University of Kansas Independent Study Program coordinates the correspondence study resources of the six regents institutions of Kansas. You can choose from basic to advanced classes in many areas. These courses are an excellent way for those who must be at work or home with children to earn a college degree. (Natalya has taken several courses through this program.)



### BEGINNING MAGIC

Bill Parker 539-4739  
 Wednesdays, 7:30pm  
 First meeting: Feb 21  
 Length: Indefinite  
 Location: KSU, Justin Hall, Rm 109

Coins, cards and everyday objects will become the tools in this basic slight of hand course. This is a continuation of fall's magic course, but beginners are welcome. (Leaders include members of the Wizards of Oz, and the Manhattan Assembly of the Society of American Magicians.)

### HAIRCARE

Brends, Kathy & Pam 539-7621  
 Monday, 7:30-9pm  
 One time, Feb 19  
 Location: 512 Poyntz  
 Limit: 20

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

### SKIN CARE AND MAKE-UP APPLICATION

Lin, J.D. & Syd 539-7621  
 Thursdays, 7:30-9pm  
 First meeting: Feb 22  
 Length: 3 times  
 Location: 512 Poyntz  
 Limit: 12

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

### BLACK HAIR

Carol, Jeanne & Lea 539-7621  
 Mondays, 7:30-9pm  
 First meeting: Feb 19  
 Length: 2 times  
 Location: 613 N. Manhattan

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

### JOBSEARCH/RESUME WRITING AND CAREER DIRECTION

Jim Akin 532-6508  
 Dave Kraus  
 Tuesday, 7:30pm  
 One time, Mar 20  
 Location: KSU, Union, Rm 204

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

### BEGINNING TYPING

Linda Fulgham  
 Tuesdays, Wednesdays, 7-9pm  
 First meeting: Feb 20  
 Length: 8 weeks  
 Location: KSU, Calvin Hall, Rm 217  
 Limit: 15  
 Materials fee: \$2.50, pay at class

If you need to polish up your typing skills or start from scratch (or peck), this course can help. (Linda studied typing and business for three years and has secretarial experience.)

### INFO POWER

Diana Farmer 532-6516  
 Barbara Eussen  
 Tuesday, 7-9pm  
 One time, Mar 13  
 Location: KSU, Farrell Library, by main shelf catalog

Would you like to build a home library to have greater access to information? We'll let you know what's available in dictionaries, almanacs, first aid and medical references, household and auto repairs, atlases, quotes, consumers' guides, historical dictionaries, bibles, hobbies, trivia, ad infinitum. (Diana and Barb are staff members at Farrell Library.)

### BASIC SIGN LANGUAGE

Sally Ann Stroud 539-9801  
 Linda Bertrand  
 Tuesdays and Thursdays, 1pm  
 First meeting: Feb 20  
 Length: Semester  
 Location: Manhattan Christian College, Chapel  
 1407 Anderson  
 Limit: 25  
 Materials fee: \$5, pay at class

The students will learn to communicate in sign language both by finger spelling and signs. Classroom experience will be supplemented by some outside, real-life activities which will include field trips. Each student will be required to sign a song of their choice. (Sally and Linda have worked with the deaf, taught, and taken formal classes.)

### DOG TRAINING: THE BASICS

Maggie Vining 776-4244  
 Saturdays, 2-3pm  
 First meeting: Apr 7  
 Length: 5 times  
 Location: UFM Basketball Court  
 1221 Thurston  
 Limit: 1 dog per person

Learn to love your dog! We'll begin with teaching the basic dog skills needed to star in most dog food commercials. Saving the fancy tricks for later, this class will concentrate on training a good housedog. Leashes required! (Maggie has trained her own dogs, and they've been happy and well-mannered.)

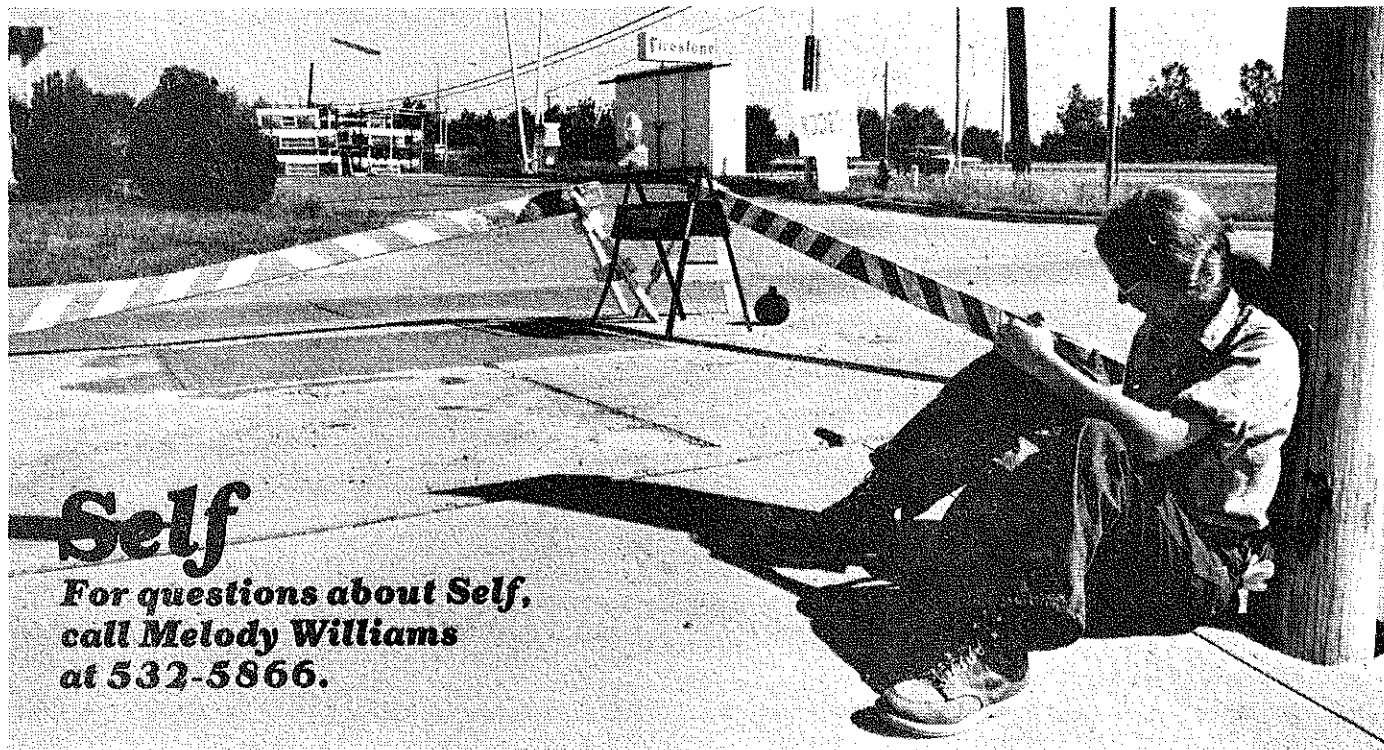
### LEATHERWORK

Tom Artzer 539-0566  
 Wednesdays, 7:30pm  
 First meeting: Feb 21  
 Length: Indefinite  
 Location: KSU, Union, Rm 204

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







# Self

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

## FIRST AID MULTIMEDIA

Enell Foerster 537-0977  
Saturday, 8am-5pm  
One time, Feb 24  
Location: Red Cross Classroom  
206 Poyntz  
Limit: 14  
Materials fee: \$4-\$6, pay at class.

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

## PRIMEROS AUXILIOS SISTEMA MULTI-MEDIO

Enell Foerster 537-0977  
Sabado, 8am-5pm  
Una Vez; 3 Marzo  
Lugar: Aula de la Cruz Roja  
207 Poyntz  
12 estudiantes  
Cuesta de Materiales, libro (Primero Auxilios Standard y Seguridad Personal), y Cuaderno: \$6, favor de pagar en la oficina de la Cruz Roja.

Esta es la sistema instruccional Cruz Roja Norte Americana, teniendo demostraciones en película, sesiones en practica y en cuadernos. El estudiante, al terminar el curso con buen éxito, es certificado en primeros auxilios standard. (La instructora tiene certificado en la Cruz Roja para instructores.)

## RACE FOR LIFE--ONE PERSON CPR

Enell Foerster 537-0977  
Tuesday, 1-5pm  
One time, Feb 27  
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. (Enell is certified to teach CPR.)

## BIOFEEDBACK INTRODUCTION

Dan Prior 532-6432  
Thursday, 7-9:30pm  
One time, Mar 1  
Location: KSU, Union, Rm 213  
Dan will define biofeedback, briefly explain the equipment used, and explain and lead the relaxation exercises used. Discussion will follow. (Dan is a counselor at the KSU Biofeedback laboratory.)

## TEST ANXIETY

Dan Prior 532-6432  
Sign up and you will be contacted regarding time and place  
What does test anxiety mean? Dan will describe it, the components involved, and provide suggestions for dealing with it. Discussion is encouraged. (Dan is a counselor at the KSU Biofeedback laboratory.)

## A PSYCHOLOGY OF SYMBOLOLOGY

Melody Williams 532-5866  
Chuck Smith  
David Nelson  
Dave Fly  
Martin Ottenheimer  
Thursday, 7-9pm  
One time, Mar 29  
Location: Manhattan Public Library  
Juliette & Poyntz

Have you ever been "grabbed" by a symbol or a particular piece of art, or brought to tears or a sense of wholeness by a ritual? Why is this? Are symbols related to our psychological well-being? We'll discuss these questions and explore the use of symbols and ritual in various traditions, from tribal cultures to Christian churches to drama to the Tarot and I Ching, and propose ways to apply these learnings to our own lives. (Melody is with UFM, Chuck is a children's specialist and puppeteer with Extension, both Davids are ministers, and Martin is an anthropologist at KSU.)

## HATHA YOGA I

Bert Franklin 539-0495  
Tuesdays, 5:30pm  
First meeting: Mar 20  
Length: 8 times  
Location: St. Paul's Episcopal Church  
6th and 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.)

## HATHA YOGA II (OVER 40's)

Bert Franklin 539-0495  
Thursdays, 5:30pm  
First meeting: Mar 22  
Length: 8 times  
Location: St. Paul's Episcopal Church  
6th and Poyntz  
Limit: 8

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

## HATHA YOGA III

Loren Hough  
Thursdays, 6-7:30pm  
First meeting: Feb 22  
Length: Semester  
Location: KSU, International Student Center

We will experience exercises that deal with both the mind and the body, and train our minds to be able to claim themselves naturally. (Loren was a student of Dr. Franklin's, and has taught this class for UFM before.)

## ON TOP OF OLD SMOKY: SEMINAR SERIES ON SMOKING

Edith Stunke 776-3624  
1st Mon of each month, 8pm  
First meeting: Mar 5  
Length: 3 times  
Location: Manhattan Public Library  
Juliette & Poyntz

- Mar 5 Sidestream, Mainstream and Our Bodies: Patricia McSwegin with the Department of Health, Physical Education and Recreation. We will review the effects of smoking on the body and the role of exercise. There will be dialogue between smokers and non-smokers.
- Apr 2 Knowing Yourself--The First Steps Toward Mastery: Mary Schaaake from the Manhattan Drug Center. What are the different kinds of smokers? What are alternatives appropriate to individual needs? How can we support those who want to quit?
- May 7 Programs in Schools--An Ounce of Prevention: Valerie Bouley with the Kansas Lung Association. We will learn about techniques for communication about smoking and sample educational materials used by the Lung Association.

(Edith is a member of the Wichita and California Groups Against Smoking Pollution-GASP.)

## STRESS ILLS AND STRESS SKILLS

Don Fallon 539-4451  
Saturday, 9am-5pm  
One time, Apr 28  
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 Counseling Center and is the Lutheran campus pastor.)

## INTRODUCE YOUR RELATIONSHIP TO TRANSACTIONAL ANALYSIS

Don Fallon 539-4451  
Saturday, 9am-5pm  
One time, Mar 31  
Location: Ecumenical Christian Ministries Bldg  
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 the Lutheran Campus Pastor and also works with the KSU Center for Student Development.)

# Women

Classes in this subsection are sponsored by the KSU Women's Resource Center, the Women's Center of Manhattan, the KSU Women's Studies Program and community feminists.

## THE FIRST ANNUAL SUSAN B. ANTHONY DAY CELEBRATING FEMINISM

Susan B. Anthony was a great feminist leader for half a century. We commemorate the achievements of 130 years of feminist activity with a birthday party on Feb 15 in the KSU Union. From 10am-2pm there will be display tables sponsored by local women's organizations. Beginning at 7:30pm in Rm 212, the birthday party will include readings of twentieth century women's poetry, stirring speeches from the past, and group singing of feminist marching songs. Everyone is welcome. Come celebrate with us!

## THE KANSAS LEGISLATURE AND WOMEN'S ISSUES

Susan Scott Angle 532-6541  
Maxine Lentz

2nd Thursday of each month, 12noon  
First meeting: Feb 8  
Length: 4 times  
Location: KSU, Union, Stateroom 3  
Limit: 25

The objectives of this class are twofold: 1) to study the issues of concern to women that are presented during the Kansas Legislative session (i.e. funding of shelters for battered women and a state ERA), and 2) to make our opinions on these issues known to public officials. (Susan is Chairperson of the Riley County Women's Political Caucus and Maxine is Director of the Women's Resource Center at KSU.)

## CHOICES FOR KIDS

Sharon Wolf Mariampolski 532-6287

Thursdays, 8-10pm  
First meeting: Feb 22  
Length: 6 times  
Location: 920 Ratone  
Limit: 10

This discussion group will be designed: a) to increase parents' awareness of how sex-role stereotyping limits children's choices; b) to examine our own subtle or overt sex-biased behaviors and develop ways to change these; and c) to share ideas for working with local schools to promote a sex-fair environment for all kids.

(Sharon is a parent who wishes to work for sex equality in the schools and is on the staff of the Midwest Sex Desegregation Assistance Center.)

## WHAT IS FEMINISM? -- I

Sandy Coyner 776-3761  
532-5739

Tuesday, 7:30pm  
One time, Feb 27 (follow-ups can be arranged)  
Location: KSU, Union, Rm 205

What do those women want anyway? Contemporary feminism--often called Women's Liberation--is not very well understood outside the group of activists. This class will be a descriptive, informative, calm, non-hostile discussion of feminism for anybody who just wants to know more about this important movement. (Sandy is Director of the KSU Women's Studies Program and a historian.)

34 Self

## KSU WOMEN'S RESOURCE CENTER SERIES

This series of discussions takes place over lunch (12 noon) in the KSU Union, Stateroom 3 on the dates indicated. For questions, call 532-6541.

Feb 7 How to Lower Your Taxes, Dr. Naomi McCarty, Department of Business Administration.

Feb 20 Parenting Skills, Dr. Fred Bradley, College of Education.

Mar 7 His, Her, Our Accounts: Part II, Dr. Naomi McCarty, Department of Business Administration.

Mar 20 Interviewing Skills for Women, Jim Scales, Center for Student Development.

Mar 27 Bakke Decision: How Will it Affect Women? Dorothy Thompson, Director of Affirmative Action.

Apr 5 The Older Woman, Nancy Lerner, North Central Kansas Guidance Center.

## BOOKS BY AND ABOUT WOMEN

Joan Brashears 776-7897

Tuesdays (alternate), 7:30pm  
First meeting: Feb 27  
Length: Semester  
Location: UFM Conference Room  
1221 Thurston

This group will decide together upon a reading list, then meet to discuss reactions to this women's literature. Possible selections would include The Women's Room and My Mother, Myself.

(Joan has led this group before and has been pursuing an active interest in the role of language and literature in the women's movement for several years.)

## CAMPAIGN ASSOCIATION FOR MIDWIFERY (CAM)

Ruth Seaton 537-7447  
Suzanne Bunker 539-8617

Thursdays, 7:30pm  
First meeting: Feb 22  
Length: (biweekly) Indefinite  
Location: First Presbyterian Church  
Upstairs Classroom

Campaign Association for Midwifery (CAM) is an organization dedicated to exploring ways to support the legalization of midwifery in Kansas. We are also interested in promoting community education concerning midwifery as an option for childbearing. All interested individuals are welcome.

(Suzanne and Ruth represent a group of parents and professionals, men and women, interested in choices in childbirth.)

## WHAT IS FEMINISM? -- II

Sandy Coyner 776-3761  
532-5739

Monday, 7:30pm  
One time, Mar 5 (follow-ups can be arranged)  
Location: Capitol Federal Savings Bldg  
14th & Poyntz

What is the future of feminism? Growth, collapse, split? Why? What do moderate, radical, lesbian, socialist, third world, working class and cultural feminists have to say to each other? People who think they know what feminism is are especially encouraged to join this open discussion. (Sandy is Director of the KSU Women's Studies Program.)

## PARENT-INFANT SEPARATION

Charlotte Olsen 537-1128

Carolyn Coates

Thursdays, 7:15pm  
First meeting: Feb 22  
Length: Indefinite  
Location: Sign up and you will be contacted

This class welcomes persons who have experienced an early separation from their newborn infants due to the infant's need for medical attention in other cities. The group members will discuss their common experiences and will get to know each other. If you are considering this class, call Charlotte for more information. Also call if you need child care during the meeting time. There's a possibility it can be provided.

(Charlotte is a mother and graduate student in Family and Child Development. Carolyn has a long time interest in working with families.)

## CREATING A HUMAN BEING

Jan Lowenstein 539-2449

Tuesday, 7-10pm  
One time, Feb 20  
Location: UFM Conference Room  
1221 Thurston  
Limit: 10 couples (women must be pregnant)

Jan will conduct a Guided Affective Imagery session dealing with pregnancy, as well as facilitate interrelationship exercises and share discussion about the emotional aspects of pregnancy. This is for the pregnant woman and spouse or close friend. Wear comfortable clothes and bring a pillow and blanket.

(Jan is Director of Education for The Conscious Living Foundation.)

## BRING YOUR BABIES!

Jan Lowenstein 539-2449

Tuesday, 7-9:30pm  
One time, Feb 21  
Location: First Congregational Church  
Juliette & Poyntz  
Limit: 8 new families

Jan will facilitate a mini-workshop to provide some coping skills for new parents who are learning to live with lots of interruptions and some helpful hints about understanding infant behavior. Babies are welcome--they'll help us learn how to integrate these skills. BYOD (bring your own diapers)! (Jan is Director of Education for the Conscious Living Foundation, has a B.S. and M.S. in Family and Child Development and has worked as a Family Life Education Consultant facilitating workshops in Kansas and in other parts of the country. Most important, she's a parent, too!)

## AN EVENING SEMINAR ON PAUL AND WOMEN

Mike Klassen 539-4079

Tuesday, 7:30pm  
First meeting: Feb 20, Apr 17  
Length: 2 times  
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. If you can't join us on Feb 20, join us on Apr 17. Bring a New Testament. (Mike recently graduated from Mennonite Brethren Biblical Seminary with an M.A. in theology. He is currently pastoring the Manhattan Mennonite Church.)



Self 35



#### YOUNG-OLD DIALOGUE

Marv Colbert  
Charley Kempthorne 776-4511

Thursdays, 2pm  
First meeting: Feb 1  
Length: Semester  
Location: Adult Learning Center  
2031 Casement Rd

What can the young learn from the old, and what can the old learn from the young? This is the question we explore using the vehicle of current events. The first meeting will be an organizational one, and we will plan future meetings at a time determined by the members. Those under 25 and over 60 are encouraged to attend.

(Marv is with the Manhattan High School Continuation School, and Charley is with the Adult Learning Center.)

#### ASSERTIVENESS TRAINING

Margaret Nordin 532-6432

Thursdays, 7:30-9:30pm  
First meeting: Feb 22  
Length: 6-8 times  
Location: Catholic Student Center  
711 Denison

Limit: 6 men, 6 women  
Materials fee: \$1.50, pay at class

Do other persons intimidate you? Do you hesitate to say "no" or feel guilty when you do? Do you hesitate to speak up or initiate conversations? If so, increase your personal effectiveness through appropriately assertive (not aggressive) behavior. The sessions will be pertinent to persons of all ages.

(Margaret has led many workshops on assertiveness training, both on and off campus. Guest participants will add their expertise from time to time.)

#### SHYNESS

Richard Harris  
Laura King 537-1383

Mondays, 7:30pm  
First meeting: Feb 19  
Length: 3 times  
Location: 720 Moro  
Limit: 22

Are you locked in the "silent prison" of shyness? Come and discuss with others like yourself what shyness is and how it can be overcome.

(Dick, who has taught this class before, teaches in the Psychology Department at KSU, and Laura is a graduate student. Both just barely overcame their own shyness enough to offer this course.)

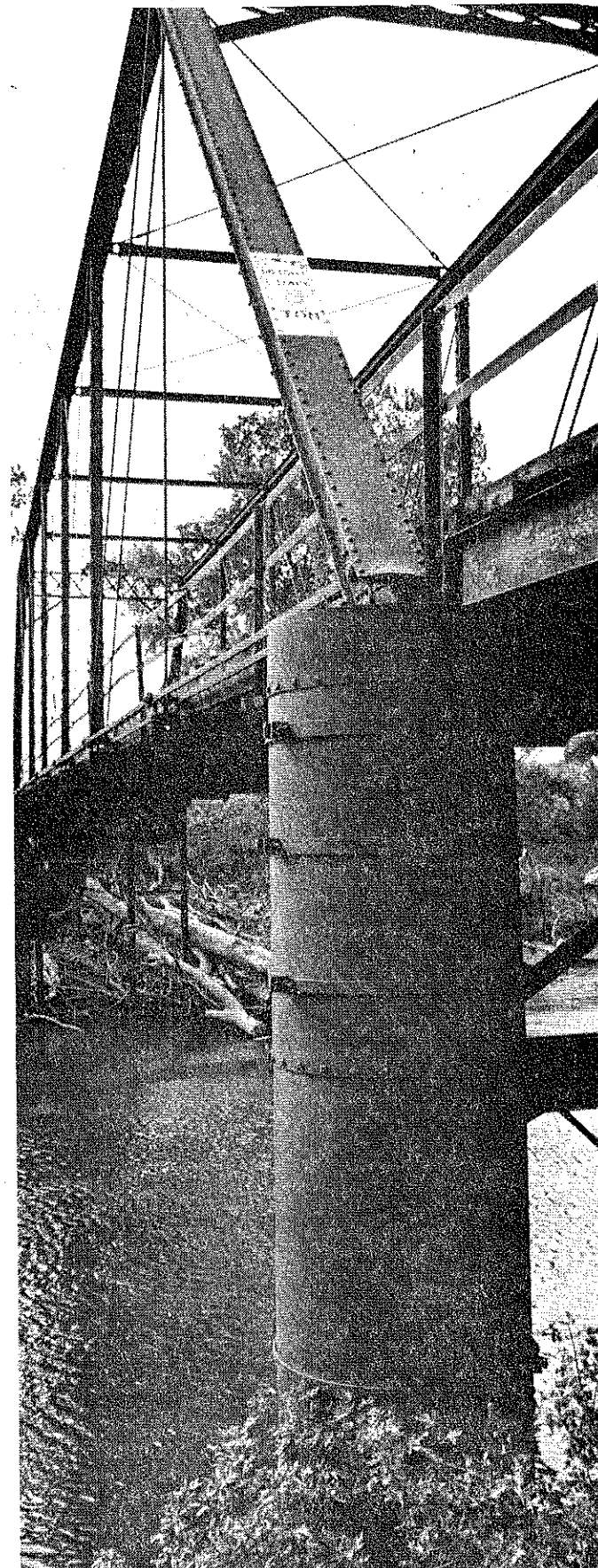
#### SINGLES TOGETHER

David Fly 537-0593

Monday, 7:30pm  
One time, Feb 19  
Location: Baptist Campus Center  
1801 Anderson

During this one-time session, we will talk about being single, our lifestyle, its issues, difficulties and rewards. An opportunity will be given for the group to organize itself, if desired, for ongoing support and recreation.

(David is the Episcopal Campus Minister, and a teacher of many enjoyable and timely UFM classes.)



#### CAREER CHOICE ASSISTANCE

Cherie Hodgson 532-6432

This is a series of workshops (limit 15 each) which can be taken singly or in sequence. Information may be obtained by calling Cherie at the above number. Please sign up and you will be contacted regarding times, location and date.

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

Career Exploration: This 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 analyzing.

Jobsearch: This 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.

(Cherie is a career counselor at the KSU Counseling Center.)

#### WORKING WITH VOLUNTEERS

Pat J. Bosco 532-6541

Monday, 7-9pm  
One time, Apr 2  
Location: KSU, Holtz Hall, Conference Room  
Limit: 10

We will take a step-by-step approach to answer many questions regarding motivation, delegating authority and how to get a job done with volunteers.

(Pat has been involved for 10 years in student activity advising, leadership development and the university governance programming.)

#### COUPLES COMMUNICATION

Candy Russell 532-5510

Benny Atilano  
Dennis Bagarozzi  
Janet Morris  
Tuesdays, 7pm  
First meeting: Feb 20  
Length: 6 times  
Location: KSU, Justin Hall, Rm 242  
Limit: 10 couples

You and your spouse choose the skills you want to practice. We'll cover skills for building esteem, safely talking about "risky issues," increasing acceptance of differences, listening, etc. This is education and not counseling.

(Dennis is a licensed social work clinical specialist and is an approved teacher by the American Association of Marriage and Family. Candy is an Assistant Professor, and Benny and Janet are graduate students. All are in Family and Child Development at KSU. They've taught the course several times before.)

#### INTRODUCTION TO SOTO ZEN PRACTISE AND PHILOSOPHY

L. Rappoport 532-6850

Mondays, 8:30-10pm; Saturdays, 7am  
First meeting: Feb 19  
Length: 4 times  
Location: UFM Conference Room  
1221 Thurston

Limit: 20

A general introduction to Soto Zen as practised in the United States. Aims include review and discussion of the psychology, philosophy and historical evolution of Buddhism, as well as instruction in zazen meditation practice. The Saturday session will be a meditation session. Reading, available at Varneys or Union Bookstore, Zen Mind Beginners Mind, Shinryu, Suzuki Roshi. (The coordinator and others who will give instruction have studied zen theory and practice and are affiliated with the Omaha Zen Center under Katagiri Roshi.)

#### SUFI DANCING

Anna Climenhaga  
Willow Blosser 776-7773

3rd Saturday of each month, 7-10pm  
First meeting: Feb 17  
Length: 4 times  
Location: KSU, International Student Center

In Sufi-dancing, we use songs and chants from the major religious traditions, combined with simple, relaxing and refreshing dances. The group as a whole works together to bring each separate self into closer touch with the divine nature. We are one dance. The group will also arrange car pools for talks and workshops by Pir Vilayat Khan and Shahabadin, who will visit Lawrence in March.

(Anna has been Sufi-dancing for four years and has a strong interest in helping bring people into greater harmony with themselves and their fellow humans. Willow is with the Sufi group in Lawrence.)

#### REAFFIRMING OR FINDING NEW DIRECTIONS IN LIFE

Dana Hughes 776-7178

Thursdays, 7-9pm  
First meeting: Feb 22  
Length: 7 times  
Location: 320 Sunset Ave  
Limit: 15  
Materials fee: \$5, pay at class

This seven-week course is designed to help women aged 25 and over explore who they are and what they want from life. The focus is on identifying one's strengths and how to use them more effectively. Plans include a film "Sometimes I Wonder Who I Am," and the fee covers use of the book Shifting Gears by Nena and George O'Neill. (Books will be supplied) (Dana is Director of Consultation and Education Services at North Central Kansas Guidance Center and has conducted several groups on this topic and similar ones.)

### A COURSE IN MIRACLES

Loren B. Hough 532-6850  
Mondays, 7:15-8:30pm  
First meeting: Feb 26  
Length: Indefinite  
Location: KSU, Calvin Hall 102

This course is required; you choose only when you wish to take it. The course does not aim at teaching the meaning of love. It does aim, however, at removing the blocks to the awareness of love's presence, which is your natural inheritance. The opposite of love is fear, but what is all-encompassing can have no opposite. Simply summed up: "Nothing can be threatened, Nothing unreal exists, Herein lies peace of God." (Loren has been working on the subject all his life and has worked with similar groups before with joy.)

### THE REALITY OF LOVE

Kirk Belt 539-4079  
Mondays, 7pm  
First meeting: Mar 19  
Length: 6 times  
Location: 1741 Laramie  
Limit: 12

In this class we will attempt to explore the phenomenon which molds, directs and nurtures us: love. We will explore its various aspects and observable elements in our past, present and future. Ideas for the course have been taken from the books: The Art of Loving, Fromm; Love, Buscaglia; Unconditional Love, and Why Am I Afraid to Love? Powell; Dimensions of Love, Mohler; and the Bible. If you are open to growth, you're welcome. (Kirk is a youth worker at the First Presbyterian Church.)

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

Mike Klassen 539-4079  
Mondays, 7:30pm  
First meeting: Feb 19  
Length: 5 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 recently graduated from Mennonite Brethren Biblical Seminary with an M.A. in theology. He is currently pastoring the Manhattan Mennonite Church.)

### SETH

Jean Burnham 539-1546  
Wednesdays, 7:30pm  
First meeting: Feb 21  
Length: Semester  
Location: 1801 Humboldt

We make all our experience out of our beliefs, feelings and expectations, according to Seth, the "energy personality essence" who dictates books through the mediumship of Jane Roberts. Following that idea, we will work on our belief systems to make our lives happier. (It works!) It is helpful to own Jane Roberts' book, The Nature of Personal Reality: A Seth Book. (Jean has taught this class several times before.)

### GUIDED AFFECTIVE IMAGERY I AND II

Dean Danner 776-0046  
Neil Schanker 539-5766  
Section I: Tuesday 7pm Feb 27  
Section II: Wednesday 7:30pm Apr 4  
Location: KSU, Union, Rm 203  
Limit: 10

G.A.I. is a technique which expands the imagination and promotes relaxation (sometimes sleep!) for the participants. The "narrator" guides your fantasy-dreams through a story via speech and music. Bring a blanket and pillow, wear comfortable clothes and prepare to r-e-l-a-x. Please indicate section at enrollment. (Both leaders have taken a G.A.I. workshop and have led groups before.)

### RE-EVALUATION COUNSELING

Sandy Coyner 776-3761  
Thursday, 7:30pm  
One time, Feb 22  
Location: First National Bank Bldg  
Bluemont Rm  
Juliette & Poyntz  
Limit: 15

Re-evaluation counseling is a technique of peer-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. This will be an introductory session and further instruction can be arranged. (Sandy has practiced re-evaluation counseling for several years.)



## Play

For questions about Play,  
call Nate Wilkins  
at 532-5866.

### EFFECTIVE CYCLING

William Klopfenstein 539-2846  
Sundays, 1pm (weather permitting)  
First meeting: Feb 25  
Length: Indefinite  
Location: UFM Front Porch  
1221 Thurston

This course is intended for those who wish to develop their ability to cover distances rapidly on a bicycle, whether for high-speed touring or racing. The major activity will be group rides for training purposes, but several small racing events will be included. No special bicycle or equipment will be required. (William has raced for several years and was the Kansas Veterans time trial champion.)

### PLANNING A LONG BICYCLE TRIP

Dean Zollman 539-4547  
Jackie Spears  
Monday, 8pm  
One time, Mar 26  
Location: UFM Fireplace Room  
1221 Thurston

An enjoyable way to spend part of the summer is to ride your bicycle a few thousand miles. Long bike trips enable you to see interesting people and places. They can be a lot of fun and are relatively painless. To get the most enjoyment from the trip, you need advance planning. We will share ideas on how to obtain information about roads and accommodations, how to prepare yourself and your bike, and what to take along on the trip. (Last summer Dean and Jackie rode their bicycles from Manhattan to London, Ontario. Jackie has also ridden from Kansas City to Virginia.)

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

Earl Nolting 532-6432  
Saturday, 10am  
One time, Apr 14  
Location: UFM Conference Room  
1221 Thurston

The purpose of this class is to help adults who may be interested in starting a regular exercise program. Walking is an ideal alternative for a great many reasons. Special equipment or facilities are minimal and it can be done near home or work. The discussion will include how to get started, exercise programs now available to follow, when and where to walk, special problems, and how to stay with it when tempted to quit. (Earl has been involved in walking for exercise for over 6 years.)

### RHYTHMIC AEROBICS

Susan Gormely 539-3701  
Mondays, Wednesdays, Fridays, 10am  
First meeting: Feb 26  
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.)



BACKGAMMON/CHESS/GO

Charles Clack 539-4412  
Thursdays, 7:30pm  
First meeting: Feb 22  
Length: 6 times  
Location: UFM Banquet room  
1221 Thurston

Backgammon: Older than either Chess or Go, this is one of the most exciting games invented. We'll start from zero and work up.

Chess: This is one of the oldest games in the world. Come find quality opposition if you are a good player or help and instruction if you are a beginner.

Go: This game is even older than chess and originated with the mystic mating rituals of ancient time.

(Charles has taught this class many times.)

DUNGEONS & DRAGONS

Sam Mize 532-5333  
Thursdays, 7pm  
First meeting: Feb 22  
Length: Indefinite  
Location: UFM Banquet Room  
1221 Thurston

This is for all those who enjoy fantasy, or have active imaginations and would like to escape this hum-drum existence. You will experience feats of great daring, explore new worlds, and perhaps pick up some treasure on the side. This will all be done in the safety of your own home. (Sam is really looking forward to teaching this class again.)

AFTERNOON BASKETBALL

I. G. Brown 532-5866  
Dave Ayers  
Thursdays, 12:15pm  
First meeting: Feb 22  
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. (Dave works at UFM and likes to play basketball to relax. I. G. is a long-time basketball fan.)

POCKET BILLIARD TECHNIQUES

Gary Horacek 532-6554  
Robert Madenjian 776-6850  
Mondays, 7pm  
First meeting: Feb 26  
Length: Indefinite  
Location: KSU, Union, Recreation Area

We intend to explore 3 basic games (8-ball, 9-ball, and straight pool or 14.1 continuous.) Strategy, psychological overtures and shot-making will be discussed and taught. The class is open to beginners as well as old hands, and we hope to provide ample individual instruction as well as have a good time. (Both instructors have tournament experience and have played pool for several years.)

AUTOCROSS

Keith Boyer 1-456-2917  
Tuesdays, 7:30pm  
First meeting: Feb 20  
Length: 2 times  
Location: KSU, Union, Rm 203

Do you desire a more intimate knowledge of how your car really feels? Does improving your competence as a driver strike your fancy? Autocrossing may be the answer. The class will provide hints on how you can improve your driving skill and your car's handling prowess. Who knows? After this class you may be ready to drive down Poyntz. (Keith has been winning Autocrosses for years and is currently leading "class B prepared" in the Kansas State solo II championship.)

ROAD RALLYE

Greg Wood 1-456-2917  
Tuesdays, 7:30pm  
First meeting: Feb 20  
Length: 2 classes, 1 rallye  
Location: KSU, Union, Rm 203

This is a class on automobile rallying, the art of arriving at the right place at the right time when given an unfamiliar and exacting set of instructions. Challenging rallying is an excellent way to see the scenery and pick a buckly's brain (a driver and a navigator usually work together in one car.)

JIGSAW PUZZLE COMPETITION

Anne B. Collins 537-2260  
Wednesday, 7:30pm  
One time, Feb 28  
Location: UFM Banquet Room  
1221 Thurston  
Materials fee: \$3, pay at class

After the organizational meeting Wednesday evening, Anne will buy three or four puzzles per competitor with the fees collected. On Saturday and Sunday, Mar 3 and 4, the class will meet to work the puzzles. The person with the shortest total time will win the money left over from buying the puzzles. couples may work together and compete against other couples. (Anne has always loved puzzles and now wants to find out if she's any faster than anyone else.)

DIAL-A-PARTNER

Wednesday, 5pm  
One time, Feb 28  
Location: UFM Fireplace Room  
1221 Thurston

You may be all grown up, but do you still "never have anybody to play with?" Whether it's monopoly, poker, carooms, 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 you own to set up playing times. Remember, the person that plays together, stays together.

VOLLEYBALL FOR FUN

Nathaniel O. Wilkins 532-5866  
Thursdays, 7-9pm  
First meeting, Feb 22  
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. (Nate enjoys getting a lot of exercise, and is a Rec intern at UFM.)

NEW GAMES/VOLLEYBALL

Tom Moore 776-3614  
Sign up and you will be contacted

Whether new games or non-competitive volleyball is your way of combining fun and exercise, we'll try to keep the action lively, the competitiveness low, and the enjoyment high. Bring your ideas and inspiration with you. Sign up, and you'll be contacted when the weather breaks. (Tom is looking forward to having a good time.)

ULTIMATE DISC

Aerial Wizards, Gordon Plank 539-4903  
Sundays  
Sign up at registration and you will be contacted about the first meeting  
Length: Indefinite  
Location: KSU, Band Practice Field

Ultimate is a cross between Rugby and Soccer. The main object of this class is to have a real good time playing frisbee. Through this class you will learn the bomb, how to throw accurately, and how to work with others. (The Aerial Wizards have held many classes for UFM, and are the best there is.)

GUTS

Aerial Wizards 539-4903  
Sundays  
Sign up and you will be contacted about time and place  
Length: Indefinite  
Location: KSU, Band Practice Field

Guts is for the slow-moving frisbee player. The object of this class is to throw the disc and keep from getting hit by a fast moving frisbee. (The Aerial Wizards is the best disc club in Kansas, and Kansas' ultimate Guts champ.)

SPADES, BID WHIST AND BRIDGE

Brenda Horton 776-5131  
Tuesdays, 7:30-9:30pm  
First meeting: Feb 20  
Length: 6 times  
Location: Douglass Community Center  
900 Yuma

The class will cover basic explanations of spades, bid whist and bridge. Be prepared to play the first night. We plan to have lots of fun. (Brenda is a third generation card player who has been playing for 22 years.)



**RUNNING**

Guy Smith 776-5378  
 Monday, 7-9pm  
 One time, Feb 26  
 Location: UFM Banquet Room  
 1221 Thurston

This is a class to help people determine how fast, how far, and how often they should jog or run. For those who get "hooked," we will offer tips on how to graduate from jogging to running and racing. We'll also include information on buying shoes, warm up exercises, and how to avoid injuries. This class will begin with one class session and then a track training session. Those over forty should be examined by a physician in order to participate in the track training session. This meeting is to plan for future running dates. (Guy is an M.D., has been running three years, and is into using running as therapy.)

**PHYSICAL FITNESS**

Chris Brownfield 776-7805  
 Clair Waffle  
 Mondays, Tuesdays, Wednesdays, 5:30pm  
 First meeting: Feb 19  
 Length: 10 times  
 Location: Douglass Community Center  
 900 Yuma

This exercise class is designed to help us look and feel better. Attention will be given to firming up the abdomen, thighs, upper arms, etc. Each hour of exercise should serve as a good workout. Exercising can be both functional and fun. Please wear tights or leotards and a comfortable pair of sneakers. (Chris and Clair are very interested in the benefits of exercise.)

**UFM RUNNERS' WORLD FUN RUN ORGANIZATIONAL MEETING**

Randy and Sue Kidd 1-494-2796  
 Sunday, 4pm  
 One time, Feb 25  
 Location: UFM Conference Rm  
 1221 Thurston

We would like to revive the UFM-Runners' World Fun Runs but need additional people to act as coordinators. If you are a jogger or fun runner (beginner or advanced) and would be willing to help organize, please come. We propose to revive the 2-5 mile runs on the 1st and 3rd Saturdays of every month at 8:30am at the old KSU Stadium. (Sue and Randy are overworked runners.)

**MYLARTE**

William Vrosevich 1-784-5155  
 Saturdays, 1pm  
 First meeting: Mar 3  
 Length: 8 times  
 Location: KSU Ahearn Fieldhouse, Gymnastics Room  
 Limit: 25  
 Materials fee: \$1, pay at registration

Mylarte is a method of hand to hand combat suitable for use in self-defense. It stresses the use of hands, elbows, knees and joint locking techniques. Loose-fitting clothing and sneakers should be worn. (William has instructed police department officials, martial arts teams, and self defense teams.)

**BEGINNING JUDO**

Bradie Jones, Jr. 776-4249  
 Tuesdays and Wednesdays, 6:30pm  
 Douglass Community Center  
 900 Yuma  
 Saturdays, 3pm  
 KSU, Ahearn Field House, Gymnastics Rm  
 Length: Indefinite  
 Limit: 30  
 Materials fee: \$1, pay at registration

The class will be an introduction to the sport of judo with self-defense included as an appetizer. Learning to fall without getting hurt and then advancing to basic throws and mat techniques will be major class activities. Learning how to throw your opponent with control and a bit of aikido technique for self-defense will also be included. (Bradie has been doing judo for fourteen years and has studied and taught at KSU. He is a 3rd degree black belt and has a class B teaching certificate.)

**SOCCER IN MANHATTAN**

Charlie Hedgcoth 539-4760  
 Clay Ross 532-6162  
 Lyman Baker  
 Mondays, 7pm  
 First meeting: Feb 19  
 Length: 2 times  
 Location: KSU, Union, Rm 203

The world's most popular sport, soccer, is undergoing rapid growth in Manhattan as well as in most of the U.S. There are now a number of local soccer teams that play competitively. This class will explain the popularity of soccer, the benefits to youths and adults, what the game is all about, and how you can get involved. The class is for all ages with an interest in soccer. (Clay and Lyman formed the youth league soccer team last fall and Charlie is a local referee.)

**CROSS COUNTRY SKIING**

John Abell 532-5800  
 Sign up at registration and you will be contacted  
 Longing to hit the slopes? There is no need to travel hundreds of miles for skiing enjoyment. The Flint Hills of Kansas await you! We'll discuss such things as cross country ski equipment, tour preparation, winter safety, survival, and skiing techniques. Some of the techniques include flat track, downhill, waxing, and uphill techniques. You must furnish your own equipment. (John is a qualified ski instructor who is looking for an excuse to get out from behind a desk.)

**FUNDAMENTAL SABRE FENCING**

Paul Briggs 539-7439  
 David Aldis 776-3100  
 Monday, 7:30-9:30pm  
 One time, Feb 19  
 Location: UFM Banquet Room  
 1221 Thurston

This introductory class for beginning fencers uses a sabre. Fencing is a physically strenuous sport. Some physical conditioning will be included in the class. We welcome you to the exciting world of the "Duel." (Paul and David have been fencing for several years.)

**SO YOU WANT TO GROW SOME FINS?**

There's no better time than now to get those feet of yours wet and learn how to swim this spring! All classes will be held at the KSU Natatorium. All instructors are qualified by the Red Cross and are experienced in teaching these classes.

**BEGINNING**

Brent Sinclair 539-0254  
 Saturdays, 10:30am  
 First meeting: Feb 24  
 Length: 8 times  
 Limit: 20

**ADULT BEGINNERS**

Sally Coates 539-7310  
 Tuesdays, Thursdays, 3:30pm  
 First meeting: Feb 20  
 Length: 8 times  
 Limit: 20

**INTERMEDIATE**

Suzanne LeValley 776-7184  
 Saturdays, 9:30am  
 First meeting: Feb 24  
 Length: 8 times  
 Limit: 10

**LIFESAVING**

Terry Sizer 539-3190  
 Mondays, Fridays, 3:30pm  
 First meeting: Feb 26  
 Length: 12 times  
 Limit: 20

**OUTING CLUB**

John Held 539-0216  
 Wednesdays, 7:30pm  
 First meeting: Feb 21  
 Length: Indefinite  
 Location: KSU, Union, Rm 203

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

**TENNIS FOR FUN**

Nathaniel O. Wilkins 532-5866  
 Wednesday, 5pm  
 One time, Feb 28  
 Location: UFM Fireplace Room  
 1221 Thurston

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. (Nate is a recreation major and really enjoys a good game of tennis.)

**DOWN-RIVER CANOEING**

Dean Wilson 539-8467  
 532-6281  
 Wednesday, 7:30pm  
 One time, Feb 28  
 Location: KSU, Union, Rm 203

Formerly called "Canoeing in Kansas" this class combines canoeing, camping, hiking, sightseeing and swimming in one activity. Weekend and one-day trips will be planned. The first meeting will be to organize the class, find people interested in leading trips, and start on a trip schedule for the spring semester. All interested past members of "Canoeing in Kansas" should sign up. (Dean is a member of the KCA and a canoeist at heart.)





ALAN EDGAR  
THE CETA HEAT  
TRANSFER  
SPECIALIST  
*WE USED  
HIS CAMERA!*

SUE MAES  
UFM DIRECTOR

Joe Rippetoe  
DEVELOPMENT  
DIRECTOR

MELODY  
(SELF SECTION)  
WILLIAMS

JAMES (WHAT'S THAT IN MY COFFEE?)  
Killacky  
STATE OUTREACH

## The UFM Staff

WILD BILL DRAVES  
FREE U. NETWORK

JULIE COATES  
CAMPUS/COMMUNITY COORD.



MARTY HARTFORD  
STATE OUTREACH &  
IM-PECK-ABLE TYPIST

DAVE AYERS  
CAMPUS/COMMUNITY

CRYSTAL O'BRIANT  
FOODS SECTION

JULIE GOVERT  
FUN. PERSON

TOM HOLLINBERGER (Hi, Mom!)  
LAYOUT, SKILLS SECTION,  
APPROPRIATE TECH STAFF,  
NIKE GUY, 776-1505

WHEN THIS PICTURE WAS TAKEN:

JANE BARNES WAS ON AN EVENING CHILD CARE ERRAND

LOU DOUGLAS WAS WORKING WITH KANSAS RURAL VILLAGES.

GEORGE SELLENS WAS FIXING THE FROZEN PIPES

BRETT AXLETON WASN'T HERE YET; BUT HE IS NOW!

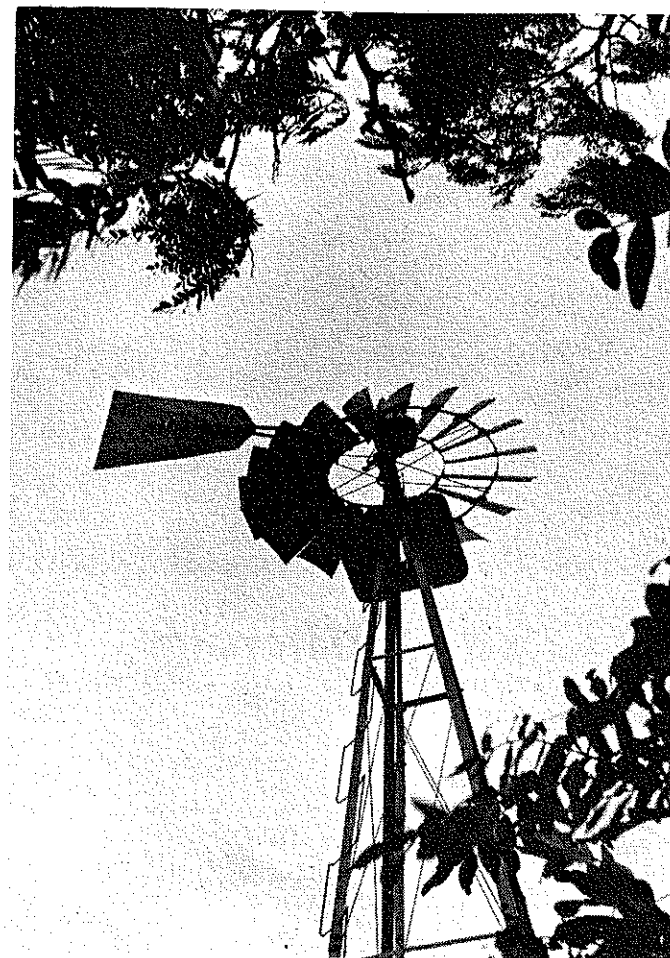
NATE WILKINS WAS ARRANGING THE SNOW FESTIVAL.

DOUG WALTER (NO 'S') WAS IN WASHINGTON, D.C. WITH THE NAT'L SCIENCE FOUNDATION

MS. KING, MS. SHOEMAKER & MR. HOYT WEREN'T ON STAFF YET.

## Community Gardens

Located at 9th and Riley Lane are 100 garden plots, tilled, staked, and with water outlets waiting for the spring gardener who lacks a backyard or planting space of his/her own. Plots are rented, based on a sliding income fee scale for \$7 to \$13. Applications for plots are available at the UFM House, 1221 Thurston, the Manhattan Public Library, and the Douglass Community Center. If more than 100 applications are received by the closing date, March 2, first priority will be given to low-income residents. The Community Gardens are made possible by the City of Manhattan, UFM, and the KSU Horticulture Department. Joan Shoemaker and Bill Hoyt are the 1979 garden coordinators.



## Appropriate Technology

The Appropriate Technology Program at UFM is dedicated to the search for ways in which individuals and communities can become more self-reliant in the areas of energy, food production, shelter and education. Through the program, we encourage the sharing of elegant, user oriented, and human-scale technologies which do not threaten human values, individual freedoms or the environment within which we all must live.

In this brochure, the AT Program is introducing a series of classes designed to help the homeowner or prospective homeowner develop his/her vocabulary in the area of more appropriate living alternatives. The series includes an introduction to solar, lectures and workshops on greenhouses and energy saving window treatments, financing home improvements, an opportunity to determine your personal lifestyle index and a tour of solar homes around Manhattan.

We intend our program to provide service to residents of Manhattan and surrounding areas of the state. Please feel welcome to call us at 532-5866 or drop by our offices to find out more about our services and how they might be of help to you.

## Evening Childcare

UFM Evening Childcare is licensed by the state of Kansas and open to all families in Riley and Pottawatomie Counties. The center, located at the Blue Valley Methodist Church educational building, serves children ages 2½ to 12. Children are accepted for care from 2:30-11:30pm Monday through Friday. While it is not necessary for families to use the center daily to be eligible for the service, advance registration is necessary. Snacks and meals are served and a modest fee is charged on a hourly basis. Call Jane Barnes at UFM (532-5866) for more information.



## Free University Network

The national association of free universities, the Free University Network, is headquartered at UFM, and the Network will also see a busy spring.

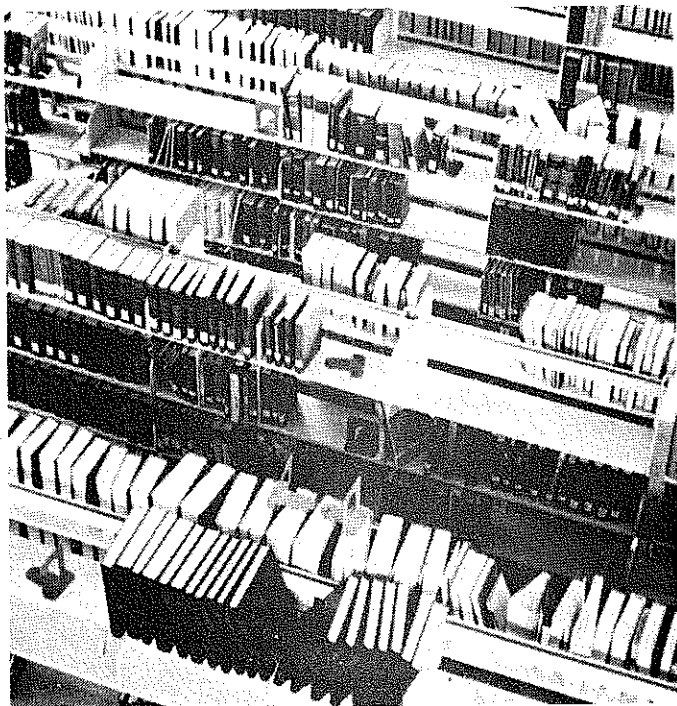
Midwest Regional Coordinators, Sue Maes and Jim Killacky are planning a regional conference for Wichita in late April. The Network continues to help set up new free u's around the country, many of them aided by the UFM film and UFM's 422 page resource guidebook, THE FREE U. MANUAL. The Network welcomes additional volunteers to help out in its national activities. For further information, call Bill Draves at UFM, 532-5866.

## State Outreach

University for Man has many varied programs in addition to course offerings. One of these is the Outreach Program which, over the past three years, has worked with groups and individuals in over 30 Kansas communities, setting up programs of free university-community education.

In providing technical and training assistance to these folks, we have come to appreciate the rich and boundless reservoir of human and social resources which this state possesses. The myths that 1) there is nothing to do in Kansas and 2) that it is merely a place through which one has to pass to get to the Rockies, are very wrong--for we have had courses and found local leaders on just about every conceivable topic in every corner of the state. These projects have provided not only exciting and useful learning opportunities, but they also have important implications for rural development and community resource utilization.

The Outreach Program has developed a wide range of training materials, newsletters and other manuals. If you would be interested in these, or in any facet of the Outreach Program, call us at 913-532-5866.



## The End of Illiteracy

The National Literacy Coalition was formed in 1978 with the goal of solving the country's reading problems in one year. With over 25,000,000 illiterate people in the U.S., this represents one of the major social problems of our times. If you want to be a part of planning this adventure and carrying it out, contact Jim Killacky at UFM, 532-5866. Jim has been in contact with the organizers of this project and will provide additional information.

## Thank You! photo credits

Alan Edgar: 44.  
Tom Hollinberger: 15, 16, 27, 28, 31, 41, 46, 47, 48.  
Manhattan Mercury: 4, 6, 10, 12, 17, 20, 22, 24, 34, 35, 36, 37, 43, 45.  
Bob Sinnett: 14, 18, 45.  
Dr. Beau Vallance: (who learned photography in a UFM course.) Front cover, 8, 9, 13, 29, 30, 38.

Tom Hollinberger: Layout

## Old Staff

We would like to say a special thank-you and goodbye to Jean Goldman and Nadine Burch who have recently left our staff. Nadine, who established our program for the elderly, has moved to Topeka where she is expanding her advocacy work with the aging. Jean, who has been our arts coordinator and who established our pottery co-op, is departing for work in the Boston area. Thank you both for your many contributions. We'll miss you!

## New Staff

It is always a pleasure to welcome new members to our staff. Jane Barnes has joined us as Director of the Evening Childcare Program and Helen King will be with us as a childcare worker. Marty Hartford has taken over as secretary for the State Outreach Program and Julie Govert is the new Communications Coordinator for the Free University Network. Nate Wilkins, a senior in recreation is serving his internship with us and has coordinated the "Play" section of the brochure and the UFM Winter Festival. Debbie King, a senior in social work will be with us as a social work intern and will work primarily with high school students. Alan Edgar, a recent graduate of the College of Architecture, KSU, has joined UFM to work with the Appropriate Technology Program. Brett Axelson, a junior high school student, will be with us as an aide through the summer. Joan Shoemaker and Bill Hoyt, horticultural therapists, will be coordinating the community gardens for the 1979 season.



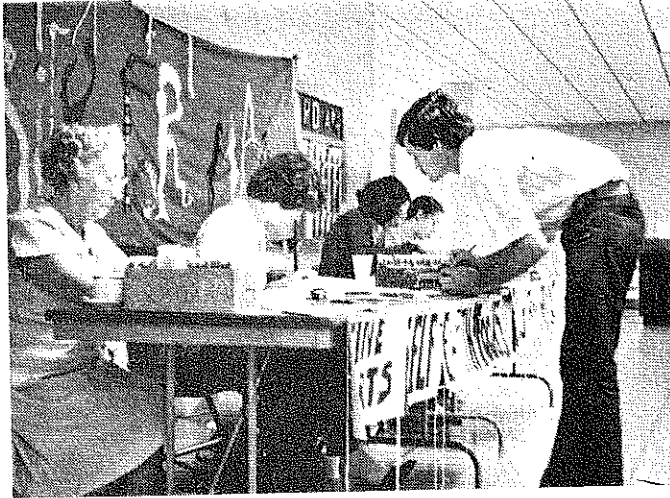
## Volunteers

Over the years, our gratitude for our volunteer teachers has continued to grow. UFM is, to a great extent, made up of volunteers. Paid staff provide administrative continuity, but most of UFM's activities could not happen without the many volunteer hours that go into them.

As we have grown during the past eleven years, so have our needs for volunteer participation. We particularly need volunteer help for class registration, and we also need, over a longer period clerical help, assistance in winterizing our house, help with lawn maintenance, carpentry, and other jobs requiring skilled workers. If you would like to volunteer for any of the above needs, or something else, call Melody at 532-5866. She will talk with you and help match you with a needed job. And again, thank you, everyone, for your many gifts of time.

We are increasing our efforts to develop play areas and outdoor activities at UFM. We now have volleyball poles and a net, but could use horseshoes, croquet and miscellaneous game balls. If you have any outdoor equipment (or outdoor furniture for those who participate by watching) that you'd like to contribute for community use, drop it by the UFM House, 1221 Thurston, or call us at 532-5866 and we'll pick it up.





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

**UFM**  
**1221 Thurston**  
**Manhattan, Kansas 66502**

# **Registration February 12, 13, 14**

Feb 12, 13, 14 - KSU Union; 9am-4pm  
Feb 12 - Manhattan Public Library, 9am-7pm  
Feb 12 - Douglass Community Center Annex, 11am-1pm  
Feb 12 - Manhattan High School, 10am-2pm  
Feb 12 - 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: Feb 12, 7am-6pm and Feb 13, 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 only for classes you are sure you can attend. Check your calendar before registration and record the dates of your classes, please register for no more than yourself and one friend. Any class fees must be paid by the end of the day on which you register in order to hold your space.

**Return Postage Guaranteed**