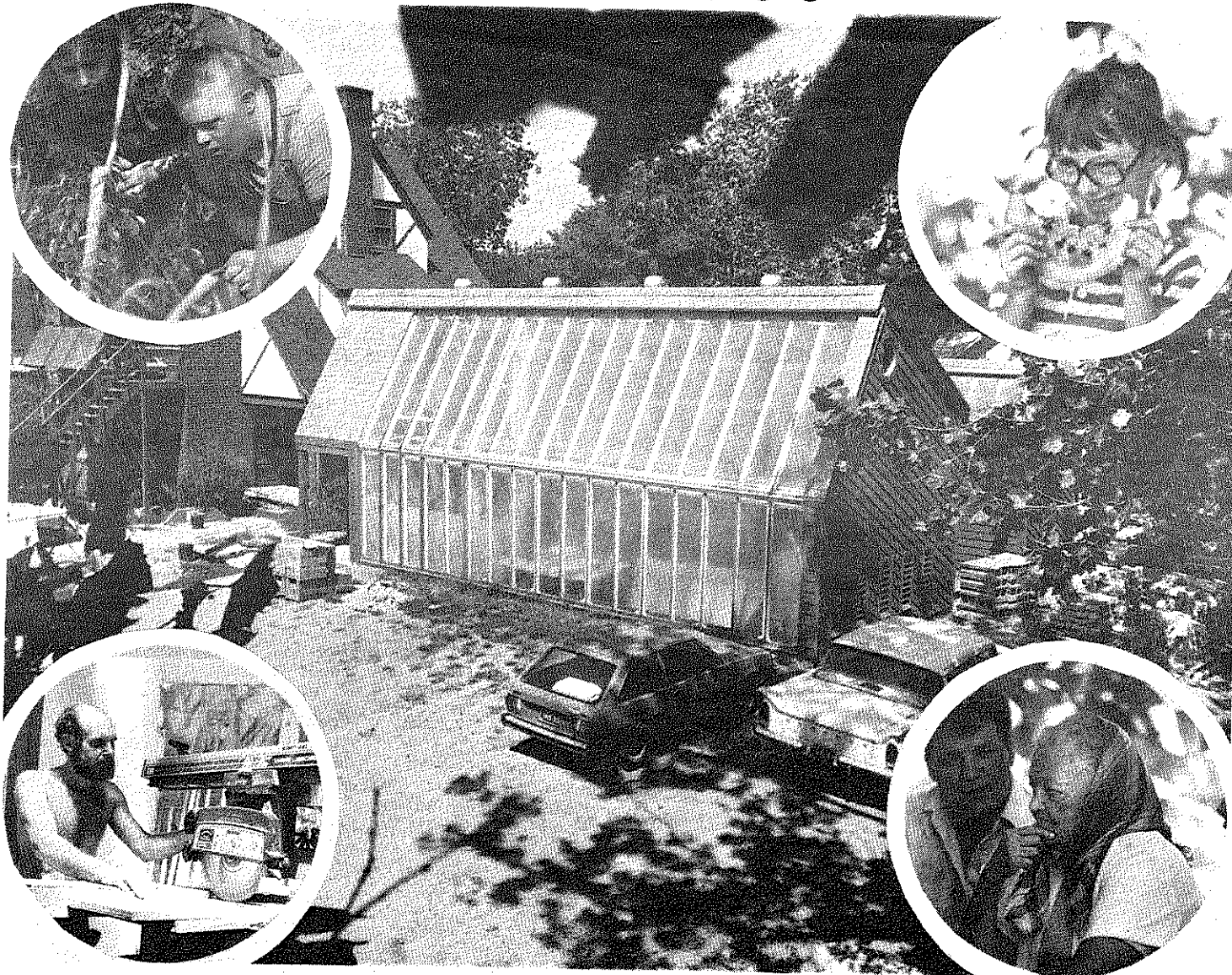
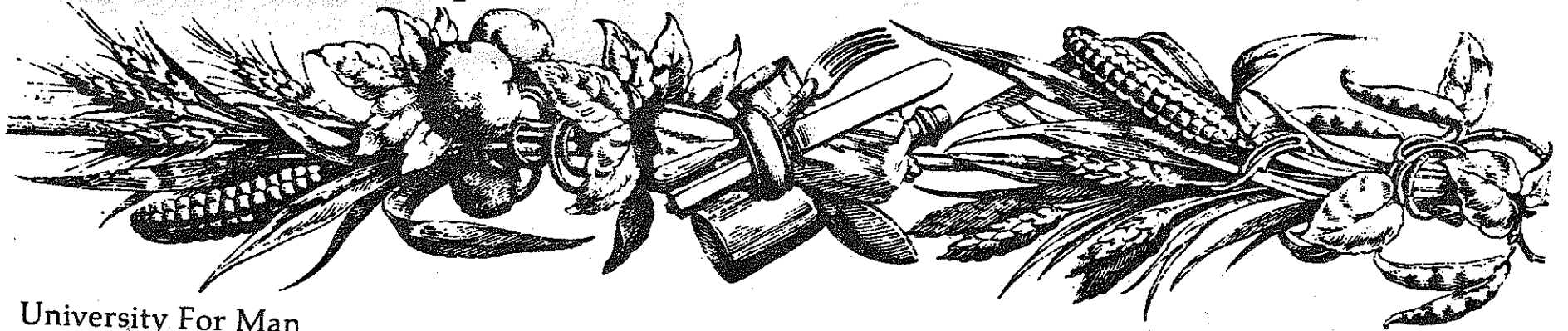


FALL 1980



UNIVERSITY FOR MAN

Registration is Sept. 15, 16, 17.



University For Man
1221 Thurston
Manhattan, KS 66502

Recycle this brochure. . . please pass it on.

Return postage guaranteed



UFM Staff

Back Row: Joe Rippetoe, Moses Bayton, Sue Maes, Donna Haynes, Doug Walter, Carol Smith, Bruce Snead, Jim Killacky. Middle Row: Mike Wilson, Rosemary Dukelow, Julie Govert Walter, Dave Verschelden, Wanda Kline, Cindy Bryant, Beverly Wilhelm, Hope McGuire. Front Row: Kevin Patterson, Neil Schanker, Bill Draves, Sue Rieger, Joan Shoemaker, Julie Coates, Jason Coates, Meriam Kierstead. Not pictures: Jennie Chinn, Keith Ludden, Gary Coates, Janet Holcomb, and Bill Hoyt.

Fall 1980

University for man is pleased to bring you the fall program of classes. From Solar Energy to Macrame, we think you will find something of interest. Our program is made possible by funding from: KSU Division of Continuing Education, KSU Student Governing Association, United Way of Riley County, Kansas Department of Human Resources - CETA, Fund for the Improvement of Postsecondary Education, Clearinghouse for Community based Free Standing Educational Institutions, The Kansas Arts Commission (a state agency), The National Endowment for the Arts (a federal agency), Kansas Department of Economic Development, Title I of the Higher Education Act (1965), U.S. Department of Energy, Kansas Farmer's Union, Green Thumb, and the City of Manhattan.

UFM Outreach Program

Rural free u's are continuing to spring up in many midwestern states, with assistance from the Outreach program. The staff is continuing its work in five states (supported by the Fund for the Improvement of Postsecondary Education) besides Kansas, collaborating with many organizations to disseminate the free u. model in Missouri, Oklahoma, South Dakota, Iowa and Kentucky.

One of Kansas' little-known claims to fame is that the Sunflower state has more free u's than any other state. The Community Resource Act continued to provide funding and technical assistance to community education programs throughout the state. Eleven programs were funded in the past year and several others will receive funding this fall. The project "Cooperative County Projects: Meeting the Needs of Rural Citizens", an HEA Title I grant, will take place in Republic and Marion counties this year. The project will develop cooperative structures within these counties and assist citizens in developing community education and aging programs.

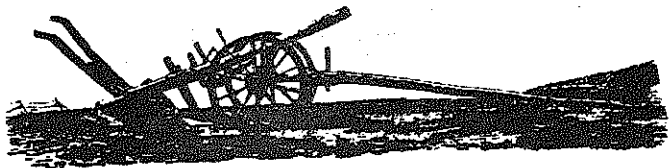
Anyone interested in finding out more about these activities is welcome to drop by or call us at 532-5866.

Invest in UFM

Last summer, we indicated that our fall program was in jeopardy unless UFM users helped with financial contributions.

The response to this request was very generous, and because of it, we are able to bring you a full fall program.

We are, however, not quite home. Our financial situation is still precarious, and we need your continual financial support to assure a spring brochure. Please give. Your gift will be multiplied and given back to you in the form of the UFM Spring Program.



And a Special Thanks to...

Severe budget cuts in UFM's operating budget proposed by the Student Governing Association at KSU, threatened our ability to bring fall programs to KSU students and the Manhattan community. In response to this financial crisis, an annual giving program was begun in late August. Early contributions from a number of Manhattan businesses and private citizens have provided funds to help pay publication cuts for the brochure for the Fall 1980 Program. Without this help, there would have been no brochure this fall. Our special thanks to:

Businesses: Manhattan Mercury - Ed Seaton
 Universal Financial Services - Jim Rhine
 Holiday Jewelers - Fred Dannenberg
 Manhattan Camera Shop - Mark Stallings
 First National Bank

Individuals: Helen Ruth Brockman
 Sam and Yvonne Lacy
 Elizabeth M. Painter
 Barbara Roths
 Julie Jurich
 Leroy and Linda Hannebaum
 John and Debbie Folk
 John and Rosel Pine
 Lois H. Johnson
 Harvard C. and Dana Townsend
 Marcia Graham

Old Staff, New Staff

We are pleased to welcome new staff members Hope McGuire, who works with our crafts program, Kevin Patterson, a new member of the Appropriate Technology staff, David Verschelden, a social work intern who will help develop programs for older and handicapped citizens, Wanda Kline, secretary for the Free University Network, and Carol Smith, who will direct our state Outreach program.

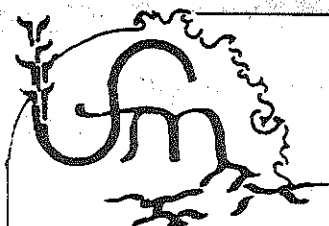
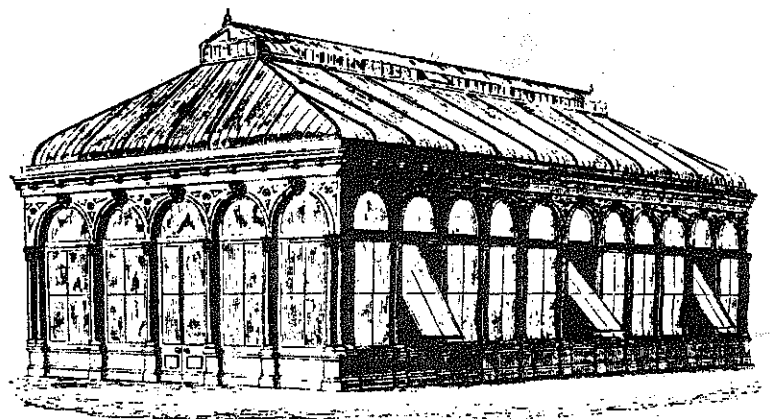
We say farewell to Labron Koons, of the Green Thumb program, and Sondra Smith, who worked with the state Outreach program. Alan Edgar, who made important contributions to the Appropriate Technology Program and to the Campus Community program will also be greatly missed. It was very difficult for us to say goodbye this summer to two very dedicated and long-time members of the UFM staff, Dave Ayers and Jim Killacky. Both Jim, Director of our Outreach Program and Dave, an Outreach staff member, have made immeasurable contributions to our program and we will miss them very much. Dave has moved to Topeka to work with Rural Education through the Kansas Department of Economic Development and Jim will be pursuing research into rural Adult Education in Kansas as part of a doctoral program at Harvard. We wish them both the best of all things.

A National Organization, A National Conference

The Free University Network, the national association of free universities and learning networks, is headquartered right here in Manhattan at the University for Man House.

The Network assists free universities and learning networks across the nation through publications, workshops and conferences. The Network also helps individuals and groups in communities across the country organize their free university or learning network programs.

This year the Network's national conference, will focus on "Learning Resources for the 80's". The 1980 National Free University/Learning Network Conference will take place in Columbus, Ohio. Seymour B. Sarason, a pioneer in the field of Community Psychology, will be the conference's keynote speaker. Anyone interested in free university community education is welcome to attend. For more information about the Network or the national conference contact Bill Draves or Julie Govert Walter at 532-5866.



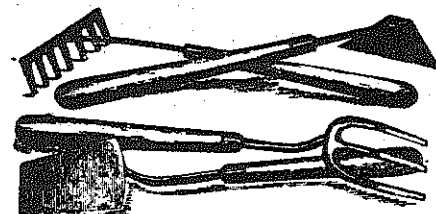
University for Man
 1221 Thurston
 Manhattan, Kansas 66502
 (913) 532-5866

Name _____

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Telephone _____

I would like to donate \$5.00 \$10.00 \$25.00
 some other amount \$ _____ to University for Man.

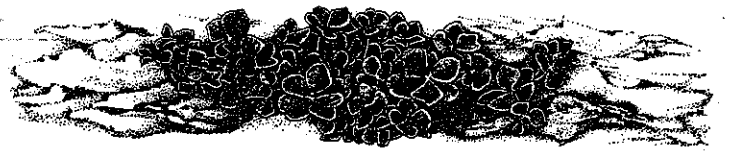


UFM Board of Directors

James Benjamin
 Stephan Bollman
 James Boyer
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Dorothy Koepsel
 Arthur Loub
 James McCain
 Caroline Peine
 Edward Seaton

Registration, September 15, 16 and 17



For those of you who wish to take one or more of UFM's courses, please consider the following:

There are many reasons as to why we insist you register for our classes. We realize sometimes the lines are long or telephones busy, but the need for registering is essential and would hopefully outweigh the brief inconveniences that occur now and then.

WHEN YOU DON'T REGISTER:

- *You cannot be contacted as to a change of date, location or addition in your class.
- *Leaders prepare handouts, cook food, order supplies, etc. for the number of registration cards they receive.
- *Classes are scheduled in a room or space which UFM feels will suit the participant size. This is altered sometimes drastically when too many people show up.
- *We are accountable to those who finance us. One of the ways is through enrollment figures. Insufficient figures can mean insufficient funds.

WHEN YOU DON'T SHOW UP FOR A CLASS:

- *The class convener has committed his or her time and energy. It is wasted if you don't follow through. Please call the leader if something prevents you from coming.
- *Food, supplies, handouts, etc. are wasted.
- *If the class was limited and interested people were put on a waiting list, they lose their opportunity to get in. If the teacher knows you cannot come, the next person on the waiting list can be invited to attend.
- *Our accountability suffers.

HOW TO REGISTER:

Come to one of the locations listed below, and fill out a class card for each class you would like to take. Please register for only yourself and one friend (phone registration limit is four classes per call). NOTE: Class fees must be paid by the end of the day on which you register to hold your place.

September 15, 16, 17	K-State Union	9am - 4pm
Monday, Sept 15	UFM House (walk in) 1221 Thurston	7am - 6pm
	Prairie Glen Townhouses, Clubhouse 2164 Prairie Glen Place	3pm - 6pm
	Manhattan Public Library Juliette and Poyntz	9am - 7pm
	Douglass Community Center 900 Yuma	7pm - 9pm
	UFM Phones 532-5866	7am - 6pm
Tuesday, Sept 16	UFM House (walk in) 1221 Thurston	noon - 5pm
	UFM Phones 532-5866	9am - 5pm
Wednesday, Sept 17	UFM House (walk in) 1221 Thurston	noon - 5pm
	UFM Phones 532-5866	9am - 5pm

Directions to Prairie Glen Townhouses Clubhouse: Go north down Tuttle Creek (from Bluemont St.), turn right (east) at Allen Road (stoplight). Turn left (north) at Prairie Glen Place (just before Prairie Glen Townhouses sign), proceed ahead to clubhouse (only one story building around.)



4 Community

- 4 Manhattan World Travellers
 - Mexico's Revolution
 - Cubans in America
 - Japan: The Fragile Superpower
 - Beyond Futility
 - Presidential Commission on World Hunger
 - Draft Counseling
 - Prison Pen Pals
 - What's Wrong with the American Economy
 - Lawyer Series
- 5 Building Non-Sexist Attitudes
 - Living-Learning School Open House
 - Growing with Pre-School Children
 - Choosing a Pre-School for Your Child
 - Adult Day Care Discussion
 - Sing-A-Long with Frank
 - Relaxation - 60 and Over
 - Housing for the Elderly
 - Staying at Home with Care
 - FOKAN
 - Social Services in Manhattan
 - Growing Older in Manhattan
- 6 Financial Planning
 - Alternative Mortgage Instruments
 - Adjustable Life Insurance
 - How Trusts Can Benefit You
 - Investment Basics
 - Understanding Commodity Futures Markets
 - Used Book Market
 - Minority Film Festival
 - Hurray! Hurray! Hurray!
 - Getting to Know Manhattan
 - Manhattan Oral History
 - Historic K-State
 - Everything You Ever Wanted to Know About Zoning
 - Press and President
 - Candidates and Issues
 - What is HCR5059?

- 8 Beginning Crocheting
- Konza Prairie Quilters' Guild
- Making Down Comforters
- Rug Braiding
- Chair Caning
- Wheat Weaving
- Decoupage
- Gemstones
- Candlemaking
- 8 Origami
- Sock Babies
- French Braiding
- 9 Earth
- 9 Status Report on Mt. St. Helens
- The Universe
- Basic Astronomy
- A Self-Sufficient Backyard
- Horsepacking, Trapping, and the Wilderness Lifestyle
- Environmental Activities
- Beekeeping
- Fishing, Kansas Style
- Caring for the Birds
- Beginning Horse Ownership
- Hiking Trails in Kansas
- The Flinthills: Some Observations
- 10 Flinthills Fall Pageantry
- Prairie Wildflowers
- Prairie Grasses
- Mushrooms
- Indoor Bonsai
- Saintpaulia: African Violets
- Potpourri and Sachets
- Firewood Processing
- Wastewood Utilization
- Woodlots
- Children's Fall Gardening
- 11 Fall - What to Do in Your Backyard
- Home Flower Gardening and Lawn Care
- Home Aquaculture/Hydroponics
- Harvest and Storage of Vegetables
- Landscaping for Energy Conservation
- 17 Harvesting
- Visitor's Day at the Land Institute
- Farm Outing for the Handicapped

11 Fine Arts

- 11 Stained Glass Demonstration
- Art Environment
- Chinese Painting and Calligraphy
- Java Jive
- Country Western Swing Dance
- 12 Photography Classes
- Science Fiction
- Autobiographical Writing
- Sign Language
- Dulcimer Classes
- Basic Grammar

- 13 Beginning Guitar
- Beginning Recorder
- Recorder Ensemble
- The Harp - An Introduction
- Geginning and Intermediate
- Banjo Classical Jam
- Magic for Fun
- Mountain Dulcimer Construction
- Musical Instrument Maintenance
- Juggling
- Understanding Cinema
- 14 Foods
- 14 Big Ideas in Nutrition
- Dealing with Sugar-Free Diets
- Sprouts
- Wine and Cheese Enjoyment
- Basic Cake Decorating
- Uncocktail Party
- Conscious Eating
- Cooking for One or Two
- Meal Planning on a Budget
- Coupons and Refunds
- A Healthy Alternative
- Entertaining on a Budget
- 15 International Food Classes
- Bread Baking Classes
- Quiche
- Childrens' Food Classes

16 Play

- 16 Beginning Tennis
- Archery
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- Beginning Fencing
- Golf for Beginners and Advanced
- Noon Basketball
- Run for the Money
- Rollerskating
- Outing Club
- Introduction to Sailing
- Windsurfing Demonstration
- Family Canoeing
- Capture the Flag
- Bike Classes
- 17 Bike Classes
- Aerobic Classes
- Backgammon
- Tabletop Games
- Candidate
- Games to Teach Children
- Basic Scuba

18 Self

- 18 Single in Manhattan
- I'm Okay--You're Okay Weekend
- Introduce Your Relationship
- Shedding Some Light
- Mysticism in Everyday Life
- Introduction to Zen
- Sufi Dancing
- Women's Resource Center
- Programs
- Multimedia First Aid/CPR

The Courses

- 18 Help Your Neighbor
- How to Work with the Handicapped
- Nurses Support Group
- 19 Child Abuse and Neglect
- Rape/A Crime of Violence
- Family Violence
- Film: Men's Lives
- Books By and About Women
- Seminar in Human Relationships
- Stress Ills and Stress Skills
- Death and Dying
- Wellness Strategies
- Theology and Culture (music)
- Faith and Life Explorations
- The Radical Jesus
- Scientific Evidence for Creation
- A Course in Miracles
- 20 Returning to School
- Who are the Mennonites
- Theology and Culture (Movies)
- A Baby Maybe
- Abortion Issue
- Parenting Infants in the 80's
- Parent Effectiveness Training
- Life Planning Workshop
- Career Exploration
- Job Search Workshop
- Grandma and Grandpa in School
- Yoga Classes
- Early Pregnancy
- Cesarean Birth
- 21 Skills and Tours
- 21 Auctions & Auctioneering
- Bicyclic Maintenance
- All There is to Know About Mopeds
- Motorcycle Safety
- Basic Motorcycle Repair
- Minor Auto Body Repairs
- Brake Inspection and Repair
- Renovating Homes
- Basic House Wiring
- Using Tools Safely
- Veneering
- The Basics on How to Strip Furniture
- Introduction to Upholstery
- How to Economically Update Your Wardrobe
- Chimney Sweeping
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- UFM Workshop Cooperative
- 22 Public Speaking Classes
- UFM Solar Addition
- UFM and Solar Addition Energy Saving
- Devices Demonstration
- UFM Solar Greenhouse
- Manhattan Area Energy Alliance Classes
- Residential Conservation Workshops
- Solar Domestic Water Heating
- Capturing Some Solar Warmth
- Wind Energy Primer
- Ethanol Grain Conversion
- 23 Understanding Your Utility Rates
- The Selling of Nuclear Power
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- Tours

7 Crafts

- 7 Beginning Ceramics
- Raku Pottery
- UFM Pottery Studio
- UFM Potters Guild
- Care, Storage and Display of Quilts
- Christmas Panorama
- Knitting for Beginners
- Needlepoint
- Counted Cross-Stitch
- Introduction to Needlework

Photo Credits

Cover Photo, page 2: Alan Edgar
Pages 17, 19, 24: Abraham Menashe
Page 23: Dave Kaup

Acknowledgements

All graphics and drawings are taken from The Gardeners Catalogue.
The painting on page 13 is David Hackney's "My Parents"

Manhattan World Travellers: An International Series

Where can you find the color of a life-filled jungle or the desolation of the desert? Join your friends and explore the world through slides, films, and presentations by people who have visited other lands.

Mondays, 7pm, Manhattan Public Library, Juliette & Poyntz
First Meeting: Sept 22 Length: 6 times

- Sept 22 "Cuba", Phillip and Candace Althoff will present slides on this colorful country and will share some experiences of their past visits. The Althoffs are organizing a tour of Cuba over the Christmas holidays and will provide those interested with information at this meeting.
- Sept 29 "India - The Other Side of the World". Glenn Busset will present a view of India compiled from the Busset family's two year experience in India. Religion, agriculture, architecture and other aspects of Indian culture will be discussed.
- Oct 6 "The USSR" Visit the giant among nations as Jamie Schesser, world traveler, offers an inside view of this diverse nation. Jamie has lived and worked in the USSR.
- Oct 13 "South America" Bill Dorsett and Dean Denner will present the color of this continent through film and through their personal experiences in the countries of Columbia, Ecuador, Brazil, and the Amazon Region.
- Oct 20 "Africa" The variety of the African continent will be presented. We will learn first-hand about the people and the cultures of the "mysterious" continent.
- Oct 27 "Indonesia" Join Donna Davis as she shares her experience in this beautiful, tropical part of the world.

A CONTEMPORARY VIEW OF MEXICO'S REVOLUTION

Elias Garcia 532-6436

One time, Thursday, Oct 1, 7pm-9pm
Location: First Presbyterian Church, 801 Leavenworth

This class will discuss Mexican-American philosophies. We will focus on historical and contemporary Mexican-American heroes and their influence on the Chicanos of the '80's.

CUBANS IN AMERICA

Dave Stewart 539-3051
Joe de la Torre 776-8653

One time, Wednesday, Oct 15, 7:30pm
Location: Baptist Campus Center, 1801 Anderson Ave

You've heard a lot about the Cuban refugees in the news. This class will discuss concerns relative to Cuban refugee resettlement and the problems associated with transition.
(Joe came to America from Cuba in 1961. Dave will report on his recent visit to Fort Chaffee's refugee camp.)

JAPAN: THE FRAGILE SUPERPOWER

Luke DeLegge 539-8576

Thursdays, 7pm
First Meeting: Sept 25 Length: 6 times
Location: KSU, Eisenhower Hall, Rm 101

This is an introductory class on contemporary Japan, with emphasis on developing an understanding of the Japanese as they see themselves before the world in cultural, business and geo-political relationships. Can the personnel officer of a Japanese firm find a mate for a co-worker within the corporate family? Do the Japanese really go on "group honeymoons"? Attend the course for answers.
(Luke is a Ph.D student who lived and worked in Japan for four years; his undergraduate degree is in History with an East Asia area of concentration.)

BEYOND FUTILITY: THE HUNGER PROJECT

Edith Stunkel 776-3624

Section I: Thursday Oct 2 12:30pm One time
Section II: Friday Oct 3 12:30pm One time
Location: KSU Union, Rm 203

You can participate in ending starvation in our world. John Denver's movie "I Want to Live" will trigger discussion of the myths that hold hunger in place.
(Edith has been involved with The Hunger Project for three years.)

Community For information about Community call Julie Govert Walter at 532-5866

PRESIDENTIAL COMMISSION ON WORLD HUNGER

Susan Angle, Dave Stewart 539-3051

Mondays, 11:30am-1pm
First Meeting: Sept 29 Length: 6 times
Location: KSU, Union, Rm 209 Limit: 25

This will be a sack luncheon discussion of the findings and recommendations of the Presidential Commission on World Hunger.

- Sept 29 - "The Nature and Extent of World Hunger"
- Oct 6 - "Why Should the US be Concerned"
- Oct 13 - "Causes of Hunger"
- Oct 20 - "Attacking the Causes"
- Oct 27 - "Issues to be Dealt With"
- Nov 3 - "Recommendations and Conclusions"

(Susan is Financial Advisor to the SGA and a concerned citizen. Dave has been active in hunger concerns for several years and is the State Coordinator for Bread for the World.)

DRAFT COUNSELING

Dean Denner 776-5589
Mike Klassen 539-4079

One time, Sunday, Oct 12, 6:30pm
Location: KSU, Union, Rm 213

Now that draft registration is again with us, and a compulsory draft may soon be upon us, information for potential draftees, families and concerned persons is crucial. Information on conscientious objection and draft resistance will also be presented.
(Mike is pastor of the Manhattan Mennonite Fellowship. Dean wants people to be informed on their options.)

PRISON PEN PALS

Mrs. Priscilla Hoffman 238-4061

One time, Wednesday, Oct 1, 7:30pm
Location: KSU, Union, Rm 208

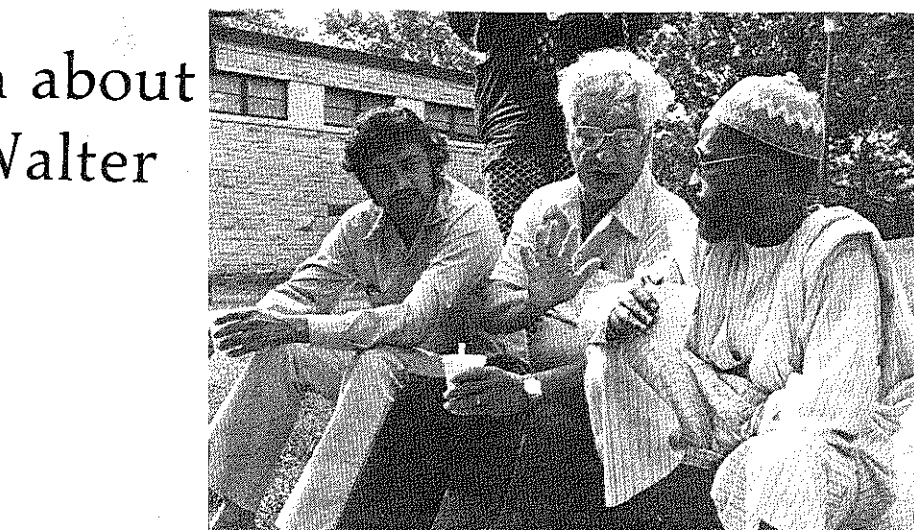
The goal of this class is to get more people involved in corresponding. We will discuss the importance of writing to prisoners as a positive step citizens can take to aid in rehabilitation. The value of mail to the inmate will also be examined, along with the benefits to the community.
(Priscilla has been teaching in correctional facilities and corresponding with prisoners for over 12 years.)

WHAT'S WRONG WITH THE AMERICAN ECONOMY?

John Exdell 539-6076

Thursdays, 7:30pm
First Meeting: Oct 16 Length: 6 times
Location: UFM Conference Rm
Limit: 15 Fee: \$2 - pay at class

We will spend several evenings discussing the current economic crisis in terms that non-experts can understand. We will read a small amount of non-technical literature on the underlying causes of inflation, recession, trade wars, etc. Pamphlets and xeroxed materials provided.
(John teaches courses in social philosophy at KSU.)



For the unlearned, old age is winter; for the learned, it is the season of the harvest.

Hasidic Saying

Lawyer 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 in the UFM Conference room. Room size allows for only a limited number of participants so please register for each session you plan to attend.

Oct 1 LAW AND FAMILY RELATIONSHIPS
Rodney Olsen 776-9208

We will discuss such family legal questions as adoption, child custody, child support, parental rights and modifications to the divorce decree.

Oct 8 & Oct 15 WOMEN AND THE LAW:
Mittie Schroeder 539-5367
Kathy Lundgren 532-6541

This two session class will focus on the special legal problems and concerns which women face - and some solutions which are available. Discussion topics include: discrimination in the workplace, women's rights in criminal proceedings, family matters, and what women should know in seeking legal justice.

Oct 22 LANDLORD/TENANT RELATIONSHIPS
Kathy Lundgren 532-6541

This class will clarify the issues, the responsibilities and the legal implications of the role of both the landlord and the tenant.

Oct 29 ESTATE PLANNING
Kent Olsen 537-9194

This class will discuss how individuals can make the complicated Kansas estate laws work for them. Estate planning and distribution of assets, gifts, wills and trusts will be discussed.

Nov 5 DIVORCE
Don Weiner 776-4206

The Kansas laws regarding divorce, child custody, support, alimony and the rights of the individuals involved with divorce litigation will be examined.

4 Community

Building Non-Sexist Attitudes In Our Schools, In Our Community

One time, Monday, Oct 20, 7:30pm
Location: Robinson Education Center, 2031 Poyntz

This evening seminar will focus on what local schools are doing and what still remains to be done in promoting non-sexist attitudes. A panel discussion with Dr. James Benjamin, Superintendent of Manhattan Public Schools, Julie Slick, Assistant Director of the Midwest Sex Desegregation Assistance Center and community representatives will open the evening's discussion of non-sexist education. This will be followed by workshop sessions on topics including "Community Relations"; "Sex Equity and the Law", "Non-Sexist Teaching Strategies" and other related issues.

THE LIVING-LEARNING SCHOOL OPEN HOUSE

David Hursh 776-7350
One time, Sunday, Sept 28, 2-5pm
Location: 1011 Osage

The Living-Learning Elementary School is an open classroom, individualized approach to learning. Join the students and staff members of the Living-Learning School for their Open House at the school. Anyone interested in volunteering to share their skills in teaching in Living-Learning's Open classroom should call David Hursh.

GROWING WITH PRE-SCHOOL CHILDREN

Sandy Brighton 537-8815
Thursdays, 9:15-11:15am
Length: Indefinite
Location: First United Methodist Church, 612 Poyntz

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

- Oct 9 "Art Development in the Pre-School Child"
- Nov 13 "Books for Children", "Toys Appropriate for Pre-Schoolers"
- Dec 11 "Coffee and Cookie Exchange Get Together"
- Jan 8 "Stress Management for Parents and Preschoolers"

Older, Wiser and Still Learning

ADULT DAY CARE DISCUSSION

Donna Haynes 456-9946
Esther Gray 539-2021

One time, Wednesday, Sept 17, 7pm
Location: Manhattan Public Library, Juliette & Poyntz

This discussion will center around the problems and possibilities of a day care for older adults. We will discuss what is being done in this area across the nation and here in Kansas, and how such a service can be made more widely available. (Donna is very concerned about day care for older adults. Esther enjoys working with oldsters.)

SING-A-LONG WITH FRANK

Frank J. Anneburg 537-9564

Wednesday, Oct 1, 7-8pm, Apartment Towers, ongoing

This will be fun! Frank is enthusiastic about leading the sing-a-long. A good voice is not a prerequisite, just bring along your good spirits. (Frank was the Manhattan Recreation Director before retirement and has been singing for 60 years.)

RELAXATION - 60 AND OVER

Pat Embers 468-3627

One time, Wednesday, Sept 24, 7pm
Location: Meadowlark Hills, Kimball & North Manhattan

We will learn and practice the basics of relaxation. This will include deep breathing, quieting the mind, and totally relaxing the body. We will also discuss how to relax at busy times and busy places. You may relax in class while sitting up if you wish, but lying down is best. If you prefer the latter bring a pillow and blanket. (Pat is an occupational therapist who has been teaching relaxation for 6 years.)

HOUSING FOR THE ELDERLY

Paul Windley 539-1626

One time, Wednesday, Oct 1, 7pm-8:30pm
Location: KSU, Justin Hall, Rm 249 Limit: 15

This course considers the incongruence between older people's needs and lack of environmental support in the context of housing. Suggestions for eliminating this incongruence are presented and opened for discussion among class members. (Paul teaches in the environment/aging area, and does research in environmental problems of the elderly.)

STAYING AT HOME - WITH CARE

Nancy Marks 537-0688

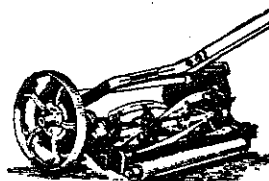
One time, Monday, Oct 6, 12:30pm
Location: Douglass Center Annex, 801 Yuma

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, and Nancy can supply other communication resources to help improve the quality of life. (Nancy is the Director of Riley County Health-Homemaker Services, Inc.)



The prosperity of a country is in accordance with its treatment of the aged.

-Hasidic Saying



CHOOSING A PRE-SCHOOL FOR YOUR CHILD

Robin Webb 539-1415

One time, Wednesday, Oct 1, 7pm
Location: 520 Juliette (backdoor)

We will discuss the things that you as a parent can and should ask from a pre-school. Quality care is hard to find. Informed consumers can make changes in the pre-school options available in the Manhattan area. (Robin is a KSU graduate who has taught for 3 years in a Pre-school.)

SOCIAL SERVICES IN MANHATTAN: A PUBLIC DISCUSSION

David Verschelden, Steve Anderson, Charlie Griffin 776-6566

One time, Monday, Nov 10, 7pm
Location: Manhattan Public Library, Juliette & Poyntz

A three page questionnaire was mailed to about 200 service-providing groups and agencies in the Manhattan area during the summer of 1980. This questionnaire provided information on the availability and eligibility requirements and costs, as well as services missing or duplicated in our community. (Steve, Charlie and David compiled the results of the survey and put it into a directory form as part of their work at the Family Center.)

FITNESS FOR OLDER KANSANS (FOKAN)

Esther Gray 539-1021 or 532-5510

Sign up and you will be contacted

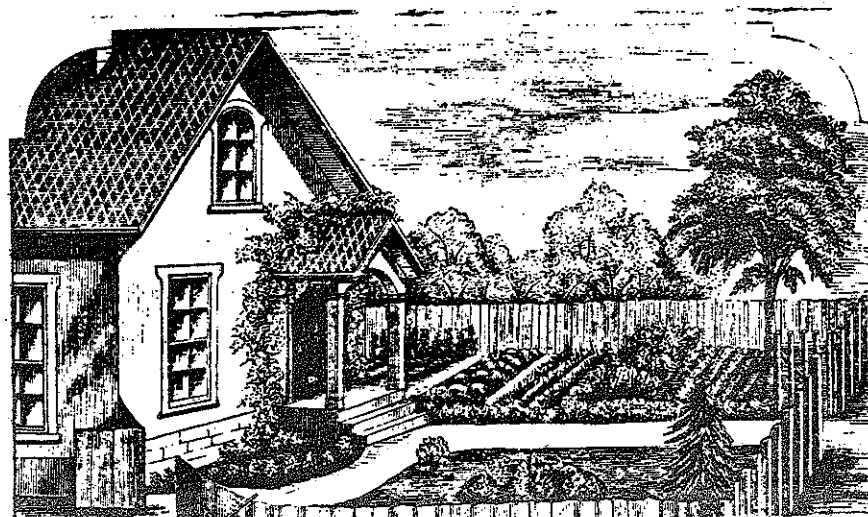
FOKAN is an enjoyable approach to individualized exercise in a group setting. Men and women over 60 are invited to participate in the exercises designed to foster flexibility, mobility, relaxation and endurance. Music keeps exercise routines fun. Last year FOKAN participants ranged from 60-90. Weekly sessions will begin in October. (Esther has been working with this group for a year and received special training at University of Michigan Gerontology Institute.)

GROWING OLDER IN MANHATTAN: A REPORT

George Peters 532-5945
Marvin Kaiser 532-6870

Two times, Mondays, Dec 1 & Dec 8, 7:30pm
Location: UFM Fireplace Rm

This class will focus on the older people in Manhattan - who they are, what they do, their problems and how those problems are dealt with here in the local community. Information will be based on the 1979 study, "Growing Older in Manhattan: Aging in a Small Urban Community," which was just completed. (George and Marvin are professors at KSU who were major researchers in this study.)



Money Matters

FINANCIAL PLANNING: COPING WITH INFLATION

Albie Rasmussen 532-5515
 Monday, Sept 22, 4pm-5:30pm and Wednesday, Oct 15, 4pm-5:30pm
 First Meeting: Sept 22 Length: 2 times
 Location: Family Center, 3rd Floor, 1221 Thurston
 Limit: 10 Fee: \$1 - pay at registration

This class will discuss how to cope with inflation and live within your budget. Topics to be covered: insurance credit, savings, decision making and long range goals.
 (Albie is the financial counseling director in the Family Center, KSU College of Home Economics.)

ALTERNATIVE MORTGAGE INSTRUMENTS

Sharon O'Neal 776-4733
 One time, Thursday, Oct 9, 7-8:30pm
 Location: Manhattan Public Library, Juliette & Poyntz

Been confused or concerned about the different types of mortgage loans that are being offered by today's lenders? We'll cover renegotiable rate, variable rate and pledged savings account loans step by step.
 (Sharon is a loan officer at a local financial institution.)

ADJUSTABLE LIFE INSURANCE

Allan Elliott 776-0576
 One time, Thursday, Oct 9, 7:30pm
 Location: 1117 Waters Dr. Limit: 6

Adjustable Life is a revolutionary new concept in life insurance planning. It lets you specify exactly the amount of protection you want and what you want to pay for it. It is truly the life insurance plan of the future.
 (Allan is an independent insurance agent in Manhattan.)

HOW TRUSTS CAN BENEFIT YOU

Dana Dodderidge 537-0200
 One time, Monday, Sept 29, 7:30pm
 Location: KSU, Union, Rm 208 Limit: 25

Trusts are one tool of estate planning. If you are planning for the higher education of young children, the management of an estate, or a variety of other financial concerns, there may be a type of trust appropriate for your circumstances.
 (Dana is a trust officer for a local financial institution.)

USED BOOK MARKET

Fred Stork 776-4243
 One time, Sunday, Sept 21, 7pm Location: KSU, Union, Rm 203

This meeting is for anyone interested in organizing a text book exchange. Persons representing clubs, and as many colleges as possible are needed to set up a buying and selling system/network.
 (Fred is a business student who wants to start a used textbook market.)

MINORITY FILM FESTIVAL

Hulan Jack 539-8677
 Thursdays, 7:30-9pm
 First Meeting: Sept 25 Length: 10
 Location: KSU, Justin Hall, Rm 249 Limit: 30 - 50

We will present and discuss films and slides on the history of native Americans, Hispanics and Blacks with the goal of understanding the origins of their problems. To have a meaningful discussion participants with a wide range of experiences and views are needed and welcomed.
 (Hulan has been involved in minority affairs for three decades.)

HURRAY! HURRAY! HURRAY!

One time, Tuesday, Oct 9, noon
 Location: North entrance, K-State Union

The Royal Lichtenstein Quarter-Ring Sidewalk Circus, billed as the "world's smallest circus", will make its third consecutive visit to the campus. Trained animals, clowns, jugglers, feats of daring are all a part of the show! Co-sponsored by the American Baptist and Episcopal Campus Ministries.



INVESTMENT BASICS

Steve Harrison & Sherl Prawl 537-0594
 Section I: Tuesday & Thursday 7:30pm-9:30pm Sept 23 & 25
 Section II: Tuesday & Thursday 7:30pm-9:30pm Nov 11 & 13
 Location: KSU, Eisenhower Hall, Rm 101
 Limit: 50 each section

Back by popular demand, the course covers common sense, conservative investments such as bonds, stocks, mutual funds, tax free and tax-sheltered investments and other investments necessary for prudent planning. Included will be a discussion of possibilities and pitfalls of investing.
 (Steve and Sherl are registered representatives licensed with a member firm, New York Stock Exchange.)

UNDERSTANDING COMMODITY FUTURES MARKETS

Rex Gore, Thomas Morgan 776-1604
 Section I: Tuesdays 7:30pm Sept 30 & Oct 7 two times
 Section II: Mondays 7:30pm Nov 3 & Nov 10 two times
 Location: Eisenhower Hall, Rm 12

This class will introduce the Commodity Futures Market and the factors which affect it. Investment opportunities will be discussed.
 (Tom and Rex are registered commodity brokers who have researched, taught, and written about the Commodity Futures Market.)

TAXES FOR PEACE RATHER THAN WAR

Dean Denner 776-5589
 One time, Monday, Oct 13, 7pm Location: 710 Lee

The average family spends \$1,250 annually supporting the U.S. Military (47% of the Federal Income Tax). This represents more than the average family's tax contribution for peace work. Dean will discuss how you can counter this.
 (Dean, who has taught this class many times before, sends the military portion of his taxes to the World Peace Fund.)

MANHATTAN ORAL HISTORY

Diane Barker Sitts 539-2124
 Tuesdays, 7pm
 First Meeting: Oct 7 Length: ongoing
 Location: Manhattan Public Library Limit: 12
 Juliette & Poyntz

We will continue where the last class left off by interviewing and taping the interviews. Our target population will be older Manhattan residents.
 (Diane was the communications instructor for the HARVEST project and has led discussion and reminiscing groups in nursing homes.)

HISTORIC K-STATE!

Richard Wagner
 One time, Saturday, Sept 27, 9am
 Location: KSU, Union, Rm 213 Limit: 25

Just what is so special about the buildings on the K-State campus...Anderson Hall, Holton Hall, Nichols Gymnasium? Join Richard for a walking tour of America's oldest land-grant university.
 (Richard is a professor in the College of Architecture and Design.)

GETTING TO KNOW MANHATTAN

Julie and Doug Walter 537-8634 or 532-5866
 Tuesdays, 6pm
 First Meeting: Sept 23 Length: Indefinite
 Location: UFM Fireplace Rm

If you are new to Manhattan (and even if you aren't) join us as we explore "the little apple". At our first class we'll enjoy our own potluck goodies, get to know each other, and plan future activities. Bring your favorite potluck dish and some table service to the first class.
 (Doug and Julie have lived in Manhattan long enough to know their way around, but are new enough to understand the "new in town" feeling.)

EVERYTHING YOU EVER WANTED TO KNOW ABOUT ZONING

Dan Gibson 776-6808
 One time, Thursday, Sept 25, 7pm Location: UFM Fireplace Rm

We'll informally discuss the rights of property owners in relation to Manhattan zoning regulations. Topics will include types of zoning districts, structures, parking, signs, home occupations, and variances.
 (Dan is a city planner in the Manhattan Community Development Department.)

PRESS AND PRESIDENT: A CRITICAL LOOK

Robert Daly 539-1011
 One time, Tuesday, Oct 7, 7pm Location: UFM Fireplace Rm

Electing a president has grown to be a half billion dollar industry. We will look at the 5 M's of a presidential campaign: Manpower, Masses, Money, Message and Media. The critical analysis will cover the problems with the media, message, method and you, the consumer.
 (Rob, who teaches a course on The Press and the President for KSU's Journalism Department, cast his first presidential vote for John F. Kennedy.)

CANDIDATES AND ISSUES: THE NEXT PRESIDENT

The following series of one time classes will allow you, the voter, to discuss national issues with those supporting the national candidates.

REAGAN Tuesday, Oct 21, 7:30pm Lana Oleen 537-7718
 Location:
 ANDERSON Thursday, Oct 23, 7pm Shanah Schultz 537-0323
 Location: Manhattan Public Library or 537-7447
 CARTER Tuesday, Oct 28, 7pm
 Location: Manhattan Public Library

WHAT IS HCR5059

Maryln Logan 539-6834
 One time, Thursday, Oct 23, 7:30pm Location: UFM Fireplace Rm

On Nov 4 all Kansans will vote to amend the state constitution. How will this "internal improvement" (HCR5059) amendment, help Kansans? City staff and League members will be on hand to explain the amendment and answer your questions.

Crafts For information about Crafts call Julie Coates at 532-5866



UFM Pottery Studio

BEGINNING CERAMICS

Section I: John & Janet Holcomb 539-5775
Section II: Kate Maxham 776-0133
Section III: Sue Kinnamon & Gale Preller 537-9708 537-1110

Section I: Tuesdays, 7pm
First Meeting: Sept 23

Section II: Wednesdays, 7pm
First Meeting: Sept 24

Section III: Mondays, 7pm
First Meeting: Sept 22
Length: 8 times
Location: UFM Pottery Studio
Limit: 8

Fee: \$15.00, pay at registration

We will learn sculptural handbuilding and wheel throwing techniques. After acquiring the basic skills, you will have an opportunity to work on individual projects.

(John has taught previous pottery classes for UFM. Janet is the UFM Pottery Studio Manager, Kate is very active in the UFM Pottery Studio, Sue is a graduate student at KSU and participates in the UFM Pottery Studio classes and Gale is a ceramics student at KSU.)

RAKU POTTERY

Hope McGuire 539-6116

Saturdays, 9am
First Meeting: Sept 27
Length: 6 times
Location: UFM Pottery Studio
Limit: 6

Fee: \$15.00, pay at registration

Some previous experience with ceramics is required for this class, as you will be responsible for working without supervision part of the time. The instructor will meet with you periodically. (Hope is a student in ceramics at KSU and enjoys raking her handbuilt pieces.)

UFM POTTERY STUDIO

Janet Holcomb 539-5775

Saturdays, 12 noon
First Meeting: Sept 20 (organizational)
Length: 8
Location: UFM Pottery Studio
Limit: 12

Fee: \$15.00, individual - \$25.00, family (parent & child)
pay at registration

The UFM Pottery facilities are available for 4 hours per week at \$15.00 per semester, which includes some kiln space and 25 lbs clay. Co-op members are expected to help maintain the studio facilities.

UFM POTTERS GUILD

Irene Levy 539-5119

The UFM Potters Guild usually holds a sale around Christmas at KSU. For more information please sign up and you will be contacted. (Irene is a professional potter in Manhattan and has organized the Guild.)

CARE, STORAGE AND DISPLAY OF QUILTS

Margaret Ordonez 539-5010

One Time: Thursday, Nov 13, 7-9pm
Location: KSU, Justin Hall, Rm 226
Limit: 30

This class offers information on the causes of deterioration of quilt fabrics and techniques for safely cleaning, repairing and supporting quilts. Methods to correctly store and display quilts will be discussed with emphasis on necessary precautions to avoid strain. (Margaret teaches a textile conservation class directed toward both museum, personal and individual collectors.)

UFM CHRISTMAS CRAFTS SALE

Irene Levy 539-5119

Please sign up - include your address, and you will be sent a registration form with information as to time and area assignment. It will be held around the beginning of December. (Irene is a professional area potter and has organized the previous Xmas crafts sales for UFM.)

CHRISTMAS PANORAMA

Kayann Heinly 776-4781

One time, Thursday, Oct 23, 9:30-11:30am
Location: Pottorf Hall, Cico Park

Each year Kayann gives a Christmas ideas program. This year her topics will be: Fun with Popcorn, Christmas Greeting Cards, and Gifts for Children. She will demonstrate techniques and discuss materials. (Kayann is a County Extension Home Economist for Riley County.)

KNITTING FOR BEGINNERS

Marie Dziadek 776-3888

Tuesdays, 7-9pm
First Meeting: Oct 7
Length: 4 times
Location: 1119 Laramie, Apt #8
Limit: 12

Marie will teach you the basic stitches and help you start your own projects from there. (Marie has been knitting for many years and making her own garments.)

NEEDLEPOINT

Molly Goldstein 539-6647

Sign up and you will be contacted
Limit: 2

Do you have a special problem with your needlepoint or need to confer with someone who has some expertise? Perhaps you just need some individual attention in getting started. Molly can help. Molly is willing to work on a one-to-one basis with you. (Molly has done needlepoint for years.)

COUNTED CROSS-STITCH

Kim Schumm 539-3641

Thursdays, 7:30-8:30pm
First Meeting: Oct 2
Length: 4 times
Location: 3229 Windbreak
Limit: 8

Counted cross-stitch is a type of needlework using even weave fabric. Patterns and designs are created by doing a basic cross-stitch within the weave of the fabric. Class will be organized at the first meeting. This is a good chance to broaden your needlework skills. (Kim is very adept at many forms of needlework.)

INTRODUCTION TO NEEDLEWORK

Kim Schumm 539-3641

Tuesdays, 7pm
First Meeting: Sept 30
Length: 4-6 times
Location: 3229 Windbreak
Limit: 8-10

This will be an introduction to needlepoint and crewel. The possibilities and depth of this class will depend on the interests of participants. Kim can instruct in advanced needlework. For beginners, materials will be discussed at the first meeting. (Kim has worked full-time in a crafts store helping pay her way through college by doing needlework.)

BEGINNING CROCHETING

Laura York 537-9609
Sign up and you will be contacted
Location: 819 Bluemont
Limit: 10
Fee: Individuals responsible for their own materials
Whether you're finishing a project, wanting advice on a new one, or need to start with the basics, Laura is willing to help you with your crocheting. (Laura has enjoyed teaching this several times in the past.)

KONZA PRAIRIE QUILTERS' GUILD - FIRST QUILT SHOW

Coni Jo Bates 537-0570
One Time: Saturday, Oct 4, 10am-6pm
Location: Pottorf Hall, Cico Park
Fee: 75¢, pay at class

The guild will hold its first quilt show, displaying member's quilted items and quilts. There will be commercial quilting booths from K.C., Topeka, Lawrence, Salina, Riley and Manhattan with guild members demonstrating various techniques throughout the day. A quilt will be in the frame if you want to try your hand!

KONZA PRAIRIE QUILTERS' GUILD

Coni Jo Bates 537-0570
Section I: Monday, Oct 13, 9:30-11:30am
Section II: Monday, Oct 27, 7-9pm
Location: First Baptist Church
2121 Blue Hills Rd

The two-year-old guild meets twice every month with programs ranging from lectures on care and preservation to workshops on trapunto, folded star, cathedral window, etc. The October lesson will be on string quilting. If you are a quilter or want to become one call Coni Jo. (Coni Jo is president of the guild this year.)

MAKING DOWN COMFORTERS

Dean Denner 776-5589
One time: Monday, Nov 10, 7pm
Location: 710 Lee St
Limit: 15

Goose and duck down are two of the best natural insulators. Costs can be cut by making your own down items. Dean will share his experience with you and show you what he has made. (Dean was given some down by his grandmother last fall and made his own comforter.)

RUG BRAIDING

Dean Denner 776-5589
One time: Monday, Oct 20, 7pm
Location: 710 Lee St
Limit: 15

Rug braiding is an efficient way to use old fabric scraps. Hand braided rugs are not only decorative but are good insulators against cold floors. Dean will discuss and demonstrate rug braiding and then help you get your own rug started. Bring a needle, thread, fabric scraps and scissors with you. (Dean has taught this class before.)

CHAIR CANING

Barbara Poresky 539-2967
Tuesdays, 7:30pm
First Meeting: Sept 23
Length: 6 times
Location: 3016 Claflin Rd
Limit: 10

Do you have a chair that needs a new cane seat? Be innovative and try doing it yourself. Bring the chair to the first meeting and Barbara will get you started. She will specify materials needed and in the following sessions guide you through the steps necessary to repair your chair. (Barbara has taught this class several times before and is willing to share her skills and knowledge once again with those interested.)

WHEAT WEAVING

Anne Emerson 776-0705
One time: Friday, Nov 21, 9:30-12 noon
Location: UFM Banquet Rm
Limit: 15

This is an old yet recently revived weaving art. Wall decorations, Christmas gifts, or tree decorations can be designed using wheat stocks. Bring your own wheat or Anne will bring extra for you to purchase at the class depending on how much you need. (Anne has taught this class before for UFM. She also teaches and works with several other crafts.)

DECOUPAGE

Dr. Daniel P. Ehlers 537-0267
Tuesdays, 7pm
First Meeting: Oct 14
Length: Indefinite
Location: UFM Banquet Rm (1st meeting only)
Limit: 15

This class will teach you the basics of decoupage - what can be done and how to do it. Come to the first class for a demonstration. Dan will answer questions and start you thinking on ideas of how to preserve favorite photos and other keepsakes. (Dan has taught this class several times and has been doing decoupage and other crafts for many years.)

8 Crafts



With the ancient is wisdom...

FRENCH BRAIDING

Hope McGuire, Denise Ortolof, Anne Atkinson 539-6116
Saturdays, 9am
Location: Sign up and you will be contacted
Limit: 12

Want to learn to French braid your or someone else's hair? French braiding is a very old traditional way of styling which has recently become vogue again. If possible, come with a partner, otherwise bring yourself, a comb and brush and a clean head of hair. Sign up and we will contact you and get together. (Hope learned to French braid from her mother.)

GEM STONES

Dr. F. C. Lanning 537-7599
Tuesdays, 7:30pm
First Meeting: Oct 21
Length: 2 times
Location: UFM Fireplace Rm
Limit: 15

At the first meeting Dr. Lanning will discuss gem stones and share some of his work with you. Natural, synthetic, and fake stones will be discussed with an emphasis on such properties as color, hardness, and fire which make a good gem. The second class will take you over to Willard Hall, where Dr. Lanning will demonstrate equipment and procedures for cutting stones. (Professor Lanning is a retired chemistry instructor who has shared his knowledge and experience through UFM many times before.)

CANDLEMAKING

Neil Schanker 539-5766
One time, Section I: Tuesday, Nov 11, 7:30pm
One time, Section II: Thursday, Nov 13, 7:30pm
Location: UFM Kitchen
Limit: 12 each section
Fee: \$1.50, pay at registration

We'll discuss candle types, waxes, wicks, molds, colors, scents, safety and troubleshooting. Then everyone can make his or her own personalized candles. (Neil started out making sand candles on beaches.)

ORIGAMI

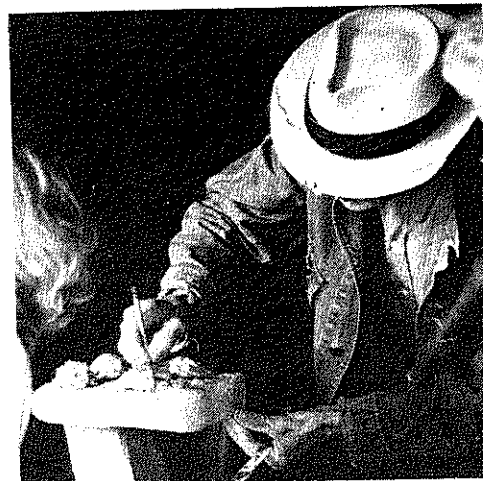
Esther Ikeda 776-1328
One time: Wednesday, Oct 29, 7:30pm
Location: UFM Banquet Rm
Limit: 10

Origami is the Japanese art of folding colored paper into animals and other objects. It is a very old craft passed down traditionally through younger children to increase their creativity and imagination. Come and learn this beautiful oriental skill for yourself. (Esther is very creative and it is fun to learn from her. She also works with many other crafts.)

SOCK BABIES

Renee Cooley 537-4033
One time: Saturday, Nov 8, 9:30am
Location: 1209 Kearney
Limit: 10

Sock babies!! What are sock babies? They're petite, soft, handmade dolls. Great for Christmas gifts and made small enough to decorate a Christmas tree. Bring your scrap fabrics, lace, buttons, old hose and sewing basket. (Renee has made many of these for friends and for herself, and has a very imaginative and creative way of using materials.)



...and in length of years, understanding. -Job 12:12

For information about Earth call Sue Maes at 532-5866

STATUS REPORT ON MT. ST. HELENS

Charles Walters 532-6724

One time, Monday, Nov 24, 7-9pm
Location: KSU, Thompson Hall, Rm 101

What do geologists say about Mt. St. Helens? Volcanoes have played an important part in the formation and evolution of the earth. Come find out more about this earth-shaking event.
(Charles, a KSU geologist, visited Mt. St. Helens in August.)

THE UNIVERSE

Terry Anstrom 532-6816

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

Sept 24 The Fall Sky: An introduction to the fall constellations, celestial objects, legends and mythology.

Oct 8 Family Nite: An introduction to the use of star chart maps and planet locations so the whole family can have many years of star gazing to come.

Oct 22 Mars: Our neighbor planet Mars has been the source of wonder and study since we first gazed upward. Mariner 9 and the Viking missions revealed the "new Mars", a Mars more varied and much more earth-like than anyone suspected.
(Terry is director of the KSU Planetarium.)

BASIC ASTRONOMY

Larry Paris 539-2591

One time, Friday, Oct 10, 8pm
Location: 708 Lee St.
Limit: 6

Do all the stars look the same to you? They are not. We will learn about the general structure of the universe and some of the objects making it up. After this, we will go outside and learn a few constellations. We will emphasize simplicity.
(Astronomy has been a hobby of Larry's for several years.)

A SELF-SUFFICIENT BACKYARD

Randy and Sue Kidd 1-494-2796

One time, Thursday, Oct 16, 7pm
Location: Manhattan Public Library
Juliette & Poyntz

You don't need ten acres of land to begin to be self-sufficient. It is possible to change your urban backyard into a workable, integrated, food producing system. The Mother Earth Echo Village Model, which combines rabbits, fruit trees, berry patches, gardens, animals, feed crops, chickens, composting toilets, etc., will be discussed.
(The Kidd family farm puts into practice the beginning of this model.)

HORSEPACKING, TRAPPING, AND THE WILDERNESS LIFESTYLE

Hondo Bennett 1-238-2806

Tuesdays, 7:30pm
First Meeting: Oct 7
Length: 2 or 3 times
Location: UFM Banquet Rm

Hondo will relate some of the many skills, like tanning, trapping and cabin building, that it takes to live in rugged mountain areas. At a second meeting, a wilderness campsite will be set up. The instructor is willing to help participants learn wilderness skills on an individual level.
(Hondo has lived in the mountains for over 15 years. This winter he plans to permanently settle in the wilds of Montana or Alberta.)

ENVIRONMENTAL ACTIVITIES: NATIONAL TO LOCAL

Pat Dreese 539-4898

One time, Wednesday, Oct 1, 7:30pm
Location: UFM Banquet Rm

Information will be given about many different environmental organizations and their activities on a national, state, and local level. Emphasis will be put on the local organizations and how a person can get involved.

(Pat is a former director of the Environmental Awareness Center at KSU.)



BEEKEEPING

Jim Johnson 532-5891

Mondays, 7:30-10pm
First Meeting: Sept 29
Length: 3 times
Location: KSU, Waters Hall, Rm 124A

Honey is that wonderful natural sweetener that bees make - but few people 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.

Earth



"To me a lush carpet of pine needles or spongy grass is more welcome than the most luxurious Persian rug. To me the pageant of seasons is a thrilling and unending drama, the action of which streams through my fingertips."

-Helen Keller

FISHING, KANSAS STYLE

Jerry Dishman, Paul Miller, Don Harbour and Ray Tomory 539-1798

One time, Wednesday, Oct 8, 7pm
Location: UFM Banquet Rm

Discussion will center on how to best catch walleye, white bass, crappie, largemouth bass, and channel catfish. Included will be information on fish habitat, lure types, ice fishing, and plenty of successful techniques.
(These folks catch more fish than most people lie about.)

CARING FOR THE BIRDS

Inez Alsop 539-2639

One time, Monday, Oct 13, 7pm
Location: 1646 Laramie
Limit: 20

Inez will show her many feeders and houses and how to care for songbirds in the fall and winter. She will cover feeding, watering, and sheltering wild birds.
(Inez has raised many injured birds and always has loved birds.)

BEGINNING HORSE OWNERSHIP

Lillis Peck and Dawn A Dun McCue 532-6242

Thursday and Friday, 6:30pm
Two times, Sept 25 and 26
Location: You will be contacted
Limit: 5

For children or adults who have never owned a horse, nor had much experience with one, but hope to someday. This class will focus on the basic necessities of keeping a horse and how to select a horse suited for your needs.
(Lillis has owned, shown, and trained horses for 17 years. Dawn has been a horse for 14 years.)

HIKING TRAILS IN KANSAS

Jim Nighswonger 537-4763

One time, Tuesday, Sept 23, 7pm
Location: Manhattan Public Library
Juliette & Poyntz
Limit: 40

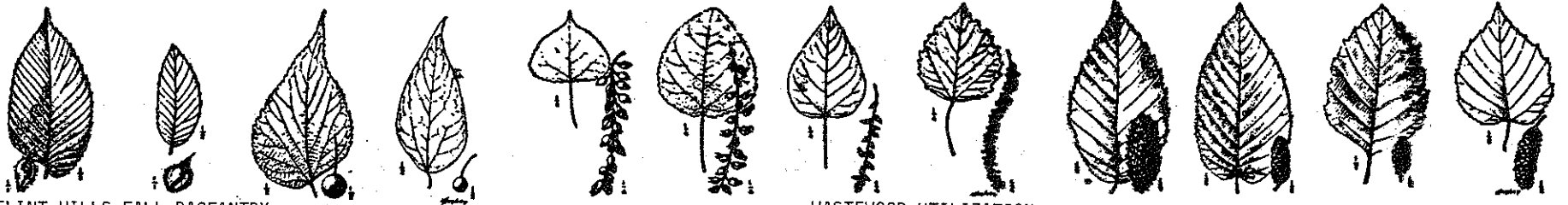
We will discuss what Kansas has to offer in the way of hiking opportunities. Emphasis will be in trail locations and their unique features. Information and guides will be available for handout. Foot trails will be emphasized and canoe trails will be mentioned.
(Jim is a member of the Kansas Trail Council and the Kansas Canoe Assoc.)

THE FLINTHILLS: SOME OBSERVATIONS

Grace Muilenburg 539-8006
Ada Swineford

One time, Thursday, Nov 13, 7pm
Location: Meadowlark Hills Recreation Rm
North Manhattan & Kimball

A slide presentation of Flint Hills scenes, with comments on geology, history, resources, and people.
(Grace and Ada are the co-authors of Land of the Post Rock and are writing a book on the Flint Hills.)



FLINT HILLS FALL PAGEANTRY

Craig Freeman

532-6619

Section I: Saturday, Oct 4, 9am
 Section II: Saturday, Oct 4, 2pm
 Location: KSU, Parking lot south of Ackert Hall
 Limit: 20 per section

Are you inspired by Mother Nature's fall floral pageantry, and perhaps curious about some of the participants? If so, take a walk on the Konza Prairie with Craig and learn the identity and natural history of some of the Flint Hills' autumnal wildflowers. (Craig is a KSU graduate student in botany and has actively participated in compiling the Konza Prairie flora.)



PRAIRIE WILDFLOWERS

Gene Towne

539-0353

One time, Saturday, Sept 27, 10am, raindate Oct 4
 Location: KSU, Parking lot north of Waters Hall

Learn to easily identify wildflowers and obtain tidbit information about each plant by joining in a walk through the Flint Hills. (Gene is a research assistant in Range Management.)

PRAIRIE GRASSES

Gene Towne

532-6101

One time, Wednesday, Sept 24, 6pm, raindate Sept 25
 Location: KSU, Parking lot north of Waters Hall

All grasses are not alike! A tour through the prairie will focus on identifying characteristics and interesting information on grass species common to the Flint Hills.

MUSHROOMS

Elizabeth Moses

537-4300

One time, Wednesday, Oct 8, 7pm
 Location: Manhattan Public Library
 Juliette & Poyntz

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

INDOOR BONSAI

Carl Clayberg and Kent Kimmins

532-6170

One time, Friday, Oct 3, 8-10pm
 Location: UFM Banquet Rm
 Limit: 25

The ancient oriental art of growing shaped trees in pots does not take years to accomplish. If you would like to learn how it is done, particularly with houseplants, come and find out about techniques, sources of materials, and literature. (Carl and Kent teach courses at KSU in the Horticulture Department on houseplants and flower arrangement, respectively.)

SAINTPAULIA: AFRICAN VIOLETS

Mary Lou Durham

One time, Monday, Sept 29, 7pm
 Location: UFM Conference Rm
 Limit: 15

This class will touch on the basics of African Violet propagation, display, and care. Artificial lighting ideas will be shared also. Be prepared to present problems you have had with growing violets in order that we may discuss them. (Mary Lou is past president and presently secretary of the local chapter of the American African Violet Society.)

WASTEWOOD UTILIZATION

Harvey Lerman

537-0056 Ext.266

One time, Wednesday, Sept 24, 7pm
 Location: Park Shop, City Park
 Limit: 30

The City of Manhattan Forestry Division is now processing most of its wastewood into firewood and woodchips. Our wood is derived from pruning and tree removal operations on city right-of-ways and parks. The valuation of wastewood as a natural resource will be discussed, as well as the potential usages for municipal wastewood by-products. (As Forestry Supervisor, Harvey views wastewood utilization as a desirable alternative to the ultimate waste of the city's natural resources.)

WOODLOTS: FINDING THEM AND WORKING OUT CUTTING/SHARING AGREEMENTS

Jim Converse

532-5984

One time, Thursday, Oct 9, 7:30pm
 Location: UFM Conference Rm
 Fee: \$2 handbook, pay at class

Some farmers and rural landowners would, if contacted, be glad to have dead wood removed at no cost. Others want a share in the harvest. The class will cover locating wood, arranging for sharing arrangements, and ongoing maintenance plans. A woodcutting tool inventory and rent/share arrangements will also be discussed. (Jim builds woodburning adobe stoves.)



POTPOURRI AND SACHETS

Dale Anderson

1-494-2540

Wednesdays, 7pm, one time each section
 Section I: Oct 1 Section III: Oct 15
 Section II: Oct 8 Section IV: Oct 22
 Location: Herb Patch, 6 mi east on Hwy 24 (south side)
 Fee: \$1, Pay at registration

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

FIREWOOD PROCESSING

Len Gould, Fred Atchison, Ray Aslin

532-5752

One time, Tuesday, Sept 30, 6pm
 Location: Forestry Building
 2610 Claflin Rd

A field trip will be taken to discuss and demonstrate processing firewood, BTU ratings, timber management, timberstand improvement and chainsaw safety. Wear field clothes. A packet of publications will be handed out. (Len, Fred and Ray are Extension Foresters.)

CHILDREN'S FALL GARDENING

Dick Mattson

532-6170

Saturdays, 10am-12 noon
 First Meeting: Sept 13 until frost
 Location: Community Gardens
 9th & Riley Lane

Late fall gardening experiences for children (4-12 years), harvesting, mulching, etc. A small geodesic dome greenhouse will be constructed. The raised bed garden program with senior citizens will be jointly held with the children's class. (Dick is a professor of Horticulture at KSU.)





FALL - WHAT TO DO IN YOUR BACKYARD

Jim Lindquist

776-4781

One time, Tuesday, Sept 23, 7pm
Location: Cico Park, Pottorf Hall

Jim will tell you how to take care of your shrubs and lawn. Included will be pruning, fertilizing, weed control and overseeding. (Jim is director of the Riley County Extension office.)

HOME FLOWER GARDENING AND LAWN CARE

Tim Lindemuth

532-6415

One time, Tuesday, Sept 23, 6:30-9:30pm
Location: 500 Denison Ave.
Limit: 20

Learn basic tips to beautify your home through effective flower gardening. Gain insight on how to improve soil condition, grow flowers from seed and save money, preparing and maintaining flower beds, planting arrangements and summertime care. Lawn care discussion will center on how to fertilize, seed, water and control weeds. (Tim has done home gardening for a number of years and has received Manhattan's Yard-of-the-Week Award twice.)

HOME AQUACULTURE/HYDROPONICS

Bob Kirk

539-8484

One time, Sunday, Oct 5, 2pm
Location: 1410 Yuma

Fast-growing Tilapia hybrids and other fish can grow in your basement or backyard. These systems range from artful, cheap, and biologically complex to easy, not-so-cheap, and mechanically complex. We will also introduce the floating lettuce island. Extra Tilapia are available. (Having successfully raised these fish in his backyard, Bob is convinced they'll be even easier indoors.)

HARVEST AND STORAGE OF VEGETABLES

Chuck Marr

532-6170

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

Would you like to have fresh tomatoes for Thanksgiving dinner, squash for Easter, and potatoes, onions and other vegetables all winter long? Home storage, outdoor storage, and tips for handling vegetables will be discussed. (Chuck is an Extension vegetable specialist at KSU.)

David Weyerts

One time, Sunday, Oct 5, 3pm
Location: Rt 3, Zeandale

A farm fun-packed day is planned for handicapped individuals in the area. Activities will include tours of the animals, games and refreshments. You will be contacted for transportation. (David has helped with the Arts for the Handicapped group for four semesters.)

Fine Arts

For information about Fine Arts call Rosemary Dukelow at 532-5866.

ART ENVIRONMENT

Renee Weil

776-7874

Tuesdays, 7:30pm
First Meeting: Sept 30
Length: 6 times
Location: KSU, Justin Hall, Rm 249
Limit: 25

Renee will be teaching basic art and helping to improve art skills. The class will study the meaning of art and also practice drawing, water color and work toward an understanding of color theory. (Renee has a B.A. in drawing and an education degree.)

CHINESE PAINTING & CALLIGRAPHY

Sue Hu

539-6192

Section I: Sunday, Sept 28, 2:30-5pm
Section II: Sunday, Oct 12, 2:30-5pm
Section III: Sunday, Oct 19, 2:30-5pm
Length: One time, each section
Location: UFM Conference Rm

Learn how to handle the tipped brushes to write the eight basic strokes in calligraphy. Apply the skills on painting bamboos, wild orchid and chrysanthemums. Enjoy the tranquil move of you, your brushes, the paper and the ink. (Sue has taught painting before.)

JAVA JIVE

David Kamerer

776-7887

Sign up and you will be contacted

Java Jive is UFM's coffeehouse. This fall we will meet more regularly to program more variety. We welcome your suggestions and input on new directions we can take.

LANDSCAPING FOR ENERGY CONSERVATION

Darrell Westervelt

539-2671

One time, Tuesday, Oct 21, 7pm
Location: Manhattan Public Library
Juliette & Poyntz

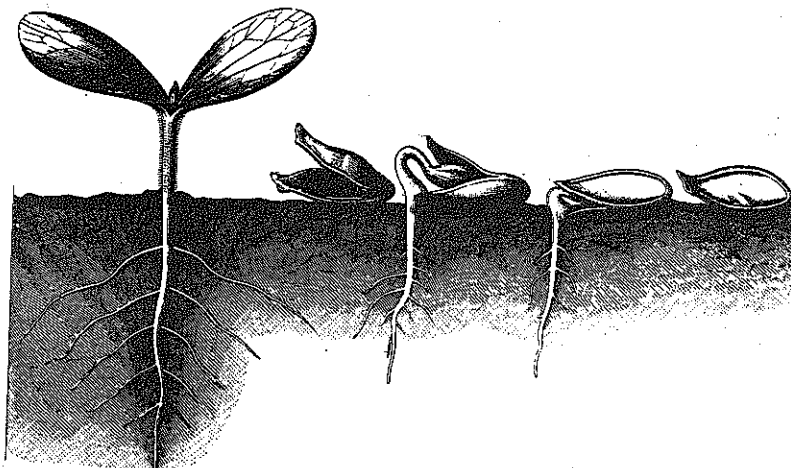
This lecture and slide presentation will illustrate the selection and placement of trees, shrubs, evergreens and modification of land forms to conserve energy needed to heat and cool the home. (Darrell has 25 years experience in landscaping.)

HARVESTING, CLEANING AND STORAGE OF SEED

Bob Dayton

One time, Thursday, Nov 6, 7:30pm
Location: Soil Conservation Service
Plant Materials Center

The course will be largely directed toward harvest, cleaning and storage of native plant materials, both prairie wild flowers and grasses. Various types of seed cleaning techniques and machines will be demonstrated. Directions: Turn right on McDowell Creed Rd just past the viaduct. Continue 10 miles to Ashland Bottoms, turn right, and follow the signs to the center. (Bob is manager of the Manhattan SCS Plant Materials Center.)



VISITORS' DAY AT THE LAND INSTITUTE

Sunday, Oct 12, 1:30-5pm (carpool at UFM at 11:30am)
Location: Rt 3, Salina (maps provided)

The Land Institute is a place where students receive college credit for participating in alternative projects with windmills, solar collectors, earth houses, and composting toilets. After an introduction to the history and philosophy of The Land Institute, participants will take a tour, then meet in small groups to discuss particular problems in the search for sustainable alternatives in agriculture, energy, shelter and waste management. Everyone will get back together for concluding lecture and discussion.

(Each fall, The Land Institute schedules a Visitor's Day, not as an open house for guests to wander around, but as a substantive program with challenging intellectual involvement for visitors.)

COUNTRY WESTERN SWING DANCE

Pat Dreese & Sue Rieger	(Sections I & II)	539-4898
Don Bogard	(Section III)	776-9621
Marge Heekin	(Section IV)	539-2750
Tom Hadden	(Section V)	539-4641

Location: Cowboy Palace, 209 Poyntz (all sections except V which will be in the UFM Fireplace Room)

Section I:	Tuesdays	7:30-9pm	Limit: 16 persons
First Meeting:	Sept 30	Length: 3 times	
Section II:	Wednesdays	7-8pm	Limit: 15 couples
First Meeting:	Oct 1	Length: 4 times	
Section III:	Mondays	7-8:30pm	Limit: 15 couples
First Meeting:	Sept 22	Length: 4 times	
Section IV:	Thursdays	7:30-8:30pm	Limit: 16 persons
First Meeting:	Sept 25	Length: 3 times	
Section V:	Sundays	2-3:30pm	Limit: 20 persons
First Meeting:	Sept 29	Length: 4 times	

Learn the basic steps, turns and patterns of country western swing dance. With these fundamental skills in hand, students may then improvise various patterns as they begin to enjoy the dance more. (Sue and Pat have taught this class before, Don has been dancing for 3 years, Marge has taught people to dance, and Tom has been dancing for

STAINED GLASS DEMONSTRATION

Bob Lindsay

776-5446

Section I: Monday, Sept 22, 7:30pm
Section II: Monday, Sept 29, 7:30pm
Section III: Monday, Oct 6, 7:30pm
Length: One time each section
Location: 800 Knox Lane
Limit: 15

Stain glass windows are beautiful to see, to have, and to make. We'll start with a pattern, and then build, solder and waterproof a completed window. Copper foil and lead processes will be demonstrated. (Bob has been working with stained glass for 25 years.)

UFM Photography Classes

BEGINNING DARKROOM

Dan Roy, Mark Stallings 539-9314-776-4240
 Thursdays, 7-10pm
 First Meeting: Oct 2
 Length: 5 times
 Location: Manhattan Camera Shop, 228 Poyntz
 Limit: 10
 Fee: \$5, pay at registration
 Learn all you need to set up a darkroom for black and white prints.
 (Dan has taught this class for UFM before.)

BEGINNING DARKROOM

Thad Noto 776-7100
 Mondays, 7:30pm
 First Meeting: Sept 29
 Length: 2 times
 Location: UFM Darkroom
 Limit: 7
 Fee: \$20, pay at registration
 This class will teach you the basics of developing your own black and white film and printing your own picture. Fee includes chemicals, paper, and Darkroom Coop membership. Class members should bring a roll of exposed 35mm film to the first class for developing.
 (Thad is a professional photographer who works with a local photography store.)

THE ART OF DYNAMIC PHOTOGRAPHY

Pat Killough 776-6584
 One time, Wednesday, Sept 24, 7:30pm
 Location: KSU, Union, Rm 208
 Photography, your photography, can become dynamic "art," not just snapshots. We'll talk about how a photo becomes dynamic, how photography can become an art form, and some other photographic forms. If there is enough interest beyond the initial meeting, we may have additional meetings and try out some of the concepts.
 (Pat is a former professional free lance photographer in the Washington, D.C. area.) He presently teaches business law for KSU and is attorney and business manager for Lee Killough, the Novelist.)

DARKROOM COOPERATIVE

Doug Walter 532-5866
 One time, Sunday, Sept 21, 2pm (organizational)
 Location: UFM Fireplace Rm
 Limit: 25
 Fee: \$15, renewals - \$18, new members, pay at registration
 The UFM Darkroom is available on a cooperative membership basis to anyone needing access to a well-equipped facility. Equipment is capable of handling up to 11 x 14 prints and 6cm x 6cm negatives as well as 35mm. Fee includes use of the darkroom on a space-available basis and all chemicals for black and white film and print processing.
 (Doug established the UFM darkroom and coordinates the co-op.)

COLOR SLIDE PROCESSING

Thad Noto 776-7100
 One time, Monday, Oct 13, 7pm
 Location: Lens Cap, 1346 Westloop
 Limit: 8
 Fee: \$2.50, pay at registration
 Developing your own color slides may be easier than you think. This class will demonstrate how to develop and mount color slide film. We'll also discuss how to make prints from color slides as well as general information on color processing. Class participants should bring an exposed roll of 35mm Ektachrome E-6 color slide film.

DEVELOPING COLOR SLIDES - IT'S QUITE A PROCESS

Mark Stallings 539-9314 776-6434
 One time, Wednesday, Oct 1, 7-9:30pm
 Location: Manhattan Camera Shop, 228 Poyntz
 Limit: 10
 Fee: \$2.50 - pay at registration
 Bring a roll of Ektachrome slide film to this class, and I'll show you how easy it is to process it yourself. It will be a fun evening, and you'll leave with a lot of new ideas.
 (Mark owns and operates a camera shop in Manhattan.)

TALKING SLIDES

Ernie Peck and Dan Ray 537-9883-776-5049
 One time, Tuesday, Oct 28, 7-9:30pm
 Location: Manhattan Camera Shop, 228 Poyntz
 Limit: 10
 Fee: \$5, pay at registration
 Learn how to make title slides and word slides for your own presentations color slides from black and white film in less than one hour!
 (Dan had great success in this class last semester.)



BEGINNING PHOTOGRAPHY

Ernie Peck 537-9883
 Section I: Sept 23, 24, 25, 27, 29, 7-9pm, except 27th - all day
 Section II: Oct 7, 8, 9, 11, 13, 7-9pm, except 11th - all day
 Location: Manhattan Camera Shop, 228 Poyntz
 Limit: 10
 Fee: \$25, pay at class
 Four evenings and full day of instruction on how to operate and care for a 35mm camera. Film, processing, handouts and a camera are furnished. The camera must be returned but the rest is yours to keep.
 (Ernie is an instructor at KSU.)

BASIC PHOTOGRAPHY TECHNIQUES AND EQUIPMENT

Bob Habiger
 One time: Monday, Sept 22, 7pm
 Location: UFM Fireplace Rm
 Limit: 30
 Take quality photographs with a 35 mm camera. Topics to be covered include camera operation, picture composition, film types, and special equipment. In addition, Bob will show examples of some of his work.
 (Bob is a local professional photographer.)

BASIC GRAMMAR AND PUNCTUATION

Ramona Lucius 776-8520
 Mondays, 7pm
 First Meeting: Oct 13
 Length: 3 times
 Location: UFM Fireplace Rm
 Good grammar is important in your business or profession and in your everyday use. Brush up on those basics of grammar and punctuation, and make the English language work for you.
 (Ramona is a senior in English at KSU.)

WORKSHOP IN AUTOBIOGRAPHICAL WRITING

Joel Climenhaga 537-7937
 Tuesdays, 8-10pm
 First Meeting: Sept 30
 Length: 5 to 8 times
 Location: 807 Pierre
 Limit: 15
 Let's explore the creative action of writing journals, diaries and letters (writing which is frankly autobiographical). Let's read what we've written ourselves, let's read what others have written - and, above all else, let's talk about what we've written and read.
 (Joel has been a writer for 40 years and has led writing classes for more than 20 years.)

SIGN LANGUAGE

Dan McAnarney 532-4270
 Wednesdays, 3:30-5pm
 First Meeting: Sept 24
 Length: 20 times
 Location: UFM Conference Rm
 Limit: 25
 Fee: \$6, pay at registration
 Communicate in sign language both by finger spelling and signs. Classroom experience will be supplemented by some real-life activities, which may include a field trip.
 (Dan has taught past UFM sign language classes.)

SCIENCE FICTION FOR FUN AND PROFIT

Pat & Lee Killough 776-6584
 One time, Monday, Sept 22, 7:30pm
 Location: KSU, Union, Rm 208
 A general discussion meeting of the area encompassed by literary Science Fiction. Also science fiction fandom and writing science fiction will be covered. Additional meetings and possibly attending a science fiction convention will be discussed.
 (Lee is a professional science fiction writer with 3 novels on the stands and one coming out in March. Pat is her business manager.)
 (Pat and Lee have attended over 25 conventions and are in demand as guests and panelists at the science fiction conventions.)

MOUNTAIN DULCIMER SEMINAR

Linda Teener 537-0508
 One Time: Thursday, Sept 25, 7pm
 Location: 1900 Judson
 Limit: 8
 This seminar will focus on the use of basic chords in adding interest to tunes. We will learn widely applicable chord patterns in Ionian and Mixolydian tunings. Although this class is not for the absolute beginner, if you can play a few tunes, you will probably do all right.
 (Linda learned these chords from Bonnie Carol last spring and is anxious to share them.)

FLINT HILLS DULCIMER PLAYERS

Linda Teener 537-0508
 Thursdays, 7:30pm
 First Meeting: Oct 2 (organizational)
 Length: Indefinite
 Location: 1900 Judson
 We are a group of mountain and hammered dulcimer players who meet to play together, share tunes, and learn new techniques. There are no skill requirements. We generally play traditional American and British music. Players of other instruments such as guitar, fiddle, banjo, autoharp, harmonica, and spoons are also welcome.
 (Linda plays both mountain and hammered dulcimer and loves to play with other people.)

BEGINNING GUITAR

Tim Verschelden 776-3882
 Wednesdays, 7:30pm
 First Meeting: Sept 24
 Length: 8 times
 Location: KSU, Eisenhower Hall, Rm 21
 Limit: 20

We'll be going over some basic music theory that is helpful in learning to play, and gaining some understanding of the guitar. We'll also learn some guitar chords, strumming styles, picking styles, and anything else in which the class expresses an interest.
 (Tim has been playing guitar about eight years, and performs professionally occasionally.)

MOUNTAIN DULCIMER CONSTRUCTION

Linda Teener & Jim Johnson 537-0508
 One Time: Wednesday, Oct 15, 7:30pm
 Location: 1900 Judson
 Limit: 10

Building your own mountain dulcimer is fun, relatively easy and intimately involves you with your instrument. This class will explain the pleasures and problems of building your own mountain dulcimer. We'll discuss construction steps and things to watch out for as you build. We'll also cover various kits available as well as resources for building from scratch.
 (Linda and Jim both built their own mountain dulcimers and think building is almost as much fun as playing.)

BEGINNING RECORDER CLASS

Vicki Shult 776-9911
 Mondays, 7pm
 First Meeting: Sept 22
 Length: 10 times
 Location: Westron Wynde - Aggieville
 Limit: 10
 Fee: \$6, pay at class for music book

Basic knowledge of music reading is assumed. Students who do not read music will need to work harder to keep up. Class time emphasis will be on developing intonation and making music as an ensemble. Bring recorder and music stand.
 (Vicki has studied recorder and historical instruments at the University of Florida's early music program.)

RECORDER ENSEMBLE

Vicki Shult 776-9911
 Mondays, 8:15pm
 First Meeting: Sept 22
 Length: 10 times
 Location: Westron Wynde - Aggieville
 Limit: 10
 Fee: \$5, pay at class

Class will assume a basic knowledge of music reading and an octave and a half of fingerings. Music selected will depend on individual and group abilities and will include use of small percussion and other instruments. Bring recorder(s) and music stand. Object: music making and ideas of how to form your own playing group.

THE HARP - AN INTRODUCTION

Florence Schwab 539-4020
 One Time: Sunday, Sept 28, 4:30pm
 Location: 413 Research Dr

Come, see, and hear my little Gothic harp, my Troubadour harp, and my large concert harp! You will have a chance to try each one and to obtain information on them. I will demonstrate the proper technique of playing and basic ideas of performance.
 (Florence teaches harp part-time at KSU and performs professionally. She is accomplished on three kinds of harps.)

BEGINNING & INTERMEDIATE BANJO

David Verschelden 537-0148
 Tuesdays, Beginning Banjo, 7:30pm; Intermediate Banjo, 9pm
 First Meeting: Sept 23
 Length: Indefinite
 Location: 738 Midland, Basement Apt.
 Limit: 8 per class

We'll cover fundamentals of three finger style, bluegrass banjo and then progress to assistance with songs. We'll learn banjo music, or tablature, too. Other styles of playing are welcome.
 (Dave has been playing banjo for 8 years.)

CLASSICAL JAM

Lou Bergen 539-1090
 Wednesdays, 7pm
 First Meeting: Sept 24
 Length: Indefinite
 Location: 611 Laramie

Classical musicians who want to find partners for ensemble playing should come to the first meeting. We'll split up into small groups - duets, trios, quartets, etc - according to personal preference. Bring any ensemble music you have.
 (Lou has studied classical violin for years and loves to play with others for fun.)

MUSICAL INSTRUMENT MAINTENANCE

Chris Banner 776-6562
 One Time: Saturday, Oct 11, 10am-12 noon
 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 seven years and repairs all University instruments.)

MAGIC FOR FUN

Ken Garwick 539-1519
 Tuesdays, 8pm
 First Meeting: Sept 23
 Length: 8 times
 Location: KSU, Eisenhower Hall, Rm 121

Behold! The Wizards of Oz will teach you the wonders of magic, including basic tricks, information and closeups with cards and coins. This class will be taught by different members of Manhattan's own magic group, the Wizards of Oz. Bring four quarters or half dollars, a deck of cards, and a handkerchief. Be prepared to be surprised.
 (Ken has performed around Manhattan and Ft. Riley. He has been interested in magic for 9 years and is president of Wizards of Oz.)

JUGGLING

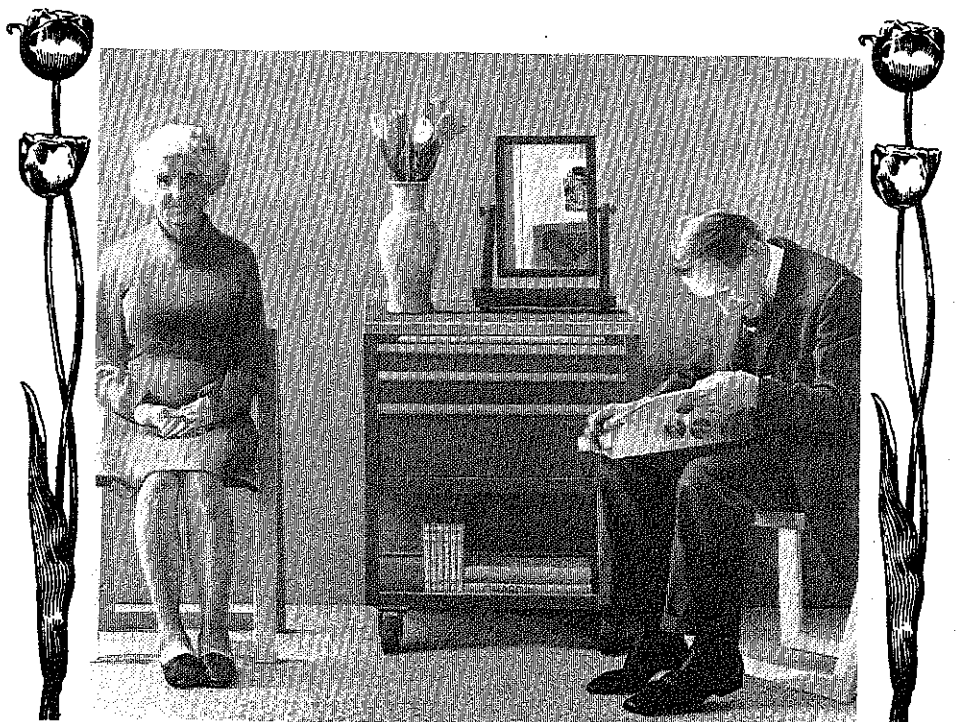
Steve Parrott 776-3100
 Thursdays, 7pm
 First Meeting: Oct 16
 Length: 4 times
 Location: UFM Banquet Rm
 Limit: 20

Even so-called uncoordinated folks find juggling unbelievably easy to learn. Beginners and experts are welcome. We can exchange moves and routines and we can also build props like clubs, hoops, and bags.
 (Steve has been juggling for many years.)

UNDERSTANDING CINEMA

Dave Kamerer and Ron Hoffman
 Sundays, 6pm
 First Meeting: Sept 28 Length: ongoing
 Location: UFM Fireplace Rm
 Fee: pay for admission

We'll attend movies coming to Manhattan that have artistic value, and talk about the elements that help them function as works of art.
 (Dave studied film at University of Southern Illinois and Ron has been interested in film for years.)



Even at my age of 85, I continue to learn every day. I wish that while still possessing the knowledge and wisdom acquired during these many years (which seem so few to me now), I might be a young physician again, hoping to enjoy life even more than I have enjoyed my present life now drawing to a close.

Paul Dudley White
 The New York Times, October 10, 1971

International Foods

CHINESE COOKING WITH NO SWEAT

Daniel Fung

532-5654

Thursdays, 7-9pm

First Meeting: Oct 9

Length: 6 times

Location: KSU, International Student Center

Limit: 16

Fee: \$18, pay at registration

In six sessions we will present six full Chinese meals designed for busy people. We will use authentic ingredients in the Southern Chinese tradition with a dash of Chinese culture and philosophy thrown in. We will prepare, cook and eat.

(Dan ate his way through Southern China and 25 countries and has been the Manhattan Mercury cook of the week - a whiz with the wok.)

THE BASICS OF CHINESE COOKING

Becky Schipper

One time: Saturday, Oct 25, 5pm

Location: Johnson Hall, Manhattan Christian College
14th & Laramie

Limit: 6

Fee: \$3.00, pay at registration

An introduction to the types and uses of basic Chinese cooking utensils. We will prepare and eat a vegetable, a meat, and a specialty dish.

(Becky has enjoyed Chinese cooking since her senior year in college.)



SANDWICHES AROUND THE WORLD

Emily Thomas

539-3428

Thursdays, 7pm

First Meeting: Sept 25

Length: 6 times

Location: UFM Kitchen

Limit: 10

Fee: \$3.00, pay at registration

How do people in other countries handle their Big Mac attacks? With sushi, falafil, blintzes, pasties, samosa, and tacos. Learn how to make a sampling of sandwich-type foods all over the world. Lots of good eating. (Emily has eaten her way around five continents searching for new substitutes for hamburgers and fries.)

ALIMENTOS DE MEXICO: POLLO Y LEGUMBRES

Cecelia y Sabino Martinez

537-2853

One time, Monday, Sept 22, 6pm

Location: UFM Kitchen

Limit: 15

Fee: \$3.00, pay at registration

Mexican cooking at its best combines a wonderful variety of vegetables with economical poultry. We will create such traditional Mexican favorites as caldillo (chicken soup), tortillas de maiz, pollo (chicken) with zanahorias y chicharos (carrots and peas), aguacates (avacados), judías (green/beans) - all prepared with traditional Mexican flair. (Cecelia and Sabino love to cook and enjoy leading this popular UFM class.)

INTERNATIONAL COOKING

Lois Morales

539-8867

Wednesdays

First Meeting: Sign up and you'll be contacted

Length: Every other week, indefinitely

Are you interested in learning to cook foreign foods the authentic way? With the help of members of the international community of Manhattan, we will learn how to make exotic dishes as they are prepared in the countries of their origin. The cost of each meal ranges from \$1.50 - \$4.00. Each member of the class will take responsibility for organizing and hosting a session.

(Lois has coordinated this class for years.)



Food For information about Food call Julie Govert Walter at 532-5866

BASICS OF BREAD

Martha Cornwell

532-6260

Section I: Tuesday, Sept 23, 7pm

Section II: Wednesday, Sept 24, 7pm

Location: 3100 Heritage Ct #93

Limit: 6

Fee: \$1.50, pay at registration

Remember how good homemade bread smells baking? Come and learn the steps in making perfect yeast breads. Special emphasis will be placed on using whole wheat flours.

(Martha is a registered dietitian and a 4-H Breads project leader.)

ADVANCED HOME BREADMAKING

Pat Dreese

539-4898

Saturdays, 7am-12 noon

First Meeting: Oct 11

Length: 3 times

Location: American Institute of Baking

1213 Baker's Way (meet at front doors)

Limit: 8

Fee: \$2, pay at registration

This course will teach techniques useful to the home breadmaker. Some information will be given about commercial bread production methods. (Pat is a graduate of the KSU Dept. of Grain Science and is an employee of the American Institute of Baking.)

QUICHE

Janet Washburn/Lori Bergen

539-1090

Tuesdays, 7pm

Length: 2 times, Nov 4 and Nov 11

Location: 611 Laramie

Limit: 12

Fee: \$1, pay at registration

We will be going over the history of quiche and the different variations that can be prepared. The last section will be a quiche party.

(Quiche is one of Janet and Lori's favorite specialties.)

A CHILD LEARNS TO EAT

Mary P. Clarke

(office) 532-5773

One time, Tuesday, Sept 30, 7:30-9pm

Location: 241 Ridge Dr

Limit: 16

Anyone caring for children knows that feeding them can be difficult. In this informal and entertaining evening, learn about what and how to feed them, eating from a child's point of view, and how adults influence children.

(Mary has a Ph D in Foods and Nutrition, is a registered dietitian, and is a mother. She is currently an Extension Specialist in Nutrition Education at KSU.)

LA LECHE LEAGUE

Kay Ring, Vicki Maline

539-2468

One time, Saturday, Oct 18, 10am

Location: UFM Conference Rm

Wondering about breastfeeding or if you should attend a LaLeche League series? Come and find out what we are all about. Fathers are welcome at the session, as are babies.

HOMEMADE BABY FOOD

Marty Hartford

776-3389

One time, Saturday, Oct 4, 11am

Location: UFM Kitchen

Limit: 15

Fee: 50¢, pay at class

We will discuss how to prepare good, nutritious first food for our babies. The class can share ideas and recipes, and see a demonstration on baby food preparation. (Marty has made baby food for her two children.)

NUTRITION IN ACTION FOR KIDS

Pat Tubach

776-4781

Mondays, 3:45pm

First Meeting: Oct 6

Length: 8 times

Location: Douglass Center Annex, 9th and Yuma

Limit: 4th, 5th and 6th graders

NAK will make nutrition come alive with preparation, cooking, tasting, games, and discussion. One nutrient will be worked on each session. There will be recipes with nutritional information as well as buying and storage hints for children to take home to their families. (Pat has 10 years experience with Extension's Expanded foods and Nutrition program and loves to cook with kids.)

14 Foods

BIG IDEAS IN NUTRITION

Kayann Heinly

776-4781

Mondays, 1:30-3pm

First Meeting: Oct 6

Length: 4 times

Location: Extension Offices, Meeting Rm, 105 N 5th

Limit: 15

Fee: \$1, pay at registration

You can learn to plan nutritious and economical meals based on the Four Food Group System. A workbook and reference book will be provided for each participant.

(Kayann is Riley County Extension's Home Economist.)

DEALING WITH SUGAR-FREE DIETS

Avis Taylor

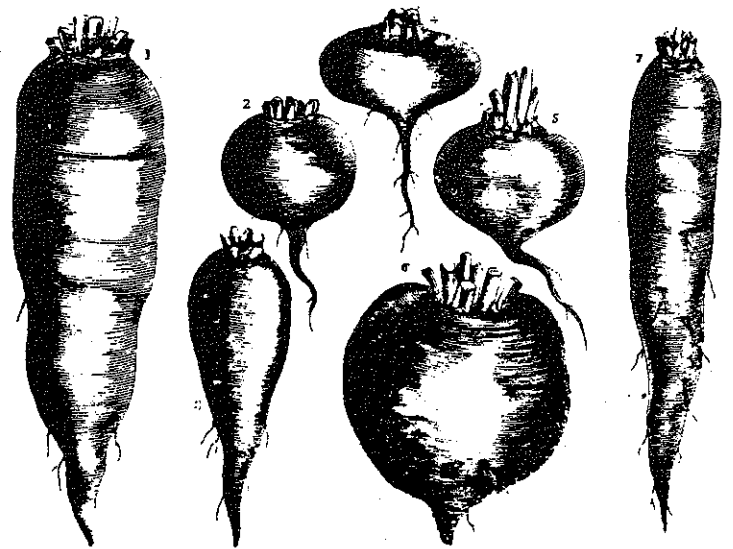
One time, Monday, Oct 6, 7pm

Location: Carlson Plaza, 425 Pierre

A sugar-free diet means you can still have dessert - and eat it too.

This class will focus on how to live with a low-sugar or sugar-free diet. We will learn tricks for adjusting favorite recipes to meet dieting requirements and discuss ways of keeping that "left out feeling" out of mealtime.

(Avis has worked with food all her life and is a former Extension Home Economist.)



CONSCIOUS EATING

Lisa Costlow

499-5397

Wednesdays, 7:30pm

First Meeting: Oct 29

Length: 4 times

Location: UFM Kitchen

Limit: 15

We will discuss vegetarian cooking, simple food combining and try out new recipes. We will also take a tour of People's Grocery and the local health stores. We'll discuss our eating habits and become more aware of what we eat and why.

(Lisa has been learning about natural foods for 5 years and has taught similar classes through Olsburg's OREO program.)

COOKING FOR ONE OR TWO

Lori Bergen, Janet Washburn

539-1090

One time, Monday, Oct 6, 7pm

Location: 1011 Laramie

Limit: 12

Most foods are packaged for large families; singles and couples end up with useless leftovers. We'll talk about ways to buy and store food in small quantities. We'll also discuss ways to combine and prepare interesting and delicious recipes. If you have favorite recipes bring them along to exchange.

(Janet and Lori have been experimenting with small quantity cooking for four years.)

MEAL PLANNING ON A BUDGET

Emily Thomas

539-3428

Tuesdays, 7pm

First Meeting: Sept 30

Length: 5 times

Location: UFM Kitchen

Limit: 15

Fee: \$2.50, pay at registration

During this class we will discuss some basic guidelines for planning meals that are both inexpensive and nutritious. Then we will make and sample some dishes that taste great, despite the fact that they're cheap and good for you!

(Emily is a foods and nutrition teacher who doesn't have very much money.)

COUPONS AND REFUNDS

Warrene Peterson

537-2699

One time, Monday, Oct 20, 7pm

Location: UFM Banquet Rm

Fee: \$2.50, pay at registration

With the use of coupons, the expense of groceries can be reduced. Refunding is an easy way to extend limited resources. Many refunders have found that they are saving 50% of the amount they spend at the grocery store.

(Warrene is a refunder who enjoys telling others how they can save money on their grocery bills.)

A HEALTHY ALTERNATIVE TO HIGH-PRICED FOOD

Kate Cashman

539-4811

One time, Thursday, Sept 25, 7:30pm

Location: 811 Colorado (People's Grocery)

If you shop for "health foods," and aren't acquainted with People's Grocery, you may be missing substantial savings. As a cooperative, our business differs in many ways. We'll talk about how the store operates, do some product and price comparisons, and explore benefits of eating whole foods.

(Kate is the manager of People's Grocery, and consumes substantial amounts of whole foods.)

ENTERTAINING ON A BUDGET

Cheryl Smith Strange

776-0473

Thursdays, 7pm

First Meeting: Nov 20

Length: 2 times

Location: 2411 Buttonwood Dr

Limit: 10

Fee: \$1, pay at registration

This class will offer tips on entertaining when money is short. At the first meeting we'll prepare great makings for an hors d'oeuvre party. Then we'll make plans for a second low-budget gathering. We'll share expenses for this. Ideas for holiday season entertaining will be part of this class.

(Cheryl enjoys experimenting with food and inflation hasn't stopped her from entertaining in her home.)

SPROUTS!

Kate Cashman

539-4811

One time, Tuesday, Sept 30, 7:30pm

Location: 811 Colorado (People's Grocery)

Limit: 20

Fee: 50¢, pay at class

Sprouts are delicious and nutritious, and a real food bargain. We'll talk about what to sprout, how to sprout and share recipes.

(Kate has been eating natural whole foods for several years and as a result of sprouting has sworn off iceberg lettuce.)

WINE AND CHEESE ENJOYMENT

Frank Gilbert

539-0445

David Kamerer

776-7887

Fridays, 7:30pm

First Meeting: Sept 26

Length: 3 times

Location: 1421 Humboldt

Limit: 15

Fee: \$15, pay at registration

If you would like to enhance your enjoyment of wine and cheese, this course comes highly recommended. We will experience a wide variety of wines and learn how to select wines to complement every situation.

While sipping the wine, we will enjoy a host of different cheeses, both imported and domestic. This class will emphasize personal enjoyment and value. Please bring your favorite wine glass.

(David refined his appreciation of cheese while living in Europe. Frank has been teaching wine classes for several years.)

BASIC CAKE DECORATING

Ken Eckendorf

537-4169

Section I: Mondays and Wednesdays, Sept 29-Oct 15, 7-9pm

Section II: Mondays, Oct 13-Nov 24 7-9pm

Organizational Meeting: Sept 24, 7pm, both sections

Length: 6 times

Location: UFM Kitchen

Limit: 10

Fee: \$10, pay at registration

Learn the basic form of cake decorating, including borders, flowers and floral design, letter writing and some figure piping. Cake icing and some hors d'oeuvres decoration will be covered.

(Ken is an accomplished decorator, with experience in wedding cake, and specialty designs. He was Pennsylvania's youngest certified decorator at age 13.)

UNCOCKTAIL PARTY

Linda Teener

532-6434

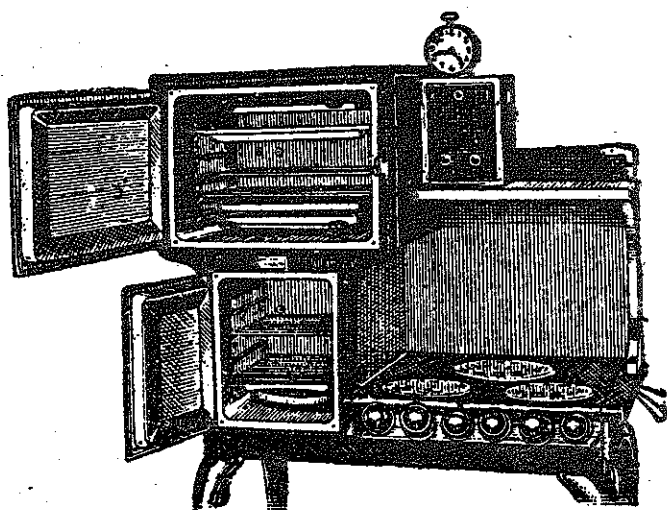
One time, Wednesday, Oct 22, 7:30pm

Location: UFM Banquet Rm

Fee: \$2, pay at registration

Titillate your tastebuds and join us in exploring party drinks that taste and look great, but offer an alternative to drinks containing alcohol.

We'll sample drinks using juices and carbonated beverages in various combinations. We'll also have snack ideas to try. Come thirsty and hungry! (Linda has taught this class several times and is always looking for new recipes to sample and share.)



BEGINNING TENNIS

Members of the KSU Varsity Tennis Team

Sundays, 8-10am

First Meeting: Sept 28

Location: KSU, Washburn Complex
Limit: 20

Length: 8 times

Fee: \$1 - pay at registration

We will learn forehands, backhands, serves, and court tactics. Bring a can of marked balls and a racquet. (These folks know their stuff.)

ARCHERY

Gail Frahm

537-2929

Thursdays, 7:30pm

First Meeting: Sept 25

Location: UFM Banquet Rm

Length: Indefinite

An archery movie will be shown and archery basics covered. The next meeting is out in the field to learn shooting techniques. (Gail has been active in archery for several years.)

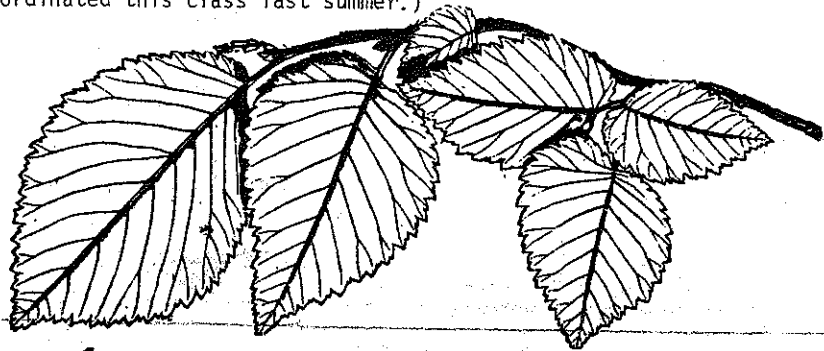
DIAL-A-PARTNER/TENNIS/RACQUETBALL/INDOOR GAMES

Neil Schanker

539-5766

Thursday, Oct 2, 5pm, UFM Fireplace Rm

This is an opportunity for you to get some challenging experience and to meet new faces. At registration, indicate the game, your skill level, days and times available, and UFM will compile a list for you. (Neil coordinated this class last summer.)



For information about Play call Neil Schanker at 532-5866

BEGINNING FENCING

Bob Deemie

537-9406

Mondays, 7pm

First Meeting: Sept 22

Location: Douglass Community Center Annex, 901 Yuma

Limit: 25

Length: Continuing

Fencing is a vigorous and challenging sport that can be enjoyed for a lifetime. Some physical conditioning will be involved in learning the basics of fencing.

(Bob enjoys the art of fencing.)

VOLLEYBALL FOR FUN

Lois Morales

539-8867

Section I: Tuesdays

Sept 23

6:30pm-8:30pm

Section II: Thursdays

Sept 25

6:30pm-8:30pm

Location: Douglass Community Center, 900 Yuma

Fee: \$1 - pay at registration

Low-key competition is a fine way to get some exercise while having a great time.

(Lois has played UFM volleyball for years.)

GOLF FOR BEGINNERS (I) AND ADVANCED (II)

Buzz Muir

532-5687

Section I: Thursdays

Oct 2 and Oct 9

5:30pm-6:30pm

Section II: Thursday

Oct 16

5:30pm-7:30pm

Location: Stagg Hill Golf Course

Limit: 10 each section

Fee: Section I - \$2, Section II - \$3, pay at class

Buzz will help you with your grip, stance, swing, and club selection, and will give advice on stroke saving. Bring equipment if you have it.

(Buzz has taught golf for over eight years.)

NOON BASKETBALL

Larry Nicholson

537-0056

Mondays, Tuesdays, Thursdays, 12noon-2pm

First Meeting: Sept 22

Limit: 15

Location: Douglass Community Center, 900 Yuma

If you're out of shape or want to keep fit, and have a good time, this class is for you. Join us for slightly competitive basketball. All ages are welcome.

(Larry enjoys a leisurely game of basketball.)

RUN FOR THE MONEY

Edith Stunkel (With assistance)

776-3624

To be arranged

Run with a purpose on September 28! This is for joggers and runners who would like to combine their athletic skills with fundraising for hunger relief and development through CROP. We will discuss CROP Services and programs, and challenge each other to maximize our fundraising potential for the CROP Walk.

(Edith has been involved in publicity for the CROP Walk for the last 3 years.)

ROLLER SKATING

Everett L. Stille

776-6175

Sundays, 1-2pm

First Meeting: Oct 5

Location: 400 Tuttle Creek Blvd

Length: 4 times

Fee: \$4 - pay at class

Techniques to be taught, depending on your skill level, include body position, jogger skating, spins, jumps and racing. (Everett has been a skating pro for over 30 years.)

OUTING CLUB

Bob Deemie

537-9406

1st & 3rd Wednesday of each month, 7:30pm

First Meeting: Oct 1

Location: UFM Fireplace Rm

This fall we will go camping, backpacking, canoeing, sky diving, spelunking, bike touring, ice skating, rappelling, rock-climbing, and skiing. (Bob is in his 4th year of fun in the Outing Club.)

INTRODUCTION TO SAILING

Gordon H. Preller

537-1110

One time, Saturday, Sept 27, 10am

Location: UFM Banquet Rm

Limit: 25

This class will cover the basics of sailing through discussion of theory with diagrams and slides. An annotated bibliography of materials available in the Manhattan Public Library and what Manhattan has to offer for rental boats, lessons and launching facilities will be examined. (Gordon has been sailing for 20 years, and racing for 10, both on the Atlantic Ocean and on the Chesapeake Bay.)

CAPTURE THE FLAG

Jim Eyestone

539-7388

One time, Saturday, Oct 4, 5:30pm

Location: UFM Parking Lot

Capture the Flag is an outdoor running game played at day and night. Each team defends a large territory while attempting to sneak through the opponent's lines and steal its flag.

(Jim has organized and played many games of Capture the Flag.)

Play

FAMILY CANOEING

Bob Poresky

539-2967

Tuesdays, 7:30pm

First Meeting: Sept 23

Location: 3016 Claflin Rd

Length: Continuing

We will learn about canoeing by going canoeing on nearby flatwater lakes and/or streams. Let's hope the weather cooperates. The first meeting is for orientation and planning Sunday afternoon trips. Participants provide their own equipment.

(Bob has led this before and wants to get out to see the fall colors.)

WINDSURFING DEMONSTRATION

Kurtis Robinson

539-1938

Section I: Wednesday

5:30pm

Sept 24

Section II: Friday

5:30pm

Sept 26

Section III: Saturday

1pm

Sept 27

Location: UFM Parking Lot

Kurt will provide a demonstration of techniques of windsurfing at the lake. Also, films may be shown on windsurfing in Hawaii or Mexico before going to the lake.

(Kurt has been windsurfing since 1974 when he learned the sport in Florida.)

Bicycle Series

INTRODUCTION TO BICYCLE TOURING

Phil Fay

539-3229

Saturdays, 1pm

First Meeting: Sept 27

Location: UFM House

Length: Indefinite

For beginners and experienced riders, we will organize a series of tours to teach efficient and safe cycling. We'll demonstrate maintenance, touring equipment, and take an overnight trip. Bring your bike to the first meeting.

(Phil is a member of the Bluemont Bike Club and is an active cyclist.)

BICYCLING FOR TEENS

Rick Summerhill

539-6796

Mondays, 6:30pm

First Meeting: Sept 29

Location: UFM House

Length: 3 times

Anxious to trade your bicycle for a car? Don't - the bicycle is one of the most efficient machines ever built. All aspects of bicycling will be discussed in this class, including maintenance, racing, touring, and just plain ol' casual riding. The three class meetings will lead up to the annual Bluemont Bicycle Club Octoberfest Criterium. No fancy bikes required and no strict age limitation. If you are a teen, over forty, or under ten, join us, and bring your bicycle.

(Rick is currently president of the Bluemont Bicycle Club.)

BICYCLE TO BREAKFAST

Rick Summerhill

539-6796

Saturdays, 7:30am

First Meeting: Sept 27

Location: UFM House

Length: 3 times

Join the Bluemont Bicycle Club for several of their weekly breakfast rides. We ride easily for an hour or so and then eat breakfast at a restaurant determined by the ride leader for that week (or by general acclamation if the ride leader is overthrown). The riding is meant to be very casual in nature and for participation by the entire family.

BICYCLE TRAINING

Rick Summerhill 539-6796
Wednesdays, 6:30pm
First Meeting: Sept 24 Length: Indefinite
Location: UFM House
Join the Bluemont Bicycle Club on some of their training rides through the Flint Hills of Kansas. Distances will vary from day to day, but will be somewhere between 25 and 100 miles. In order to participate, you should be able to ride such distances at speeds from 18 to 25 mph.

SEE SMALL TOWN KANSAS BY BIKE

Jim Converse 776-1413
Saturdays, 2pm
First Meeting: Sept 27 Length: Indefinite
Location: SW corner 3rd & Humboldt Fee: \$1 - pay at class
We will haul bikes out into the country to ride between outlying small towns. Overnights or picnics can be added later.
(Jim has been scared off most of the access roads out of Manhattan.)

AEROBIC DANCING DEMONSTRATION

Candace Althoff & Enell Foerster 537-0977
One time, Monday, Nov 10, 7:30pm
Location: KSU, Ahearn Fieldhouse, Rm 301 Limit: 40
Aerobic dancing, designed to keep you fit and having fun, combines the health benefits of jogging and dancing. Bring your tennis shoes and come ready to dance.
(Candace and Enell are both certified Aerobic Dancing instructors in Manhattan.)

AEROBIC EXERCISE

Kathy Higgins
Section I: Monday & Wednesday 6:30pm Sept 22
Section II: Tuesday 6:30pm Sept 23
Length: Indefinite
Location: 709 Bluemont Limit: 20 each section
Dig out the ol' tennis shoes and get in shape with Kathy. Participants are welcome to share their favorite exercises.
(Kathy wants to get in shape and meet some folks.)

BACKGAMMON

Mark Wagner & Mike Wilson 532-5866
One time, Tuesday, Sept 23, 7pm Location: UFM Banquet Rm
Backgammon is a very simple game of skill that has really caught on recently. After a general overview of the rules and some standard moves, we will play some games. That's the best way to learn. If you have a backgammon set, please bring it.
(Mark and Mike have played thousands of games of Backgammon.)

TABLETOP GAMES AND LOW KEY LEGERDEMAIN

Glenn M. Busset 532-5800
One time, Tuesday, Sept 30, 7-9pm
Location: UFM Banquet Rm
Limit: 20 Fee: 25¢ - pay at class
This class consists of puzzles, some sleight of hand and games that require very little preparation of equipment such as a pencil, handkerchief or single sheet of paper. These are a collection of parlour games, the way people used to entertain themselves and their families before our electronic age.
(Glenn learned many of these games as a Coffey County 4-H member, from leaders across Kansas, and a few while working in other social systems.)

CANDIDATE: PRESIDENTIAL ELECTION GAME

Mark Shaw 537-2378
Wednesdays, 7pm
First Meeting: Sept 24 Length: Indefinite
Location: UFM Fireplace Rm
Be a presidential candidate this fall. Blaze your own campaign trail by gathering contributions, campaigning, fundraising, spending money on advertising, traveling, poll-taking, battling for key states, and, if you wish, pulling dirty tricks. If successful, you are elected President.
(Mark is the inventor and designer of Candidate.)

GAMES TO TEACH CHILDREN

David Hursh 776-7350
One time, Saturday, Oct 11, 1-4pm
Location: Living-Learning School, 1011 Osage
Limit: 15 Fee: \$3 - pay at class
We'll make and play games of all kinds, fun games that teach children about math, thinking and themselves.
(Dave has been active in innovative education for years.)

KID KARDS

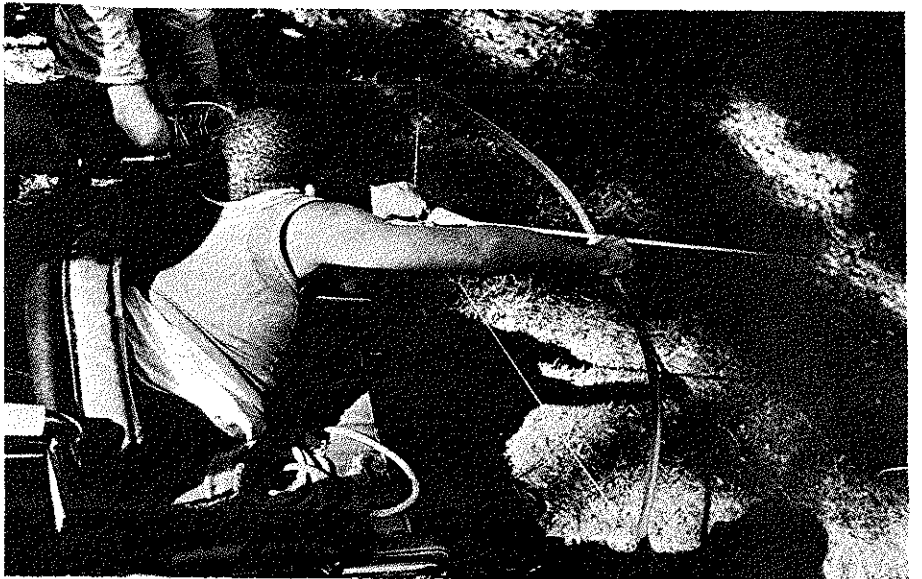
Avery Demby 776-4125
2 times, Thursdays, Oct 2, 9, 6:30-8:30pm
Location: UFM Banquet Rm Limit: 10 (ages 8-12 years)
Learn some simple and new card games. Avery is planning for those long winter nights ahead. Come have some fun with us and bring your own deck of cards if you can.
(Avery goes to Living-Learning School and enjoys card games.)

BASIC SCUBA

George C. Halazon 532-5840
Organizational Meeting: Monday, Sept 22, 5:30pm
Location: KSU, Umberger Hall, Rm 10
Pool Practice: Saturdays, 5-7pm, KSU Pool (Natatorium)
Fee: \$27 - pay at registration
PADI (Professional Association of Diving Instructors) approved class including pool, classroom and open water work leading to certification as Basic Diver by PADI.
(George has 20 years experience teaching and was a founding member of PADI.)

PRE-WATER BABIES

Charmaine Mazzia 537-2013
One time, Wednesday, Oct 22, 7pm Location: UFM Fireplace Rm
A dry-land presentation on the best way to introduce your infant to the water and at the same time take advantage of the newborn's natural swimming instinct. The infant's capabilities at this age in the water, swimming lessons in the bathtub, and the parent's role in the exercise will be discussed. Infants are welcome.
(Charmaine has taught swimming to children from 6 months to 16 years.)



WATER BABIES (6 to 18 MONTHS)

Charmaine Mazzia 537-2013
Saturdays, 9am
First Meeting: Oct 4 Length: 4 times
Location: KSU, Natatorium Pool
Limit: 10 parent/child couples Fee: \$1 - pay at registration
This class will concentrate on teaching parents how to have fun and enjoy the water with their babies. Emphasis will be placed on building the baby's confidence in the water and water safety.

TINY TOTS (18 months to 3 years)

Charmaine Mazzia 537-2013
Sundays, 11am
First Meeting: Oct 5 Length: 4 times
Location: KSU, Natatorium Pool
Limit: 10 parent/child couples Fee: \$1 - pay at registration
This class will deal with methods of teaching the very young child the basics of swimming and personal water safety, for example, backfloating and survival floating. Emphasis will be placed on parent and child relaxing and enjoying the water.

SWIMMING

- A. Young Beginners (4 & 5 years old)
Suzy LeValley 776-7184
Sundays, 10-11am Sept 28 - Nov 2
- B. Kids Beginners (6-8 years old)
Donna Snyder 776-0935
Sundays, 9-10am Sept 28 - Nov 16
- C. Adult Beginners
Emily Kling 532-5800
Saturdays, 10-11am Sept 27 - Nov 15
- D. Adult Intensive Beginners
Tom Deaver 537-2962
Saturdays, 9-11am Sept 27 - Nov 22
- E. Adult Intermediates
Barb Stork 776-4243
Saturdays, 11-12noon Sept 27 - Nov 15

ALL CLASSES: Location: KSU, Natatorium Pool
Limit: 10 per class
Fee: \$1 - pay at registration



Self For information about Self call Dave Verschelden at 532-5866

SINGLE IN MANHATTAN

Steve Medall 776-0857
Wednesdays, 8:30pm Length: Indefinite
First Meeting: Sept 24 Location: Sign up and you will be contacted
This class will involve a discussion of being single - particularly in Manhattan. It is planned to be a sharing, supportive experience. (Steve is a graduate student in KSU's Family and Child Development Dept.)

I'M OK--YOU'RE OK WEEKEND

Don Fallon 539-4451
Friday, 7:30-10pm, Saturday, 9am-4pm
Length: One weekend
First Meeting: Nov 7, 8
Location: Ecumenical Christian Ministries, 1021 Denison Ave
Limit: 15
This weekend is an introduction to Transactional Analysis and the use of TA tools for growth and awareness, self-understanding, ability to relate to other persons in creative ways. It will also provide help in undoing the programmed responses and patterns of the past, and liberating the self for creative and open living in the present.

INTRODUCE YOUR RELATIONSHIP TO TRANSACTIONAL ANALYSIS

Don & Irmie Fallon 539-4451
Thursdays, 7:30pm Length: Indefinite
First Meeting: Sept 25 Location: Ecumenical Christian Ministries, 1021 Denison Ave
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. Emphasis will be given to developing skills in handling conflict, developing a healthy fight style and coping with feelings of anger, sex or love. Trust, caring, confidentiality and options will be stressed. (Don is Lutheran Campus Pastor and also works with the KSU Center for Student Development. Irmie often co-leads with Don in workshops for couples.)

SHEDDING SOME LIGHT ON RELATIONSHIPS

Steve Lundberg
Tuesdays, 7:30-9pm Length: 12 times
First Meeting: Sept 30 Location: UFM Conference Rm Limit: 12
This class deals with relationships to self, neighbor, and God; and how to be effective with each. (Steve has traveled extensively, and graduated from KSU in 1977.)

MYSTICISM IN EVERYDAY LIFE

Nabiuddin Nelson 468-3631
Every other Thursday, 8pm Length: 4 times
First Meeting: Oct 2 Location: UFM Fireplace Rm Limit: 15
This will be a class in applied religion as it is experienced through spiritual practices in breath, meditation, walking, dancing, chanting, and singing. Please bring a pillow and wear loose clothing. (Nabiuddin is a student of the Sufi path, which is dedicated to the unity of all religions.)

INTRODUCTION TO ZEN BUDDHISM PRACTICE AND PHILOSOPHY

Leon Rappoport 532-6850
Thursdays, 9-10:30pm Length: 3 times
First Meeting: Sept 25 Location: KSU, Justin Hall, Rm 341
Zen Mind Beginner's Mind by Shunryu Suzuki Roshi will serve as the basis for class discussion. The class will also include taped lectures and zazen (meditation) instruction. (Leon is a psychology professor.)

SUFI DANCING

Nabiuddin Nelson 468-3631
One Saturday per month, 7:30pm Length: 3 times
First Meeting: Sept 20 Location: KSU, International Student Center Limit: 30
A union of folk-style circle dancing and sacred songs and chants, these dances renew one's harmony with one's fellow beings.

MULTIMEDIA FIRST AID/CPR

Enell Foerster 537-0977
Multimedia First Aid: Saturday, Oct 18, 8am-5pm
CPR: 2 afternoons, 1-5pm, dates to be announced
Location: Red Cross Office
208 Poyntz
Limit: 10 per class
Fee: Multimedia First Aid; \$6, pay at class; CPR, \$4, pay at class
Participants will earn Red Cross certification from certified instructors. (Enell is a certified instructor in First Aid and CPR.)

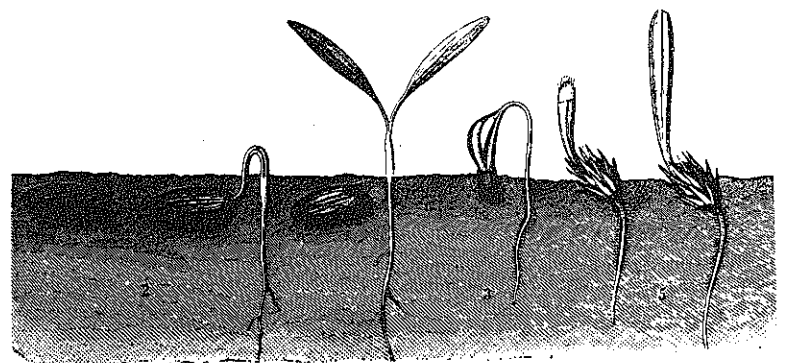
18 Self

WOMENS RESOURCE CENTER PROGRAMS

Cathy Stackpole 532-6541
Support Group Organizational Meeting: Sunday, Sept 21, 4pm
Location: KSU Union, Rm 212
Panel Discussion: Wednesday, Sept 23, 7-9pm, Was Jesus a feminist?
KSU Union, Big 8 Rm
Wednesday, Oct 21, 7-9pm, Are Women Oppressed?
KSU Union, Rm 212
Nooners: KSU Union, State Rm 3, 12-1pm
Sept 23, Sexual Harrassment
Oct 1, Two Career Families
Nov 18, Fat is a Feminist Issue
Every Thursday: Topics in the Women's Movement
Come and meet new people to share ideas, feelings and problems with. Groups may be general or deal with specific topics. (Sexuality, being away from home, etc.)

INTRODUCTION TO APPROPRIATE ASSERTIVENESS

Margaret Nordin 532-6434
Fridays, 8:30-10:15am Length: 6 times
First Meeting: Sept 26 Location: Catholic Student Center, 713 Denison
Limit: 12 Fee: \$1.50 - pay at class
If you find it difficult to speak out to make your wishes known to others, this course can give you insight and practice in making appropriate changes. It is designed especially for the adult student but persons of all ages are welcome. (Margaret has led assertiveness training programs for many years.)



COPING WITH TERMINAL ILLNESS AND GRIEF

Mary Herrmann 776-3322
Tuesdays, 7-8:30pm
Location: sign up and you will be contacted
Section I: Oct 14 Coping with Terminal Illness: When friends or family members are facing death, how can you help?
Section II: Oct 21 Coping with Grief: When we lose a loved one through death, or when we know a friend who has lost someone, how and what can be helpful?
(Mary is the Chaplain at the St. Mary Hospital.)

HELP YOUR NEIGHBOR

Sign up and you will be contacted
Volunteer some of your time to give a person with a disabled spouse an opportunity to get out and do some things on their own. Your help can mean a lot.

HOW TO WORK WITH THE HANDICAPPED

Georgia Becker 537-1987
One Time: Sunday, Sept 21, 1-3pm
Location: UFM Fireplace Rm
In this day of equal opportunity, everyone has a handicapped person in their future - perhaps when you least expect it. Don't be dismayed. Let us help you develop the awareness that can make the experience really rewarding for everyone. (Panel members: Georgia Becker has a mentally handicapped son; Diane Dollar worked for several years with handicapped groups; Sharon Wells has a physically disabled son; Cindy Klentz has done workshops with handicapped children; and Dennis Hemminger is residential counselor, Big Lakes Development Center.)

NURSES SUPPORT GROUP

Joan Currier, RN 776-4948
Judy Schrock, RN 539-9464
Joan Wagger
Mondays, 7:30-9pm Length: Indefinite
First Meeting: Oct 6 Location: UFM Conference Rm
The nurses' support group is for RN's who would like to share ideas and feelings, give and receive support, address the health care system in an informal manner. All RN's are invited to come and/or contact one of the forum leaders. (Joan is a community health nurse at the Riley County Health Dept; Judy is a community health nurse working on a graduate degree in nursing, and Joan is a psychiatric-mental health nursing instructor at Washburn U.)

CHILD ABUSE AND NEGLECT

Betty Banner 776-4011
One Time: Wednesday, Oct 22, 7:30pm
Location: 312 Humboldt
Limit: 30

Do you have questions about Child Abuse/Neglect, what it is, why it occurs, and what can be done to prevent it? At this class we will discuss all the above and more. We will allow plenty of time for discussion (Betty is employed by Social and Rehabilitation Services and has been a protective service worker for 7 years.)

RAPE/A CRIME OF VIOLENCE

Judy Davis, 539-2785
Sandy Sanders-Ware 539-3736
Debbie Bratcher
One Time: Thursday, Oct 9, 7:30pm
Location: KSU, Union, Rm 207
Fee: \$1, pay at class

Rape is an act of violence not sex. Rape occurs regardless of age, income, appearance or conduct. This class will cover the emotional reactions a woman has following a rape. Rape is the most frequently committed crime in America today. Learn more about what can be done to stop it.

FAMILY VIOLENCE

Judy Davis 539-2785
One Time: Thursday, Sept 25, 7:30pm
Location: Ecumenical Christian Ministries
1021 Denison
Fee: \$1, pay at class

Every 18 seconds a woman in the U.S. is a victim of domestic violence. Why are these women being battered? What can be done in our community to support women who want out of a violent home? (Judy is on the staff at the Regional Crisis Center.)

FILM: "MEN'S LIVES"

C. Stackpole, WRC 532-6541
Mondays, 7pm
First Meeting: Oct 6
Length: 2 times
Location: UFM Fireplace Rm

The film "Men's Lives" describes the socialization of males in our culture. It explores the do's and don't's which restrict the growth of males in our culture to fill human potential. A followup discussion will be led by Dave Hogelbaum. (Dave is a student at K-State.)

BOOKS BY AND ABOUT WOMEN

Flossie Snyder 539-5213
Alternating Tuesdays, 7:30pm
First Meeting: Sept 30
Length: Ongoing
Location: UFM Fireplace Rm

This is a continuing group of people interested in Literature, Women's issues, and lively discussions. (Flossie has been a member of this group for a year and a half.)

SEMINAR IN HUMAN RELATIONSHIPS

Nabiuddin Nelson 468-3631
Saturday & Sunday, Nov 15 & 16, 10am-5pm
Location: Kansas State Bank, Kansas State Rm
Limit: 30
Fee: \$25, couple, \$12.50/person, pay at class

This two-day workshop will offer practical spiritual solutions to the problems found in living with others in an unselfish way. The focus will be especially on how to make your relationship with a mate a path to realization. (Buraq and Khabira, a happily married couple themselves, are teachers in the Sufi order.)



DEATH AND DYING

Rod Saunders 539-4281
Tuesdays, 7:30pm
First Meeting: Sept 23 Length: 8 (or more)
Location: Ecumenical Christian Ministries, 1021 Denison Ave
Limit: 25

This course is designed to expose participants to feelings, reactions, thoughts, and ideas concerning the different aspects of death and dying. This will be accomplished through discussion and by written exercises that enable each person to discover his/her own feelings, etc. (Rod has lead death and dying workshops since 1973.)

STRESS ILLS AND STRESS SKILLS

Don Fallon 539-4451
One Time: Saturday, Oct 11, 9am-4pm
Location: Ecumenical Christian Ministries
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. (Don is on the staff of the KSU Center for Student Development and is the Lutheran campus pastor.)

WELLNESS STRATEGIES

Dave Danskin 532-6927

Wednesdays, 8-9:30pm
Section I: Oct 8 Fitness as a Part of Weight Reduction: We'll watch an interesting video tape of Charles Kuntzleman, a national consultant on fitness and weight regulation, followed by discussion. Then, each person will pick one change to make towards wellness.
Section II: Oct 15 Nutrition for the 80's: This is an exceptional video tape by Vicki Newman, RD, MS, dietician at the University of California, San Diego. We'll follow it with discussion and each person picking one nutritional change towards wellness.
Section III: Oct 22 Stress Management Strategies: A workshop in which you'll learn strategies for more creatively directing the normal stresses of your daily life. You'll have a chance to make one change towards wellness.

Location: KSU, Union, Rm 213
Fee: \$1 per session or \$2 for the series
(Dave is a counseling psychologist in the Counseling Center at KSU.)

THEOLOGY AND CULTURE (MUSIC)

Elaine Cole & Dave Stewart 539-3051
Alternate Thursdays, 7:30pm
First Meeting: Oct 9
Length: 5 times
Location: 3452 Chimney Rock
Limit: 15

Bring some of your favorite pieces of contemporary music, or one about which you have questions. We will listen to selections and discuss their meaning with particular attention being given to possible theological meanings being expressed or rejected. (Elaine has an interestingly diverse collection of contemporary music.)

FAITH AND LIFE EXPLORATIONS

Dave Stewart 539-3051
Thursdays, 11:45-1pm
First Meeting: Oct 16 Length: 6 times
Location: Baptist Campus Center, 1801 Anderson
Limit: 15

We will examine faith in light of personal experience. The goal will be to increase the interaction between faith and experience in the routines and transitions of life. Persons will be supported in making changes in faith and life which they determine are needed, as well as in re-affirming what they determine to be valuable from the past. Bring a sack lunch.

THE RADICAL JESUS

Mike Klassen 539-4079
Tuesdays, 7-8:30pm
First Meeting: Sept 23 Length: 5 times
Location: KSU, Justin Hall, Rm 341 Limit: 15

This class will explore the teachings of Jesus contained in the Sermon on the Mount (Matthew 5-7). These teachings primarily address issues of lifestyle: simple economics, marriage and divorce, peace and pacifism, prayer and fasting, etc. A reading list and handouts will be provided prior to each meeting. Bring a New Testament and a healthy imagination. (Mike has taught this class before with some good results.)

SCIENTIFIC EVIDENCE FOR CREATION

Dan McAnarney 537-4270
Thursdays, 7-8:30pm
First Meeting: Sept 25
Length: 9 times
Location: KSU, Weber Hall #107 (Auditorium)

Evolution and special creation will be critically examined in the light of data from the fossil record, biochemistry, physics, astronomy, and probability. A conclusion is reached that special creation is a better model for origins than evolution. (Dan has researched the topic.)

A COURSE IN MIRACLES

Conrad Anderson 776-0355
One time, Tuesday, Sept 23, 7:30pm
Location: 1030A Garden Way Limit: 6-10
Fee: \$30 - pay at class

Get together as friends and share a better way of life. The course is designed for the individual to progress at his own rate. (The Miracles course has brought many moments of joy to Conrad.)

RETURNING TO SCHOOLMargaret Nordin
Buzz Muir532-6434
532-5686One Time: Thursday, Oct 30, 7:15pm
Location: Manhattan Public Library
Juliette & Poyntz

Are you thinking about entering or re-entering college? Are you concerned about the time, money and energy to do so? Come, share your hopes (and doubts) with others. Your questions will be answered.
(Margaret and Buzz are KSU faculty whose work involves adult students new to K-State.)

WHO ARE THE MENNONITES?

Karen Franz

One Time: Thursday, Oct 16, 7pm
Location: 2000 Thackery (corner of Thackery & Sunset)
Limit: 12

When some people think of Mennonites they think of horse and buggies, bearded men in plain clothes, and "shoo-fly" pie. If you've ever wondered what a Mennonite is, come out and join us as we watch a short film on the Mennonite people and chat over some good ethnic Mennonite foods.
(Karen has been a member of the Manhattan Mennonite Fellowship since 1978.)

THEOLOGY AND CULTURE (MOVIES)

Dave Stewart

539-3051

Saturdays, 6:30pm
First Meeting: Oct 4
Length: 5 times
Location: 3452 Chimney Rock
Limit: 20
Fee: Cost of movie tickets

We will select and view movies at local theaters, then discuss their meaning with particular focus on possible theological points made. Reflections and refreshments will be at the Stewart residence.
(Dave, a campus minister, believes artists, musicians, and storytellers are among the most astute theologians of our day.)

A BABY MAYBEMelanie & John Lewis
Wednesdays, 7:30-9:30pm
First Meeting: Sept 24
Length: 6 times
Location: St. Paul's Episcopal Church
6th & Poyntz
Limit: 7 couples

532-6440

For some people, the decision of whether or not to have children is a very difficult one. Psychological stress, financial stress and career interruption are frequently considered issues. Participants in this class will discuss these issues and share their own concerns.
(Melanie is a Phd candidate in counseling psychology and John is a counseling psychologist in Holtz Hall. They have already made their decision about having children.)

ABORTION ISSUE

Bonnie Funk

537-9300

One Time: Wednesday, Oct 15, 7pm
Location: KSU, Union, Rm 205

The group will discuss the many views on this complex issue. We will explore our feelings and discuss the historical, legal, medical and current aspects of the abortion issue.
(Bonnie is a graduate student in Family Life Education and a humanist.)

PARENTING INFANTS IN THE 80'sLinda Hannebaum, Pat Kinders
One Time: Thursday, Oct 2, 7:30pm
Location: Manhattan Public Library
Juliette and Poyntz
Limit: 15

Expectant and new parents, come for a panel discussion concerning health care and parenting decisions during the first year of life. The panel will include: John Cook, MSW Family Council, Moderator; Herbert Crane, Pediatrician; Linda Hannebaum, B.S.; Mona Grisshaber, RN, newborn; and William Tiemann, Family Practice.
(Linda offers classes for new parents through Family Council.)

PARENT EFFECTIVENESS TRAINING

Don & Irmie Fallon

539-4451

Mondays, 7:30pm
First Meeting: Oct 6
Length: 8 times
Location: Ecumenical Christian Ministries
1021 Denison

Limit: 20

Fee: \$20, pay at class

This workshop will train parents in the communication skills and philosophies of Thomas Gordon in his Parent Effectiveness Training program. Parents will form a support group to better understand their child's behavior, roadblocks to communication and to practice skills of listening. Emphasis will be given to parent-child problem solving with a no win-lose method.

(Don and Irmie are certified instructors of P.E.T.)

LIFE PLANNING WORKSHOP

Cherie Hodgson

532-6927

Section I: Tuesday and Thursday, Sept 22, 24, 7-10pm
Location: KSU, Farrell Library, Rm 502A
Limit: 10Section II: Saturday, Oct 4, 9am-4pm
Location: KSU, Union Rm 208
Limit: 10

Life Planning Workshop is designed to involve participants in the process of influencing the direction of their lives. Participants are encouraged to consider the idea that they are responsible for their life and are capable of creating the future they want. Skills of value clarification, goal setting, and realistic planning are developed through practice.

20 SelfCAREER EXPLORATION

Cherie Hodgson

532-6927

Section I: Tuesdays, 7-10pm
First Meeting: Sept 30
Length: 2 times
Location: KSU, Farrell Library, Rm 502A
Limit: 10Section II: Saturday, Nov 8, 9am-4pm
KSU, Derby Food Center Conference Rm
Limit: 10

The workshop is designed to assist participants in acquiring 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 Strong Campbell must be scheduled with Marianne, in the Counseling Center, two weeks prior to workshop.
(Cheri is a Career Counselor, Counseling Center, KSU.)

JOB SEARCH WORKSHOP

Cheri Hodgson

532-6927

Section I: Saturdays, 9am-12noon
First Meeting: Oct 11
Length: 2 times
Location: KSU, Union Rm 213Section II: Tuesday and Thursday, Dec 2, 4, 7-10pm
Location: KSU, Farrell Library, Rm 502A

The Jobsearch Workshop will help develop skills important in getting a job. Where and how to look for a job is discussed. Resume writing and interviewing are practiced in a supportive group environment. Plan to attend both classes in your section.

GRANDMA AND GRANDPA IN SCHOOL: A SUPPORT GROUP FOR STUDENTS OVER 40

Dee Locker

537-0854

Sign up and you will be contacted

Are you over 40 and attending KSU classes or considering a return to school? This group will provide moral support, a shoulder to lean on and someone to study with as well as to share frustrations and good times. The class is open to all students over 40.
(Dee is a grandmother who attends KSU because she enjoys learning.)

SIDDHA YOGA

Steve Parrott

776-3100

Wednesdays, 5:30pm
First Meeting: Sept 30
Length: 4 times
Location: UFM Fireplace Rm

Siddha Yoga is an ancient meditative practice which is simple yet effective. Our classes will consist of short discussions and readings followed by meditation. Topics of discussion will include: The self, the mind, meditation, and mantra.
(Steve is a certified Siddha Yoga instructor.)

YOGA

Bert Franklin

539-0495

Thursdays, 5:30pm
First Meeting: Sept 25
Length: 4 times
Location: KSU, International Student Center
Limit: 8

Instruction and practice in the basic asanas and pranayamas. Object: knowledge of the self, enjoyment of the mind and body through regular yogic practice. Please bring your own mat.
(Bert has a diploma as a yoga teacher from Sri T.K. Krishnamacharya of Madras, India with whom he studied for six years.)

YOGA FOR THOSE OVER FORTY

Bert Franklin

539-0495

Tuesdays, 5:30pm
First Meeting: Sept 23
Length: 4 times
Location: KSU, International Student Center
Limit: 8

An introduction to yogic breathing (pranayama) and some yogic asanas which, though not strenuous, will reduce the mental and physical distress associated with middle age and the advancing years. There is no upper age limit. Recommended dress: men, running shorts; women, leotards. Please bring your own mat.

EARLY PREGNANCY CLASS

Rita Raaf, CEA of Manhattan

776-5574

Sign up and you will be contacted
Length: 3 times
Fee: \$8, pay at class

For a healthier pregnancy start early to learn about fetal development, preventable birth defects, nutritional needs, body conditioning and much more. (The Childbirth Education Association of Manhattan has offered childbirth education to Manhattan for 10 years.)

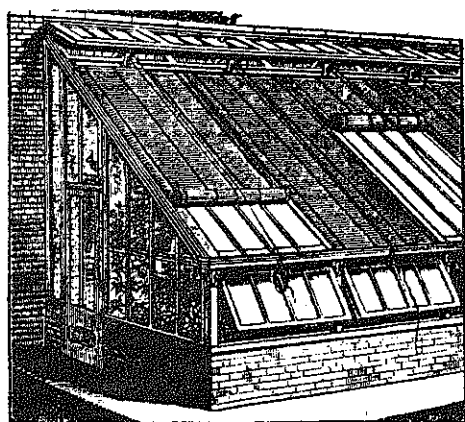
CESAREAN BIRTH CLASS

Sue Zschoche, CEA of Manhattan

537-0851

Sign up and you will be contacted
Length: 2 times
Fee: \$5, pay at class

This course will cover reasons for, procedures involved, recovery suggestions, emotional involvement, father's feelings, group support and discussion with cesarean parents.
(Sue is a cesarean birth mother.)



Skills and Tours For information about Skills and Tours call Kevin Patterson or Mike Wilson at 532-5866.

"Never trouble another for what you can do yourself."

-Thomas Jefferson

AUCTIONS & AUCTIONEERING

Judy Akers 537-8715

Two times, Wednesday, Oct 1, Oct 8, 7-9pm
Location: 1010 Karla Lane Limit: 15

Judy will explain the art of bidding and buying at auctions. You will learn how to understand the auctioneers "cry", and even go to a few auctions if there is interest.
(Judy is a graduate of a Missouri Auction School.)

BICYCLE MAINTENANCE

David Colburn 776-5589

Section I: Mondays 7pm Sept 29
Section II: Mondays 7pm Oct 13
Section III: Mondays 7pm Oct 27
Length: 2 times, each section Limit: 10 per section
Location: The Pathfinder, 1111 Moro Fee: 50¢ - pay at class

Whether you bicycle for transportation or pleasure, a little basic maintenance will make the experience much more rewarding. We will cover all aspects which are necessary for safe and enjoyable riding, but don't require special tools or extensive training.
(David is a mechanic at the pathfinder and has been bicycling since he was knee high to a grasshopper.)

ALL THERE IS TO KNOW ABOUT MOPEDS

Rob Atland 776-6656

One time, Friday, Sept 26, 7pm
Location: 496 Poliska Lane Limit: 15

Rob will explain moped history, safety, laws, features, maintenance, and how to buy an appropriate moped for you.
(Rob owns and operates a moped dealership.)

MOTORCYCLE SAFETY

C. J. Prusik 922-6885

One time, Thursday, Sept 25, 7-9pm 532-6433
Location: UFM Fireplace Rm Limit: 25

Some cyclists are dying due to lack of knowledge and experience in the handling of a motorcycle, the lack of use of safety equipment or the lack of just plain common sense. We'll cover what you need to know.
(C.J. has 15 years of riding experience.)

BASIC MOTORCYCLE REPAIR

Kenneth Eckendorf 537-4169

Tuesdays, 7pm-9pm
First Meeting: Nov 4 Length: 8 times
Location: UFM Banquet Rm Limit: 10

Learn the basic fundamentals of maintaining a motorcycle and troubleshooting. Those problems that might arise while in use, tune-ups, and general upkeep will be taught.
(Kenneth is experienced in both sales and service and once owned a cycle shop in Wichita.)

MINOR AUTO BODY REPAIRS

Alan Clark 776-5333

One time Monday, Sept 29, 7:30-9:30pm
Location: UFM Banquet Rm

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

BRAKE INSPECTION AND REPAIR

Jerome Martin 776-7604

One time, Saturday, Sept 27, 1pm
Location: UFM Banquet Rm Limit: 15

How to inspect your car's disc and drum brakes and repair or replace worn parts. Participants must have a basic knowledge of hand tools.
(Jerome is a former USAF auto mechanics instructor.)

RENOVATING HOMES

Russell Reitz 539-4173

One time, Thursday, Oct 9, 7-9pm
Location: UFM Fireplace Rm Limit: 20

Russell will cover examining the building, finding out the original price, furnace costs and improvements, determining the electrical capacity, and other renovation topics.
(Russell has renovated over 20 homes here in Manhattan.)

BASIC HOUSE WIRING

Richard Napper 539-6973

Section I: Mondays 7pm-9pm Sept 22
Section II: Wednesdays 7pm-9pm Sept 24
Length: 5 times each section Limit: 20 each section
Location: 811 Osage Fee: \$5 - pay at registration

We will cover tools and equipment needed to service house wiring and the proper way to add wiring to homes. Women are encouraged. Bring your own chair.
(Richard is an electrical engineer and master electrician.)

USING TOOLS SAFELY

Dick Stater 539-9312

Section I: Tuesday 7pm-10pm Oct 7
Section II: Thursday 7pm-10pm Oct 9

Length: one time, each section
Location: You will be contacted Limit: 6 each section

This is a beginner's introduction to shop tools. Various hand and power tools will be demonstrated. We will discuss when to use each tool, how to use each tool, using each one safely.
(Dick is a professional wood worker and has taught UFM classes before.)

VENEERING

Bill Fately 537-1387

First Meeting: to be determined

Length: 2 times
Location: 1928 Leavenworth Limit: 8

Bill will cover the do's and don't's of the veneering process. He will show you how to convert ordinary pine into a lustrous walnut.
(Bill has been veneering for years.)

THE BASICS ON HOW TO STRIP FURNITURE

Kevin and Ginny Patterson 776-9608

First Meeting: to be determined Length: one time
Location: 900 Leavenworth Limit: 20

This class will include general knowledge on stripping and refinishing furniture. Kevin and Ginny will show you their projects and the materials they use. You are welcome to bring a project you have done or wish to do.
(Kevin and Ginny have completed three stripping and refinishing projects over the summer.)

INTRODUCTION TO UPHOLSTERY

Bettie Currie 537-7527

One time, Wednesday, Oct 8, 7pm-9pm
Location: UFM Fireplace Rm Limit: 30

Bettie will demonstrate the basics of upholstering, the shortcuts to doing cushions, and talk about tools. If you have something to upholster, bring it in.
(Bettie has done her own upholstery for years.)

HOW TO ECONOMICALLY UPDATE YOUR WARDROBE

Debbie Holdeman and Shanan Schultz 776-9868 or 532-6561

One time, Thursday, Oct 16, 7pm
Location: KSU, Union, Rm 213

We will have a fashion show and slides which show ways of updating that old wardrobe.
(Debbie is the manager of a new fabric store and Shanan is the community coordinator of KSU's OPEN program.)

CHIMNEY SWEEPING

Dean Denner and Wilbur Coffee 776-5589

One time, Sunday, Oct 19, 6:30pm
Location: UFM Fireplace Rm

With more people using the renewable energy resource of wood, knowledge on its safe and efficient use is important. We will explain how to maintain your chimney, clean your flue and burn for maximum efficiency and safety. We'll show you the tools and explain how you can do it yourself.

(Dean and Wilbur have been sweeping chimneys in Manhattan for years.)

INTRODUCTION TO BABYSITTING

Kim Schumm 539-3641

One time, Monday, Oct 20, 7pm-9pm
Location: UFM Banquet Rm Limit: 30

This is an introduction for those 12 and above who have never babysat or have done it infrequently and would desire more information. We will cover the things that you as a sitter should know each time you sit, as well as some things to make childcare a little easier.
(Kim has babysat for over 17 years and has taken courses in early childhood education.)

UFM WORKSHOP COOPERATIVE

Kevin Patterson & Doug Walter 532-5866

Sign up and you will be contacted

Location: UFM Solar Addition
Limit: 20 Fee: \$15 - pay at registration

UFM is pleased to announce the opening of its community woodworking shop. Located in the newly completed solar addition, the facility is operated on a cooperative membership basis. The shop is equipped with a wide range of power and hand tools, including a radial arm saw, table saw, jointer, and bench grinder as well as most common carpentry tools. Membership fee is for equipment and facility use only; no materials are included. Mandatory organizational meeting will include instruction in safe equipment use and operation and basic first aid.
(Kevin and Doug are UFM Appropriate Technology staff members.)

PUBLIC SPEAKING #1

Kim Crighton 537-9482

Tuesdays, 7:30pm
First Meeting: Sept 23 Length: 8 times
Location: UFM Conference Rm Limit: 15

The main objective of this class will be to familiarize participants with the various areas of public speaking. Areas to be covered include demonstrations and illustrated talks, one to one confrontation, and informative and after dinner speaking.
(Kim has participated in competitive speaking and debate and has spoken to various clubs and organizations.)

PUBLIC SPEAKING #2

Margaret Peabody 539-2129

Mondays, 7:30pm, every other week
First Meeting: Sept 22 Length: ongoing
Location: Kansas State Bank, Westloop

Gain public speaking techniques, develop self-confidence, poise, lexicology. This program guaranteed to overcome shyness and individual's #1 fear--speaking before a group. Learn to evaluate speakers, learn voice control, microphone technique through active, creative participation. Toast-mistress training is a "people changer"..instructs in method, then provides the opportunity to use it.
(Margaret is the public relations for Toastmistress and past president of the local Flint Hills Club.)

Energy

UFM SOLAR ADDITION

Bruce Snead 532-5866

One time, Thursday, Oct 30, 7:30pm Limit: 25
Location: UFM Fireplace Rm

A slide show history of the construction process of UFM's solar addition will be presented. Bruce will describe how this innovative facility will work and then lead a tour through it.
(Bruce was construction supervisor for the solar addition.)

UFM AND SOLAR ADDITION ENERGY SAVING DEVICES DEMONSTRATION

UFM Appropriate Technology Staff 532-5866

One time, Thursday, Nov 6, 7:30pm
Location: UFM Solar addition Limit: 25

Members of the UFM Appropriate Technology staff will demonstrate and give a detailed explanation of all the energy saving devices in the new solar addition. We will describe the construction process, costs, and overall effectiveness of each energy system in the building. These systems include: a beadwall insulating wall system, earthtube cooling system; solar hot water collector and insulating shutters.

UFM COMMUNITY SOLAR GREENHOUSE

Ginny Patterson 532-5866

One time, Thursday, Nov 13, 7:30pm
Location: UFM Solar Addition Greenhouse
Limit: 20

Aren't all greenhouses solar? Maybe, but you can learn the important differences between a "solar" greenhouse and a conventional greenhouse in this tour and demonstration of UFM's Community Solar Greenhouse located in the new solar addition. We'll also talk about the many programs and services this exciting new facility will provide for the Manhattan community.

MANHATTAN AREA ENERGY ALLIANCE (MAEA)

The Manhattan Area Energy Alliance is a non-profit membership organization. MAEA was organized last year to inform its members and the public on energy issues; find practical ways for the community to conserve energy and develop renewable energy supplies. \$4/year dues get you a vote at MAEA meetings and a subscription to the newsletter. The scheduled meetings and activities listed below are open to non-members and the general public. (But if you want to join, mail dues to PO Box 1171, Manhattan.)

Tuesday, Sept 30, 7pm, Manhattan Public Library
Topic: The Future of Alcohol Fuel
Speakers: Randall Noon, Assistant Director of Kansas Energy Office; Benjamin Kyle, KSU Chemical Engineering; and others.

Tuesday, Oct 28, 7pm, Manhattan Public Library
Topic: Earth-Integrated Housing for the Manhattan Area
Speakers: Keith Christensen, KSU Architecture; Nina Miley, owner of an earth-integrated house; et. al.

Tuesday, Nov 25, 7pm, Manhattan Public Library
Topic: Alternatives to Centrally Generated Electrical Power

MAEA: ENERGY POLICY STUDY GROUP

Wayne White 537-1749

Thursdays, 7:30pm
First Meeting: Oct 2 Location: UFM Conference Rm

What must the nation do to solve its energy problems? Deregulate energy prices? Abandon strict environmental standards? Invest heavily in solar? The study group will try to reach sensible conclusions on these issues and others. We will read and discuss current literature on existing energy supplies, future needs, and alternative energy sources. Meetings will continue on a regular basis throughout the year.
(Wayne thinks people need to inform themselves now on national energy policy issues.)

MAEA: COMMUNITY CONSERVATION PLANNING

John Selfridge 537-7411

Sign up and you will be contacted

MAEA's Conservation Planning Committee has been collecting information about conservation programs in other communities in Kansas and around the country. Our goal: getting an effective conservation program in Manhattan for old and new housing. We hope to develop proposals that MAEA can present to city and county commissioners.
(John teaches in Regional and Community Planning at KSU.)

MAEA: MANHATTAN GASOLINE SURVEY

Larry Davis 539-8668

Wednesdays, 7:30pm
First Meeting: Oct 15 Location: UFM Solar Addition, lounge

One of MAEA's goals is finding practical ways to conserve energy at the local level. The first step is to find out how much energy our community now consumes. We can determine how much gasoline Manhattan uses every year with a carefully designed survey of area gas stations and car drivers. But we need some volunteers!
(Larry teaches biochemistry at KSU and has a special interest in energy uses in agriculture.)

MAEA: UTILITY REGULATION STUDY GROUP

Richard Faw 537-7958

2nd Wednesday of each month, 7:15pm
First Meeting: Oct 8 Location: UFM Solar Addition, lounge

Controversial issues are now on the agenda of the Kansas Corporation Commission: Who should pay how much for electrical power production? Should utilities be required to invest in conservation measures or alternative energy sources? If we can get clear answers to these questions, MAEA could offer testimony at future KCC hearings. (Richard teaches a course at KSU on the subject of utility rate regulations.)

MAEA: MANHATTAN BIKEWAYS

Jim Converse 776-1413

Sign up and you will be contacted

As gas prices climb, it could be time to take another look at Manhattan's fading bikeways. What can be done to improve them, protect them, and encourage their use? We can begin by reading the recent report of the city appointed Bikeways Advisory Committee. We can then seek public support for our conclusions at a MAEA organizational meeting this spring. (Jim would like to see Manhattan do 25% of its traveling by bicycle by the end of the 1980's.)

RESIDENTIAL CONSERVATION WORKSHOPS

Bruce Snead 532-5866

Sign up and you will be contacted

The UFM Appropriate Technology Program under contract with the City of Manhattan will be conducting a series of residential energy conservation workshops this fall in Manhattan and six surrounding communities. Included in each five-hour workshop will be a slide show, demonstration, and display. Educational materials will be provided to each participant free of charge. Topics to be covered include practical tips on insulation, caulking, weatherstripping, home appliances, thermostat settings, fireplaces, wood stoves, water heating, heating and cooling system maintenance, storm windows and doors, and other low-cost, effective ways to significantly reduce heating and cooling bills. Three workshops will be conducted in Manhattan addressing the special needs of 1) homeowners, 2) renters, and 3) the elderly. The workshops are open to the public. For more information and advance publicity, sign up at registration, indicating your preference of workshops (1, 2 or 3) or call Bruce Snead or Doug Walter at UFM, 532-5866. The Residential Conservation Workshops are funded through a grant from the Kansas Energy Office.

SOLAR DOMESTIC WATER HEATING

Gary Bennington 776-9711

One time, Tuesday, Nov 11, 7pm Location: UFM Solar Addition, Lounge

Interested in heating your home's water with the sun? Whether you have serious intentions about solar hot water, like to tinker around or are just curious, this presentation will show you some installations in place, collectors under construction, and give you a chance to ask questions you've always wondered about. Included in the slideshow will be some examples of solar space heating units.
(Gary installed the solar water collector for UFM's solar addition.)

CAPTURING SOME SOLAR WARMTH

Dean Denner, Bill Dorsett 776-5589

One time, Saturday, Oct 11, 1pm
Location: 710 Lee

Ready to make good on your intentions for some solar heating? We'll discuss how to design and build solar collectors, including free-standing, fan-assisted, window box, built-in-vertical, and a bread box water heater. (Bill and Dean, local carpenters, both have built supplemental solar space heating in their homes.)

WIND ENERGY PRIMER

Tom Shrimplin

One time, Saturday, Oct 25, 2pm
Location: You will be contacted
Limit: 20 Fee: \$2 - pay at registration

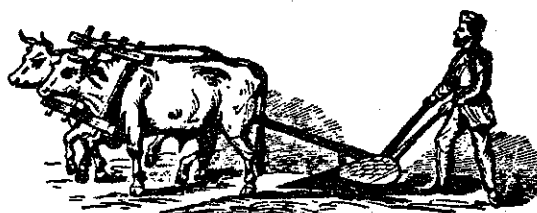
This is an introduction to using the wind for home power generation. We'll discuss wind power basics, specifics about using wind power in the Manhattan area, advantages and disadvantages of wind power, and low-cost approaches. This course will also update the economics, availability, and feasibility of using wind power covered in last semester's session. (Tom's new home is powered by a wind generator.)

ETHANOL GRAIN CONVERSION

Dwight Wiebe 532-5735

One time, Monday, Sept 29, 7:30pm
Location: UFM Fireplace Rm

We will discuss the process of converting distressed grain into fuel. Ethanol can be used in cars and tractors at a cost less than \$1 per gallon, and the residues fed to livestock.
(Dwight served as a relief director overseas for four years.)



UNDERSTANDING YOUR UTILITY RATES

Mary Neel 776-8893

One time, Wednesday, Sept 24, 7:30pm
Location: UFM Banquet Rm

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

THE SELLING OF NUCLEAR POWER

Bill Dorsett 539-1956

2 times, Wednesdays, Oct 1 & Oct 8, 7:30pm
Location: KSU, International Student Center

This class will discuss the pros and cons of selling nuclear fuel and technology to the Phillipines and India. We will critique some films and "educational" material produced by the Nuclear Industry, along with having lots of discussion.

WINDOWS WORKSHOP

Mike Wilson 532-5866

One time, Saturday, Oct 11, 10am
Location: UFM Banquet Rm

Windows can account for one-third of your home's heating and air-conditioning costs. A slideshow presentation on a variety of window treatments that have been installed on the UFM House will be shown as well as a general overview of the role that windows can take in your home energy savings.

(Mike is a member of UFM's Appropriate Technology Staff.)

Tours

AMERICAN INSTITUTE OF BAKING

Sharon Forst 537-4750

One time, Tuesday, Oct 21, 1:30pm
Location: AIB, 1213 Baker's Way (off Manhattan Ave)
Limit: 50

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

CABLEVISION CHANNEL 6

Norm Burge 776-9239

One time Thursday, Oct 9, 4pm Location: 610 Humboldt
Limit: 15

Norm will describe and show how programs are produced at Channel 6. This will include going through the studio and control room.

CALL HALL

John Wheat 532-6131
Kris Regier 532-5634

One time, Thursday, Sept 25, 1:30pm

Location: KSU, Call Hall, Lobby

In this tour we will go through Call Hall and observe the various procedures of milk, butter, cheese, and ice cream production. We will then go to the KSU Dairy Barns, where we will see the complete milking process.

KSU VETERINARY COMPLEX

Jamie Seele 532-5660

One time, Wednesday, Oct 29, 2pm
Location: Denison Rd Limit: 15-20

Jamie will show you the small and large animal examination rooms and possibly the surgery facilities. A discussion will follow.

RILEY COUNTY HISTORICAL MUSEUM

Jean Dallas 537-2210

One time, Saturday, Sept 20, 10am
Location: Riley Co. Historical Museum, 2309 Claflin Rd

The Museum features exhibits of items used by early residents of Riley County. Exhibits are changed periodically but always relate to area history. The present exhibit is entitled "What's New at the Museum?" We will also tour the Goodnow and Hartford Houses all of which are in Pioneer Park at 2309 Claflin Road.

GEARY CO. HISTORICAL SOCIETY'S SECOND ANNUAL OLD HOME TOUR

Cheryl Troup 238-6708

One time, Sunday, Sept 28, 1-4:30pm
Location: Junction City - addresses of 5 homes printed on tickets
Limit: 300

Fee: \$5 - pay at Riley Co. Historical Museum, or Geary Co. Historical Museum, or send \$5 with SAJE to Box 1161 (GCHS), Junction City, Kansas, 66441.

This tour is to raise funds for maintaining the Geary Co. Historical Society Museum. It includes 5 homes dating from the 1870's-1920's. Four homes are private residences and one has been renovated as an office building. The tour guides will be wearing period costume from the Museum collection. Homemade cookies and punch will be served in the garden of one of the homes. Antique cars will also be displayed in front of the residence.

MCCALL PATTERN TOUR

Penny Streeter 776-4041
ext. 302

One time, Thursday, Oct 2, 9am-11am

Location: McCall Pattern Co, 615 McCall Rd

Limit: 50

Penny will show you the different departments that make up McCall's Pattern Factory and show you how the patterns are cut, folded, and distributed.

KSU NUCLEAR FACILITIES

Vic Simons 532-5624

One time, Friday, Sept 26, 3pm
Location: KSU, Ward Hall Limit: 15 per group

The tour will take you through the control room and reactor itself. A slide presentation will be given with a question and answer period to follow.

MEADOWLARK HILLS TOUR

John R. Grace 537-4610

One time, Tuesday, Sept 30, 7:30pm
Location: 2121 Meadowlark Rd

Meadowlark Hills, the second largest residence building in the midwest with a solar system, is Manhattan's first retirement community. Built at a cost of 5.6 million dollars, the facility opened in February 1980 and includes 75 apartments in the five-story apartment building, 16 apartments in the nearby cottages, and a 53-bed long-term care health center.

KMKF

Ed Klimek 776-4851

One time, Tuesday, Sept 23, 3pm
Location: KMKF Radio Station, Casement Rd
Limit: 10

A complete tour of KMKF broadcast facilities, including demonstrations on how various radio equipment is used. We'll record your voice and play it back for you to hear.

"Keep on learning right up to rigor mortis...

I have many wrinkles. I have not dyed my hair.

These are my badges of distinction, and I've

worked hard for them... I like being old. I

like it for three reasons, it gives me an

opportunity to speak my mind. And I do. And

I've outlived much of my opposition. I have

also found a miraculous new kind of energy which

is abundant when you work with people...

We have to be related to others, you are the future.

We and you must be together, support each other,

identify some goals and changes... We, the elders,

have nothing to lose. We are free to initiate

social change, we must engage in a staunch and continued

effort. Our goal is mature, responsible adulthood,

not wrinkled babyhood."

-Maggie Kuhn in an address
to a K-state All University
Convocation, December 5, 197



Maggie Kuhn, Gray Panther Party leader, and Gary Coates, Director, UFM Appropriate Technology Program.



In any community, there are segments of the population whose basic needs and special problems are overlooked by the mainstream community and programs. Since its inception more than ten years ago, UFM has attempted to seek out and address many of the unmet needs which exist in our community. Over the past several years, UFM has begun to focus on the special needs of elderly and handicapped citizens and skyrocketing energy costs. In response to the great need for information and assistance related to energy conservation and renewable energy sources, the UFM Appropriate Technology Program was established in 1978. Its role is to enable individuals and communities to become more self-sufficient in the areas of energy, food, shelter, and education. This fall, UFM is pleased to announce the opening of the Solar Addition, an exciting new facility designed to provide support space for the Appropriate Technology Program as well as for new and expanded programs, activities, and events for the elderly and handicapped of our community.

The connection between programming for the elderly and handicapped, and an alternative energy demonstration center is not coincidental. Among the hardest hit by rapidly escalating energy prices are the elderly, most of whom are on fixed incomes. Consequently, from 14 to 30 percent of an elderly person's total cost of living is consumed by energy payments, as compared to 4 percent for the average American family. Social and recreational activities among elderly citizens are also affected by high energy prices as travel becomes prohibitively expensive. The UFM Solar Addition was designed with the active participation of representatives of our community's elderly population and advocates for the handicapped. It will provide meeting space for educational programs which will address many of the special needs of senior citizens including energy, comfort, and nutrition as well as providing general recreational space. A new access ramp will make the entire first floor of the UFM House easily accessible to senior citizens for special events as well as regular UFM classes.

The Solar Addition also houses a solar-heated greenhouse which will provide a specialized support space for working with the elderly and handicapped. The beneficial therapeutic affects of horticultural activities have long been recognized by those working with the handicapped. The solar greenhouse will be used by UFM staff in conjunction with students and faculty of the KSU Horticultural Therapy Program to develop programs and activities for this special segment of our population. Senior citizens will also aid in the operation and maintenance of the greenhouse.

In short, the solar addition will provide a supportive environment for a wide range of year-round activities and programs for elderly and handicapped citizens, addressing many of the growing social and economic problems these special populations face. While limited use of the solar addition is being scheduled for early October, formal dedication ceremonies will not occur until early November. This fall promises an exciting semester of new classes, programs and services in the solar addition.

A Special Invitation to the Handicapped

UNIVERSITY FOR MAN EXTENDS A SPECIAL INVITATION TO HANDICAPPED INDIVIDUALS IN OUR COMMUNITY WHO WISH TO ATTEND UFM CLASSES OR EVENTS. ARRANGEMENTS WILL BE MADE TO INCLUDE INDIVIDUALS WHO HAVE A VISUAL OR HEARING IMPAIRMENT, A MOBILITY HANDICAP OR MENTAL HANDICAP OR OTHER DISABILITIES. YOU CAN ASSIST BY INDICATING SPECIAL NEEDS ON YOUR REGISTRATION CARD.

The Public Library

Free Universities across Kansas have chosen this fall to recognize the valuable role that the public library plays in our communities. UFM, Mannattan would like to salute the Mannattan Public Library and to recognize its many services to the community and its role as a center of learning.

Not only does our library offer special programs such as a Film series, Children's programs and special facilities for the visually impaired, but it makes an important contribution to UFM by providing space for our classes to meet and resources, through its book collection, for class participants.

We extend a sincere thank-you to the Mannattan Library and urge you all to support it.

