

**UNIVERSITY FOR MAN
SPRING 1980**



CHILDREN: OUR FUTURE

As a new decade begins, we at University for Man want to take this opportunity to recognize the children of the world by dedicating this brochure to them. Children are full of promise and hope for the future. Their spontaneity and warmth, mingled with their innocence and trust, are comforting to us in these troubled times. The children can teach us to be free in spirit...if only we will let them!

SPRING 1980

UFM will kick off the new decade with some exciting new classes and some old favorites. These classes reflect the broad scope of interests at UFM, and among the offerings, we hope there is something for you. We would like to thank the many people in our community who help make our programs better through their generous donation of time and sometimes dollars. Without these friends, we probably wouldn't be here. UFM receives funding or support from the KSU Division of Continuing Education, the KSU Student Governing Association, the United Way of Riley County, the Kansas Department of Human Resources-CETA, the Fund for the Improvement of Postsecondary Education, the Clearinghouse for Community Based Free Standing Educational Institutions, The Kansas Department of Social and Rehabilitation Services, The Kansas Arts Commission (a state agency), the Kansas Department of Economic Development, Title I of the Higher Education Act (1965), the U.S. Department of Energy, and the Kansas Farmers Union Green Thumb.



UFM Staff

UFM STAFF...Back Row: Ken Torluemke, Dave Ayers, Bill Draves, Bruce Snead, Alan Edgar, Sue Maes, Joe Rippetoe, Jane Barnes; Middle Row: Bill Hoyt, Donna Haynes, Julie Govert, Sheila Stogsdill, Doug Selby, Gary Coates, Jim Killacky, Sue Rieger; Front Row: Meriam Kierstead, Asa Hoyt, Doug Walter, Joan Shoemaker, Julie Coates, Jason Coates. Not pictured: Moses Bayton, Cindy Bryant, Janet Holcomb, Labron. Koons, Sondra Smith, Bill Vientos, Pam Warren, Bev Wilhelm, and Mike Wilson.

UFM Board of Directors

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James Boyer
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Thank You!

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And thanks to the many volunteers within the Kansas State - Manhattan community who share our belief that "anyone can teach and anyone can learn."

MORE THAN JUST CLASSES!

Old Staff, New Staff

The richness of UFM is due in part to the talents of those new people who join our staff. We are pleased to welcome Sheila Stogsdill, Ken Torluemke and Sue Walek who will work with the Campus Community Staff and Janet Holcomb, the new pottery studio director. Meriam Kierstead, Labron Koons and Moses Bayton, sponsored by the Kansas Farmers Union Green Thumb program will work with our Appropriate Technology Staff as will Bruce Snead, Mike Wilson and Bill Yientos. Sondra Smith, Cindy Bryant, and Bev Wilhelm are the newest members of the State Outreach Staff and Donna Haynes has joined the Staff of the Free University Network.

We say goodbye to Doug (Sawtooth) Selby, who played an important role in our "windows" project and in the development of the Community Greenhouse. Doug has accepted a position as solar designer with an architectural firm in Wyoming. Pam Warren, who brightened our lives for three semesters, has left to begin her career as a teacher. We will also miss Marty Hartford, whose cheerful good nature made us all feel better, as she leaves to become full-time mother to son Isaac and her new son, Noah.

Free University Network

On March 21-22, the Midwest Region of the Free University Network and the University for Man are hosting the Midwest Community Education Conference which will gather free university and learning network leaders, teachers and organizers together, as well as others involved in community education, for a time of discussion and sharing. Richard Margolis, the founding chairperson of Rural America and an advocate of rural concerns, will be a special guest. K-State students and Manhattan residents are extended a special invitation to participate in this conference. For more information contact Sue Rieger, the Midwest Conference Coordinator.

Volunteers continue to provide the force behind the Network. If you'd like to find out more about the Free University Network, or if you'd enjoy helping us in our work as a volunteer, please call Julie Govert, Bill Draves or Myrna Daly at 532-5866.

Appropriate Technology

The Appropriate Technology staff have taken a leave from the office to become the construction crew for the DOE-funded UFM solar greenhouse. With two months of intensive work behind us, the building is about 25% complete and awaits warmer weather before work resumes. If all goes according to schedule, the building will be in operation by mid-summer. Our thanks go to the many volunteers from the community who have donated their time and skills on the initial phases of construction, and we welcome continued volunteer assistance throughout the completion of the building.

Upon its completion the building will provide a tool workshop, greenhouse, lounge and kitchenette for community use. This facility will be accessible to handicapped citizens and will greatly expand our potential for programming for these citizens.

Community Gardens

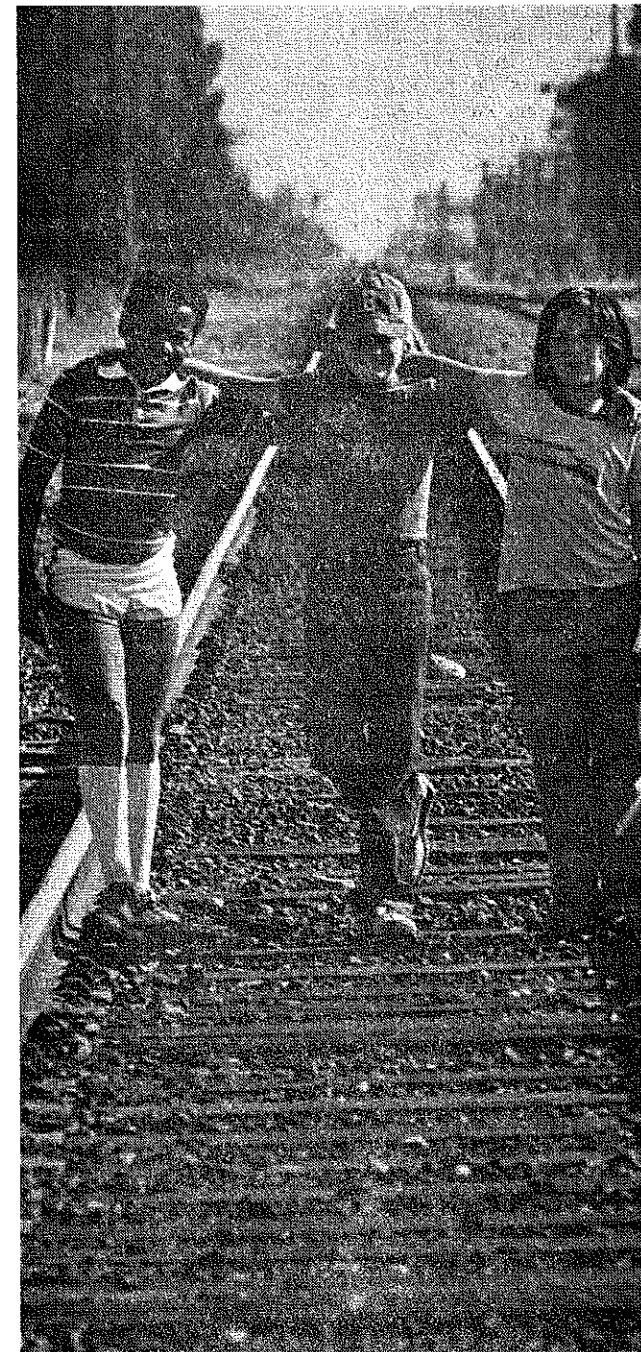
Wishing for a nice bunch of greens, a truly ripe tomato (one that tastes like a tomato?); trying to remember the smell of sun on fresh-turned earth? Though the view is wintry, it isn't too soon to begin thinking about your plot in the MANHATTAN COMMUNITY GARDENS. Pick up your garden application soon at the UFM House, Douglass Community Center, Manhattan Public Library, Riley County Extension Service, or Social and Rehabilitation Services.

For information:
Joan Shoemaker or Bill Hoyt at 532-5866
Phyllis Fitzgerald, VISTA, at 537-8617

State Outreach

The UFM State Outreach program continues to help disseminate the Free University model of Community Education, both in Kansas and other states. The Community Resource Act Program provides funding to set up community education programs all over Kansas. Funding through Title I of the Higher Education Act provides money to set up workshops for community leaders in small town in Kansas. Finally, the five-state project, supported by the Fund for Improvement of Post Secondary Education, involves helping groups in Oklahoma, South Dakota, Iowa, Missouri and Kentucky set up community education programs similar to those that have been going on in Kansas for several years.

As you can see, there is a wide range of activities taking up our time these days. For further information on any of our adventures, please feel free to call or drop by for a chat.



new! UFM darkroom

We're pleased to announce the completion of a new and much needed facility at UFM. Our new darkroom on the second floor of the UFM House will be used by staff for preparing publicity and other graphic materials. In addition, it will be available on a cooperative basis to people in the Manhattan community who need access to a well-equipped and organized darkroom at minimal cost. See FINE ARTS, page 22, for more information on how you can participate.

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 VISUAL OR HEARING IMPAIRMENTS, MOBILITY HANDICAPS OR OTHER DISABILITIES. YOU CAN ASSIST BY INDICATING SPECIAL NEEDS ON YOUR REGISTRATION CARD.

Volunteers

Change your lifestyle! Volunteer at University for Man. There are two types of volunteer job options: **OPEN ENDED PROJECTS:** Dreams of ours (or yours) that have not been pursued, e.g., Special Programs for segments of the population we are not reaching, expanding services to teachers, development of a local UFM newsletter, intersession UFM classes, improving the UFM House, Graphics and Artwork.

ROUTINE TASKS: Such as brochure distribution, help with registration, answering phones, keeping a publicity file, maintaining contact with our teachers, preparing reports about what's in other Free University catalogs so that we can keep coming up with new ideas, help with mailings, proofreading brochure copy ...

Dream along with us. Get career experience, meet new people, do something important. VOLUNTEER!!!

The Lou Douglas Series

Lou Douglas died last October. His entire life of 72 years had been devoted to service for all people. He was a distinguished professor of Political Science and for over 30 years thousands of students were touched by his wisdom, wit and kindness. Lou's contributions to the political and legislative processes in Kansas are legion; and while much of his work was with the Democratic party, he was unilaterally respected and admired by people of all political persuasions.

University for Man was uniquely privileged to have Lou as an active member of our Board of Directors until his death. He also spent much of his time since retirement working with us - and his advice, counsel and support were largely responsible for whatever success we have recently achieved. When

When colleagues gathered to honor him at a retirement banquet, these comments, which capture the essence of Lou Douglas, were shared:

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

"There's no way of a cow college in Kansas to reach the level of quality and importance that we have without extraordinary dedication from extraordinary people. Lou, you are one of these People."

"There is a kind of 'sentiment' I'd like to express about Lou Douglas. When it was hard to be in the university in the sixties, and a lot of our senior colleagues went fishing, we always knew where to find Lou Douglas--standing tall in the midst of flak."

To honor Lou and to try and share his spirit of dedication to true democratic involvement, the University for Man humbly announces THE LOU DOUGLAS SERIES. This series will be an annual event, and will attempt to focus on issues to which Lou's life was devoted. An endowment has been established to support the series. Persons interested in supporting this annual event may make a tax-deductible contribution to "The Lou Douglas Series (UFM)" and mail to 1221 Thurston, Manhattan, Kansas 66502.

A Focus on the Presidency: 1980

Because of Lou Douglas' role in bringing issues of the presidency to the forefront in his teaching, the first Lou Douglas series is devoted to an in-depth look at the presidential election of 1980. "A Focus on the Presidency" is geared toward providing the people of the Manhattan area perspectives on various issues which will be especially important in this year's election. We hope you will join us in this examination and discussion of the role and the responsibilities of America's Chief Executive.

First Meeting: Sunday, Feb 17 3pm
All other meetings: Thursdays, 7:30pm
Location: Manhattan Public Library

- Feb 17 Perspectives on the Presidency in the '80's: Governor John Carlin will open the Lou Douglas series by presenting his perspectives of the Presidency's relationship with the operation of State government.
- Feb 21 The Presidency and National Security: What does "national security" mean and who determines the meaning? This panel discussion will center upon this question and other topics including "the Soviet threat and the direction of American foreign policy."
- Feb 28 Human Rights at Home and Abroad: How do we define "human rights" in our relationships and in our community? How do our convictions to "human rights" translate into the national and international realm? This discussion will examine human rights in several perspectives including the rights of minorities, women and third world nations.
- March 6 The Politics of Energy and Economics in the 80's: A sound and responsible energy policy -- is it only a dream? What type of leadership does America need in a world of decreasing fossil fuel resources?
- March 20 Who Really Rules? Politics and the Individual: Does your voice really count in the world of political decisions? Join us for a look at the role of the individual in the political process from the local community to the national level.

KID STUFF for questions about Kid Stuff, call Sheila Stogsdill at 532-5866.

BEGINNING TAP DANCING

Sara Hibbeler 539-3511

Wednesdays, 4-5pm
First Meeting: Feb 20
Length: 12 classes
Location: KSU, Gymnasium, Room 303 (Ahern)
Limit: 15, ages 6-12
Materials: No fee, but should have tap shoes if possible.

Tap dancing is a fun way to move to music. In this course for kids, basic steps and routines will be taught. Bring tap shoes if you can. (Sara is a student at KSU who has had training in tap.)

CHILDREN'S PLAY GROUP

Jan Galitzer
Wednesdays, 1-3pm
First Meeting: Feb 20
Length: Indefinite
Location: 1504 Humboldt

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

HOW ICE CREAM IS MADE

Kris Regier
Thursday, 4:30pm
One time, April 3
Location: KSU, Call Hall, Front Office
Limit: 10, ages 8-12

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

CRAFTS FOR KIDS

Roseann Wilkerson 776-5461

Saturday, 9:30-10:30am
First Meeting: Feb 23
Length: Indefinite
Location: Tom's Hobbies & Crafts
716 N Manhattan
Limit: 8

This class will offer a variety of crafts for kids ages 8-12. Classes will cover quilling, chenille items, beads and macrame. A materials fee will be collected in class. (Roseann has taught many UFM classes.)

CHILDREN'S GARDENS

Dick Mattson 532-6170

Pam Rupp
Matthew Frazel
Saturday, 10am

First Meeting: March 1 - March meetings will be located on campus at the research greenhouses just north of Dickens and west of Justin

Length: Continuing
Have you ever seen green tomatoes, purple beans, white radishes on ten-foot tall plants? This class will be more than an ordinary garden. Here is the opportunity to learn about many favorite foods and flowers like watermelon, peanuts, green beans, tomatoes and more. Children of all ages can grow their own garden and/or garden with each other in the community garden. (Dick is a horticulture professor at KSU. Pam and Matthew are students in horticulture.)

AN ANTICIPATED HOUR

Catherine Lee Fung and Francis Y. C. Fung 537-4155

Friday, 7pm
First Meeting: Feb 22
Length: 8 times, no class March 21
Location: UFM Banquet Rm
Limit: 10 mothers (with a child)

Mothers: Attend this class with your child of 6 or 7 years of age. Our goal is to build personal closeness to your child through more caring, concentration, consideration and creativity. See you Friday, 7pm! (Catherine and Francis have a great relationship.)

YOUNG MANHATTAN GLOBETROTTERS

Avery Demby 776-4125

Wednesday, 4pm
First Meeting: April 2
Length: Continuation possible
Location: Outdoor Bluemont School basketball courts
8th & Bluemont
Limit: 10 (ages 7-9)

Avery will teach the correct way of playing basketball: overhand passes, bounce passes, chest passes, shooting, lay-ups, and free shots. He'll also cover common mistakes and traveling, double-dribbling, and fouls. Bring a basketball if you have one. (Avery is a nine-year old student at Living-Learning School.)

BIRDS IN CHANGING SEASONS

Ben Gray 539-2021

Saturdays, 3pm
First Meeting: March 1
Length: 2 times
Location: UFM Banquet Rm
Limit: 6 - ages 5 and up

We will talk about bird books, check lists, and bird watching. Then we will go to Pottowatamie State Lake No. 2 to identify birds. Ben's father will provide transportation. In the spring, we will return to see what new birds have come to our area. (Ben, age 9, is a student at Living-Learning School. He participated in two Audubon Winter Bird Counts.)



COMMUNITY

for questions about Community,
call Sheila Stogsdill at 532-5866.

OUR KANSAS HERITAGE: A SLIDE SHOW

Doris & Leona Velen 539-8758
Monday, 7:30pm
One time: March 3
Location: Manhattan Public Library
Juliette & Poyntz

View Kansas, its people and places, past and present. Appreciate its resources, limestone treasures, and scenic beauty through this slide show. (Doris and Leona are Manhattan teachers who grew up in the Blue Valley area.)

MASS TRANSIT PLAN FOR MANHATTAN

Joseph Gerdom 537-0056
Monday, 7pm
One time: Feb 18
Location: City Commission Room
11th & Poyntz

Mass transit is more than a Greyhound bus. Manhattan is at the threshold of adopting a mass transit plan. Background and proposals made thus far will be presented and participants will be asked for suggestions and recommendations. (As senior planner for Manhattan, Joe has been involved in the development of this proposal.)

INTERNATIONAL SEMINAR

Enoch Salako 776-0940
Mohamad Abubakar 776-0817
Fridays, 6:30pm
First meeting: Feb 22
Length: Indefinite
Location: KSU, International Student Center

Throughout the semester, members of the International Coordinating Council will be presenting short talks, films, or slides about their respective countries. (Enoch and Mohamad are International Coordinating Council officers.)

EUROPEAN ADVENTURES

Charles James 776-3720
Janet Katherman
Wednesdays, 8:30-10pm
First meeting: Feb 20
Length: 4 times
Location: 1015 Poyntz

Plan your own trip to Europe. We will discuss various modes of travel, entertainment, and accommodations. The emphasis will be on cutting costs; adventure can be inexpensive.

(Charles and Janet are experienced backpackers.)

INTRODUCTION TO GENEALOGY

Elaine Olney 539-4512
Tuesday, Thursday, 7pm
First meeting: Feb 19
Length: 2 times
Location: KSU, Eisenhower Hall, Rm 226

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

HOW TO BUY AND SELL A HOUSE

Larry Fox 776-4733
Sharon O'Neil
Monday, 7-9pm
One time: March 24
Location: UFM Conference Room

The basics of buying a home, what procedures to expect when you decide on one, along with how to work with a lender will be discussed. (Larry and Sharon are loan officers.)

THE ACLU AND THE FIGHT FOR CIVIL LIBERTIES IN KANSAS

Judy Davis 776-0548
539-6773

Tuesdays, 7pm
First meeting: March 18
Length: 2 (more if sufficient interest)
Location: KSU Union, Rm 206
Class will include discussion of ACLU's current litigation docket including the reopening of Brown vs Board of Education of Topeka "the case of the century" students' and gay rights cases, and suits resulting from the June raid of the Jordan Patterson Post in Topeka. (Judy is very active in the ACLU.)

TAXES FOR PEACE RATHER THAN WAR

Dean Denner 776-5589

Sunday, 7pm
One time: Feb 24
Location: 710 Lee

The average American family spends \$1250 /yr supporting the U.S. Military (50% of federal income tax). Dean will discuss ways of countering this including the World Peace Tax presently before Congress. (Dean has taught this class before.)

PEACE: YES OR NO

Phillip Althoff
Thursday, 8pm
First meeting: Feb 21
Length: 2 times
Location: KSU Union, Rm 213 (first mtg)
Discussion of the many and various threats to peace present in the world today, with a view toward establishing a local peace committee for possible affiliation with the U.S. Peace Council. (Phillip has been involved with the peace movement for almost twenty years.)

TAIWAN: THE FIRST TEN DAYS OF DISPLACEMENT

Dorothy Koepsel 539-5589
Tuesday, 7:30pm
One time: Feb 19
Location: UFM Fireplace Room

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

OH YOU CAN'T SCARE ME, I'M STICKING TO THE UNION

Candace Althoff
Tuesday, 7pm
One time: Feb 19
Location: Manhattan Public Library Auditorium
Showing of the film, "Union Maids," will be followed by a discussion of the importance of unionization to working women. (Candace is a member of the Women for Racial and Economic Equality.)

A LOOK AT AMERICAN FOREIGN POLICY

Tom Sloan 539-6773
Alden Williams 532-6829

Monday, 7:30pm
One time: March 3
Location: UFM Conference Room

An evening of discussion focusing on American Foreign Policy in the world during this time of transition is planned. (Tom and Alden are local political scientists.)

CUBA: YOU CAN GET THERE FROM HERE

Phillip & Candace Althoff
Wednesday, 8pm
One time: Feb 20
Location: KSU Union, Rm 207

A slide presentation on Cuba - from Havana to Santiago and back - today, emphasizing the development of agriculture and industry as well as the overall quality of life. Travel to and within Cuba will also be discussed. (Phillip and Candace visited Cuba in 1979.)

HOW TO HOLD ON TO YOUR DOLLARS

Albie Rasmussen and 532-5515
Graduate Student Financial Counselors
Third Wednesday each month, 7pm
First Meeting: Feb 20
Length: 3
Location: Family Center, 3rd Floor, UFM House

How to cope with inflation and live within one's budget. Other topics will be covered according to interest. (Albie is a professor in Home Economics at KSU.)

THE INSIDERS: WHO CONTROLS AMERICA?

Alan Moberly 539-6408
Tuesday, 7:30pm
One time, March 18
Location: Capitol Federal Savings, Basement
14th & Poyntz

Dr. Sterling Lacy, a Topeka family counselor, will show the filmstrip "The Insiders--a Look at the Powerful Men who Dictate American Policy." (Alan is a student at KSU interested in politics.)

MILITARY POWER & GEOPOLITICS

Robert Deemie 537-9406
Tuesdays, 7:30pm (2nd Tues of each month)
First Meeting: Feb 19
Length: 6 times
Location: 1218 Kearney #7
Limit: 10

What should the U.S. do in Iran? What Soviet foreign policy goal hasn't changed in the last 300 years? Can the United States continue to be the world's policeman and can we consider the United States' foreign policy as that of neo-colonialism? What changes in NATO and European order can be expected? What will happen to Afghanistan and the remaining countries in the Middle East? This class will be a discussion session. All ideologies are welcome. (Robert is an avid observer of geopolitical events and loves to argue about them.)

MOTHERS OF PRE-SCHOOL CHILDREN

Sandy Brighton 537-8815
 Second Thursday of the month 9:15-11:15am
 First meeting: Feb 14
 Length: 4 times
 Location: First United Methodist Church
 612 Poyntz

Please join us for coffee and conversation at the monthly meeting of Mothers of Pre-School Children. A nursery is provided, please call for reservations.

- Feb 14 "Why is Nutrition So Important?"
 "Nutritious Recipes You and Your Preschooler Can Prepare"
 Dr. Robert Reeves, Nutrition Professor
 Nancy Leiker, Editor of a local cookbook
- March 13 "Dental Check-Ups and the Importance of Good Dental Care"
 Dr. Tom Barth, Pediatric Dentist
- April 10 "The Women's Movement and Mothering"
 Sandra Coyner, Director of Women's Studies
- May 8 "Why do Children Understand (or not understand) What We Say?"
 Susan Wanska, Dept of Family and Child Dev.

WHAT IS LA LECHE LEAGUE?

Vicki Maline 537-4954
 Saturday, 10am
 One time, March 8
 Location: UFM Conference Rm

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

LIVING-LEARNING SCHOOL

Dave Hursh 776-7350
 Esther Gray 539-2021

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

- Feb 23 Teaching Human Values: A Conference, Saturday, 2pm: A group of educators working on a conference on peace education, aging, energy, racism and other issues will discuss how we can teach our children values and skills to promote justice, peace and personal and social growth.
- Feb 26 Helping Your Child Learn to Read, Tuesday, 7:30pm
- April 13 Living Learning School Open House, Sunday, 2-5pm
 Volunteer to teach in the open classroom! Sign up and you will be contacted.

INVESTMENT BASICS

Steve Harrison 537-7594
 Sherl Prawl
 Tuesdays, Thursdays, 7-9pm
 First meeting: Feb 19
 Length: 2 weeks, 4 times
 Location: KSU, Eisenhower Hall, Rm 126

Back by popular demand, this course will give you a basic but thorough survey of the securities industry; how it functions, and how you can get involved in it. Stocks, bonds, and other investments necessary for effective financial planning will be discussed. (Sherl and Steve are local brokers)

INFLATION - DOLLARS AND SENSE

Alan Moberly 539-6408
 Tuesday, 7:30pm
 One time, March 4
 Location: Capital Federal Savings, Basement
 14th & Poyntz

The filmstrip "Dollars and Sense" will be viewed, followed by a discussion of what individuals can do to combat inflation. The discussion will be led by Richard Fatherley, Chairman of TRIM (Tax Reform Immediately Committee.)

Lawyer Series

UNDERSTANDING CONSUMER LOAN DISCLOSURE STATEMENTS

Mark A. Furney 537-1345
 Thursday, 7:30pm
 One time, March 27
 Location: UFM Conference Rm

This class would examine standard loan forms under the Kansas Consumer Credit Code; the distinction between closed-end accounts and open-end accounts. An explanation of consumer's rights and duties under the act will also be presented. (Mark is a Washburn Law School graduate)

LANDLORD TENANT RELATIONS

Nyles Davis 532-6541
 Tuesday, 7:30pm
 One time, April 8
 Location: UFM Fireplace Rm

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

LAW AFFECTING FAMILY RELATIONSHIPS

Bob Pottroff 776-0522
 Wednesday & Thursday, 7:30-9pm
 First meeting: March 19
 Length: 2 times
 Location: UFM Conference Room - 19th

This class concerns divorce law, contract marriages - myths and truths, family abuse, adoption and other laws affecting family relationships. We hope to have open discussion of these issues. (Bob has a jurisdoctorate from KU Law School.)

Aging Series

SING ALONG WITH FRANK

Frank Anneberg 537-9564

Section I:	Thursday noon	March 6
Location:	Douglass Community Center Annex	
	901 Yuma	
Section II:	Wednesday 7pm	March 5
Location:	Carlson Plaza	
	425 Pierre	
Section III:	Friday 7pm	March 14
Location:	Apartment Towers	
	300 N 5th	

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.)

STAYING AT HOME - WITH CARE

Nancy Marks 537-0688
 Wednesday, 7pm
 One time: April 9
 Location: Apartment Towers
 Health and social services available in Riley County which allow the older citizen to remain in his/her own home, as long as possible, will be discussed, as well as eligibility and methods of payment for these services. (Nancy is the Director of Riley County Health-Home-maker Services, Inc.)

FREE TAX ASSISTANCE FOR THE ELDERLY

Rhoda Cavett 776-9294

Section I:	Tuesday, Feb 26	7pm
Section II:	Thursday, Feb 28	7pm
Location:	Section I, Apartment Towers	
	300 N 5th	
	Section II, Carlson Plaza	
	415 Pierre	

Limit: 20

Come and find out how our VITA volunteers can help you with your Homestead and Food Sales Tax Refund. (Rhoda is the Assistant Director of the Consumer Assistance and Information for the Aging.)

CONSUMER FRAUD

Denise Hayden 539-3380
 Tuesday, 7pm
 One time: March 18
 Location: Carlson Plaza
 Limit: 25

The objectives of this class are 1) to identify and discuss consumer fraud; and 2) to provide guidelines for avoiding such frauds and schemes. (Denise is Director of the Consumer Relations Board at KSU.)

SIT BACK AND WRITE

Diáne Barker Sitts 776-4511
 Sign up and you will be contacted
 Length: 3 months
 Location: Adult Learning Center
 2031 Casement Rd
 Limit: 12

Do you have things to say, but freeze at the sight of white paper? Does the denouement make you abandon all hope? This creative writing class for people over 60 is designed to harness creative tensions while dispelling some of the anxiety associated with the creative process. We will explore a variety of writing forms including family history, poetry, short story, autobiography, essay, etc. HARVEST is an adult education experience based at the Adult Learning Center. (Diane is the communications leader for the HARVEST project.)

RELAXATION AND SELF-DISCOVERY

Pat Embers 776-4511
 Sign up and you will be contacted
 Location: Adult Learning Center
 2031 Casement Rd
 Limit: 15 (over 60)

Do you like adventure but at the same time want to take it easy? Do you have the feeling that inside you is a cool, calm place but you can't always find it? Would you like to experiment with your own potential for creative expression through art, music, poetry, and rhythmic movement? We will meet once a week for 2 months at a time that is convenient for everyone. HARVEST, a program of educational alternatives for people over 60, is sponsoring this group. (Pat is presently a group leader with the HARVEST program. As an occupational therapist she has taught biofeedback and relaxation and would like to see people manage their health before it manages them.)

FITNESS FOR OLDER KANSANS (FOKAN)

Esther Gray 539-2021
 Mondays 11am, Douglass Community Center
 Tuesdays 11am, Community House, 120 N 4th
 Length: Ongoing
 Limit: 25

Men and women over 60: for good health and for the fun of it, come join us! Exercises for mobility, flexibility, endurance, relaxation. It's not work when you do it to music! (Esther attended the Gerontology Institute in Ann Arbor, Mich. for exercise training for senior citizens.)



CRAFTS

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

UFM POTTERY SALE

Our Christmas sale was such a success that we've decided to do it again. The first sale of 1980 will be held on Thursday and Friday, May 1 & 2 at the K-State Union. Any area potters wishing to participate can sign up at registration or call Irene Levy, 539-5119 for more information. Sponsored by the UFM Potters Guild. (No limit.)

QUILLING

Roseann Wilkerson 776-5461
Thursdays, 6:30pm
First Meeting: Feb 28
Length: 2 times
Location: Tom's Hobby and Crafts
716 N. Manhattan
Limit: 8

Learn basic quilling. Quilling is an old craft that, while time consuming, results in beautiful and inexpensive gifts. Materials can be purchased at the first meeting.
(Roseann has taught UFM classes for several years.)

GLASS ETCHING

Tom Wilkerson 776-5461
Location: Tom's Hobby & Crafts
716 N Manhattan
Fee: \$7.50, pay at class

This is a beginning class on chemical etching, a process used by professionals for years. The technique can be used on glass, mirrors, mugs, pitchers, van windows and patio doors.
(Tom is the owner of a local craft shop and enjoys teaching others.)

GEM STONES

F. C. Lanning 537-7599
Thursdays, 8pm
First meeting: Feb 21
Length: 3 times
Location: KSU, King Hall, Rm 108
Limit: 20

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

CROCHETING

Laura York 537-9609
First meeting: You will be contacted
Length: Indefinite
Location: 819 Bluemont
Limit: 6
Fee: \$2.00, pay at class

This class will cover the basics of how to select materials and patterns and how to do the basic stitches. Hooks, yarn and instructions will be available at class. The first project will be a pot holder to teach tensing and stitches. The class will meet in the afternoon or evening depending upon interest.
(Laura enjoys teaching others to crochet.)

CANDLEMAKING

Neil Schanker 539-5766
Section I: Tuesday April 15 7:30pm
Section II: Wednesday April 16 7:30pm
Length: One time
Location: UFM Kitchen
Limit: 12
Materials fee: \$1.50, pay at registration

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

BASIC SEWING SKILLS

Jo Anderson 776-3269
Lois Johnson 539-1230
Tuesdays, 7-8:30pm
First meeting: Feb 19
Length: 6 times
Location: You will be contacted

This class will cover the basics of sewing including pattern and material choice. The class will construct a simple garment, and at the end of 6 weeks you'll be ready to take on more complicated projects. If you can bring a portable sewing machine to the class, please do so.
(Jo has been sewing for years and makes many of her own clothes.)

DECOUPAGE

Dan Ehlers 537-0267
Tuesdays, 7:30pm
First meeting: Feb 19
Length: Indefinite
Location: St. Paul's Episcopal Church, 6th & Poyntz

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

TATTING

Coni Jo Bates 537-0570
Days: To be arranged
First meeting: You will be contacted
Location: 1829 Anderson
Limit: 6
Fee: \$2.00, pay at class

Discover the joy of tatting, and make beautiful and unique baskets, booties, clothing, tablecloths, jewelry, and anything your imagination desires. These may be one of the few heirlooms made by the present generation. A new fingering method is much easier than the traditional one but gives the same results. Your fee will cover the cost of shuttle and thread. Future classes are planned so be sure to sign up on the waiting list.
(Coni Jo is self-taught, but lovingly encouraged by Effie Edwards, age 93, who was the previous UFM teacher.)

UFM QUILTERS GUILD

Coni Jo Bates 537-0570
Section I: 2nd Monday each month 9:30-11:30am
Section II: 4th Monday each month 7-9pm
First Meeting: Section I: Mar 10
Section II: Mar 24
Length: Indefinite
Location: First Baptist Church
2121 Blue Hills Rd

Whether you're a quilter, a quilt collector or just a plain quilt lover, we invite you to enjoy quilts with us. No quilting experience is necessary. We offer a variety of activities, from lectures and slide shows to quilt design and quilting bees. Anyone may visit twice, free of charge. At the first meeting the folded star or stained glass pattern will be taught. Call 537-0570 or 776-3684 to find out what materials you will need. Babysitting will be provided if requested in advance.
(Coni is co-founder and president of the Konza Prairie Quilters Guild.)

NEEDLEPOINT

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

Needlepoint is a durable stitchery used to decorate footstools, wall hangings, pillows and rugs. It is usually done with wool yarn. Please bring your own yarn, a needlepoint needle and material to class. Please call Molly and let her know which day and what time you wish to come to class.
(Molly has been doing this type of work for 35 years.)

BEGINNING KNITTING

Bobby Kromm 539-6718
Tuesdays, 8pm
First Meeting: Feb 26
Length: 4-6 times
Location: 2825 Virginia (Corner Vermont & Virginia)

Bring needles and yarn to the first meeting if you have them. We will learn the basic stitches and talk about projects you may want to work on, then you can buy the instructions, needles and yarn you will need for your project.
(Bobby has knitted off and on for 18 years.)

RUG BRAIDING

Dean Denner 776-5589
Judy Cloud 539-5133
Wednesdays, 7:30pm
First meeting: Feb 20
Length: 3 times
Location: 2316 Chris Drive
Limit: 15

One craft which has rewarded people for ages, is braiding rugs from discarded garments or whatever is available. You will be shown how to prepare the material, lace and join strands. Bring a needle, thread and scissors.
(Judy has made 5 room size rugs from old discarded clothing and blankets. Dean shares Judy's passion for rug braiding.)

BEGINNING MACRAME

Cindy Culver 776-3227
Monday, 7:30-9pm
First meeting: Feb 25
Length: Indefinite
Location: UFM Kitchen
Limit: 10
Fees: \$3.50, pay at registration

Anyone can learn to tie knots, so anyone can macrame. You will learn the basic knots, and how to follow patterns. You can make those beautiful wall hangings, plant hangers and purses. Bring 70-yard spool of 5-ply jute to first meeting.
(Cindy has been doing macrame for several years.)

SHIPS IN BOTTLES

Ted Stalek 532-6822
 Wednesdays, 7pm
 First meeting: Feb 20
 Length: 4 times
 Location: KSU, Seaton Hall, Rm 162
 Limit: 20

If you've ever seen those beautiful ships in bottles and wondered how they got in there, this is your chance to find out. The ship is actually built outside the bottle and magically placed inside. Ted will teach this technique as well as how to tie the Turk's head knot. Ted will bring some antique bottles and some ships he has built to show the range of possibilities. Bring a picture of the ship you want to build to the first class.
 (Ted has been building ships in bottles for 9 years.)

UFM Pottery Studio

UFM POTTERS GUILD

Irene Levy 539-5119
 The UFM Potters Guild is a recently formed organization open to all area potters and Manhattan residents interested in the ceramic arts. We will be meeting during the semester to plan shows, workshops, etc. Sign up at registration and you will be contacted about the date for the first meeting.

UFM POTTERY STUDIO

Janet Holcomb 539-5775
 Saturday, 10am
 One time: Feb 16 (Organizational)
 Location: UFM Pottery Studio
 Materials fee: \$15, pay at registration

The UFM Pottery Studio, 1221 Thurston, Basement, is available for people who would like to handbuild or use the wheel on their own. Charges for use of the facilities for four hours a week are \$15 per semester. This fee includes some kiln space but not your clay. Our pottery studio is a cooperative. Members help do the work to keep it clean and running smoothly. If you would like to use the studio please attend the meeting Saturday, Feb 16 at 10am. I will show you the facilities and the studio guidelines. At this meeting you can sign up for your studio time. The studio will acquire a new Raku kiln this semester.

RAKU FIRING

Irene Levy 539-5119
 First meeting: Sat Feb 23, 1pm
 Second meeting: Sat March 15, 1pm
 Location: UFM Pottery Studio
 Limit: 8
 Fee: \$20, pay at registration

Raku is a method of glaze firing that demands the continuous involvement of the potter throughout the entire process of production. In Raku, the pottery is placed in a pre-heated kiln and removed, glowing hot when the glaze has matured. At the first class meeting we will discuss the technique, prepare clay and work on the kiln. The class will then have three weeks to produce pots, and at the second class we will fire the pots. This is not a beginners class. (Irene is a professional potter).

MASK MAKING

Steven Johnson 539-5779
 Tuesdays, 7pm
 First meeting: Feb 19
 Length: 6 times (possibly longer)
 Location: UFM Pottery Studio
 Limit: 8
 Fee: \$12, pay at registration

This class will cover basic sculptural techniques in ceramics, emphasizing individual creativity through various mask-making projects. Fee includes 25 lbs of clay, glaze and kiln firing. (Steven has been very involved in the UFM Studio working on his own mask designs.)

BEGINNING HANDBUILDING

Janet Schumacher
 Thursdays, 7:30pm
 First meeting: Feb 21
 Length: 12 times
 Location: UFM Pottery Studio
 Limit: 8

Fee: \$15, pay at registration
 Janet will cover 3 handbuilding methods: slab, coil and pinch, and discuss glazing with the class. Fee includes 25 lbs of clay, glaze and kiln firing. (Janet has worked with clay for 8 years as a hobby.)

CONVERSATIONAL CERAMICS

Lee 537-4155
 Saturdays, 10am
 First meeting: Feb 23
 Length: 12 weeks
 Location: UFM Pottery Studio
 Limit: 12
 Fee: \$15, pay at registration

This course covers basic techniques of handbuilding and wheelthrowing. It will emphasize sharing and talking about personal growth in a relaxing and therapeutic atmosphere. The fee covers costs of 25 lbs of clay, glaze and kiln firing. (Lee enjoys sharing her skills with others.)

INTERMEDIATE CERAMICS

Janet Holcomb 539-5775
 Wednesdays, 7pm
 First meeting: Feb 20
 Length: 12 weeks
 Location: UFM Pottery Studio
 Limit: 6
 Fee: \$15, pay at registration

This class will be geared towards the person who has already attained the basic wheel throwing skills and would like to learn more advanced throwing techniques. We will also include handbuilding in this class. Fee will cover 25 lbs of clay, glaze and kiln firing. (Janet is the UFM Pottery Studio Director.)

FIRING A PROPANE FUELED KILN

Irene Levy 539-5119
 First meeting: Sign up and you will be contacted
 Limit: 10

We will be putting together a gas kiln this semester and firing it to cone 10 for the first time. If you wish to attend the firings and learn with us you are welcome.

EARTH

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

ANCIENT KANSAS OCEANS

Dr. C. P. Walters 532-6724
 Saturday, 9am
 One time: April 19
 Location: KSU, Thompson Hall, Parking lot
 Fee: \$1 - pay at class

Kansas has been under water 50% of the time for the past billion years. The ancient oceans left us on top of ½ mile of ocean sediment. This deposit of mud and fossils leaves Manhattan 1000 ft. above sea level. On this field trip we will examine the sea floor and look for fossils along the way. Bring along a sack lunch and \$1 for gas donation. (A member of the local Audubon Society says, "I learned more about how the Flint Hills area developed from one of Dr. Walter's talks than I did in a whole semester.")

A VIEW OF THE FLINTHILLS

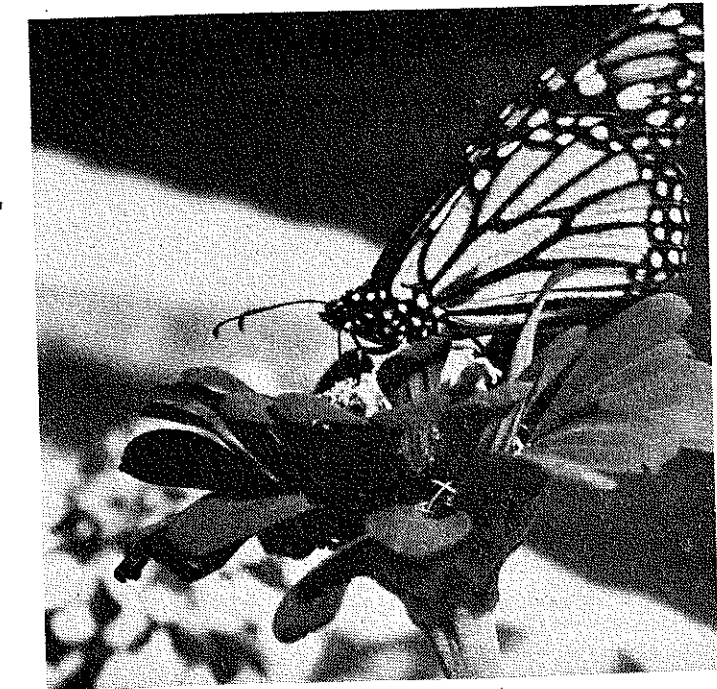
Grace Muilenburg 539-8006
 Ada Swineford
 Monday, 7pm
 One time, April 28
 Location: Meadowlark Hills Recreation Rm
 North Manhattan & Kimball

A slide presentation on the Flinthills will be featured with comments on the landscape, geology and resources of history. (Grace and Ada are the co-authors of Land of the Post Rock and are near completion of a new book on the Flinthills.)

PRAIRIE HABITATS: A LOOK AT WHERE AND HOW GRASSLAND ANIMALS MAKE THEIR LIVINGS

Bennett Brown 532-6633
 Saturday, 8am
 One time, April 26
 Location: Headquarters, Konza Prairie RNA
 (Old Dewey Ranch)
 Limit: 25

We will look at the various habitats associated with the King's Creek watershed as it ascends the prairie hills, hike across the uplands and descend again along a nonriparian route. We will examine microhabitats as well as the more conventional prairie vistas. Please wear good hiking shoes, bring a sack lunch and canteen of water, and come even if there are April showers. (Ben is a Wildlife Ecology professor at KSU.)



EARLY SPRING FLORA OF THE KANSAS FLINT HILLS

Craig Freeman (home) 776-1678
 (office) 532-6619
 Sunday, 1:30pm
 One time, April 20
 (rain date: April 21, 5:30pm)
 Location: KSU, Parking lot south of Ackert Hall
 Limit: 20

Have you ever witnessed Mother Nature's spring floral pageantry? If not, you've missed a truly remarkable spectacle. Come take a walk through the prairies and woodlands of Konza prairie and see what nature has dished up this year. (Craig's a KSU graduate student in botany.)

PRAIRIE GRASSES

Gene Towne 539-0353
 Saturday, 10am
 One time, May 24 (rain date May 31)
 Location: KSU, Parking lot north of Waters Hall

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

PRAIRIE WILDFLOWERS

Gene Towne 532-6101
 Section I: Wednesday 6pm May 7
 Section II: Wednesday 6pm May 21
 One time: (rain date May 8 and May 22)
 Location: KSU, Parking lot north of Waters Hall

Learn to identify wild flowers, and obtain interesting information about each plant, by joining in a walk through the Flint Hills. Indicate which walk you will join.

COLLECTING ROCKS

Edward Shumaker 1-765-3391
 Thursday, 7:30pm
 First meeting: Feb 21
 Length: 7 times
 Location: KSU, Thompson Hall, Rm 109

Slides and films will accompany this introduction to the identification of minerals and fossils. Topics will include collection points, fieldcare, cleaning, display suggestions, record keeping and location by geographic locations. Two field trips will be taken. (Edward is chairman of the local mineralogical society.)

EDIBLE PLANTS

Spencer Tomb 532-6640
 Max Miller 539-3488
 Sue Maes 532-5866
 Tuesday, 6pm
 One time, May 6
 Location: 3117 Bermuda Lane

Before you pull or spray that weed why not investigate if it can be enjoyed in a cuisinaire style. Hundreds of our unwanted or overlooked plants give excellent food value. Twenty to fifty local plants will be reviewed and displayed for the class...depending on the ingenuity of the three leader-foragers. You'll be serving stinging nettle quiche to your next supper guest. (Spencer, Max and Sue make up a team with years of professional and amateur experience.)

HOME LANDSCAPE: ITS PRINCIPLES AND APPLICATION

Gus van der Hoeven 532-6173
 Tuesday, 7:30pm
 One time, March 25
 Location: Manhattan Public Library
 Juliette and Poyntz

Adding a patio to your yard? Hoping to make your backyard an extension of your home? With proper use of your land the yard can become a versatile indoor/outdoor room. We will discuss how to conserve energy and insulate your home with proper use of plant materials. The class will concentrate first on looking at the plant materials already in your yard. (Gus is a professor in horticulture and is interested in how not to see the neighbors garbage can.)

ORGANIC PEST CONTROL

Jim Johnson 532-5891
 Thursdays, 7pm
 First meeting: Feb 21
 Length: 3 times
 Location: UFM Banquet Rm

Will garlic really keep the bugs away and will basil deter the tomato hornworms? Want to find out how to reduce your garden pests without persistent chemicals? The sessions will survey the current knowledge of natural or organic pest control, with discussions of folk methods as well as more modern techniques. (Jim is an Extension Entomologist at KSU.)

A SELF-SUFFICIENT LIFESTYLE

Randy Kidd 1-494-2796
 Thursday, 7:30pm
 One time, March 6
 Location: UFM Fireplace Rm

Here's a chance to learn methods to change your urban backyard or small farm into a workable, integrated, foodproducing system. The Farallones Institute Model, which combines rabbits, fruit trees, berry patches, gardens, animal feed crops, chickens, composting toilets, etc. will be discussed. Local farm land problems and questions are welcome. (Randy is a veterinarian and writes the Manhattan Mercury column, "On the Outside.")

DOWNTOWN MANHATTAN FARMER'S MARKET

Ken Embers 539-1980
 Roxanne Howe
 Wednesday, 7:30pm
 One time, March 26
 Location: UFM Conference Rm

If you're interested in growing and selling your own fresh vegetables, fruits, cider, flowers and other produce then come and find out how, when and where. Last summer-fall we got together every Sat. 8-2 at 3rd & Humboldt in Manhattan to sell our fresh quality produce directly to customers. We learned a lot, had fun, worked, made money and provided the local area with top quality produce. (Ken and Roxanne are market sellers.)

Kansas Water: Is There Enough?

Tuesday, April 8, 7pm
 Manhattan Public Library

Water. The lack of it is reaching a crisis stage in parts of Kansas.

Water. In a large part, it controls our very lives.

Water. Some claim they have solutions to the problems. Others throw up their hands in frustration.

Water. Where will it all end!
 The Wichita Eagle Beacon

The quality, quantity and legal issues pertaining to Kansas' water future will be debated by a panel of experts from across the state of Kansas. Resource people confirmed at this time include:

Guy Gibson - Division of Water Resources
 State Board of Agriculture

Martha Mangelsdorf - recent winner of National Press award; Science Division, for her coverage of the water problem.

Mel Gray - Department of Health and Environment
 Bill Powers - Kansas Water Resources Research Institute

Details and additional panel members will be sent to all those registering for the evening. Join us in investigating the future of our vital day-to-day resource.

HERBS

Dale Anderson 494-2540
 Wednesday, 7pm
 One time, April 30
 Location: Herb Patch
 6 miles east on Hwy 24

The class will start with a tour of the growing fields, where you can see, taste and smell over 150 varieties of herbs. The session will cover companion planting, care, harvesting and storage of herbs. (Dale is the owner of an herb store, where he grows herbs and scented geraniums.)

HOUSEPLANTS

John P. McDermott 776-7369
 Sundays, 1pm
 First meeting: Feb 24
 Length: 6 times
 Location: UFM Fireplace Rm
 Limit: 20

We will discuss the basic needs (lighting, moisture, fertilization, temperature, humidity requirements and appropriate soil mixtures pertaining to many of the popular indoor foliage plants. Students will learn to identify and treat plant diseases and pests. Please bring your plants or plant problems. The latter half of this class will focus on starting vegetable plants, transplanting, staking and vegetable production. (John is a silver medalist winner of the 1977 FFA Horticulture contest in identification.)

ENVIRONMENTAL AWARENESS CENTER

Pat Dreese 539-4898
 Tuesday, 6:30pm
 One time, Feb 26
 Location: 730 Fremont

EAC is a group of people concerned about the environment and who are trying to do something positive towards mitigating harmful environmental efforts and the rapid use of resources. At this meeting, you will

SEVERE WEATHER

L. Dean Bark 532-6814
 Merle Brown
 Section I: Apartment Towers, 300 N. 5
 Tuesday 7pm, Mar 8
 Section II: KSU, Cardwell Hall, Rm 102
 Thursday 7pm, Mar 27

Severe thunderstorms, lightning and tornadoes along with the national weather service watches and warnings will be reviewed. The goal of the class is to improve understanding of severe weather and to suggest ways to protect life and property. (Dean and Merle are climatologists at KSU.)

MANHATTAN LAND BUYING CO-OP

Bill Dorsett 539-1956
 Jim Converse
 Sunday, 7pm
 First meeting: Feb 24
 Length: Indefinite
 Location: UFM Fireplace Rm
 Limit: 25
 Fee: Shared legal, etc., pay as these costs arise
 With a year's experience and two land parcels behind us, we have a small and very capable group. Our primary intent is to share in the development of an ecologically sensitive rural community. This semester we will be studying other models and continuing our land search. (Bill and Jim share with others a strong sense of rural community living.)

Green Thumb Series

The Riley County Extension Office Series:

Fruit Trees Frank Morrison
 10am, March 1, raindate March 15
 Location: 2015 Casement Rd

How to make pruning decisions with young trees, old trees, and tree varieties will be demonstrated. The class will be open also to questions on pollination, insect control and growing requirements.

How Does Your Garden Grow? Jim Lindquist
 7:30pm, March 11
 Location: Manhattan Public Library
 Juliette & Poyntz

The beginning steps of a successful home garden, from planning to harvest, will be discussed. Areas will include soil preparation, cultural practices, composting, mulching and control of some common garden problems. Extension publications will be available.

Advanced Gardening Techniques Chuck Marr
 7:30pm, April 2
 Location: Manhattan Public Library
 Juliette & Poyntz

The evening will present a more in-depth discussion of the common vegetables grown in Kansas. Pest control problems and culture practice tips for an improved vegetable product will be emphasized.

BEGINNING BIRDWATCHING

Doug Hosenev 539-0425

Field trips: Saturdays
Organizational meeting: Monday, Feb 18, 7pm
Length: Indefinite
Location: UFM Conference Rm.
Limit: 15

Field trips will be arranged to see a large variety of birds. Among the possibilities are: Bald Eagles and waterfowls, small wintering songbirds, Sandhill Cranes, Prairie Chicken's booming, owls and warblers in spring migration.
(Doug is president of the local Audubon Society.)

THE UNIVERSE

Terry Anstrom 532-6816

Wednesdays, Thursdays, 7:30pm
Location: KSU, Cardwell Hall, Planetarium
Limit: 40 each topic

- Feb 21: The Winter Sky: A description of the stars and constellations making up the "heavenly G".
- Mar 6: The Outer Planets: Discussion of the outer planets including latest information and short films from Voyager and Pioneer.
- Mar 19: The Universe of Dr. Einstein: A discussion of Einstein's life and his contributions to our knowledge of the universe.

ASTRONOMY FOR FUN

Chris Sorenson 532-5932

Mondays, 7pm
First meeting: March 31
Length: Indefinite
Location: UFM Fireplace Rm

Let's get together, pool our resources, and go out on a new moon evening and see what we can see. Telescope building will be covered for those interested. The class will have access to a few telescopes.
(Chris is an assistant professor in physics.)

EQUESTRIAN INFORMATION EXCHANGE

Bob Haines 1-456-9946
Linda Crowell 539-5078
Mary Ellen Guest 776-9746

Wednesday, 7:30pm
First meeting: March 12
Length: Indefinite
Location: UFM Fireplace Rm

Interested in exchanging information with other horse people? Topics open for discussion will include: possible trail riding areas, food outlets, quality horse trailers and equipment, horse care and horse shows. Let those of us who enjoy the art of horse riding meet to share our common interest.
(All three conveners own horses and enjoy riding.)



DAIRY GOATS

William Klopfenstein 539-2846

Tuesdays, 7:30pm
First meeting: April 15, April 29
Length: 2 times
Location: 2417 Rogers Blvd.
Limit: 15

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

POULTRY RAISING

Al Adams
Thursday, 7pm
First meeting: April 17
Location: KSU, Call Hall, Rm 206

This class will cover the general steps in raising a small poultry flock including, breeds to use, sources, brooding and rearing, and feeding.
(Dr. Adams is a professor in Poultry Science at KSU.)

Audubon Calendar

NORTHERN FLINT HILLS AUDUBON SOCIETY

- Jan 24 Prairie Perspectives: Ron Klataske, regional representative to Audubon, will review efforts to preserve the prairie. KSU, Ackert Hall, Rm 221, 7:30pm
- Jan 26 Field Trip: Eagles and Waterfowl Outing
- Feb 21 Nature Slide Share Session: Bring your favorite slides. KSU, Ackert Hall, Rm 221, 7:30pm
- Feb 23 Field Trip: Backyard Birdfeeder Tour
- Mar 3 Audubon Film: "Northeast Adventures" and "Adventures in Penn Woods" City Auditorium, 8pm
- Mar 14-16 Field Trip: Sandhill Crane Migration - Grand Island, Nebraska
- Mar 20 Raptor Rehabilitation: KSU, Veterinary Hospital, Lobby of Small Animal Clinic
- Mar 25 Audubon Film: "Pacific Shores" City Auditorium, 8pm
- Apr 19 Field Trip: Hackberry Glen and Ashland Bottoms
- Apr 26-27 Field Trip: Migratory Waterfowl - Cheyenne Bottoms
- May 10-11 Field Trip: Warblers - Lynn County
- May 15 Annual Banquet Program: Prairie Chicken Behavior with Dr. R. J. Robel

Sign up for the trips and talks you wish to attend.

Further Information: President: Doug Haseney, 539-0425

Audubon Films: Manhattan Recreation Commission, 776-4714

Field Trips: Coordinator, Bob Broyles, 532-4864

The Zoo

This series is prepared by the educational staff of the Sunset Zoo. Classes will be held at the Zoo. 539-2011

PET CARE AND TRAINING SERIES Saturdays, 9am

\$1 fee for printed materials

- Feb 16 Bird Training -- Steve Stober
- Feb 23 Dog Obedience -- Anne Lenhart
- March 1 Fish Care -- Penny Stober
- March 8 Keeping Reptiles -- Ann Collins

Junior Zoo Keepers

Earn badges while learning about animals through field trips, films and special projects. Fridays, 4pm, Feb 15 on (8-15 yrs old)

Junior Zoo Keeper Training

Learn the principles of animal keeping with behind the scenes zoo work. Bring a \$1 fee for a class manual. Saturdays, 1pm, Feb 16 on (8-15 yrs old)

Wildlife Survey

Concentrated study will cover monkeys, apes and bears. An animal scrapbook will be put together. Mondays, 4pm, Feb 18 on (8-15 yrs old)

Leader: Barbara McFadden

KEEPER LECTURES

Wednesdays, 7pm
Sunset Zoo

- Feb 27 Horns and Antlers
Bill Munn, (hoof stock keeper)
- March 5 Big Cats
Brad Compton, (zoo's headkeeper)
- March 19 Monkeys and Apes
Barb McFadden
- March 26 Feathers and Birds
Caroline Meek

Zoo Education

Leader: Barbara McFadden

Teachers, parents, scout leaders - please help us design a useful zoo curriculum. Thursday, 7pm, March 6 only

Zoo Aids

Leader: Carol Garner

Volunteer for the zoo in carpentry, clerical work, hand crafts, landscaping or many other odd jobs. Monday, 7pm, Feb 18 only

Docent Training

Leader: Carol Garner

Here's a chance to learn to give educational tours, classroom lectures and assist in zoo activities. Thursdays, 7pm, Feb 21 monthly

Zoo Public Relations

Leader: Tam Lips

Learn how to do poster lay-ups, make radio and TV commercials, and fund raising while helping with up-coming zoo promotions. Saturdays, 10:30am, Feb 23 on

FINE ARTS

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



UFM DARKROOM COOPERATIVE

Doug Walter 532-5866
One time, Saturday, Feb 16, 10am (Organizational)
Location: UFM Fireplace Room
Fee: \$15.00, pay at registration

The UFM Photography Darkroom is now available to anyone needing access to a well-equipped facility. It is cooperatively run and maintained by its members. The fee includes use of the darkroom on a space-available basis and all necessary chemicals for a limited amount of black and white film processing.
(Doug established the UFM darkroom.)

BEGINNING PHOTOGRAPHY AND DARKROOM

Bob Habiger and Thad Noto 776-7100
Mondays, 7:30pm
Section I: Feb 18, Feb 25
Section II: Feb 18, March 3
Length: 2 times
Location: UFM Fireplace Rm
Limit: 6 per section
Fee: \$20.00, pay at registration

Learn the basics of using a 35mm camera and how to develop your own black and white film. Fee includes film, chemicals, paper and 20 hours use of the UFM darkroom.
(Bob and Thad are professional photographers.)

BASIC PHOTO TECHNIQUES

Roy Krantz 537-8373
Sundays, Feb 24 and March 9
Length: 2 times
Location: 2024 Claflin
Limit: 20

Learn beginning tips for both instamatic and 35mm cameras, and get an introduction to wide-angle and telephoto lenses. Bring camera and sample photos to class.
(Roy is editor of the Flint Hills Journal.)

PHOTOGRAPHING CHILDREN

Thad Noto 539-5685
Monday, 7:30pm, UFM Banquet Rm
First Meeting: March 3, Length 8 classes

Learn the basics of photography while capturing the many facets of children. Bring your camera (any kind). The class will culminate with a three week photography display at the public library.
(Thad is a professional photographer.)

TALKING SLIDES

Dan Ray/Ernie Peck 776-6434
One time, April 3, 7-10:30

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.)

MAKING COLOR PRINTS FROM COLOR SLIDES

Marion Pelton 537-1371

Sign up at registration and you will be contacted
Fee: \$10, pay at registration
Limit: 12

Marion will show how to make color prints by using the cibachrome method. Bring 4 color slides to class.
(Marion is a local photographer.)

The following classes will take place at Baugh Photo,
2028½ Tuttle Creek Blvd:

BEGINNING PHOTOGRAPHY

Ernie Peck 776-6434

Section I: April 22, 23, 24, 26, 29
Section II: May 13, 14, 15, 17, 20
Section III: June 17, 18, 19, 21, 24

Time: 7pm weekday, 8:30am Saturday
Limit: 10
Fee: \$25, pay at registration

Four evenings and a 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.)

DEVELOP YOURSELF

Dan Ray 776-6434

Thursdays, 7-10pm
First Meeting: Feb 28
Length: 3 times
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.)

PHOTO LABS: WHAT DO THEY DO?

Mark Stallings 776-6434

Section I: Wednesday, Feb 13
Section II: Thursday, Feb 21
Section III: Tuesday, March 4

Time: 7pm
Length: One time

Learn what happens to your film after you send it to be processed.
(Mark is the owner of a local photography studio.)

LET'S HAVE A COFFEEHOUSE

David Kamerer 776-7887

Tuesdays, 7pm
First meeting: March 4
Length: indefinite
Location: UFM Fireplace Room

This group will work toward creating a coffeehouse. We will try to provide both a place for people to get together to share ideas and skills, as well as performance opportunities for local talent, from musicians to magicians. It will be a "cheap night out" and a chance to meet Manhattan's diversity.
(David managed a student coffeehouse in Illinois.)

ART REACH: CONCERTS AT NOON

This series represents UFM's efforts to provide high quality arts experiences for the elderly and others who may not have access to this kind of event. Join us for a good time and good music. All performances will be held at Douglass Community Center. This service is supported in part by the Kansas Arts Commission, a state agency, and The National Endowment for the Arts, a federal agency.

Feb 15 Guitar: Come and enjoy the fine music of visiting Guitarist Douglas Niedt, who will perform both classical and contemporary music. Friday, 12:30 pm

Feb 18 Hammered Dulcimer: Linda Teener and friends will provide a sampling of traditional dulcimer music. Come and enjoy this rare opportunity. Monday, 12 noon

March 6 Sing along with Frank: Join Frank Anneberg for a rousing hour of group singing of old favorites. Thursday, 12 noon

Mar 12 Folk Harp: Florence Schwab, accomplished on several kinds of harps, will play Irish folksongs and other folk music on her small Troubadour Harp. Wednesday, 12 noon

April 4 Banjo: Stamp your feet and clap your hands to the banjo music of talented David Verschelden, a KSU student and musician. Friday, 12 noon

FOX TROT - DANCE (Ballroom)

Dixie and Tom Roberts

Sundays, 2-4pm
First Meeting: Feb 17
Length: 2 times
Location: Gregov's Restaurant
2605 Stagg Hill Rd.

Limit: 20 Couples

Learn the most beautiful and popular dance of all time--The Fox Trot--Two lessons will include the basic step and several variations.
(Dixie and Tom have been teaching ballroom dancing for 10 years.)

DISCO DANCE

Chuck Stratman 776-6194

Saturdays, 6pm-7:30pm
Section I: Feb 23 March 1
Section II: March 8 March 22
Location: Mother's Worry
Limit: 30 each section

Tired of sitting? Well, shake your groove thing--get up and dance. Learn hustles, line dances and swing dances. No partners are necessary.
(Chuck learned how to dance at Pogo's in Kansas City.)

NELSON ART GALLERY SHAKESPEARE EXHIBIT BUS TOUR

Michael Donnelly, Don Hedrick

Section I: Saturday, 8:30am, April 5

Section II: Saturday, 8:30am, April 12

Location: Wal-Mart Parking Lot

Limit: 43 per tour

Fee: \$3.00, handicapped and Senior Citizens
\$8.00, others - pay at registration

Sign up for the tour you wish to attend and journey with us to the Nelson Art Gallery, one of six museums in the U.S. privileged to host the Folger Shakespeare Library Exhibit "Shakespeare, the Globe and Our World." Tours will return at 5:30pm the same day. (Professors Donnelly and Hedrick teach Shakespeare for a living and for fun.)

STAR TREK

Nancy Gill 539-1262
Diane Williams 537-0131

Mondays, 7:30pm

First Meeting: Feb 18

Length: 3 times

Location: KSU, Union, Rm 205

"Star Trek" will be a discussion class, with topics such as the new movie, recent books, fanzines, conventions and the TV show. Some science fiction may be discussed and a computer game may be played. Also, anyone interested will be invited to join the Manhattan Star Trek Club. (Nancy and Diane belong to the Manhattan Star Trek Club, and have attended several state conventions.)

BEGINNING SWING DANCING

Dale R. Harper 539-3670

Thursday, 8:30-9:30pm

First Meeting: Feb 21

Length: 3 times

Location: Douglass Community Center Annex
900 Yuma

Limit: 30 or 15 couples (you need not have a partner)

This class is for beginners or people who wish to learn to swing dance. You will be taught to do the double-pretzel, pretzel twist, slides, windmill, the "sweetheart," the "dream," twirls and possibly more if time is available.

(Dale is still learning the many different moves and steps, but really enjoys swing dancing.)

COUNTRY SWING DANCE

Tom Van Slyke 537-8040

Mondays, 7-8:30pm

First meeting: Feb 18

Length: 3 times

Location: Cowboy Palace
209 Poyntz

Limit: 22 couples

Fee: \$1 - pay at registration

This class will introduce those who have never whirled around the dance floor to basic turns and slides, sweetheart holds and the pretzels. Fee will provide a D.J.

(Tom, Ellen and friends love to swing dance.)

INTRODUCTION TO MOVEMENT IMPROVISATION

Susan Warden 539-7767

Thursdays, 6:30pm

First Meeting: March 20

Length: 4 times

Location: Dancers Inc., studio
3rd and Humboldt (use back entrance on east side above Office World)

Limit: 12

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

THE FAMOUS GROUPS OF THE 60's

Debra Hubert 539-3776

Mondays, 7:30-9pm

First Meeting: March 10

Length: Indefinite

Location: UFM Fireplace Room

This class will be a discussion class about groups such as the Beatles, Monkees, etc. with a special focus on the Monkees. There will be magazines, albums, and talks about the group's TV shows. (Debra has been interested in the Beatles since they broke up in 1969. She is a Fan Club member of either Ringo, George, or John of the Beatles, or could it be Davy, Micky or Mike of the Monkees.)

JUGGLING I

Steve Parrott 776-3100

Mondays, 6:30pm

First Meeting: Feb 18

Length: Indefinite

Location: UFM Banquet Rm

Limit: 20

Fee \$1.50, pay at registration

Even the so-called "uncoordinated" ones are welcome to participate in this lively cosmic art. Learning to juggle is unbelievably easy, and its reward--heightened body awareness, improved coordination--are just incidental to the fact that juggling is so much fun. (Steve has been teaching juggling for several years.)

JUGGLING II (BEGINNING AND INTERMEDIATE)

Mike Kohn 539-8504

Sign up at registration and you will be contacted.

Limit: 20

SILK SCREEN PRINTING

Sidney I Dewey 1-293-5607

Wednesdays, 7pm

First Meeting: Feb 20

Length: 8 times

Fee: \$5, pay at registration

This class will not only cover the history of silk screen and types of screens, but participants will make a screen and print their designs. (Sidney has had over 40 years experience.)

BEGINNING GUITAR

Tim Verschelden 537-2617

Thursdays, 7pm

First Meeting: Feb 21

Length: Indefinite

Location: Catholic Student Center
711 Denison

Limit: 15

In this class, we will learn basic guitar chords. We'll learn how to enjoy our guitars as the class progresses.

(Tim has performed professionally.)

FLINT HILLS DULCIMER PLAYERS

Linda Teener 537-0508

Thursday, 7pm

First Meeting: Feb 21

Length: Indefinite

Location: 1900 Judson

We are a group of mountain and hammered dulcimer players who enjoy playing together. Come share tunes and techniques you know and learn what others are doing. Anyone interested in dulcimer is welcome. (Linda has been interested in dulcimers for several years and plays both mountain and hammered dulcimer.)

BEGINNING AND INTERMEDIATE BANJO 537-0148

Tuesday, 7pm

First Meeting: Feb 19

Length: 11 times

Location: 748 Midland

Limit: 16

This class will offer tutoring, exposure to various methods and styles of playing and some stimulation as you learn to play the banjo. I can teach by use of banjo tablature, but not by written music. (David says he was a beginner on the banjo for 5 years, but is getting less obnoxious all the time.)

INTERMEDIATE-ADVANCED GUITAR

Pete Grosett 537-8410

Tuesdays, 6:30-8pm

First Meeting: Feb 19

Length: 8 times

Location: St. Paul's Episcopal Church
6th and Poyntz

Limit: 7

This class is for those who know all their open string chords and can play a bar chord. We'll work with scales, chord inversions, picking styles and some theory. Bring your guitar and your favorite song. (Originally self-taught, Pete has studied jazz guitar at the Guitar Study Center in N.Y.)

DOUGLAS NIEDT GUITARIST

Manhattan Arts Council

Section I: Monday, Feb 11, 10:30am Big Lakes Adult Training Center, 1500 Hayes Dr.

Section II: Tuesday, Feb 12, 2pm - College Hill

Section III: Wednesday, Feb 13, 2pm - Wharton Manor

Section IV: Friday, Feb 14, 12:30pm - Douglas Community Center, 900 Yuma

Douglas Niedt delights in playing classical, Renaissance and contemporary music. Affiliate Artist Douglas Niedt is presented by the Association of Community Arts Councils of Kansas with assistance from the Dane G. Hansen Foundation. The program is sponsored by the Sears-Roebuck Foundation and the National Endowment for the Arts.

(Mr. Niedt teaches full time, and is currently Chairman of the Guitar Department of the Conservatory of Music at the University of Missouri - Kansas City.)



RECORDER FOR ADULTS

Vicki Schult 539-4746

Tuesdays, 8pm
First Meeting: Feb 19
Length: Indefinite
Location: Westron Wynde
1220 Moro

Limit: 20

This class is for people who have never played the recorder but want to. (Vicki has studied recorder, historical instruments, and early music at the University of Florida.)

WRITERS CENTER DISCUSSION

Antonia Pigno 532-6516

Wednesday, 7pm
One time, March 26
Location: UFM Fireplace Room

Persons interested in establishing a writers center in Kansas should sign up for this class. The center would promote special reading sessions, teaching of creative language, etc. Especially needed are people who know how to write grants, start projects, etc. (Antonio is a poet, and would like to see Kansas support its writers.)

THE GOOD OLD DAYS OF RADIO: 1930's and '40's.

Paul Prince 532-6881
Ralph Titus 532-5851

Tuesdays, 7:30pm
First meeting: March 18
Length: 2 times
Location: UFM Fireplace Room

Gather round the console radio for two nights of humor, suspense, and adventure. We'll play your favorite shows as well as some little known gems. All different shows each night! Collectors: bring your own tapes or records of favorite programs for sharing. (Paul teaches broadcast history in the Dept. of Journalism and Mass Communications. Ralph brings his experience with KSAC plus his extensive collection.)

TUTORING CONVERSATIONAL ENGLISH

Donna Davis 539-3606
532-6448

Section I: Monday, Feb 25, 7:30pm
Section II: Wednesday, Feb 27, 7:30pm
Location: KSU International Student Center

Are you interested in helping foreign students and their spouses improve their English skills? No special training is needed, we only ask that you speak English and are sensitive to people from other cultures. Tutoring schedules will be arranged at your convenience. (Donna is a graduate student at KSU working at the International Student Center.)

SIGN LANGUAGE I

Dan McAnarney 532-4807

Tuesdays and Thursdays, 7pm
First Meeting: Feb 19
Length: 20 times
Location: KSU, Eisenhower Hall, Rm 24

Limit: 25

Fee: \$6 - pay at registration

The students will learn to communicate in sign language both by finger spelling and signs. Classroom experience will be supplemented by some real-life activities, which may include a field trip. (Dan took an earlier UFM Sign Language Class.)

SIGN LANGUAGE II (BEGINNING)

Brian Hettrick 532-5172

Tuesday, 1-3pm
First Class: Feb 19
Length: 10 times
Location: UFM Fireplace Room
Limit: 25 (No fee for section II)

EASTER EGG PAINTING

Orysia Dawydiak 537-4221
Elaine Cole

Section I: Tuesday, March 26, 7:30pm
Section II: Tuesday, April 1, 7:30pm
Length: One time each section
Location: UFM Kitchen
Materials fee: \$.50 - pay at registration

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

ACRYLICS OR WATERCOLOR

Opal Shirk 776-4197

Tuesday, 10am-12 noon
First meeting: Feb 19
Length: Indefinite
Location: 425 Pierre, Apt 5F
Limit: 3

This class is for the beginning and intermediate painter. Participants will have the opportunity to share in the appreciation and enjoyments of painting as a means of self expression. Please bring a small acrylic brush and acrylic paints. (Opal has been painting as a hobby for ten years.)

CHINESE PAINTING

K.K. Hu 539-6192
Sue Hu

Aldona Riseman
Saturday, 2-4pm
First Meeting: Feb 23
Length: 3 times
Location: UFM Banquet Room
Limit: 10

The class will learn basic calligraphy strokes and handling of the sharp-tipped Chinese calligraphy brush and how to work with absorbent inks on Chinese rice paper. (Sue has been painting for 25 years.)

FOODS

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

SUPERMARKET SLEUTH

Martha Cornwell 532-6260
Cindy Branz

Thursdays, 7pm
First Meeting: March 6
Length: 2 times
Location: KSU, Union, Rm 206

Do you feel like a detective when it comes to supermarket shopping--searching for "specials" and comparing product brands and sizes? We'll discuss how to become a super sleuth and provide "clues" on how to become a more alert and informed shopper. We will examine various aspects of the supermarket, including product labeling and displays. We'll also provide budget tips to help you stretch your shrinking dollar. (Martha is a graduate of the KSU Dietetics program, Cindy is a dietetics student.)

HOW TO PLAY THE CONSUMER GAME

Denise Hayden 539-3380

Monday, 7pm
First meeting: March 3
Length: 1 or 2 times
Location: KSU, Union, SGS office
Limit: 25

Lose 15 pounds overnight! Sound too good to be true? Chances are it is. But if you fall for this, you may need to brush up on your consumer awareness skills. We'll discuss fraud, how to complain with results, and the various agencies and resources available to you. (Denise is the director of the KSU Consumer Relations Board.)

VEGETARIAN NUTRITION AND COOKING

Rhonda Horsch 776-3757

Tuesdays, 7pm
First meeting: March 4
Length: Indefinite
Location: 1326 Fremont
Limit: 10

With the rising cost of meat, concern about world hunger, and for many other reasons, more and more people are becoming interested in meatless diets. This class will largely be structured around your questions about meeting your protein needs without meat. We will also talk about vegetarian cooking, and will have a potluck if the group so desires. (Rhonda is a senior at KSU, studying Foods and Nutrition.)



A HEALTHY ALTERNATIVE TO HIGH-PRICED FOOD

Robin Bauer 539-3119

Monday, 7pm
One time, Feb 18
Location: People's Grocery
811 Colorado

An introduction to the philosophy and structure of the People's Grocery--how and why we participate. (Robin is a working member of the grocery.)

FOOD ADDITIVES

Jane Bowers 532-5508
Jean Caul

Tuesdays, 7pm
First meeting: March 18
Length: 2 times
Location: KSU, Justin Hall, Rm 149

Why do we hear so much about food additives these days? This question and others will be discussed in this seminar. What are food additives? Why are they used? How are they tested for wholesomeness? How and who monitors them? (Jean and Jane are KSU nutritionists.)

KITCHEN MANAGEMENT: GETTING IT TOGETHER

Gail Zeller 1-494-2639
(after 6pm)

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

Do you sometimes feel like an alien in your kitchen? Kitchen planning, arrangement, and organization as well as storage and cleaning ideas and tips will be covered in this class. Gail will also share her ideas for "making do" in those minor kitchen emergencies. (Gail is a working mother who has been managing a kitchen since she was 12.)

Nutrition News

"GLUTEN, AN ALTERNATIVE PROTEIN SOURCE"

Sandy Ayers 539-1797
 Tuesday, 7:30pm
 One time, April 8
 Location: UFM Kitchen
 Limit: 10

Who hasn't been trying to use less meat lately? Gluten, a wheat protein, can provide a high quality alternative for pennies, and it's so easy! (Sandy has been using gluten for months with success.)

THE JOY OF BREAD

Dana and Harvard Townsend 539-3727
 Saturday, 1-4pm
 One time, April 12
 Location: UFM Kitchen
 Limit: 10
 Fee: \$1 - pay at registration

Learning through doing, we will experience the satisfaction of making a loaf of bread. We will explore the role of each ingredient, savor the aroma, and ultimately sample several variations of homemade bread. (Dana & Harvard have baked their own bread for many years.)

Food Preservation

FOOD PRESERVATION (CANNING)

Kayann Heinly 776-4781
 Tuesdays, 7:30pm
 First Meeting: May 6
 Length: 2 times
 Location: Manhattan Public Library

One method of preserving food is by canning it. The first class will cover the water-bath method for acid foods. The second class will cover non-acid foods that are canned by the pressure method. (Kayann is the Riley County Home Economist)

FOOD DRYING

Susan Schoenweis 539-5923
 Saturday, 10am
 One time, April 19
 Location: UFM Kitchen

Susan will demonstrate the techniques of drying food. Preparation and storage methods of this popular food preservation alternative will be discussed.

(Susan is an enthusiastic 4-Her whose food preservation efforts have won state and county attention.)

BIG IDEAS IN NUTRITION

Kayann Heinly 776-4781
 Wednesdays, 9:30-11:30 am
 First Meeting: February 20
 Length: 4 times
 Location: Manhattan Public Library Auditorium
 Fee: \$1 - pay at registration

The goal of "Big Ideas in Nutrition" is to help the consumer plan nutritious and economical meals. Filmstrips, workbooks, and discussion will be used to teach foods for health, how much is enough, and smart shopping. (Kayann is the Riley County Extension Home Economist.)

FAST FOOD NUTRITION

Deborah Canter (home) 776-1386 (work) 532-5521
 Monday, 7:30pm
 One time, Feb 25
 Location: KSU Justin Hall, Rm 115

Can man live on Big Macs alone? Is "fast food" junk food, or does it have redeeming social (and nutritional!) value? Join us as we unlock the nutritional secrets of what we know as "fast food." (Deborah is a registered dietitian.)

FOOD ALLERGIES

Eunice Bassler
 Tuesday, 7:30pm
 One time, March 25
 Location: Memorial Hospital Conference Rm
 Limit: 20

This class will not only discuss types of food allergies, but also how to live with an allergy and enjoy good nutrition and delicious food. Bring along some of your favorite recipe(s) with you to this class. (Eunice is a clinical dietitian at Memorial Hospital.)

NUTRITION AND YOUR PREGNANCY

Elaine Hauptman 776-4779
 Tuesday, 7pm
 One time, March 11
 Location: UFM Fireplace Rm

Concerned about nutrition and your pregnancy? We will discuss your baby's growth and what that means to your diet, as well as what foods to eat to assure that your baby's getting a good nutritional start in life. (Elaine is a public health nutritionist.)

CALCULATING CALORIES

Susan Sanborn 532-5508
 Monday, 7:30pm
 One time, Feb 25
 Location: UFM Conference Rm

At the conclusion of this class you should be able to figure out how many calories you need to lose, maintain, or gain. Some behavior modification techniques for weight reduction will be introduced. (Susan worked 2 years as a surgical nutritionist.)



EATING ELIZABETHAN FLAPDRAGONS

Don Hedrick 776-3043
 Monday, 8:30pm
 One time, March 31
 Location: 1736 Fairview
 Fee: 15¢ - pay at class

The easy art (requiring a little bravery) of consuming a popular tavern snack from Shakespeare's time. Bring something, if you wish, to help wash down the flapdragons. (Don, a Shakespeare expert, who knows more than most about the subject, is still experimenting.)

WINE ENJOYMENT

Frank Gilbert 539-0445
 Fridays, 7:30pm
 First meeting: Feb 22
 Length: 4 times
 Limit: 15, must be 21 years of age
 Location: 1126-B Vattier
 Fee: \$16 - pay at registration

This class is intended for wine drinkers of all descriptions: the novice, the experienced and the moderately avid drinkers. We will be trying a goodly number of wines with a special emphasis on value--the best wine for the best price. We will also discuss how to choose, buy, store, and serve your wine.

THE BASICS OF BETTER BREAD

Martha Cornwell 532-6260
 Monday, 7pm
 One time, Feb 25
 Location: 3100 Heritage Ct #93
 Limit: 7
 Fee: \$1.50 - pay at registration

Does baking bread for your family seem like an impossible task? It doesn't have to be! Come and share some short-cut ways of making bread products. Special emphasis will be placed on incorporating whole wheat flour in bread recipes. (Martha is a graduate of the KSU dietetics program.)

MAKING YOGURT

Anthony Horsch 776-3757
 Tuesday, 8pm
 One time, March 25
 Location: 1326 Fremont
 Limit: 15
 Fee: \$.25 - pay at class

Making your own yogurt is easy and can save you money. Anthony will demonstrate a simple, foolproof method for do-it-yourself-yogurt and will share some uses for this versatile food. (Anthony has been making his own yogurt for 3 years.)

WINE MAKING IN THE HOME

C. L. Norton 537-7683
 Monday, 7pm
 One time, March 17
 Location: UFM Fireplace Room

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

ICE SCULPTURE

David Van Camp 776-1318
 Saturday, 12 noon
 One time: Feb 23
 Location: UFM Outdoor Area
 Fee: \$1.50 - pay at registration

Ice Sculpture is a little-known chef's art practiced by few and enjoyed by many. We will demonstrate ice sculpture techniques using chisels and a chainsaw. Each participant will have a chance to try their skill on the ice. (Dave has been practicing this cold art for 4 years within the University and surrounding area.)

THE UNCOCKTAIL PARTY

Linda Teener 532-6434
Sue Rieger 537-0508

Tuesday, 7:30pm
One time, Feb 26
Location: UFM Kitchen
Fee: \$2.25 - pay at registration

Come join us in exploring party drinks that taste and look good, but offer an alternative to drinks containing alcohol. We'll sample drinks using fruit juices and soda pop and talk about dressing up the glass. We'll also sample snack ideas, including some luscious guacamole dip. (Linda has taught this class several times and is always looking for new recipes to sample and share. Sue loves guacamole dip.)

"MAGNIFICO" ITALIAN COOKING

David Van Camp 776-1318

Tuesday, 7:30pm
One time, March 25, UFM Kitchen
Limit: 15
Fee: \$2.00 - pay at registration

Join Dave as he demonstrates the essential secrets of Italian cuisine. Flavorful favorites which this class will create include spaghetti, pizza, lasagna, and Dave's own super tomato sauce. (Dave loves Italian food and enjoys teaching UFM classes.)

THE TRADITION OF AN UKRANIAN EASTER

Constance Chickowsky
Saturdays, 1:30-3:30pm
First Meeting: March 22
Length: 2 times (Expenses shared)
Location: KSU, International Student Center

Easter is a special celebration for those of Ukranian descent throughout the world. Constance will share some of the traditions that are part of the Ukranian culture at Easter. The class will then have a part in preparing a festive menu.

APPALACHIAN COOKING

Julie Coates 532-5866

Saturday, 2pm
One time, March 29
Location: UFM Kitchen

The Appalachian diet is a largely vegetarian diet (but not meatless) high in nutrition and low in cost. It is the traditional diet of the Irish immigrants who settled the Southern Appalachians and is based on potatoes, corn, beans and other foods you can grow yourself. (Julie grew up in Black Mountain, N.C.)

LA CUARESMA EN MEXICO

Cecelia and Sabino Martinez 537-2853

Monday, 6pm
One time, April 28
Location: UFM Kitchen
Limit: 15
Fee: \$2.50 - pay at registration

The Lenten Season, "La Cuaresma," means a special way of cooking in Mexico. Members of this class will join Cecelia and Sabino as they prepare traditional food of the Mexican Lenten season, such as "pescado empinado" (breaded fish), "tortas de papas con nopales" (potatoe patties with cactus), "lentejas" (lentils) and other traditional foods. (Cecelia and Sabino enjoy sharing their favorite foods.)

SEMINAR SERIES ON ENERGY FOR HOME ECONOMISTS

The College of Home Economics, Department of Foods and Nutrition is hosting a series featuring speakers addressing a variety of energy topics including energy consumption in the home, energy-efficient food preparation, energy consumption in the meat industry, and other topics of interest to all homemakers. The public is invited to attend. Contact the KSU Department of Foods and Nutrition for details, 532-5508

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. Each member of the class will take responsibility for organizing and hosting a session. (Lois has coordinated this class for years.)

BACHELOR'S SURVIVAL

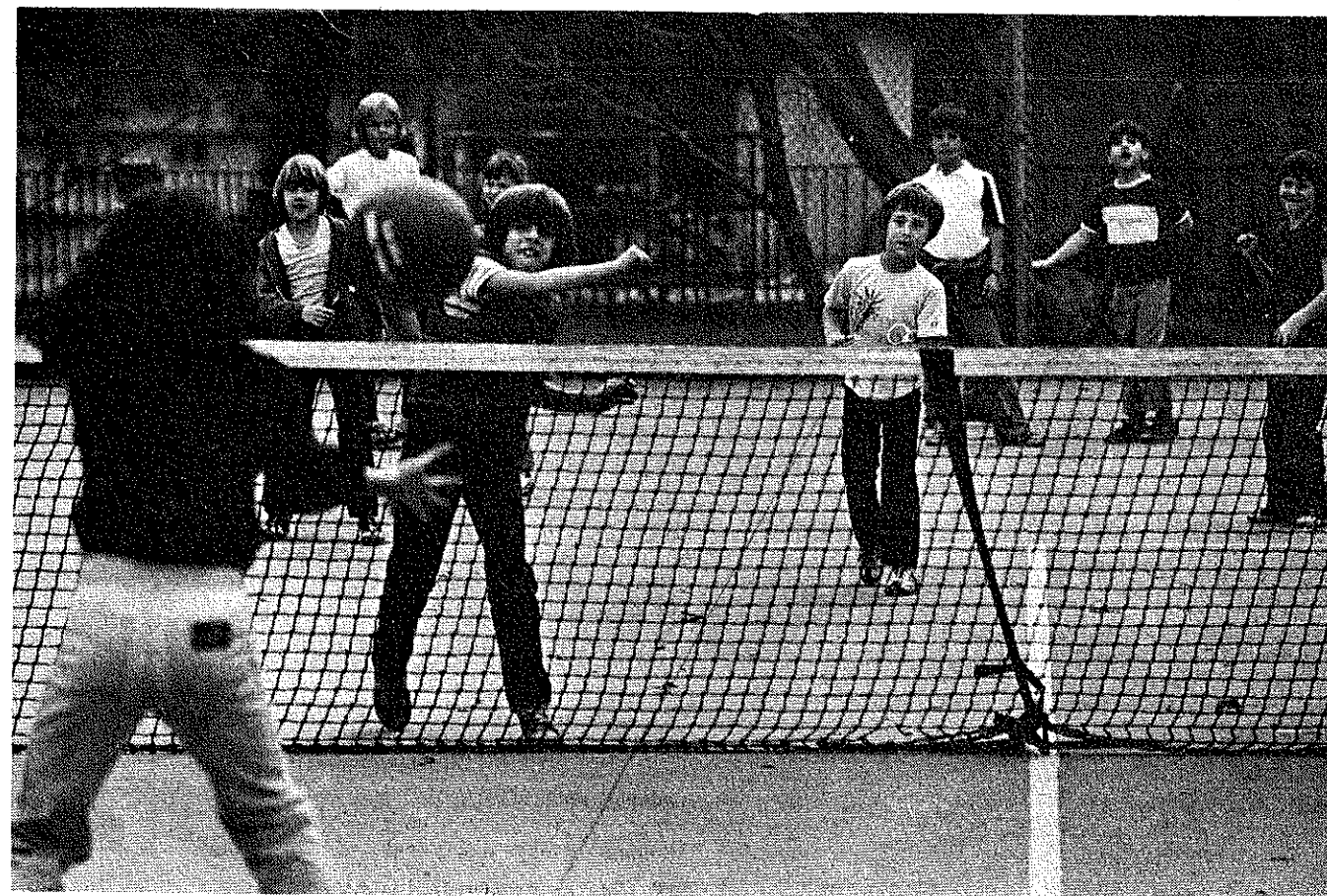
Joni Good 776-0766

Thursday, 7pm
First meeting: March 27
Length: 3
Location: to be announced
Limit: 12

This class is designed for those with no experience in food preparation who would like to learn the basics of cooking--how to prepare simple meals for themselves and their friends. (Joni is a senior in dietetics and is currently working with two single people on preparing meals.)

PLAY

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



BEGINNING EXERCISE

Kaye Geier 532-5295
Sandi Fankhauser 776-1042

Section I: Beginning, Tue/Thurs, 5pm
Section II: Intermediate Tue/Thurs, 6pm
Length: 12 times
Location: Douglass Community Center
900 Yuma Fee: Sections III & IV \$2
Pay at registration

Section III: Mon/Wed/Fri, 3pm
Section IV: Mon/Wed/Fri, 7-9pm
Length: Indefinite
Location: Unitarian Fellowship
709 Bluemont
Limit: 40 each section

These exercise classes are designed to help us look and feel better. Attention will be given to firming the abdomen, thighs, upper arms, etc. Sections III and IV are open to beginners or intermediates. (Kaye participated in UFM's physical fitness class last fall. Sandi enjoys teaching exercise classes.)

VOLLEYBALL FOR FUN

Lois Morales 539-8867

Tuesdays, 7-9pm
First meeting: Feb 19
Length: Indefinite
Location: Douglass Community Center
900 Yuma
Fee: \$1 - pay at registration

Low-key competition volleyball is a fantastic way to get some exercise while having a great time. Everyone is welcome, from four-foot beginners to nine-foot power players. If enough people are interested, we'll start a league and demonstrate some real talent at having fun. (Lois has played volleyball with UFM for the past four years.)

SOCCER IN MANHATTAN

Charlie Hedgoth 539-4760, 532-6121
Clay Ross 776-7191

Thursday & Wednesday, 7pm
First meeting: Feb 28
Length: 2 times
Location: UFM Conference Rm

Topics will include youth and adult play, refereeing, youth coaching, sponsorship and assistance with game activities. The Manhattan Soccer Club will explain soccer opportunities in Manhattan. (Charlie and Clay are local players and coaches.)

ULTIMATE DISC FOR WOMEN

Gordon and Sandy Plank 539-4903

Sundays, 2pm
First meeting: Feb 24
Length: Indefinite
Location: KSU, Band Practice Field

The Frisbee League of Women is a newly formed national organization for women who are interested in competitive Ultimate Disc play. Basic skills will be taught. (Sandy and Gordon are interested in forming a Kansas FLOW organization.)

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

Monday, 5pm
One time, Feb 25
Location: UFM Fireplace Rm

This is an opportunity for you to get some challenging experience and to meet new faces. Whether its monopoly, chess, bridge, racquetball or tennis, it takes at least two to tango. At registration, indicate the game, your skill level and UFM will compile a list for you.

BEGINNING FENCING

Dave Aldiss 776-3100
Bob Deemie 537-9406

Mondays, 7pm
First meeting: Feb 18
Length: continuing
Location: Douglass Community Center Annex
901 Yuma
Limit: 25

Fencing is an Olympic sport and vigorous exercise for a lifetime. Some physical conditioning will be involved in learning the basics of fencing. This sport is fun, and involves matching wits and skill with an opponent. (Dave and Bob enjoy the art of Fencing.)

DUNGEONS AND DRAGONS

Ray Blank 539-8211
Mark Bergmann

Sundays, 2pm
First meeting: Feb 24
Length: Indefinite
Location: UFM Banquet Rm
Limit: 8

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

BEGINNING SCUBA

George Halazon 532-5840

Saturdays, 8:30am
First meeting: April 5
Length: 7 weeks
Location: KSU, Natatorium
Limit: 20
Fee: \$21, pay at registration

Scuba diving is a fascinating sport. We will learn the basics at the Natatorium and take the skills we've learned to outdoor ponds in the area. This class is expensive! In addition to your registration fee of \$21 for diver's log, certificate, air, textbook and handouts, some equipment is necessary (mask, fins, snorkel). (George is a certified diving instructor.)

ULTIMATE DISC

Gordon Plank 539-4903
Aerial Wizards

Sundays, 2pm
First meeting: Feb 24
Length: Indefinite
Location: KSU, Band Practice Field

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

FREE FALL 101: INTRODUCTION TO SKYDIVING

Paul N. Mulcahy 537-4794
Judy Weiss 537-2236
Bob Lorton 532-4824

Tuesdays, Location and time to be announced
Section I: Feb 19, Section II, March 4
Section III: March 18
Limit: 30 each section
Fee: \$1.50, pay at registration

This course will not teach you how to skydive. It will give you a view into the world of sport parachuting as well as an idea of the training sequence for the novice skydiver, offered by the KSU parachute club. (Paul, Judy and Bob are officers of the KSU parachute club.)

OUTING CLUB/CANOEING

Bob Deemie 537-9406

Wednesday, 1st and 3rd of each month, 7:30pm
First meeting: Feb 20
Length: continuing
Location KSU Union, Rm 204

Anything outdoors is what the Outing Club does. Camping, backpacking, canoeing, skiing (cross-country and downhill), ice-skating, skydiving, spelunking, bike touring, hiking, volleyball, rock-climbing, rappelling are all things the outing club likes to do. Our band of merry adventurers are always willing to teach the beginner, learn from the skilled, and do the exciting. (Bob loves to be outdoors.)

SELF DEFENSE/KEI SHIN KAN

Jim Conn 776-6375

Wednesdays, 6:30-8pm
First meeting: Feb 20
Length: 4 times
Location: Karate School of Self Defense
109 N. 2nd
Limit: 30

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

WOMEN'S SELF DEFENSE

Jim Conn 776-6375

Fridays, 6:30-8pm
First meeting: Feb 22
Length: 4 times
Location: Karate School of Self Defense
109 N 2nd
Limit: 30

This will be a four-week self defense program for women incorporating techniques of the Kei Shin Kan system of Karate as well as Aikido, Jujitsu and Tijitsu.

SELF DEFENSE FOR WOMEN

Don Goetz 539-9477

Tuesdays, 8pm
First meeting: Feb 19
Length: 3 times
Location: Douglass Community Center Annex
901 Yuma

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

KARATE

Don Goetz 539-9477

Tuesday, Thursdays, 7pm
First meeting: Feb 19
Length: 10 weeks
Location: Douglass Community Center Annex
901 Yuma
Limit: 30

Tae-Kwon-Do is a style of Korean karate which is popular world-wide. Proficiency requires time, effort, and motivation. The rewards are better physical fitness, improved ability to defend yourself, and increased self-confidence. (Don holds a first degree black belt in Tae-Kwon-Do.)

INTRODUCTION TO BICYCLE TOURING

Dan Curtis (work) 532-6750
(home) 539-9208

Saturdays, 2pm
First meeting: March 1
Length: Indefinite
Location: UFM Conference Rm

This course is for persons interested in cycling and group riding. We will organize regularly scheduled rides consistent with interests of the group. This course is for beginners as well as experienced riders. There will be some discussion of group riding techniques, e.g., drafting and forming a pace line. We will also emphasize bicycle safety. When the weather warms up we will organize some longer rides including some overnight trips. Those who wish to ride the day of the first meeting should come ready to do so. (Dan is a member of the Bluemont Bicycle club.)

INTERMEDIATE SWIMMING

Barb Stork 776-4243

Saturday, 10am
First meeting: Feb 23
Length: 8 weeks
Location: KSU, Natatorium
Rental fee: \$1 - pay at registration

We will practice and learn a variety of strokes including back stroke, breast stroke, free style, and side strokes and the butterfly stroke. (Barb is WSI certified and has taught for UFM in past semesters.)

ROLLER SKATING

Everet Stille 776-6175

Sundays, 1pm
First meeting, Feb 10
Length: 3 times
Location: Skate Plaza Roller Rink
Fee: \$3, pay at class

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

ADVANCED POCKET BILLIARDS

Gary Horacek 776-7850
Carter Holladay 532-5856
Robert Madenjian

Monday, 7pm
First meeting: Feb 18
Length: Indefinite
Location: KSU, Union, Recreation Area
Limit: 12

This class is being offered to pocket billiard players who are seriously interested in the game and are ready for some rapid advancement of their skill level. Games of primary interest are 9-ball and 8-ball; others can be added if there is enough interest by the enrollees.

FAMILY FLAT-WATER CANOEING

Bob Poresky 539-2967, 532-5510
Thursday, 7:30pm
First meeting: March 20
Length: 6 times
Location: 3016 Claflin

This will be an introduction to flat-water canoeing for families of any composition. We will review canoeable waters and set a schedule for upcoming Sunday afternoons. Instruction will be combined with paddling. You must provide a canoe, paddles, safety jackets, and transportation.
(Bob has taught similar classes for UFM before.)

UFM/RUNNER'S WORLD FUN RUNS

Sue Kidd 1-494-2796
Saturdays, 8:30am
Location: KSU, Old Stadium

Fun Runs are for people of all ages and abilities. Everyone who finishes receives a certificate based on age, sex and speed. The spring schedule follows:

Feb 2--1/4 & 3 miles April 5--1/2 & 4 miles
Feb 16--1/2 & 4 miles April 19--1 & 6 miles
March 1--1 & 5 miles May 3--1/4 & 3 miles
March 15--1/4 & 2 miles May 17--1/2 & 5 miles

BEGINNING/INTERMEDIATE GOLF

Buzz Muir 539-5815
Wednesdays, 5:30pm 532-5687
First Meeting: April 16
Length: 2 times
Location: Stagg Hill Golf Course
Limit: 12
Fee: \$2 per session, pay at registration

Through the cooperation of the Stagg Hill Golf Course a beginning and intermediate golf class is being offered this spring. Beginners will learn grips, strokes, stance, driving, chipping and putting, and intermediates will concentrate on improving their game. Please bring your own clubs.
(Buzz is the golf instructor at Stagg Hill.)

PLAYER PIANO FOR FUN

Frank Keller 539-8844
Wednesday, 7:30pm
One time, March 5
Location: 2105 Blue Hills Rd.

Spend an evening with Frank and friends around the player piano. The session will emphasize obtaining and repairing player pianos and we'll take a few minutes to remember and sing along with some old favorites.
(Frank restores and plays player pianos.)

PHYSICAL FITNESS THROUGH WALKING

Earl Nolting 532-6432
Saturday, 10am
One time, April 12
Location: UFM Conference Rm

The purpose of this class is to help adults who may be interested in starting a regular exercise program. Walking is an ideal alternative for a great many reasons. Special equipment or facilities are minimal and it can be done near home or work. The discussion will include how to get started, exercise programs now available to follow, when and where to walk, special problems, and how to stay with it when tempted to quit.
(Earl has been involved in walking for exercise for over 7 years.)

RHYTHMIC AEROBICS

Susan Gomerly 539-3701
Monday, Wednesday and Friday, 10am
First meeting: Feb 18
Length: indefinite
Location: Douglass Community Center
900 Yuma
Limit: 60
Fee: \$1.00 - pay at registration

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

SELF

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

A TALK ON THE ANCIENT THEORY OF YOGA

Bert Franklin 539-0495
Monday, 5:30pm
One time, March 10
Location: St. Paul's Episcopal Church
6th & Poyntz

Bert will summarize the views and teachings of the Samkhya Sutras and the Yoga Sutras, called by Heinrich Zimmer "among the most astounding works of philosophical prose in the literature of the world". Discussion as time permits.
(Originally a philologist, French and Spanish professor, and diplomat, Bert is giving much of his retired life to the study of yoga.)

HATHA YOGA I

Bert Franklin 539-0495
Thursday, 5:30pm
First Meeting: March 6
Length: 8 times
Location: St. Paul's Episcopal Church
6th & Poyntz
Limit: 8
Fee: \$2.00, pay at class

A grounding in the basic classical asanas and pranayamas. Object: knowledge of the self, enjoyment of the mind and body through regular yogic practice.
(Bert returned in October from a seminar of forty students of Krishnamacharya, all now teaching, in 14 different countries and 4 continents, to discuss methods and experiences, and to practice asanas and pranayamas together).
Recommended dress: men, running shorts; women, leotards.

YOGA FOR THOSE OVER FORTY

Bert Franklin 539-0495
Tuesday, 5:30pm
First Meeting: March 4
Length: 8 weeks
Location: St. Paul's Episcopal Church
6th & Poyntz
Limit: 8
Fee: \$2.00, pay at class

An introduction to yogic breathing (pranayama) and some hatha yoga asanas which, though simple and not strenuous, are chosen to reduce or eliminate the mental and physical distress associated with middle age and advancing years. There is no upper age limit. Recommended dress: men, running shorts; women, leotards.
(Bert can introduce you to the joys of youth throughout life.)

FIRST AID MULTIMEDIA

Enell Foerster 537-0977
Saturday, 8am-5pm
One time, Feb 23
Location: Red Cross Classroom
206 Poyntz
Limit: 14
Materials fee: \$4-\$6, pay at class

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

RACE FOR LIFE CPR

Enell Foerster 537-0977
Tuesday, Wednesday, Thursday, 1-5pm
First Meeting: March 4, Length: 3 times
Location: Red Cross, Classroom
206 Poyntz
Limit: 10
Materials fee: \$3, pay at class

CPR is a combination of artificial respiration and artificial circulation. It can save many lives (for instance, if started within 1 minute, it can save 92% of heart attack victims). However, it can cause serious harm if administered improperly. Learn the right way and earn a Red Cross Certification. The fee will cover book costs. A make-up meeting is available March 11, 1-5pm.

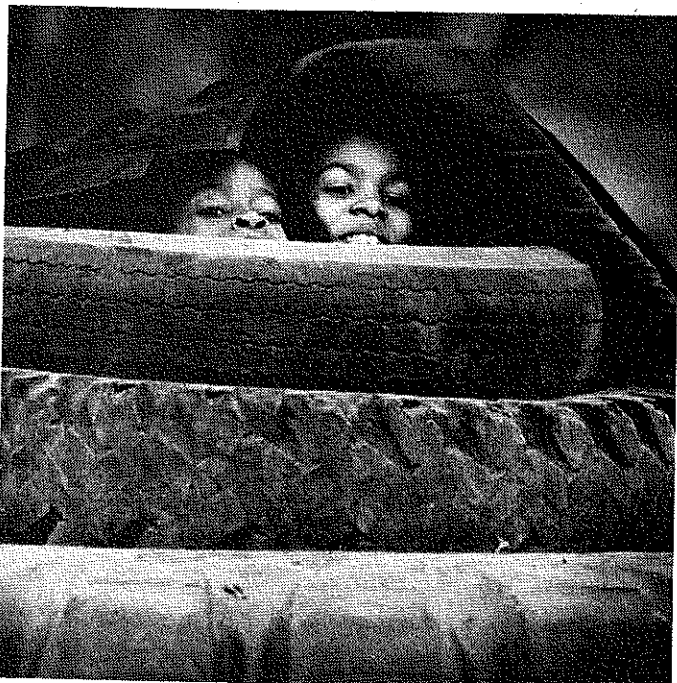
RED CROSS CPR--CARDIOPULMONARY RESUSCITATION

Joyce Libra 532-6554
539-5630
Section I: Tues, Thurs, Feb 19, Feb 21, 3-7pm
Section II: Mon, Weds, Feb 25, Feb 27, 3-7pm
Section III: Tues, Weds, Thurs,
Mar 4, 5, 6 7-10pm
Section IV: Sat, Mar 19 9am-5pm
Location: KSU, Lafene Student Health Center
Materials Fee: \$4.00

HORT THERAPY FOR FUN

John Paul McDermott 776-7369
Tuesdays, 7pm
First meeting: Feb 26
Length: 7 times
Location: UFM Conference Rm

Introduction to Horticultural Therapy, the utilization of plants and greenhouses as a therapeutic aid to the mentally retarded, handicapped, elderly, etc. Problems and needs of each group will be discussed before the class visits nearby nursing home facilities.
(John is a junior in Hort. Therapy at KSU.)



HEALING

Jean Burnham 539-1546

Wednesday, 7:30pm
First Meeting: Feb 20
Length: Indefinite
Location: 1801 Humboldt

Everyone is a healer, according to A Course In Miracles, which provides the conceptual basis for this class. We will examine and apply the "Miracles" approach to healing, seeking to develop each person's particular abilities. The only requirement is the desire to help in the spirit of love. (Jean has been receiving guidance in spiritual healing for the past year, and looks forward to sharing it.)

THEOLOGY AND CULTURE (MOVIES)

Dave Stewart 539-3051

Saturday, 6:45pm
First Meeting: March 1
Length: 4
Location: 3452 Chimney Rock
Limit: 15
Fee: Cost of movie tickets and refreshments will be shared.

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

THEOLOGY AND CULTURE (MUSIC)

Dave Stewart 539-3051

Friday, 7:30pm
First Meeting: March 21
Length: 4 or more
Location: 3452 Chimney Rock
Limit: 15

Bring one of your favorite pieces of contemporary music to each meeting, or one about which you have questions. We will listen to contemporary musical selections and discuss their meaning with particular attention being given to possible theological meanings being expressed.

THEOLOGY AND CULTURE (STORYTELLING)

Dave Stewart 539-5031

Thursday, noon
First Meeting: Feb 21
Length: 3 or more times
Location: Baptist Campus Center
1801 Anderson

Bring your own lunch and stories. We will relate stories which have personal meaning to us. Stories may be either from history, tradition, or from lived experience. We will pursue what our stories mean for life and faith.

AN INTRODUCTION TO FOSTER PARENTING

Connie Morehead 776-4011
Wednesday, 7pm
One time, May 7
Location: Social & Rehabilitation Services Offices
312 Humboldt

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

RESPONSIBLE HEALTH CARE

Helen Stucky
Saturday, 9:30am
First Meeting: May 24
One time only
Location: 40 miles from Manhattan
Fee: \$2.50 individual, pay at registration
\$5.00 family

Rural weekend retreat which will focus on individuals accepting responsibility for their health. This includes being an informed consumer and member of your health care team in the event of illness, as well as assessing lifestyles to promote wellness skills. We will explore such areas as self-care, stress management, massage, nutrition and fitness, and family-centered safe birthing alternatives. Bring a blanket and eating/camping gear. Some shelter space is available. Activities for all ages. Musical instruments and crafts welcome. (Helen is a free-lance RN interested in preventive medicine and family-centered safe birthing alternatives.)

FIRST AID

John Paul McDermott 776-7369
Saturday, 2-4pm
First Meeting: Feb 23
Length: 3 times
Location: UFM Fireplace Rm
Limit: 20

This is a non certification course in first aid. Especially for those who have no previous experience. We will have open, informal discussions in areas of artificial respiration, bleeding, poisoning, burns and sudden illness. Time allowing, other areas will be discussed. (John has been a first aid instructor and is an ambulance attendant.)



PRACTICAL KNOWLEDGE FOR THE DENTAL PATIENT

Clark D. Danner, DDS 776-4729
Theresa Binion
Tuesdays, 7:30pm
First Meeting: Feb 19
Length: 2 times
Location: KSU, Cardwell Hall, Rm 124
Limit: 30 per class

Learn how to avoid being ripped off by your local dentist and save your dental dollars. If you are interested in your dental health, this is your opportunity to ask questions and receive professional explanations concerning any dental procedure. (Dr. Danner practices dentistry in Manhattan and Theresa is his assistant.)

JOBSEARCH WORKSHOP

Cherie Hodgson 532-6927
Jim Scales

Section I: Thursday, April 3, 6:30-10pm
Section II: Saturday, April 26, 8:30-12 noon
Length: 2 each section
Location: KSU, Farrell Library, Rm 502A
Limit: 30/section

The Jobsearch Workshop is designed to help participants develop skills important to finding and getting a job. Where and how to look for a job is discussed. Resume writing and interviewing are practiced in a supportive group environment. (Cherie and Jim are Career Counselors in the Counseling Center, Holtz Hall, KSU.)

LIFE PLANNING

Cherie Hodgson 532-6927
Jim Scales

Section I: Feb 19, 20, 6:30-10pm
Location: KSU, Farrell Library, Rm 502A
Section II: March 22, 8:30-4pm
Location: to be announced
Limit: 20 per section

The Life Planning Workshop is designed to involve participants in the deliberate process of influencing the direction of their lives. In the workshop each participant is encouraged to consider the idea that s/he is the one responsible for his/her life and, consequently, is capable of creating the future s/he wants. Each individual in the workshop actively engages in the process of self-assessment and group interaction. Skills of values clarification, goal setting, and realistic planning are developed through practice.

CAREER EXPLORATION

Cherie Hodgson 532-6927
Jim Scales

Section I: March 3 & 5 6:30-10pm
Location: KSU, Farrell Library, Rm 502A
Section II: April 12, 8:30-4pm one time only
Location: KSU Union, Rm 209
Limit: 20 per section

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 Interest Inventory must be scheduled with Lisa, in the Counseling Center, two weeks prior to the workshop.

COUPLES - STATE OF AFFAIRS

Barbra Ballard 532-6927
Cherie Hodgson

Thursday, 7-9pm
First Meeting: Feb 28
Length: 2
Location: KSU, Union, Room 209
Limit: 3 couples (not limited to married couples)

This class will deal with getting in touch with each other by openly communicating. You will learn to feel safe and comfortable just being yourself. (Barbra and Cherie are counselors, Counseling Center, Holtz Hall, KSU.)

STRESS ILLS AND STRESS SKILLS

Don Fallon 539-4451

One time, Saturday, Mar 29, 9am
Location: ECM Building, 1021 Denison

Stress is a fact of life. 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.

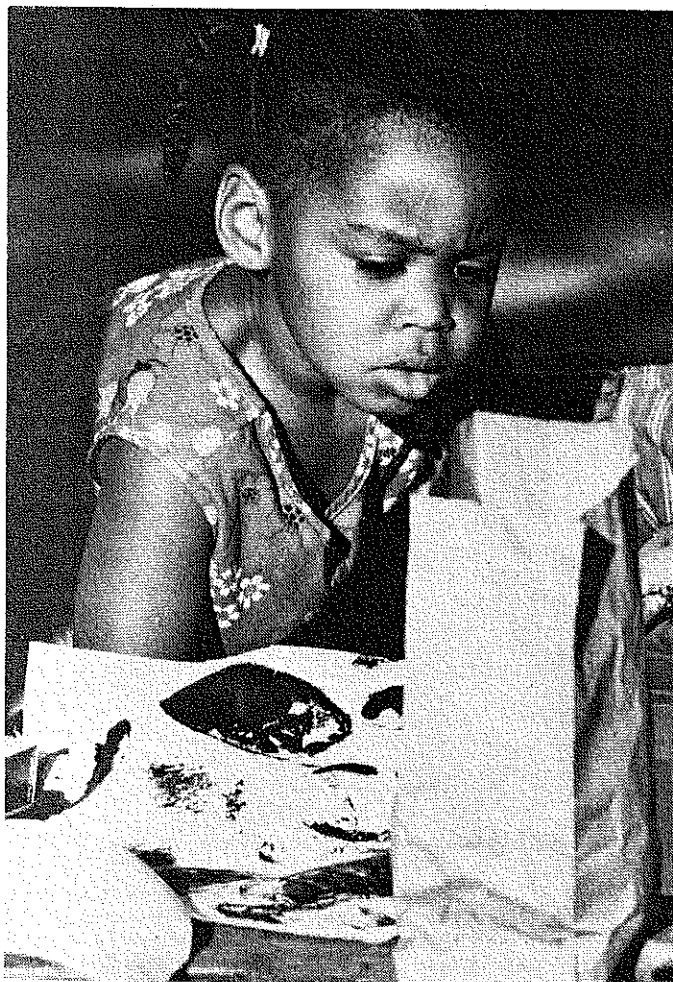
(Don is on the staff of the KSU Center for Student Development and is the Lutheran Campus Minister.)

ENGAGED COUPLES WORKSHOP: INTRODUCE YOUR RELATIONSHIP TO TRANSACTIONAL ANALYSIS

Don Fallon 539-4451

One time, Saturday, April 12, 9am-5pm
Location: ECM Building, 1021 Denison
Limit: 8 couples

This is an enrichment workshop supporting engaged couples in building communication skills, self understanding of parent, adult and child ego states, interactions and family life script or role expectations as they affect the couple. Emphasis will be given to developing skills in handling conflict, developing healthy fightstyle and coping with feelings of anger, sex, or love. Trust, caring, confidentiality and options will be stressed.



RE-EVALUATION COUNSELING

Norma Parker 539-4739
Sandy Coyner 776-3761

Monday, 7:30pm
First meeting: Feb 18
Location: 806 Bluemont (Park on 8th)
Limit: 15

R.C. is peer co-counseling in which each participant learns to be both counselor and client. The goal of the counseling is re-emergence from rigid patterns of behavior and thinking which restrict our growth, loving, and zest. We are especially interested in liberation issues, such as racism, sexism, and adultism--getting free of internalized oppression, and interrupting our own behavior that oppresses others. We counsel each other by creating safety so that clients can discharge painful distress.

(Norma and Sandy are experienced co-counselors who are authorized to teach by R.C. international headquarters in Seattle.)

INTERFAITH DIALOGUE

KSU Committee on Religion 532-6434

Mondays, 7:30pm
First Meeting: Feb 18
Length: 5 times
Location: KSU, International Center

An Islamic-Jewish-Christian-Buddhist dialogue for the purpose of deeper understanding of each other's faith and practice. Ethical concerns of human justice and rights will be discussed. Hopefully our sharing will deepen our sense of world community.

SUNDAY SUPPER PROGRAMS

Ecumenical Christian Ministries 539-4281

Sundays, 6pm (Programs begin at 7:15pm)
Feb 17 - May 4
Length: Ongoing
Location: ECM Building, 1021 Denison

The Ecumenical Christian Ministries of Kansas State University invite you to share food and good times with them at their Sunday evening gatherings. Enjoy a free home-prepared supper and a variety of after-supper discussions and activities including "Death and Dying," "Movies: Oldies and Goodies" and "Dungeons and Dragons." For more information about this and other ECM programs contact Rod Saunders at ECM.

BROWN BAG FORUM WITH GREAT THOUGHTS AND THINKERS

Ecumenical Christian Ministries 539-4281

Wednesday, 12:30pm
First Meeting: Feb 20
Length: 8
Location: ECM Building, 1021 Denison

Bring your lunch, spend a relaxed hour with some great ideas, great thinkers and excellent presenters. Among those to be discussed are Kate Millett, Max Weber and J.R.R. Tolkien.

SHYNESS

Richard Harris 537-1383

Wednesday, 7:30pm
First Meeting: Feb 20
Length: 3 times
Location: UFM Fireplace Rm
Limit: 22

Are you locked in the "silent prison" of shyness? Come and discuss with others like yourself what shyness is and how it can be overcome. (Dick, who has taught this class before, teaches in the Psychology Department at KSU.)

PREMARITAL ENRICHMENT PROGRAM

Dennis Bagarozzi 532-5510
Janet Morris
Paul Rauen

Sign up at registration and you will be contacted
Length: 6 times
Location: The Family Center
1221 Thurston
Limit: Engaged Couples Only

This workshop is designed to train prospective spouses in the development of communication skills and problem solving strategies. Areas to be addressed are: conflict negotiation, marriage contracts, financial management, children, child rearing practices, and other important aspects of family life. The workshop is part of a research project currently being conducted by the workshop leaders. (Dennis is an assistant professor in the KSU Department of Family and Child Development.)

ORIENTAL WISDOM

Yu Lee Lee 539-7946
Friday, 7-9pm 532-6750

First Meeting: Feb 22
Length: 3 times
Location: UFM Fireplace Rm
Limit: 20

Lee wishes to present his interpretation of oriental philosophies of life and world views. He hopes that it would serve as a mirror to help you understand and appreciate your own culture better. (Lee is a perennial student of learning and UFM.)

WOMEN AND THE MORMON CHURCH

Thomas K. Nelson 537-8839

One time, Wednesday, Feb 27, 7pm
Location: KSU, Union, Big 8 Room

What is the status of women in the Mormon Church? This forum hopes to answer this question and others such as how do the Mormons view the woman's responsibility in the home and in the community. (Tom is director of the LDS Institute of Religion.)

FONE CRISIS INTERVENTION CENTER

Liz Gowdy 532-6565
Carol Slaymaker

First Meeting: Sign up and you will be contacted
Length: 6 times
Location: Contact FONE

The FONE is a paraprofessionally-staffed crisis intervention center, serving both the campus and community population. We operate on a telephone or walk-in basis, 5pm to 8:30am daily. Our training sessions are open to the public; all interested persons are invited to attend in order to learn more about the FONE or about various personal and community problems. (Open 24 hours on weekends.)

IN-SERVICE TRAINING TOPICS:

LONELINESS AND DEPRESSION

COMMUNICATION SKILLS

CHARACTERISTICS OF A HEALTHY RELATIONSHIP

ASPECTS OF HUMAN SEXUALITY

PROBLEMS OF THE ADOLESCENT

HUMAN RIGHTS

EXPLORING SUFI THOUGHT

Nabiuddin Nelson 468-3631

Thursday, 7:30pm
First Meeting: Feb 21
Length: Ongoing
Location: KSU, Danforth Chapel

This class will cover the mystic teaching of the Sufi master Hazrat Pir-O-Murshid Inayat Khan (1882-1927) along with Sufi breath practices, prayer and meditation. We are affiliated with the Sufi Order in the West, headed by Pir Vilayat Inayat Khan. (Nabiuddin is the coordinator of the local Sufi center.)

KUNDALINI YOGA

Tess Keenar 539-6697

Wednesday, 8pm
First Meeting: Feb 20
Length: 11 times
Location: KSU, Student International Center
Limit: 30

In this class we will try to calm the mind and tone the body. This type of yoga includes lots of rhythmic exercises and breathing. We will incorporate some reflexology and whatever else people would like to share. Wear comfortable clothing and bring a blanket or something to lie on.

(This will be the first year that Tess has taught this yoga class. She learned Kundalini Yoga from Berit Gruchie and has been asked to teach it by the Ashrum in Kansas City.)

ALTERNATIVES OF CHILDBIRTHING

Herbert Smith 776-9726

Wednesday, 7pm
First Meeting: Feb 20
Length: 6 times
Location: 1723 Leavenworth
Limit: 16
Materials Fee: \$1.00, pay at registration

This course is intended to inform interested people in the alternatives to childbirthing in this area as well as other areas of the country. The class will discuss the moral legal and practicability of alternative childbirthing.
(Herbert has been interested in Childbirth alternatives for a long time.)

THEOLOGY AND COMMUNITY

Jim Converse 776-1413
Jim Seeber

Friday: Class 7:30-9pm Potluck 6:30pm
First Meeting: Feb 22
Length: 4
Location: 709 Bluemont
Materials Fee: \$2.00, pay at registration

We will look at some better known Theologians (Tillich, Bonhoeffer, Barth, and Gutierrez) who have ideas about community and the relationship of component groups or other forms of commitments. This study of communities (holy and unholy) will be open-ended and exploratory. (We all have read and preached or otherwise expounded on the quest for commitment in special kinds of community.)

Women's Concerns

BOOKS BY AND ABOUT WOMEN

Joan Brashears 776-7897

Tuesdays, 7:30pm
First Meeting: Feb 19
Location: UFM Conference Rm

Our continuing group would welcome new members this spring! Books read this past semester include Six of One; Middlemarch; Women of Independent Needs; and Worlds of Pain. Each member contributes suggestions and ideas on books to read.
(Joan has lead this group before and has been pursuing an active interest in the women's movement.)

THE KANSAS LEGISLATURE AND WOMEN'S ISSUES

Susan Scott Angle 532-6541
Cathy Stackpole

First Tuesday of March and April, 12 noon
First Meeting: March 4
Length: 2 times
Location: KSU, Union, Stateroom 2

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

RILEY COUNTY WOMEN'S POLITICAL CAUCUS

Susan Scott Angle 532-6541

Tuesday, 7:30pm
One time, Feb 19
Location: 2120 Grandview Dr.

The Riley County Women's Political Caucus is a multi-partisan organization endeavoring to enlist women and men of all political concerns, economic levels, age groups, and racial and ethnic backgrounds to work for women's priorities. The community is invited to this informal, informational meeting. The program will be presented by Jan Scott, the Kansas Women's Political Caucus Lobbyist, and a very short business meeting will conclude the evening.
(Susan is the current Chairperson of the Riley County Women's Political Caucus.)

KSU WOMEN'S RESOURCE CENTER

Cathy Stackpole 532-6541

Women's health, employment, an abortion debate, images of women, radical feminism, independence and dating, law, and black women, are just some of the many topics for programs this semester. A monthly newsletter, a Susan B. Anthony birthday party and a few coffeehouses also promise to add excitement for this semester. Sign up to get on our mailing lists.
(Cathy is the Director of the KSU Women's Resource Center.)

LEAGUE OF WOMEN VOTERS

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

SKILLS

for questions about Skills,
call Mike Wilson
at 532-5866.



VOLUNTEERS

Julie Coates 532-5866

Monday, 7pm
One time, Feb 25
Location: UFM Fireplace Room

UFM needs volunteers for a variety of jobs, so if you have some time, you can help us do a better job. We need periodic help with mailings, registration, and clerical work as well as class leaders, people to help with publicity, people to work with the community in setting up new activities, someone to coordinate volunteers (!) people who can sew, people who know how to work with tools...and more. If you have a lot of time or a little, sign up for Volunteer night. We need you.

WORKING WITH VOLUNTEERS

Pat J. Bosco 532-6237

Tuesday, 7pm
One time, March 11
Location: KSU Holtz Hall, Conference Rm
Limit: 10

We will take a step-by-step approach to answer many questions regarding motivation, delegating authority, and how to get a job done with volunteers.
(Pat has been involved for 10 years in student activity advising, leadership development and the university governance programming.)

HOW TO MAKE A DOWN COMFORTER

Dean Denner 776-5589

Friday, 7pm
One time, Feb 22
Location: 710 Lee

In this class you will be shown how to make a down comforter from scratch. A technique will be shown that allows the stitching to be inside to avoid feather leakage. A comforter can be sewn in a day.
(Dean stays warm down to freezing temperatures under the comforter he sewed this winter.)

HOW TO BUILD YOUR OWN SAUNA

Gary Race 537-9735
Jeff Boyer (evening)

Sunday, 4pm
One time, March 30
Location: You will be contacted
Limit: 30

Gary and Jeff will explain and demonstrate how to build and use a natural woodburning stove sauna.
(Gary and Jeff have designed and built their own sauna.)

SUCCESSFUL MONEY MANAGEMENT SEMINAR

Doug Smith 539-2071
Fred Freeby 537-4505

Monday, Feb 25, 7pm, KSU, Union Rm 206
Monday, March 3, 7pm, KSU, Union Rm 205

A two-evening seminar to assist in designing a financial plan so that you may achieve financial independence. We'll talk about making inflation work for you, reducing your tax burden, repositioning your assets to your advantage, uncovering your hidden assets, IRA's, Keough plans, estate planning and other financial matters related to designing your own personal financial plan. Couples are encouraged to attend. (Doug and Fred are local financial planners.)

BACKPACKING: A PRACTICAL INTRODUCTION

Tom Hittle 776-9715

Sundays, 7pm
First Meeting: March 9
Length: 3 times
Location: UFM Fireplace Rm

This will be a course for those with either no experience or less than 3 years of backpacking. We will place emphasis on backpacking styles, equipment critique topo maps, local trails, sources of information, individual techniques and necessary checklists. A slide show of favorite areas is planned. The culmination of the course will be a weekend overnight hike in the Flint Hills. (Tom backpacks and canoes extensively year-round throughout the midwest.)

TALL GRASS ORIENTEERS

Dale Bryant 532-5953
Dan Walker

Mondays, 6:30pm
First meeting: Feb 18
Length: Ongoing
Location: KSU Military Science, Rm 7

Students will learn basic map symbols and navigation with compass. This will include particular applications, with participation in local and out-of-state orienteering meets. (Dale is the faculty representative for Tall Grass Orienteers and Dan is the president of the club.)

CARE AND FEEDING OF VW BUGS

Bill Powers (office) 532-5729
(home) 539-6859

Tuesday, 7:30pm
First Meeting: March 4
Length: 6 times
Location: KSU, Waters Hall, Rm.135
Limit: 12
Fee: \$3 - pay at registration

This course will begin with a basic description of the VW Bug and how it works. It proceeds through preventive maintenance to minor tune ups. The goal is to learn about your bug and help it live to a ripe old age. (Bill is a typical shadetree mechanic.)

SKIN CARE AND MAKE-UP APPLICATION

Lin, Suann, Syd 539-7621

Thursdays, 7:30-9pm
First meeting: Feb 28
Length: 2 times
Location: 512 Poyntz
Limit: 12

Be nice to your skin. This course will help you create a long friendship with your skin. Make-up changes each season with fashion. You will learn the basic techniques for proper skin care and make-up applications for day and night. (Lin, Suann and Syd are all local stylists who have attended advanced seminars.)

BLACK HAIR CARE

Carol, Jeannie, Lea 539-7621

Monday, 7:30-9pm
One time: Feb 25
Location: 613 N. Manhattan
Limit: 20

These local stylists will answer your questions on reconditioning, heat styling, care of afros and chemically relaxed hair. (Carol, Jeannie and Lea are local stylists.)

HAIRCARE AND STYLING TECHNIQUES

Brenda, Kathy, Angie and Diana 539-7621

Monday, 7:30-9pm
One time, Feb 25
Location: 512 Poyntz
Limit: 25

Are you in the dark concerning what to do with your long hair? We will explore different techniques of styling all lengths of hair, including braids. (These stylists have a combined total of 17 years of education and experience in haircare.)

VERY BASIC LAYOUT SKILLS!!

Sheila Sauer Stogsdill 532-5866
Pamela A. Warren

Tuesday, 7:30pm
One time, April 22
Location: UFM Conference Rm

Come and learn the fine (and not so fine!) points of layout. We will attempt to pass along what we know about laying out this fantastic publication! A good time will be had by all.

STONE WORK

Max Bayer 1-437-2781

Session I: Saturday, May 17 9:30am
Session II: Saturday, May 17 2:00pm
Location: Bayer Stone, Inc.
509 Fairlane

Come and learn to lay natural stone. Subjects covered will include masonry veneer walls, dried laid retaining walls, and flagstone and patio stone. Indicate which section you will join. (The Bayer family has been quarrying and processing natural stone for building stone since the 30's.)

RENOVATING HOMES

Russell Reitz

Monday, 7pm
One time, March 3
Location: UFM Fireplace Room

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

BASIC HOUSE WIRING

Richard E. Napper 539-6973

Section I: Mondays, Feb 18 7pm
Section II: Wednesdays, Feb 20 7pm
Length: 4 times
Location: 811 Osage
Limit: 20 each section
Materials fee: \$5 - pay at registration

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

THE ART OF CHIMNEY SWEEPING

Bob Powers 776-4409

Saturday, 4-6pm
One time, March 1
Location: UFM Fireplace Room
Limit: 50

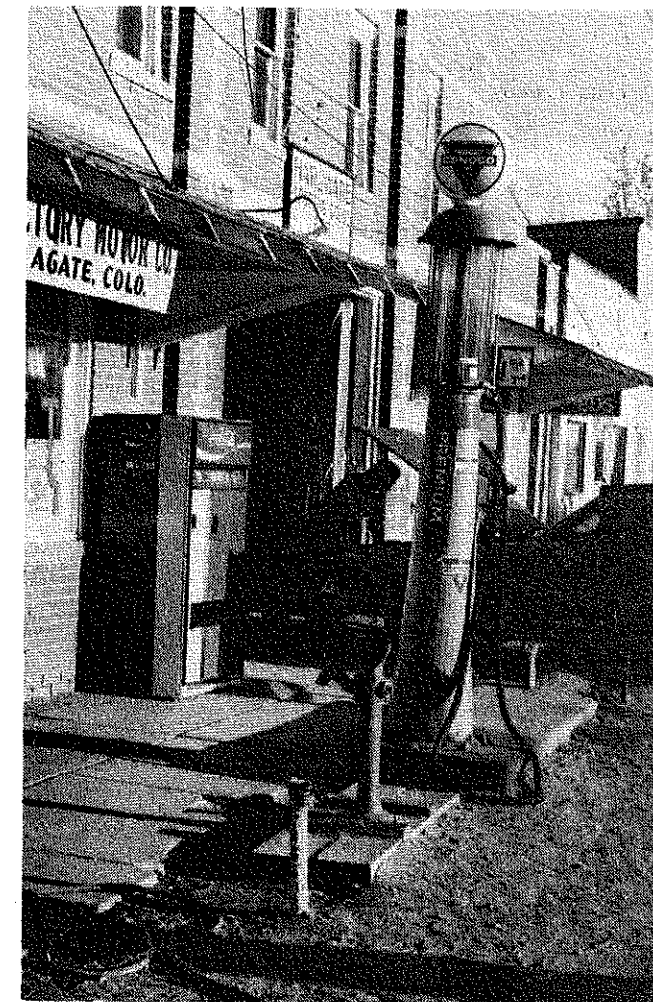
We will discuss the importance of proper chimney construction and maintenance as well as demonstrate the equipment and methods employed by a professional chimney sweep. We will also discuss ways homeowners can clean and maintain their own chimneys. (Bob has been a chimney sweep for 2 years with many chimneys to his credit.)

CHICKEN TRACTOR

David Weyerts 539-8409

Saturday, 2pm
One time, March 22
Location: Rt. 3 (Map will be mailed to participants)

This amazing invention is a combination garden tiller, compost shredder, fertilizer, garbage disposer, pest controller, as well as supplying the familiar breakfast food. Actually it is a small moveable house with an attached pen containing several chickens. By moving the "tractor" from place to place, one is able to utilize the natural scratching habits of chickens to till the garden, shred leaves, etc., and keep the hens healthy in a backyard. (Though not the inventor, David has a fine chicken tractor.)



Energy Concerns

HOME BUILT HOBBY GREENHOUSE

Alan Johnson 539-4338

Monday, 7:30pm
One time, March 24
Location: 827 Ratone
Limit: 12

This class will be a small discussion group of people interested in attached home greenhouses. I'll show the one I've built; we can discuss build-it-yourself principles, design, construction materials, operation, keeping plants alive, and energy requirements. (Alan is a research assistant in Agricultural Engineering, and has helped design and build two generations of greenhouse/animal shelter combinations.)

UNDERSTANDING YOUR ELECTRICAL RATES

Mary Neel 776-8839

One time, Tuesday, Feb 19, 7:30pm
Location: KSU, Union, Rm 205

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

WINDOWS WORKSHOP

Mike Wilson and Doug Walter 532-5866

Saturday, 9:30am
One time, March 22
Location: UFM Fireplace Room

Poorly placed, loose fitting or unprotected windows can account for one-third of your home's heating and air conditioning costs. Many companies are starting to market energy saving window devices. We'll discuss how to evaluate these devices, as well as how to make your own window energy savers, including thermal curtains, roller shades, and window box solar collectors. (Mike and Doug are members of UFM's Appropriate Technology staff.)

WIND ENERGY PRIMER

Tom Shrimplin
Saturday, 2-5pm
One time, April 19
Location: UFM Fireplace Room
Limit: 60
Fee: \$2.00 - 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.)

HOW TO DESIGN AND BUILD A ROOF-MOUNTED FAN-ASSISTED COLLECTOR

Dean Denner 776-5589

Saturday, 1pm
One time, Feb 23
Location: 710 Lee

You can have the sun heating your living room easier than you may think. We'll discuss how to design and build a low-cost, yet effective fan-assisted collector which will heat one or more rooms in your house.

ETHANOL GRAIN CONVERSION

Dwight Wiebe 532-5735

Thursday, 7:30-9:30pm
One time, Feb 21
Location: UFM Fireplace Room
Limit: 60

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

UFM COMMUNITY SOLAR GREENHOUSE

Bruce Snead 532-5866

One time, Saturday, April 12, 1pm
Location: UFM Banquet Rm

Have you been wondering about the new structure being built just west of the UFM House? Now is your chance to find out about it. We'll meet in the UFM basement for a slide show-discussion of how this innovative new facility will work, and then tour it. You'll learn about perimeter insulation, beadwall, passive heating, thermal mass, solar hot water, earth tubes, and more. (Bruce helped to design the UFM Greenhouse.)

BUILDING A LORENA (ADOBE) STOVE WORKSHOP CAMP-OUT

Jim Converse 532-5984
Helen Stucky

Saturday, April 26 and 27, 8am (building)
First Meeting: April 24, 4-5:30 pm (organize)
Length: 3 times
Location: UFM Conference Room (organizational meeting)
40 miles from Manhattan (building)
Fee: \$5 - pay at registration

Guatemala is the source of this wood-conserving, aesthetically appealing block of mud. Third world countries face an energy crisis—a shortage of wood. This workshop will concentrate on adapting the stove for baking. The 2 days will be spent learning to build the stove. Bring camping equipment and pot luck supplies. Some sheltered space is available. (Jim has built two stoves in Manhattan. Helen wants to bake bread for participants in an outdoor oven.)

CAPTURE THE SUN (WITH YOUR HANDS)

Alan Edgar 532-5866

Sunday, 2 pm
First Meeting: April 13
Length: 3 times
Location: UFM solar workshop
Limit: 8

I would like to work with a few persons who are interested in building one or more small solar devices using only handtools. Bring your own tools, we can discuss a cooperative lending arrangement. I will work with each person or group to decide on a project, develop the plan, buy supplies and construct it. (Alan is on the UFM Appropriate Technology Staff.)

STOP WOLF CREEK!

Neil Schanker 539-5766

One time, Wednesday, Feb 20, 7:30pm
Location: UFM Conference Rm

Past and present efforts to halt construction at OUR nuclear power plant near Burlington, KS will be discussed. We'll also examine techniques of personal involvement, from letter-writing to civil disobedience. A local anti-nuke group is a possibility. (Neil is a part-time anti-nuclear activist.)

RADIATION WASTE IN THE SUNFLOWER STATE

Neil Schanker 539-5766

One time, Wednesday, Feb 27, 7:30pm
Location: UFM Conference Rm

A California corporation secretly applied to store radioactive waste in the Lyons, KS salt mines. Other states have experienced countless leaks, contamination, and transportation accidents from such dumps. Let's stop I-70 from becoming a radiation thoroughfare. (Neil is out to save the world.)

NUCLEAR CO-OPS?

Bill Dorsett 539-1956, 539-5766

Thursday, 7pm
First Meeting: Feb 21
Length: Indefinite
Location: UFM Conference Rm

Kansas Rural Electric Power Co-ops are buying into the Wolf Creek reactor. In a discussion series, we will ask how rural Kansas uses its electricity and what other energy choices will accomplish those tasks. If you have been doing research into an unusual technology, bring your materials for one of the classes. (Bill is interested in increasing awareness of energy issues.)

KCC CARPOOL

Bill Dorsett 539-1956, 539-5766

Sign up and you will be contacted.

The Kansas Corporation Commission will be holding hearings on cost overruns as well as the co-op purchases into the Wolfcreek reactor. A carpool will make the trip to Topeka nearly every week. Sunflower Alliance and legislative workshops will also be covered. (Bill is interested in a sane energy policy for KS.)

SOLAR DOMESTIC WATER HEATING

Gary Bennington 776-9711

Thursday, 7:30pm
Section I: Feb 28
Section II: April 10
Location: UFM Fireplace Room

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

MANHATTAN AREA ENERGY ALLIANCE

John Exdell 539-6076

Organizational meetings will be advertised.

The Manhattan Area Energy Alliance is a new educational and political organization that will build support for economical and environmentally safe energy alternatives. MAEA now has four active committees. (See below). Committee work is just beginning. Sign up for a specific committee.

UTILITY RATES

Richard Faw 537-7958

The Utility Rate Committee is studying proposals for utility rate reform and changes in utility billing practices. Peak-load pricing, lifeline rates, and the elimination of declining block rates are under consideration. The committee's conclusions may serve as the basis for MAEA testimony at future Kansas Corporation Commission hearings. You don't have to be an expert. Committee members are amateurs willing to learn.

TRANSPORTATION

Larry Davis 539-8668

This committee is studying the proposed city bus system to determine its potential energy savings and will investigate other ways to reduce automobile use.

TUTTLE CREEK HYDROELECTRIC POWER

Tom Manney 537-0624

Would using Tuttle Creek dam to generate electric power provide social benefits great enough to justify state or federal support? If so, what effective political actions can be taken to bring it about? The committee hopes to get answers to these questions and recommend action to MAEA.

CONSERVATION

John Exdell 539-6076

This committee is investigating the possibility of getting a conservation building code for new construction in Manhattan on the model of Davis, California. It is also looking for ways to get adequate building insulation installed in all existing city structures.

TOURS

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



FORT RILEY

Linda Gorski 1-784-5283

Wednesday, 10am

One time, April 23

Location: Meet at the M.P. Information Booth,
Fort Riley

The tour will begin at the M.P. Information Booth, on post, where participants will board a passenger bus. Historical buildings that have been standing since 1854 will be seen; they include the Custer House and the U.S. Calvary Museum. Lunch at the Officers Club can be arranged if desired, for approximately \$3.00.

MANHATTAN PUBLIC LIBRARY

Margaret Gates 776-4741

Tuesday, 1pm

One time, March 11

Location: Juliette and Poyntz

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

MANHATTAN MUNICIPAL AIRPORT

Larry Priest 539-9364

Wednesday, 9am

One time, April 16

Location: West Hwy 18

Limit: 30

Participating in this tour will provide you the opportunity to find out about general operation of the airport, flight services, and needed weather information for airplanes. A look inside an airplane will be arranged if there is any interest.

AMERICAN INSTITUTE OF BAKING

Sharon Forst 537-4750

Tuesday, 1:30pm

One time, March 4

Location: American Institute of Baking
1213 Bakers Way

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.

UNIVERSITY FOR MAN AND SOLAR GREENHOUSE

Mike Wilson 537-9292

Saturday, 4pm

One time, March 29

Location: UFM Fireplace Rm

Come and see what we're all about! There's a lot more than this brochure going on at UFM, and we'd like to show you. The tour will cover the new solar greenhouse, the darkroom, pottery studio, windows projects, as well as the rest of the UFM House.

KMKF/KMAN

Ed Klimek 776-4851

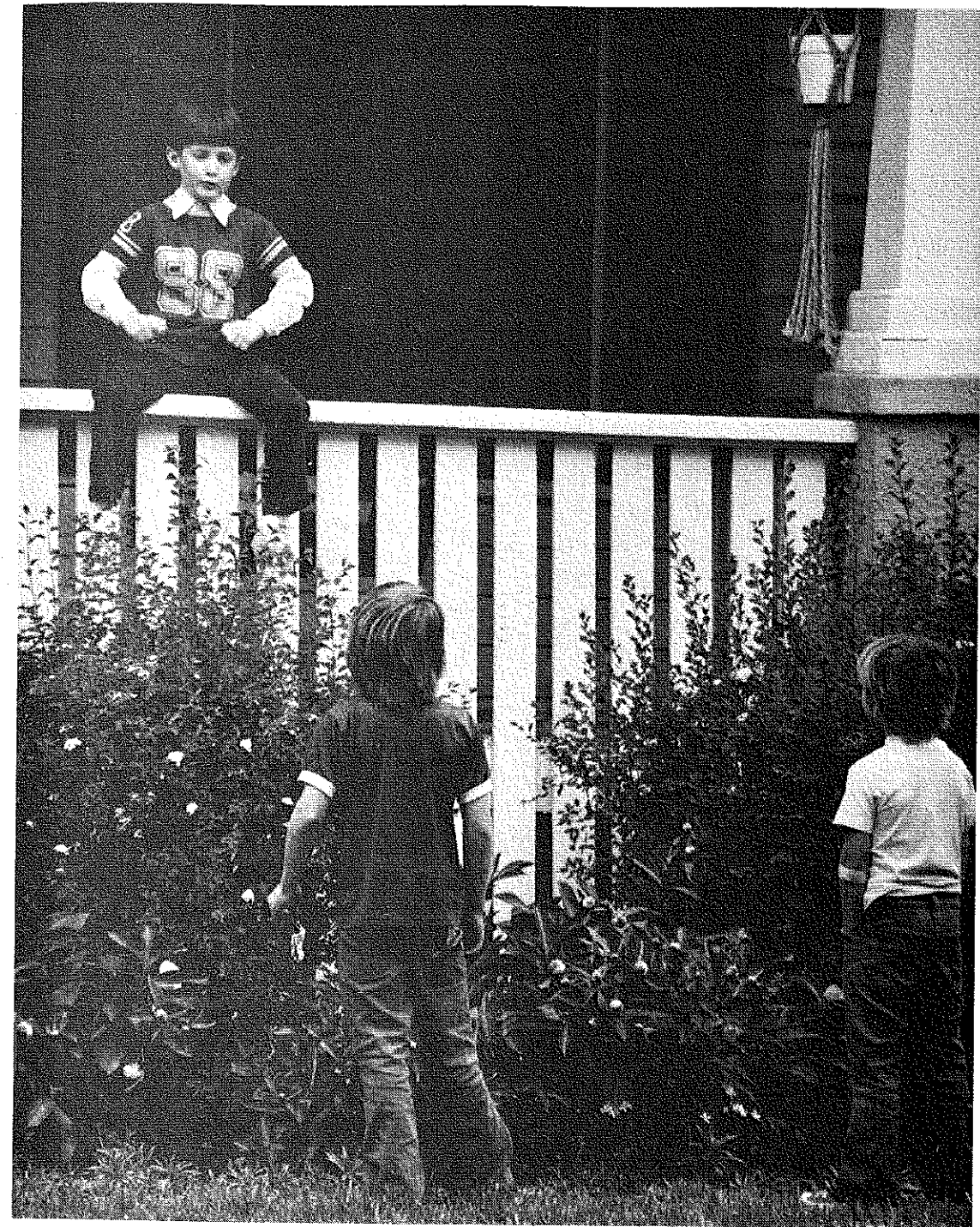
Wednesday, 6:30pm

One time, Feb 27

Location: 2414 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.



so long, see you this summer!



UFM
 1221 Thurston
 Manhattan, Ks. 66502

REGISTRATION FEBRUARY 11, 12 & 13

February 11, 12, 13:	K-State Union,	9am - 4pm
February	11: Douglass Annex Lobby, 900 Yuma	10:30am - 1pm
		2pm - 4pm
	Douglass Gym Lobby:	
		7pm - 9pm
February	11: Manhattan Public Library	9am - 7pm
February	11: UFM House, 1221 Thurston	7am - 6pm
February	12: UFM House	9am - 5pm
	Douglass Annex Lobby	
		10:30am - 1pm
		7pm - 9pm
February	13: UFM House, 1221 Thurston	9am - 5pm

If it is impossible for you to register at one of the above locations, you may call 532-5866 to register during the following hours only:

Feb 11	7am-5pm
Feb 12 and 13	9am-5pm

Phone registration is limited to 4 classes.

Please register for only those classes you're sure you can attend. Mark your class dates on your calendar. You may register for only yourself and one friend. Class fees must be paid by the end of the day on which you register in order to hold your space.

recycle! share this with a friend!

return postage guaranteed