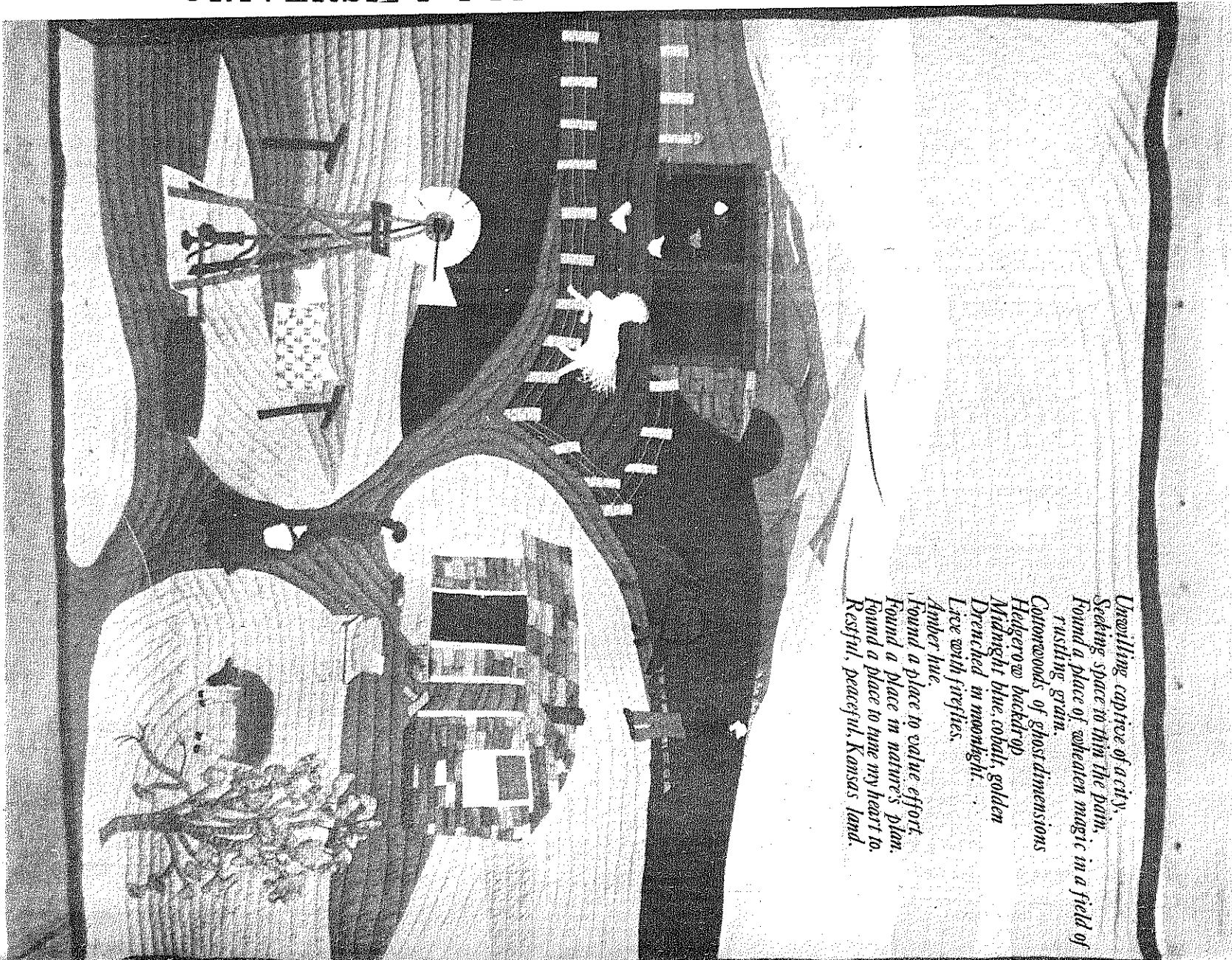


# UNIVERSITY FOR MAN • SPRING 1981



## Registration is February 9, 10 and 11

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

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

If you register for UFM classes, please attend. If you do not register, please don't surprise the instructors by your attendance.

### HOW TO REGISTER:

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

February 9, 10, 11	K-State Union	9am - 4pm
Monday, February 9	UFM House (walk in) 1221 Thurston	7am - 6pm
	Manhattan Public Library Juliette and Poyntz	9am - 1pm
	Adult Learning Center 2031 Casement Rd	2pm - 6pm
	Douglass Community Center Annex 901 Yuma	7pm - 9pm
	UFM Phones	7am - 6pm
Tuesday Feb 10	UFM House (walk in) 1221 Thurston	noon - 5pm
	UFM Phones 532-5866	9am - 5pm
Wednesday, February 11	UFM House 1221 Thurston	noon - 5pm
	UFM Phones 532-5866	9am - 5pm



**University for Man**  
**1221 Thurston**  
**Manhattan, Kansas 66506**

BY POPULAR DEMAND . . .

I would like to see a UFM class in \_\_\_\_\_ (What subject)

I would like to teach \_\_\_\_\_ (Subject) for UFM

I would like to help with registration

I would like to help with Office work

I would like the help set up some classes

I would like to donate  \$10  \$25  \$50 or \$ \_\_\_\_\_ to help UFM Programs

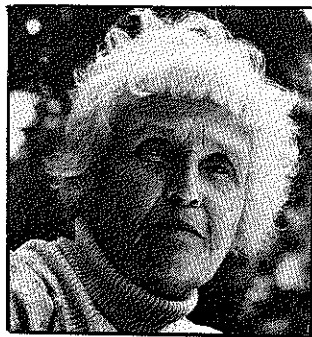
NAME \_\_\_\_\_ TELEPHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_

Recycle this brochure . . . share it with a friend

## The Cover

The theme of our brochure of Kansas Folklife is best exemplified by 76 year old Ivy Jones, creator of the quilt and poem on the cover. Ivy, who lives in Wichita, quilts for the joy of arranging colors. Her delight of colors is also evident in her poem. The Homestead Quilt on the cover is named as all of her creations are named. "You can name your kids anything you want to and you can name your quilts anything you want to. If you've born them, you can name them," Ivy says. The Homestead Quilt, finished in the winter of 1979, depicts the homestead in Western Kansas where Ivy grew up. Besides quilting, Ivy has sewed for a living, was a beautician, keeps an herb garden, built a cement and stone wall around her house, braids rag rugs, paints and collects Kansas fossils.



Ivy Jones of Wichita, Kansas.

## Credits

Thanks to: Meriam Kierstead, Cindy Bryant, Susan Niemczyk and Marty Hartford for typing this brochure.

Photographs by Jennie Chinn

The drawing of Lou Douglas on page 4 is by Diane Dollar.

Thanks to Rosemary Dukelow for layout of this brochure. Also thanks to Tina and Heather for helping layout this brochure.

The Kansas Folklife Survey was conducted by Keith Ludden and Jennie Chinn through a grant from the National Endowment for the Arts and the Kansas Arts Commission.

- 3 Transportation of Hazardous Materials  
Socialism and Social Change  
Landlord/Tenant Relationships  
The Third Wave  
Historic K-State  
Introduction to Genealogy  
Teaching Human Values in the 80's  
Big Brother/Big Sister Volunteers  
Alternative Education-Kindergarten-8th  
Retirement Plans  
Manhattan SCORE Chapter  
Free Tax Assistance for Those Over 60  
Relaxation for Those Over 60  
Prison Pen Pals

- 4 Lou Douglas Series  
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Consumer Cooperatives  
The Sunday Times- On Sunday!  
World Hunger Study- The Brandt Report  
Liberation Theology  
Beyond Futility: The Hunger Project  
Taxes for Peace Rather Than War  
P.D.R. Yemen--"The Women's Role..."  
Costa Rica  
The Soviet Union Today  
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How to Buy a Home  
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Nutrition in Action  
Nutrition Lessons at Douglass Center  
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"Income, Outgo, Where Does My Money Go?"  
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How to Buy a Used Car

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Afternoon Volleyball for Mature Women  
Konza Prairie Quilter's Guild  
Manhattan Crafts Commission  
Weaving Techniques  
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Care, Storage and Display of Needlework  
The Many Faces of Clay  
Beginning Ceramics  
Clay Creations  
Raku Pottery  
UFM Pottery Studio Co-op  
UFM Potter's Guild

- 7 Counted Cross-Stitch  
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UFM Spring Crafts Sale  
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Constructing and Using a Cold Frame  
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Landscaping with Functional Edible Plants  
Downtown Manhattan Farmer's Market  
Prairie Grasses  
French Intensive and Organic Gardening  
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- 11 Stained Glass Studio  
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Creative Dramatics  
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- 18 Introduction to Zen Buddhism  
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Feminist Men's Study Group  
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Hunter Safety  
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KSU Recreation Complex Tour  
KSU Nuclear Facilities Tour  
Manhattan Fire Station Tour  
Manhattan Police Station Tour  
KSU Veterinary Complex Tour  
Call Hall Tour  
KMKF-KMAN Tour  
Manhattan Mercury Tour



### Community Development Series

Thanks to the cooperation of city officials, UFM is proud to offer sessions on topics of community interest. All classes will be held at 7pm in the UFM Fireplace Room. Please register for each session you plan to attend.

- Feb 19 Zoning Issues in the University Area  
Dan Gibson, City Planner in the Manhattan Community Development Department will discuss basic requirements and enforcement procedures, particularly as they relate to the specific needs and problems of the residential areas surrounding the KSU campus. This informal discussion will include plenty of time for questions and discussion.
- Feb 26 City Government: What You Need to Know  
City Manager, Don Harmon and Community Development Director, Bruce McCandless will present information on how city government operates, how decisions are made and who makes them. Special emphasis will be placed on how Manhattan citizens can participate in city-government decision making.
- March 5 Downtown Redevelopment Update  
Join City Planner, Gary Stith and members of the League of Women Voters as they present the latest information on plans and issues associated with Downtown Redevelopment.

### SOCIALISM AND SOCIAL CHANGE

David Hursh 532-6493/539-1677  
Wednesdays, 7:30pm, 818 Bertrand  
First Meeting: Feb 18 Length: Indefinite

What are Socialists saying and how can it help us out of the current capitalist crisis? This will be a weekly discussion group which will center in on such topics as socialism and ecology; creating participatory democracy; socialism, capitalism and economics. At the first meeting we will decide future meeting dates. (Dave is a social activist and theorist who believes that the exchange of ideas (ah, the dialectic!) is the path to truth. Which is ever elusive.)

### THE THIRD WAVE: SOME FUTURISTIC SOLUTIONS

Dan Wancura 537-2284  
Thursdays, 7pm  
First Meeting: Feb 19 Length: 4 times  
Location: 825 Bluemont Limit: 12

This class intends to investigate the problems of today and some possible solutions to them. We will discuss new energy sources, technology and the computer. The Third Wave by Toffler will provide background to this discussion as well as books by Rand, Ruff, and Ringer. Bring your ideas. (Dan is well versed on these subjects.)



Cement eagle sculpted by Vernon Erickson of Scandi, Kansas.

### HISTORIC K-STATE

Emily Braht 539-6255  
One time, Saturday, March 7, 9am-noon  
Location: K-State Union, Rm 213 Limit: 25

Just what is so special about the buildings on the K-State campus... Anderson Hall, Holton Hall, Nichols Gymnasium? Join Emily for a walking tour of America's oldest land-grant university. (Emily is a senior in Architecture and Chairperson of Castle Crusade, the local group concerned with historic preservation on the KSU Campus.)

### INTRODUCTION TO GENEALOGY

Elaine Olney 539-4512  
Two times, Tuesday Feb 17, and Thursday Feb 19, 7pm  
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.)

### TEACHING HUMAN VALUES IN THE 1980's

David Hursh 532-6493  
Two times, Friday April 3, 8:30am-4pm, and Saturday April 4, 9am-7pm  
Location: K-State Union

This 2-day conference is for educators and parents interested in examining their interaction with children. Workshops include: "Changing Images of Men and Women", "Sexism in Children's Literature", "Children's Rights", "Our Environment and Ourselves", "A Celebration of Ethnicity", "A Look at Children", and "Learning About the Elderly and the Handicapped". Presenters include KSU and KU faculty and educators involved with alternative learning. (Dave is excited about this conference and providing more information to interested individuals.)

### BIG BROTHER/BIG SISTER VOLUNTEER ORIENTATION

Winifred Endicott 776-9575  
Four times, Feb 19, March 26, April 23 or May 21, 7:30pm  
Location: 103 S. 4th, Suite 10

We exist to provide children in our community who, for one reason or another need additional adult companionship, guidance and role modeling with mature adult volunteer friends. Orientations are planned monthly for potential volunteers, age 18 or over, for the purpose of a detailed explanation of the program and how an individual may become involved. Please indicate which meeting you wish to attend at registration. (Winifred is Director of BB/BS of Manhattan. Frances Fabre, Tim McHenry and Brian Hettrick, staff field representatives, will also participate.)

### ALTERNATIVE EDUCATION - KINDERGARTEN-8th GRADE

Living Learning School Open House 776-7350/539-2039  
Cathy Collins

Sunday, Feb 15, 2-4pm and Sunday April 26, 2-4pm  
Location: Living Learning School, 1011 Osage

Living Learning School offers an individualized approach to

Living Learning School offers an individualized approach to learning in an open classroom setting. Children are encouraged to choose through a variety of learning activities within a systematically planned program. The curriculum is mutually determined by parents, children and teachers. If you are interested in volunteering to share your skills with the children at Living Learning School please contact Cathy Collins at 776-7350 weekdays or 539-2036 evenings/weekends. Join students, parents and staff at Living Learning School for their Open House on February 15 and April 26. (Cathy has worked and studied in Great Britain, Canada and the U.S. Areas of specialization are in elementary education and special education with gifted and talented children.)

### RETIREMENT PLANS

Fred Freeby, Doug Smith 537-4505, 539-2071  
One Time: Monday, 7:30-9pm, March 2 Location: K-State Union, Rm 205

This course will help answer the how and why of having a retirement program. We will discuss IRA-Keough, simplified pension and corporate pension plans as well as how to increase income if retirement is near. How to use Uncle Sam's money to build your retirement and become financially secure will be a major focus. (Doug and Fred work for a company that specializes in retirement programs.)

### MANHATTAN SCORE CHAPTER

Dick Boydston 776-8829  
Third Wednesday of each month, 9:30am  
First Meeting: Feb 18 Length: Ongoing  
Location: Manhattan Chamber of Commerce, 505 Poyntz

SCORE is a group of retired Business men and women who provide counseling services to small businesses at no charge. Monthly organizational meetings are held on the third Wednesday of each month at 9:30am for all retired persons interested in being a SCORE member. A pre-business workshop for those considering going into business and those "just starting out" is being planned by the Manhattan SCORE Chapter. (Dick is a former marketing executive with Skelly-Getty Oil who recently retired in Manhattan.)

### FREE TAX ASSISTANCE FOR THOSE OVER 65

Rhoda Cavett 776-9294  
Section I: Tuesday, 7-9pm, Feb 17  
Location: Carlson Plaza, 415 Pierre

Section II: Wednesday, 7-9pm, Feb 18  
Location: Apartment Towers, 300 N 5th

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

### RELAXATION FOR THOSE OVER 60

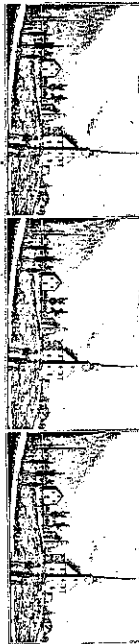
Pat Embers 468-3627  
One Time: Tuesday, 7pm, Mar 3  
Location: Meadowlark Hills Retirement Center

A general but compact session on learning how to relax. Some new and some review techniques on deep breathing, guided relaxation and relaxation to music. Bring blanket and a couple pillows if you want to learn the very best way to relax. Join us for an easy-going evening. (Pat is an occupational therapist who has been teaching relaxation for 6 years.)

### PRISON PEN PALS

Priscilla Hoffman 238-4061  
One time, Wednesday, March 25, 7:30pm  
Location: UFM Fireplace Rm

We will discuss the need for corresponding with prisoners and examine this activity as an inexpensive but effective means of preparing inmates to become productive citizens when released. We will look at the value of mail to inmates and what happens when an outsider decides to write. (Priscilla is an alumna of KSU and worked in corrections for 12 years.)



COMMUNITY  
For information about Community, call Julie Govert Walker at 592-5866.



### Lou Douglas Series

As University for Man's second annual tribute to Lou Douglas, the friend, teacher and leader who contributed so generously to the Manhattan community during his life, we are pleased to announce "Perspectives on Human Rights." This theme is especially appropriate since it was a central concern of Professor Douglas.

Americans have a very important role in resolving the complicated social, economic and political problems which comprise human rights questions. What is the moral responsibility of our nation, which uses over 30% of the world's natural resources to support 6% of the world's population? This is only one of many questions Americans must address as world resources continue to dwindle.

The Lou Douglas Series is an annual event. It is funded through an endowment, The Friends of Lou Douglas. You may make a tax deductible contribution to: The Lou Douglas Series, c/o UFM, 1221 Thurston, Manhattan, Kansas 66502.

#### Dick Clark

Tue, March 2 KSU Union, Forum Hall  
Dick Clark, former US Senator from Iowa and nationally known expert on African affairs, will open the 1981 Series. As chairman of the Senate Foreign Relations Subcommittee on African affairs, he played a key role in formulation of American policy toward Southern Africa in the 1970's.

#### Bill Sutherland

Tue, March 10, KSU Union, Forum Hall  
Bill Sutherland, a black American who worked with liberation movements in Southern Africa will discuss African perspectives on US Human Rights Policy. Sutherland's history of



involvement in Southern Africa includes his role as an observer at the Landsdown Conference where majority rule for Zimbabwe was negotiated and his role as a UN observer preceding Zimbabwe elections.

#### Isabel Letelier

Mon, March 30, KSU Union, Forum Hall  
Isabel Letelier is the widow of slain Chilean diplomat, Orlando Letelier, who was assassinated in 1976 in Washington, DC by DINA, the Chilean police. Mother of four, Ms. Letelier is a staff member of the Institute for Policy Studies in Washington where she is involved in human rights issues in Latin America.

#### John McFadden

Mon, April 6, KSU Union, Forum Hall  
John McFadden is an American Educator involved with human rights in Central America. Last year he worked with the Literacy Crusade in Nicaragua, where he trained brigadistas, urban youth who teach peasants how to read and write. McFadden's work with the people of Central America make him a knowledgeable commentator on human rights in Latin America.

All programs will begin at 7:30 pm.

### WORLD HUNGER STUDY - THE BRANDT REPORT

A. David Stewart, Fred Worman

539-3051

Tuesdays, 11:30am-1pm  
First Meeting: Feb 3 Length: 10 times  
Location: K-State Union, Rm 209 Limit: 25  
Fee: \$4.95 for paperback copy of the report, pay at class

Some believe, with good reason, that the next major conflict in the world will be North vs. South rather than East vs. West. The conflict will be spurred by the insensitivity of the North (haves) to the critical needs of the South (have nots). The Brandt Report, North-South, assesses present conditions and proposes steps toward solving problems and easing tensions. This will be a sack luncheon study of the Brandt report. (Dave is a campus minister at KSU and State Coordinator for Bread for the World. Fred is a PhD candidate in Agriculture Economics.)

### LIBERATION THEOLOGY

Arleen Cook

537-7571

Tuesdays, 7:30pm  
First Meeting: Feb 17 Length: 4 times  
Location: St. Isidore's Church Basement, 711 Denison  
Limit: 10-12

Liberation Theology has been called a "theology for the poor and the oppressed". In this course we will study the historical development of the theology and the social and political implications in Latin America and the third world. Those interested in a reading/discussion group - "tertulia" - may continue indefinitely. (Arleen graduated from KU in 1975 with a BA in Spanish and Latin America Studies and has lived in several Central American countries.)

### BEYOND FUTILITY: THE HUNGER PROJECT

Edith Stunkel

776-3624

Two times, Thurs. Feb 19 and Fri. Feb 20, 12:30pm  
Location: K-State Union Rm 202 (Thur); Rm 203 (Fri)

You can participate in ending starvation in our world. John Denver's movie "I Want to Live" will trigger discussion of the myths that hold hunger in place. (Edith found out three years ago that she can help end starvation and has been participating ever since.)

### TAXES FOR PEACE RATHER THAN WAR

Dean Denner

776-5589

One time, Monday, Feb 16, 7pm Location: 708 Lee

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

### Of International Interest

The following classes offer UFM participants the chance to learn about the people and the places of other lands. All classes will begin at 7:30 pm.

#### P.D.R. YEMEN--"WOMEN'S ROLE IN THE STRUGGLE FOR PEACE"

Monday, Feb 23, The Douglass Community Center Annex, 901 Yuma

Join Candace Althoff as she shows slides of this African nation and describes her experiences and the aims of an international seminar held in Aden, P.D.R. Yemen, November 7-10, 1980. Candace represented the organization Women for Racial and Economic Equality (WREE) at this seminar.)

#### COSTA RICA

Thursday, April 2, UFM Fireplace Rm

Jesse and Carmen Blenn will share slides of Costa Rican countryside and culture. They'll answer your questions about this tropical island afterwards. (Carmen is a Costa Rica native and Jesse has lived and travelled there.)

#### THE SOVIET UNION TODAY

Thursday, April 9, UFM Fireplace Rm

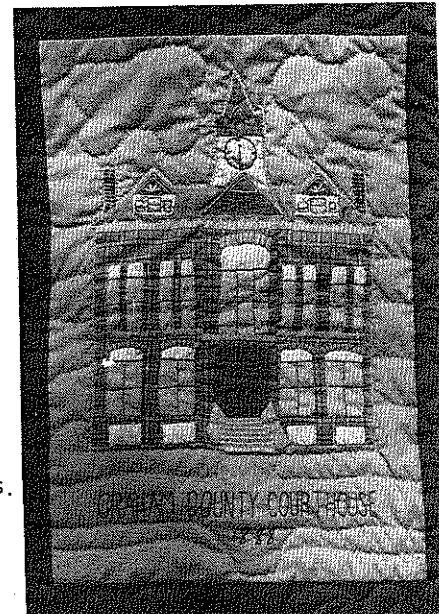
A group of faculty and students recently completed a two week tour of the Soviet Union, visiting Moscow, Odessa and Leningrad. First hand observations along with a slide program will be presented featuring the cultural, social and political features of Soviet life. (Joseph Hajda, Bill Richter, and Sue Maes are all members of the KSU faculty.)

#### INVESTMENT BASICS

Steve Harrison, Sherl Prawl 537-0594  
Two times, Tue & Thurs, Feb 24 & 26  
7:30-9:30pm  
Location: KSU, Eisenhower Hall Rm 125  
Limit: 50

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

Centennial quilt by Anita Middleton of Lenora, Kansas.



4 Community

### WHAT ABOUT THE DRAFT?

Dean Denner, Mike Klassen

539-4029, 539-4094

One time: Thursday, 7pm, Feb 26  
Location: Mennonite Fellowship Office 1221 Thurston

What are the legal implications of registering or not registering with the Selective Service? What is a conscientious objector? What does conscientious objector status mean? These and other questions related to the draft will be discussed.

(Mike is pastor of the Manhattan Mennonite Fellowship. Dean wants people to know their options.)

### Money Matters

#### HOW TO USE CONSUMER CREDIT WISELY

Sharon O'Neal  
Gale Ward

776-4733  
776-4825

One time, Thursday, April 23, 7-8:30pm  
Location: Kansas State Bank Limit: 30

We will cover the different types of consumer credit, how to establish and maintain credit, and the expenses and the advantages of credit. We will also cover the use of credit by women. (Sharon and Gale both work at local institutions and serve as officers for the Manhattan Chapter of Credit Women-International.)

#### CONSUMER COOPERATIVES

Ann Hoyt

776-7426

Wednesdays, 7-9pm  
First Meeting: Feb 18 Length: 8 times  
Location: KSU, Justin Hall Lounge

The first evening will be a general introduction to consumer cooperation. Then we'll talk about co-ops that meet specific needs. Please join us for the first session and any or all of the following discussions. Tentative schedule: Feb 18-Introduction to Co-ops, Feb 25-Housing Co-ops, Mar 4-Food Coops, Mar 11-Child Care and Education Co-ops, Mar 25-Health Care Co-ops, Apr 1-Bartering Co-ops, Apr 8-Credit and Co-op Banking. (Ann has worked with consumer cooperatives at the local, state and national level for many years. She currently teaches Family Economics at KSU.)

#### THE SUNDAY TIMES--ON SUNDAY!

Bill Draves

532-5866

One time, Feb 17, 7pm  
Location: 719 Osage Limit: 15

What a way to spend a Sunday morning--brunch, coffee, and the New York Times. This one-time gathering will show you how to get a few people together to make cooperative arrangements to get the Times--New York Times Co-op II. For people interested in helping to organize Co-op II, and those interested in participating. (Bill has organized and run the NY Times Co-op I for over a year.)

### SUCCESSFUL MONEY MANAGEMENT SEMINAR

Fred Freeby  
Doug Smith  
537-4505  
539-2071  
Section I: Tues & Thurs, 7-10pm, Feb 17 & 19 Union, Rm 213  
Section II: Saturday, 9am-12noon, Feb 28 K-State Union, Rm 213

People do not get rich making money, but by managing the money they make. This seminar takes you up the 15 steps on the stairway to financial security. Plain everyday language plus extensive use of visual aids helps assure a better understanding of what could be highly technical information. (Fred and Doug are financial planners affiliated with a national financial services organization.)

### UNDERSTANDING COMMODITY-FUTURES MARKETS

Rex Gore, Thomas Morgan  
776-1604  
Section I: Tuesdays, 7:30pm Feb 24, March 3 two times  
Section II: Tuesdays, 7:30pm April 21, April 28 two times  
Location: Eisenhower Hall, Rm 213

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

### HOW TO BUY A HOME

Sharon O'Neal  
776-4733  
One time, Wednesday, April 8, 7-8:30pm  
Location: UFM Fireplace Rm Limit: 35

There is a lot to know in making a home purchase and this offers just about everything. We'll cover what to look for, renting vs. buying, the different types of mortgages available from lenders, and what to do in dealing with a lender. (Sharon is a loan officer at a local savings and loan institution.)

### INVESTMENT FOR FINANCIAL GROWTH AND INCOME

Dr. Albert L. Winkler  
776-4329, 537-2301  
Six times, Thursdays, 7:30 pm, March 26; Rm 226 Eisenhower

The class will study the functions and usefulness of financial markets, including "Wall Street", in utilizing financial assets. After considering common investment terms, information and the national market system, specific attention will be given to security analysis, investment timing and portfolio management. In this class we will use the text Investment Analysis and Portfolio Management, Cohen, which will be available at Varney's Bookstore for about \$20. (The instructor is a stock broker and an economist, with a PhD in economics and experience in university teaching and a broad range of financial markets.)

## **Know-How Network**

The Know-How Network is a special section of UFM, created to meet the needs and interests of community members in their own neighborhoods. We want to involve more people in taking and leading classes in their neighborhoods including Flint Hills Place, the area south of Poyntz, and the Northview area. This is our first listing of classes and activities. We think it looks exciting, but we need to know what you think. If you have any suggestions, problems, want to volunteer to lead a class, or want to have a class offered, please call and let us know.

Diane Barker Sitts or Julie Govert Walter at 532-5866  
Larry Nicholson at 537-0056

This program is sponsored through UFM and supported by the Office of Postsecondary Education, Department of Adult Education.

### **Health**

#### A COMMON SENSE APPROACH TO HEALTH

Kiva Ryan  
776-1154  
One Time: Wednesday, 7:30pm, Feb 25  
Location: Douglass Center, 9th & Yuma Limit: 7

We will talk about how exercise, eating habits and mental attitude affect health. We will share a snack that is good as well as good for us (including herbal teas). (Kiva is a registered nurse.)

#### NUTRITION IN ACTION

Delores Rexelrod, Madaline Sullinger  
776-4781  
Location: Douglass Center Annex, 9th & Yuma  
Section I: (for Grades 1-3)  
Mondays, 3:45pm First Meeting: Mar 30  
Section II: (for Teens)  
Mondays, 3:15pm First Meeting: Jan 19

This class will make nutrition come alive with preparation, cooking, tasting, games and discussion. One nutrient will be worked on in each session. There will be recipes with nutritional information as well as buying and storage hints for children to take home to their families. This program is conducted by Expanded Foods and Nutrition Education Program of the Riley County Extension Service. It is funded by a grant from Nutrition Education and Training Program of KSU Dept. of Education. This Program is available to all individuals regardless of race, color, national origin, age, sex or handicap. Persons who believe they have been denied equal opportunity for participation may write to the Secretary of Agriculture, Washington, D.C. 20250. (Delores has 3½ years experience with Extension's Expanded Foods and Nutrition program and loves to cook with kids. Madeline has six years experience with the same program and loves to cook with teens.)

#### NUTRITION LESSONS AT DOUGLASS CENTER NUTRITION SITE

Pat Tubach  
776-4781  
3rd Thursday each month, 12:30pm First Meeting: Feb 19  
Location: Douglass Center Annex, 9th & Yuma Length: Ongoing  
Limit: 60 years of age and older  
Fee: pay as you can (for lunch)

Balanced lunches are served Monday through Friday. Persons must call 539-8615 for reservation before 10am on days they want to eat. The Riley County Extension Service has a Nutrition Lesson on the third Thursday each month. Topics will be: Feb 19, Basic Nutrition; Mar 19, Calcium; April 16, Iron; May 21, Carbohydrates. (Pat has worked with Expanded Foods and Nutrition Education Program of Riley County Extension Service for eleven years. She has had nutrition programs for the nutrition site for several years.)

### **Family Income**

#### PAYDAY-TO-PAYDAY SURVIVAL

Jerry Owens  
(evenings) 776-1157  
Wednesdays, 7-9pm First Meeting: Feb 18  
Length: 3 times Limit: 10  
Location: Adult Learning Center, 2031 Casement Rd

This class will provide tips on getting the most from your dollars; budgeting and planning ahead for emergencies. Individual sessions with financial counselors will be available for everyone. (Jerry is a money management specialist.)

#### "INCOME, OUTGO, WHERE DOES MY MONEY GO?"

Madaline Sullinger  
776-4781  
One Time: Thursday, 7:30pm, Feb 12  
Location: Flint Hills Place, Apt 1363

Are you having problems with home budgets? If so, there will be a class "Income, Outgo, Where Does My Money Go," conducted by Madaline Sullinger. A budget is a plan or guide so you can spend your money the way you want or need to. (Madaline has six years experience with Riley County Extension, Expanded Foods and Nutrition Education Program. She has helped many people with budgets.)

### **Parenting**

#### TROUBLESHOOTING PARENT ADOLESCENT PROBLEMS: AN EVENING WITH A FAMILY COUNSELOR

Tony Jurich  
532-5510  
Mondays, 7:30pm First Meeting: Mar 2 Length: 2 times  
Location: Flint Hills Place, Apt 1363 Limit: 12

This is your chance to get a free crack at a \$50 an hour family counselor. Tony will attempt to answer your questions and give some practical hints on dealing with parent/adolescent problems. Open to parents and adolescents. (Tony has helped many Manhattan parents and adolescents.)

#### PARENTS & ADOLESCENTS -- HOW CAN WE BOTH SURVIVE

Michael Weinberg  
537-8812, 485-2650  
Thursdays, 7-8:30pm, Feb 19, 26, Mar 12, 19, 26, Apr 2  
Location: St. Paul's Episcopal Church, 600 Houston Limit: 20

Mike will discuss ways of building mental strength that will help deal with everyday problems. We will learn specifically about a method called "reality therapy" and how it can help parents of teenagers. These classes are not therapy sessions. They are an educational experience for parents who would like to better understand their teenage children. (Mike is the Director of Manhattan Youth Care.)

### **Modern Survival**

#### WINTER HOME WEATHERIZATION

Bruce Snead, Moses Bayton  
532-5866

One Time: Tuesday, 7pm, Feb 24  
Location: Douglass Center Annex, 9th & Yuma

There's still time to save money on your energy bills this winter. Bruce and Moses will show slides on ways to save energy in your home and demonstrate how to do it. Insulation, caulking, weatherstripping, and thermostat settings are just some of the topics that will be covered. (Bruce and Moses work with UFM's Appropriate Technology Program.)

#### WOMEN AND THE LAW

Millie Schroeder, Kathy Lundgren  
539-5367, 532-6541  
Wednesdays, 7:30-9pm First Meeting: Mar 25 Length: 2 times  
Location: Adult Learning Center, 2031 Casement Rd

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

#### HOW TO BUY A USED CAR

Wayne Kilner  
776-4004

One Time: Thursday, 7pm, Feb 19  
Location: Douglass Center, 9th & Yuma Limit: 20

How to select a reputable dealer and what to expect concerning warranties, financing and previous owners. How to find the best car for the money and what to look for in a used car, maintenance tips, etc., will be covered in the class. (Wayne has been a salesman with Ford Motor Company for fifteen years and has twenty-two years experience with cars.)

#### ARE YOU BEATING INFLATION?

Albie Rasmussen  
532-5515

Third Wednesday of each month, 4:30-5:30pm  
First Meeting: Feb 13 Length: 3 times  
Location: UFM Fireplace Rm Limit: 10  
Fee: \$1 - pay at registration

How can you cope with inflation and still live within your budget? You will discover how in the first meeting of this class. Individual sessions with financial counselors will be available for everyone. (Albie is an expert in financial management.)

**BASIC INTERVIEWING**

Barbara Sofield, Sunny Montgomery 776-8884  
 Tuesdays, 7-9pm First Meeting: Mar 24 Length: 2-3 times  
 Location: Douglass Center Annex, 9th & Yuma Limit 15

When it comes to getting a job, the job interview is very important. Learn what to do and say, what to wear and how to answer questions. We will make video tapes of mock interviews for people who wish to see how they look in an interview. This can help us learn how to improve interview skills.  
 (Barbara has a masters degree in counseling and works at the Manhattan Job Service. Sunny is studying psychology and speech at KSU and is an interviewer at the Job Service Center.)

**BASIC TYPING SKILLS**

Jackie Hartman, Larry Nicholson 537-0056  
 Tuesdays & Thursdays, 7-8:30pm First Meeting: Feb 17 Length: 10 times  
 Location: KSU, 217 Calvin Hall Limit: 25

This class will teach basic typing skills and give an understanding of the typewriter. We will work on typing speed and accuracy and, as time allows, basic business letter styles. Transportation for those in need will be available through Larry Nicholson at the Douglass Center, 537-0056.  
 (Jackie is a KSU graduate in KSU's College of Business Administration who enjoys teaching business courses.)

**DISCO**

Brian Hettrick & Friends 776-7003  
 One Time: Friday, 7-9pm, Feb 27  
 Location: Douglass Center Gym, 9th & Yuma Limit: 50

Join Brian and his friends as they hustle and disco their way across the dance floor. Everyone will learn some basic disco moves and everyone is invited to share their favorite dances.  
 (Brian and his friends love to dance and especially enjoy learning new dance moves and steps.)

**AFTERNOON VOLLEYBALL FOR MATURE WOMEN**

Larry Nicholson 537-0056  
 Wednesdays & Fridays, 1:30-3pm First Meeting: Feb 18  
 Location: Douglass Center, 9th & Yuma Length: Ongoing

Volleyball is a great way to get some exercise and have fun with friends. Learn how teamwork and low-key competition work together.

**UFM Pottery Studio**

**THE MANY FACES OF CLAY**

Steven Johnson, Janet Holcomb 539-5779, 1-494-2447  
 Mondays, 7pm First Meeting: Feb 16 Length: 8 times  
 Location: UFM Pottery Studio Limit: 8  
 Fee: \$18, pay at registration

Steven will introduce you to his clay sculpting technique of making masks and Janet will concentrate on various handbuilt forms, especially her slab boxes. Also covered will be the coil and pinch method and different ideas on how to combine them in a piece plus use as surface decoration. You are welcome to bring your own ideas and experiment with them.  
 (Steven is an active member of the UFM Pottery Studio and Janet has taught classes at UFM and in Kansas City.)

**BEGINNING CERAMICS**

Section I: Steve & Kate Maxham 776-0133  
 Section II: Mary Ann Brown, Kate Maxham 776-1538, 776-0133  
 Section III: Kate Maxham 776-0133

Section I: Tuesdays, 7pm First Meeting: Feb 17  
 Section II: Wednesdays, 7pm First Meeting: Feb 18  
 Section III: Thursdays, 7pm First Meeting: Feb 19  
 Length: 8 times Location: UFM Pottery Studio Limit: 8  
 Fee: \$18, pay at registration

You will learn sculptural handbuilding and wheel throwing techniques. We will demonstrate coil, slab and pinch pottery and make a balloon pot by hand. Wheel throwing will begin by learning a simple cylinder and progress to mugs and bowl shapes. After acquiring the basic skills, we will have an opportunity to work on individual projects. Previous students are welcome.  
 (Mary Ann enjoys working with clay. Steve and Kate are very active in the UFM Pottery Studio.)

**CLAY CREATIONS (6-8 YEARS)**

Janet Holcomb, Kate Maxham 1-494-2447, 776-0133  
 Saturdays, 10-11:30am Length: 4 times Limit: 8  
 First Meeting: Section I, Feb 21 Section II: Mar 21  
 Location: UFM Pottery Studio  
 Fee: \$12, pay at registration

We will roll the clay, squish it, texture it with things we find, and make some fun projects, painting them colorfully. This is an excellent age for uninhibited creativeness in children. In past classes both children and instructor have really enjoyed themselves.  
 (Janet was an art specialist in Johnson County and taught many children's classes. Kate is very involved in the UFM Studio.)

**RAKU POTTERY**

Gene Sievers 539-8926  
 Saturdays, 2pm Organizational Mtg: Feb 21 Length: Indefinite  
 Location: UFM Pottery Studio Limit: 8  
 Fee: \$18, pay at registration

Raku, originating with the ancient Japanese Tea Ceremony, is a very spontaneous and exciting experience. The class will form, glaze and fire their own pieces. UFM has a very nice gas kiln for use by this class. You will learn how to set it up and fire it when you load your own pieces. This Raku technique of reduction firing is unique in that each piece only takes about 20 to 30 minutes to completion so that you are able to see the finished results without waiting--unlike an oxidation firing. The first meeting will cover Raku background, techniques and UFM studio policy.  
 (Gene has made Raku pottery several times and enjoys each experience.)

**UFM POTTERY STUDIO CO-OP**

Janet Holcomb, Kate Maxham 1-494-2447, 776-0133  
 Saturdays, 12 noon Organizational Mtg: Feb 14 Length: 8 times  
 Location: UFM Pottery Studio Limit: 12  
 Fee: \$18 (single), \$27 (family, parent and child)  
 pay at registration

The UFM pottery facilities are available for 4 hours per week at \$18 per 8-week session. This includes some kiln space and 12½ lbs of clay. The UFM studio has a large electric kiln, 2 kiln wheels, shelf space, wedging board, glazes, stains and reclaimed clay. Co-op members are expected to help maintain the studio facilities. All interested persons must be present at the organizational meeting.

**UFM POTTERS GUILD**

Harold Moore 776-6304  
 The UFM Potters Guild is made up of professional potters in the Manhattan area. They usually hold two annual sales: one in the spring and one in the fall. If you would like more information, sign up and you'll be contacted. (Harold is a professional potter in Manhattan and is a member of the Guild.)

**MANHATTAN CRAFTS COMMISSION**

Jim Converse 776-1413  
 Tuesdays, 7:30pm First Meeting: March 10 Length: 2 times  
 Location: 210 S. 10th St.

We hope to create a gathering place for artisans who are trying to meet with others interested in marketing their crafts. (As a founder of the Manhattan Farmers Market, Jim hopes to do the same for local artists.)

**WEAVING TECHNIQUES**

Susan Lalla, President, Weaver's Fancy 537-9610  
 One time: Saturday, 1-4pm, Mar 28 Location: UFM Fireplace Rm  
 Limit: 12 Fee: \$4.50, pay at registration.

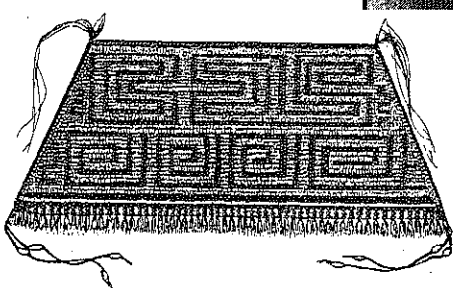
Participants will actively produce samples of these weaving techniques: inkle, cardweaving, 4-harness floor loom, rigid heddle weaving, 2-harness table loom, backstrap weaving, and using a cardboard loom. Afterwards, you made it, you keep it. (The "Weaver's Fancy," Manhattan's weaving guild, have done natural dye workshops for UFM in the past.)

**KONZA PRAIRIE QUILTER'S GUILD**

Nancy Griffin 485-2762  
 Sign up for one section only  
 Mondays, Section I: Mar 9, 9:30-11:30am, First Baptist Church, 2121 Blue Hills Rd  
 Section II: Mar 23, 7-9pm, College Ave Methodist Church  
 1609 College Ave (South of St. Mary Hospital)

The two-year old guild meets twice every month with programs ranging from lectures on care and preservation to workshops on trapunto, folded star, cathedral window, etc. The March lesson will be on Seminole Indian patchwork. (Nancy is a guild member and specializes in Seminole patchwork.)

Marilyn Bushyhead  
 Kindsvatter of Wichita,  
 Kansas demonstrating bead work.



**CRAFTS**

For information about Crafts, call Kate Maxham at 592-5866.

**INDIAN BEAD WEAVING**

Cindy Bieler 539-6387  
 Saturday, Feb 28, 1pm Wednesday, March 4, 7pm  
 Location: UFM Banquet Rm Limit: 10 each class

Brightly colored beads are woven to make necklaces, belts, and decorative strips for clothing. Costs are minimal and we will make our own looms. (Cindy is a KSU art ed graduate.)

**CARE, STORAGE AND DISPLAY OF NEEDLEWORK**

Margaret Ordenez 539-5010  
 One Time: Tuesday, 7-9pm, March 24 Limit: 30  
 Location: KSU, Justin Hall, Rm 226

This class offers information on the causes of deterioration of needlework and techniques for safely cleaning, repairing and supporting needlework. Methods of correctly storing and displaying will be discussed with emphasis on necessary precautions to avoid stain. (Margaret teaches a textile conservation class directed toward both museum personnel and individual collectors.)



### COUNTED CROSS-STITCH

Kim Schumm 539-3641  
 Tuesdays, 7:30-8:30pm First Meeting: Feb 24 Length: 3 times  
 Location: 3229 Windbreak Limit: 8

Counted cross-stitch is a type of needlework using even weave fabric. Patterns and designs are created with a basic cross-stitch into the fabric weave. Class will organize at the first meeting. Come and broaden your needlework skills. (Kim is no stranger to needlework!)

### INTRODUCTION TO NEEDLEWORK

Kim Schumm 539-3641  
 Mondays, 7:30-8:30pm, First Meeting: Feb 16 Length: 4-6, minimum  
 Location: 3229 Windbreak Limit: 3-10

The possibilities and depth of this class will depend on participant interest. For beginners, materials will be the first class discussion. Ask about crewel at registration. Kim teaches many advanced forms of needlework. If there is enough interest she will teach a crewel class. (Full-time employment with her needlework skills helped Kim to fund her college tuition.)

### BEGINNING CROCHET

Laura York, Tanya Bachamp 537-9639  
 Sign up and you will be contacted.  
 Length: 4 Location: 819 Bluemont Limit: 10

Whether you're finishing a project, wanting advice on a new one, or need to start with the basics, Laura and Tanya are willing to help you with your crocheting. (Laura has enjoyed teaching this several times in the past and Tanya has been crocheting for many years.)

### KNITTING

Molly Goldstein 539-6647  
 Sign up and you will be contacted.

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

### DECOUPAGE

Dr. Dan Ehlers 537-0267  
 Saturdays, 6pm First Meeting: Feb 21 Length: 3 times  
 Location: 1840 Hunting Limit: 6

This class will teach you how to beautifully preserve photographs or other documents through mounting and covering with clear polymer. (This is one of many crafts Dan enjoys.)

### RUG BRAIDING

Dean Denner 776-5589  
 One Time: Tuesday, 7pm, Feb 17  
 Location: KSU, Eisenhower Hall, Rm 124

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

### GLASS ETCHING

Ann Schmid 537-9103  
 One Time: Saturday, 9:30-11:30am, Feb 21  
 Location: The Apple Tree, 2609-1/2 Anderson Limit: 10  
 Fee: \$9.50, pay at class

This class will complete one or two projects using a cream etching process, (not harmful acids) on mirrors. Patterns will be available, or bring your own. (Ann has been etching for three years and is involved in many other crafts.)

### WHEAT WEAVING

Tandy Houston 776-0831  
 Wednesdays, 7pm First Meeting: Feb 18 Length: 6 times  
 Location: 805 Dondee Dr Limit: 5  
 Fee: \$4.60 Pay at registration

The class will learn at least two weaves, and several patterns, such as the house blessing, Welsh fan, a Christmas wreath, and others. If you know an interesting design, bring it along. (This is a new hobby for Tandy, and one she'll be happy to share.)

### NATURE WALK THROUGH PROJECT WOLF FOR AGES 6-9

JoAnn Fremmerman 532-5206  
 One Time: Saturday, 2-3:30pm, March 28 (Rain date April 4)  
 Location: Carpool at UFM Parking Lot Limit: 10 children

We will carpool to Project Wolf, the wooded area behind the high school and zoo. The children have an opportunity to use their senses more fully to discover and appreciate some of nature's wonders. Parents are invited to observe. (JoAnn has been active in outdoor education for five years.)

### SCAVENGER HUNTS

David Verschelden, Sue Rieger 537-0148  
 One Time: Saturday, 1pm, April 18  
 Location: Carpool at UFM Parking Lot

Hunt for hidden clues while enjoying and learning about the outdoors. Separate hunts will occur simultaneously for 3 different age groups: 5-7 years; 8-11 years; and 12-15 years. Wear long-sleeve shirts, long pants and preferably boots as some weeds and grasses are tall out at Carnahan Creek. (Sue and Dave have participated in this adventure before and want to share it.)

### UKRAINIAN EGGS

Elaine Cole, Orysia Dawydiak 539-2148

Section I: Tuesday, Feb 24, 7:30pm UFM Banquet Rm/Kitchen  
 Section II: Monday, March 2, 7:30pm KSU, Art Bldg, Rm 108  
 Fee: \$1.00, pay at registration

Ukrainian eggs are a traditional, centuries-old folk art which originated in the Ukrainian area of the USSR. Chicken eggs are covered with intricate, brilliantly colored, symbolic designs by means of a wax resistant process. Bring at least one fresh egg (at room temperature), a candle, candle holder and pencil. (Orysia is Ukrainian and learned the art from her mother. Elaine has been decorating eggs for 6 years - an elderly Czech woman taught her.)



Ukrainian Egg

### UFM SPRING CRAFTS SALE

Julie Coates 532-5866

Please sign up - include your address, and you will be sent a registration form with information as to time and area assignment. It will be held around the beginning of May.

### FABRIC PAINTING

Beth Spurlock  
 Mondays, 7:30pm First Meeting: Feb 16 Length: 2 times  
 Location: UFM Banquet Rm Limit: 20

Fabric painting is a skill tailor-made for those of us not patient enough to embroider. Better yet, it's shamefully easy and relatively inexpensive. In 2, 1-1/2-hour sessions, you'll be creating shirt designs. (Beth has been fabric painting for eight years and taught this class several years ago.)

### TEXTILE ART

Marie Watson 537-9089

Section I: Tuesdays, 1-3pm, First Meeting: Feb 17  
 Section II: Tuesdays, 7-9pm, First Meeting: Feb 17  
 Section III: Thursdays, 7-9pm, First Meeting: Feb 13  
 Length: 6 times Location: 3024 Conrow Limit: 6 per section  
 Fee: \$15.50 pay at registration

Produce eight paintings using ball point paints. Patterns will range from simple outline to shading techniques. Fee includes all materials needed. (Marie has worked in the art field for years, and has taught classes in textile paints for the past year.)

### ACRYLIC PAINTS

Opal Snirk 776-4197

Tuesdays, 9:30-11:30am  
 First Meeting: March 3 Length: 6 times  
 Location: You will be contacted Limit: 3

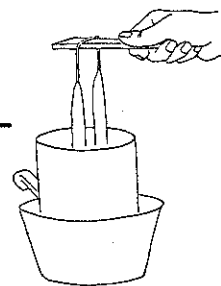
All aspects of colors and shade will be discussed for producing an original piece of art with acrylic paints. Also, problems and pitfalls of acrylics will be reviewed. It's a great chance to learn from someone who is experienced in acrylics. (Opal's work has placed in County fairs and was seen in a gallery in Colorado Springs.)

### CANDLEMAKING

Neil Schanker 539-5766, 532-5866

One time, Section I: Tuesday, April 14, 7:30pm  
 One time, Section II: Wednesday, April 15, 7:30pm  
 Location: UFM Kitchen  
 Limit: 12 each section Fee: \$1.50, pay at registration

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



### SAVE THE NIOBRARA RIVER

Ron Klataske 537-4385

One Time: Monday, 7:30pm, April 6  
 Location: UFM Fireplace Room

The plan to save the scenic Niobrara River in Nebraska is an example of how the interest of landowners can be protected along with natural and pastoral resources. Using a slide program, the Niobrara, the unique Platte River, which is a spectacle of birdlife in the spring, the Kaw and other streams with special values will be discussed. (Ron is the west central regional representative for the National Audubon society.)



**EARTH** For information about Earth, call Neil Schanker or Ginny Patterson at 532-5866.

PREDATORY MAMMALS NATIVE TO KANSAS

F. Robert Henderson 532-5784

One Time: Thursday, 7-9pm, March 12, Location: UFM Banquet Rm

The coyote, red fox and bobcat are all larger predatory mammals native to Kansas. Are they detrimental to domestic livestock in Kansas, or are they valuable for their pelts? Learn the ecological role of predatory mammals in Kansas through slides, movies, and discussion. (Bob is the Extension Wildlife Damage Control expert in Kansas.)

Below: Clarence Mehl of Beloit, Kansas cutting native limestone. Below left: Native limestone around Beloit, Kansas.



MOONLIT WALK AT KONZA PRAIRIE

Claudia Kale 539-6454

One Time: Tuesday, 7-10pm, April 21 Location: Carpool at UFM Parking Lot Limit 20

Ever wonder what it would be like to take a hike on the prairie some balmy spring night? April 21st is right around full moon time. Come on out and see, hear, and smell. (Claudia is very appreciative of Konza Prairie at night.)

OWL CALLING

Bob Broyles 539-7237

One Time: Thursday, 8pm, Feb 19 Location: UFM Conference Rm

When was the last time you talked to an owl? After a short discussion on screech, barred, great horned and long-eared owls, we'll drive to local owl habitats. Bob will mimic or "call" owls so well that they sometimes "talk back." (Bob is extremely interested in birds of prey.)

PRAIRIE CHICKEN BOOM AT KONZA

Bob Broyles 539-7237

One Time: Monday, 4:45am, April 6 Location: Carpool at UFM Parking Lot Limit: 10

Get up and out to Konza Prairie before sunrise to observe, from a blind, the greater prairie chickens perform their annual courtship rituals called booming. The males inflate yellow cheek pouches, strut, rush and crash into each other, and make strange booming sounds. It's quite a sight! Binoculars are helpful. (Bob doesn't like to get up early, but feels that bird watching is well worth it.)

JUST YOUR BASIC BIRDWATCHING (JYBB)

Gary Radke 539-7478

One Time: Saturday, 6:30-10:30am, March 28 Location: Carpool at Ackert Hall Parking Lot, KSU Limit: 8

Whether you want to learn to identify birds common to the Manhattan area or just want an excuse to get out and wander over the countryside on the second day of spring, this class provides the opportunity. Participants will need to bring binoculars. (Gary has been watching, identifying and misidentifying birds for several years.)

FANCIERS OF BOXER DOGS

Elvinia Heldenbrand, Lillis Peck

Sign up and you will be contacted

Available to answer questions about Boxer dogs, Elvinia and Lillis co-own and show registered Boxers. (Elvinia has earned a "Utility Dog" certificate with one of her dogs in obedience competition, which is the "Ph.D" of doodom.)

PROS AND CONS OF WORMING

George Halazon 532-5840

One Time: Monday, 7:30pm, March 30 Location: KSU, Umberger Hall, Romm 10

Discover the benefits and alleged benefits of worming! We will discuss the role of worms in ecology, techniques of raising worms, and their use as bait. (George is a professor of wildlife ecology.)

DAIRY GOATS

W. E. Klopfenstien, Jack Bostwick 539-2846

Mondays, 7:30pm April 13 and 27 Length: 2 times Location: 2417 Rodgers Blvd Limit: 15

Topics such as breeds of dairy goats, selection, housing, feeding, breeding, diseases and management of dairy goats will be discussed. We will use film and slides. Anyone interested in dairy goats, experienced or not, is welcome to attend. (Bill has had goats and worked with 4-H for 8 years. Jack is a veterinarian at KSU.)

NORTHERN FLINT HILLS AUDUBON SOCIETY

Bob Broyles 539-7237

Thursdays, 7:30pm

First Meeting: Feb 19 Length: continuing

Location: KSU, Ackert Hall, Rm 221

Tentative Schedule:

- Feb 19 - Movie "Death of a Legend" on wolves
- March 12 or 26 - Raptor rehabilitation and captive breeding
- April 16 - Feeding and rearing springtime orphaned birds and other critters
- May 7 - Annual potluck supper (Bob is vice-president of the local Audubon Society.)

OUTDOOR SURVIVAL

Ted Smith 539-1590

Wednesdays, 7-8:30pm First Meeting: Feb 18 Length: 4 times Location: First Presbyterian Church Basement, 801 Leavenworth Limit: 20

Whether you are lost, snowed in, hurt or stuck in a vehicle, the art of survival requires keen senses, careful judgment and above all, fundamental know-how. This course is designed to teach and improve survival techniques for those situations which require us to have the confidence and ability to turn what could be an outdoor disaster into an outdoor adventure. (Ted is a regular camper and has practiced survival techniques)

BACKWOODS COLORADO

Richard Harris 537-1383

One Time: Thursday, 7:30pm, April 23 Location: UFM Banquet Rm

Do you want to drive, hike, and camp in Colorado this summer but don't know where to go to beat the crowds? Come and get ideas (or share your own) on beautiful yet largely undiscovered places in Colorado. (Dick has gone to Colorado once or twice a year for many years and has discovered many out-of-the-way places.)

BACKPACKING IN WILD PLACES

Neil Schanker 539-5766

One Time: Monday, 7:30pm, April 27 Location: UFM Fireplace Rm

Do you have the desire to leave civilization behind you for awhile? Neil will stress low-cost ways of acquiring the appropriate equipment for backpacking various localities and seasons. Also included will be tips on the hows of backpacking and some good places to go. (Neil has backpacked in Colorado, Wyoming, the Southwest, Midwest whenever possible.)

EXPLORERS, TRADERS AND TRAPPERS

Walkin' Ed, Frenciy & Runt 539-6941

One Time: Tuesday, 7:30pm, March 10 Location: UFM Banquet Rm

"Fur Trade" flourished in the colonies, Canada and the Rocky Mountains from 1600-1850. Learn how these explorers lived, worked and played. Period clothing, firearms and other equipment such as traps, knives and skins will be on hand. (The instructors are avid muzzleloaders with over 20 combined years in the sport.)

GOLD PROSPECTING

David W. Patterson 776-1417

Monday, April 20 Tuesday, April 21, 7-8:30pm Location: UFM Fireplace Rm

This class will cover almost all aspects of gold prospecting including locations, methods and laws. Learn to be a proficient beginner in this profitable hobby. (David spent last summer prospecting and found 4 ounces on some days.)

SPRING FISHING AND FABULOUS FISH FRY

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

One Time: Thursday, April 30 (rain date May 1)

Location: Near concession area at Pottawatomie State Lake #2 at 6pm OR Carpool at UFM Parking Lot at 5:30pm

Fee: \$2.00, pay at registration

This class will concentrate on teaching beginners about spring fishing for white bass, crappie, walleye and channel catfish. After a lecture and demonstrations, these folks will practice what they preach by cooking up a finger-licking fabulous fish fry. Bring your fishing tackle along because your fishing fever will be high. (If Jerry, Paul, Don and Ray can't catch it, there ain't no such fish!)

HORSE CARE

Jack Easley 539-1872 532-5700

Thursdays, 7pm First Meeting: Feb 19 Length: 6 times

Location: KSU, Waters Hall, Rm 350

Fee: \$3.00, pay at registration

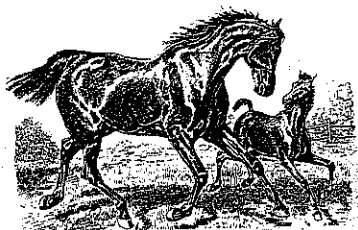
- Feb 19 - Horse breeds, types and conformation - Jack Easley
- Feb 26 - Stable Management, feeding and care of tack - Brad Gordon
- March 5 - Parasite control and nutrition - John Peter
- March 12 - Horse diseases and their prevention - Paul Morris
- March 19 - Horse breeding - Gary Brandt
- March 26 - Emergency first aid care - Eugene Schneider

(All leaders are on the equine clinical faculty at the College of Veterinary medicine, KSU.)

EARTH For information about Earth, call Ginny or Neil at 532-5866.



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KSU STUDENT CHAPTER OF THE WILDLIFE SOCIETY

Rob Unruh 537-9179  
Wednesdays, 7:30pm  
First Meeting: Feb 25 Length: continuing  
Location: KSU, Ackert Hall, Rm 120  
Tentative Schedule:  
Feb 25 - Bighorn sheep presentation  
March 25 - Wildlife biology opportunities with the Peace Corps  
April 22 - Wildlife movie  
(Rob is vice-president of the KSU Student Chapter of The Wildlife Society.)

PLANNING YOUR SPRING GARDEN

Bill Hoyt 776-7426  
One Time: Monday, 7:30pm, Feb 16 Location: UFM Conference Rm  
Learn how to plan now for your spring garden rather than wait until the last minute! Bill will talk about how to plan out your garden, where to order your seeds, what varieties are recommended for this area, having a productive garden from spring to fall, and many other helpful ideas. (Bill is currently coordinator of the Community Gardens.)

CONSTRUCTING AND USING A COLD FRAME

Ginny Patterson, Dick Stater 776-3508, 530-3312  
One Time: Tuesday, Mar 3, 7-10pm  
Location: UFM Solar Addition Woodslop Limit: 10  
Fee: \$2.00, pay at registration  
Grow your own seedlings and save money. Dick will explain how to build a cold frame and Ginny will explain how to use it. (Ginny is the horticulturist at UFM and Dick is the Woodslop coordinator.)

ORGANIC PEST CONTROL

Jim Johnson 532-5811  
Thursdays, 7:30-9:30pm  
First Meeting: Feb 10 Length: 2  
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.)

GRAPES IN YOUR FRUIT GARDEN

Frank Morrison 532-6173  
One Time: Monday, Feb 23, 7:30pm Location: KSU, Waters Hall, Rm 244  
Grapes can be grown in every county in Kansas if you are careful to select adapted varieties and plant them in a good growing site. If you plant them, plan to give them a lot of TLC for good fruit bearing. They come in a wide range of flavors. They can be used for juice and jelly, and the trellises and arbors on which they grow can be attractive parts of your fruit garden or home grounds. (Frank is an extension horticulturist at KSU.)

CHILDREN'S GARDENING

Joe Laviana, Dick Mattson 532-6170  
Saturdays, 10am-12noon  
First Meeting: Feb 7 Length: Ongoing  
Location: KSU Horticulture Research Greenhouses, later at Community Gardens  
Winter children's gardening activities will include growing indoor foliage plants and bedding plants. A solar heated geodesic dome greenhouse will be used to grow cool temperature vegetable crops. Later in season, spring children's gardening activities will occur at the Community Gardens, 9th and Riley Lane. (Joe is a graduate assistant in horticultural therapy and Dick is a professor in horticultural therapy, KSU.)

LANDSCAPING WITH FUNCTIONAL EDIBLE PLANTS

Gus van der Hoeven 532-6173  
One Time: Tuesday, March 3, 7:30pm Location: UFM Fireplace Rm  
This is a closer look at your space and selection of plant material, which can provide food as well as create a landscape for the homeowner. (Gus is a professor in horticulture at KSU.)

DOWNTOWN MANHATTAN FARMER'S MARKET

Roxanne Howe, Jim Converse 539-1980  
Mondays, 7:30pm First Meeting: Feb 9 Length: Ongoing  
Location: Capitol Federal Savings, 14th & Poyntz  
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 and fall we got together every Saturday from 8-2 at 3rd and Humboldt in Manhattan to sell our fresh quality produce directly to customers. There are also tentative plans for a spring and fall craft show. (Jim and Roxanne are market sellers.)

PRAIRIE GRASSES

Gene Towne 539-0353  
One Time: Saturday, 10am, May 16 (rain date May 21, 6pm)  
Location: KSU parking lot north of Waters Hall  
All grasses are not alike! A tour through the prairie will focus on identifying characteristics and interesting information on grass species common to the Flint Hills. (Gene is a research assistant in range management and especially enjoys the often ignored beauty of grasses.)

Mankato Antique Machinery and Threshing Bee.



FRENCH INTENSIVE AND ORGANIC GARDENING

Bill Hoyt 776-7426  
One Time: Monday, March 2, 7:30pm  
Location: UFM Conference Rm  
French Intensive, Chinese Intensive and Medieval European Intensive share important fundamental similarities. We will attempt to integrate the wisdom of these historic systems with research findings of contemporary soil scientists. Bill will also discuss organic and no-till methods.

ORGANIC GARDENS TOUR

Deb Mangelsdorf 539-8926  
Sign up and you will be contacted  
Do you garden organically? Would you like to know more about organic gardening? Join us on a tour of local organic gardens (and maybe share yours!) (Deb has gardened with organic methods for five years.)

DROUGHT COMPENSATION FOR YOUR GARDEN

Bill Hoyt 776-7426  
One Time: Monday, March 23, 7:30pm  
Location: UFM Conference Rm  
Some scientists are predicting another scorcher this year. Did your garden do poorly last summer because of the weather? Learn how to beat the drought this summer through the use of mulches, drought resistant varieties, proper watering techniques, and many more helpful hints.

**Green Thumb Series**

THE RILEY COUNTY EXTENSION OFFICE SERIES:

Location: Pottorf Hall, CiCo Park 776-4781

FRUIT GROWERS MEETING Frank Morrison  
Tuesday, 7:30pm, Feb 24  
Frank Morrison from KSU will present information on many phases of fruit production including planning an orchard, variety selection, pruning, fruit care and pest control. Free extension publications will be distributed.

LANDSCAPE WORKSHOP Jim Lindquist  
7pm, March 9, 24, 30  
Limit: 10 couples Fee: \$7.00, pay at class  
This workshop will allow you to develop your own landscape plan. We'll cover rules of landscape design, show slides of trees and shrubs and schedule individual appointments to finalize your plan. Husbands and wives are encouraged to attend together.

STEPS TO A SUCCESSFUL GARDEN Jim Lindquist  
Thursday, 7pm, April 2  
For beginning gardeners, this class will cover site preparation, fertilizers, variety selection, planting and harvesting dates, pest control and cultural practices.

EDIBLE PLANTS

Sue Maes, Max Miller 539-6609 - 539-3488  
One Time: Tuesday, 6pm, May 12 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 unwanted or overlooked plants give excellent food value. Twenty to fifty local plants will be reviewed and displayed for the class. You'll be serving stinging nettle quiche to your next supper guest. (Class will be re-scheduled if rain.) (Max and Sue are a team with years of professional and amateur experience.)

PRAIRIE WILDFLOWERS

Gene Towne 532-6101  
Section I: Saturday, 10am, May 9  
Section II: Saturday, 10am, May 30  
(Rain dates May 13 and June 3, 6pm)  
Location: KSU parking lot north of Waters Hall  
Learn identifying characteristics of both flowering and vegetative plants and obtain lots of tidbit information by joining in a walk through the Flint Hills. Each section will cover different plants in different areas.

CACTUS AND SUCCULENTS FOR KIDS

Pam Rupp, Rick Knight 776-6293 - 776-4141  
Tuesdays, 7:30-8:30pm, First Meeting Feb 17 Length: 2 times  
Location: UFM Solar Addition Limit: 20  
This is an introductory class for children about the culture and propagation, unusual forms and uses of cacti and succulents. (Pam and Rick are horticulture students who have experience with cacti and succulents.)

FOLIAGE PLANTS

Larry Lee 776-7044  
One Time: Friday, 7:30pm, Feb 20  
Location: UFM Solar Addition  
Limit: 20  
This class will cover basic light, temperature and growing procedures for foliage plants. Other subjects covered will be water, fertilizer, growing media, acclimation and plant shines. (Larry has been greenhouse manager and grower at Kistner's Flowers for seven years.)

### HERBAL BATH POTPOURRI

Kay Orwig 539-8746  
 Sunday, 1pm, Section I, Feb 22, Section II, March 1  
 Length: One time each section Location: UFM Solar Addition  
 Limit: 12 each section Fee: \$9.00, pay at registration

Come see how herbs are used for their specific properties in these formulas for the bath. We will make two fragrant potpourris and everyone will take home 2 ounces of each potpourri plus 16 small cloth bags for use in steeping. (Bring a medium-sized bowl.) (Kay has been experimenting for three years with herbs and enjoys sharing her interest with others.)

### CREATIVE POTPOURRI

Kay Orwig 539-8746  
 Sundays, Section I, March 1, 3pm, Section II, March 8, 1pm,  
 Section III, March 22, 1pm, Section IV, March 29, 1pm  
 Location: UFM Solar Addition Limit: 12 each section  
 Fee: \$12.50, pay at registration

Each class will make four colorful, fragrant potpourris. Everyone will take home 2 ounces of each potpourri, a potpourri crafting book with more exciting ideas, and a card good (until June) for 20% off potpourri ingredients from our shop in Keats. Bring a medium-sized bowl.

### POMANDERS FOR FUN

Kay Orwig 539-8746  
 One Time: Sunday, 3:30pm, March 8 Location: UFM Solar Addition  
 Limit: 20 Fee: \$3.50, pay at registration

Pomanders can be made at any time of year with many different kinds of ingredients for the rolling mix. Everyone will make 3 pomanders using our special rolling mix. Bring a medium-sized bowl.

### CONSERVATORY TOUR

Richard Mattson 532-6170  
 One Time: Monday, 6pm, April 6  
 Location: KSU, Conservatory, Denison at old Dairy Barn Limit: 25

The KSU Conservatory tour will showcase over 300 tropical plant species. Moved in 1978, the plants are beginning to adapt within the three distinct ecological regions. The central section houses tropical plants, the east section semi-tropicals, and the west section is filled with cacti and succulents. This class will introduce you to some of the more interesting members of the plant world, as well as discuss their culture and environmental requirements.

## UFM Photography Classes

### UFM DARKROOM COOPERATIVE

Doug Walter 532-5866  
 Sunday, 2:30pm, Feb 15 (organizational) Length: ongoing  
 Location: UFM Fireplace Rm Limit: 25  
 Fee: \$18.00 new members, \$15.00 renewals, pay at registration

The UFM Darkroom is available on a cooperative membership basis to anyone needing access to a well-equipped facility. Equipment is capable of handling up to 11 x 14 prints and 6cm x 6cm negatives as well as 35mm. Fee includes use of the darkroom on a space-available basis and all chemicals for black and white film and print processing. (Doug established the UFM darkroom and coordinates the co-op.)

### BEGINNING PHOTOGRAPHY

Doug Walter 532-5866  
 One Time: Tuesday, 7pm, Feb 17 Limit: 20  
 Location: KSU, Justin Hall, Rm 149  
 Fee: \$2.50, pay at registration

This class will show you the basics of camera operation, basic picture-taking techniques, and photographic composition guidelines. These topics will be presented through professional slide shows. Texts will be provided.

### BEGINNING PHOTOGRAPHY

Ernie Peck 776-4240  
 Section I: Tuesday, Wednesday, Thursday, 7pm April 21, 22, 23  
 Saturday 9am April 25 (all day)  
 Tuesday 7pm April 28  
 Section II: Tuesday, Wednesday, Thursday, 7pm May 5, 6, 7  
 Saturday 9am May 9 (all day)  
 Tuesday 7pm May 12

Location: Manhattan Camera, 228 Poyntz Limit: 10  
 Fee: \$25.00, 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.)

### DEVELOPING COLOR SLIDES

Mark Stallings 776-4240  
 One Time: Tuesday, March 10, 7:30  
 Location: Manhattan Camera, 228 Poyntz Limit: 6  
 Fee: \$2.50, pay at registration

Bring a roll of Ektachrome slide film to this class, and I'll show you how easy it is to process it yourself. It will be a fun evening, and you'll leave with a lot of new ideas. (Mark owns and operates a camera shop in Manhattan.)

### BEGINNING DARKROOM

Doug Walter 532-5866  
 Mondays, 7pm First Meeting: Feb 16 Length: 2 times (date of second meeting to be determined at class.)  
 Location: KSU, Justin Hall, Rm 149 Limit: 14  
 Fee: \$22.00, pay at registration

Discover the fun and excitement of developing and printing your own black and white film. This class includes an introduction to darkroom processes (using slide shows), an actual demonstration in the UFM darkroom, all necessary texts, and membership in the UFM Darkroom Cooperative. (Doug is a photography enthusiast who manages the UFM Darkroom.)

### BEGINNING DARKROOM

Dan Ray 776-4240  
 Saturdays, 2pm First Meeting: March 7 Length: 3 times  
 Location: Manhattan Camera Shop, 228 Poyntz Limit: 6  
 Fee: \$5.00, 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.)

### TALKING SLIDES

Ernie Peck, Dan Ray 776-4240  
 One Time: Tuesday, 7pm, March 24  
 Location: Limit: 10  
 Fee: \$5.00, pay at registration

Learn how to make title slides and word slides for your own presentations color slides from black and white film in less than one hour. (Dan had great success in this class last semester.)

### CIBACHROME COLOR PRINTS FROM SLIDES

Marion H. Pelton 537-1371  
 Thursdays, 7-9pm First Meeting: Feb 19 Length: 3 times  
 Location: 1015 Ratone Limit: 10 Fee: \$15.00, pay at registration

We will be making color prints from slides using cibachrome chemistry and paper. (Marion is an Emeritus professor of music now specializing in photography.)

### PORTRAIT PHOTOGRAPHY

Douglas Smith 776-1175  
 Thursdays, 7-9pm First Meeting: Feb 19 Length: 4 times  
 Location: Heirloom Portraits, 3031 Anderson Ave Limit: 15

This class will cover lighting, posing, cameras, film, indoor and outdoor portraits of single persons, groups and brides. Students may desire to bring their own cameras and film (color or black and white) and should have some basic photographic knowledge. (Doug is a local professional photographer specializing in portraits and weddings.)

### STAINED GLASS DEMONSTRATION

Bob Lindsey, Steve Daley 776-5446, 776-4001  
 Mondays, 7:30pm First Meeting: Feb 16 Length: 3 times  
 Location: 800 Knox Lane Limit: 16

A demonstration will be given on building copperfoil and leaded projects. (Bob and Steve are in the business of restoring old leaded windows. Bob has been doing this for 35 years, Steve for 5.)



Mexican dancers at the 2nd Annual Kansas Folklife Festival in Topeka.

### A FILM: KANSAS FOLK ARTS AND THE INDIVIDUAL

Rosemary Dukelow, Jennie Chinn 532-5866  
 Time: Wednesday, 7pm, Feb 25  
 Location: UFM Fireplace Room:

A full-scale Harley-Davidson carved in limestone is one of the highlights of this film by Bob Wright, a KU professor. Traditional folk communities in Kansas, folk environments and naive art are a few of the subjects included in this film. Examples of some forms of folk arts documented in this film are the Ballet Folklorico, a dance troupe from the Chicano community of Topeka and traditional Czech customs practiced in Kansas. A discussion will follow on the folk arts project conducted by UFM.

### CHINESE PAINTING

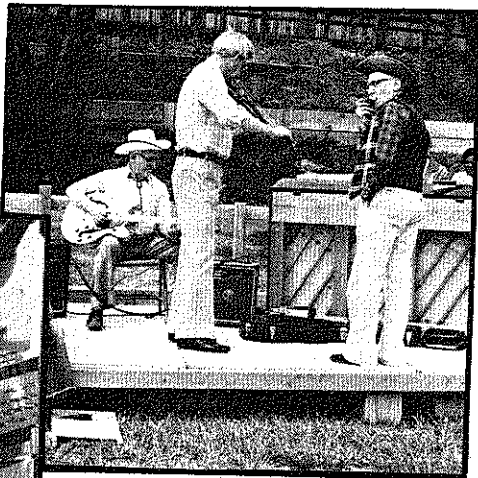
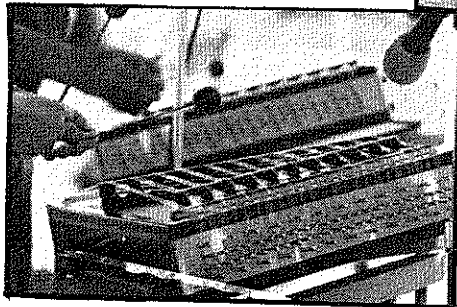
Sue Hu 539-6192  
 Sundays, 2-4pm First Meeting: March 8 Length: 2 times  
 Location: UFM Banquet Room Limit: 10

There will be a simple demonstration of Chinese painting of tipped brushes and ink at the first meeting. Then comes learning how to handle the tip of the brush. At the second meeting we will apply the skill to bamboo and wild orchid painting. (Sue has taught this class before.)

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



Right: The Ford County Five of Dodge City, Kansas. Below: Hammered dulcimer played at the Smoky Hill River Festival.



#### STAINED GLASS STUDIO

Marty Watts, Sheri Sneed  
539-7656, 776-1148  
Mondays, 7-9pm First Meeting: Feb 23 Length: 4 times  
Location: 1100 Fremont (Corner of city park) Limit: 6  
Fee: \$25.00, pay at registration

Do your own beautiful stained glass creations. Learn the basics of both lead and copper foil methods with several patterns to choose from. Find out how easy and fun stained glass can be. (Marty has offered the class before and has taught classes in Kansas City. Sheri also makes and sells stained glass products commercially from her home.)

#### FINE ARTS NETWORK

Rosemary Dukelow  
776-1644  
One Time: Monday, 7pm, March 23 Location: UFM Conference Rm

This class is for people who are interested in getting together with others for similar cultural activities such as film (for those who are interested in viewing films and discussing them afterward, dance, country swing, disco, etc.) music (for anyone interested in playing instruments or listening to music together), language (for people who need to practice or learn a language), or literature (discuss any form of literature: poetry, novels, short stories, etc.). Indicate your specific field of interest on the registration form. (Rosemary is Fine Arts Coordinator for UFM.)

#### POETRY READING

Christian Wolff  
537-4637  
Thursdays, 7pm First Meeting: Feb 19 Length: Ongoing  
Location: 1620 Leavenworth Limit: 10

The purpose of this class will be to provide a community of individuals interested in sharing their poetry with one another. The exact direction of the class will be determined by the participants of the first meeting. (Chris has organized a poetry reading group before.)

#### SIGN LANGUAGE: AN INTRODUCTION

Brian Hettrick  
776-7003  
Tuesdays, 7-8:30pm First Meeting: Feb 17 Length: 11 times  
Location: KSU, Justin Hall, Rm 341 Limit: 25  
Fee: \$7.00, pay at class

This class is an introduction to American Sign Language. We'll concentrate on the manual alphabet, numbers, simple sentences and conversation, plus having some fun. The text, available at class, is optional though highly recommended. (Brian has taught sign several times before and plans on graduate work in Education of the Deaf.)

#### BEGINNING PERSIAN LANGUAGE

Hashem Mohseni  
776-1062  
Thursdays, 7pm First Meeting: Feb 19 Length: Indefinite  
Location: KSU, Eisenhower Hall, Rm 2

Hashem will introduce the student to the beginning of the conversational language. Take a look at contemporary Iran, its culture, art, music and traditions and gain broader knowledge and understanding of the country and the Iranian people. (Hashem, a native of Tehran, received his Masters in Media at the University of Wisconsin and is working on his PhD in Educational Media at KSU.)

#### STORYTELLING FOR PRE-SCHOOLERS (3-5 YEARS OLD)

Mary Nichols  
539-7782  
Monday, March 2, 10:30-11:15am - East Stadium, 109A  
Tuesday, March 3, 10:30-11:15am - Military Science, 211  
Wednesday, March 4, 10:30-11:15am - East Stadium, 109A  
Thursday, March 5, 10:30-11:15am - Military Science, 211  
Limit: 6-8 each day (may come more than one day and mothers can stay with children.)

Student storytellers will entertain pre-schoolers with several specially prepared stories. (Mary has taught storytelling at KSU and sent storytelling programs to schools and libraries in the area.)

#### STORY HOUR, MANHATTAN PUBLIC LIBRARY

Anita Shores  
776-4741  
Section I: Tuesdays, 10am (3-year olds) First Meeting: Feb 17  
Section II: Wednesdays, 2:15pm (3½-5 year olds) First Meeting: Feb 18  
Limit: Ongoing - both Sections  
Location: Manhattan Public Library, Juliette & Poyntz Limit: 25/section

In story hour, puppets, songs, fingerplays, films and stories are used. Around holidays, special parties and guest speakers - like the firemen and Smokey the Bear will entertain. The goals are to help young children learn to enjoy books and have some socializing. Story hour is for children 3½ to 5 but not in kindergarten. (Anita is the Children's Librarian at the Manhattan Public Library.)

#### BEGINNING GUITAR

Section I: Tim Verschelden  
537-8196  
Thursdays, 7:30pm First Meeting: Feb 19 Length: 7 times  
Location: 1st United Presbyterian Church, 801 Leavenworth  
Limit: 20

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

Section II: Bret Hedenkamp  
539-4685  
Wednesdays, 8pm First Meeting: Feb 18 Length: 14 times  
Location: UFM Conference Rm Limit: 20

Beginning guitar class to help with the basics in of the things we hope to cover are tuning, g, finger picking and basic guitar runs. That of a beginner, having only played for three years. This helps in knowing what the beginner wants to learn.)

#### BANJO BANANAS GETOGETHER

David Verschelden  
537-0148  
One Time: Sunday, 1:30pm, Mar 1  
Location: UFM Fireplace Rm

Let's share a bit of what we are doing with the banjo by trading songs, tablature, licks, tricks and resources. If you play guitar, mandolin, fiddle or other acoustic instrument to accompany banjo, you are welcome. All styles of playing five-string banjo are welcome. (Dave plays banjo professionally.)

#### COUNTRY & FOLK GUITAR WORKSHOP (INTERMEDIATE)

Tony Ridder  
537-7169  
Tuesdays, 1pm First Meeting: Feb 17 Length: 6 times  
Location: UFM Fireplace Rm Limit: 8

Tony will work with intermediate guitar players, demonstrating different techniques of folk and/or country music. This class will go a step beyond chords to finding appropriate chord runs, finger picking and some note and chord study. (Tony has been playing guitar for nine years and especially enjoys folk and country music.)

#### BEGINNING BANJO

David Verschelden  
537-0148  
Tuesdays, 8-9:30pm First Meeting: Feb 17 Length: 4 times  
Location: 738 Midland, basement apt Limit: 10

The bluegrass style of banjo playing will be emphasized. Also to be explored are using the banjo to accompany yourself singing and other acoustic instruments. (Dave has taught banjo for UFM before.)

#### AN INTRODUCTION TO THE HARP--FROM MEDIEVAL TO MODERN

Florence Schwab  
539-4020  
One Time: Sunday, 4pm, Feb 22  
Location: Briarcliff Club House, 413 Research Dr Limit: 15

Come, see, hear and try Gothic, Troubadour, and Concert harps. Florence will briefly describe correct playing technique and will have information which explains where and how to obtain your own harp. (Florence teaches harp part-time at Kansas State University and performs professionally.)

#### BEGINNING MOUNTAIN DULCIMER

Linda Teener  
537-0508  
Wednesdays, 7pm First Meeting: Feb 18 Length: 4 times  
Location: 1900 Judson Limit: 8

This class will focus on basic skills in playing mountain dulcimer. We will start with tuning and simple playing styles, learn some easy tunes, and progress as far and as quickly as the class wants. (Linda has been playing mountain dulcimers for several years and loves to share the music with others.)

#### FLINT HILLS DULCIMER PLAYERS

Linda Teener  
537-0508  
Thursdays, 7pm First Meeting: Feb 19 Length: Indefinite  
Location: 1900 Judson

We are a group of mountain and hammered dulcimer players who meet to play together, share tunes, and learn new techniques. There are no skill requirements. We generally play traditional American and British music. Players of other instruments such as guitar, fiddle, banjo, autoharp, harmonica or spoons are also welcome. (Linda plays both mountain and hammered dulcimer and loves to play with other people.)

#### MUSICAL INSTRUMENT MAINTENANCE

Chris Banner  
776-6562  
One Time: Saturday, 10am, Mar 7  
Location: 514 N. Juliette

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



### THE LIFE OF JOHN LENNON

Steve Jack, Tony Jurich 776-4851, 532-5510  
 One Time: Sunday, 7pm, Mar 8  
 Location: UFM Fireplace Room Limit: 25  
 We will examine John Lennon's life and philosophy through his music and writings.  
 (Steve is the late night deejay on KMKF and a Lennon fan from the beginning. Tony is a KSU professor, ex-Greenwich Village rock singer and member of the Woodstock generation.)



### A WEEKEND FOR CLOWNS

David K. Fly 537-0593  
 Begins Friday, 7:30pm, April 24-26 Length: 5 sessions  
 Location: 1801 Anderson Fee: \$10.00, pay at class  
 Beginning Friday night and continuing until Sunday, participants will have the opportunity to play with the idea "what is a clown?" experiment with greasepaint to discover their own "clown within," learn juggling, balloon-tying and other tricks of the trade. All of this will be discussed Saturday night in terms of its relevance and application to Christianity. A \$10 registration fee is necessary to cover cost of supplies. (David Fly, Episcopal Chaplain at KSU, and Tom Woodward, Chaplain at the University of Wisconsin, have led Clown Workshops nationally.)

### CREATIVE DRAMATICS

Greta Climenhaga 776-1873  
 Sundays, 3pm First Meeting: Feb 22  
 Location: 900 Colorado, Apt 2 Length: Indefinite  
 We will be doing improvisations, acting out stories and songs, and trying to have creative fun together. I'm planning on special emphasis in pantomime. I'm willing to teach ages 4-17. If there's enough enrollment two sections will be taught. One section would include ages 4-11, the other would include ages 12-17. Sign up at registration and you will be contacted.  
 (Greta is a theater/education major. She has taught creative dramatics before and has been doing some form of theater since she was eight.)

### CREATIVE DRAMATICS

Nancy Stover, Cindy Klentz 776-4347, 776-7366  
 One Time: Saturday, 9-11:30am, Feb 21  
 Location: UFM Fireplace Rm Limit: 30  
 This class is for anyone from ages 5 to 105. Cindy, Nancy and Norm will explore each participant's creativity through pantomime, simple improvisations, and simple stories. Together we will create our own "mini-play."  
 (Cindy and Nancy are founders of Life/Song Theatre Co., and Norm Fedder teaches Theatre for Special Populations at KSU. Together they have formed an able, disabled acting troupe.)

### FOLK DANCE

Carol Landoll 539-4196  
 One Time: Thursday, 8:30-9:30pm, Feb 19 Limit: 30  
 Location: KSU, Waters Hall, Rm 348  
 For a fun and cultural evening, come learn some easy folk dances. It's a great way to exercise and to meet people. Folk dance will give you an opportunity to learn more about your foreign neighbors, help you understand their customs and beliefs, and learn the culture heritage your ancestors have passed on to you.  
 (Carol has participated in folk dance classes for two years at Brigham Young University.)

### MOVEMENT AWARENESS

Susan Warden 539-6336, 532-6765  
 Sign up and you will be contacted.  
 This workshop is designed to (1) aid character development, and (2) increase spacial awareness and personal knowledge of body habits.  
 (Susan is the director of a local dance company and Assistant Professor of Dance at KSU.)

### COUNTRY SWING

- I Kendra McMullen 532-5352  
 Tuesdays, 7:30pm First Meeting: Feb 17 Length: 2 times  
 Location: KSU, Waters Hall, Rm 348 Limit: 30 people
- II Steve Lindly 776-6875  
 Wednesdays, 7pm First Meeting: Feb 18 Length: 4 times  
 Location: KSU, Justin Hall, Rm 326 Limit: 30 people
- III Sheryl Russell 537-7111  
 Thursdays, 7pm First Meeting: Feb 19 Length: 4 times  
 Location: KSU, Waters Hall, Rm 350 Limit: 30 people
- IV Tom Madden 539-4641  
 Sundays, 2-4pm First Meeting: Feb 22 Length: 4 times  
 Location: UFM Banquet Rm Limit: 30 people
- V Sheryl Russell 537-7111  
 Thursdays, 7pm First Meeting: Mar 26 Length: 4 times  
 Location: Cowboy Palace, 209 Poyntz Limit: 30 people
- VI Connie Hurl 776-6780  
 Wednesdays, 7:30pm First Meeting: Mar 25 Length: 4 times  
 Location: KSU, Justin Hall, Rm 25 Limit: 30 people
- VII Larry Schalles 539-8997  
 Wednesdays, 7:30pm First Meeting: Feb 18 Length: 4 times  
 Location: KSU, Justin Hall, Rm 251 Limit: 30 people

Learn the basic steps, turns and patterns of country western swing dance.

### FLINT HILLS FOLK DANCE FELLOWSHIP

Enid Cocke 539-6306  
 Sundays (2nd & 4th each month), 7-9pm First Meeting: Feb 8  
 Location: St. Paul's Episcopal Church, 6th & Poyntz  
 Several local dancers will present a wide variety of dances from all over the world. Every session will include instruction and review. No prior experience is necessary, and all ages are welcome.  
 (The presenters have danced with college, recreational and exhibition groups and have taught for clubs, recreational dance camps, and university workshops.)

### BALLROOM DANCE

Carol Landoll 539-4196  
 One Time: Thursday, 7-8pm, Feb 19  
 Location: KSU, Waters Hall, Rm 348 Limit: 20 couples  
 Would you like to appear more graceful and skilled on the dance floor? Come learn some basic techniques of Ballroom Dancing. It's not the quantity of steps you know that classifies you as a good dancer, it is the quality in which you demonstrate the skills of leading and following, correct foot movements and good rhythm.  
 (Carol is a dance major from Brigham Young University, where she has earned medals and trophies from competitions and classes.)

### BEGINNING BELLY-DANCE

Mary R. Roth 539-4252  
 Mondays & Wednesdays, 7:30pm First Meeting: Feb 16  
 Location: KSU, Justin Hall, Rm 256 Limit: 30 Length: Indefinite  
 Belly Dancing helps to stretch ligaments and muscles, thus maintaining the body's suppleness. It strengthens the whole body, promoting good circulation which helps to retard the aging process. It is an excellent way of exercising for both males and females of all ages. This class will start with stretches and learn the basic dance steps later.  
 (Mary has performed for three years.)

### WOMEN'S CHOIR

Christie Simpson 776-7573  
 Thursdays, 7pm First Meeting: Feb 19 Length: Ongoing  
 Location: 1717 Vaughn  
 Any woman interested in getting together to sing and socialize should join this class. We will sing folk music, some women's music and anything else of interest to the group.



### DIRECT BUYING CLUBS

Lin Rose, Ken Embers 468-3678 - 468-3627

Wednesday, 7:30pm, March 11 (organizational meeting)  
Location: UFM Banquet Rm

Food prices keep rising; farmers are going broke. Lower your food prices by pooling your food needs and buying direct from farmers and wholesalers, omitting packing and retailing costs. This class is to organize direct buying clubs. It's time to help ourselves. (Lin and Ken are VISTA volunteers in direct marketing from Olsburg, Ks.)

### PRESERVATION

Kayann Heinly 776-4781

Tuesdays, 7:30pm, First Meeting: May 5 Length: 2 times  
Location: Pottorf Hall, Ci-Co Park

Home canning is not difficult, but does require the careful following of a series of instructions. We will cover equipment, jars, selecting and processing foods and home storage.

May 5 - Water-bath method May 12 - Pressure Canner method  
(Kayann is a Riley County Extension Home Economist.)

### YOU, TOO, CAN DEHYDRATE FOOD

Pat Pierce 494-2897

One Time: Saturday, 1-3pm, Feb 21 Location: UFM Banquet Rm/Kitchen  
Limit: 20 Fee: .50¢, pay at registration

Beef jerky, banana chips, and potatoes will be prepared for drying. The class will sample these, and other foods that can be dried. Discussion will center around recipes for using dried food and the variety of dehydrators available. (For 3 years, Pat has dried products from her garden and finds it an inexpensive way to preserve food during the winter.)

### BASIC CANNING

Debbie Auld 539-6932

Sign up and you will be contacted Fee: \$12.00, pay at registration

This class will be structured on a one-to-one basis. Each student will have an individual session with the instructor. You will learn the basics by actually preparing jars of "canned" food - then take them home and save them for a summer picnic. (Debbie and her husband do all their own canning, drying and preserving; their food bill is around \$45./mo.)

### PRESERVATION PANORAMA

Kayann Heinly 776-4781

One time: Wednesday 10-11:30am, April 29  
Location: Pottorf Hall, Ci-Co Park

Preservation of food may be done by several methods. Three, thirty-minute presentations with handouts will give basic information and hints for success on drying, freezing and canning.

### HOMEMADE YOGURT

Anthony Horsch 776-3757

One Time: Tuesday, 7:30pm, March 3 Location: 1326 Fremont  
Limit: 20 Fee: \$1.00, pay at registration

The class will learn the quick and easy steps to consistent low-cost yogurt. We will explore cooking uses and exchange flavorful ideas. We will sample some frozen yogurt, and consider it as a substitute for cream cheese, sour cream, cottage cheese and more. (Anthony is interested in letting people in on economic alternatives to food cost.)

### BASICS OF BREAD

Martha Cornwell 532-6260

Section I: Thursday, 7pm, Feb 19  
Section II: Thursday, 7pm, Feb 26  
Location: 3100 Heritage Ct #93 Limit: 6  
Fee: \$1.50, pay at registration

Remember how good homemade bread smells baking? Come and learn the steps in making perfect yeast breads. Special emphasis will be placed on using whole wheat flours. (Martha is a registered dietitian and 4-H breads project leader.)

### BREW MASTERS

Van Pool 537-8638

Section I: Saturday, 10am, Feb 21  
Section II: Saturday, 10am, Feb 28  
Location: 1508-1/2 Humboldt Limit: 8

Come and learn the art of brewing all natural lagers, ales & stout. Beat the expense of buying and learn the quality secrets of beer making and the "aging process" that is critical to better beer. (Van hasn't bought beer in a few years!)

### WINE MAKING IN THE HOME

C. L. Norton 537-7683

One time, Monday, 7pm, March 9  
Location: UFM Fireplace Rm

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



### Food, Glorious Food . . .

### SANDWICHES AROUND THE WORLD

Emily Thomas, Linda Vaugan 539-3428/539-4915

Thursdays, 6-7:30pm, UFM Kitchen  
First Meeting: Feb 26 Length: 6 times  
Limit: 10 Fee: \$3-pay at class

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

### COOKING MORE WITH LESS

Susan Shaw, Edith Funk, Nancy Ohlenbusch 537-2432

One time, Monday, 6-9pm, March 2  
Location: College Ave. United Methodist Church  
1609 College Ave. Fee: \$3-pay at registration

Warning: Do not eat before class! Learn how to consume more nutritious food and less of the world's limited resources. Sample economical meat dishes, vegetables, cereals and grain. We hope to make economical suggestions for your food budget. (The teachers are all homemakers who have experimented with the "More with Less" Cookbook.)

### UNCOCKTAIL PARTY

Linda Teener 532-6434

One time, Thursday, 7:30pm, Feb 26, 1900 Judson  
Fee: \$2-pay at registration

Titillate your tastebuds and join us in exploring party drinks that taste and look good, but offer an alternative to drinks containing alcohol. We'll sample drinks using juices and carbonated beverages in various combinations. We'll also have snack ideas to try. Come thirsty and hungry. (Linda has taught this class several times and is always looking for new recipes to sample and share.)

### NATURAL FOODS POTLUCK

Neil Schanker 539-5766

Sundays, 6pm, UFM Banquet Rm  
First Meeting: Feb 22 Length: Ongoing

Tired of meat and potatoes? How about some winter squash soup, nut-seed tacos, or garbanzo-stuffed cabbage. Join us as we hungrily adventure into whole grains, organic vegetables, and tantalizing spices. Both beginning and experienced cooks are encouraged to attend. (Neil has been a member of the People's Grocery Co-op for several years.)

### INDIAN COOKING

Carey and Kay Orwig 539-8746

One Time: Saturday, 5pm, March 7 Location: UFM Kitchen  
Limit: 8 Fee: \$2.00, pay at registration

Indian cooking is especially rich in its use of spices. We will prepare a meal using, among other things, various dhals, saffron, homemade curry powder, tamarind and rose water. Afterwards everyone will be able to sample each dish. (Carey and Kay have been experimenting with Indian food on and off for 4 years.)

### CHINESE COOKING WITH NO SWEAT

Daniel Y. C. Fung 532-5654

Thursdays, 7-9:30pm First Meeting: Feb 26 Length: 6 times  
Location: KSU International Student Center Limit: 16  
Fee: \$24.00, pay at registration

In 5 sessions we will present 20 Chinese dishes designed for busy people. We will use authentic ingredients in the Southern Chinese tradition with a dash of Chinese culture and philosophy thrown in. We will prepare, cook and eat. A 10-dish graduation banquet will complete the course. (Dan ate his way through Southern China and 25 countries and has been the Manhattan Mercury cook of the week - a whiz with the wok.)

### QUICHE

Lori Bergen 539-1090

Mondays, 7pm First Meeting: Feb 23 Length: 2 times  
Location: 611 Laramie Limit: 15  
Fee: \$1.00, pay at registration

Our first class will be a demonstration and taste test. This easy to follow class will turn our second class into a potluck quiche dinner. (Quiche is one of Lori's favorite specialties.)

### ONION SOUP

Marie Dawson 776-6871

One Time: Saturday, 6pm, Feb 28 Location: UFM Kitchen  
Limit: 10 Fee: \$1.50, pay at registration

Come prepared to prepare! Learn to make a classic French favorite, and enjoy the aftermath with a glass of wine. A hot idea for winter days. (Marie is from France and a student at KSU who likes to entertain)

FOODS  
For information about Foods, call Kate Maxham at 532-5866.



**CHILD LEARNS TO EAT**

ry Clarke

**Nutrition for Little People**

539-6979

**WHAT IS LA LECHE LEAGUE?**

Kay Ring, Vicki Maline, Barb Bowers

539-2468, 537-4954, 537-8277

One Time: Saturday, 10am, March 28

Location: UFM Conference Rm

One Time: Thursday, 7:30pm, March 5 Location: 241 Ridge Dr Limit: 20  
Anyone caring for children knows that feeding them can be difficult. In this informal and entertaining evening, learn about what and how to feed them, eating from a child's point of view, and how adults influence children. (Mary has a Ph D in Foods and Nutrition, is a registered dietitian, and is a mother. She is currently an Extension Specialist in Nutrition Education at KSU.)

Bring your questions about breast feeding, mothering and La Leche League. Babies and fathers are welcome. (Leave the pets with a sitter.) Learn of the nutritious benefits and personal satisfaction that comes with breast feeding. (Kay, Vicki and Barb are certified leaders in the La Leche League and all have breast fed their children.)



Salt the water



Put in colander

**MAKING BABY FOOD**

Barb Bowers

537-8277

One Time: Saturday, 2pm, March 28

Location: UFM Banquet Rm

Bypass the baby food section in your supermarket and introduce your baby to a whole new and nutritious world of eating. Why alter your shopping habits to accommodate thousands of small glass jars? (Barb has 4 children and has made baby food for them all. She is also a La Leche League leader.)

**PLAY**  
For information about Play, call Neil Schanker at 532-5866.

**VOLLEYBALL FOR ALL**

Lois Morales (I), Larry Nicholson (II) 539-8867/537-0056

Section I: Tuesdays, Thursdays, 6:30-8:30pm, Feb 17  
Section II: Wednesdays, Fridays, 12:15-1:30pm, Feb 18  
Location: Douglass Community Center, 900 Yuma  
Fee: Section I, \$1-pay registration

Low key competition is a fine way to get some exercise while having a great time. (Lois has played UFM volleyball for years and Larry is director of the Douglass Community Center.)

**NOON CO-REC BASKETBALL**

Larry L. Nicholson 537-0056

Mondays, Tuesdays, Thursdays, 12:15-2:00 pm  
First Meeting: Feb. 16  
Location: Douglass Community Center, 900 Yuma

This activity is for women as well as for men. The play is leisurely, however, as the skill level improves and people get into shape, it becomes competitive, but still friendly.

**BEGINNING TENNIS**

Jean Stevenson 776-1694

Sundays, 8-10 am, First Meeting: Feb. 22 Length: 8 times  
Location: KSU, Washburn Complex Limit: 20  
Fee: \$1.00, pay at registration

We will learn forehands, backhands, serves, and court tactics. Bring a can of marked balls and a racquet. (Jean was a member of the KSU Women's Tennis Team.)

**DIAL-A-PARTNER/TENNIS/RAQUETBALL/INDOOR GAMES**

Neil Schanker 539-5766

Thursday, Feb. 26, 5 pm, UFM Fireplace Rm

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

**SOCCER SKILLS BASICS**

Steve Maxham 776-0133

Sundays, 2pm, First Meeting: March 1 Length: 5 times  
Location: UFM Parking Area

The objective is concentrated effort to improve basic soccer skills for the young beginning player, boy or girl (10yrs.-16yrs.). Emphasis will be on footwork, eye and ball coordination, kicking to pass and to score, and head-work. Come prepared for some exercise and some running, naturally. (At Jacksonville State University Steve played on an International Team.)



**FRISBEE**

Mark Stiles, Kathy Saunders 776-3562, 776-1702

Sundays, 2 pm, First Meeting: March 29 Length: 6 times  
Location: KSU, Band Practice Field

We'll cover the origin and history of Frisbee, learn and practice the basic throws and the unlimited variations of each. We'll also cover the rules and strategies of the seven established games/events and take in a tournament or two. Everyone who can pick up a Frisbee has filled the prerequisites for this course. We'll focus on the fun rather than excellence of play. (Mark took advantage of the UFM Frisbee Class two years ago and has become a Frisbee fanatic.)

**CAPTURE THE FLAG**

Jim Eyestone 539-7388

Saturdays, 1 pm, First Meeting: April 4 Length: 3 times  
Location: Carpool at UFM Parking Area

Capture the flag is an outside running game played day or night. Each team has a defense and an offense. A team defends its territory, its flag and a prison while, attempting to capture the other team's flag. All ages are welcome. (Jim has organized many games of capture the flag.)

**OUTING CLUB**

Bob Deemie

537-9406

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

First Meeting: Feb. 18

Location: UFM Fireplace Rm

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

**HANG GLIDING**

Don Ingalls

532-4836

Mondays, 7 pm, First Meeting: Feb. 16

Location: UFM Fireplace Rm

Length: 2 times

The first class, including a slide presentation, will be designed to familiarize people with hang gliding. The second class will examine a hang glider in detail. If the interest is high, a field trip will be in order. The ultimate goal is a KSU hang gliding team or club! (Don has been hang gliding for four years in five different states and has taught many people how to fly.)

**FLYING CLUB**

Mary Ann Gilsdorf

532-5254

Wednesdays, 7:30 pm, First Meeting: March 11

Location: UFM Fireplace Rm

Length: 2 times

The first class will be a question and answer session concerning flying and all that is involved. There will be a slide show of Club aircraft, scenery of the Manhattan area and places Club craft have seen. The second session will be held at the airport to show the FAA's Flight Service Station, clubroom and aircraft. Those interested can pay a small fee for an aerial view of the Manhattan and Tuttle area. (The teachers will be a private pilot and an instrument pilot, both officers of the K-State Flying Club.)

**HORSEBACK RIDING FOR MENTALLY RETARDED YOUNG PEOPLE**

Kim Hamilton

532-5350

Saturdays, 9-12 noon, First Meeting: April 18

Location: KSU, Weber Hall Arena

Length: 2 times

Basic horseback riding will be taught and will include listening and coordination exercises. Grooming and horse diet will also be covered. At registration, please designate your age. (Kim is a member of the KSU's Horseman's Association.)

**BICYCLE TOURING ACROSS AMERICA**

Steve Martini

532-5980/776-7098

One time, Tuesday, March 24, 7:30 pm

Location: UFM Banquet Room

Steve will share his personal insights of a bicycle tour across the United States spanning 12 states and 5,000 miles. The seminar will include a slide show and touring equipment presentation, followed by a discussion/question/answer session. (Steve lived to tell about it.)

**MAKING TRACKS (Fun Running)**

Leon Newbanks

532-6754

Tuesdays, 7-9 pm, First Meeting: Feb. 17

Location: KSU, Military Science, Rm 11

Length: 3 times

Getting started in the great sport of fun running will include precautions for beginners, getting started, warming up, progressive conditioning, and "Making Tracks" log book. Only three class periods are scheduled, however, awards will be made during the semester as participants achieve designated mile objectives. (Leon has three years experience of fun runs as participant and organizer.)

**UFM/RUNNER'S WORLD FUN RUNS**

Spencer Tomb

537-8265

Saturdays, 8:30 am, First Meeting: Feb. 21

Location: KSU, Old Stadium

Length: 8 times

Fun Runs are for people of all ages and abilities, from the beginning jogger to the experienced racer. Everyone who finishes receives a certificate based on age, sex and speed. The spring schedule follows: Feb. 21, 1/2 & 3 miles; March 7, 1/2 & 4 miles; March 21, 1 & 5 miles; April 4, 1/2 & 2 miles; April 18, 1/2 & 4 miles; May 2, 1 & 6 miles; May 16, 1/2 & 3 miles; May 30, 1/2 & 5 miles. (Spencer has organized the fun runs before.)



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

Earl Nolting 532-6432

One time, Saturday, April 4, 10 am  
Location: KSU, Cardwell Hall, Rm 120

The purpose of this class is to help adults who are interested in starting a regular exercise program. Walking is fun and an ideal exercise alternative for many reasons--special equipment or facilities are minimal and it can be done near home or work. The discussion will include getting started, exercise programs now available, when to walk, special problems, and how to stay with it when tempted to quit. (Earl has been walking for exercise for over 8 years.)

FITNESS FOR OLDER KANSANS (FOKAN)

Esther Gray 532-5570/539-2021

Section I: Monday, 11 am - 12 noon Douglass Center Annex, 901 Yuma  
Section II: Tuesday, 11 am - 12 noon Community House, corner of 4th and Humboldt

First Meeting: Feb 16 Length: until May

FOKAN is a musical exercise program for people over 60. Exercises to improve flexibility, locomotion, endurance and relaxation are done according to each individual's abilities. Participants enjoy sessions and say it is easy and fun to exercise to music. (Esther was trained to lead musical exercises at the University of Michigan Institute of Gerontology, and enjoys leading Manhattan's FOKAN groups.)

RHYTHMIC AEROBICS

Cherree Adams, Alice Rapple

Section I: Wednesday, Thursday - 7:30 - 8:15 pm KSU, Umberger Hall  
Feb. 18 Feb. 19 Williams Aud. Stage  
Section II: Wednesday, Thursday - 8:20 - 9:05 pm KSU, Umberger Hall  
Feb. 18 Feb. 19 Williams Aud. Stage

Length: 8 weeks Limit: 20 for each section  
Fee: \$1.00, pay at registration

Rythmic aerobic exercise is designed to improve the cardiovascular-system and overall fitness. Easy to learn steps to music are combined with exercise. Participants need loose clothing and tennis shoes. (Alice and Cherre are certified aerobic instructors under the Nancy Kabriel program.)

AEROBIC DANCING DEMONSTRATION

Enell Foerster 537-0977

One time, Monday, Feb. 23, 7 pm  
Location: KSU, Ahearn Fieldhouse, Rm 301

Aerobic dancing, designed to keep you fit and having fun, combines the health benefits of jogging and dancing. Bring your tennis shoes and come ready to dance. (Enell is a certified Aerobic Dancing instructor in Manhattan.)

BEGINNING FENCING

Dave Aldis 539-9544

Wednesdays, 7 pm, First Meeting: Feb. 18 Length: Continuing  
Location: Douglass Community Center Annex, 901 Yuma

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

INTERMEDIATE FOIL AND SABRE

Ron Brecheisen 776-0799

Sign up and you will be contacted Length: 12 times  
Fee: \$10, pay-at class

For those who have experienced the rudiments of fencing, this class will develop those basics more fully. Poise, drills, and strategy will be emphasized with lots of contact to practice what we preach. Ultimate goals: fun and attending a regional tournament. (Ron has been involved with competition and teaching for five years.)

ARCHERY

Gail Frahm 537-2929

One time, Monday, March 2, 7 pm  
Location: UFM Banquet Rm

The basics of archery will be covered with pointers for both beginning and advanced archers. (Gail has been active in archery for three years.)

ROLLER SKATING

Everett L. Stille 776-6175

Sundays, 1-2 pm, First Meeting: March 22 Length: 4 times  
Location: 400 Tuttle Creek Blvd Fee: \$4 -- pay at class

Everett will teach, depending on your skill level, beginning skating, stopping, backward skating, turns, basic spins and jumps, figures, and beginning dance. (Everett has been teaching and operating roller rinks in Manhattan for the last 17 years.)

JUGGLING

Steve Parrott 537-4415

One time, Tuesday, Feb. 17, 7-9 pm  
Location: UFM Banquet Rm

Come experience the lively art of juggling. It's unbelievably easy to learn. During the two-hour workshop we will share our knowledge and energy in a format which guarantees a good time for all. Bring three tennis balls. (Steve has been teaching juggling for several years.)

POCKET BILLARDS FOR BEGINNERS

Jerry Riggs 776-6338

Saturdays, 10 am, First Meeting: Feb. 21 Length: 6 times  
Location: J. Riggs West, 317 Poyntz Limit: 12

The class will start with a brief history of the game. Included will be an introduction to playing equipment, basic stance, aiming, English, and control. The different games--8-ball, 9-ball and snooker--will be covered as well as the theory and mental game. (Jerry has played in two World Pocket Billiard Championships in New York City, finishing 33rd in 1979 and 16th in 1980.)

BEGINNING BRIDGE

Kim Loecker 776-1499

Sundays, 7-9 pm, First Meeting: Feb. 22 Length: indef  
Location: UFM Banquet Rm Limit: 16

Don't finesse your partner! Kim's emphasis will be on fun and bidding. All the ins and outs of basic bridge will be covered. At the first meeting, participants will agree on their best times and days for meeting. Bring some cards. (Kim has been playing for three years and has taught bridge before.)

INTERMEDIATE BRIDGE

Jared Namenson 776-3761

Tuesdays, 7:30-9:30 pm, First Meeting: March 31 Length: 6 times  
Location: UFM Banquet Rm Limit: 16

Past the beginning steps, but needing a firmer grip on declarer play, partnership-defense, bidding styles? This class will cover counting out hands, accurately playing cards, end-plays, slam bidding, defensive signalling and other skills. Bring some cards. Tournament and social players welcome. (Jared believes bridge is enormously enjoyable when partners are thinking on the same wavelength, rather than trying to memorize and follow endless rules.)

DUNGEONS AND DRAGONS

Jim Parrish, Bruce Sebree 539-4868, 776-1730

Sundays, 7:30 pm, First Meeting: Feb. 22 Length: Indef  
Location: UFM Fireplace Rm

If you enjoy fantasy and science fiction books and films, and have a good imagination, then this is for you. We will play Dungeons and Dragons, a fantasy role playing game where the players manipulate their characters in a very "real life" manner through medieval scenarios that may include a dragon or two! (Jim and Bruce directly or indirectly introduced over 40 people to D & D over the past three years.)

FLINT HILLS STAMP CLUB

George Eaton 532-6308

Second Thursdays of each month, 7:30 pm, First Meeting: March 12  
Location: Post Office, Civil Service Rm, 500 Leavenworth

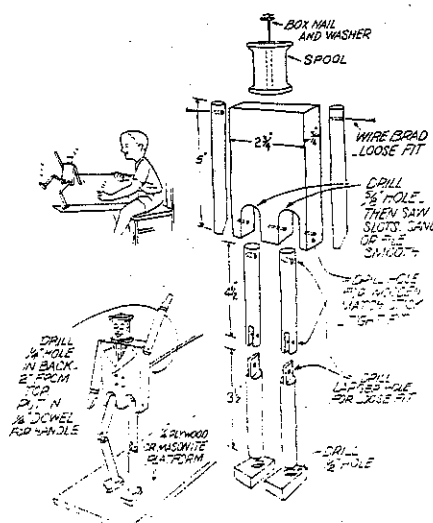
Ever wonder what philately is? This class will introduce beginners to stamp collecting and will also be of interest to experienced envelope-tearers. (George is president of the Flint Hills Stamp Club.)

ICE SKATING

Steve Ernst 776-3622

Sundays, 2 pm, First Meeting: Feb. 22 Length: Indef  
Location: UFM Parking Area

This class is for beginning and experienced ice skaters to get together at local ponds. Come for a good time outside, exercise and maybe we'll play a little hockey. We'll have a bonfire and potluck supper; bring something to eat or drink. (Steve has been skating in the area for many years.)



The Boot Hill Craft Festival in Dodge City, Kansas.

## Waterworks



### FAMILY FLAT-WATER CANOEING

Bob Poresky 539-2967

Thursdays, 7:30 pm, First Meeting: Feb. 19  
Location: 3016 Claflin Rd

We will learn about canoeing by going canoeing on nearby flatwater lakes, streams and local rivers. The first meeting is for orientation and planning Sunday afternoon trips. Participants provide their own equipment. (Bob has led this before and wants to get out to do some spring canoeing and kayaking.)

### WINDSURFING DEMONSTRATION

Kurtis Robinson 539-1938

One time, Saturday, April 18, 2 pm (rain date April 25)  
Location: UFM Banquet Rm

Windsurfing is a combination of sailing, surfing and flying all at the same time. Come on out and watch how this Olympic class sport (a surfboard attached to a sail) works and then try it. Action packed films are shown before we carpool out to the lake. (This will be Kurt's third windsurfing demonstration for UFM.)

### SAILING BASICS

Maurice Stark 539-1781

Saturdays, 10 am, First Meeting: April 18 Length: 2 times  
Location: UFM Fireplace Rm

A dry land introduction to sailing, including terminology, boat nomenclature, how to sail and selecting a boat. The second class will entail a field trip to examine sailboats in person. (Maurice is presently commodore of the Blue Valley Yacht Club.)

### CARIBBEAN RECREATION ABOVE AND BELOW WATER

Alan J. Liebler

One time, Monday, March 9, 7:30 pm  
Location: UFM Banquet Rm

Tired of winter in Manhattan? Alan will present slides and discuss Caribbean sailing and charters including underwater photography. (Alan has been a marine boat consultant and sailer for years.)

### KAYAKING DEMONSTRATION

Jeni Kardinal 532-5290

Sundays, 9-11 am, First Meeting: Feb 15  
Location: KSU, Natatorium Pool

Come see how an expert handles a kayak. Jeni promises to make rolls, paddle racing techniques, and getting in and out of a kayak look easy. (Jeni wants to strike up interest in kayaking here in Kansas.)

### KAYAKING EVERY WEEK

Jeni Kardinal 532-5290

Sundays, 9-11 am Length: 4 times each

Section I: Feb 22 KSU, Natatorium Pool  
Section II: April 5 KSU, Natatorium Pool  
Fee: \$6, pay at registration Limit: 4 for each

Want to learn to kayak? This lightweight boat, invented by Eskimos, has become very popular in this country. After learning the basics, a white-water river trip to Missouri will be planned. (Jeni, from white-water country in Missouri, has taught kayaking before.)

### BASIC SCUBA

George Halazon 532-5840

Organizational Meeting: Monday, Feb 23, 7:30pm, KSU, Umberger Hall Rm 10  
Pool Practice: Saturdays & Sundays, 5-7pm, KSU Pool (Natatorium)  
Fee: \$33-pay at registration

PADI (Professional Association of Diving Instructors) approved class including pool, classroom and open water work leading to certification as Basic Diver by PADI. (George has 20 years experience teaching and was a founding member of PADI.)

### ADVANCED SCUBA

George Halazon 532-5840

Organizational Meeting: Tuesday, Feb 24, 7:30pm, Umberger Hall, Rm 10  
Fee: \$21-pay at registration

PADI Certification in open water and advanced open water techniques is the goal of this class. The course will include classroom work and dives. (George has taught scuba classes for UFM for years.)

### PRE-WATER BABIES

Charmaine Mazzia

537-2013

One time, Thursday, March 12, 7:30 pm  
Location: 817 Colorado

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

### WATER BABIES (6 to 18 MONTHS)

Charmaine Mazzia

537-2013

Saturdays, 12 noon, KSU, Natatorium Pool  
First Meeting: Feb 21 Length: 4 times  
Limit: 10 parent/child couples Fee: \$1-pay at registration

This class will concentrate on teaching parents how to have fun and enjoy the water with their babies. Emphasis will be placed on building the baby's confidence in the water and water safety.

### TINY TOTS (18 months to 3 Years)

Charmaine Mazzia

537-2013

Sundays, 11 am Length: 4 times  
First Meeting: Feb 22  
Location: KSU, Natatorium Pool  
Limit: 10 parent/child couples Fee: \$1 - pay at registration

This class will deal with methods of teaching the very young child the basics of swimming and personal water safety, for example, backfloating and survival floating. Emphasis will be placed on parent and child relaxing and enjoying the water.

### KIDS BEGINNING SWIMMING (6-8 Years Old)

Donna Fager-Schneiter

776-0935

Sundays, 12-1 pm, First Meeting: Feb 22 Length: 8 times  
Location: KSU, Natatorium Pool Limit: 10 children  
Fee: \$1, pay at registration

Basic water skills including breathing, floating, kicking, and stroking will be taught. (Donna taught this course last fall.)

### ADAPTED AQUATICS

Patti Johnson, Blanche Verneau

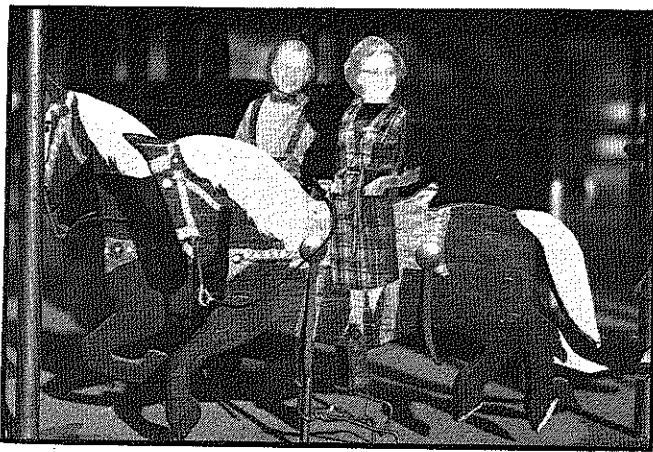
537-0571

Sundays, 8-9 am, First Meeting: Feb. 22 Length: 12 times  
Location: KSU, Natatorium Pool Limit: 4  
Fee: \$1, pay at registration

This swimming program teaches water adjustment, safety skills, and swimming skills in whatever degrees possible to the disabled on an individual basis. (Both Patti and Blanche are certified by the Red Cross in adapted aquatics instruction.)



Harvest Home Fair at Cowntown in Wichita, Kansas.



Family Tree Carousel made by Vernon Erickson of Scandi, Kansas.

#### WHOLISTIC HEALTH

A series of programs sponsored by the (W)holistic Health Interest Group, Manhattan, which defines holistic health as:

"Holistic health emphasizes the necessity of looking at the whole person, including analysis of physical, nutritional, environmental, emotional, spiritual and lifestyle values. It encompasses all safe modalities of diagnosis and treatment, education and responsibility and offers a cooperative relationship among all those involved. Because its objective is full, vibrant health, not symptom amelioration, holistic health focuses on primary prevention rather than crisis intervention."

Come join us as we explore some of the dimensions of holistic health. You may participate in one, some or all of these sessions. If you are interested in the (W)holistic Health Interest Group, there will be an opportunity at these sessions to find out more about it and get on their mailing list. If an adequate interest is shown in any of these topics, it might be possible to arrange for a longer series.

#### MEET THE PRESENTERS, FIND OUT ABOUT THE SERIES AND (W)HOLISTIC HEALTH

Feb 19, 7:30-9pm, Union 206

Each of the presenters in this series will talk briefly about what they will be offering, about (w)holistic health and have time for some questions and answers. Mike Klassen, Chair; Tom Ryan, Dave Danskin, Bonnie Hansen, Vio Schmidt.

#### THE MEDICAL MYSTIQUE

Tom Ryan, MD

Feb 26, 7:30-9pm, Union 206

Self-responsibility is the bottom line in any holistic approach to health. This includes learning how to approach illness and injury both in yourself and in others--when it can be handled at home and when to seek professional assistance. In this class, we will briefly discuss both the rationale and how-to of medical self-care--an action, involved approach to health.

#### STRESS MANAGEMENT WORKSHOP

David A. Danskin

March 5, 7:30-9pm, Union 206

A workshop in which you'll learn strategies for more creatively directing the normal stresses of your daily life. Come dressed comfortably as we'll be doing stretches and learning other tension-releasing strategies.

#### FOOD: THE CHOICE IS YOURS

Bonnie Hansen

March 26, 7:30-9pm, Union 206

April 2, 7:30-9pm, Union 208 (note room change)

April 9, 7:30-9pm, Union 206

Suggestions for improving food choices for snack time as well as meal-time. Tips on label reading and how to evaluate your foods from the supermarket resulting in better selection for optimal nutrition and health.

#### CHILDBIRTH CHOICES

Vionetta Schmidt, Chair

April 16, 7:30-9pm, Union 206

April 23, 7:30-9pm, Union 206

April 30, 7:30-9pm, Union 206

Three types of childbirth alternatives will be explored: hospital birth, birth homes and birthing rooms; home birth. Representatives and parents will share their experiences.

#### STRESS ILLS AND STRESS SKILLS: WHOLISTIC HEALTH

Don Fallon

539-4451

One time, Saturday, Mar 28, 9:30am-4:30pm

Location: Ecumenical Christian Ministries, 1021 Denison

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

#### FIRST AID MULTIMEDIA

Enell Foerster

537-0977

One time, Sat. Mar 7, 8am-5pm

Location: Red Cross Office, 206 Poyntz

Limit: 14

Fee: \$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.)

#### RACE FOR LIFE: CPR

Enell Foerster

537-0977

Two times, Tues. Feb 17 and Thurs. Feb 19, 1-5pm

Location: Red Cross Office, 206 Poyntz

Limit: 10

Fee: \$6-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.

#### CESAREAN BIRTH CLASS

Sue Zschoche, CEA of Manhattan

537-0851

Sign up and you will be contacted

Length: 2 times

Fee: \$5, pay at class

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

#### EARLY PREGNANCY CLASS

Rita Raaf, CEA of Manhattan

776-5574

Sign up and you will be contacted

Length: 3 times

Fee: \$8-pay at class

For a healthier pregnancy start early to learn about fetal development, preventable birth defects, nutritional needs, body conditioning and much more. Lamaze instruction is also available in Manhattan, contact Terry Buck, 537-4933. (The Childbirth Education Association of Manhattan has offered childbirth education to Manhattan for 10 years.)

#### REFLEXOLOGY

Russell Gillespie

776-8768

One time, Monday, Feb. 16, 7pm

Location: 2164 Prairie Glen Place (clubhouse)

Limit: 21 (must be an odd number)

We will cover basic information of zone therapy (Reflexology). Information to help yourself and others to prevent and overcome tension, improve circulation and normalize body functions will be given. Personal hygiene is a necessity. (Russell is a Certified Registered Reflexologist and is concerned about people's health.)

#### FINDING ONE'S SELF THROUGH MEDITATION

Steve Parrott

537-4415

One Time, Tuesday, March 24, 8-10pm

Location: Fireplace Rm, UFM

In this introductory program we will discuss Siddha Yoga and meditation. A special videotape will be shown and everyone will have an opportunity to experience the art and science of meditation. (Steve is an authorized instructor of Siddha Yoga.)

#### SIDDHA YOGA MEDITATION

Steve Parrott

537-4415

Tuesdays, 8-9:30pm, UFM Fireplace Rm

First Meeting: March 24

Length: 4 times

Siddha Yoga is an ancient meditative technique which is simple yet effective. In each session we will experience and explore various aspects of yoga and meditation. "We do not meditate to relax a little and experience some peace; we meditate to unfold our inner being." Swami Muktananda (Steve is an authorized instructor of Siddha Yoga.)

#### YOGA

Bert Franklin

539-0495

Thursdays, 5:30pm; KSU, International Student Center

First Meeting: Mar 12

Length: 8 times Limit: 8

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

#### YOGA FOR THOSE OVER FORTY

Bert Franklin

539-0495

Tuesdays, 5:30pm, KSU, International Student Center

First Meeting: Mar 10

Length: 8 times Limit: 8

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

#### SUFI DANCING

Nabiuddin Nelson

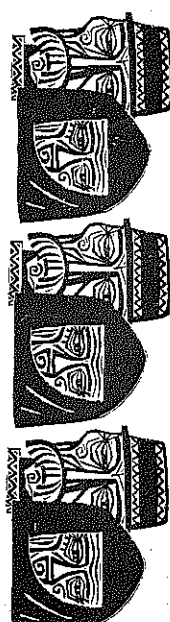
468-3631

Saturday, (Every other week), 7:30pm, Fireplace Rm, UFM

First Meeting: Feb 28

Length: ongoing

Sufi Dancing is an ecstatic experience in singing, movement, relating, and fulfilling one another. In short, it opens up the heart to the vision of God in our fellow beings. We use simple movements and simple chants from the world's religions, so no experience is necessary. (Nabiuddin has been doing these dances for some time.)



SELF  
For information about Self, call Julie Coates at 532-5866.





The Garden built by S.P. Dinsoor in Lucas, Kansas.

INTRODUCTION TO ZEN BUDDISM PRACTICE AND PHILOSOPHY

Leon Rappoport 532-6850  
Thursdays, 9-10:30pm, International Student Center  
First Meeting: Feb 19 Length: 3 times  
Zen Mind Beginner's Mind by Shunryu Suzuki Roshi will serve as the basis for class discussion. The class will also include taped lectures and zazen (meditation) instruction. (Leon is a psychology professor.)

DEATH AND DYING

Rod Saunders 539-4281  
Tuesdays, 7:30pm, Ecumenical Christian Ministries, 1021 Denison  
First Meeting: Feb 17 Length: 8-10 times  
Limit: 25  
This workshop is designed to expose participants to feelings, reactions, thoughts, and ideas concerning the different aspects of death and dying. This will be accomplished through discussion and by written exercises that enable each person to discover his/her own feelings, reactions, etc. (Rod lead a workshop on Death and Dying for 10 consecutive semesters and taught the class at SUNY at Buffalo.)

FOCUS ON WOMEN: 1981

Marcia Schuley, Mary Lou Gibbs 776-7178  
One time, Saturday, 9am-4:30pm March 14  
Location: United Methodist Church, 6th & Lincoln, Wamego  
We hope to address many of the important decisions women must face at a day long workshop. Topics will include: Legal Planning: Assertiveness Training, Stretching the Budget through Ingenuity; Women, Health and Aging; Stress Management, Strengthening Family Life; Back to School, Back to Work; and Physical Fitness. Lunch and babysitting will be available for a fee. This workshop is being sponsored by the Pawnee Mental Health Center, Pottawatomie County Extension, Kaw Valley Free U., Westy Community Education, and OREO (Olsburg Rural Education Opportunities). (Marcia is a specialist in Consultation and Education for the Pawnee Mental Health Center. Mary Lou is the Pottawatomie County Extension Home Economics Agent.)

BOOKS BY AND ABOUT WOMEN

Lorrie Cross 776-7178/539-5337  
Tuesdays, 7:30-9pm St. Paul's Episcopal Church, Common area, 6th & Poyntz  
First Meeting: Feb 24 Length: Ongoing  
We read a variety of books which are selected by group members. Some of the books read include: The Women's Room, Against Our Will, My Mother, Myself and A Room of One's Own. Discussions are lively and new members are welcome. (Lorrie has been a member of this group since it's start in 1978 and is interested in women's issues.)

ALL-AROUND INTENSIVE STRENGTHENING EXPERIENCE FOR WOMEN

Didi Lavana 316-265-7150  
One time, Saturday, March 7, 8:30am-5pm, UFM House  
Limit: 20 Fee: \$7-pay at class  
This one-day seminar will allow women to explore and expand themselves at all levels: physical, mental and spiritual. It is especially for women who need to explore the inner self and start to let go of old ideas and to allow hidden qualities to emerge. The class is for all women to develop strengthening and support and unity by interaction with the rest of the group. Bring comfortable clothes, running shoes, towel and writing materials. Lunch is provided. (Didi is the Director of Women's Welfare Department of Ananda Marga)

FEMINISM AS A WAY OF LIFE SERIES

C. Stackpole 532-6541  
Sign up and you will be contacted  
WRC is sponsoring a number of night and noon programs which address the topic, "Feminism as a Way of Life". Attendance at one is not a requirement for attendance at all. Call WRC for further information - dates, times, etc. (Feminists from the community and campus will speak on various topics which they are interested in.)

PRE-MARRIAGE T.A. WORKSHOP

Don Fallon 539-4451  
One time, Saturday, April 4, 9:30am-4:30pm,  
Location: ECM, 1021 Denison Limit: 6 couples  
Introduce your relationship to transactional analysis: an enrichment group supporting couples in building communication skills, self-understanding of parent-adult-child ego state interactions and family life script or role expectations. Emphasis will be given to developing skills in handling conflict, developing a healthy fight style and coping with feelings of anger, sex or love. Trust, caring, confidentiality and options will be stressed. (Don is Lutheran Campus Pastor and also works with the KSU Center for Student Development.)

FEMINIST MEN'S STUDY GROUP

Jared Namenson 776-3761  
Mondays, 7:30-10pm  
First Meeting: March 2 Length: 4 times  
Location: You will be contacted Limit: 10  
The goal of this course is to form a broad-based, continuing, group providing support for men trying to change their attitudes and behavior toward women, other men, and children. Grappling with male privilege is a central issue. I hope we'll forge both a sense of community and an activist plan. (Jared is a man who is a feminist.)

PREMARITAL ENRICHMENT WORKSHOP

Steve Anderson 776-6566  
Wednesday, Feb 18, April 1, 8 & 15, 7pm, UFM Conference Rm  
Length: 4 times Limit: 7 couples  
This workshop will address such issues as problem-solving, decision-making, negotiating conflicts, child raising, and sexual relations. There is no charge for this workshop but couples will be asked to participate in two one-hour interviews as part of a research project. (Steve has been a counselor for 10 years and specialized in Marriage and Family Therapy for the last 2 years.)

DIVORCE SUPPORT GROUP

Joan McIlvane 539-3628  
One time, Thursday, Feb 27, 7:30pm  
Location: St. Isidore's Catholic Church, 711 Denison  
This class will offer those who are in the process of divorce or who are recently divorced information about the resources that exist to provide support, counseling and healing during this difficult experience. Resource people will be present and those attending may choose to set up a continuing group or become members of existing groups. (Joan is divorced and has helped many others over the past seven years.)



GROWING WITH PRE-SCHOOL CHILDREN

Sandy Brighton 537-8815  
Thursdays, 9:15-11:15am (except Feb. meeting)  
Location: 1st United Methodist Church, 612 Poyntz  
If you have an interest in pre-school children, as a parent, grandparent, teacher, KSU student, etc., please join us for our informal monthly meetings. We attempt to learn all that we can about the needs of childrer under 6 years of age. Our meetings include a speaker(s), followed by discussion. A nursery is provided.  
Feb 12 Special night meeting--7:15-9:15pm: Regular location, "Father's Role in Parenting"  
March 12 "Sex Education for Pre-schoolers"  
April 9 "How to Choose a Pre-School" (Panel discussion)  
May 14 "Music and the Pre-School Child"  
(Sandy is a member of Growing with Preschool Children.)

PARENTS - ADOLESCENTS - HOW CAN WE BOTH SURVIVE?

Michael Weinberg, M.S. 537-8812/485-2650  
Thursdays, 7-8:30pm St. Paul's Episcopal Church, Common area,  
Length: 6 times Limit: 20 6th & Poyntz  
I will discuss and demonstrate the techniques of Reality Therapy as it applies to parents of teenagers. We will also discuss specific ways of building psychological strength that enables us all to deal with every day stresses. These classes are not intended to be "therapy sessions", rather an educational experience for parents who would like to improve their skills in coping with their teenage children. (Michael has been the administrative and clinical director of Manhattan Youth Care for the past seven years and has guest lectured on the use of Reality Therapy on numerous occasions at KSU.)

SINGLE PARENT SURVIVAL SERIES

WRC 532-6541  
Sign up and you will be contacted  
A single parent series will be offered by the WRC for interested people. There is no obligation to attend all programs. Among the topics to be covered - "The psychology of the single parent", "Single parents and sexuality", "Credit for single women", "Cooperative day care", and many other topics. Call WRC for specific dates, times. ("Experts" from the community and campus will present this class (many leaders are single parents).)

PARENTING

Susan Mamlok and Elaine Diddle 532-6927  
One time, Wednesday, Feb 25, 8:30-10:30am, Conference Rm, Edwards Hall  
Limit: 10 Fee: \$5-pay at registration  
This workshop is designed to enhance communication skills with your children. We will focus on listening, discipline, trust and responsibility. It is a marvelous opportunity for parents to share and discuss common concerns about raising children while trying new techniques each week. We will be using the Systematic Training of Effective Parenting (STEP) Kit. We will try to provide childcare if it is needed. (Susan received her M.S. in 1975 and has been working with children, families and other groups.)

PARENT TO PARENT PROGRAM

Nancy Buchanan 776-4011  
Sign up and you will be contacted  
The Parent to Parent Program of Manhattan is in the process of recruiting and training volunteers for its program. If you have parenting experience are not working full time, and have a desire to establish a helpful friendship with another parent, this program is for you. (Nancy is concerned about the needs of families.)



SEX IN YOUR HEAD

Elaine Didde

532-6927

One time, Monday, Feb 16, 7pm, Union, Rm 205  
Limit: 10

In this class, you will be given "permission" to discuss sexuality by asking questions, sharing opinions and values, taking a "fantasy trip" back through your past, taking a look at who you are now, and who you would like to become. This session can be tailored to living or organized groups on request. Call Elaine at the Counseling Center. (Elaine is a graduate student in family and child development and director of Sexuality Education and Counseling Services.)

THE ABORTION ISSUE

Bonnie R. Funk

537-9300

One time, Tuesday, Feb 24, 7pm, K-State Union, Rm 205

The group will discuss the many views on this complex issue. We will explore our feelings and talk about the historical, legal, medical and current aspects of abortion. (Bonnie is a K-State student and humanist.)

JOB SEARCH WORKSHOP

Cherie Hodgson

532-6927

Saturdays, 9am-12 noon, KSU, Union, Rm 209  
Length: 2 times Fee: \$1-pay at class

Graduating in May? Wanting to change jobs or looking for summer employment? Plan your jobsearch now. The workshop is designed to help participants develop skills important in locating and acquiring a job. Where and how to look, resume writing and interviewing are discussed and practiced in a supportive group environment. Student's costs are covered through KSU fees. (Cherie is a Counselor at KSU.)

LIFE PLANNING

Cherie Hodgson

532-6927

One time, Saturday, Feb 14, 9am-4pm, KSU Union, Rm 205  
Limit: 10 Fee: \$1-pay at class

The workshop is designed to involve participants in the deliberate process of influencing the direction of their lives. Each participant is encouraged to consider the idea that s/he is the one responsible for his/her life, and, consequently, is capable of creating the future s/he wants. Skills of values clarification, goal setting and realistic planning are developed through practice. Student costs are covered through KSU fees.

CAREER EXPLORATION

Cherie Hodgson

532-6927

One time, Saturday, Feb 21, 9am-4pm, KSU, Union, Rm 203  
Limit: 10 Fee: \$3-pay at class

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 Inventory must be scheduled with Marianne, in the Counseling Center, KSU, two weeks prior to the workshop. Students costs are covered through KSU fees.

APPROPRIATE ASSERTION

Cherie Hodgson

532-6927

Tuesdays, 7-8:30pm, KSU, Farrell Library, Rm 502A  
First Meeting: March 24 Length: 3 times  
Limit: 15 Fee: \$1-pay at class

This workshop is designed to introduce and develop skills, words, phrases, behaviors, and ideas that assist individuals in being more capable of relating to others in ways that meet their own needs.

RETURNING TO SCHOOL?

Margaret Nordin/Buzz Muir

532-6434/532-5686

One time, Thursday, March 26, 7:15-9pm  
Location: Manhattan Chamber of Commerce, 505 Poyntz, rear door by parking area

Are you thinking about going back to school after being out for four to forty years? Are you wondering just how to get started or whether it is worth the time, money and energy? Come to share your hopes and fears and to find answers to your questions. (Margaret and Buzz are KSU faculty whose work involves adult students new to K-State.)



Left: Lottie Berggren of Scandi, Kansas. Below: Quilt by Lottie Berggren.

ASSERTIVE COMMUNICATION

Linda Teener

532-6434

Wednesdays, 3-4:30pm, KSU, Union, Rm 205  
Limit: 15 Length: 4 times

Learning to communicate more effectively is a major goal of assertiveness training. We will examine individual communications patterns, explore alternate ways of handling problem situations and practice more assertive responses. (Linda has been facilitating assertiveness training and other small group workshops for six years.)

HELP YOUR NEIGHBOR

Sign up and you will be contacted

Volunteer some of your time to give a person with a disabled spouse or personal handicap, an opportunity to get out and do some things on their own. Your help can mean a lot.

A FOCUS ON HANDICAPPED PEOPLE

Georgia Becker, Dr. Norman Fedder, Ruby Barclay, Mike Remus, Cindy Klentz, Nancy Stover

1981 has been designated as the year of the handicapped. Their potential, their concerns, and their needs will be discussed by a panel who live and work with handicapped people. A playlet involving handicapped children will be presented. (Georgia is a parent of a severely handicapped son; Mike is a teacher and parent of mentally handicapped children; Ruby has a handicapped husband, Norman, Cindy and Nancy have recently done drama workshops with a group of handicapped children.)

CHILD ABUSE AND NEGLECT

Nancy Buchanan

776-4011/776-3265

One time, Monday, Feb 23, 7:30pm, 312 Humboldt (back door)

An examination and discussion of characteristics of abusive and neglectful families. A look at resources for helping such families, both nationwide and in our own community. Special emphasis placed on participants interests and questions. (8 of the 10 years Nancy has worked in public welfare have been in social services to parents and children from abusive and neglectful families.)

THEOLOGY OF MOVIES

A. David Stewart

539-3051

Saturdays, 6:30pm, 3452 Chimney Rock Limit: 20  
Meeting Times: Feb 21, Mar 7, 28; Apr 11, 25 Length: 5 times

During the semester, we will select and view five movies at local theaters, then discuss their meaning with particular focus on possible theological points made. Reflections and refreshments will be at the Stewart residence. (Dave, a campus minister, enjoys sharing movies and conversation and believes that both inform our values and faith.)

THE SHORTER WORKS OF TILlich

A. David Stewart

539-3051

Thursdays, 11:30am-1pm, Baptist Campus Center, 1801 Anderson  
Meeting Times: Feb 19 Length: 10 times Limit: 10

Over our lunch sacks, we will read and discuss selections from some of the shorter works of theologian Paul Tillich, such as *On the Boundary*, *The Shaking of the Foundations*, *The New Being*, and *The Courage to Be*. The primary focus will be whether/how Tillich's works relate to our own experience.

A COURSE IN MIRACLES

Conrad Anderson

776-0355

Mondays, 7:30pm, 1030A Gardenway  
First Meeting: Feb 16 Length: Indefinite Limit: 12

This course does not aim at teaching the meaning of love; that is far beyond what can be taught. It does aim, however, at removing the blocks to the awareness of love's presence. The opposite of love is fear, but what is all-encompassing can have no opposite. Summed up - Nothing Real can be threatened, Nothing Unreal exists. Herein lies the peace of God. (Conrad has an ongoing interest in miracles and has led this class before.)

BI/POLAR PERSONAL GROWTH SEMINAR

Rod Saunders

539-4281

Friday, Feb. 20, 6-10pm, and Saturday, Feb 21, 9am-5pm  
Location: 1021 Denison Ave. Limit: 30  
Fee: \$27, non-student, \$21, student - pay at class

Bi/Polar uses a psychological inventory process to help discover your basic strengths. It is simple and clear so that you do not need to be an expert in the field of psychology to understand and benefit from it. The inventory leads to: better understanding of your strengths and potential, confidence, and more confidence in your relationships with others, insights into how to communicate more effectively with other people, and a practical plan of action for your own personal growth. While these are big claims, the personal experiences of those who have gone through the seminar demonstrate that they can be delivered. Please contact Rod directly by Feb 4, as this is the deadline for participation. (Rod is a certified instructor for Bi/Polar.)

PROPHECY TODAY

Leland F. Freeborn, John W. Bryant

801/477-3683

Section I: Saturday, March 7, 10am, UFM Fireplace Rm  
Section II: Saturday, March 7, 2pm, UFM Fireplace Rm

Two men who have had death experiences will discuss the experience of life after death. Included: the coming war and who will survive, communal living, communication with the spiritual realm, etc. The Bible and other records will be used as supportive texts. (We speak from our own experiences, as well as from lengthy study of the Bible and other ancient records.)

For information about Skills, call Kevin Patterson at 532-5866.

**SKILLS**

**UFM Workshop Cooperative**



UFM WORKSHOP COOPERATIVE

Dick Stater 532-5866  
 Section I: Monday and Wednesday, 7-10pm, Feb 16 and 18  
 Section II: Tuesday and Thursday, 7-10pm, Feb 17 and 19  
 Section III: Monday and Wednesday, 7-10pm, Feb 23 and 25  
 Section IV: Tuesday and Thursday, 7-10pm, Feb 24 and 26  
 Location: UFM Solar Addition Workshop  
 Fee: \$20, pay at registration Limit: 6-7 each section

UFM is pleased to announce the opening of its community wood-working shop. Located in the newly completed solar addition, the facility is operated on a cooperative membership basis. The shop is equipped with a wide variety of power and hand tools, including a radial arm saw, table saw, jointer, lathe and most common carpentry tools. Membership fee is for equipment and facility use only; no materials are included. Mandatory organizational meetings will include instruction in safe equipment use and basic first aid. Sign up for one section. You must be 18 or older. (Dick is the UFM Workshop Coordinator and spent three years as a professional woodworker.)

WOODWORKING CONSULTING SERVICE

Dick Stater 532-5866  
 Wednesdays, 7-10pm, UFM Solar Addition Workshop  
 First Meeting: March 4 Length: ongoing

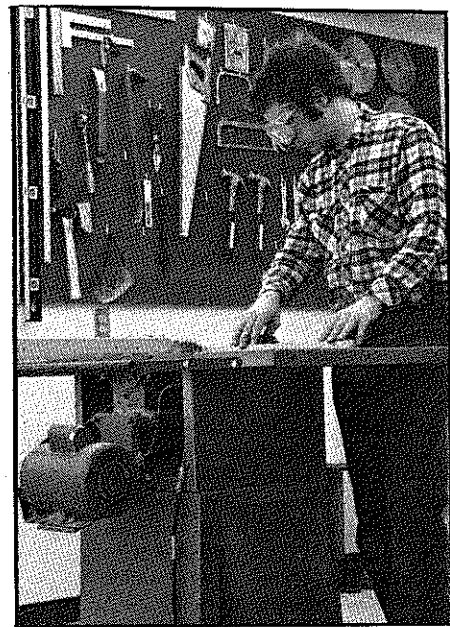
We can assist you to do the following:  
 . determine the type of wood to use for your project  
 . plan and execute your home workshop design  
 . locate special hardware and tools for your workshop  
 The woodwork shop staff are here to advise people in accomplishing their own home woodworking projects. The coordinator will be available to help with your woodworking questions.

MAKE A TALKING DRUM

Dick Stater 532-5866

One time, Tuesday, 7-10pm, March 24  
 Location: UFM Solar Addition Workshop  
 Fee: \$2, pay at registration Limit: 8

Talking drum, slit drum, obec, Aztec drum all describe the same thing: a wooden box with tongues of different lengths. An easy project to build and a lot of fun to play. The techniques of construction will be demonstrated. If you lack the necessary equipment to make a drum, join the Workshop Coop.



NOMADIC FURNITURE

Dick Stater 532-5866  
 Tuesday, 7-10pm, March 17 Location: UFM Solar Addition Workshop  
 Limit: 8 Fee: \$2.00, pay at registration

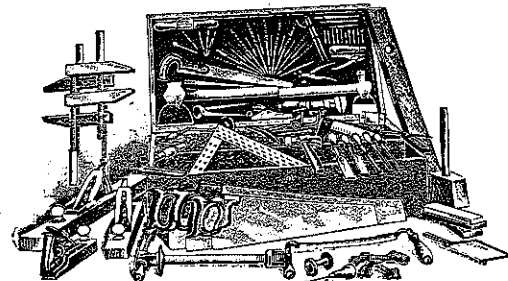
We will be looking at various types of inexpensive knock-down furniture that can be easily constructed with a small degree of skill. If you want to construct your own furniture after this class, you might consider joining the UFM Workshop Cooperative.

WOODWORKING FOR BEGINNERS

Dick Stater 532-5866

Tuesday, 7-10pm, March 10 Location: UFM Solar Addition Workshop  
 Thursday, 7-10pm, March 12 Fee: \$2.00, pay at registration  
 Limit: 8

This course is for those with little or no experience with tools. The proper use of hand tools and tool safety will be stressed. Some power tools will be included. The goal will be to make a straight cut, drill a perpendicular hole and hammer a nail (instead of a thumb.) If you decide after this class to tackle a woodworking project, you may join the workshop co-op.



GENERAL BICYCLE REPAIR

Bill Jacoby 537-1510  
 Tuesdays, 7-9pm First Meeting: March 24 Length: 7 times  
 Location: Bill's Bike Shop, 1207-A Moro

Want to get that bike of your's in mint condition? Bill will take you through the fundamentals of bicycle care and repair. (Bill owns his own bike shop here in Manhattan.)

FLINT HILLS PONY CLUB

Linda Frey, Ann Lenhart 539-3435, 532-6681

Sunday, 2-3pm, Feb 22 (introductory meeting)  
 Location: 2110 Northview Dr

This club is a member of the U.S. Pony Clubs Inc. which has existed in the U.S.A. for 50 years. The purpose of the club is to promote good horse ownership: "A happy child and a happy horse." This club is for juniors aged 6-21 who own or wish to own a horse. (Linda is the district commissioner and Ann is the joint district commissioner.)

USING THE SHETLAND PONY

Harlen Kleiner 494-2630

Saturday mornings - sign up and you will be contacted  
 We will cover selection, care, feeding, training, riding and driving; (single and double-hitches) equipment. Good for families- this class will be very informal. (Harlen knows his stuff.)

RENOVATING HOMES

Russell Reitz 539-4173

One Time: Monday, 7-9pm, March 2 Location: UFM Fireplace Rm  
 Russell will cover examining the building, finding out the original price, furnace costs and improvements, determining the electrical capacity, and other renovation topics. (Russell has renovated over 20 homes here in Manhattan.)



BICYCLE MAINTENANCE FOR KIDS

Dave Colburn 539-5639

Sundays, 1pm First Meeting: March 1 Length: 2 times  
 Location: Pathfinder, 1111 Moro Limit: 5, ages 9-12

The goal will be for each class member to be able to fix flat tires and keep her/his bike in good running order. (Dave began working on bikes when he was five years old.)

ADVANCED BICYCLE MAINTENANCE

Dave Colburn 539-5639

Tuesdays, 7pm, Pathfinder, 1111 Moro First Meeting: Feb 17  
 Length: 4 times Limit: 5

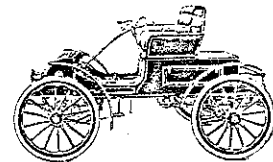
This class is for people who already fix flat tires and adjust brakes but want to do more. We will be repairing and rebuilding wheels, overhauling cranksets, hubs and headsets and maybe peek inside a 3-speed hub.

EVERYTHING ABOUT MOPEDS

Rob Atland 776-6656

One Time: Wednesday, 7pm, Feb 18  
 Location: 496 Poliska La Limit: 15

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



BASIC AUTO BODY REPAIRS

Alan Clark 776-5333

One Time: Tuesday, 7-9pm, March 3 Location: UFM Banquet Rm Limit: 25

This session is on the basic mechanics of repairing minor auto body problems. A discussion and possible hands-on session covering techniques of repairing dents, rust damage and paint loss will be included. (Alan owns an auto body repair shop in Manhattan.)

CARE AND FEEDING OF VW BUGS

Larry and Terry Mangiaracino 494-2388

One Time: Saturday, 1:30-3:30pm, Feb 28  
 Location: UFM Fireplace Rm Limit: 15

This course will begin with a basic description of the VW Bug and how it works. Larry and Terry will also cover preventive maintenance and how to keep your bug from becoming extinct. (Larry and Terry have been working to keep VW Bugs alive for eight years now.)





STRIPPING FOR FUN AND PROFIT (FURNITURE, THAT IS)

Kevin and Ginny Patterson  
 One Time: Thursday, 7-9pm, Feb 19  
 Location: 900 Leavenworth Limit: 15

This class will include general knowledge on stripping and refinishing furniture. Kevin and Ginny will show you their projects and the materials they use. You are welcome to bring a project you have done or wish to do. (Kevin and Ginny have done this for 2 years.)

ART OF HOUSE PAINTING

Fred Horton  
 One Time: Thursday, 7-9pm, March 5 Location: UFM Banquet Rm Limit: 25  
 This class will fill you in on about everything you need to know - from setting up the ladder to cleaning out the brush. Fred will also explain how to get the quality you want without dishing out the money. A question and answer period will follow. (Fred has painted many a house in Manhattan.)

REPAIR OF CONSUMER ELECTRONICS

Mel Shiroky  
 Tuesdays, 7-9:45pm First Meeting: Feb 17 Length: 2 times  
 Location: 925 Gardenway, Apt 2 Limit: 6  
 This class is designed for the individual who has no knowledge of electronic theory or repair. Students will learn how to do basic repair on small appliances, battery chargers, smoke alarms, security alarms, audio-visual equipment and other things. (Mel has nearly twenty years of electronic repair experience.)

BASIC PLUMBING

William Asbury  
 Thursdays, 7-9pm First Meeting: March 26 Length: Ongoing  
 Location: UFM Banquet Rm Limit: 25  
 This will be a basic class covering common plumbing problems found in the home. William will show you how to size pipes, join metal and plastic pipes and tell you what tools are needed for the job. (William has fixed plumbing in homes old and new for many years.)

UFM COMMUNITY SOLAR GREENHOUSE

Appropriate Technology Staff  
 Saturday, 7:30-9:30pm, Feb 21 Location: UFM Solar Addition  
 Limit: 15  
 Aren't all greenhouses solar? Maybe, but you can learn the important differences between a "solar" greenhouse and a conventional greenhouse in this tour and demonstration of UFM's Community Solar Greenhouse located in the new solar addition. We'll also talk about the many programs and services this exciting new facility will provide for the Manhattan community.

UFM SOLAR ADDITION HISTORY

Bruce Snead  
 Monday, 7-9pm, March 2 Location: UFM Solar Addition Limit: 15  
 A slide show history of the construction process of UFM's solar addition will be presented. Bruce will describe how this innovative facility will work and then lead a tour through it. (Bruce was construction supervisor for the solar addition.)

ENERGY CONSULTING NIGHT

Appropriate Technology Staff  
 Wednesdays, 7:30-9:30pm First Meeting: Feb 18 Length: 4 times  
 Location: UFM Solar Addition  
 Need a little consulting or advice on your latest energy project or future plans? One or more Appropriate Technology staff members will be available to discuss your designs, advise on details or particular problems, and be a sounding board for your ideas. References on energy conservation, passive solar design and materials will be available for use during the evening. Rather than a comprehensive design service, this will be limited to advice and consulting. Advance appointments are encouraged, but not necessary.



INTRODUCTION TO UPHOLSTERY

Betty Currie  
 One Time: Tuesday, 7-9pm, Feb 24 Location: UFM Fireplace Rm  
 Limit: 25  
 Betty will demonstrate the basics of upholstery. She will show you the short cuts from taking furniture apart to putting finishing touches on the cushions. The tools needed will be talked about. You are welcome to bring your project in for advice. (Betty likes to upholster.)

HUNTER SAFETY

Art Clack  
 Section I: Saturday, 9am-1pm, March 28  
 Section II: Sunday, 1-5:30pm, March 29  
 Location: UFM Banquet Rm. Limit: 15  
 If you were born after July 1, 1957, you must complete a Hunter Safety Course before hunting in Kansas. If there is a gun in your house, you can use this class. (Art gunsmithed for five years.)

776-9608 RELOADING

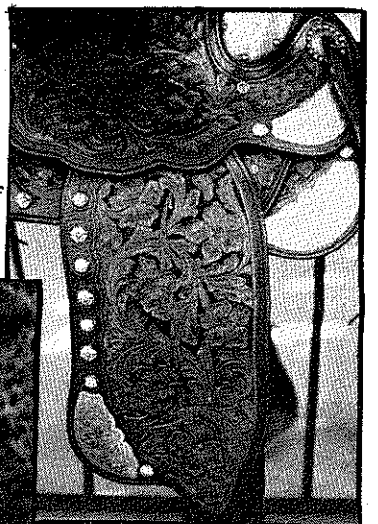
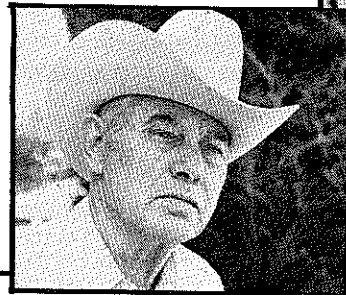
Art Clack  
 Saturday, 9am-12noon First Meeting: March 14 Length: Indefinite  
 Location: UFM Fireplace Rm Limit: 10  
 Reloading can be as relaxing as knitting, and saves about 25¢ on each round fired. In a pinch, this may be the only way to get ammunition. Ammunition can be tailored to your need.

776-5131 FIREARMS, FIREARMS TECHNOLOGY AND GUN CONTROL

David Nonte  
 One Time: Saturday, 1pm, Feb 21 Location: 2216 Sloan  
 This class will present a clear and unemotional view of the relationship of firearms and crime. By presenting an in-depth view of the problem, and class discussion we hope to be able to design some realistic model legislation. (David is presently working on a degree in Administration of Justice from W.S.U. to complement his 5 years law enforcement.)

539-2932

Below: Murray Edwards of Atwood, Kansas. Left: Saddle made by Murray Edwards.



Energy

UFM AND SOLAR ADDITIONS ENERGY SAVING DEVICES DEMONSTRATION

Appropriate Technology Staff  
 Thursday, 7:30-9:30pm, Feb 19 Location: UFM Solar Addition  
 Limit: 15  
 Members of the UFM Appropriate Technology staff will demonstrate and give a detailed explanation of all the energy saving devices in the new solar addition. We will describe the construction process, costs, and overall effectiveness of each energy system in the building. These systems include: a beadwall insulating wall system, earthtube cooling system; solar hot water collector and insulating shutters.

DOMESTIC SOLAR WATER HEATING

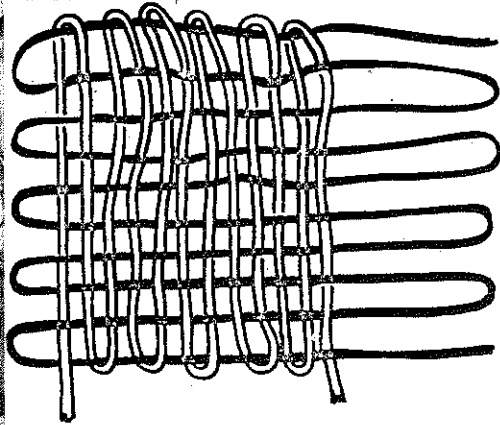
Gary Bennington  
 One Time: Tuesday, 7-9pm, March 3 Location: UFM Solar Addition  
 Limit: 15  
 Interested in heating your home's water with the sun? Whether you have serious intentions about solar hot water, like to tinker around or are just curious, this presentation will show you some installations in place, collectors under construction, and give you a chance to ask questions you've always wondered about. Included in the slideshow will be some examples of solar space heating units. (Gary installed the solar water collector for UFM's solar addition.)

DO-IT-YOURSELF HOME ENERGY AUDIT

Owen Jones  
 Monday, 7:45-9:30pm, Feb 16 Length: to be determined  
 Location: UFM Solar Addition Limit: 16  
 Fee: \$1.00, pay at registration  
 A home energy audit is simply a procedure to determine how and where energy is consumed in your home. An audit is very useful in determining the most cost-effective ways to save energy. In this class, you will learn several simple procedures for conducting your own energy audit. Sample forms will be provided including a computer audit form used by the Kansas Energy Office. (Owen enjoys studying and promoting energy conservation.)



Chair caning by Russell Snyder of Dodge City, Kansas.



MANHATTAN AREA ENERGY ALLIANCE (MAEA)

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

Topic: Discussion on MAEA Projects and Activities  
 Tuesday, 7:30pm, Feb 24 Location: First Congregational Church

Topic: Appropriate Technology Grant Application Workshop  
 Tuesday, 7:30pm, March 10 Location: UFM House

Topic: National Energy Policy - MAEA Study Group Report  
 Tuesday, 7:30pm, April 14 Location: First United Methodist Church, Fellowship Hall

Topic: Kansas Utilities and Consumer Interests - MAEA Study Group Report  
 Tuesday, 7:30pm, May 12 Location: First United Methodist Church, Fellowship Hall

MANHATTAN AREA ENERGY ALLIANCE, D.O.E. APPROPRIATE TECHNOLOGY GRANT APPLICATION WORKSHOP

Appropriate Technology Staff 532-5866  
 Tuesday, 7:30-9:30pm, March 10 Location: UFM Fireplace Rm

This workshop will instruct potential applicants for the Department of Energy, Appropriate Technology Small Grants Program on the correct procedure for preparing grant applications. Factors involved in preparing an application, such as time, budget, purpose of the program, the review process, accounting and reporting will be discussed. If there is demand, a second session on specific questions on individual applications will be scheduled. The UFM Solar Addition was built using Appropriate Technology Grant funding.

MAEA: ENERGY POLICY STUDY GROUP

Wayne White 537-1749

Sign up and you will be contacted

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

MAEA: UTILITY REGULATION STUDY GROUP

Sue Astley 539-9312

Sign up and you will be contacted

Controversial issues are now on the agenda of the Kansas Corporation Commission: Who should pay how much for electrical power production? Should utilities be required to invest in conservation measures or alternative energy sources? MAEA could offer testimony at future KCC hearings or join with other Kansas citizen groups to influence KCC policy. (Sue has served on MAEA's utility regulation study group for the past year.)

UFM PLANT SALE

Ginny Patterson 532-5866

The UFM Solar Addition will be having two plant sales to help raise money for greenhouse operational costs. The first will be in April. Cool season vegetables such as cabbage, broccoli, and cauliflower will be sold. The second sale will be at the beginning of May. Warm season vegetables, including peppers, jetstar, and roma tomatoes will be sold. If you have any questions, please call Ginny Patterson, the greenhouse coordinator.

PHOTOVOLTAICS

Bill Dorsett 539-1956

One Time: Wednesday, 7-9pm, March 4 Location: UFM Solar Addition  
 Limit: 15

Usually overlooked in the search for new energy, these space technology chips have no moving parts, consume no fuel, produce no pollution, and can be fashioned from the second most abundant element in the earth's crust. Plan to be your own utility in 1985. (Bill has researched P/V's for 2 years as an alternative to nuclear power.)

WIND POWER

Jesse Blenn 457-3500

One Time: Sunday, 2pm, March 8  
 Location: Flush church basement (6 miles east on 24, then 7 miles north.)

Wind electric generators - how they work, how they are built, (commercial and homemade.) You can build a wind generator for \$100. Call between 5-8pm telling your interests and bring your ideas. (Jesse is a wind generator dealer and experimenter.)

WOOD STOVES - HEATING AND BUYING

Dave O'Neal 539-3864

Sundays, 1-3pm First Meeting: Feb 15 Length: to be determined  
 Location: UFM Solar Addition Limit: 20

More and more homes are turning to wood for heating these days. Dave will cover the designing of wood stoves, chimney safety, and national safety codes. He can show you how to design your house to accommodate a stove and cover some basics on firewood. (Dave is a local stove retailer and has designed woodburning stoves and furnaces.)

WOODLOTS

Jim Converse 532-5989

Sign up and you will be contacted

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

UNDERSTANDING YOUR UTILITY RATES

Mary Neal 776-8893

One Time: Tuesday, 7:30-9:30pm, Feb 17 Location: UFM Fireplace Rm

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

THE SELLING OF NUCLEAR POWER

Bill Dorsett 539-1956

Mondays, 7-9pm First Meeting: March 9 Length: 2 times  
 Location: UFM Solar Addition Limit: 15

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

CONSTRUCTION OF INSULATING DRAPERIES

Fran Newby 532-6993

One Time: Thursday, 7-9pm, Feb 19 Location: KSU, Justin Hall Rm 349  
 Limit: 12-15

Methods of construction of energy efficient draperies will be presented in a 2-hour session. Handouts will be provided and it is recommended that you bring a notebook, pen or pencil and a tape measure. (Fran is assistant professor of Interior Design at K.S.U. As interior designer with Thomas E. Price in K.C. it was required that she know how to construct curtains and draperies of various kinds.)

SITE DEVELOPMENT FOR ENERGY CONSERVATION

Keith Christenson 537-1581

One Time: Saturday 1-3pm, Feb 28 Location: UFM Solar Addition  
 Limit: 15

Planning or retrofitting toward energy conservation begins outside the home. The session concentrates upon basic concepts of site development adjacent to buildings, that affects energy conservation and human comfort. An individual problem solving exercise will be included. (Keith is an architecture professor at KSU.)

WINDOWS WORKSHOP

Kevin Patterson 532-5866

One Time: Saturday, 11am-12noon, March 14 Location: UFM Banquet Rm

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



## Tours

Mankato Antique Machinery  
and Threshing Bee.

### AMERICAN INSTITUTE OF BAKING

Sharon Forst 537-4750  
Thursday, 1:30pm, Feb 19 Location: 1213 Baker's Way - off Manhattan Ave  
The American Institute of Baking is a non-profit organization devoted to education, training and research for the baking, food processing industries, and the general public. A tour of the facility will give you a view of what the Institute is doing for the community and all people in general.

### UNITED STATES CAVALRY MUSEUM TOUR

Steve Maxham 776-0133  
Saturday, 1:30pm, Feb 28 Location: Meet at UFM Parking Lot Limit 12  
We will tour the museum, with some "behind the scenes" sidelights. Also, will include a tour of the "Custer House" - the only remaining housing at Ft. Riley from 1854. (Steve has been working in museums for 4 years and at the Cavalry Museum for over 1 year.)

### RILEY COUNTY HISTORICAL MUSEUM - GOODNOW HOME TOUR

Jean Dallas 537-2210  
Saturday, 1:30pm, Feb 21 Location: 2309 Claflin Rd  
The Museum features exhibits of items used by early residents of Riley County. Exhibits are changed periodically but always relate to area history. (Jean is Director of the Riley County Historical Museum.)

### HISTORICAL COSTUME COLLECTION TOUR

Margaret Ordonez 532-6993  
Thursday, 7-9pm, May 7 Location: KSU, Justin Hall, Rm 349 Limit: 20  
Take a tour through the past. See clothing that your grandparents or great grandparents may have worn when they were children. Also included will be additional historic costumes and textiles. (Margaret is curator of the KSU historic textiles and costume collection. She also teaches a class in visual merchandising that sets up the display cases.)

### MEADOWLARK HILLS SOLAR RETIREMENT HOME TOUR

John R. Grace 537-4610  
Saturday, 1:30pm, March 7 Location: Meadowlark Hills - meet in lobby Limit: 15  
Meadowlark Hills, the second largest residence building in the midwest with a solar system, is Manhattan's first retirement community. Built at a cost of 5.6 million dollars, the facility opened in February 1980 and includes 75 apartments in the five-story apartment building. 16 apartments in the nearby cottages, and a 53-bed long-term care health center.

### McCALLS PATTERN TOUR

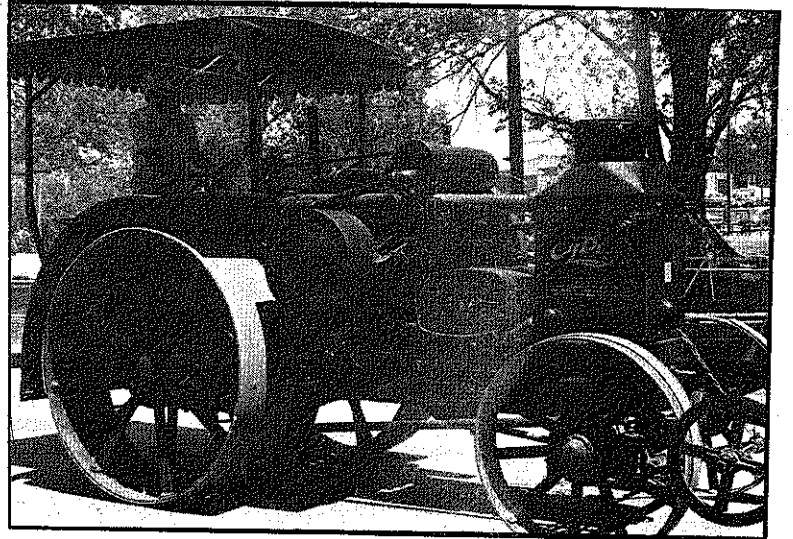
Norm Winter 776-4041 ext 301  
Tuesday, 1:30pm, March 3 Location: 615 McCall Rd  
Norm will show you the different departments that make up McCalls Pattern factory and show you how the patterns are cut, folded, and distributed.

### KSU RECREATION COMPLEX TOUR

Pam Johnson 532-6980  
Monday, 3:30pm, Feb 23 Location: N Denison Ave (just past tennis court) Limit: 30  
Tour of recreation complex on KSU campus. Brochures and information on use of facility will be available. (Pam is assistant director of recreation services.)

### KSU NUCLEAR FACILITIES TOUR

Tim Debay 532-5624  
Thursday, 3:30pm, Feb 26 Location: Main lobby of Ward Hall Limit: 15  
The tour will take you through the control room and reactor itself. A slide presentation will be given with a question and answer period to follow.



Kids' Tours

### MANHATTAN FIRE STATION TOUR - SPECIAL KIDS TOUR

Mary 537-0054  
Tuesday, 4pm, March 10 Location: 1100 Poyntz Limit: 30  
Come for a tour through the fire station. You will see tools and equipment that the firemen use. You can learn about fire prevention and rules of thumb on fire safety.

### MANHATTAN POLICE STATION TOUR - SPECIAL KIDDIES TOUR

Harold Sylvis 537-2112  
Thursday, 4pm, March 12 Location: 600 Colorado Limit: 20  
In this tour you will see the communications center and the different offices, see inside the patrol cars and look at their equipment. At the end there will be a question and answer period. The tour should last about 30 minutes so bring mom and dad along to visit Harold at the police station.

### KSU VETERINARY COMPLEX TOUR - SPECIAL KIDDIES TOUR

Jamie Seele 532-5660  
Saturday, 10:30am, March 14 Location: KSU Vet Complex, N Denison Ave Limit: 25  
Hey kids, young or old, come and see the new Veterinary building at KSU. Jamie will show you the small and large animal examination rooms and possibly the surgery facilities. A discussion will follow. Children must be 8 years of age or above to be admitted.

### CALL HALL - SPECIAL KIDDIES TOUR

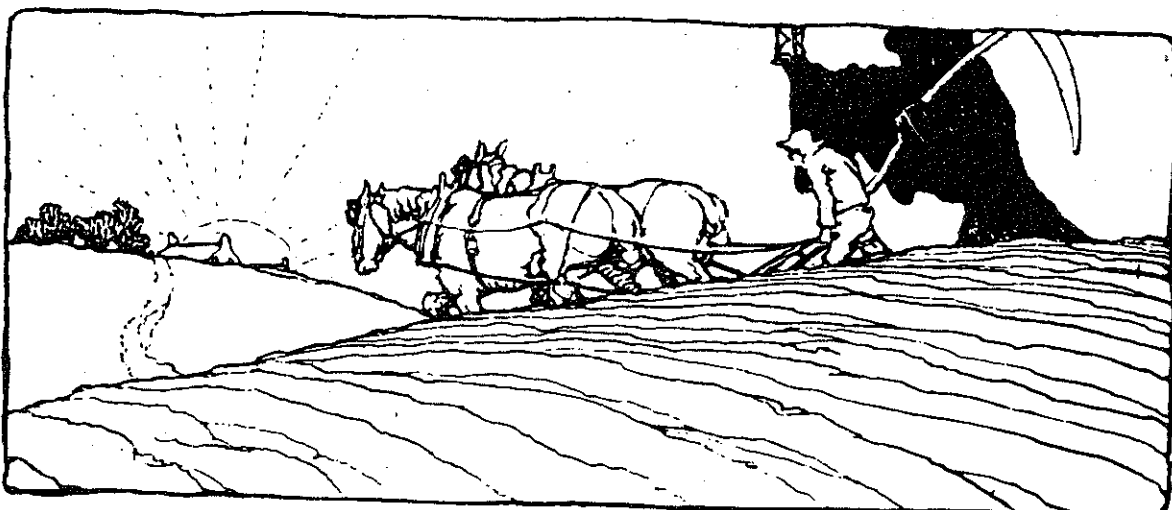
Kris Regier 532-5654  
Thursday, 4pm, March 26 Location: KSU, Call Hall, by dairy counter Limit: 12  
Kids, if you like ice cream, bring mom or dad along and visit Call Hall with Kris. In this tour we will go through Call Hall and observe the various procedures of milk, butter, cheese, and ice cream production.

### KMKF - KMAN TOUR (SPECIAL KIDS TOUR)

Ed Klimek 776-4851  
Tuesday, 4pm, Feb 17 Location: 2414 Casement Rd Limit: 16  
This will be a special tour for kids. Bring one of your parents along too and visit Ed at KMKF. 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.

### MANHATTAN MERCURY TOUR - SPECIAL KIDDIES TOUR

Jan Hansen 776-8805  
Tuesday, 4pm, March 24 Location: 318 N 5th Limit: 20  
Jan will take you through a tour of each department and describe each person's duties. She will also explain the newspaper processes including advertising, photography, layout and printing. Don't forget to bring mom or dad along too.







## Kansas Folklife

For the past ten months the University for Man, in conjunction with the Kansas Arts Commission and the National Endowment for the Arts has been conducting a statewide survey of folklife in Kansas. The project involves a systematic effort to identify and document information about practicing folk artists in Kansas today.

The state possesses not only a rich but varied folk culture. Kansas has been called a crisscross state where people of diverse backgrounds have both passed through and settled. Although most counties are populated with people of varied backgrounds, there exist a few pockets with a specific ethnic heritage, such as the Czechs in Wilson or the German-Russians around Hays. In some cases the folk arts of an area can be traced back to the old country but there also exist many traditions that originated in the United States or even within the boundaries of the state itself.

One of the immediate goals of the Kansas folk arts survey is to gather information to be placed in a folklife archive at the Kansas State Historical Society in Topeka. Included in the archive will be interviews and photographs of individuals and their work. These individuals participate in such varied traditional activities as quilting, woodcarving, post rock cutting, tatting, weaving, folksinging, folk dance, storytelling, and much more.

The folklife survey not only creates community awareness about the state's folk heritage but encourages the preservation of Kansas folklife for succeeding generations.

### Who We Are

The free university movement began in 1964, at the University of California at Berkeley, as an outgrowth of the Free Speech Movement. Many other free u's sprang up on college campuses across the nation. In response to a need to discuss and learn about social issues, a sense that education should be community-oriented, a belief that education is inherently democratic and the idea that students should have input into their education.

Although free u's began on college campuses, they now serve as bridges between the campus and surrounding community. Free u's attempt to serve all the people in the community--workers, homemakers, farmers, the elderly and children.

The story of University for Man (UFM) is similar. In the fall of 1966, a Kansas State University instructor gathered together some friends to create drama happenings each week. At the same time, a group was meeting in a student's home, exchanging views on society in the year 2000. Together they approached the Kansas State student government and in 1968, printed a brochure, offered seven courses and enrolled about 150 people.

Today UFM is a free university-community education organization which serves Kansas State University, Manhattan, Riley County, and numerous other areas of the state of Kansas. We create and develop all types of educational opportunities which are free of grades, credits, costs and prerequisites. Each spring, summer and fall, UFM prints a catalog, annually offering over 600 courses with about 15,000 enrollments in the Manhattan area. All courses are led by volunteers and are held in informal settings.

UFM has also been instrumental in the establishment of a drug education center, a telephone crisis intervention center, a community food coop, programs for handicapped and elderly citizens, an alternative elementary/junior high school, an appropriate technology center, a community gardens program, and other innovative programs.

### Free University Network

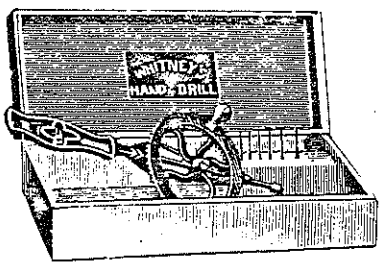
A volunteer position is now open with the Free University Network, the national association of free universities headquartered here at UFM. The work involves helping us process publication orders, and takes around 5 hours a week. We're seeking a person of any age who would enjoy being around UFM and its likeable people. Call Bill Draves or Julie Govert Walter at UFM, 532-5866.

### Free University Midwest Conference

The Outreach Program at UFM will be sponsoring a Midwest conference here April 3-4, 1981 for all free university programs in the Midwest, including the rural and small town programs in Kansas.

The conference theme will be budgets and fundraising, but other topics in adult learning will be covered as well. Last year's conference drew more than 65 participants, including many teachers and learners from Manhattan. Anyone interested is cordially invited to attend.

For more information, call Carol Smith at UFM, 532-5866.



### UFM On The Air

Hear the highlights of UFM activities on "The UFM Report", a public service of radio KMKF (FM 101.7) at 6:20pm every Monday and catch "This is UFM" a weekly television show which airs every Tuesday at 6pm and every Friday at 5pm on Cable Channel 6.

### The UFM Story

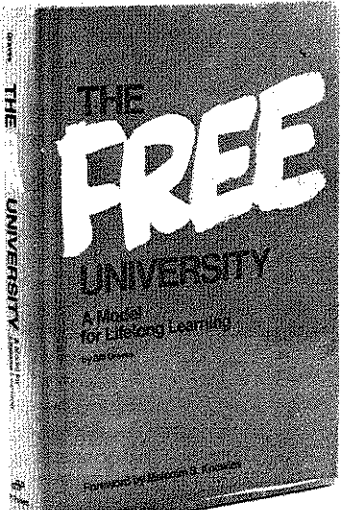
\* In Olsburg, 12 year old Sarah Nelson stuns her mother by telling her she has just signed up for a free u. class - in blacksmithing.

\* In Kansas City, German born Georg Moncki teaches a class in Conversational German - in a bar.

These and many other tales are a part of a new book on the fascinating story of the growth of UFM and more than 40 free universities in rural Kansas, in The Free University: A Model for Lifelong Learning, by UFM staff member Bill Draves.

Read about what the Associated Press calls "the adult education wave" of the 80's. Newsweek adds, "And the core of the growing free university movement is not Berkely or Cambridge, but Kansas."

Just released in November, it is now available in local and college bookstores. Ask for it.



UFM Staff- Right to left, top row: Meriam Kierstead, Marge Temple, Kate Maxham, Dick Stater, Rosemary Dukelow, Sue Rieger, David Verschelder. Middle row: Cindy Bryant, Neil Schanker, Moses Bayton. Bottom row: Carol Smith, Jennie Chinn, Jan Pelletier Gerdom, Ginny Patterson, Julie Govert Walter, Wanda Kline. Not pictured: Bill Berry, Roberta Bolin, Gary Coates, Bill Draves, Janet Holcomb, Bill Hoyt, Sue Maes, Mike Mullen, Kevin Patterson, Joe Rippetoe, Diane Barker Sitts, Doug Walter, Beverly Wilhelm, Bruce Sneed.

### Old Staff, New Staff

We are pleased to welcome new staff members Jan Pelletier Gerdom and Mike Mullen who work with our State Outreach program, Marge Temple and Bill Berry of Green Thumb, Ginny Patterson and Dick Stater with the Appropriate Technology program and Roberta Bolin and Kate Maxham who have joined the Campus Community staff. We welcome Diane Barker Sitts as Director of the Know-How Network, a new program in basic life skills.

With regret we say goodbye to Cindy Bryant of our Outreach Staff who has kept us all organized for the past year. Mike Wilson, who played a key role in the development of our Appropriate Technology program has resumed full-time study at KSU. Doug Walter, who over the past two years has given us a weatherized house, a darkroom, numerous grants and without whose expertise our energy programs and Greenhouse would probably not exist, has accepted a position as Residential Energy Specialist Kansas Extension Services. Joan Shoemaker, a cornerstone in our Community Gardens program for the past two years has turned her full time attention to duties at KSU. And good luck to Keith Ludden in Texas. Keith was part of the initial effort of our folklife program.

### Spring 1981

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

### UFM 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 a 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: Bill Hoyt at 532-5866

### A Special Thanks to . . .

In response to serious financial difficulties at UFM, a number of businesses and individuals offered us generous contributions. In addition to those listed in the fall 1980 brochure, we would like to offer our sincere thanks to:

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