

UNIVERSITY For MAN

Summer 1981



In Honor of ... Kansas Women

Strong, enduring women settled the plains, living with the uncertainty of the Kansas weather, the omnipresent wind, isolated from parents and friends, suffering the hardships of pioneer life. Hard-working women



Mary Lease, (1850-1833), orator and a leader in the Populist Party.

Georgia Neese Clark Gray, was in the Dept. of the Treasury under Truman.

brought their culture, traditions, foods and language, building a new life rich in history. They are a foundation and an example from which we can draw our strength.

Women are the teachers of values and knowledge, having lived so intimately with the children they bore. They have molded the future by working singly or collectively to improve their communities, to change laws and policies. Sufferagettes spoke out throughout Kansas demanding the vote. The first woman elected mayor in the U.S. was Susanna Madora Salter of



Susanna Salter, first woman mayor in the United States, of Argonia, Kansas.

Argonia, Kansas in 1887. The last chief of the Kansas Indians was a woman named Little Deer. These women have influenced our lives.

Kansas women, a diverse group, continue to make changes today; in themselves and in the world around them. Some are taking on new roles, new responsibilities, while others continue to be the backbone of the family. Groups of women question and confront discrimination and oppression relentlessly. We are continuing a long-held tradition of strength and endurance in shaping the future.

Changes

For over thirteen years University for Man has offered a tuition free program to the KSU-Manhattan community. In the past, we have been successful in generating grant money to help cover our costs, but severe cuts in federal funds in the areas of human services and educational programs and greatly increased costs resulting from inflation, have placed our financial survival in jeopardy. At the meeting of our Board of Directors last April, it was decided that we should begin the summer with a modest fee system. This does not mean that we are going to become a profit-making business. We are still a non-profit organization and as such are constrained by law from making profit. This means that income we generate will go toward helping meet our operating costs.

Our philosophy of free classes has been maintained over the years to encourage people to interact with each other - to discover life outside of the television world - to reacquire themselves with the joy of learning - to involve themselves with social concerns. In no way have our views changed. In many cases classes raising social concerns and encouraging community involvement have remained without a fee. We hope that the new fee system will not discourage you from remaining active in UFM and sharing our interest in providing a low-cost network of community learning.

If you are financially limited and would still like to participate in classes, please let us know. Arrangements will be made to accommodate you.

We are grateful for the support you have given us in the past, and hope that you will continue to support us.

We welcome your response to our plans and look forward to learning and working with you through the 80's.

The Staff

(Anne Backstrom not pictured)



Sue Maes, Director



Julie Coates



Rosemary Dukelow



Ginny Patterson



Kevin Patterson



Neil Schanker



Diane Barker Sitts



Julie Govert Walter

FUNDING SOURCES FOR LOCAL PROGRAMS

UFM Local Programs are supported by: KSU Division of Continuing Education, KSU Student Governing Association, United Way of Riley County, Kansas Farmer's Union, Green Thumb, City of Manhattan, Office of Education, and the Department of Adult Education.

UFM ON THE AIR

Hear the highlights of UFM activities on "The UFM Report," a public service of radio KMKF (FM 101.7) at 6:15pm every Monday and catch "This is UFM" a weekly television show which airs every Tuesday at 6:30pm and every Friday at 5pm on Cable Channel 6.

Contents

COMMUNITY

Politics, current events, social issues, women's section, basic life skills, kids' section, aging, financial management

EARTH

Outings, backpacking, gardening, energy

FOODS

Cooking, eating!

SKILLS

Repair, home maintenance, auto mechanics

FINE ARTS/CRAFTS

Languages, dance, visual arts, crafts

INNER SELF

Meditation, personal growth, health

OUTER SELF

Sports, camping, games

KNOW-HOW NETWORK

THE VOLUNTEER CLEARING HOUSE--A NEW COMMUNITY SERVICE YOU SHOULD KNOW ABOUT

Jim Bohn

537-0086

Office Hours: Monday through Friday, 9-12 and 1-4

Location: KSU Family Center

1221 Thurston (3rd floor of UFM)

The Volunteer Clearing House (VCH) is a newly established information and referral service that helps to match community volunteers with various individuals and social service groups in need of assistance. People of all ages are welcome to use this service, free of charge, either in the search for capable volunteers or in the voluntary offering of time, knowledge and skills. We welcome you to visit our VCH center or call us on our 24-hour number. Your name and pertinent information will be recorded and kept on file for as long as desired. We'll look forward to hearing from you! (Jim is the director of the VCH and a 1980 graduate of KSU.)

Community

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

WINNING GENEALOGY C56

Elaine Olney 539-4512

Two times, Tuesday June 16, and Thursday June 18, 7pm
Location: Register and you will be contacted

Where did your grandfather come from? Having a record of your family history will be useful for years to come and discovering that history is fun as well. Learn 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.)

DOWNTOWN RE-DISCOVERY C57

Tom Keohan 537-9683

One time, Saturday June 20, 10am-noon
Location: Chamber of Commerce, 505 Poyntz

What's so special about downtown Manhattan and Poyntz Avenue? This class will examine the floods, fires and business booms which shaped our downtown - those characteristics which make it a special place today. Re-discover the original character and personality of Downtown Manhattan through a slide presentation and a walking tour. (Tom is the coordinator of the Downtown Design Project.)

OUR KANSAS HERITAGE - A SLIDE SHOW C58

Doris and Leona Velen 539-8758

Wednesday July 8, 7:30pm, Manhattan Public Library, Juliette & Poyntz
New Kansas, its people and places, past and present. Appreciate its resources, limestone treasures, and scenic beauty through this slide show. (Doris and Leona are Manhattan teachers who grew up in the Blue Valley area.)

PRISON PEN PALS C59

Priscilla Hoffman 238-4061

Wednesday June 17, 7:30-8:45pm
Location: Register and you will be contacted

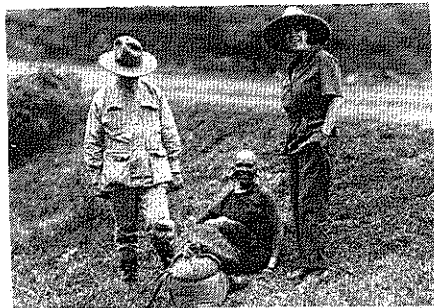
You can help someone on the inside with one of the most positive and inexpensive rehabilitation experiences - letters. Guidelines for writing, finding a pen pal, and what this can mean to someone in prison will all be covered. (Priscilla has been teaching in confinement facilities for 13 years and corresponds with many prisoners.)

LIFE IN AN ESKIMO VILLAGE C65

Carol Ann Holcomb 532-6765

Monday, July 6, 7pm Location: UFM Fireplace Rm

The last of the natural American Indian cultures is still thriving just miles from the Arctic Circle in Alaska. Tour the Eskimo village of Kiana on the Kobuk River in northwestern Alaska through slides and the experiences of a Kansan in Alaska. (Carol worked in Kiana during the summers in the 1960's and 1970's.)



Osa Martin, with her husband, made several travelogue films of exotic lands during the thirties.

TODAY'S KEY COUNTRIES AND HOW THEY AFFECT US C05

Mondays, 7:30pm
Location: Manhattan Public Library, Juliette & Poyntz
Fee: \$5.00 series ticket; \$2.50 students & senior citizens or \$1.00 donation at the door

Nigeria is the U.S.'s second largest oil supplier. Is Nicaragua the first domino in Central America? A look at some key countries in the world today and how events in these countries will influence us in the next few years.

- June 15 Nicaragua - As we saw it. Alicia di Francisco, from Columbia, and Regis Cabral, from Brazil. A look at post-war Nicaragua from a Latin American viewpoint.
- June 22 Agricultural Development in Poor Countries. Dr. David Norman Department of Agricultural Economics, KSU. Slides of his work in Africa, Asia and Latin America. A discussion of the agricultural problems and solutions for most of the world's farmers.
- June 29 Aiding Africa. Tom and Yolanda Mulhern. The Mulherns will show slides taken during their four years administering Catholic Relief Service programs in the Gambia, West Africa, and Burundi, East Africa.
- July 6 Life and Work in Guatemala. Dr. Jim Converse, Department of Sociology, KSU. A look at the arts and crafts industries and how they affect life and politics in this Central American "hot spot."
- July 13 Nigeria - Giant in Africa. Dr. Samuel K. Kujiyat, President Nigerian Student Union, KSU. Nigerians speak over 300 different languages and are over one-fourth of the population of sub-Saharan Africa. It is the U.S.'s second largest oil supplier, and the focus of KSU's most extensive joint educational program.
- July 20 Zimbabwe - The Fight for Democracy. Elias Ncube. He will speak about his youth in minority-ruled Rhodesia, and life in independent Zimbabwe today, and about the struggle going on in other Southern African countries.
- July 27 Hamburger - USA. David Stewart, Baptist Student Center. A film on how large corporations affect the food Americans eat, and the rest of the world.

Sponsored by the Coalition for Human Rights and University for Man.

TAXES FOR PEACE C55

Dean Denner 776-5589

One time, Tuesday, 7:30-9pm, June 30 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.)



MANHATTAN'S **KF**
PLAYS THE "ROCK"

UNIVERSAL Insurance Services



TELEPHONE 776-4825

AUTO • HOME
COMMERCIAL • BONDS



108 NORTH 4TH ST.
MANHATTAN, KS.

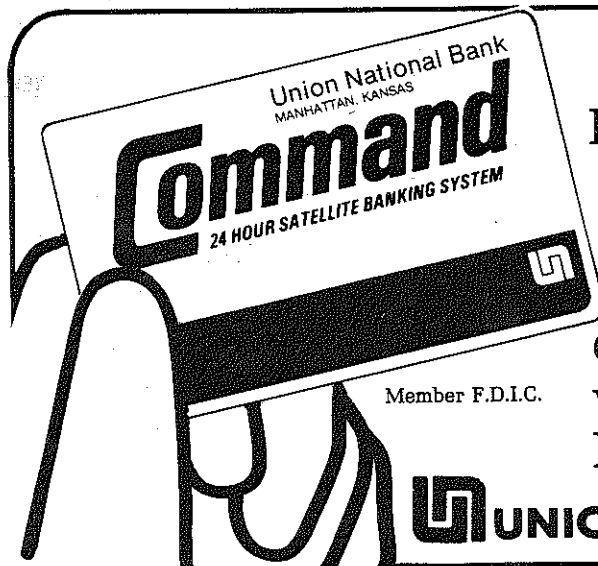
HEINOLD COMMODITIES INC.

505 POYNTZ - P.O. BOX 1248
MANHATTAN, KANSAS 66502

If you are interested in Commodity Futures for Hedging or Speculating call (913) 776-1313

or stop by at 505 Poyntz

Jim Buchanan
Terry Henry



Be in Command with Union National Bank's Satellite banking services Command Card Automatic Teller Machines located in front of our main bank downtown, at our west bank in Westloop and in the K-State Student Union.

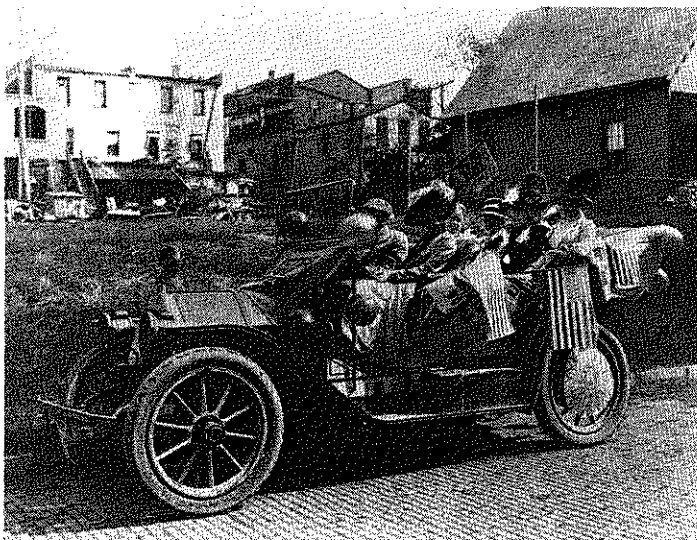
UNION NATIONAL BANK & TRUST CO.

Tours

KSU NUCLEAR REACTOR TOUR C40

Tim DeBey 532-5624
 Tuesday June 23, 3:30-4:30pm Limit: 15 Fee: \$1.00, pay with
 Location: Register and you will be contacted registration

See the KSU TRIGA Mk II nuclear reactor facility, beginning with a slide presentation and ending with a walk-through tour of the reactor. The research and training uses of the KSU reactor will be discussed in detail. (Tim is presently the Reactor Supervisor at KSU and has been a reactor operator at KSU for 2½ years.)



Suffragettes in Lawrence

AG PRESS TOUR C41

Hubert Macy 539-7558
 Tuesday June 30, 2-3pm Limit: 10 Fee: \$1.00, pay with
 Location: Register and you will be contacted registration

A history of printing and the world of paper, ink and presses will be highlighted on this tour. You'll discover the many parts of the printing process and see some of the different types in action.

UFM SOLAR ADDITION TOUR C42

Kevin Patterson 532-5866
 Section I: Thursday July 2, 7:30-9:30pm
 Section II: Saturday July 11, 10am-noon Limit: 10 each section
 Location: Register and you will be contacted Fee: \$1.00, pay w/registration

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 new facility provides for the Manhattan community. (This tour is provided by the Appropriate Technology Staff at UFM.)

U.S. POST OFFICE TOUR C32

Ed Barnes 776-8851
 Tuesday July 21, 10-11am Limit: 20 Fee: \$1.00, pay with
 Location: Register and you will be contacted registration

What's new at the Post Office? You'll be able to see first-hand in this tour. Learn about how the mail is sorted, why zip codes help the mail travel faster and answers to your questions in this behind-the-scenes look at the Post Office.

MANHATTAN MILLING COMPANY TOUR C44

Bill Thurburrow
 Tuesday July 14, 10-11am Limit: 20 Fee: \$1.00, pay with
 Location: Register and you will be contacted registration

Agriculture is Kansas' largest industry. Sign up for the tour of the Manhattan Milling Company and see what happens to the grain produced by the farmer. You'll see how this grain is merchandised and how livestock feed is made. (Children attending this tour should be accompanied by an adult.)

TOUR OF THE McCALL PATTERN CO. C30

Norman E. Winter 776-4041
 Section I: Tuesday July 7, 9-10am
 Section II: Tuesday July 28, 1-2pm Limit: 25 each section
 Location: Register and you will be contacted Fee: \$1.00, pay w/registration

The McCall Pattern Company is one of Manhattan's largest businesses. You'll see the different departments and how each pattern is cut and folded. And all participants will receive a free gift packet.

Aging

SORTING THROUGH THE MEDICARE MUDDLE C76

Cindy Davis
 Wednesday June 24, 2-3:30pm Location: Register and you will be contacted
 Has today's medicare system got you confused? You are not alone. This class will help you understand the paperwork involved and the other ins and outs of medicare. We will also discuss how President Reagan's policies might affect the program. (Cindy is the Assistant Director of Consumer Assistance and Information, a program of the Area Agency on Aging.)

ADULT DAY CARE C77

Susan Davis 537-4610
 Wednesday July 1, 2-3:30pm (Informational meeting)
 Location: Register and you will be contacted

The rising costs of health care force everyone to examine options to permanent places in a long-term care facility. Adult Day Care is a program designed to offer social opportunities, nutritious meals and nursing supervision to adults 60 years of age and older. Participants can attend as little as one day or as many as seven days a week. Plan to attend this informative program. (Susan is the coordinator of the Meadowlark Hills Adult Day Care Program.)

A SENIOR CENTER FOR MANHATTAN C78

Bill McAndrews 776-5101
 Wednesday July 22, 2-3:30pm Location: Register and you will be contacted
 Will there finally be a Senior Center in Manhattan: Where will it be? What will it look like? How will it serve you? Bill will answer your questions and show you the most up-to-date plans for this exciting project. (Bill is the chairman of the Riley County Council on Aging's Senior Center Project.)

HELP YOUR NEIGHBOR C79

Jim Bohn 532-6984
 If you couldn't see, if you couldn't walk, what would it mean to have someone give a little of their time to bring you a piece of the world? Volunteer to read to the blind, relieve a house-bound spouse of the burden of continuous care of a homebound invalid. Write letters for those who can't, paint a fence, or just be a friend. Sign up and you will be contacted. (Jim is the director of the newly formed Volunteer Clearinghouse.)



Financial Services

TAX SHELTERS • MONEY MARKET FUNDS • OIL/GAS INVESTMENT PROGRAMS • MONEY ACCUMULATION PLANS • COMPUTERIZED FINANCIAL PLANNING • COMMON STOCK FUNDS • MUNICIPAL BOND INVESTMENTS • KEOGH/IRA PLANS • REAL ESTATE INVESTMENT PROGRAMS • LIFE INSURANCE • PENSION PLANS

217 Southwind Lynn Nelson Fred Freebie
 Manhattan, KS 537-4505

BEFORE YOU RENEW:

- Your 6-Month to 2½-Yr. Savings Certificate
- Your 6-Month Money Market Certificate

Call: Steve Harrison
 Sheri Pravi
 111 S. 5th, P.O. Box 1244
 537-0594

Before you lock your money away for another six months or more, you ought to compare the yield you'll get with the high current money market yields now being paid by the Edward D. Jones & Co. Daily Passport Cash Trust.

You see, with Daily Passport Cash Trust you don't lock your money away at all. You can have your money back, all or part of it, any time you want it.

Simply call the number above, any time. We'll send you full information and a prospectus. Please send no money.



Members New York Stock Exchange, Inc.
 Member Securities Investor Protection Corporation



Edward D. Jones & Co.

Community

The Most Important Thing You Need to Know is How to Manage Your Money

Learn from professionals at First National.
 Learn how to save, to invest, to borrow,
 to plan for your future.
 Our advice is free. Ask for it—at any
 of our four locations.

1 First National Bank

Only Manhattan Bank With Four Separate Locations
 • Main Bank—701 Poyntz • University Bank—Denison & Claflin
 • First West—3011 Anderson Ave. • Downtown Bank—4th & Poyntz
 All Locations 537-0200 Member FDIC

Money

UNDERSTANDING COMMODITY FUTURES MARKETS

C29

Jim Buchanon and Terry Henry

776-1313

Thursday July 9, 7:30-10pm

Location: Register and you will be contacted. Fee: \$3.00

The commodity futures market is the fastest growing area on the stock exchanges. Wheat, orange juice, cotton, silver - you'll be shown what the Commodity Futures Market is and the factors which affect it. Investment opportunities will be discussed. (Jim and Terry are registered commodity brokers who have researched, taught and written about the Commodity Futures Market.)

MONEY MARKET FUNDS AND YOU

C35

Steve Harrison and Sherl Prawl

537-0594

Tuesday June 23, 7:30-9:30pm

Location: Register and you will be contacted. Fee: \$3.00

Are you confused about what money markets are and how they work? This class will provide you with an understanding of the practical uses and mechanics of short-term money market instruments known as money market funds.

REAGONOMICS

C85

Dr. E. S. Bagley

532-6702

Thursday July 2, 7:30-9:30pm

Location: Register and you will be contacted

You've heard about it in the news: here's your chance to discuss national economics. This class will take a look at "stagflation" and some causes of this economic malady (a high rate of inflation coupled with high unemployment.) Proposals to deal with this economic problem including the Reagan administration will be discussed. (Dr. Bagley is a professor of Economics at KSU.)

WHAT'S IMPORTANT?

C88

Pat Camp, Wayne Brooks

537-4401

Wednesday June 24, 7:30-9:30pm

Location: Register and you will be contacted

When a family crisis occurs, will you be prepared to handle all the personal business and financial affairs? If you are in doubt - this workshop is for you. We will discuss the importance of gathering and documenting information for easy reference now and in times of crisis. (Pat and Wayne are financial advisors who work with a local financial institution.)

NOW ACCOUNTS AND OTHER PLACES FOR YOUR MONEY

C89

Richard Morse

532-5515

Tuesday July 14, 7:30-9:30pm

Location: Register and you will be contacted

Your interest on savings can be tripled without inconvenience or loss of security. N.O.W. accounts, money market funds, and other alternative savings plans can get more from your money. Learn about these plans, minimum amounts needed, and where to participate. (Richard is the Chairman of the KSU Department of Family Economics.)

GIVE YOURSELF SOME CREDIT

C90

Sarah Carlson and Pat Camp

537-4400

Tuesday July 28, 7:30-9pm

Location: Register and you will be contacted

Establishing a credit history is useful if not necessary for getting loans, credit cards, mortgages and conducting other financial transactions. Find out when to establish credit, how to establish credit, and what the Equal Credit Opportunity and the Fair Credit Reporting Acts are. Open to men and women, with an emphasis on the woman's need for individual credit, especially when experiencing lifestyle changes. (Sarah and Pat, staff members of a local financial institution, present this class as a special community service.)

INVESTMENT BASICS

C28

Steve Harrison and Sherl Prawl

537-0594

Tuesday and Thursday, June 16 & 18, 7:30-9:30pm

Location: Register and you will be contacted

Class Fee: \$5.00, pay with registration

Is investing safe? Can I get my money back? These are questions all investors have. Financial planning requires complete information in all areas of investing. Stocks, bonds, mutual funds, tax-sheltered investments and other investment strategies will be explained in this course. (Steve and Sherl are registered representatives of a local brokerage firm which is licensed with a member firm of the New York Stock Exchange.)

FINANCIAL AID: WHAT IT MAY MEAN TO YOU

C86

Robert Evans, Susie Walters

532-6420

Section I: Tuesday June 30, 7:30-9pm

Section II: Tuesday July 21, noon-1:30pm (bring your lunch)

Is there money for your college education? Where is it? How can it become yours? These questions and others will be answered in this course. Special emphasis will be placed on the application process and important schedule deadlines. (Robert Evans, Director of Student Financial Assistance and Susie Walters, Assistant Director of Student Financial Assistance.)

SUCCESSFUL MONEY MANAGEMENT

C25

Fred Freeby, Lynn Nelson

537-4505

Section I: Monday, June 15, 7-10pm

Section II: Saturday, June 25, 9am-noon

Section III: Thursday, June 20, 7-10pm

Location: Register and you will be contacted

Class Fee: \$3.00, pay with registration

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 Lynn are financial planners affiliated with a national financial services organization.)



Women

DOMESTIC VIOLENCE/RAPE

G54

Judy Davis, Debbie Bratcher and Sandy Sanders-Ware

539-2785

One time: Wednesday, 7:30-8:30pm, July 8

Location: Register and you will be contacted

Four out of every 100 women are severely abused by their husband or living partner. According to FBI statistics, one out of four women will be raped. This class is designed to offer information about violence against women and services available locally. (Judy, Debbie and Sandy are staff at the Regional Crisis Center.)

WOMEN AND THE LAW

G27

Kathy Lundgren

532-6541

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

Location: Register and you will be contacted

Fee: \$3.00, pay with registration

From discrimination in the workplace to women's rights in criminal proceedings, women often face unique legal problems. This class will explore some legal concerns of special interest to women, and in addition to the two preceding topics will include: family matters, divorce and what women should know in seeking legal justice. (Kathy is the student's attorney at KSU and is concerned with women's rights.)

BOOKS BY AND ABOUT WOMEN

G66

Lorrie Cross

Alternate Tuesdays, 7:30-9pm First meeting: June 16

Length: Ongoing Location: Register and you will be contacted

Dimensions of self-image shaped by literary models are examined by participants as we discuss books selected by group members. Fiction, non-fiction, humor and satire are part of our bi-monthly discussions. Recent meetings have focused on *Tess*, plays by and about women, *Against Our Will* and *Mother's Helper*. Please bring suggestions for books readily available in bookstores and libraries. New members welcome. (Lorrie has a strong interest in women's literature.)

WOMEN IN MID LIFE

G29

Norma Parker

Tuesdays, 7:30pm First meeting: June 16 Length: 5 times

Location: Register and you will be contacted

Fee: \$5.00, pay at registration

Materials fee: \$2.75, book, pay at class

Is there such a thing as a mid-life crisis? Women between 40 and 60 are invited to meet and discuss issues relating to mid-life. Materials used: "Menopause," by Connie Bruck and *The Wonderful Crisis of Middle Age* by Eda LeShan. (Norma is in midlife, an RN and a graduate student in Family and Child Development.)



The UFM Brochure is made available through funds from K-State Student Governing Association.

Charlson and Wilson
Insurance Agency

Auto and Homeowners
111 N. 4th
537-2900

MEDICAL SELF CARE FOR WOMEN

G28

532-6544

Phyllis Laflin

One time: Thursday, 7:30-9pm, July 9
Location: Register and you will be contacted
Fee: \$3.00, pay with registration

A realm of personal power is emerging--the power to take primary responsibility for your own health. This class will introduce you to the issues you must be aware of to begin making competent choices in health care. Your body and its cycles, common gynecological complaints, physical self awareness as well as topics raised within the group will be discussed. Resources for further information and study will also be presented. (Phyllis has been a practicing nurse for many years and is particularly concerned with women's health issues.)



Topeka--Suffragettes in Governor Stubbs' auto, going after the vote.

WOMEN'S ISSUES AND THE NEW RIGHT

G52

532-6541

C. Stackpole

Thursdays, 7-9pm, July 9 & 16 Fee: \$3.00, pay with registration
Location: Register and you will be contacted Limit: 25

The "New" right, as it has been called and calls itself, blends conservatism with evangelism. It has been labelled a "conservative backlash" by some. For women, the "New Right" has serious implications. Under the guise of "pro-family" and "pro-life," the New Right seeks to destroy personal freedom and push us back into an age Betty Friedan wrote about in the *Feminine Mystique*. (Cathy is director of the KSU Women's Resource Center.)

WOMEN AGAINST RAPE

G68

Tuesdays, 5:30pm First meeting: July 8

In an effort to gain control of one's body from the fear of rape, sexual harassment and pornography, Women Against Rape has organized such programs as self-defense classes, the Women Take Back the Night March, and court watching. If you are a woman and interested in this cause, please join us. For more information call Julie Coates, 532-5866.

RILEY COUNTY WOMEN'S POLITICAL CAUCUS

G59

539-2412 776-9046

Diane Acker and Susan Scott Angle

One time: Monday, 7:30pm, June 15
Location: Register and you will be contacted

The Women's Political Caucus is made up of women who meet to consider ways to support legislation at state and national levels which directly affect women, to support qualified women seeking public office and to support any political candidate whose platform is favorable to women's issues. Please join us for an informal evening of wine and cheese and discussion about the Riley County Women's Political Caucus. (Diane and Susan are both active in working for women's concerns.)

LEADERSHIP POTPOURRI

G77

Mondays, 7:30-9pm Length: 3 times June 22, July 13 & 27
Location: Register and you will be contacted Fee: \$3, pay w/registration

Be a leader and enjoy it. You will have the opportunity, such as improvising, to develop and improve your skills in activities like public speaking and prepared speaking, parliamentary procedure, protocol, interpersonal and community relations, workshops, time management, how to give evaluations, organization techniques, self-motivation and fun. (International Toastmistress Clubs have been active in leadership training for over four decades.)

REGIONAL CRISIS CENTER - "HOUSEWARMING PARTY"

G76

Cathy Stackpole

537-0329

One time: Monday, 7:30-9:30pm, July 13
Location: Register and you will be contacted

The Crisis Center has a permanent shelter, but needs household goods to fill cabinets! Canned goods, dishes, pots and pans, t-towels, silverware, and other household items are needed. (Please no bedding, (linen) as they have plenty!) Please come to the RCC Housewarming party and bring a gift. Coffee, tea and dessert will be provided by Women's Resource Center and Women's Center of Manhattan.



WOMEN ON THE MOVE

G20

Sue Hager, Bev Schmutz

1-238-7442

Section I: Wednesdays, 5-6:30pm First Meeting June 17 Limit: 20
Section II: Wednesdays, 6:30-8pm First Meeting June 17 Limit: 20
Both sections ongoing

Location: Register and you will be contacted
Fee: \$5.00, pay with registration

This course will deal with the women's movement from 1800 to date. The issues of discrimination, sexual equality, right to own one's body, politics of feminist protest and related issues will be addressed. (Sue and Bev have been active in local women's programs. Sue is president of the Junction City Chapter of NOW and Bev is a member of that group.)

FEMINIST THERAPY COLLECTIVE

G53

532-6850

Ann Bristow

Register and you will be contacted

The feminist therapy collective has two goals: 1) education in feminist and non-sexist, approaches to prevention and intervention with mental health problems, and 2) translation of our philosophy into action. This summer the collective will complete work on a Manhattan area Women's Yellow Pages. (Ann holds a doctorate in clinical psychology and is interested in facilitating women taking control in meeting their physical and emotional needs.)



Mother Mary Ann Bickerdyke (1817-1901),
volunteer nurse during the Civil War.
"Mother Bickerdyke outranks everybody,
even Lincoln," General Grant said once.

WOMEN OF THE HEARTLANDS: SINGING OUR LIVES

G69

Christy Simpson

Mondays, 7pm First meeting: June 15 Length: Ongoing
Location: Register and you will be contacted

Women of the heartlands is a feminist chorus. Our primary goal is the establishment of a sense of woman community through music. Exclusively a women's chorus, we sing music by, for and about women. (Christy has been directing Manhattan's feminist chorus since January.)

WOMEN'S POLITICAL STUDY GROUP

G67

Sue Rieger and Mary Stevenson

532-5866 776-1644

Wednesdays, 7:30pm First Meeting: June 24 Length: Ongoing
Location: Register and you will be contacted

What are the major issues facing women in the U.S. and third world nations? We will focus our attention on how industrialization effects the lifestyles, social roles, health care, and education of women. "The Double Day," a film about women's roles in Latin America, will be shown and discussed at the first class. You are invited to bring books, articles and other resources to share. (Mary and Sue are concerned about international women's issues.)

**Gross
Insurance**

**Complete Insurance
Services**

**105 S. 4th Street
Manhattan, KS
66502**

776-4709

Community

Community

Children

For more information about Summer Fun for Young People, call Anne Backstrom at 532-5866.

NATURE SCAVENGER HUNT

Y07

Sue Rieger and David Verschelden 537-0148
 One time: Saturday, June 27, 9am-12noon (Raindate: July 11)
 Location: Meet in UFM Parking lot Fee: \$3.00, pay at registration
 Hunt for hidden clues while enjoying and learning about the outdoors. Separate hunts will occur simultaneously for three different age groups: 5-7 years; 8-11 years; and 12-15 years. Wear long-sleeved shirts, long pants and preferably boots as some weeds and grasses are tall out at Carnahan Creek. (Sue and Dave have past experience as youth counselors.)

KIDS IN THE KITCHEN (AGES 7-12)

Y00

Anne Backstrom 537-7092
 One time: Friday, 9:30-11:30am, June 26
 Location: Register and you will be contacted
 Fee: \$3.00, pay with registration
 Here's a chance for kids to explore the kitchen. Anne will introduce them to cooking and kitchen safety and send them home with something yummy.

BATON TWIRLING DRILL TEAM (AGES 3-14)

Y06

Shirley Kralik 1-456-9512
 Mondays, 7pm First meeting: June 15 Length: 4 times
 Location: Register and you will be contacted
 Fee: \$5.00, pay with registration
 Learn the basics of baton twirling (rolls, twirls and leaps) and marching. Participants will learn parade struts and show routines. Maybe a parade at the end! Bring your own baton or one can be purchased at the first class. (Shirley has been twirling in groups and solo since grade school.)

CHILDRENS' GARDENS

Y08

Richard Mattson 532-6170
 Saturdays, 10am-12noon First meeting: June 20 Length: Ongoing
 Location: Register and you will be contacted
 Fee: \$1.00, pay at registration
 Children of all ages can learn how to use organic gardening practices to grow peanuts, Indian corn, tepee pole beans and giant gourds. Individual and group gardens, adjoining the raised gardens for the elderly are available.

STARS AND MYTHS

Y01

Kim Zollman and Dean Zollman 539-4547
 One time: Wednesday, 7:30pm, July 8 Limit: 40
 Location: Register and you will be contacted
 Fee: \$3.00, pay with registration
 The summer sky is the home of Orion the hunter and queen Cassopeia. Learn the myths associated with the names of the stars and constellations, including myths from ancient cultures as well as our own. Explore the mystery and beauty of the stars, their stories, and the human tales they illuminate. This class is a family affair - adults will not be admitted unless accompanied by a person under the age of 17. (Dean occasionally teaches astronomy and related topics. Kim is a thirteen-year-old who is very interested in Greek Mythology.)

KIDS MORNING OUT (AGES 7-12)

Y05

Anne Backstrom 537-7092
 Wednesdays, 9-11:30am Length: 3 times, June 24, July 1 & 8
 Location: Register and you will be contacted
 Fee: \$5.00, pay with registration
 Kids, let's have fun--it's your morning out! We can go on nature hikes, tours, play games, to go the library, zoo or whatever sounds fun! Please come and if you have an idea, bring it.

Kids Tours

CALL HALL TOUR FOR KIDS (AGES 8-12)

Y02

Kris Regier 532-5654
 One time: Friday, 10-11am, June 19 Limit: 12
 Location: Register and you will be contacted
 Fee: \$1.00, pay with registration
 What's almost as fun as eating ice cream? Watching someone make it! See how ice cream, milk, butter and cheese all are made, and learn the secrets of why they taste so delicious. Kids, bring mom or dad along and visit Call Hall where good things are made (and eaten). (Kris has been leading this tour for two years.)

MANHATTAN FIRE STATION TOUR--SPECIAL KIDS TOUR

One time: Friday, 1-2pm, June 19 Limit: 30
 Location: Register and you will be contacted
 Fee: \$1.00, pay with registration
 Fighting fires is a dangerous job, and people do it so you can be safe. Come for a tour through the fire station, see the tools, the equipment and the firemen. You'll also learn fire prevention and rules about fire safety, so the next time you hear the sirens you'll know they won't be stopping at your house. Children should be accompanied by an adult.

CHILDREN'S LIBRARY TOUR

Y04

Anita Shores 776-4741
 One time: Monday, 1:30-2pm, June 29 Limit: 20
 Location: Register and you will be contacted
 Fee: \$1.00, pay with registration
 This will be a special tour for children who are 3½ to 5 years of age and who have not yet started kindergarten. A tour of the children's library section will be given with stories and finger plays following. We ask mothers to come and please remain in the library during the tour. (Anita is a staff librarian.)

TOUR VALENTINO'S

Y10

Dean Murphy 537-4350
 One time: Wednesday, 2-3pm, July 8 Limit: 12
 Location: Register and you will be contacted
 Fee: \$1.00, pay with registration
 This is a special trip to Valentino's for kids age 7 to 12. Dean will give a tour and then demonstrate how a famous Valentino's Pizza is made. (Dean is the manager of Valentino's.)

Kids Swimming - See the Outer Self Section - Swimming (A-F).

Earth

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

RAT CLASS

E10

Lynn Schanker, Jennie Sooby 776-0103
 One Time: Sunday, 7:30pm, July 12 Limit: 15
 Location: Register and you will be contacted
 Fee: \$3.00, pay with registration
 Rats! Get to know a small pet whose bad reputation is undeserved. Rats are intelligent, acrobatic and responsive to emotions. Cage set-up, diets, care and habits will be discussed. You may meet a new friend. (Lynn and Jennie have been the proud owners of three white rats.)

FULL MOON WALK ON THE STOCKDALE PRAIRIE

E02

Pat Dreese, Neil Schanker 485-2628 539-5766
 One Time: Wednesday, 9:30pm, June 17 (rain date June 18) Limit: 30
 Location: Register and you will be contacted
 Fee: \$3.00, pay with registration
 Ever wonder what it would be like to take a hike on the prairie some moonlit night? Experience the sights, sounds and smells of the prairie at night. Last season more than 100 people signed up for this unique and exciting experience. (Pat likes the outdoors and is now living in the country near the Stockdale Recreation area.)

BOXER DOG BREEDING AND SHOWING

E55

Elvinia Heldenbrand, Lillis Peck 776-9059 539-4232
 Register for this class and you will be contacted for time and location. Elvinia and Lillis breed, train, and show Boxers. They are available to assist persons who are interested in learning more about this breed, or who would like to become acquainted with other area Box fanciers.

WORM YOUR WAY INTO THIS CLASS!

E27

Tom Moyer 776-4572
 Tuesdays, 10-11am First Meeting: June 16 Length: 3 times
 Location: Register and you will be contacted
 Fee: \$5.00, pay with registration
 Raise your own worms and your garden will be grateful. Worms are beneficial in many ways, as soil aerators, as garbage disposals, and their castings are good fertilizer. See a worming operation and learn how to raise your own. (Tom has been raising worms the last three years.)

HOW TO BE A MODERN-DAY BUCKSKINNER

E56

Jim Bean, Jim Akin, Ed Hoover 776-6365
 Register and you will be contacted later for time and location
 A buckskinner is someone who wears buckskins and especially someone who was active in the pre-1840 fur trade era. You'll be shown how to historically recreate clothing, cook gear, camp equipment, and firearms of the period. (The instructors are avid muzzleloaders and they try to be as authentic as possible in their buckskins.)

HORSE TRAINING

E21

Michal Jamshedi 537-9845
 One Time: Monday, 8-9:30pm, June 15 Limit: 30
 Location: Register and you will be contacted
 Fee: \$3.00, pay with registration
 Michal will lead a discussion of horse training problems with the possibility of setting up a clinic if people are interested. Bring your own problems and suggestions. (Michal has been training horses for 10 years.)

HIKING TRAILS IN KANSAS

E01

Jim Nighswonger 537-4763

One Time: Tuesday, 7:30pm, July 7 Limit: 40
 Location: Register and you will be contacted
 Fee: \$3.00, pay with registration

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

DOWNTOWN FARMER'S MARKET

E58

Roxana Howe 539-1980

Saturdays, 8am-5pm, May 30 thru Oct 31
 Location: Register and you will be contacted

Downtown Farmer's Market has the goal of promoting direct farm to consumer marketing. Anyone, from small gardeners to commercial producers, may sell at the market. No reservations are necessary. Stall fees start at \$1.00/day. Fresh, in-season produce available weekly. (Roxana has been active in the market since its start in 1979, as a seller, consumer and on the board of directors.)

BASIC CARE OF CATS

E18

Maxine Potter 776-4963

One Time: Wednesday, 7:30-9:30pm, July 22
 Location: Register and you will be contacted
 Fee: \$3.00, pay with registration

We will discuss the history of domesticated cats, basic care and health problems, and a brief description of all breeds of pedigreed cats. Also, we'll cover show requirements, a demonstration of proper grooming of longhaired cats by H. Sicard, and a question and answer period. (Maxine has been a cat breeder and exhibitor for 23 years. She has been a judge throughout the U.S., Canada and Japan.)

GALAPAGOS ISLAND ADVENTURE

E25

Eileen Schofield Barkley 539-8312

One Time: Tuesday, 7-8:30pm, July 21
 Location: Register and you will be contacted
 Fee: \$3.00, pay with registration

Living in the stark volcanic landscape of the Galapagos are many unique plants and animals that illustrate the process of evolution. This slide show and lecture will introduce you to one of the most fascinating areas in the world. (Eileen has visited the Galapagos four times as a naturalist-lecturer.)

GARDEN INSECT IDENTIFICATION

E26

Steve Krueger 776-1752

Mondays, 7pm, June 15 & 22
 Location: Register and you will be contacted
 Fee: \$5.00, pay with registration

Who's in your garden now? We will do some general collecting and identification of insects in the garden. Bring nets, jars and questions. Specimens captured previous to the meeting may be preserved in a jar in the refrigerator. (Steve is a graduate student in Entomology at KSU and he's taught the lab sections in Insects of Home, Lawn and Garden for the last two semesters.)

IDENTIFICATION OF KANSAS FISHES

E15

Harold E. Klaassen 539-2575

One Time: Monday, 7-9pm, June 29
 Location: Register and you will be contacted
 Fee: \$3.00, pay with registration

Of the many fish species in Kansas, only a few are actually seen or caught. We will look at colored slides and preserved specimens of many common Kansas fishes. Characteristics will be pointed out that will be useful in field identification. Life histories of some of the species will also be discussed. (Harold teaches Ichthyology and Fisheries Management at KSU. He also conducts research on fish pond management.)

FISHING AND FABULOUS FISH FRY

E16

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

One Time: Thursday, Aug 6 (rain date Aug 7)
 Location: Register and you will be contacted
 Fee: \$3.00, pay with registration Materials Fee: \$2.00, pay at class

Your fishing fever will be high after learning about beginner techniques of summer 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. (If Jerry, Paul, Don and Ray can't catch it, there ain't no such fish!)

BIRD WATCHING BEYOND THE BACKYARD

E17

Monty Hinten 537-8871

One Time: Saturday, 7am, June 27 (rain date July 11)
 Location: Register and you will be contacted Limit: 10
 Fee: \$3.00, pay with registration

Are you limited in identifying only bluejays, robins, and cardinals? Searching for and identifying birds is what this class is about. Both beginners and experienced birdwatchers are welcome. Bring bird books and binoculars. (Monty is vice-president of the Northern Flint Hills Audubon Society.)

MOONLIT WALK AT DONALDSON PASTURE

E03

Marty Stapanian 539-4477

One Time: Thursday, 9:30pm, July 16 (rain date July 17) Limit: 20
 Location: Register and you will be contacted
 Fee: \$3.00, pay with registration

Listen to the night sounds of the Kansas prairie on a full-moon summer night. The Flint hills natural history comes alive after dark with its plantlife, nocturnal birds and mammals. Some small mammal live-traps will have been set previously so the little critters can be examined. Emphasis will be on listening and experiencing. (Marty is an ecologist at KSU.)

A DAY DOWN ON THE FARM

E04

Lark Meyer 922-6651

One Time: Sunday, 2pm, June 28 (rain date July 12) Limit: 25
 Location: Register and you will be contacted (you will be given a map)
 Fee: \$3.00, pay at registration

Visit a small-scale homestead operation that includes goats, cattle, hogs, rabbits, chickens, geese, bees and a horse. Many animals are gentle enough for children to pet or see close-up. Goat milking will be demonstrated and samples of goat products will be available for tasting. The farm demonstrates what can be done with relatively small space, some cash, and time. We will be glad to share our tales, including mistakes and misfortunes. (Lark graduated in Animal Science from K-State and Ed, her husband is a freshman in Veterinary Medicine.)

WORLD'S LARGEST AND OTHER SUNDIALS

E19

Bill Fateley 532-6298

One Time: Tuesday, 6:30pm, June 23
 Location: Register and you will be contacted
 Fee: \$3.00, pay with registration

Working with sundials can be simple enough to match the budding talents of a twelve-year-old; yet we know that sundials attracted the interests of such prodigies as Sir Isaac Newton and Thomas Jefferson. Build a sundial to grace your garden and to find time in other cities or by moonlight. This class will cover the art and construction of sundials and also view the world's largest sundial. (Bill is a collector of sundials.)

THE NIGHT SKY: BASIC OBSERVING

E11

Ted Geisert 539-8495

Tuesdays, 8-9pm First Meeting: June 23 Length: 4 times Limit: 20
 Location: Register and you will be contacted
 Fee: \$10.00, pay with registration

Summer is a good time to become familiar with the night sky. Emphasis will be placed on using star charts to identify constellations, location of planets and celestial events under the night sky. At least one evening will be planned (depending on the weather) to observe a few celestial objects with a telescope. Elementary school teachers and owners of small telescopes are encouraged to attend. (Ted is an avid amateur astronomer who enjoys helping others become familiar with the night sky and the enjoyment it offers.)

RAISED BED GARDENS: GARDENING BY THE ELDERLY

E50

Pat Camp 537-4400

One Time: Saturday 2-4pm, June 27 Limit: 20
 Location: Register and you will be contacted

If you have an interest in the elderly, as a volunteer, therapist, educator, student, etc., please join us for an informal discussion and slide presentation on the gardening concept as seen from both economic and therapeutic perspectives. (Pat is volunteer coordinator of the "Raised Bed Gardens" and is a Horticultural Therapist.)

FALL GARDENING

E28

Bill Hoyt 776-7426

One Time: Tuesday, 7-9pm, July 7 (rain date July 8)
 Location: Register and you will be contacted
 Fee: \$3.00, pay with registration

Extend your garden's productivity! Grow traditional spring crops in the fall. Spinach, beets, cabbage, lettuce and potatoes can do beautifully in the cool of the fall season. (Bill is coordinator of the UFM Community Gardens.)

SCARE CROWS (FOR THE STYLE OF IT)

E29

Bill Hoyt 776-7426

One Time: Tuesday, 7-9pm, July 14 (rain date July 15)
 Location: Register and you will be contacted
 Fee: \$3.00, pay with registration
 Materials Fee: \$1.50, pay at class

Scarecrows have long been used to keep unwanted creatures from succulent gardens, but have you actually seen one? We'll design and stuff our own, whatever pleases your sense of style: pioneer, modern or exotic. Dorothy, do they really work? Bring your own scarecrow apparel - be creative! Families welcome.



BASIC FLORAL ARRANGING

E20

Karen Medlin

537-2846

One Time: Tuesday, 7:30-9:30pm, June 23 Limit: 10
 Location: Register and you will be contacted
 Fee: \$3.00, pay with registration
 Materials Fee: \$5.00, pay at class

Make a small floral arrangement to take home. Basic arrangement will be taught - what flowers to use where. Bring a small 4"-6" diameter container for the arrangement. (Karen owns and operates Westloop Floral.)

EXPLORING THE HERBARIUM

E22

Ted Barkley

532-6619

One Time: Wednesday, 7:30-9pm, July 15 Limit: 15
 Location: Register and you will be contacted Fee: \$1, pay with regis.

Participants will tour the Herbarium which is a reference collection of some 170,000 plant specimens. It is the prime resource for studies on the native flora and for general plant identification. (Ted has been the Curator of the Herbarium for twenty years.)

PRAIRIE GRASSES

E07

Gene Towne

539-0353

One Time: Saturday, 10am, June 27 (rain date Wednesday, 6pm, July 1)
 Location: Register and you will be contacted
 Fee: \$3.00, pay with registration

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.

PRAIRIE WILDFLOWERS

E06

Gene Towne

532-6101

One Time: Saturday, 10am, June 20 (rain date Wednesday, 6pm, June 24)
 Location: Register and you will be contacted
 Fee: \$3.00, pay with registration

Learn identifying characteristics of both flowering and vegetative plants and obtain lots of tidbit information by joining in a walk through the Flint Hills. (Gene is a research assistant in Range Management and has been teaching wildflower classes for five years.)

EARTH is continued on the next page...

Energy

SUMMER SURVIVAL C75

Douglas Walter

532-6026

Wednesday June 17, 3:30-5pm
 Location: Register and you will be contacted

What should older adults know about keeping cool in the Kansas heat? What are some practical ways you can keep cool, save money and be good to your health? Doug will discuss these important aspects of summer survival. (Doug works at the KSU Energy Extension Service.)

ATTACHED SOLAR GREENHOUSES

N15

Kevin Patterson, Rick Toyne

532-5866

Saturdays, 1-3pm First Meeting: June 27 (classes as requested)
 Location: UFM Solar Addition
 Fee: \$3.00, pay with registration

Get more food, heat and room for your family. A slide show of many different types of greenhouses will be shown and there will be a discussion of greenhouse principles, benefits and design. (Kevin and Rick have designed a number of solar greenhouses for people in Manhattan and surrounding communities.)

UFM SOLAR ADDITION HISTORY

N55

Appropriate Technology Staff

532-5866

One Time: Thursday, 7-9pm, June 18
 Location: Register and you will be contacted

A slide show history of the construction process of the UFM solar addition will be presented. There will be a tour of the addition and discussion covering its energy saving and storing features. This amazing 1,426 square foot building is designed to operate on less than \$30 of backup fossil fuel a year.

SOLAR AND ENERGY CONSERVATION TAX INCENTIVES

N19

Doug Walter

537-8634

One Time: Monday, 7:30-8:30pm, June 29
 Location: UFM Solar Addition
 Fee: \$3.00, pay with registration

Many Kansans took advantage of the generous combination of State and Federal energy tax incentives on their 1980 tax returns. Not only did they save taxes, they're now saving money each month on their utility bills. In this class we'll discuss how you can receive tax benefits for a wide variety of energy conservation and renewable energy measures. (Doug is extension specialist for residential energy with the Energy Extension Office.)

CAPTURING SOLAR WARMTH

N17

Bill Dorsett, Dean Denner

776-9711

Saturdays, 1-3pm First Meeting: June 27 (other classes as requested)
 Location: Register and you will be contacted
 Fee: \$3.00, pay with registration

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

PHOTOVOLTAICS

N18

Bill Dorsett

776-9711

One Time: Wednesday, 7:30-9:30pm, June 24
 Location: Register and you will be contacted
 Fee: \$3.00, pay with registration

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 utilities company in 1985. (Bill has researched photovoltaics for 2 years as an alternative to nuclear power.)

SOLAR DOMESTIC WATER HEATING

N16

Gary Bennington

776-9711

One Time: Wednesday, 7:30-9:30pm, June 17
 Location: UFM Solar Addition
 Fee: \$3.00, pay with registration

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 slide show will be some examples of solar space heating units. (Gary installed the solar water collector for UFM's solar addition.)

WIND ELECTRIC GENERATORS

N25

Jesse Blenn

457-3500

One Time: Sunday, 2-4pm, June 21
 Location: Register and you will be contacted
 Fee: \$3.00, pay with registration

Stop cursing at the wind. Instead, put it to use with a wind electric generator. Jesse will be showing commercially available and homebuilt generators. Costs, benefits, tax credits and types of installation are topics to be covered. (Jesse is a wind generator dealer and experimenter.)

INSULATING WINDOW TREATMENTS

N26

Appropriate Technology Staff

532-5866

One Time: Saturday, 10am-12noon, June 20
 Location: Register and you will be contacted
 Fee: \$3.00, pay with registration

Windows can account for 1/3 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 and Solar Addition will be shown. You will learn how you might reduce your own utility bills with these low-cost treatments, many of which can be made at home with simple tools.

BUILDING AN ELECTRIC CAR

N10

W. L. Lala

539-7401

One Time: Wednesday, 7:30pm, June 17 Limit: 10
 Location: Register and you will be contacted
 Fee: \$3.00, pay with registration

Did you know that solar power, wind, or other alternative energy sources could generate electricity to run your car? In this class you will be shown one person's approach to building an electric car and will receive some ideas on how to get unhooked from petroleum dependency. (Dr. Lala is a local professional who has built his own electric car.)

UFM EARTH SHELTER & SOLAR HOMES TOUR

N-28

Rick Toyne

532-5866

One Time: Sunday, 1-5pm, June 28
 Location: Register and you will be contacted
 Fee: \$5.00, pay with registration

The tour will include earth-sheltered, passive solar and active solar homes that have been recently built in the Manhattan area, along with some older homes which have been retrofitted with solar water heaters, vertical wall-mounted collectors and attached solar greenhouses. A tour booklet with maps, specifications on the plans and an energy history of the homes will be mailed to you.

ENERGY CONSULTING NIGHT

N27

Appropriate Technology Staff

532-5866

Thursdays, 7:30pm First Meeting: June 18 Length: 4 times
 Location: Register and you will be contacted
 Fee: \$3.00, pay with registration

Need a little consulting or advice on your latest energy project or future home plans? The UFM Appropriate Technology Staff will be available to discuss your designs, Advice on details or particular problems will be available. References on energy conservation, passive solar design and building materials will be available for use during the evening. Appointments will be set for you on an individual basis. If consulting beyond the first evening is desired, services may be obtained on an hourly fee basis. (The Appropriate Technology Staff have had training in architecture, energy, and have had extensive hands-on experience.)

PLANTS OF KONZA PRAIRIE RESEARCH AREA

E13

Craig Freeman

532-6619

Section I: Saturday 9am, June 20 (rain date June 27) Limit: 20

Section II: Saturday 6pm, June 20 (rain date June 27) Limit: 20

Location: Register and you will be contacted

Fee: \$3.00, pay with registration (each section)

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

GREAT PLAINS WILD PLANT FIELD TRIP

E36

Sue Maes

532-5866

One Time: Thursday, 6-9pm, June 18 (rain date June 19)

Location: Register and you will be contacted

Fee: \$3.00, pay with registration

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 in the discussion part of class. Then a walking tour will be conducted. (Sue has cut her grocery bill while increasing her nutritional range of meals. One of her favorite wild dishes is stinging nettle quiche.)

ALLEY HERB, WEED, AND BIRD WATCH

E08

Mary Stevenson, Neil Schanker

776-1644 539-5766

One Time: Sunday, 6:30-8pm, June 28 (rain date July 19)

Location: Register and you will be contacted

Fee: \$3.00, pay with registration

Most folks miss much of Manhattan by travelling the main roads. Mary and Neil will guide you on an alley safari, searching for new flowers, unusual birds, and identifying herbs and weeds, some of which are edible. (Mary and Neil are addicted to long walks through Manhattan's alleyways.)

CONSERVATORY GREENHOUSE TOUR

E37

Richard Mattson

532-6170

One Time: Thursday, 7pm, July 9

Fee: \$1.00, pay with

Location: Register and you will be contacted

registration

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. (Dick is a horticulture therapist at KSU.)

HERB IDENTIFICATION AND FOLKLORE

E09

Dale Anderson

494-2540

One Time: Tuesday, 7pm, June 16 (rain date June 23)

Location: Register and you will be contacted

Fee: \$3.00, pay with registration

Learn the uses and folklore of herbs from Angelica to Zebrovka. We will view over 120 varieties of herbs in a guided tour of Dale's herb gardens. You will be getting a sneak preview of the newly transplanted herb beds, home and gift shop. (Dale has one of three herb gardens suggested for visiting in Kansas by the National Herb Society of America.)



Fort Hays Normal School, bloomer girls c. 1925

Foods

For more information about Foods, call Julie Govert Walter at 532-5866.

THE UNCOCKTAIL PARTY

F16

Linda Teener

532-6434

One Time: Thursday, 7:30pm, June 18

Location: Register and you will be contacted

Fee: \$3, pay with registration Material Fee: \$2, pay at class

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 hungry and thirsty. (Linda has taught this class before.)

WHAT'S BREWING?

F11

John Hoke

537-7215

Saturday, 2-3:30pm, July 25

Limit: 15

Location: Register and you will be contacted

Fee: \$3, pay with registration

Come and learn the art of brewing all natural lagers, ales and stout. Beat the expense of buying and learn the quality secrets of beer making and the "aging process" that is critical to better beer. (John hasn't bought beer in a few years. He's been making his own since '74.)

BABY FOOD CLASS

F17, F18

Barb Bowers

537-8277

Tuesdays, 7:30-8:30pm, June 16 & 23

Location: Register and you will be contacted

Fee: \$3.00, pay with registration

Feeding your child commercial baby foods is like feeding your husband a TV dinner every night. Introduce your baby to a whole new and nutritious world of eating. (Barb is a La Leche League Leader, has 4 children and has made baby food for them all.)

WINEMAKING AT HOME

F15

C. L. Norton, Lloyd Davenport

537-7683

One Time: Wednesday, 7:30-9:30pm, July 15

Fee: \$3, pay w/registration

Location: Register and you will be contacted

Learn the popular art of making wine right in your home. We will discuss what can be accomplished, the equipment needed, methods and the how to's that will get new wine makers off to a spirited start. (Charles & Lloyd are experienced wine makers who practice the art seasonally.)



AMERICA'S STEAK EXPERT

Family Dining
Full Service
Fast Food
Gourmet Food

Specialty Food—Salad Bar
Banquets—Business Luncheons

Whenever you speak of food and service
you are talking about Mr. Steak,
an expert in food service

Westloop Shopping Center, Manhattan

Open 7 days a week
(913) 776-8660

courtesy of

Ric's Cafe



THE
PALACE *in Aggieville*

704 N. Manhattan Ave.
539-7654

HOME WINEMAKERS
AND BEERMAKERS

[also Liqueur & Soft Drinks]

We have a complete line of
supplies and equipment.

FOOD BUYING CLUB F56, F57

Ken Embers & Lin Rose 1-468-36781-468-3627

Section I: Thursday, 7:30pm, June 18
Section II: Thursday, 7:30pm, Sept 3
Location: Register and you will be contacted

If your grocery bills are getting bigger and your grocery sack smaller the Food Buying Club may be for you. The Club lowers food costs by wholesale and direct purchasing from area producers. Come and learn more about what the Food Buying Club is doing to lower food costs. (Lin & Ken are VISTA volunteers.)

HOMEMADE YOGURT F02

Anthony Horsch 776-3757

Wednesday, 7:30-8:30pm, July 22 Limit: 20
Location: Register and you will be contacted
Fee: \$3.00, pay with registration

You 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.)

THE JOY OF BREAD F03

Leslie Black 537-8893

Wednesday, 7-9:30pm, July 29 Limit: 15
Location: Register and you will be contacted
Fee: \$3.00, pay with registration

Learning through doing, we will experience the satisfaction of making a loaf of bread. We will explore the role of each ingredient, savor the aroma, and ultimately sample several variations of homemade bread, including special tips on rye and whole wheat breads. (Leslie is a graduate of American Institute of Baking and studied grain science at KSU.)

DUTCH OVEN COOKING F06

Al Williams & John Selfridge 537-7411

Friday, 6-6:30pm, June 19; Saturday 2-? (until banquet is over) June 20
Location: Register and you will be contacted
Fee: \$3.00, pay with registration
Materials Fee: Dependent upon menu selected at Fridays meeting

Learn a dozen different ways to cook with the world's greatest cooking invention, the Dutch Oven. We will meet briefly on Friday to agree on the menu, then gather on Saturday to watch the Dutch ovens work and share the feast. (Al and John have over the years eaten well from Dutch Ovens.)

THE ELEGANT BREAKFAST F07

Mary Stevenson, Rosemary Dukelew 776-1644

Sunday, 6-8am, June 28
Location: Register and you will be contacted
Fee: \$3.00, pay with registration

Ever fantasize having champagne and strawberries for breakfast? How about having an early morning party to get your day off to a good start? Bring your own creative and exciting foods to this potluck-breakfast. A bowl of cornflakes will not be acceptable. (Mary and Rosemary have been eating breakfasts for years and would like to take a non traditional approach.)

NATURAL FOODS POTLUCK PICNICS F55

Neil Schanker 539-5766

Sundays, 6pm, June 21, July 12, Aug 16
Location: Register and you will be contacted

Tired of typical tasteless and over-processed food? Does your mouth water while imagining split pea rarebit, vegetable rice curry, or walnut-cheddar loaf? 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.)

YOU, TOO, CAN DEHYDRATE FOOD F08

Pat Pierce 494-2897

One Time: Sunday, 2-4pm, July 12 Limit: 20
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration
Materials Fee: \$1.00, pay at class (for food)

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.)

COOKING WHOLE FOODS F04

Larry Costlow 499-5397

Tuesdays, 8pm, July 7, 14, 21 Limit: 15
Location: Register and you will be contacted
Fee: \$5.00, pay with registration

Are you interested in learning to cook natural foods? This 3-week class is designed to give a broad view of whole grains, beans and other unprocessed foods: not just nutritional information but how to cook them as well. The first meeting will serve to familiarize you with many of the foods that you've read about and give you a chance to ask questions. The two remaining meetings will deal with the actual cooking of these foods, complete with samples and recipes. (Larry has taught this class through the Oisburg program and is presently the storefront manager of The People's Grocery.)

PUTTING FOOD BY F10

Cindy Suisar 537-8964

Saturdays, 9am-noon, June 27, July 11 Limit: 15
Location: Register and you will be contacted
Fee: \$5.00, pay with registration

Put your surplus food by for the winter. It's not hard to do. In the first class we'll cover preservation of non-acid foods through use of the pressure method. The second class will explain how those fabulous summer fruit and vegetable flavors can be savored when they are preserved by the waterbath method. (Cindy has been canning for six years.)

TOFU MAKING F01

Nessa Wong 539-1888

Saturday, 1-3pm, June 27 Limit: 10
Location: Register and you will be contacted
Fee: \$3.00, pay with registration

Learn the art of Tofu! A demonstration of the technique of making Tofu, from processing the fresh soybean and boiling, to solidifying and mold pressing for refrigeration. Nessa will offer many serving suggestions and recipes, and discuss The Book of Tofu for further reference. (Nessa grew up enjoying this oriental staple.)

COTTAGE CHEESE F05

Ron Pauli 539-6569

Monday, 7:30-9pm, June 15
Location: Register and you will be contacted
Fee: \$3.00, pay with registration

Cottage cheese is a favorite soft cheese for many. Ron will share his favorite cottage cheese recipe and tips in this demonstration. There will be time to discuss other soft cheeses, so bring your favorite recipe (and your questions) along. (Ron has raised dairy goats for several years and started making cheese to use surplus milk.)



Squirrel Tooth Alice, a dance-hall girl of Dodge City.

Skills

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

GENERAL BICYCLE MAINTENANCE S56
 Bill Jacoby 537-1510
 Tuesdays, 7-9pm, First Meeting: June 16 Length: 7 weeks
 Location: Register and you will be contacted
 Bicycling is a fun, healthy, non-polluting energy efficient activity. To maximize your enjoyment and self-sufficiency, you need to keep your bike in mint condition. Learn basic maintenance, problem prevention and maybe a few tips on bike selection and accessories. (Bill owns his own bike shop here in Manhattan.)

MOPED UPKEEP S05
 Bob Altland 776-6656
 One Time: Tuesday, 7-8pm, June 30 Fee: \$3.00, pay with registration
 Location: Register and you will be contacted
 Moped owners, do you really know how to care for your moped now that you have one? Bob will explain how to keep your moped running smoothly with preventive maintenance and moped safety. (Bob owns a moped dealership.)

MOTORCYCLE AWARENESS FOR ALL AGES S06
 Richard Harris 539-5264
 Thursdays, 7:30pm First Meeting: June 18 Length: Indefinite
 Location: Register and you will be contacted
 Fee: \$3.00, pay with registration
 If you are interested in any aspect of motorcycles, from maintenance to how to ride safely, this class is for you. Building your motorcycle confidence will be stressed as participants divide up into common interest groups. If you have a motorcycle, please bring it along. (Richard has been involved in motorcycling since 1967 and owns and operates the Parts Merchant.)

BASIC AUTO MECHANICS S10
 Jerome Martin
 One Time: Saturday, 1pm, July 11 Limit: 15
 Location: Register and you will be contacted
 Fee: \$3.00, pay with registration
 Why pay \$25 an hour for something you can do yourself? This class will teach you some very simple car repair procedures which can save you lots of money. Beginners only, please. (Jerome was an auto Vo-Tech graduate/basic course instructor in the Air Force.)



BASIC AUTOBODY REPAIR S07
 Alan Clark 776-5333
 One Time: Thursday, 7:30-9:30pm, July 16
 Location: Register and you will be contacted
 Fee: \$3.00, pay with registration

This session is on the basic mechanics of repairing minor auto body problems. A discussion and 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 YOUR VW S11
 Terri Mangiaracino 494-2388
 One Time: Saturday, 1:30-3:30pm, June 27 Limit: 15
 Location: Register and you will be contacted Fee: \$3, pay w/registration

This class will cover maintaining your VW with lots of tips from on-the-job experience in keeping VW's in top shape. Bring your questions concerning your Bug, Bus, Ghia or Type 3. (Terri and her husband have run J & L Bug Service in St. George for 8 years.)

BASICS OF STONEMASONRY S15
 Earl Robinson, Rob Sheridan 539-4142
 Two Times: Saturdays, 12noon-4pm, July 18, 26
 Location: Register and you will be contacted
 Fee: \$5.00, pay with registration

Stone masonry is an art, and there are few skilled practitioners today. In this class, two professional masons will teach the basics of laying stone and cinderblock. Participants will have a chance to take part in a hands-on building experience. (Earl and Rob laid the stonework in the UFM Solar Addition.)

UFM WOOD-WORKING COOPERATIVE S01
 Dick Stater 532-5866
 Tuesday, 7-10pm, June 23 (organizational meeting) Limit: 30
 Location: UFM Solar Addition, Workshop
 Membership Fee: \$20.00, pay with registration
 Located in the newly completed solar addition, the wood-workshop 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. The mandatory organizational meeting will include instruction in safe equipment use and basic first aid. Returning members do not need to attend the meeting. Just sign up for the co-op. YOU MUST BE 18 OR OLDER. (Dick is the UFM Workshop Coordinator and spent three years as a professional woodworker.)

Shop at

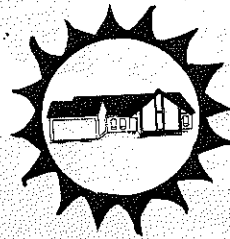
Sears

Downtown
 Manhattan

205 S. 4th St.
 776-8886

Passive Solar Construction, New or Retrofit

You may be able to realize a savings of up to 70% in your energy bills in a properly designed and built passive solar home.



Many existing homes can be adapted for passive solar through use of Trombe walls, solar greenhouses or sunspaces.

Let us show you how we can put the sun to work for you.

Mike Moore Construction
 776-5095

Buzzell's Office Equipment
 (across from the post office)
 511 Leavenworth
 776-9469
 Machines, furniture and supplies for the office

ND TOOLS • FENCE POSTS • WROUGHT IRON • LUMBER • SPINDLES
 RDN POWER TOOLS • LUMBER • PAINT • HAND TOOLS • ELECTRICAL
 DORS • WINDOWS • PANELING • LUMBER • SIDING • GUTTERS • MA
 LUMBER SUPPLIES • HARDWARE • FASTNERS • LUMBER • SHELVING
 CORATOR PRODUCTS • LUMBER • CABINETS • PLYWOOD • PAINTING
 NCING • SCREENING • SHUTTERS • LUMBER • INSULATION • WEATH
 MENT • LUMBER • PRE-MIXED CONCRETE • MASONRY TOOLS • BATH
 MBER • GLASS • FIRE OR SMOKE ALARMS • ROOF VENTILATORS • CO
 ARNISH • POWER TOOLS • TOOL BOXES & CABINETS • LUMBER • LAW
 OLS • FENCE POSTS • WROUGHT IRON • LUMBER • SHIP
 RDN POWER TOOLS • LUMBER • PAINT • ELECTRICAL
 MBER • WINDOW PANELS • WOOD • ROV
 R • LUMBER • PAINT • SHELVING • WO
 LU • LUMBER • PAINT • SHELVING • WO
 RIPS • LUMBER • PAINT • SHELVING • WO
 CESS • LUMBER • PAINT • SHELVING • WO
 LUMBER • PAINT • SHELVING • WO
 RDN H • LUMBER • PAINT • SHELVING • WO

Kansas Lumber Company
HOMESTORE
 776-4811 Seth Childs Road

**FOR YOUR COMPLETE
 PRINTING NEEDS...**

- ★ Typesetting
- ★ Art and pasteup
- ★ Camera work
- ★ Printing
- ★ Bindery work

Hawley Printing Service, Inc.

610 N. 3rd Phone 776-6731
 Plenty of free parking

Skills

WOODWORKING FOR BEGINNERS S02
 Dick Stater 532-5866
 Tuesday, Thursday, 7:30-10pm, July 14, 16 Limit: 8
 Location: UFM Solar Addition workshop
 Fee: \$3.00, pay with registration
 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.

WOODWORKING CONSULTING SERVICE S16
 Dick Stater 532-5866
 Tuesdays, 7:30pm, June 30 (and by appointment)
 Location: UFM Solar Addition workshop
 Fee: \$3.00 for non co-op members
 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 workshop staff are here to advise people in accomplishing their own home woodworking projects. The coordinator will be available to help with your woodworking questions.

RENOVATION OF OLDER HOMES S08
 T. Russell Reitz 539-4173
 One Time: Monday, 7pm, June 22
 Location: Register and you will be contacted
 Fee: \$3.00, pay with registration
 Has the thought flashed through your mind of purchasing and renovating an older house? Find out what you need to know to seriously consider such a project. There will be a review of general aspects to consider when renovating. These aspects covered will start with the basement and work up to the roof. Other topics discussed will be kitchen rewiring, insulation, furnaces and property financing. Bring your questions for the discussion. (Russell has been engaged in buying, renovation, selling or renting houses in Manhattan.)

BASIC HOUSE WIRING S09
 Richard Napper 539-3837
 Tuesdays, 7-9pm First Meeting: June 16 Length: 5 times
 Location: Register and you will be contacted
 Class Fee: \$10.00, pay with registration
 Materials Fee: \$5.00, pay at class
 This course will cover the tools and test equipment needed for a homeowner to service and repair house wiring. Richard will teach folks the proper way to add additional wiring to their houses. Students should bring their own chairs. Women are encouraged to attend. (Richard is an electrical engineer and a master electrician who owns his own electrical contracting business.)

Arts and Crafts

For more information about Arts and Crafts, call Rosemary Dukelow at 532-5866.

UFM DARKROOM COOPERATIVE A03
 Doug Walter 532-6026
 Monday, 7pm, June 15 Limit: 25
 Location: Register and you will be contacted
 Fee: \$18, new members; \$15, renewals, pay with registration (chemicals furnished)
 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 11x14 prints and 6cmx6cm 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 DARKROOM A04
 Doug Walter 532-6026
 Section I: Wednesday, June 17, Tuesday June 23, 7-8:30pm
 Section II: Wednesdays, June 17 and 24 7-8:30pm
 Limit: 5 each section
 Location: Register and you will be contacted
 Fee: \$22, pay with registration (chemicals furnished)
 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 PHOTOGRAPHY A05
 Doug Walter 532-6026
 Tuesday, 7-8:30pm, June 16
 Location: Register and you will be contacted
 Fee: \$5.50 for instructional materials, pay with registration
 It's simple. You'll be shown 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 DARKROOM A31 & A33
 Dan Ray 776-4240
 Section I: Saturdays, 1:30-3:30pm First Meeting: June 20 Length: 3
 Section II: Saturdays, 1:30-3:30pm First Meeting: July 18 Length: 3
 Limit: 10 each section
 Location: Register and you will be contacted
 Fee: \$5.00, pay with registration
 Materials Fee: \$5.00, pay at class
 When you've finished this class, you'll have a print from film that you've developed yourself! Learn all you need to set up a darkroom for black and white prints. (Dan has taught this class for UFM before.)

DEVELOPING COLOR SLIDES A32
 Mark Stallings 776-4240
 One time: Saturday, 1:30-3:30pm, July 11 Limit: 10
 Location: Register and you will be contacted
 Fee: \$3.00, pay with 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 fun and you'll leave with a lot of new ideas. (Mark owns and operates a camera shop in Manhattan.)

CIBACHROME: COLOR PRINTS FROM SLIDES A10
 Marion Pelton 537-1371
 Tuesdays, 7-9pm, First Meeting: June 16 Length: 3 times Limit: 10
 Location: Register and you will be contacted
 Class Fee: \$5.00, pay with registration
 Materials Fee: \$15.00, pay at class
 Ever wonder how they make color prints from slides? We will be making color prints from slides using cibachrome chemistry and paper. (Marion is an Emeritus professor of music now specializing in photography.)

CREATIVE PHOTOGRAPHY A33
 Pat Killough 776-6584
 Tuesdays, 7:30pm, First Meeting: June 16 Length: Indefinite
 Limit: 6 Location: Register and you will be contacted
 Materials Fee: \$10.00, pay at class
 Let's learn the difference between snapshots and pictures, and then make creative pictures. This class is for anyone from a beginner to an experienced photographer. The class members will make at least one creative project this semester while learning from each other and the class leader. The time frame of the projects will be flexible - according to the students' needs. (Pat is a former freelancer in Washington, DC, taught several previous UFM classes, presently doing PR photo work for Lee Killough, novelist.)

SPANISH FOR BEGINNERS A30
 Ronald Villasante 539-6627
 Thursdays, 7-9:30pm First Meeting: June 18 Length: 8 times
 Location: Register and you will be contacted Limit: 12
 Fee: \$10.00, pay with registration
 Did you know that English has over 1,500 words that are similar to those in Spanish? We will practice and talk about them, and learn some basic Spanish expressions and structures. Ideal if you want to be introduced to the real South American culture and language. (Ronald has taught English as a foreign language (EFL) in Peru for 7 years.)

BEGINNING FRENCH A07
 Ali Moussavi 539-0360
 Mondays and Thursdays, 10am-noon First Meeting: June 15
 Location: Register and you will be contacted Length: 10 weeks
 Fee: \$10.00, pay with registration
 Voulez-vous parler francais? This course will teach words and phrases used in everyday conversation. We'll learn to read simple narratives and give written and verbal response. We will also take a look at the French culture. (Ali is a reader of French classics, especially of Hugo & Racine.)

SIGN LANGUAGE: AN INTRODUCTION A24
 Brian Hettrick 776-7003
 Tuesdays, 7-8:30pm First Meeting: June 16 Length: 10 weeks
 Location: Register and you will be contacted Limit: 25
 Class Fee: \$10.00, pay with registration
 Materials Fee: \$7.00, pay at class
 Learn to talk with your hands! 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.)

Fine Arts/Crafts



College of Emporia Vestal Virgins Club

UFM POTTERY STUDIO CO-OP A00

Kate Maxham 776-0133

Saturday, 12 noon, June 13 - organizational meeting Length: 8 times
 Limit: 12 Location: Register and you will be contacted
 Fee: \$18 individual, \$27 family, pay with 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 kick 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. (Kate is the new pottery studio coordinator.)

UFM POTTERS GUILD A55

Harold Moore 776-6904

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.)

BEGINNING CERAMICS A01

Section I: Mary Ann Brown 776-1538
 Section II: Kim Kepler 539-8791

Section I: Mondays, 7:30-9:30pm First meeting: June 15
 Section II: Tuesdays, 7-9pm First meeting: June 16
 Length: 8 times Limit: 8
 Location: Register and you will be contacted
 Fee: \$18, pay with registration (clay, glazes and kiln use furnished)

Acquire sculptural handbuilding and wheelthrowing techniques. We will demonstrate coil, slab and pinch pottery. Wheelthrowing 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 and has taught at UFM before. Kim enjoys working with clay and is looking forward to sharing the fun with her class.)

CLAY PLAY A02

Leslie Black 537-8893

Tuesdays and Thursdays, 10-11:30am, June 16 through July 9
 Length: 8 times Limit: 8 - ages 12-15
 Location: Register and you will be contacted
 Fee: \$16, pay with registration (clay furnished)

Pine needles, bark, silverware and other found objects will be used in this class to create interesting designs and textures. We will learn different techniques for working with clay through the projects the class members choose to make. This will include some wheelthrowing and also handbuilding. (Leslie has taken numerous classes in the ceramic department at KSU.)

NATURAL DYE WORKSHOP A57

Susan Lalla 537-9610

Tuesday June 23, 4-9pm Materials Fee: \$3 for wool and dye materials
 Location: Register and you will be contacted

Walnut hulls, crabapple leaves, choke cherries and fustice can be used to dye wool for spinning and weaving. Bring your curiosity and favorite dish to this potluck/workshop and find out how it's done.

WEAVER'S FANCY A56

Susan Lalla 537-9610

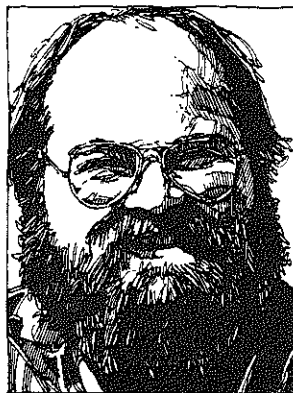
Tuesdays, 7:30-9pm, July 7, August 4
 Materials Fee: \$4.50 for yarn, pay at class
 Location: Register and you will be contacted

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," is Manhattan's weaving guild.)



Carrie Nation, Women's Cristian
 Temperance Union crusader

PEN & INK PORTRAITS



PERFECT FOR REPRODUCTION ON
 WEDDING INVITATIONS, GIFTS,
 GREETING CARDS, STATIONERY.
 CALL FRED ANDERSON 444 2001
 BOX 170, RT. 1, ST. GEORGE, IA.

LET YOUR CHILD DISCOVER MUSIC!

Summer Pre-Keyboard classes for small groups of 4, 5, and 6 year olds

Providing Musical experiences to explore rhythm, melody, basic musical notation, and keyboard geography through singing, movement, and improvisation.

One hour weekly June 8-July 31
 Teacher—Mary Jo Kurtz (Phone 539-6082)
 Certified by Music Teachers National Association

KINKO'S COPIES

Xerox 9400 copies only 4 cents each
 Our summer hours
 Mon.-Fri. 8-6
 plus Thurs. evenings 'til 8
 Sat. 10-5
 Sun. 12-5

ART 4U

1126 Laramie in the Handi-Corner 537-7340

Selection Service Style
 Manhattan's Largest Exclusively Women's and Children's Store



Downtown Manhattan

TREMENDOUS SELECTION OF BOOKS

Both Paper and Hardback
 All popular categories including
 • Cooking • Arts and Crafts • Do It Yourself (including solar and wood burning projects) • Hobby and Collecting

Open 9:00 a.m. to 9:00 p.m. Mon. thru Sat.
 Sunday 12:00 noon to 5:00 p.m. Ph. 539-0511



your friends in photography
 228 poyntz, manhattan
 776-4240

rental darkroom now available
 Nikon, Canon, Olympus, Minolta
 Kodak processing

ALTERATIONS

A12

Karen Servis 776-5338

Section I: Mondays, July 6, 13, 7-9pm
Section II: Mondays, July 20, 27, 7-9pm Limit: 5 each section
Fee: \$5.00, pay with registration
Location: Register and you will be contacted

A lot of the alterations to clothing that can save money are easy to do, but most people don't know how to do them. This class will demonstrate how to hem, take up waists, shorten collars, take the flare out of pants and alter men's suits. (Karen has been altering clothes professionally for 12 years.)

COUNTED CROSS STITCH

A11

Kim Schumm 539-3641

Monday June 15 (organizational) 7:30-8:30pm
Wednesdays June 17 & 24, 7:30-8:30pm Limit: 8
Materials Fee: \$3.50 for fabric, pay at class Class Fee: \$5.00, pay at registration
Location: Register and you will be contacted

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!)



Margaret Hill McCarter, a novelist in the early twentieth century, achieved national recognition with her writings of Kansas life.

FUN WITH BRAIDS

A13

Kim Kvasnicka 776-4266

Section I: Monday June 22, 29, July 6, 7-9pm
Section II: Monday July 13, 20, 27, 7-9pm Limit: 20 each section
Location: Register and you will be contacted
Fee: \$5.00, pay with registration

Braids are the easiest and coolest way to wear your hair this summer. We will cover 3, 4, 5 and 6 strand braids, french braiding, fish tailing and 4-strand rope braiding.

BELLY DANCE

A22

Mary R. Roth 776-1644

Mondays & Wednesdays, 7:30-9pm First Meeting: June 15 Limit: 30
Location: Register and you will be contacted Length: 10 weeks
Fee: \$10.00, pay with registration

Maintain your body's suppleness by stretching those ligaments and muscles. Belly dancing strengthens the whole body, promoting good circulation regarding the aging process. It is an excellent way of exercising for both males and females of all ages and sizes. This class will start with stretches and learn the basic dance steps later. Some of the movements Mary will teach are the shimmy-walk, belly rolls and "around the world." (Mary has performed for three years.)

COUNTRY SWING

A23

Section I: Sunday, Monday, Tuesday, Wednesday, June 21-24, 7pm
Pat Dreese Limit: 12 couples

Section II: Wednesdays July 1-22, 7:30pm
Gary Redeker & Beth Socolofsky Limit: 8 couples

Section III: Mondays July 6-27, Aug 3, 7pm
Peg Dysinger Limit: 6 couples

Location: Register and you will be contacted
Fee: \$10.00, pay with registration

It's fun and easy to learn the most popular dance in Manhattan. We will teach you how to do the basic swing step and then the passes and turns that go with it.

BEGINNING BANJO

A14

David Verschelden 537-0148

Wednesdays, June 24, July 8, 22 & 29, 7:30-9pm Limit: 8
Location: Register and you will be contacted
Fee: \$10.00, pay with registration

You will learn the art of playing the banjo three finger style. The class will go on to demonstrate the art of accompanying oneself singing and another person playing the guitar. (Dave is a potential "great" on this instrument and wrote this line himself.)

FOLKSTYLE AUTOHARP

A20

Linda Teener 537-0508

One time: Tuesday June 23, 7:30pm Limit: 10
Location: Register and you will be contacted
Fee: \$3.00, pay with registration

Tuning, use of fingerpicks, rhythm backup and picking melody lines are some of the topics to be covered in this class. A basic orientation to the autoharp will be given. (Linda has been playing autoharp about a year and is anxious to share this new found skill.)

MOUNTAIN DULCIMER

A21

Linda Teener 537-0508

Wednesdays, 7pm First Meeting: June 17 Length: Indefinite
Location: Register and you will be contacted
Fee: \$10.00, pay with registration

Dulcimers make nice wall decorations, but they're also fun to play. Come learn to play, share a new technique or bring a tune to play. The first class will review basic techniques and then we'll learn new tunes and try different playing styles. Beginners and more advanced players are welcome. (Linda plays mountain dulcimer, hammered dulcimer and autoharp.)

WIND ENSEMBLE

A57

Jim Shanteau and Carol Harris 537-0526 539-9574

Wednesdays, 7:30-9:30pm First Meeting: June 17 Length: 7 times
Location: Register and you will be contacted
Materials Fee: \$.50, pay at class

Enthusiasm and desire to play are more important than polished musical skills as we play and discuss chamber music for winds. Styles will range from baroque to modern. While we meet mainly for our own enjoyment, we may occasionally perform in public. (Jim and Carol have over 20 years experience on wind instruments.)

THE MYTH TOOL

A08

Anita L. Gordon 532-6516

Tuesdays, 7-9pm First Meeting: June 16 Length: 4 times
Location: Register and you will be contacted
Fee: \$5.00, pay with registration

What is a myth anyway? These sessions will be used to explore some definitions of myth, some specific myths, and some ways in which mythology has been used. Suggestions for further study will be included. Interested persons should purchase and read Gayley's *Classic Myths* or Edith Hamilton's *Mythology*. (Anita is currently a catalog librarian at Farrell Library. She holds master's degrees in English and Library Science.)

AGING PROCESS VIEWED THROUGH ON GOLDEN POND

A58

Edith Stunke 532-5945

Mondays, 7-8:30pm July 13, 20, 27
Location: Register and you will be contacted

ON GOLDEN POND, being presented in the Purple Masque Theatre, July 10, 11, 17, 18, 19, 24 & 25 at 8pm, deals with aging and an elderly couple viewing their mortality with humor and heartbreak and re-establishing family ties. Staff members of the Center for Aging will lead small group discussions on the messages inherent in the play. Discussions are free, tickets for the play are \$2.50 and can be reserved by phoning 532-6875. (The Center for Aging works as an educational resource and those involved recognize the need to reach out and explain the aging process.)

UKRAINIAN EGG DECORATING

A06

Orysia Dawydiak 539-2148

Monday June 29, 7:30-9pm
Location: Register and you will be contacted
Fee: \$3.00, pay with 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.)



Nancy Landon Kassebaum, serves as the only woman United States Senator

Self

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

PHOTOGRAPHY AND THE SENSE OF SELF G01

Ron Hoffman 532-5926 539-4055

Thursdays, 7-9pm First Meeting: June 15 Length: Ongoing Limit: 10
Location: Register and you will be contacted
Fee: \$10.00, pay with registration

We tend to "know" ourselves and the objects of the world through the medium of language. We may sense truths that go beyond language, but often these moments of insight slip through our mental grasp before we can tag them with meaning. By using photography as a means for enabling each individual to explore his/her awareness of self and of the surrounding world, we might succeed in catching a few of these prelanguage insights in order to examine them in greater detail. Each week, a topic commonly agreed upon by the group, will be explored by having participants photograph (black and white or color) their sense of what a particular topic means to them. Some possible topics might include: "To see myself as others see me," "Love and the Dance of Death," "Male and Female," "You can't go home again." Participants must provide camera, film and processing. (Ron is Director of the Media Center at KSU College of Education.)

COLOR AWARENESS IN HEALING G07

Tess Keenan and Pat Embers

Wednesdays, 7:30pm, July 8, 15
Location: Register and you will be contacted
Fee: \$3.00, pay with registration

Color is an energy, and every color, shade or tint has a separate frequency. In this class, we will use Power of the Rays by S. G. Ouseley as a focus for discussions on how color vibrations affect our moods, our physical body and our etheric body. The book is available at Manhattan Health Food Store. (Pat's interest in relaxation and Tess' in yoga have led them to other forms of natural healing.)

INTRODUCTION TO ZEN G08

Leon Rapport 532-6850

Thursdays, 8-9:30pm June 25, July 2
Location: Register and you will be contacted
Fee: \$3.00, pay with registration

Zen is not theology. It is a way of being in the world which embodies certain qualities of consciousness and awareness. Zen meditation is called Zazen. Za means sitting. Zen means that concentration in which you are one with everything. 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 instruction. (Leon is a psychology professor.)

YOGA G02

Bert Franklin 539-0495

Tuesdays, 5:30-6:30pm, June 16 through August 4
Length: 8 times Limit: 8
Location: Register and you will be contacted
Fee: \$10, pay with registration

Regular yogic practice can bring greater self-knowledge and enjoyment of the body and mind. It can help foster a feeling of vitality, and physical and mental well-being. In this class we will learn the basic asanas and pranayamas. Please bring your own mat and dress comfortably. (In February 1981, Dr. Franklin was invited to present the invitational inaugural class in the Samata International Center at Marinadel Rey, California.)

A COURSE IN MIRACLES G17

Conrad Anderson 776-0355

Mondays, 7:30-9:30pm, First Meeting: June 15 Length: Ongoing
Location: Register and you will be contacted
Fee: \$5.00, pay with registration

A touch of the mystic - a touch of the metaphysical - a whole lot of spirituality. This is a Christian course dealing with you, God and the Holy Spirit. This is basically a self-help program for all relationships. Come learn of the peace of God. To know we are one with God and to share that joy is all. (Conrad has led this class before.)

AN INTRODUCTION TO MEDITATION G55

Steve Parrott 537-4415

One time: Tuesday, 8-9:30pm, June 23
Location: Register and you will be contacted

Meditation brings balance to the mind. It awakens an inner peace and steadiness, and increases our capacity to enjoy life. In this introductory program we will discuss and practice the simple and effective technique of Siddha Meditation. (Steve is an authorized instructor of Siddha Meditation.)

REFLEXOLOGY G15

Russell Gillespie 776-8768

One time: Monday, 7:30-9pm, June 15
Location: Register and you will be contacted
Fee: \$3.00, pay with registration

The feet have startling stories to tell! Nerve endings to all parts of the body end in the feet. By learning the basics of reflexology (zone therapy) you can help yourself prevent and overcome tension, improve circulation and normalize body functions. Come and learn the wonders of this technique to improve your health and your family's too. (Russell is a Certified Registered Reflexologist who is concerned about wellness.)

DISCUSSION OF BOOK: "YOUR RIGHT TO KNOW" BY DARWIN GROSS G16

Arlene McNeil 1-926-3111

Wednesdays, 7:30-9pm, June 17, July 1
Location: Register and you will be contacted
Fee: \$3.00, pay with registration

Now in its eighth printing Your Right to Know by the present living Eck Master, Darwin Gross, tells you that heaven is right here now. A free book will be given to class participants. The book covers topics from the spiritual body of man to abortion, science, the sun and the awakening of one's consciousness. With Eck you learn to live in harmony with life and handle your day-to-day situations from a higher viewpoint. (Arlene is the area representative for Eckankar, has received training to teach classes, and is a third initiate of Eckankar.)

DRAGON AT THE GATE G05

Nabiuddin Nelson 1-468-3631

Mondays, 7-9pm June 22, 29
Location: Register and you will be contacted
Fee: \$3.00, pay with registration

Let's slay the dragon of religious bigotry together. Come and share the Bible, Koran, Gita, Dhammapada, and Tao. And we'll celebrate the God of All scriptures in song and dance. (Nabiuddin has taught previous classes in Sufi dancing and mysticism.)

"something about the WOMEN"

—Manhattan's first women's newspaper!!!!!!..... is moving into its second year!

For only \$5.00 you will get 9 issues (Sept. - May)

SATW will keep you up on
—current women's issues
—book reviews, poetry,
—record reviews and more!

To subscribe: Send \$5.00* to:
SATW, 2712 Brockman,
Manhattan, Ks 66502

*grants available if you can't afford cost of sub.



FAMILY CENTER
Marriage and Family Counseling
Family Life Education
Financial Counseling
Nutritional Counseling and Consultation
Clothing Construction Consultation

9:00 A.M.-4:00 P.M., Monday-Friday
Other times by appointment
Sponsored by the College of Home Economics, Kansas State University

Edelman associates

404 Humboldt, Suite C
Manhattan, Kansas 66502

537-2244

Sheldon K. Edelman, Ph.D.
Certified Clinical Psychologist

Charlotte L. Edelman, M.A.
Gerontologist

CONSULTATION

PSYCHOTHERAPY

SUBSTANCE ABUSE

THERAPY

15

01

fone

Volunteers Needed
Training June 13 and 14.
Call FONE for more information.

Call us or come by our walk-in center at 1221 Thurston.

532-6565
WE CARE ENOUGH TO LISTEN

Barry's Drug Center
409 Poyntz Ave.
Downtown Manhattan
Open Every Day
776-8833

10% Discount on a New Prescription with this Coupon!

Barry's
Drug Center

Inner Self

PARENTING AND THE OVER-ACTIVE CHILD

G03

539-5337

John Cook

One Time: Tuesday, 7-9pm, July 21 Limit: 15
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration
Materials Fee: \$3.00, pay at class

The over-active child is often challenging to parents. Many parents struggle with feelings of frustration when overactivity continues despite their best efforts. This class will address "causes" of over-activity, help available, and special needs of parents. It may develop into a support and information sharing group on an ongoing basis. (John is a Clinical Social Worker at NCKGC Child Services.)

FACILITATING STRESS MANAGEMENT SKILLS WITH YOUNG CHILDREN (A WORKSHOP FOR PARENTS, TEACHERS & CHILDCARE WORKERS)

G04

776-4958

Jan Lowenstein and Karen Seay

One Time: Monday, 7-9pm, July 20 Limit: 26
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration
Materials Fee: 50¢, pay at class

Since stress is a part of life, why not teach young children coping skills! This mini-workshop will introduce basic skills adults can practice themselves and relay to children. This presentation will be highly experiential. (Jan is Co-Director of the Conscious Living Foundation, author of stress management materials for children and adults, and was associate producer, writer and host of two TV series for children. Karen is pre-school Administrator for the Conscious Living Foundation and past-president of the Riley County Pre-School Association.)

UN/STRESSING: RELAXATION SKILLS FOR INNER WELL-BEING

G09

Charlie Griffin

One Time: Tuesday, 8pm, July 7
Location: Register and you will be contacted
Fee: \$3.00, pay with registration

We'll focus on one area of stress management skills in relaxation. Drawing techniques from a wide variety of areas such as biofeedback, meditation, visualization, and autogenics. We will help participants identify stressors, develop their own stress profile, and begin to develop personal strategies toward dealing with life stresses in a more healthful manner. (Charlie is a counsellor with lots of experience with stress problems.)



Lutie A Lytle, 1st black woman to practice law, from Topeka.

T.A.--AN ALTERNATIVE APPROACH TO COMMUNICATING WITH YOUNG CHILDREN

G18

776-5958

Marcia Miller

One time: Tuesday, 7-10pm, July 14
Location: Register and you will be contacted
Fee: \$3.00, pay with registration

Transactional Analysis (TA) uses a special kind of terminology to help people communicate with each other. This class will acquaint parents and educators with the TA approach to communication with young children. We believe that "truth is in the adult" and if we can "stroke the kid" we can help both kids and adults. Upon completion of the course, participants should be familiar with the techniques and terminology necessary to introduce TA in the home. (Marcia has been Director/teacher at Pooh Corner Nursery School for six years and recently piloted the T.A. for Tot Pac.)

ASSERTIVE COMMUNICATION

G25

Linda Teener

Tuesdays, 3:30pm First meeting: June 16 Length: 3 times
Location: Register and you will be contacted
Fee: \$5.00, pay at registration

Learning to communicate more effectively is a major goal of assertiveness training. We will examine individual communication 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.)

RETURNING TO SCHOOL

G75

532-6434

Margaret Nordin & Ted Wischropp

One time: Thursday, 7:30-9pm, July 30
Location: Register and you will be contacted

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 Ted are KSU faculty whose work involves adult students new to K-State.)

YOU AND YOUR AGING PARENT

G19

776-9294 539-1254

Rhoda Cavett

Tuesdays, 7:30-9pm Dates to be announced Length: 4 times
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration
Materials Fee: \$5.00, pay at class

The aging process is often hard to understand, especially as we see our parents grow older. In this class we will examine issues such as physical, social and psychological changes often manifested by retirement, impairments, living arrangements and confronting death. (Rhoda works with the Area Agency on Aging.)

WHAT IS LA LECHE LEAGUE?

F58

539-2468 537-4954

Kay Ring, Vickie Maline

One Time: Saturday, 10-11:30am, June 27
Location: Register and you will be contacted

Bring your questions about breast feeding, mothering and La Leche League. Babies and fathers are welcome. Learn of the nutritious benefits and personal satisfaction that comes with breast feeding. (Kay and Vickie are certified La Leche League Leaders and have breast fed their children.)

LAMAZE CHILDBIRTH CLASSES

G76

539-1705 537-4933

Cindy Myers and Terry and John Buck

Section I: Mondays, 7:30-9:45pm First meeting: June 22
Section II: Wednesdays, 7:30-9:45pm First meeting: July 15
Length: 8 times Limit: 7 couples

Location: Register and you will be contacted
Materials fee: \$25 (This fee is set by Childbirth Education Association. It includes films, slides, building rent, books, visual aids, etc.)

Be prepared for a positive childbirth experience. Classes explain labor and birth, breathing and relaxation, rights and responsibilities, infant and mother care. We take a hospital tour and watch films. Classes are small and informal. (Terry, John and Cindy are trained childbirth educators.)

FIRST AID MULTIMEDIA

G50

539-5766

Neil Schanker

One time: Saturday, 8am-5pm, July 18 Limit: 14
Location: Register and you will be contacted
Materials fee: \$6.00, pay at class

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

CPR: RACE FOR LIFE

G51

Brenda Merryman

Friday, June 26, 7-10pm Saturday, June 27, 9-5pm
Location: Register and you will be contacted
Materials fee: \$6.00, pay at class

CPR can save 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 Red Cross certification. The fee will cover book costs. (Brenda is a trained CPR instructor.)

CAESAREAN BIRTH CLASS

G56

537-0851

Sue Zschoche

Sign up and you will be contacted Length: 2 times
Materials Fee: \$5.00, pay at class

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

EARLY PREGNANCY

G57

776-5574

Rita Raaf

Section I: Thursdays, 7:30-9:30pm, June 18, 25 & July 2
Section II: Thursdays, 7:30-9:30pm, Aug 27, Sept 3 & 10
Location: Register and you will be contacted

Start early in your pregnancy to learn about proper maternal nutrition, body conditioning and preventable birth defects. You and your child will be glad you did. Discussions also include birth planning and relaxation techniques. Slides will be shown on fetal development and nutrition. (Rita is a member of the Childbirth Education Association of Manhattan.)

Outer Self

For more information about Outer Self, call Neil Schanker at 532-5866.

CANOEING

P04

Pat Dreese, Tom Hittle 485-2628 539-7772

Tuesday, 6:30-9:30pm, June 23 (rain date June 24)
Length: 2 times - the second class will be determined after the first meeting

Limit: 25

Location: Register and you will be contacted
Fee: \$5.00, pay with registration Material Fee: \$1.00, pay at class

First a multimedia slide show presentation on all aspects of canoeing will be shown. Then, we will carpool to Pottawatomie County State Lake #2 (where canoes can be rented). Instruction will be given in basic steering and paddling skills. Information will be given about canoeing equipment and local places to canoe. A short outing will be planned for the second meeting. (Pat enjoys canoeing in Kansas. Tom is regional director of the Kansas Canoe Association.)

HISTORY OF SAILING

P08

Alan J. Liebler

One time: Tuesday, 7:30pm, July 21
Location: Register and you will be contacted
Fee: \$3.00, pay with registration

From clipper ships to modern sunfish, basic sailing techniques and the history of sailing via a slide presentation will be covered. (Alan has been a sailor and marine boat consultant for years.)

WINDSURFING

P09

Kurtis Robinson 539-1938

One Time: Monday, 1-3pm, June 22
Location: Register and you will be contacted
Fee: \$3.00, pay with registration

Windsurfing, a combination of sailing, surfing and flying has come to Kansas! A movie about windsurfing in Hawaii will be shown. Then it's out to the land simulator where you can learn to windsurf without even getting wet. (Kurt has taught windsurfing before for UFM and also sells windsurfers.)

PRE-WATER BABIES

P27

Charmaine Mazzia 537-2013

One Time: Wednesday, 7pm, July 29
Location: Register and you will be contacted
Fee: \$3.00, pay with registration

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.)

SWIMMING

All Classes: Length: 6 times
Location: KSU, Natatorium Pool
Fee: \$10.00, pay with registration

P30 A Young Beginners (3-5 yrs old)(must have 1 parent/child in the water)

Joan Robinson 776-1731 Limit: 6
Saturdays, 8-9am, June 20

P31 B Kids Beginners (6-8 yrs old)

Joan Robinson Limit: 6
Saturdays, 9-10am, June 20

P32 C Kids Beginners (6-8 yrs old)

Anne Backstrom 537-7092 Limit: 10
Sundays, 8-9am, June 21

P33 D Kids Beginners (6-8 yrs old)

Anne Backstrom Limit: 10
Sundays, 9-10am, June 21

P34 E Kids Advanced Beginners (must have passed beginners)

Anne Backstrom Limit: 10
Sundays, 10-11am, June 21

P40 F Kids Intermediates (must have passed advanced beginners)

Anne Backstrom Limit: 10
Sundays, 11am-12noon

P41 G Adult Beginners

Tom Deaver 537-2962 Limit: 20
Saturdays, 9-11am, June 20

P42 H Adult Beginners

Joan Robinson Limit: 6
Saturdays, 10-11am, June 20

P43 I Adult Beginners

Anne Backstrom Limit: 10
Sundays, 12-1pm, June 21

VOLLEYBALL WORKSHOP

P45

Richard Cox 532-6765

One Time: Wednesday, 2-3:30pm, July 1
Location: Register and you will be contacted
Fee: \$3.00, pay with registration

Skills to be covered include service, reception, setting, spiking and blocking. Tactics taught include defense, spike coverage, offense and transition. Come and improve your game. (Richard is an Associate Professor of Physical Education at KSU.)

VOLLEYBALL FOR FUN

P28

Lois Morales 539-8867

Tuesdays, Thursdays, 6:30-8:30pm First Meeting: June 16
Length: Ongoing

Location: Register and you will be contacted
Fee: \$3.00, pay with registration
Materials Fee: \$1.00, pay at class

Outdoor summer volleyball can provide low-key competition, exercise and a great time for beginners to those advanced. Three nets and balls will be furnished. (Lois has played UFM volleyball for years.)

NOON CO-REC BASKETBALL (I) AND VOLLEYBALL (II)

P56

Larry L. Nicholson 537-0056

Section I: Basketball - Mon, Tues, Thurs, 12:15-1:30pm June 15
Section II: Volleyball - Weds, Fri, 12:15-1:30pm June 17
Both Sections: Ongoing Limit Section I: 15 Limit Section II: 20
Location: Register and you will be contacted

These activities are for women as well as men. The play is leisurely, however, as the skill level improves and people get into shape, it becomes competitive, but still friendly. (Larry is director of the Douglass Community Center.)

BEGINNING TENNIS

P01

Darlene Hinkle, Mary Stewart 776-7702 539-7262

Sundays, 8-10am, First Meeting: June 21 Length: 6 times Limit: 20
Location: Register and you will be contacted
Fee: \$10.00, pay with registration

Tennis lessons will cover forehand, backhand, serves, court tactics, equipment selection and the rules of the game. Bring a can of marked balls and a racquet. (Both instructors have been members of the Manhattan High School tennis team.)



Amelia Earhart, the first woman to fly a plane alone across the Atlantic, and first to fly from Hawaii to the American mainland.

RACQUETBALL FOR BEGINNERS

P02

Kim Shores, Gina Pacumbaba 776-7736 539-8132

Sundays, 8-10am, First Meeting: June 21 Length: 5 times
Location: Register and you will be contacted
Fee: \$10.00, pay with registration

This class will emphasize the basic rules and fundamentals of the game such as scoring, backhand, forehand and serving. During the last class period we will begin playing games. Bring a racquet and two balls. (Kim and Gina like racquetball.)

BADMINTON CLINIC

P03

Susan Miller 532-6765

Tuesdays, Thursdays, 7-9pm First Meeting June 16 Length: 6 times
Limit: 30

Location: Register and you will be contacted
Class Fee: \$5.00, pay at registration Material Fee: \$2.00, pay at class

Susan will cover game rules and strategy. Participants will learn the basic shots including overhead and underhand clears, short and long serves, drive shots, drop shots, and smashes. Families are welcome. Bring a racquet. (Susan has taught badminton for over five years.)



*DX Oilers, State Champs, 1948.
Phill Sewell, sponsor*

BACKPACKING STOVES, FOOD AND EAT-OUT

P07

Nancy Weidhaas 776-0271

One Time: Wednesday, 6-7:30pm, June 17
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration
Materials Fee: \$3.00, pay at class

For the beginner or advanced packer, we will discuss various stoves available and then cook dinner on them. Freeze dried and Homemade recipes for the trail will be sampled. Bring recipes if you have them and come hungry. (Nancy likes to backpack and to eat well on the trail!)

INTRODUCTORY BACKPACKING

P06

Bob Klapthor 539-5857

Tuesdays, 7:30-9pm First Meeting: June 16 Length: 8 times
Location: Register and you will be contacted
Fee: \$10.00, pay with registration

This course will introduce the beginning or prospective backpacker to the basic equipment, clothing and supplies needed; conservation practices, planning and logistics, basic first aid, dealing with emergencies, and day hiking. There will be at least one weekend trip plus several appropriate trips through the Outing Club. (Bob has backpacked, hiked and climbed from Indiana on west to Colorado.)

BASIC ROCK CLIMBING

P10

Alan Sink and Dan Ankanbrandt 539-8324

Section I: Sunday, 1-4pm, June 21, 28, July 5
Section II: Sunday, 1-4pm, July 12, 19, 26
Section III: Sunday, 1-4pm, Aug 9, 16, 23 Limit: 10 per section
Location: Register and you will be contacted
Class Fee: \$10.00, pay at registration
Materials Fee: \$10.00, pay at class

Students will learn rappelling, belaying, tying basic knots, and climbing techniques. Two class periods will be held in the local area, with the third being a trip to Fall River, Kansas. (Alan has climbed in Canada, the U.S. and Mexico for the past six years. Dan is also an avid climber.)

STAMP COLLECTING

P39

Tim Lindemuth 532-6415

Thursdays, 7:30-9pm First Meeting: July 9 Length: Indefinite
Location: Register and you will be contacted Fee: \$1, pay w/registration

Beginners will learn the right way to collect, buy, trade and sell. Monthly programs feature auctions, speakers and slide shows. Field trips to stamp shows are planned. This class is held in conjunction with the Flirt Hills Stamp Club of Manhattan. (Tim is vice-president of the local stamp club and has been a collector for 25 years.)

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

P58

Neil Schanker 539-5766

Thursday, July 2, 5pm, UFM Fireplace Rm
Fee: \$1.00, pay at registration

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.)

CORRECT FOOTWEAR FOR THE ATHLETE

P05

Rob Hoefler 537-9201

One Time: Tuesday, 7:30pm, July 14
Location: Register and you will be contacted
Fee: \$3.00, pay at registration

How to pick the right shoe for the appropriate activity. The pros and cons of canvas, nylon, and leather will be discussed as well as prices, comfort and injuries. (Rob is manager at the Athlete's Way in Village Plaza.)

OUTING CLUB

P29

Bob Deemie 537-9406

1st & 3rd Wednesday of each month, 7:30pm First Meeting: June 17
Location: Register and you will be contacted Fee: \$1, pay w/registration

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

OUTING CLUB OUTINGS - PLANNING MEETINGS

P65

Bob Deemie 537-9406

Section I: Wednesday, 7:30pm, July 1
Section II: Wednesday, 7:30pm, Aug 5
Location: Register and you will be contacted

The Outing Club will plan and coordinate the following two trips:
Section I. A white-water canoe expedition to either the Jack's Fork, Current or Eleven-Point River.
Section II. A spelunking trip to Pulaski County in the Cave State

POCKET BILLIARDS FOR BEGINNERS

P21

Jerry Riggs 776-6338

SECTION I: Saturdays, 10-11am, First Meeting: June 27 Length: 6 times
SECTION II: Saturdays, 11:15-12:15pm, First Meeting: June 27 6 times
Limit: 12 each Section
Location: Register and you will be contacted
Fee: \$5.00, pay with registration

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. Also, we will watch a video-tape trick shot demonstration and a championship match. (Jerry has played in two World Pocket Billiard Championships in New York City, finishing 33rd in 1979 and 16th in 1980.)

THE LITTLE APPLE JUGGLERS

P38

Steve Parrott 537-4415

Sunday, 1:30pm First Meeting: June 21 Length: Continuing
Location: Register and you will be contacted Fee: \$1, pay w/registration

The Little Apple Jugglers exist to teach and share their joyous art. We encourage everyone to join our weekly celebrations of energy, motion and beauty as we juggle to our hearts' delight. It's so simple, so satisfying, so why not give it a try? (Steve has been teaching juggling for several years.)

DANCERCISE DEMONSTRATION

P18

Shirley Kralik 456-9512

One Time: Thursday, 7:30pm, June 25
Location: Register and you will be contacted
Fee: \$3.00, pay with registration

Dancercise works on the cardiovascular system. It improves muscle tone and body coordination. Come see this exciting way of mixing exercise with dance. (Shirley has been teaching Dancercise in the Manhattan area since August.)

DUPLICATE BRIDGE CLINIC P25

Linda Schottler, Maria Wilson 539-3680 537-8836

Mondays, 7-9pm First Meeting: July 13 Length: 2 times
Location: Register and you will be contacted
Fee: \$5.00, pay with registration

In duplicate bridge, the hands are prearranged, so several tables can play the same hands at the same time. This introduction to duplicate bridge will cover mechanics, scoring, and elementary strategy. (Linda is the director of the Manhattan Duplicate Bridge Club and has been a teacher of bridge classes for two years. Maria is Club Manager for the Manhattan Duplicate Bridge Club.)

RUBIK'S CUBE P26

Jared Namenson, Sandy Coyner 776-3761

One Time: Thursday, 7:30pm, June 25
Location: Register and you will be contacted
Fee: \$3.00, pay with registration

Rubik's Cube is a mysterious six colored cube. It is an amazingly difficult adult toy that will fascinate you for years. (Jared and Sandy have been moderately obsessed with Rubik's Cube since they received one last holiday season.)

BREAKFAST RIDE FOR BIKERS P35

Mary R. Roth 776-1644

Saturdays, 7:30am First Meeting: June 20 Length: Indefinite
Location: Register and you will be contacted Fee: \$1, pay w/registration

Each meeting, we'll take short, casual rides for people and bicycles of any type - ending up at a local breakfast spot. Safe, local routes will be chosen. Families and children are welcome. (Mary has been enjoying riding for several years and has enjoyed eating for even longer!)

BICYCLE TOURING AROUND MANHATTAN P36

Mary R. Roth 776-1644

Sundays, 2:30pm First Meeting: June 21 Length: Indefinite
Location: Register and you will be contacted Fee: \$1, pay w/registration

Introduction to group riding and riding techniques for touring - how to pack, what to take, and food. We'll be riding out of town and make one or more overnight rides.

BICYCLE TOURING ACROSS AMERICA P15

Steve Martini 532-6980/776-7098

One Time: Thursday, 8pm, July 30
Location: Register and you will be contacted
Fee: \$3.00, pay with registration

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.)

INTRODUCTION TO SKYDIVING P13

Ron Wilms, Russ Sheets, Mark Young 539-3655

One Time: Thursday, 7:30-10pm, June 25 Limit: 40
Location: Register and you will be contacted
Fee: \$3.00, pay with registration

This class will serve as an introduction to Skydiving. Several movies will be shown and also a demonstration of equipment. A comprehensive book will be available for purchase. (All the instructors are members of the K-State Parachute Club. Anyone wanting to train to jump should contact these people.)

FRISBEE P37

Mark Stiles, Kathy Saunders 537-4269 776-1702

Sundays, 2pm, First Meeting: June 21 Length: 6 times
Location: Register and you will be contacted Fee: \$3, pay w/registration

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 three years ago and has become a Frisbee fanatic.)

GOLF (FOR BEGINNERS ONLY) P14

Buzz Muir 532-5687

Tuesdays, 5:45-7:15pm, June 30, July 7 Limit: 12
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration
Materials Fee: \$.75 for 1 basket of balls

For those who have little or no experience, Buzz will cover the basics including grip, stance, swing, and club selection. Bring your golf clubs. (Buzz has taught golf for over eight years.)

BEGINNING FENCING P16

John Hughes

Wednesdays, 7pm. First Meeting: June 17 Length: Continuing
Location: Register and you will be contacted
Fee: \$10.00; pay with registration

Fencing provides excellent mental and physical training. Develop dexterity, posture, poise and physical stamina. This course will cover basic footwork and bladework of foil fencing. Proper execution will be stressed. (John enjoys the art of fencing.)

TAI CHI CH'UAN WORKSHOP P20

Mark Moser

Saturday, 8-11am, June 20 and Sunday, 1-4:30pm June 21 Limit: 10
Location: Register and you will be contacted
Class Fee: \$10.00, pay with registration
Materials Fee: \$4.00, pay at class

Tai Chi Ch'uan is a Chinese exercise system involving both exercise and self-defense. Emphasis at the beginner level is placed on coordination, balance, breathing, and smooth flow of movement. Students will learn the first part of the long Solo Form of the Wu style as interpreted by the instructor. In addition, students will learn related exercises for health. (Mark studied Tai Chi in Ipoh, Malaysia and Vancouver, Canada.)

ROLLER SKATING P17

Everett L. Stillely 776-6175

Sundays, 6:30-7:30pm First Meeting: July 12 Length: 3 times
Location: Register and you will be contacted
Fee: \$3.00, pay with registration

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.)

BOWLING FOR BEGINNERS P75

Don Cofield 539-0371

Section I: Thursdays, 2pm, First Meeting: June 18 Length: Continuing
Section II: Thursdays, 8pm, First Meeting: June 18 Length: Continuing
Location: Register and you will be contacted, Class Fee: \$1, pay w/regis
Fee: Section I, \$1.20, pay at class Section II: \$1.60, pay at class

As you bowl a game, Don will give tips on how to hold the ball, approach the lane, release the ball, and follow-through. Strike! (Don is manager of Wildcat Lanes.)



Elizabeth Cady Stanton, and Susan B. Anthony led the 19th century battle for women's rights.

Know-How Network

The Know-How Network is now a permanent part of UFM. We will continue to organize classes geared to help adult-learners improve their job skills and develop what we call "modern survival skills." Classes for the Know-How Network are scheduled in the Northview area, the area south of Poyntz, and at Flint Hills Place. If you want to offer a class or have any suggestions or questions, give us a call. These classes have no registration or class fees. ---Diane Barker and Julie Govert Walter 532-5866
---Larry Nicholson and Mimi Givens 537-0056

GET TO KNOW VO-TECH

H56

Bill Berry

539-7431

Tuesday, 7pm, June 16
Location: Register and you will be contacted

The Vo-Tech school in Manhattan may hold the key to your employment future. Come to a slide presentation that will show you the training opportunities available to you. Learn how you can develop skills that can open new doors for you in the Job Market. Office education, nursing, drafting, auto mechanics, welding and data processing are some of the areas that will be covered. (Mr. Berry is the Director of the Manhattan Area Vocational-Technical School.)

WOMEN, SKILLS AND JOB POWER

H64

Marcia Schuley

776-7178

Thursdays, 7-8:30pm 2 times, June 18 and 25 Limit: 15
Location: Register and you will be contacted
Childcare will be provided

Thinking about going to work but worried about your skills? Let's spend some time looking at your accomplishments: sewing, cooking, managing a tight budget, organizing church activities. Learn how these skills can also help you get a job. (Marcia is a former homemaker and single parent who did her own skills assessment and entered the job market.)

BASIC BOOKKEEPING

H59

Sharyl Evenson

776-7635

Tuesdays & Thursdays, 7-8:30pm First Meeting: June 16 Length: 6 times
Location: Register and you will be contacted

This practical approach to bookkeeping will give you a sound overview of the methods for keeping efficient financial books and records. Sharpen your job skills or learn how to keep better track of your personal finances. (Sharyl is a KSU Business Education student.)

TELEPHONE SKILLS

H65

Kathy Andrews

296-8920

Monday, 7:30-9:30pm, June 29
Location: Register and you will be contacted

Whether you are looking for a job or already have one, your telephone personality is important. Learn how to make a good impression over the phone and how to handle difficult customers on the job. We will practice telephone courtesies and good telephone skills on special equipment. (Kathy works in the telephone communications area for the phone company.)

PAYDAY-TO-PAYDAY SURVIVAL

H51

Gale Ward, Sharon O'Neal

776-4825 776-4739

Thursday, 7-8:30pm, July 16 Limit: 20
Location: Register and you will be contacted

How can you stretch your dollars so they won't run out before the month does? We'll cover how to set up and use a budget, balancing checking accounts and the use of credit. Tips for wise shopping will also be offered. (Gale and Sharon are money management specialists.)

FAMILY MEAL PLANNING

H52

Madaline Sullinger

776-4781

Thursday, 7:30-9pm, June 18 Limit: 15
Location: Register and you will be contacted

Family members have many differences in the food they like best, and meals must be prepared accordingly. We will plan meals that the whole family will like and that are low cost and nutritious. Refreshments will be served. (Madaline has been with Riley County Expanded Food & Nutrition for 6-1/2 years.)

TATTING: THE ART OF MAKING LACE

H53

Jessie Foveaux

Wednesdays, 7pm First Meeting: June 17 Length: Indefinite
Limit: 12 Location: Register and you will be contacted

The art of lace making is a traditional skill that has been handed down from mothers to daughters. This course will cover the basics of this delicate art. Participants will learn to follow written tatting instructions. Please bring a tatting shuttle, a spool of tatting thread and a crochet hook or needle. (Jessie has been tatting since she was eleven. Her grandmother taught her.)

UPHOLSTERY

H54

Betty Lou Currie

537-7527

Tuesdays, 7-9pm, June 23 and 30 Limit: 12
Location: Register and you will be contacted

Want to re-do that chair but are afraid to touch it? Bring a project and Betty will get you started on re-upholstering it. We will demonstrate the basics of upholstery from taking furniture apart to putting the finishing touches on the cushions. We have some tools but advise you to bring a tack puller (available in most notions departments). We have a limited space so no couches, please! (Betty has taught upholstery for UFM many times.)

A HEALTHY APPROACH TO WEIGHT LOSS

H63

Mary Herbert

776-4779

Thursdays, 5:30-7pm First Meeting: June 18 Length: 6 times
Limit: 25 Location: Register and you will be contacted

We will discuss reasons why people overeat; how to change eating habits to make weight loss permanent. Also, basic nutrition and choosing a weight reduction diet and exercise program to fit individual needs will be included. (Mary is a Registered Dietitian who has taught weight reduction classes before and worked as a nutritionist at a summer camp for overweight teenage girls.)

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

H61

Tony Jurich

Monday, 7pm, June 22 Limit: 15
Location: Register and you will be contacted

Once again you 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 worked as advisor for many youth agencies in Manhattan.)

YOUR CHILDREN AND SCHOOL: YOU CAN MAKE A DIFFERENCE

H57

Julie Govert Walter

Monday, 7:30-9:30pm, August 31
Location: Register and you will be contacted

What questions do you have about your children's education? Bring your concerns and ideas to this special meeting. Community organizations will invite school officials to a round table discussion to explore new ways for parents and schools to work together for a better education in Manhattan.

WOMEN AND THE LAW

H58

Kathy Lundgren

532-6541

Monday, 7:30-9pm, June 22
Location: Register and you will be contacted

From discrimination in the workplace to women's rights in criminal proceedings, women often face special legal problems. This class will explore some legal concerns of special interest to women, and in addition to the two preceding topics will include: family matters, divorce, and what women should know in seeking legal justice. (Kathy is the K-State student's attorney and is concerned with women's rights.)

HOW TO SURVIVE THE SUMMER HEAT AND NOT GO BROKE

H62

Rick Toyne, Gladys Daniel

539-4885

Saturday, 1-3pm, June 20 Limit: 15
Location: Register and you will be contacted

How can you reduce summer air-conditioning bills and still keep your cool? There are some effective, low-cost ways. This class will cover how shading devices, ventilation and window treatments can be used to keep your home cooler this summer. Financial assistance for energy-saving home projects will also be discussed. A community tour of window devices will be given. (Rick is an Appropriate Technology staff member at UFM. Gladys is with the City's Department of Community Development.)

CROCHETING

H50

Margaret Butler and Fern Switzer

537-2237

Wednesday, 7-9pm, July 1 Limit: 15
Location: Register and you will be contacted

Bring a size H crochet hook and 4-ply yarn. We will learn the basics of crocheting and how to read patterns. We will help everyone get started on a project of their choice. (Margaret has been crocheting for 9 years. Margaret and Fern are members of the Douglass Arts & Crafts Club.)

QUILTING

H55

Nancy Griffin

485-2762

Wednesdays, 3-5pm, June 17 & 24
Location: Register and you will be contacted

Quilting has evolved through the years from a "necessary task" to a new decorating art form. Come learn the basics of quilting and get started on the project of your choice. (Nancy is a self-taught quilter and has been quilting for 7 years. She is also a member of the Kaw Valley Quilters Guild.)

KNITTING

H60

Fern Switzer and Irene Nichols

539-3486 539-7022

Wednesday, 7pm, June 24 Limit: 15
Location: Register and you will be contacted

Bring size 8 knitting needles and yarn. We will learn the basics of knitting and how to read patterns. Fern and Irene will help everyone get started on a project of their choice. (Fern has taught knitting for the Manhattan Recreation Commission. Fern and Irene are members of the Douglass Arts and Crafts Club.)

INDEX

A	Adult Day Care	3
	Aging Process-Golden Pond	14
	Ag Press Tour	3
	AIB Tour	3
	Alley Herb, Bird Watch	9
	Alterations	14
	Assertive Communication	16
	Attached Solar Greenhouse	8

B	Baby Food Class	9
	Backpacking, Intro	18
	Backpacking, Stoves, Food	18
	Badminton Clinic	18
	Banjo, Beginning	14
	Basic Autobody Repair	11
	Basic Auto Mechanics	12
	Basic House Wiring	12
	Basics Of Stoneworking	11
	Bicycle Touring America	19
	Bicycle Touring Manhattan	19
	Birdwatching beyond Back	7
	Books By & About Women	5
	Bowling For Beginners	19
	Boxer Dog Breeding	6
	Breakfast Ride Bikers	19
	Building Electric Car	8
		17

C	Canoeing	8
	Capturing Solar Warmth	11
	Care & Feed Your VW	7
	Care of Cats, Basic	13
	Ceramics, Beginning	16
	Cesarean Birth	4
	Cibachrome: Color Prints	12
	Clay Play	13
	Color Awareness Healing	15
	Conservatory Greenhouse	9
	Cooking Whole Foods	10
	Correct Footwear Athlete	18
	Cottage Cheese	10
	Country Swing	14
	Course In Miracles	15
	CPR: Race For Life	16
	Creative Photography	12
	Crystals, Minerals, Lapid	

D	Dancercise Demonstration	18
	Darkroom, Beginning Doug	12
	Darkroom, Beginning Dan	12
	Day Down On The Farm	7
	Developing Color Slides	12
	Dial-A-Partner	18
	Discussion "Your Right"	15
	Domestic Violence/Rape	4
	Downtown Farmer's Market	7
	Downtown Re-Discovery	2
	Dragon At The Gate	15
	Duplicate Bridge Clinic	19
	Dutch Oven Cooking	10

E	Early Pregnancy	16
	Elegant Breakfast	10
	Energy Consulting Night	8
	Exploring The Herbarium	3

F	Facilitating Stress	16
	Fall Gardening	7
	Feminist Therapy Collect	5
	Fencing	19
	Financial Aid	4
	First Aid Multi-Media	16
	Fishing and Fab Fish Fry	8
	Floral Arranging	14
	Folkstyle Autoharp	10
	Food Buying Club	12
	French, Beginning	19
	Frisbee	6
	Full Moon Walk Stockdale	14
	Fun With Braids	7

G	Galapagos Island	7
	Garden Insect Id	2
	Genealogy, Beginning	10
	General Bicycle Maint	4
	Give Yourself Credit	19
	Golf (beginners)	9
	Great Plains Wild Plant	

H	Help Your Neighbor	3
	Herb Identification	9
	Hiking Trails in Kansas	7
	History Of Sailing	17
	Homemade Yogurt	10
	Horse Training	6
	How To Modern Buckskin	6

I	Id Of Kansas Fishes	7
	Insulating Window	8
	Investment Basics	4

J	Joy Of Bread	10
----------	--------------	----

K	KSU Nuclear Reactor Tour	3
----------	--------------------------	---

L	Lamaze Childbirth Classes	16
	Leadership Potpourri	5
	Life In Eskimo Village	2

M	Manhattan Milling Co.	3
	Medical Self-Care Women	5
	Meditation, Intro	15
	Money Market Funds	4
	Moonlit Walk Donaldson	7
	Moped Upkeep	11
	Motorcycle Awareness	11
	Mountain Dulcimer	14
	Myth Tool	14

N	Natural Dye Workshop	13
	Natural Foods Potluck	10
	Night Sky: Observing	7
	Noon Co-Rec Basketball	17
	Now Accounts	4

O	Our Kansas Heritage	2
	Outing Club	18
	Outing Club Outings	18

P	Parenting Overactive Child	16
	Photography Sense of Self	15
	Photography, Beginning	12
	Photovoltaics	8
	Plants Konza Prairie	9
	Pocket Billiards	18
	Prairie Grasses	8
	Prairie Wildflowers	8
	Pre-Water Babies	17
	Prison Pen Pals	2
	Putting Food By	10

R	Racquetball, Beginning	18
	Raised Bed Gardens	7
	Rat Class	6
	Reaganomics	4
	Reflexology	15
	Regional Crisis Center	5
	Renovation Of Older Homes	12
	Returning To School	16
	Riley County Women's Caucus	5
	Rock Climbing, Basic	18
	Roller Skating	19
	Rubik's Cube	19

S	Scarecrows	7
	Senior Center Manhattan	3
	Sign Language: Intro	12
	Skydiving, Intro	19
	Solar Domestic H ₂ O Heat	8
	Solar & Energy Consere	8
	Sorting Medicate Muddle	3
	Spanish For Beginners	12
	Stamp Collecting	18
	Successful Money Manage	4
	Summer Fishing & Fish Fry	8
	Summer Survival	3
	Swimming	17

T	T.A Approach Communicating	16
	Tai Chi Ch'uan Workshop	19
	Taxes For Peace	2
	Tennis, Beginning	17
	The Little Apple Jugglers	18
	Today's Key Countries	2
	Tofu Making	10
	Tour McCall's Pattern Co	3

U	UFM Darkroom Co-op	12
	UFM Potter's Guild	13
	UFM Pottery Studio Co-op	13
	UFM Solar Addition History	8
	UFM Solar Addition Tour	8
	UFM Wood Workshop Co-op	11
	Ukrainian Egg Decorations	14
	Uncocail Party	9
	Understanding Commodity	4
	Unstressing: Relaxation	16
	U.S. Post Office Tour	3

V	Volleyball For Fun	17
	Volleyball Workshop	17

W	Weaver's Fancy	13
	What Is La Leche League	16
	What's Brewing?	9
	What's Important?	4
	What's Important	8
	Wind Electric Generators	14
	Wind Ensemble	17
	Windsurfing	9
	Winemaking At Home	5
	Women Against Rape	5
	Women And The Law	5
	Women In Midlife	5
	Women Of The Heartlands	5
	Women On The Move	5
	Women's Issues & New Right	5
	Women's Political Study	5
	Woodworking Consulting	12
	Woodworking For Beginners	12
	World's Largest Sundials	7
	Worm Your Way Into This	6

Y	Yoga	15
	You & Your Aging Parent	16
	You, Too, Can Dehydrate	10

Z	Zen, Intro	15
----------	------------	----

Photo Credits:

Cover Photo: Fred Anderson; Drawings, Fred Anderson
All other photos courtesy of Kansas State Historical Society

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 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.

Community Gardens

The Manhattan Community Gardens are in their seventh season. They have grown to encompass two and a half acres on South 8th and 9th Streets, bounded by Fair and Riley Lanes.

The gardens are on city-owned land which is leased to UFM, UFM, and Douglass Community Center, under its current Director Larry Nicholson, cooperate in supervision of the gardens through a volunteer coordinator who this year, is Bill Hoyt.

The gardens began as a nutritional enhancement program for low income people. However, they have proven to be attractive to all income levels. During the last year, 71% of the approximately 80 families served had incomes at or below the Riley County poverty level which is a 10% increase in low income participation from 1978.

The average plot size is 400 square feet of space. There is a sliding scale fee which generates income to help support the gardens. Land, water, mulch, safe pesticides, tools and horticultural advice are provided by the fee.

In addition to garden plots for families, there are two special gardening programs available to the community. There is a children's gardening experience with a wide array of activities, including a garden for each child. Every Saturday morning from March through October, children meet at the gardens and work under the supervision of horticulture students from the University.

Equally popular, the garden offers a raised garden area for older people who can no longer bend over easily, but who still wish the feel of soil between their fingers.

A national study done by Gallup Poll for Gardens for All, Inc. in 1979 revealed that gardening is the eighth favorite leisure time activity in this country, ahead of sports like tennis and bowling. Thirty-three million Americans or 42% of all families produced \$13 billion worth of food, saving an average of \$367 per family on annual food bills. Six million more families said they would have gardened if they could have. In Manhattan, Kansas, they could have.

UFM Solar Addition

In November, 1980, The University for Man dedicated the UFM Solar Addition, a multi-purpose building which demonstrates low cost, energy-efficient ways to use renewable energy sources for space heating, food production water heating, waste recycling and other ways to conserve energy. Approximately 80% of the Addition's seasonal space heating needs are supplied by the sun.

The Solar Addition contains a greenhouse, a cooperative wood-working workshop, a lounge and an energy resource library. The Addition is also the headquarters for UFM's Appropriate Technology (AT) program, a part of the UFM program which specializes in providing information and resources about energy conservation and solar technology to the Manhattan community.

The AT staff sponsors tours of the Solar Addition, workshops, seminars and (of course) UFM classes. AT staff members can also provide you with advice and assistance on:

- residential weatherization and conservation
- passive solar design (new construction and retrofit)
- greenhouse organic gardening
- energy policy issues
- window energy conservation

We thank the following for their enthusiastic support and needed contributions to UFM's AT program:

- KSU College of Architecture and Design
- KSU Department of Horticulture
- Kansas Farmer's Union Green Thumb Program
- City of Manhattan
- Department of Energy
- Clearinghouse for Community-Based Free-Standing Educational Institutions
- The Kansas Department of Human Resources (CETA Program)

Know How Network

The Know-How Network is a special part of the UFM program which is going on its second term after a successful spring. The Know-How Network exists to help people share their skills and learn new ones. All Know-How Network classes are free to anyone in the community on a first come-first serve basis.

Courses included in this summer's Know-How Network include "Payday to Payday Survival", "How to Survive the Summer Heat and Not go Broke", "Upholstery", "Telephone Skills" and more. Know-How Network courses, like all UFM courses are led by volunteers from throughout the community.

We are proud to offer the second season of Know-How Network courses. Special thanks to the Kansas Department of Education, Office of Adult Education, sponsor of this project and to the Douglass Community Center and the Adult Learning Center who provide much support and assistance for this project.

CO-OPS

UFM is pleased to highlight its three cooperatives as unique programs which offer the potential for pursuit of interests in photography, pottery, and woodworking.

Photography: The UFM Darkroom is now available to anyone who needs access to a well-equipped facility. It is cooperatively run and maintained by members. A use fee includes access to the darkroom and all necessary chemicals for a limited amount of black and white film processing. UFM offers classes in darkroom use for beginners (see page 12).

Woodworking: Located in the Solar addition, the wood 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 includes facility use and instruction in safety and basic first aid. Woodworking classes are offered (see page 11).

Pottery: The UFM pottery studio is available for 4 hours per week for each co-op member. Use fee includes kiln space, 12½ pounds of clay, and wheel time. The studio has a large electric kiln, 2 kick wheels, shelf space, wedging board, glazes, stains and reclaimed clay. UFM offers pottery classes for beginners and experienced potters (see page 13).

UNIVERSITY FOR MAN EXTENDS A SPECIAL INVITATION TO HANDICAPPED INDIVIDUALS IN OUR COMMUNITY WHO WISH TO ATTEND UFM CLASSES. ARRANGEMENTS WILL BE MADE TO ACCOMMODATE INDIVIDUALS WHO HAVE VISUAL OR HEARING IMPAIRMENTS, MOBILITY HANDICAPS OR OTHER DISABILITIES. YOU CAN ASSIST BY INDICATING SPECIAL NEEDS WHEN YOU REGISTER OR BY CALLING UFM AT 532-5866.



Thanks to you...
it works
...for ALL OF US



United Way

United Way of Riley County, Inc.
413 Poyntz, Manhattan, Ks. 66502

About Our Cover

MADONNA OF THE TRAIL: 1928. The Old Santa Fe Trail camp ground, now known as Madonna Park, in each of the twelve states through which the National Old Trails Road passes, the D.A.R. erected a monument for the Madonna of the Trail. Council Grove on the Santa Fe Trail, judged the most historical town in Kansas, was chosen as a logical site for the marker in this state.

Registration

All UFM classes are offered by volunteers.
All fee income will be used to help meet UFM operating costs.

REGISTRATION DATES:

Mail in: June 1-12 Walk in: KSU Union--June 10-11, 9am-2pm
Public Library--June 12, 9am-2pm

Late Registration: Accepted on a Space Available Basis

For More Information: UFM, 532-5866, 1221 Thurston, Manhattan KS
(Additional registration forms are available at the UFM House.)

TO REGISTER BY MAIL:

Fill out the form at right. One form per person.

Total up the class fees as listed in the catalogue. (Material fee, if listed, is paid at class.) Add the registration fee as it applies. (See costs)

Mail your form(s) with your check to: University for Man
1221 Thurston
Manhattan, KS 66506

Receipts and locations will be mailed to you immediately. If the class is full see refund policy.

COSTS:

Registration fee is \$2.00 per person. If you are under 13 and your parent(s) are taking a UFM class, do not pay registraion fee. Those teaching or doing volunteer work receive fee discounts. If you are over 60 or disabled, you are exempt from the registra-tion fee.

If you are a full-time KSU student you are exempt from the regis-tration fee. (An annual SGA allocation supports student partici-pation.)

If you are registering only for Know-How Network classes, you are exempt from the registration fee.

In the brochure when a fee is listed, this is the Class Fee and is paid at registration. When a materials fee is also listed, pay it to the instructor at the first class session.

UFM REFUND POLICY:

Please check your calendar before you register for a class. UFM will only give a refund in these instances:

1. the limited class you paid for has been filled
2. the class you paid for has been cancelled
3. you are unable to attend a class and you notify UFM and the teacher before the first meeting.

Refunds are given as credit vouchers. These can be used toward other classes, either in this catalog or in the future, or can be redeemed for cash at UFM. Credit vouchers can be accumulated and are transferable to others.

If you are not satisfied with a UFM teacher or class, please con-tact the UFM at 532-5866.

DISCOUNTS FOR VOLUNTEERS:

You may work for UFM in exchange for registration discounts. Arrangements will be made on an individual basis. Call UFM, at 532-5866.

UFM TEACHER CREDIT:

All current UFM teachers also enrolling in UFM classes are enti-tled to a fee reduction equal to the class fee/s of their class/es. For example, a UFM teacher who teaches both a \$3.00 and \$10.00 class can subtract \$13.00 from their total fees. UFM will not redeem teacher credit for cash. UFM teacher credit can be saved up, but is not transferable to others. We will maintain a teacher credit file at UFM.

RECEIPTS:

After the registration form is processed, you will receive a receipt. This is your proof of payment. UFM will retain a copy.

CLASS LOCATIONS:

When you receive your receipt, the location/s of your class/es will be included.

LIABILITY FORMS:

Participants enrolled in classes with potential safety risks must fill out a UFM liability form at the first class meeting. Class teachers must return them to UFM before the second class meeting.

Class Teacher Potluck Gathering:

Sunday, June 14, at 5:30pm at Long's Park, 17th and Yuma. In case of rain, meet at the UFM Banquet Room. This is a chance for class leaders to receive their enrollment lists, liability forms, and teacher credit discounts, meet other leaders, and hear tips on teaching. Families are welcome.

Mail In Registration Form

(One form per person) Mail-in registrations due June 1 - 12.

(Please Print)		Class #	Sec#	Title	Class Fee
Name _____	Street _____ Apt.# _____				
City _____	Zip _____	1.			
Home Phone _____	Work Phone _____	2.			
Survey-Please check all that apply		3.			
I am a:		4.			
<input type="checkbox"/> KSU Student (___ credit hours)		5.			
<input type="checkbox"/> Student Spouse <input type="checkbox"/> Ft Riley Personnel		6.			
<input type="checkbox"/> KSU Faculty/Staff <input type="checkbox"/> Townsperson(nonKSU)		Total class fee*(see costs) _____			
<input type="checkbox"/> Fac/Staff Spouse <input type="checkbox"/> Rural Riley Co.		Plus Registration Fee			
<input type="checkbox"/> School Age <input type="checkbox"/> Handicapped		Individual - \$2.00			
<input type="checkbox"/> Senior Citizen		(see costs)			
Where did you pick up your catalogue? _____		Check here if senior citizen or disabled _____			
I would like to volunteer my skills in exchange for registration discounts _____		If KSU student list ID# here _____			
I am interested in teaching for UFM _____		Total Due _____			
I would like to see offered next term _____		IMPORTANT! Please read the refund policy *e.g., Sec I or II, etc. if indicated in description.			
UFM - 532-5866					

(Please Print)		Class #	Sec#	Title	Class Fee
Name _____	Street _____ Apt.# _____				
City _____	Zip _____	1.			
Home Phone _____	Work Phone _____	2.			
Survey-Please check all that apply		3.			
I am a:		4.			
<input type="checkbox"/> KSU Student (___ credit hours)		5.			
<input type="checkbox"/> Student Spouse <input type="checkbox"/> Ft Riley Personnel		6.			
<input type="checkbox"/> KSU Faculty/Staff <input type="checkbox"/> Townsperson(nonKSU)		Total class fee*(see costs) _____			
<input type="checkbox"/> Fac/Staff Spouse <input type="checkbox"/> Rural Riley Co.		Plus Registration Fee			
<input type="checkbox"/> School Age <input type="checkbox"/> Handicapped		Individual - \$2.00			
<input type="checkbox"/> Senior Citizen		(see costs)			
Where did you pick up your catalogue? _____		Check here if senior citizen or disabled _____			
I would like to volunteer my skills in exchange for registration discounts _____		If KSU student list ID# here _____			
I am interested in teaching for UFM _____		Total Due _____			
I would like to see offered next term _____		IMPORTANT! Please read the refund policy *e.g., Sec I or II, etc. if indicated in description.			
UFM - 532-5866					

(Please Print)		Class #	Sec#	Title	Class Fee
Name _____	Street _____ Apt.# _____				
City _____	Zip _____	1.			
Home Phone _____	Work Phone _____	2.			
Survey-Please check all that apply		3.			
I am a:		4.			
<input type="checkbox"/> KSU Student (___ credit hours)		5.			
<input type="checkbox"/> Student Spouse <input type="checkbox"/> Ft Riley Personnel		6.			
<input type="checkbox"/> KSU Faculty/Staff <input type="checkbox"/> Townsperson(nonKSU)		Total class fee*(see costs) _____			
<input type="checkbox"/> Fac/Staff Spouse <input type="checkbox"/> Rural Riley Co.		Plus Registration Fee			
<input type="checkbox"/> School Age <input type="checkbox"/> Handicapped		Individual - \$2.00			
<input type="checkbox"/> Senior Citizen		(see costs)			
Where did you pick up your catalogue? _____		Check here if senior citizen or disabled _____			
I would like to volunteer my skills in exchange for registration discounts _____		If KSU student list ID# here _____			
I am interested in teaching for UFM _____		Total Due _____			
I would like to see offered next term _____		IMPORTANT! Please read the refund policy *e.g., Sec I or II, etc. if indicated in description.			
UFM - 532-5866					

University For Man
1221 Thurston
Manhattan, KS 66506

Recycle this brochure...share it with a friend!